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# THE HYPNOTIC MAGAZINE

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DEVOTED TO

An Investigation of the Science of Hypnotism: Its  
Uses and Abuses: and Its Therapeutic  
Possibilities.

"PRACTICE AND PRECEPT."

Edited by

SYDNEY FLOWER

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# MEDICO-LEGAL JOURNAL.

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## A NEW YEAR'S GREETING.

BY THE EDITOR.

Wish you a happy New Year, my readers; or, if you like it better, a prosperous one, since prosperity spells happiness for most. Although the ultra philosophical may insist upon it that happiness is merely a mental condition, and within the grip of every human being, whatever his circumstances, I doubt if we are any of us sufficiently developed to ignore the misery of those we love, even if we claim to be indifferent to our own suffering. I wish you prosperity, therefore, in order that one prime cause of unhappiness may be absent.

The Hypnotic Magazine appears to be cutting a fairly wide swath, and with this issue doubles to an edition of 4,000 copies monthly.

An announcement of 4,000 copies seems small numerically, but it has the merit first of being true, and secondly of recognizing 4,000 readers—not simply receivers of sample copies.

I have come to the conclusion that the sample copy, the free sample copy, is a blunder. It is a mistake on the part of the publisher, and it is unfair to both the newsdealer and the advertiser. It is a mistake on the part of the publisher, because it does not accomplish the end for which it is sent out, viz., to secure subscriptions; and in the case of this magazine our small issue would have been swamped each month if the requests of the sample copy fiends had been acceded to. It is not fair to the newsdealer, who is prepared to display and sell these sample copies at a margin of profit which does not exceed three cents on a ten-cent magazine; and it is not fair to the advertiser, because a man will scarcely take the trouble to glance through the reading matter of a magazine sent him, much less look at the advertisements. If the greater part of the circulation claimed is secured by sending out sample copies

to parties who may not care to open them, I think the advertising rates are about two-thirds higher than they ought to be.

Therefore I object very strongly to sending out any free sample copies of this magazine, but if a physician writes me that his bookstore does not keep a copy on sale, that is a very different matter.

I propose to devote some space every month to the exposure of certain so-called phenomena, believing that every student of the occult should, of his own knowledge, be in a position to discriminate between the true and the false. If it be objected that we are all greater or lesser fools, and that where there are fools there will always be fakers, I reply that it is possible to educate the fool, and so to starve the faker. There has always been a soft spot in my heart for an accomplished humbug, and the modern product is a decidedly finished performer, but I do not think that this taint of tenderness will be apparent in my future dealings with him.

I will give Fifty Dollars in cash, and much gratuitous advertising, to the first person who can successfully perform two simple feats of ordinary mind-reading or telepathy. The conditions shall be such that there shall be no possibility of fraud in connection with the tests. I am anxious to establish the truth of telepathy, and shall be very willing to lose this sum of money in exchange for the satisfaction to be derived from the establishment of this important mental property. I am very willing to be convinced, and no needless obstacles will be put in the way of the competitor to prevent him from winning the prize.

A Book Review Department seems to me a useless waste of space, and I cannot remember in the course of a not too busy life having ever taken the trouble to read a review of a book. It has probably not occurred to one critic in twenty that his opinion is only of interest to himself, and that, if his reviews are read at all, it is because of some slight humor, or savagery, in the writing, and not because of a public respect for his judgment. All books hereafter received from publishers will be acknowledged, and the title and price duly set forth on the last page of this magazine; and also, if found worthy, they will

be added to the list of books advertised for sale by the Psychic Publishing Company, but more than this I will not do. There are at the present day more reviewers than books to review, and the unfortunate author looks in vain among these hungry barnacles for the face of a possible purchaser of his wares.

You will notice that the magazine is now sent out with about three-fourths of the leaves cut. I could not bring myself to have it trimmed all round, and this concession to the opinion of the majority is in the nature of an honorable compromise. Be pleased to so accept it.

With respect to the Correspondence or Inquiry Column of this magazine, I am always glad to hear from readers and subscribers, and to give their opinions and experiences due notice; especially am I desirous of hearing the result of their labors in this line of work; their successes, and how they succeeded; their failures, and how they failed, with full details thereof. We gather as much valuable information from the recital of a failure as from a record of success. I should like you to understand that since we look at this subject from many different points of view, I do not expect to force you to see it from mine; and in the Inquiry Column you have an opportunity (briefly) to present your opinions. I should prefer that you avoided useless discussions anent theories, and confined yourselves to an account of experiences, or to a request for specific information.

Also I like to hear your opinion of the magazine occasionally. It is very pleasant to know that many physicians are finding it, as they inform me, of great value to them in their practice, but a criticism interests me as much as praise; and though it is unlikely that your censure would affect my own opinion, still it might be productive of good, for he is a poor creature who has not sufficient strength of mind to change his opinion when he is shown good reason why he should do so.

I have been asked why I do not secure many well-known authors to write for this magazine. My answer is, firstly, that well-known authors know no more about practical hypnotism than their more obscure brethren; secondly, that they are less likely to learn or to want to learn, to write of facts as they are, not

as they seem to be; thirdly, that they have an altogether disproportionate idea of the value of their autographs; and, finally, that in Dr. M. H. Lackersteen of Chicago, and Thomson Jay Hudson, LL. D., of Washington, we have two contributors of note, whom it would not be easy to excel in their special lines. I am divulging no secrets in saying that Dr. Hudson is completing another work dealing with psychic phenomena, and I have some hope that when this is finished he will be permanently associated with this magazine.



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REPORT OF WORK DONE AT THE DAILY CLINIC OF  
THE CHICAGO SCHOOL OF PSYCHOLOGY.

BY HERBERT A. PARKYN, M. D.

In fulfilment of the promise I made last month to report some interesting examples of mental delusions which have been successfully treated by suggestion I here present them.

Mrs. J., a Swedish woman, was a victim to sudden fits of anger of a violent nature. She had previously suffered from melancholia for several years, induced, she believed, by the business reverses which her husband had met with. About a year before she came to me for treatment this melancholia had been varied by sudden gusts of uncontrollable temper. The least noise, even so slight a thing as a question addressed to her, would provoke an outbreak on her part, and these tempests were not by any means confined to the privacy of the home circle. She knew that there was no excuse for her conduct, or reason in it, and after the attack would converse calmly about it. A curious feature of the case was that she could not tolerate any allusion to her country, or any comparison between one nationality and another. Anyone who bore a slight resemblance to a Swede was particularly an object of her dislike. During her "good moods" she was intelligent, and was anxious to be rid of this condition. She came of her own accord to be treated, and this attitude I have found to be favorable to the

chances of a cure. She complained, also, of insomnia, general nervousness, headache, and obstinate constipation. I told her to come for treatment during her "good moods," and entered with her into a careful analysis of her own case, using less suggestion than explanation, but being careful always to suggest at the end of each treatment that she would find the attacks less and less frequent as she came to see the uselessness and unreasonableness of them. I was much assisted by the coöperation of her family, and at the end of five weeks was able to dismiss the case. She has had no return of the condition, and her general health is excellent.

In the treatment of almost all mental conditions I prefer to see the patient go into one of the lighter stages of hypnosis, for it has been my experience that active somnambulists are not able to reason properly, even in their normal condition. They belong, almost without exception, to the gullible class, and accept whatever may be told them without reasoning upon it. It is next to impossible to make clear to them the causes that led to their condition, whatever it may be, or to secure their assistance in carrying out the course of treatment to be pursued. They prefer to be told that their complaint is removed; that it will never return, etc., without inquiring how or why the cure has taken place. Such patients are all right as long as they are in the presence of the physician, but the moment his back is turned they accept with equal readiness the counter-suggestions of another; or they exaggerate the slightest sensation in their own bodies, and the old condition returns upon them. The advantage, on the other hand, of implanting suggestions in the mind of the reasoning patient is that he not only accepts the suggestions I give him, but requires a reason for everything he accepts as a suggestion from others. It is difficult to make a somnambulist believe that the power by which he is cured rests in himself; he does not want to believe any such thing; whereas, the more intelligent patient understands the real source of the curative force and takes pleasure in developing his self-control and auto-suggestion.

I publish the two following cases to specially illustrate these statements:

J. W., a man of 28 years of age, who was married a year ago,



had suffered from melancholia for years, the periods lasting from one to three days, with intervals of the same duration. Three years ago, he told me, he had been hypnotized for the removal of this condition, and was free from all melancholia for three months. It returned, however, and within the last six months his condition had been growing steadily worse; his eyesight was affected, and he complained of intense headache at times. He went into a condition of somnambulism at his first treatment, and remarked at the close of it, as he went away, that he felt happier than he had for months. In two days the old depression had returned, and though I tried my best to explain the cause of his trouble to him, and though he seemed to grasp it for a moment, he would proceed to make some remark about his case which showed me that he was as far from comprehending it as ever. He had all sorts of strange ideas about hypnotism. As he was unable to learn to depend upon himself for mental stimulation, I persuaded him to bring his wife with him the next time he came to see me. Then I taught her how to put him to sleep, and told her what suggestions to give him. This plan proved very successful. It is now three weeks since it was tried, and he reports that he has not been troubled with insomnia; his headache and constipation have been removed, and he is normally cheerful. The point is, however, that while he is thus depending upon some one else for relief and assistance, he is become like one addicted to a drug. While the assistance is at hand he is content, but if it should be removed, he will be as helpless as before.

The other case is one of the most peculiar, as well as one of the most interesting, that I have ever been called upon to treat.

W. J. L., an unmarried man, thirty-one years of age, came to me two months ago and unfolded one of the strangest and most pathetic tales I have ever listened to. When he was only fifteen years of age he was sitting in church one Sunday listening to the sermon when suddenly the two words "God damn" flashed into his mind and burnt themselves indelibly there. From that moment until he came here for treatment—that is, for a period of sixteen years—he has not been free for a moment from the mental repetition of this oath, or some other profane word.

He belongs to a very religious family, and is himself of a quiet, devout turn of mind. He has never uttered an oath in his life, but when he told me the story he felt that he was morally responsible for each and every oath that he had mentally registered. Through fear of causing pain to the other members of his family he had kept his affliction to himself, only divulging it to his brother a few days before he came to Chicago. He had tried every treatment and specialist he could hear of, without benefit. The repetition was not confined to the two words previously quoted, but any suggestion, by thought, sound, or sight, that his imagination could twist into an oath would be kept tossing in his mind until sleep or a change of word varied the abominable monotony. Sometimes a diversion of the attention would break the chain for a time, but the relief was of short duration, and it was impossible for him to control his attention while reading. A startling newspaper telegram would interest him, but he could not follow an editorial. Every capital letter that could suggest an oath did so, as well as every small letter which his eye might rest on. The large advertising signs in this city were a terrible menace to him, and if anyone used profane language in his presence he was helpless for the remainder of the day.

Preceding each repetition he experienced a threatening, which, if persistent, resulted in what he called a "shock." The sensation was located about the middle of the back, and running up his spine, would reach to the top of his head, to be followed invariably by the repetition. This repetition produced another shock similar to the first, and this condition of shock and repetition, repetition and shock, would last until some diversion relieved it for a while.

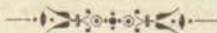
In conversation I found him bright and eager. His physical health was very fair, and the only trouble I could locate upon examination was a hypersensitive condition of the skin. The least scratch with a match upon his hand produced pain, and he has never been able to wear woolen clothing next his skin. He went into a very light state of hypnosis—not even fixation of the eyelids being obtained, and I was pleased to find him a man with whom I could reason. I explained to him my theory of his case, and laid

down a plan of treatment, which has been followed now for two months—two daily treatments. Progress was naturally slow at first, and more than a month elapsed before he volunteered the statement that he believed he was at last going to be cured. At the present time his cure seems to me an assured thing. He is able now to hear bad language and good language without experiencing the repetition, and his voluntary attention has improved to such an extent that he is now able to read for hours, and to be interested in what he is reading. He realized early in his treatment that his cure depended mainly upon himself, and he has fought hard and well for freedom. I have not space to follow this case further in this report, but shall recur to it later, together with several other cases of delusions and hallucinations.

J. W., aged 42, came to me to know if anything could be done to control his irritability. His temper made it nearly impossible for anyone to live in the same house with him, and his horse and dog suffered when his family did not. After talking with him for some time he seemed impressed, and the next day his brother also came for treatment of the same affection. The interesting point to note here is that these two patients fully believed that they were not responsible for these ebullitions: they said it was in the blood, and a hereditary disease. They are both dismissed, cured, and the result of their treatment has had the effect of altering their opinions as to the nature of heredity.

The clinics have been larger and more interesting during the past month, and the usual number of patients suffering from insomnia, constipation, habits, headaches, neuralgias, weak eyes, rheumatism, disorders of digestion, dysmenorrhœa, neurasthenia, etc., have been successfully treated.

I intend to give some space shortly to an account of the unsuccessful cases, and the reasons for non-success.



## HOW TO CONTROL A SUBJECT.

BY C. O. SAHLER, M. D.

In this article I will endeavor to give the unvarnished facts as to my own method of inducing hypnosis, and speak of the management of the subject while in that condition.

The question is often asked me: "Can anyone be a hypnotist?" My answer is, not any more than he can be a singer, an orator, or a mathematician. Experience tells us that not everyone can aspire to these three gifts.

Who, then, can become a hypnotist? In a general way I would say he must be a well-rounded individual; a person with good physical health; with a well developed and trained mind, a genial disposition and a strong will.

It is thought, even at the present day, by the masses, that the hypnotist is endowed with supernatural power, or is skilled in certain magic by which he controls his subject. But, in the penetrating light of science, such a belief is shown to be untenable. Hypnotism is accomplished by scientific means. The key which has unlocked the mysteries of Mesmer and other ancient operators is the law of suggestion, given us originally by Braid and Liebeault. Still, I feel that these teachers and their followers lay too much stress upon suggestion, believing it to cover the whole question of psychic phenomena. I do not care how adroit or imperative may be the suggestion of an experienced operator, if done mechanically (nor how choice or firm may be the words used by an inexperienced operator upon a subject), in neither instance will they succeed in producing hypnosis in a new subject.\*

Previous to the time I became a successful operator, I had read works on hypnotism, mesmerism, etc., and thus equipped I began by giving my subject some bright object to look at steadily, trying to impress upon him that he would soon fall

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\*This is being disproved every day.—ED.

asleep. I was careful not to distract his attention in any way. He kept his eyes upon the bright object, thinking of sleep, while at the same time I was telling him: "You are becoming drowsy; your eyelids are growing heavy, heavier; you feel very sleepy; your eyes are closing; you are growing more and more tired; you are sleepy, sleepy; now your eyes close,—fast asleep." I have followed these instructions, and those given by different authors, as to their method, and found that I failed to hypnotize. I know, without a doubt, many readers of this article have tried to do the same, and have themselves failed to produce hypnosis. After several attempts the subject would turn round and tell me he did not feel a bit sleepy. If now and then one did succeed in producing hypnosis his subject was a very sensitive young person, or some one who had been acting in the capacity of a servant. Either of these two classes will respond more readily, because they are accustomed to obey orders from superiors. I then came to the conclusion that there must be something more than a knowledge of suggestion to be acquired before one could become a successful operator.

After a number of failures to hypnotize, I came round somewhat to the same opinion as the masses, that professional hypnotists gave a general outline of their methods, but that the actual secret of their success they jealously guarded.

( My opinion, briefly stated, is that the operator must have absolute confidence in his ability, or faith that he can hypnotize his subject. This confidence must be impressed, mentally, upon the subject by a determined will—an intense will. Without this double force of will and faith, linked with suggestion, no one can become a successful operator.) I have frequently taken a new subject, and have let my mind drift upon other matters; that is, I did not use my mental energies, but in a mechanical way suggested hypnosis. The result was failure. I then turned to the subject, making full mental determination that he must go to sleep; and he would sleep.

( Nearly every hypnotist has a method of his own. I have tried every method which has come to my attention, either through personal observation or reading.) I have produced

hypnosis by asking the subject to look at a bright object, or by telling him to look me directly in the eyes and not to remove his gaze for a moment. I have produced it by sitting in front of my subject, taking both of his hands in my own, and giving the proper suggestions, etc. I am not obliged to pursue any one particular method. (Still I do have one of my own, as follows: I usually tell my subject to stand up; to close his eyes; to keep his mind in a passive state, and then I give him one word as a suggestion to think of. For instance, the word falling. I tell him not to have any fear; to keep his eyes closed; and to keep his mind constantly on the word falling, and that if the sensation of being about to fall comes over him, that he must yield to it; and that I will catch him before he falls to the floor. After giving him this instruction I step behind him, three or four feet distant, and extend my hands toward his head and shoulders, determining mentally that he must fall, having at the same time full confidence in my ability to bring it about. Usually in from two to ten minutes I can make the subject come right back to my arms and so to the floor, in spite of considerable resistance on his part.\* )

( The position of my hands I do not think has anything to do with the effect produced, other than to serve to concentrate my own mental energies upon the work before me. This is with me an outward expression of intense thought. During this operation I have not spoken a word after stepping behind my subject. He tells me afterward that something came over his mind which produced a feeling of falling which he could not resist, consequently he had to go back. When the subject is equal to this test, I know that he will prove susceptible to others. ) Then I again tell the subject to stand up; step in front of him; tell him to close his eyes; to think of sleeping, and at the same time I make mechanical passes in front of his forehead and over his eyes, telling him positively: "You are now growing sleepy; you feel drowsy and sleepy; you begin to feel sleepy all over; your eyes are heavy and sleepy; they feel so tired and sleepy that you cannot open them;" and invariably

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\*Apparent resistance.—ED.

the subject finds it impossible to open his eyes. I then say to him: "When I count three you can open your eyes (this I say emphatically); and after counting three you cannot open them;" which he finds impossible to do. I then tell him to open his mouth wide, making two or three passes with my hand along the jaw, and suggesting that the muscles are becoming stiff, that they are growing rigid, etc., and then say suddenly: "You cannot close your mouth!" And he finds that he cannot. In the same way I can extend his arms, suggesting by rubbing the arms with my hands that the muscles are growing stiff and rigid, and saying: "Now you cannot bend them;" or, "You cannot lower your arms or raise them; they are set stiff.

( The first attempt to hypnotize the subject is the most difficult. If you can once get him under control for elementary work, as I have already explained, you will find every succeeding attempt to hypnotize to be much more easily accomplished, and the subject once hypnotized can be educated under hypnosis more readily than in the normal condition. )

( When I wish to illustrate the higher order of hypnotism for scientific purposes, I put my subject into a deep sleep and make the suggestion that he does not know his own name, and that it will be impossible for him to tell his name. I suggest another to him, and he answers only to his new name. If he responds to this suggestion I consider him a first-class subject to use for that class of work which seems marvelous to the onlooker. ) When I have him in this stage of hypnosis I suggest to him that whatever he does he will have no remembrance of when awakened; that it will all be as a blank to him. ( Now I have control of all his senses. I can suggest to him that he is unable to see—that he is blind; and then if he makes an attempt to walk he will run against or over anything which may be in his way. I may suggest that he is deaf, not only to conversation, but to the loudest noise, and it then makes no difference who may talk to him, how loud they may shout; a horn may be sounded close to his ear, or even a gun be shot off, he will not by a change of expression of his face give any indications that he is taking note of such noise, however loud and violent it may be. When awakened and asked if he has heard

any noise he will appear to be surprised at the question. I have destroyed the sense of smell so completely in some subjects that I have saturated a handkerchief with the best ammonia, suggesting that it was some choice perfumery, and they will hold it over their mouths and noses, inhaling it with apparent delight and perfect impunity, even pronouncing the name of the perfume. A person in a normal condition would not be able to place the saturated handkerchief within a foot of his nose without experiencing the sensation of strangling. I have destroyed the sense of taste so completely that after giving the subject a teaspoonful of cayenne pepper he would declare that there was no taste in it, or I might suggest it was as sweet as sugar and he would ask for more. I have destroyed the sense of feeling, so that I could perform surgical operations, the subject being in every other respect in a normal condition; he would laugh and talk, watch the proceedings, and not feel the slightest pain. For ordinary illustrations I use large hat pins, thrusting them through the arm down to the bone, with the suggestion that there will be no feeling, and that the pin pricks will not produce the slightest inflammation, and upon the withdrawal of the pins there would be no bleeding from the wound. If the suggestion with regard to the blood was not given when the pins were withdrawn, blood would flow.)

I will here state, no person ought to hypnotize another unless he has had personal instructions from a reliable hypnotist, for it is too dangerous a property of the human mind to be tampered with. The power of suggestion is something marvelous, and even the doing of these simple things which I have here presented is not unaccompanied with danger in the hands of the unskilled. With some subjects it is not so difficult to induce hypnosis as it is to bring them out. Should any inexperienced operator lose his head, it is hard to say what the result might be upon the nervous system of the subject. Finally, I would say that hypnotism never ought to be taught by letter, but from practical illustrations, given by a qualified instructor. That hypnotism in the future will be used as a great, perhaps the great, therapeutic agent, is becoming now a recognized probability.\*

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\*Dr. Sahler is an enthusiast in his chosen line of work—and enthusiasts are few, nowadays.—Ed.



## A HYPNOTIC CHRISTMAS.

BY J. V. DANIELS.

Aunt Ruth was a confirmed invalid. This was one of the established facts in the Ainsworth family, with whom she lived, and it cast the only permanent shadow of sorrow that darkened the happiness of their home.

It was just twenty years since Ruth Ainsworth had come to live with her married brother, George, and she had not walked a step in all that time. The history of the awful nervous shock which caused her infirmity, and the romantic course of events which led up to it, is another story. Suffice it to say, that although many eminent physicians had been consulted, none of them were able to aid her.

Aunt Ruth, coming from a long line of Quaker ancestors, was a firm believer in predestination. She had quickly "reconciled" herself to the idea that she was a helpless invalid, and seemed to take a sort of morbid satisfaction in this reflection. In her sweet, old-fashioned Quaker talk, which the children loved to hear, she would say with a sad smile:

"Thee should not worry, brother dear. It is but just retribution upon me. Indeed, I expected it when it came, and now I beg thee, seek not to pervert the act of God, with the weak knowledge of pill doctors. They can do me no good, for it is not so ordained."

But Aunt Ruth's life was not entirely a joyless one. She was devoted to her brother's children, and in young Jack Ainsworth, the eldest, she found her chief interest. Coming into the family as she did, when he was but three years of age, she had watched with a loving care, scarcely exceeded by his own mother's, his growth and development into strong young manhood.

And now Jack was in his last term at the medical college. His invalid aunt was immensely proud of him, although she had formally declared her opposition to his becoming a "pill doctor."

The Christmas holidays came, and Jack was home on his last vacation. Aunt Ruth greeted him with tears of pride and joy in her eyes, and Jack knelt smiling by the invalid's chair, while she stroked his hair and said in a half-deprecatory way:

"Why, John, thee is nothing yet but a lad, and soon thee will be giving pills to people."

"Pills!" exclaimed Jack in tones of indignation. "No, indeed, auntie. Why, I've been studying hypnotism this last year, and I think that its use in the medical profession will soon make the practice of pilltaking almost obsolete."

"Hypnotism!" repeated Aunt Ruth in vague alarm. "Why, lad, it is an uncanny power, not to be dealt with by honest young people. Surely thee had best leave these direful things alone." And the dear soul was much disturbed over this information, which had been kept from her, owing to her pronounced views on these subjects. But Jack had a little plan of his own, of which poor, unsuspecting Aunt Ruth never dreamed.

It was on the morning of Christmas day, after the flutter caused by Santa Claus had somewhat subsided, that crafty Jack breezily proposed to Aunt Ruth that she have her chair wheeled into his cosy little laboratory and amuse herself by watching "the pill doctor at work." The invalid was pleased to consent.

"Of course you are willing to assist me in some of my experiments, eh, auntie?" cried Jack merrily, as he placed her chair in a convenient position and prepared for work.

"Certainly, child," replied Aunt Ruth, "I'll do what I can for thee," and she smiled at what she thought his humor.

Then sly Jack began his plot.

"Oh, I say, auntie," he began presently, in an offhand manner, "here is the first thing I will ask you to do, and it is very important that you do it exactly as I tell you, or the experiment will be useless."

"I will try to please thee, John. What is it?"

Jack suspended a small, glittering glass bulb by a thread from

a shelf. The bulb was about half filled with a purplish fluid, through which the morning sunlight gleamed and glistened strangely. He wheeled Aunt Ruth's invalid patent chair so that she faced the bulb, which hung about fourteen inches from her eyes and slightly above them.

"Now, then," he proceeded gravely, "in that little airtight bulb is a liquid which it has taken me days to bring into its present condition, and what I want you to do is to note the effect of the sunlight upon it. Watch it closely. Don't take your eyes off it a second unless it should begin to turn green, which is the phenomenon I desire to bring about."

Perfectly well did the young rascal know that the simple dye which was in the bulb would never change color, but he was now so deeply interested in his hypnotic experiment that he cast veracity to the winds with no compunction whatever.

Aunt Ruth, always ready to accommodate, leaned back in her chair and, fixing her eyes on the bright, gaudy object, began her duty most conscientiously. Jack stepped to the other side of the room and pretended to prepare for the expected chemical change, but in fact he was watching his aunt closely. Presently her eyelids began to flutter and droop, and Jack commenced talking to her in a low, monotonous tone, abjuring her not to swerve her glance for a moment, etc. He continued this for fully five minutes, but much of it was unnecessary. Aunt Ruth had fallen an easier victim to his wiles than he had dared to hope. Her eyes had closed, and she was breathing heavily in a deep sleep.

The embryo doctor chuckled with delight. Confidently approaching her he stroked her face gently and pressed her eyelids down. Still Aunt Ruth slept peacefully on.

"Sleep—sleep—sleep," he repeated slowly in the same monotone. He raised her arm to her shoulder. It remained in that position when he released it.

"By George," he exclaimed to himself, "if that isn't the most profound case of initial hypnosis I ever saw. And she never suspected a thing, either, poor old auntie. I've looked forward to this moment for a long time, and things seem to be about

out by Dr. Jack ended, for Mr. Ainsworth, with tears of joy in his eyes, caught her and clasped her in his arms.

There was great rejoicing in the Ainsworth family on that memorable Christmas day. Of course Aunt Ruth had to practice the long-forgotten art of walking before she perfected herself again, but Jack's experiment was a success.



## DIVINE HEALERS OF THE DAY.

BY SYDNEY FLOWER.

Eastern newspapers have been devoting some space lately to the doings and sayings of one Schrader, who came, like Young Lochinvar, out of the West, and seems to be playing the part of Elisha to Schlatter's Elijah. Unlike Schlatter, however, Mr. Schrader is accompanied by a business manager, who "passes the plate at meetin'," and maps out the most profitable route for the chosen one to follow.

Some months ago, in the August number, in fact, of this magazine, I took the pains to point out that Bradley Newell, the Vermont Healer, as he is called, who believes himself to be possessed of miraculous gifts of healing, was, and is, merely making use of the agency of hypnotism—and not very good hypnotism at that.

There is no doubt that both Schrader and Schlatter exercise a mild hypnotic influence upon their congregations, audiences, or patients; but the use of the word "hypnotic" here is limited to mean only that state of exalted receptivity of the brain to suggestion which to be hypnotized indicates.

The reputation which surrounds Schrader; the mystery which envelops him; the notoriety which precedes him; his imperturbability or "nerve;" the eccentricity of his costume and appearance, which are modeled upon the popular engravings of the Saviour—all these things taken together are sufficient to impress his hearers with the belief that he is a man of wonderful and unusual power, who can do that which he says he can do; and, therefore, as I have often pointed out, his hearers, resting in that belief, if their diseases are of nervous origin, will certainly be cured of them. Occasionally some victim to faith, who has been stricken with a contagious disease, dies, or infects others; but, in the main, the Boards of Health take such matters into

their own hands, and keep a watchful eye upon possible infections. It is highly probable, too, that Mr. Schrader, in the midst of his most fervid exhortations, would be loth to encourage the approach of infection near his sacred person, and I should not be surprised to hear that he had already made himself quite useful to the authorities by giving them timely notice of dangerous cases. Viewed in this light his enterprise becomes at one and the same time respectable and indubitably useful.

Frankly, I do not understand why there are not more divine healers. It is a lucrative business, and a not too laborious means of earning a livelihood. It has two features which should commend it to the vain and the idle; it does not require any previous training, and it creates a good deal of attention. Any well regulated newspaper will be pleased to discuss the healer's business affairs with him to the extent of a column or so.

With respect to the life itself, apart from the minor inconvenience of keeping on the move, and shifting his location to pique the curiosity of the vulgar, I do not see that the healer has at all an unpleasant time of it. If, after the manner of the thoughtful Schrader, he takes with him a business manager, or agent, there is no reason why there should be any unpleasantness with landlords or railroads, and it should be less difficult to secure an occasional, and very necessary, change of linen.

Surely this must be an easy, profitable and agreeable way of spending a summer holiday, and I am amazed that divine healers are not as plentiful as blackberries.

No doubt there are many, buried in the big cities, of whom we never hear; but if they will permit me to advise them, inactivity is fatal; they must travel to be successful; their watchword must be "move on, and keep moving;" or to speak in their own tongue, they must "be led into the wilderness, there to wander."

The mental equipment necessary to achieve success in this profession may be summed up in the one word assumption. Let the man assume that he can heal diseases by a touch; or declare that he is inspired of heaven to deliver all the sick, the sorry, the diseased, the afflicted, and the distorted from the burdens

imposed upon them, and he will find many not only to listen to him, but to believe in him—many whom he can actually assist. The more positive he is, the greater number will he cure. A certain rough and ready frankness, a hearty bluntness, is an advantage in this work, but it is not a necessity. The only necessity is an earnestness which is real, or, if assumed, which is well assumed. A tendency to risibility means failure, bankruptcy, and disgrace. The majority of his patients will relapse as soon as his back is turned, but here and there he will make a permanent cure, and the heretofore sufferer will give thanks to God for deliverance from pain, and will evermore bless the name of the healer. So that, upon the whole, there are worse ways of making a living than this. And when the possibilities of seeing the country at slight expense are taken into account, the prospect becomes positively alluring.

The revivalist is but a step removed from the divine healer, although generally regarded as much more respectable, and more worthy of confidence. I do not quite see the justice of this regard. The mixture of spiritual comforting and keen business speculation which the modern evangelist revels in has always seemed to me to possess a humor distinctly its own, and thoroughly discreditable; and I recollect that several years ago it was reported that a pair of celebrated evangelists, having saved some souls and several thousands of dollars in the course of a successful northern campaign, made ungodly haste to invest the lucre in Vancouver real estate. Everything, even religion, nowadays, is so delightfully prompt and business-like.

About the middle of last month a divine healer living in Chicago on the West Side appeared in the police court to testify against two Polish women, who, he said, had threatened to take his life. It transpired, from the evidence, that the Poles, being unfamiliar with the ways of divine healers, regarded the reverend one with little friendship, and each evening a band of men and women thronged his doorway, abusing him. Wherefore he brought complaint against the two women, and they were bound over to observe the proprieties. But surely the healer should expect to put up with a few little discomforts of

this kind. What is a temporary unpopularity that he should quail before it? Or why should he fear for his physical safety at the hands of two women? This is not business-like. If he goes into this work fairly, he adopts the motto of good for evil, and the strength of non-resistance is his shield.

But we are all grossly inconsistent, my masters, and I may cite as a case in point that the most irritable and peevish woman of my acquaintance is a christian scientist, and teaches this foolishness to others. If the house is too cold she complains to the landlady; if the luckless boarder in the next room makes a noise, she declares that she cannot bear it any longer; if the food is not well cooked, she grumbles. But having no body, why should she feel cold, or heat, or hunger, or thirst? Having no ears, why should a noise fret her?

These things are too hard for me, and I revert to my original querie, and ask for information as to the prospects for the crop of divine healers for the present year.





## SUGGESTION—ITS RELATION TO CHILDREN.

BY MARY S. FIELDING.

Someone has spoken of the child as "molten sentiment poured into the mold of circumstance." For "molten sentiment" we might substitute the "experience" of millions of ancestors, converted into instinct and intuition by the evolutionary law of the "survival of the fittest." Just how much the average adult owes to heredity, and how much to environment, is a problem for which we have as yet no mathematical solution.

Since adaptiveness is the peculiarity of human nature, the "mold of circumstance" is obviously the most important factor in determining what manner of man or woman we become. Association is but another name for the destiny that shapes our ends.

"Tell me what company you keep and I will tell you what you are," is a time-worn adage that has lost none of its significance. Statistics have shown that the children of the immoral and the criminal classes, when removed in their infancy from their parents' influence, and placed in a purer atmosphere, have developed none of the tendencies of their progenitors. Clearly showing that the "misplaced energy" of evil may be directed into channels for good under proper conditions.

True, there is in every human soul a tap-root of individuality that asserts itself sooner or later. In obedience to a similar law a potato bud will struggle across the entire length of a dark cellar to greet the one ray of light coming through a chink that will turn its whiteness to greenness. If the cellar were less dark or the chink on the other side, the growth would be less painful—the bud more commonplace.

Out of this necessity of his nature Beethoven, in his poverty and blindness, gave us the divine symphonies and harmonies which speak to our souls as no other music speaks. Who shall

say how far these very conditions of poverty and blindness determined the quality of that music? A prosperous, well-fed Beethoven would have given us something different I think; would never, perhaps, have sounded the depths of his own soul, or of yours or mine. "Sweet," then we exclaim, "are the uses of adversity!"

Emerson tells us that when each comes forth from his mother's womb the gate of gifts closes behind him, and Goethe asserts that genius is a capacity for hard work. No one comes giftless. So the problem resolves itself again into one of circumstance and environment.

Most people, I think, will concede that there is no question of greater importance in life than the training of children, because of its far-reaching consequences. Parents and teachers are weighted with a responsibility greater than that of any statesman. The total ignorance of responsibility which some mothers display is truly alarming, while others think their whole duty lies in obeying the injunction of Solomon in regard to the child—"beat him with a rod." The average small boy has an account to settle with Solomon. It is a perplexing question—what to do for the children. It seems to me, however, the one essential element necessary to obtain the best results is sympathy with the child, the power to let ourselves down to the level of his small joys and sorrows. I have observed this quality is sadly wanting in many mothers who love their children and desire their greatest good. It must be that such mothers do not recognize the fact that a child's grief is even more absorbing for the time being than a grown person's who has the resources that reflection brings. This lack of sympathy is a stunting process, and it blunts the sensibilities as frost blackens the leaves of plants. Let no mother think the best that is in her child will be brought out under such withering conditions. From the time a child begins dimly to separate himself from surrounding objects and to know the meaning of "I" and "you," he is amenable to the suggestions poured upon him from every point in his small horizon. A baby is taught the lesson of kindness or cruelty to animals, by the manner in which his elders treat the dog or cat. He will faithfully administer the

cuddle or the kick, in strict accordance with the suggestion received.

A little girl will treat her doll in exact imitation of her mother's treatment of herself. What mother has not been amused to see herself caricatured in this way? A little too faithfully sometimes; and we have the grace to feel ashamed.

The moral sense is not strong in childhood. It only becomes so by careful cultivation. It is the mother's part to keep the ideals high, and by constant suggestions in the shape of her best thoughts, to lead up to greater heights.

But some mothers will say: "We have no time for all this watchfulness, we seldom have our own ideals in sight." Yes, you have; it takes no special time, only you must be awake to your opportunities. You may link an elevated thought with the performance of the humblest duty. Realize, if you can, what your influence may do.

"My child is lying on my knees;  
The signs of heaven she reads;  
My face is all the heaven she sees,  
Is all the heaven she needs.

Lo! Lord, I sit in thy wide space,  
My child upon my knee;  
She looketh up unto my face,  
And I look up to thee."

I do not wish to be misunderstood; by "suggestion" I do not mean quoting proverbs, or nagging away with platitudes that go in one ear and out the other. Neither do I mean that one should preach everlastingly on the subject of duty. Silence is often a stronger suggestion. A love for the beautiful in nature—grass, flowers, sunsets, snow crystals—is the surest prophecy of a love for the beautiful in character. A seashell is a sermon in itself. The common everyday things supply us with all the suggestions and ideals we need. The faithful performance of small duties fits us for greater ones. "The primary end of all education is development." Blessed is the boy or girl in whose home there is some regard for individual tastes. If Tom wants to use a saw

or chisel, by all means let him do it, and don't insist on his doing something else utterly distasteful to him. Surplus energy has to be worked off in some direction; besides, there is always a certain relation between the concrete and the abstract; by accurately fitting his pieces of wood together he will the more readily recognize cause and effect in every other relation.

The girl who prefers to sew or sketch to eternally thumping on the piano, for which she has no talent whatever, if permitted to follow her natural bent will arrive at something more useful and satisfactory, and save herself and others from the horrors she evokes from that much tortured instrument. The spirit of music responds only to a sympathetic touch. Nature is full of subtle attractions and repulsions and will not compromise. Let me again emphasize the necessity for sympathetic relations between mothers, teachers and children. A little kindly help over the "hard places" (whether it be the conjugation of a verb, or the overcoming of a fault) can hardly be overestimated. Even if the mother is not so sure of the verb, she can help by suggesting it will be understood by and by.

One most effectual way of helping children by suggestion is to talk to them when they are asleep. The subjective mind never sleeps, and there is then no resistance possible from the objective. Try it, mothers; you will be repaid. Stand by the bedside and speak softly to the sleeper. You can stimulate to increased effort and vigilance in any desired direction. I believe such suggestions are more effectual than those given in waking hours.

I know one child who was very despondent over her inability to understand arithmetical problems; she had concluded it was no use to try, as she seemed to become more confused by greater effort. I suggested to her, while she slept, that there was no reason why she should not grasp the full meaning of the rules and apply them intelligently, and that the only thing that stood in her way was the auto-suggestion that she had no talent for numbers. I repeated this several nights, and had the satisfaction of hearing the child say arithmetic was not nearly so difficult as she supposed. In one month she gained fifty per cent. in examination in this particular study. It seems to me the intellectual value of suggestion in its relation to children must be very great.

## HYPNOTISM AND CRIME.

BY X. LA MOTTE SAGE, A. M., PH. D., LL. D.

In discussing this subject, I must admit that my opinion is not of the same value as the opinions of some others who have made a larger number of experiments in this particular phase of hypnotism than I.

I recognized long ago the fact that, whatever might be the status of hypnotism in its relation to crime, there was but little or no possibility of its ever becoming a great criminal agent, for obvious reasons.

In the first place, the detection of the real criminal is easy. Those who wish to commit crimes and maintain secrecy would find it much better to carry out the work themselves.

Concede whatever you may in regard to hypnotism, and the real danger that we would have to encounter would be the harm that might accrue to the person of the party hypnotized.

But the same thing is true of chloroform or ether, and the fact that you can by force give a person chloroform or ether, but that you cannot hypnotize him, makes these agents more dangerous than hypnotism. But in all cases any trouble may be avoided by having a third party present.

From deductions made from long practical experience, however, I am inclined to believe that the ability of the hypnotist to cause the hypnotee to perform criminal acts is very small. Every day I am more impressed with the fact that it is impossible to cause one to do anything which is contrary to any well-settled moral principles.

A recital of a few incidents may be more interesting than general inferences. A number of times I have had people under the hypnotic influence and suggested to them that they were drunk, and they absolutely refused to accept the suggestion. I insisted; but they argued that they never drank anything intox-

icating, and it was folly to suppose that they were drunk. Try as hard as I would—and I did try very hard—I found myself utterly unable to impress the suggestions upon them.

In one case I offered the hypnotee a glass of water, telling him it was wine, and that he was sick, and that he must drink it; but he would not. I told him it would save his life. He said he would die, then. I kept insisting, and finally he was thrown into his waking state.

It is only fair to say, however, that in many other cases I have succeeded in making people think they were drunk who never drank in their lives, and who never touched intoxicating liquors, but they did not possess the prejudice of those previously referred to.

If a man has firmly made up his mind in his waking state he will not do a thing; the suggestions of the hypnotist avail practically nothing.

I remember a young resident of Philadelphia whom his mother brought to me to hypnotize and to create in him an appetite for vegetables.

He ate only meat and bread, and his physician thought this to be injurious. The young man was willing to be hypnotized, and very readily entered a deep stage of hypnosis, but, before going in, he stated that it would do no good; and I could not compel him to eat vegetables, even under hypnosis. When I would insist too hard he was thrown into his waking state, even in the face of my suggestions that he could not awaken.

Subsequently, however, I reasoned with the young man in his natural state, and eventually got him to promise that he would endeavor to eat vegetables. I then hypnotized him, and my suggestions had better effect, though it was ten days or two weeks before I could create the desired appetite which I eventually succeeded in doing. Each time after I awakened him, however, I talked with him in his natural state, and told him how much better it would be for his health, etc.

Hundreds of cases of this kind lead me to think that you must secure the willingness of the hypnotee before you need expect to accomplish much.

I remember a case which came to me in Pittsburg. A young man had been hypnotized by some friends, who were experimenting, and given the suggestion that the next day he would take ten dollars out of the safe of his employer at a certain time. He could have easily accomplished the act, as the cash was entirely in his hands, but he came to me shortly after the time he should have taken the cash, and stated that he felt such a desire, but that he would not do it because he knew it was wrong, but he wondered why he should so feel.

He stated he had been hypnotized, but did not think criminal suggestions had been given. I put him under, however, and ascertained that they had, but dispelled the idea. When he was awakened, he thanked me and went on his way.

I do not think that hypnotism can interfere with the free moral agency of an individual. It may create a desire, but in my judgment it is always within the power of the man hypnotized to resist, that is, if the suggestion is post-hypnotic. Just what might be accomplished in some cases when the person is actually in a deep stage of hypnosis is a question of some doubt in my mind.

There are, possibly, some people who would do some things which they would not do if they had entirely their own way,\* though I must plead some ignorance here, as through motives of prudence I have never experimented, except on simple things: and we must concede that, while the hypnotee might carry out some suggestion which was productive only of slight evil, still, when a suggestion were given that really amounted to much he would refuse.

I cannot conceive why any man who has had practical experience with this subject can maintain that when a party is hypnotized he is reduced to a mere automaton; I can readily see why a novice might infer as much, but not an experienced hypnotist.

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\*What is this meant exactly to express?—ED.

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EDITORIAL NOTES.

The title-page and index to Vol. I will be printed some time this month. It is difficult to know how many copies are wanted. Send in your names, please.

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We shall not supply bindings, and this will leave you free to follow your own tastes in the matter of covers.

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THE UP-TO-DATE ADVERTISEMENT.

The interest that attaches to the word hypnotism has been adroitly taken advantage of by a business firm which offers a substitute for coffee to the intelligent readers of the News of Taunton, Mass., as follows:

LIKE HYPNOTISM.

HABITS THAT APPEAR ALMOST HYPNOTIC.

The tenacity with which some habits stick to people, or people stick to the habits, is very remarkable, particularly the tobacco and coffee habit.

People act almost as if they were in reality under a hypnotic spell. They promise themselves and friends time and again that



they will leave off when they find health forsaking them, but they make one excuse or another, and keep on the dreary way as if guided by an unseen spirit of evil.

Physicians realize the uselessness of treating a patient for any of the multitude of nervous diseases so long as the poisonous alkaloids of tobacco and coffee are being taken into the system, even in minute doses.

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#### THE HYPNOTIC PLEA FOR DIVORCE.

The case of a husband suing for divorce from his wife after three months of married life, on the plea that he was hypnotized when he married her, will be heard in the Dakota courts shortly, according to the Boston Journal. It appears that he married, not his deceased wife's sister, but his deceased cousin's widow, or perhaps it would be more just to say that she married him. His name is George. It won't do, George; but the plea, considered as a plea, commands our admiration. Its transparency, its very weakness, has a savor of boldness. And what a joyful field of irresponsibility it opens to the view of the impecunious, the idle, the criminal, and the weak-kneed! I give below a few extracts from the speeches of those famous advocates who will shortly find in the "hypnotic control defense" their chief source of income. Let us begin with George's lawyer:

"Not for one moment would I seek to blacken the reputation of the defendant. Such an attempt is as foreign to the line of argument which I shall present to this court, as it is repugnant to the high principle which is an inherent part of the character of my client, the complainant in this case. The matter rests upon another footing, and when I say that this unfortunate gentleman was but a tool in the hands of an artful woman; a sorceress; gifted with more than human power, who worked her devilish arts, and cast her spell upon him to his undoing, not in the darkness, but in the full glare of the midday sun, the court will see with me that we are face to face with a psychological difficulty of stupendous import. Upon the result of this trial will depend the happiness or misery, the weal or woe, of thousands yet unborn. Shall we crush this tyrant force now, and at once; shall we pluck it from our hearts and from our midst, where it stalks rampant; or shall we weakly procrastinate and temporize?"

Triumph of George's lawyer. Counsel for the defense without the shadow of a case. Court much impressed. Learned

judge recollects that he was not entirely master of himself when he was married thirty years before. Is convinced, in his own mind, that he was then somewhat under hypnotic control. Often thought so; now sure of it. Divorce absolute, granted.

Next case; impecunious youth, having squandered his patrimony, has fallen in arrears with his landlady, and is sued for payment of board bill. Counsel for the defendant looks impressively at his client; the latter drops his eyes, and passes, apparently, into a state of coma.

"Your honor," says learned counsel, addressing the bench, "I should perhaps have asked the court's leave to perform the experiment which is even now accomplished, but I wished to prove instantly, and without possibility of doubt, to the intelligence of this court, that my client, the defendant, is not responsible for his actions. I have myself some slight hypnotic power. I looked into the eyes of my client but a moment ago, mentally commanding him to sleep and what the result is you see exemplified before you. May I trouble you, officer, to run this pin into the arm of the young man? Thank you. Stab him in various places, officer. He will not move or shrink. Bury the pin to the hilt in his flesh, he shall not quiver. This young man, your honor, is of that unfortunate class known as somnambulists. I shall show by means of witnesses subpoenaed recently, that for many months he has lain in this abnormal condition, consuming, no doubt, as much food as the ordinary normal human being; laughing and talking like other men; retiring at night, and rising in the morning in the most natural manner, while all the time, all the time, your honor, the defendant, my client, has been in the purely subjective state in which you see him before you. He is in a trance of induced hypnosis. I shall show you that during these past few months of enforced idleness—for it is impossible for the subject to resist the power that compels him to remain inactive while others labor for bread—this young man sat in his own room and almost refused to permit the servant to dust the furniture or make up the bed. He, my unfortunate client, while in this condition of helplessness, upon one occasion threw a pitcher of water over his landlady, the complainant in this case. It appears from the testimony of eye witnesses that the provocation lay in the remark of the complainant to my client to the effect that "he could help the man saw some wood." Your honor, I will ask you if this could be considered the rational conduct of a responsible individual? Must we not rather conclude that he was not himself. I am not at this moment prepared to tell the court under whose

influence—under whose influence," thundered the eminent counsel, fixing his eye upon the landlady, "this unfortunate victim to hereditary psychological weakness was, and is, acting. I shall ask the court to adjourn the case for ten days, pending the forging of this important link in the chain of evidence which is to lead to the conviction of those who are really the guilty parties. Officer, look to my client; he is falling from his chair. Your honor, you perceive that he has stiffened all over. This is the state of cataleptic rigidity of the muscles, in which I am told he sometimes remains for hours. It would be well to send for an ambulance and have him conveyed to his apartments."

"He'll come out of it, bless you, when it's time to eat," remarked the landlady."

"Silence there!" said the clerk, and his honor adjourned the case.

Oh, yes, you open up a great field, George, with your plea for divorce upon the ground of hypnotic control!

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#### TRILBY AND HER FOLLOWING.

An influential firm of publishers, the Messrs. Harper and Brothers of New York, once brought out a book entitled "Trilby," the work of one George Du Maurier, an Englishman of artistic temperament. The book dealt chiefly with the Bohemian existence led by the art students of the Quartier in Paris, and by virtue of the freshness of the dialogue, and the aroma of good fellowship pervading it, was a tremendous success. To make his plot the more interesting, the author introduced the figure of a Hebrew hypnotist called Svengali, and the heroine of the story, a tall young woman, with flaxen hair, and the tongue of a fish-wife, fell under the spell of the Hebraic eye, and passed a few years of her life in a condition of active somnambulism.

It mattered little to the author, I presume, that the hypnotic part of his story, scientifically considered, was most arrant rubbish. It mattered still less to the publishers. They purchased the story for its selling possibilities, having found it to conform in workmanship to what they are pleased to call their literary standard, and the result of the purchase was financially satisfactory.

It may not have dawned upon the Messrs. Harper and Brothers that they have succeeded in strengthening the hands of all

quacks and charlatans who are finding their source of income in the credulity and erroneous beliefs of others. It is, however, a fact, that this foolish story, first by its publication in book form, and afterward by its dramatization, has confirmed the general misconception of what is popularly called "the power" of the hypnotist.

It should eventually prove disquieting to this eminently respectable firm of publishers to remember that by its endorsement of this nonsense; by its dissemination of error; it has placed itself in the position of an elder brother to the ubiquitous impostor: that it has done its best to raise vulgar sensationalism to the rank of science; and that its stamp and copyright, figuratively speaking, are to be recognized in such dispatches as the following:

From the Chicago Sunday Tribune, December 27:

SVENGALI IN REAL LIFE.

HYPNOTIC MARRIAGE OF WHICH THE BRIDE HAS NO RECOLLECTION.

Jamestown, N. Y., December 26.—(Special.)—Burton M. Main, an itinerant phrenologist and palmist, is in custody here, charged with being a disorderly person. The real reason for his incarceration is the allegation that he hypnotized Miss Mary T. Whitman, a handsome young woman, and married her while she was under his baleful influence.

Four weeks ago Main applied at the Woodburn cottage on West Third street for board. He told the landlady, Mrs. Eva Wight, that he was a phrenologist and palmist, could also tell fortunes, and possessed the power of hypnotism, but had no funds. His clothing and general aspect were suggestive of the fact that he might have seen better days, and the kind-hearted landlady took him in, telling him he might remain one week.

Once ensconced in comfortable quarters the young man settled down to enjoy life, and of course made the acquaintance of the landlady's charming sister, Miss Mary T. Whitman, who was stopping at the house. The young lady had been keeping company with an estimable young man of this city for the last two years, and, it is said, was engaged to marry him soon. It was not noticed that Main paid the young woman any more than the ordinary courtesies required by politeness, although members of the family now recall that he seemed to possess some mysterious influence over her when she was in his presence, and the young woman herself declares that she has no power of resistance when he is near.

## TRILBY MEETS SVENGALI.

Miss Whitman came down town with her mother and met Main on the street while her mother was shopping. He proposed marriage, was accepted, and the prospective groom started out at once on the skirmish line, telling her to wait for him. He found Henry Arnold and Horatio Sprague, who consented to act as witnesses, and then, being penniless, he applied for a loan to pay the marriage fee. Failing in this he borrowed another man's hat for the occasion and proceeded with Miss Whitman to the office of Justice E. P. Mahoney. Here Mr. Arnold volunteered to guarantee the marriage fee and the ceremony was performed.

The groom was in the gayest of spirits but the bride seemed moody and down-cast and had little to say. After the ceremony the couple went to the home of Mr. Arnold, and their failure to put in an appearance at the usual time for supper resulted in an investigation that brought to light the true state of affairs.

## PARENTS ARE HEARTBROKEN.

The girl's parents, Mr. and Mrs. Stephen C. Whitman, and her sister, were heartbroken at the startling intelligence and at once sought legal advice to see if the marriage could not be set aside, but nothing definite was accomplished at the time and the couple were permitted to go to Mrs. Wight's house. The next day, however, hostilities were renewed. The bride of less than a day, it is said, declared to her parents that she had no recollection of the marriage ceremony or of the events that immediately followed. She had awakened now to a realization of the fact that she was united to a man whom she had known but a few weeks, and could never hope to regain the affections of the one to whom she had plighted troth.

After consultation with attorneys, Main was arrested on complaint of the parents under Sec. 899 of the penal code, on the charge of being a disorderly person. Previous to this action, however, the young bride had been taken to the home of her parents on Jones and Gifford avenue, and the groom worked himself into a fine hysterical frenzy as he wrung his hands and cried aloud for his wife. Main said he and Miss Whitman were much attached to each other. They feared that Miss Whitman's parents would not consent to their union, and, therefore, concluded to get married without asking permission.

The prisoner is a young man of medium height. He has black hair and small black eyes that peer keenly and cunningly out from a thin peaked face that could hardly be called prepossessing. He is thin, and his well-worn, badly fitting black clothes hanging

about his angular frame make him resemble to some extent an animated clothes-horse. His quick, jerky movements and furtive glances indicate extreme nervousness, and his rapid changes of mood and purpose lead one to the impression that his mental faculties are not properly balanced. The prisoner as yet has been given no examination and will be held until the forepart of the week. In the meantime, his record is being looked up, and his mental condition will be thoroughly investigated, as those interested believe the man is insane.

BRIDE NEARLY PROSTRATED.

The bride is a handsome woman, 25 years of age, and has always moved in good society. She is bright and interesting in appearance, and scandal has never been breathed in connection with her name before. She is nearly prostrated by the realization of her true position, and joins most heartily with her parents in the desire that the unwelcome bonds that now weigh so heavily be sundered. To a reporter she declared positively that she had not even the most vague recollection of what transpired after her meeting with Main on the street, until after he left her the next day.

The affair has created a profound sensation here, owing to the position held by the bride in society. She had many admirers among the young men of the city, and her friends cannot bring themselves to believe that she would voluntarily give herself to such a man as Main.

Let no hysterical woman hereafter declare that she did not know her mind when she did a foolish thing. The proper defense is, "Hypnotic Control, with Subsequent Loss of Memory."

Ha! A wreath of laurel for the house of Harper!

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THE HYPNOTIC DETECTIVE.

A dispatch from St. Joseph, Mo., to a New York paper, conveys the intelligence that John Dupierre, a hypnotist, has been engaged by the De Kalb County Vigilance Committee to discover the thieves who have been robbing the hen-roosts there lately. The message reads:

Dupierre will hypnotize one of the men suspected of the crimes, and draw a confession from him. If the plan works, the names of the other thieves will be known to the Vigilance Committee and they will be watched. Dupierre has gone to De Kalb County disguised as a farmhand.

To such base uses do we come at last! It would have been

a little more worthy of his magnetic endowment if Mr. Dupierre had offered to wring a confession of murder from the lips of a convicted criminal, but to deal with "dem low-down ornery chicken t'ieves," this is a fall, indeed! I am in doubt, also, as to the meaning of the disguise. If the confession is to be drawn from a suspected person by the power of hypnotism, why this attempt on the part of Mr. Dupierre to pass himself off as one of "de gang?" If the dispatch is not a practical joke on the part of some St. Joseph correspondent, I should be greatly obliged if some of our subscribers in that neighborhood would endeavor to secure a copy of Mr. Dupierre's report to the De Kalb Vigilance Committee, and any statistics showing that the number of live fowls had decreased in the neighborhood during Mr. Dupierre's detective activity there would be received here with less surprise than interest.

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A CONSERVATIVE.

The garden beds I wandered by  
One bright and cheerful morn,  
When I found a new-fledged butterfly  
A-sitting on a thorn,  
A black and crimson butterfly,  
All doleful and forlorn.

I thought that life could have no sting  
For infant butterflies,  
So I gazed on this unhappy thing  
With wonder and surprise,  
While sadly with his waving wing,  
He wiped his weeping eyes.

Said I, "What can the matter be?  
Why weepest thou so sore?  
With garden fair and sunlight free  
And flowers in goodly store"—  
But he only turned away from me  
And burst into a roar.

Cried he, "My legs are thin and few,  
 Where once I had a swarm;  
 Soft, fuzzy fur—a joy to view—  
 Once kept my body warm,  
 Before these flapping wing-things grew  
 To hamper and deform."

At that outrageous bug I shot  
 The fury of my eye.  
 Said I, in scorn, all burning hot,  
 With rage and anger high,  
 "You ignominious idiot,  
 Those wings are made to fly."

"I do not want to fly," said he;  
 "I only want to squirm."  
 And he dropped his wings dejectedly,  
 But still his voice was firm;  
 "I do not want to be a fly;  
 I want to be a worm."

O, yesterday of unknown lack,  
 To-day of unknown bliss,  
 I left my fool in red and black;  
 The last I saw was this:  
 The creature madly climbing back  
 Into his chrysalis.

Charlotte Perkins Stetson.

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Dr. A. K. Crawford of Chicago will contribute an article upon  
 suggestive therapeutics in the near future.

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BRADLEY NEWELL, THE VERMONT BLACKSMITH.

This "healer" has perhaps been given more than his share of  
 attention in this magazine, but he is such a splendid example of the  
 success of ignorance plus impudence that I do not begrudge the  
 space. A correspondent of the *New York World* recently inter-



viewed Mr. Newell, and her experience, as here recorded, is rather amusing:

Bradley C. Newell, the blacksmith healer, at \$5 a try, for you pay your money, hit or miss, has moved from the Hotel Imperial to a fashionable lodging house on a side street, where he is doing a thriving business. I applied for relief for writer's cramp, a genuine case. The healer informed me there were two patients ahead of me, but if I would wait five or ten minutes he would treat me.

I waited just six minutes, during which the two ahead of me were disposed of at the rate of a little over a dollar and a half a minute, and I was rushed into a rather florid but comfortable parlor.

"I have writer's cramp," I said truthfully. "I want to be treated for it."

The healer is a powerful-looking man, certainly over six feet tall, well proportioned, weighing, I should say, easily 210 pounds, with black hair and lustrous eyes of the same color, a luxuriant mustache and beard also black—a typical Titan in appearance. His skin is colorless. He exploits a continuous smile, revealing teeth so even and so white as to be almost suspicious. He remained standing, and did not invite me to sit down, but in a pronounced New England voice he said:

"A good many people has an idee thet this power o' mine is a fake, and thet it don't cost nothin'. Both is a mistake; treatments is \$5 each, with no promises. Some I cures, some I don't. Cure or no cure the charge is jest the same."

"Here's a business," quoth I to myself as I laid down my brand new \$5 bill.

"Jes' give me both your hands," continued the former blacksmith, and I did so. The alleged healer's hands are large, fleshy, red, and quite destitute of character or expression. They are vegetative, almost elementary, and do not indicate moral or intellectual power. They are not vicious, but rather domestic in a negative sort of way, but there is no sign of mentality in them. The healer declares that he is unconscious of any vibration or muscular contraction in his own hands while he is healing, although it is by these vibratory sensations the healing is effected.

I distinctly felt the alleged unconscious vibrations. He voluntarily contracts the muscles, for I find I myself can do so.

My treatment lasted about two minutes—\$2.50 a minute. My hands were released. Mr. Newell said he hoped I'd feel a great deal better pretty soon and prepared to show me to the door. I fervently received the wish, and asked if I might chat with him

for a moment. I said that he interested me, and I asked him if he had ever been told that his eyes were not alike, either in contour or setting, and that his cheeks were noticeably uneven. I did not tell him that these are well known and significant as symmetry ever is to face and form readers.

Personally, I felt he was quite as smart as he could be, particularly as he held my late \$5 bill all this time in his brawny, money-making fingers. In answer to the usual question as to how the peculiar hand first became manifest, Mr. Newell replied with apparent honesty the tale of his first cure, the patient being his wife, who was from his account on the verge of insanity from a complication of painful diseases. He had come home from his smithy to get his dinner. "I see," he said, "that something wuz up, fer the girl that I kep' to watch my wife said she couldn't be left, so I sed I'd set by her while the girl got my dinner. My wife was so excited that she made fer to tear her hair out, and I put up my hands jes' as anyone would fer to stop her. In a minute she says she felt somethin' tinglin' all over her.

"I see thet I hed a power, but I didn't know what it wuz eny more than I know what it is now. I've learned how to hypnotize since then, but I don't know how I do it.

"I wish the papers would leave me alone," he added.

"Haven't the papers been fair to you," I asked.

"Well," he said, "this York paper called the World has attempted to roast me, though the reporter seen me make cures while he set here. I've always been known for a man that lived up to what he pretended to be, and I don't like to be set down as a fraud. If the papers had a let me alone and the doctors hadn't got so mad at my success, I'd a went home yesterday, but they attacked me, so I jes' made up my mind to stay."

"Why," he continued, "last night a Baptist minister come here to convert me. He wanted me to confess that I was a humbug. Well, I jes' told him that he was telling his people in his church a lot of things and makin' 'em promises about things he was only taking on hearsay and couldn't prove. I might call that humbuggin' if I wanted to. I didn't promise nothing, but I did the business. Well, he labored and labored with me, trying to convert me and telling me all the glories and joys of Heaven. About 12 o'clock I got tired, so I jes' hypnotized him and I had him for two hours seeing all the devils and angels he'd been talking to me about. I made him sing hymns and preach sermons, and when I broke the spell he was the surprisedest preacher you ever see. He come here to convert me and I converted him. When he went away he said I certainly had a most wonderful power, and he's call again, but I shan't look for him."

When I returned to the reception room in search of my wrap

I found seventeen persons waiting to be "treated." They had all arrived during my seance.

My thumb remains about the same, but I am profoundly impressed with the possibilities of the healing business.

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The story by J. V. Daniels, published in this issue, and entitled, "A Hypnotic Christmas," was cut from some northwestern paper about a year ago. I believe it appeared originally in the Minneapolis Journal. It has the merit of being probably the first attempt to present the scientific possibilities of hypnotic suggestion in the form of a simple romance. The conclusion of the story is perfectly sound and scientific, and the only objection one can offer is that the first suggestion given to Aunt Ruth is too indefinite to produce a positive effect. But the author is to be warmly congratulated.

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An article by Thomson Jay Hudson LL.D., author of the Law of Psychic Phenomena, entitled "The Danger Line in Hypnotism," will appear in the February number of this magazine.

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#### THE "SUBJECT" ON EXHIBITION.

It is becoming a common practice to exhibit hypnotic subjects as an advertisement for the operator in the window of some public building. The Baltimore News recently gave the following account of such an exhibition:

In the window of a store at 5 North Gay street lies a man on a cot, who, it is claimed, has been in a practically continuous hypnotic sleep since last Monday. Dr. Herman, a mesmerist and hypnotist, who is giving exhibitions of his art in the store which he has fitted up as a hall, is using the man in the window as an advertisement, and he is proving a good one, as large crowds are constantly in front of the window gazing curiously at him. Regarding the sleeper Dr. Herman says:

"He has been asleep since early Monday morning and I hope to have him sleep until next Tuesday at midnight. Now I do not pretend that he sleeps constantly, for if he did, he would be dead at the end of the eight days. Every night about 12 o'clock I wake him up, and he partakes of nourishment and also walks around

for an hour for exercise. Then I put him to sleep again and he remains asleep until the next night. He only eats the one meal in 24 hours, but it is a hearty one. He selects the best the market affords, such as oysters, turkey, etc. He loses a pound in weight every day sleeping, and when he comes out of the sleep, is so tired he feels as though he wanted to go back to sleep again at once.

'Hypnotic sleep is very exhausting, being just the reverse of natural sleep, and a hypnotist must watch his subject very closely. Otherwise he might pass from hypnotic into eternal sleep without even a long-drawn breath.'

The Lowell Citizen comments editorially upon such performances as the above according to subjoined extract:

We have hypnotizers in town and they are making sensational offers which are calculated to arouse an interest in the exhibitions they give. We have one who will hypnotize himself and be buried along with the other, for three weeks. That would very likely put an end to the shows if it would not end the exhibitors. What we need, however, is not the burial of hypnotics, but a rigid law governing the practice of hypnotism. The public exhibition of a hypnotized man in a shop window, the other day, was after a time suspended by the police; it should never have been permitted. It is not a decent exhibition.

I cannot admire the Citizen's reluctance to see the operator buried with his subject. It would at least save us the annoyance for the time being of listening to his foolish talk. I do not quite see why a man lying fast asleep in a shop window should be classed as an indecent exhibiton, but that is a side issue. There can be no two opinions as to the imperative necessity of burying the "professor," who declares hypnotic sleep to be the very reverse of natural sleep. And if it should happen that a three weeks' interment proved fatal, relatives and friends might mourn, but science would be more inclined to express its feelings, in "even a long-drawn breath"—of relief.

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#### THREE INTERESTING CASES.

A cure for kleptomania has been announced by Dr. Bertillon, the eminent French physician and scientist, who invented the system of measurements recently adopted at Sing Sing prison. Dr. Bertillon, in the course of his experiments, has discovered

that by hypnotic suggestion the incipient or chronic thief may be alienated from his tendency. The doctor holds that crime is a disease, to be treated scientifically, and according to its progress in the patient. Microbes of crime, he insists, may permeate a man's system in the same manner as those of consumption, malaria, or erysipelas.

His first experiment was upon a little girl five years of age, whose mania consisted in the stealing of spools of embroidery silks from her mother. Corrected for her behavior, the child would invariably promise not to repeat the offense, yet, in spite of frequent punishment, she would take the spools at every opportunity. Curiously enough, her mania did not extend to the taking of other articles, such as would be appropriated by the ordinary kleptomaniac. Being a friend of the family, Dr. Bertillon became interested in the unique case, and frequently remonstrated with the child. He suggested to her mother the possible effect of hypnotism. The mother consented, and the child was subjected to the experiment. "Why do you take the silk spools?" asked the doctor, when he had her under control.

The child replied that she could not help doing so, although conscious that she was doing wrong.

When the child's arms had become rigid through suggestion he placed several of the gaily colored spools on a table and commanded her to take them. The child made a futile effort to do so. "Now you may take them!" exclaimed the doctor, and the child immediately did so. "Now you are to return them in the order in which you took them," commanded the doctor. This the little one did mechanically. "And you are to remember," continued the doctor, "that whenever you feel that you must take the spools you must return them, every one. So you will always return what you take in the future." A few days following this experiment, when the spools were again missing, the child's mother said nothing, awaiting results. The next day the spools were found in the work basket, from which they had been taken. After this the mother had no further trouble with the child.

Another interesting patient was a youth afflicted with nervous prostration, the result of excessive smoking. It was this

youth's habit to smoke from fifteen to twenty cigars a day. Placed under hypnotic influence, a cigar made of chopped hay and saturated with chemicals was given to him. The disagreeable flavor produced nausea, and the young man threw aside the cigar in disgust. "Cigars do not agree with you," exclaimed the doctor. "You will be made ill every time you smoke them in future." Several nights later, at a dinner party, the subject was given a cigar. He lit it and began smoking. Presently he became deathly pale, and was seized with nausea, although his cigar was of the finest tobacco. Following this incident, he was cured of the habit, and in a few weeks restored to health.

A young girl, suffering from a dyspeptic ailment, was the next to undergo this treatment. Her habit was the incessant biting of her finger-nails, a practice productive of blood-poisoning. Apparently, she had no control over this desire, that had gradually induced a general debilitation of the nervous system. While under hypnotic influence she was told that her nails had been steeped in alum; that it would irritate her mouth and cause it to water. Although nothing was placed upon her nails to produce this effect, the moment she began to bite them her mouth watered, her lips contracted, and she exhibited all the symptoms described.

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#### HYPNOTIC DEMONSTRATIONS.

The Nashville Banner remarks:

Mrs. Lama B. Coleman, by request, will give some hypnotic demonstrations Saturday afternoon before the students of the University of Nashville. Mrs. Coleman has been before all the colleges in the city and has the recommendations of some leading physicians.

Follows the account of Mrs. Coleman's high-grade exhibition. I should like to know of what the recommendations of the leading physicians consisted. Surely they had no words of praise for such a spectacle as this:

A large audience assembled in the auditorium of the Medical Department of the University of Nashville yesterday afternoon to witness the hypnotic feats of Mrs. Laura Belle Coleman, the

rather celebrated local hypnotist, complimentary to the students of the medical department.

Mrs. Coleman was introduced to the audience by Dr. Ambrose Morrison. The opening feature of the program was three men being put in the state of anæsthesia, after which subjects were put under the influence of hypnotism and made to imagine themselves contestants in bicycle races, horse races, and baseball games. In the baseball game one subject imagined that the umpire had made a wrong decision, and became so enraged that he struck him in the face. One subject was made to imagine he was flirting with a beautiful young lady, while two more imagined themselves spectators at a minstrel show, and another imagined that there was a brass band rendering music for him to dance by.

Hat pins were stuck through the wrists of three subjects while under this influence and to prove that the pins really penetrated their wrists they were awakened and sent through the audience. They were then again put under this influence and the pins were extracted without a drop of blood issuing from the wounds. A young man weighing 120 pounds was placed in rigidity and sustained the weight of two men, or about 390 pounds, while suspended between two chairs. Another subject held three men while suspended between two chairs.

Mrs. Coleman gave several subjects glasses of water and made them imagine it whisky and after drinking it they imagined themselves intoxicated, shouting like drunken men.

Although the room was very warm, she made two subjects imagine it awful cold, and they turned up their coat collars and shivered as if they had a chill. A negro doll was given a subject to give to the ugliest man in the house, and after looking blankly around for a few minutes the young gentleman spotted his man and presented the gift.

Mrs. Coleman will give an exhibition at one of the theaters during the holidays under the auspices of the Woman's Board of the Centennial.

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#### THE CHAMBER OF SLEEP.

Off Broadway, in one of the brown stone fronts to be found in the best of the streets of the 40s, there is a parlor in which missionary work is done daily by a corps of beautiful and refined women.

They are hypnotic missionaries, and their work is to soothe the mind of the weary shopper and send her home rested.

Shopping is the most wearing work a woman has to do. One

A shopping tour means a headache with women who shop over. Physicians say this is because of the brain fag consequent on the constant weighing of purchases and bargains, of possible expenditures and probable saving. It is a sum in mathematics, domestic economy, law and equity and judgment all combined with the great question of purse. Oculists ascribe the trouble to the strain upon the eye, which constantly changes its focus.

Let the trouble arise from whatever cause, the hypnotic parlors are the spots where it can be cured.

Hypnotism, as everyone knows, changes the brain from one condition to another without changing the surroundings. The design of the hypnotic parlors is to change the brain to a condition of rest and send the patient home with the body refreshed.

When you enter the hypnotic parlors you see standing along the wall a number of couches. There are comfortable ones and stiff ones. The comfortable ones are for the patients. The stiff, straight ones for the operators. Small screens stand conveniently around.

When a woman enters the hypnotic house she is met at the door by a maid, who takes her bundles and reticule and gives her a check for them. She will also check bonnet and cloak if desired. The door of the parlor is then opened and the "patient" steps in.

The very atmosphere of the room is restful. The blinds are partly drawn and the light is a subdued one, made the more so by the green hangings at the window, and the furniture all upholstered in green. Upon the floor there is a green vine. Green plants stand everywhere.

An attendant beckons to the patient and motions her to a couch behind a screen. With a sigh of relief she sinks upon it and rests her head against the back of the couch.

"It is 4 o'clock now," says the attendant. "What time do you want to be called?"

"Let me sleep an hour," says the patient. "Call me at precisely 5. Do not let me oversleep."

"No, madam," answers the attendant; "we are not allowed to do that."

In a minute a soft-stepping woman enters. It is the hypnotist operator, and she seats herself without words upon a stool and takes the patient's hand in hers. "Turn your head this way," she says, "and look beyond me at that spot upon the screen." A bright green disk catches the eye of the patient and fascinates her. "Go to sleep! Go to sleep!" commands the hypnotist operator,



hour's sleep and sent her away blooming like a girl. It was hard work for us, because she was very nervous. The hypnotist who put her to sleep was exhausted. Now go to sleep! Go to sleep! Go to sl-e-ep!"

The words are long drawn out and drowsy. The patient begins to breathe heavily. There is a rustle outside. "Nothing but another patient going behind the next screen," explains the attendant, wise enough to know that a woman cannot go to sleep until her curiosity is gratified.

"Now go to sleep! Go to sleep!" The patient's eyelids fall. The spot is disappearing. Still the voice goes on. But it sounds very loud now. It is saying all sorts of strange things. And stranger still, things that are true.

"You are asleep now," said the voice. "You have rested and had a drink of wine. You are happy and now you are going to sleep, sleep, sl-e-ep."

The last words are lost in the heavy drowsiness that comes over the patient. She is asleep, asleep.

It is a genuine missionary work, because it sends a woman home rested for the evening; and grand opera box beauties willingly pay a fortune for a hypnotic sleep of an hour.—Helen Ward.

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A magazine of the same age as this periodical advertises itself as, "The only literary magazine published in Chicago." Oh-h?



## INQUIRY DEPARTMENT.

It has been thought advisable to open an Inquiry Department in this magazine, in which the queries, opinions and experiences of our readers will be given attention. In all phases of subjectivity curious and interesting phenomena are continually occurring, and we are anxious that our readers should make a note of these things coming within their own range of observation while they are still fresh in their memories, and send the particulars to the editor of this magazine. He will also be glad to answer in this department any inquiries having reference to the phenomena of hypnotism.

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### INSOMNIA.

How can one control nervousness and sleeplessness? The more I try to sleep the more wakeful I am. I can control pain and colds. Do tell us in your next number; not for myself alone, but for a great many friends (ladies in particular). I do beg of you to tell us how to bring sleep to our aching, throbbing brains.

I cannot get asleep till morning, and then awaken after a short sleep. Perhaps you will tell me it's my subjective mind that I have to deal with, but if it be I can't control it, and my friends say to me, "Is hypnotic treatment lasting?" Is it possible for me to control it? If it be, why don't I?

Louisa Whitney.

I take your letter in my hand, madam, closing my eyes after the manner of the magnetic healer, and proceed to diagnose the case. I get the impression that the insomnia is one of the effects of the nervousness. By removing the latter, therefore, we remove the former. There is a reason for everything, and there is a reason why one person should be able to sleep comfortably through the night, while another tosses restlessly to and fro. I gather that you are over-anxious about many things, you fret and worry yourself to death about trifles, because you have not formed the habit of sitting in judgment upon your weaknesses. This, however, takes time, inclination and opportunity, and you probably want definite instruction. We will pass by the nervousness,

therefore, and attack the insomnia, knowing well that in vanquishing the one, we reduce the other, or vice versa, so closely are these two conditions intertwined. Although insomnia is of necessity a mental disease, there may exist a physiological reason for it. If you are not taking sufficient exercise during the day to render sleep a necessity, you can hardly expect to experience that feeling of bodily fatigue which almost invariably precedes sleep. But if you are following the ordinary rules of health with respect to diet, bathing, and fresh air, we must look for the cause of your insomnia in your mental attitude. To begin with, the idea has rooted itself in your brain that you are hardly used because you cannot sleep. This mental condition is sufficient, alone, to keep your brain active, and your thoughts upon the rack. Cultivate, instead, the idea that you will sleep, but that if you should happen to lie awake, you will be just as well pleased with yourself and the world in general. If you will bear in mind the fact that you rest your nervous system every time you lie quietly with your muscles relaxed, you will not tire yourself by striving to attain a condition which will come to you if you will cease to struggle to reach it. Your brain is too active, evidently, and the supply of blood to the brain must be reduced before sleep will visit you. There are many ways of accomplishing this simple feat. In hypnotic treatment the voice of the operator, or your concentration of attention, is the compelling power. In treating yourself, the same mental satisfaction with yourself and your surroundings should be induced if you would lose consciousness for a time to awake refreshed. Unfortunately, you can only be helped by these suggestions, the cure rests in yourself. Yet it is an easy, and a simple thing, surely. Discard as worthless all those preposterous devices to cheat the mind into forgetfulness, such as the repetition of a name, the multiplication table, or the counting of white-wooled sheep as they jump through a gap in an imaginary hedge. The mental effort requisite to present this latter picture is alone sufficient to drive sleep from your eyelids for many hours. Think of pleasant, but not exciting things, or, if you have no pleasant memories, which is an extreme supposition, rest you content in the fact that you have a bed to lie upon, and are not in danger of

being called to get up in an hour's time. Eschew efforts at concentration, and let your thoughts wander quietly in pleasant channels. The essence of this advice may be thus defined: Don't worry if you don't sleep. Let me hear of the success of this treatment.

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EXPERIMENTS.

While experimenting with hypnotism some very remarkable phenomena have occurred, and I give herewith an account of some of the feats, and trust they will be of interest to the readers of the Hypnotic Magazine. My subject is a lady friend, and while under my hypnotic influence, I suggested that she go to my home in less than two minutes, and find the number of the house. In a minute the subject remarked: "O, how windy. I am at the house now; the numbers I see are 20-6-5—2065."

This is the correct number. Now, I wish to state that the subject could hardly find the house in the daytime, and furthermore, she does not know the number to this day. When blindfolded she can tell me the time on my watch, dates of coins, different denominations of paper money, and anything I may hold up or touch and ask her to describe. I placed the Hypnotic Magazine against the lamp, face to me, and took a lead pencil and touched some of the letters, skipping around each time, and in each instance the letters she said I touched were correct. I find that her subjective mind has a better memory than her objective mind. I gave her the post-hypnotic suggestion that when I would wake her she would say to me, *Que hora treue usted?* This is Spanish and means, What time have you? When I woke her she asked the meaning of *Que hora treue usted*, and I asked her where she heard it, but she could give no explanation. I told her the meaning, and said it was Spanish. Ten minutes later I asked her to repeat the Spanish, but she had forgotten it; then I hypnotized her again and told her to repeat the Spanish, and she immediately said *Que hora treue usted*. The following are the exact questions put to her while in the hypnotic condition:

"What do you see in your mind?"

"A hill."

"Is that all?"

"A man."

"What is he doing?"

"Going home."

"Who is he?"

"A friend of yours; I know his face, but not his name."

"Ask him his name."

"Charley —."

"Charley who?"

"He refuses to give his last name."

"Well, tell him I sent you, and you must find out his last name."

"His name is Charley Eifert."

This Mr. Eifert is a friend of mine and lives between two hills. The subject knows him by the name of "President," for this is what he is always called. I questioned the subject after I woke her about his correct name, but she cannot give it, and declares she does not know. I find she makes suggestions voluntarily. Here is an instance: She complained of having a headache and I told her I would remove it in a few minutes, and placed her in the hypnotic condition, rubbed her temples, and suggested that her headache was leaving her and that she would feel better in a few minutes; then I left her to sleep. Presently she remarked: "Oh, how it is raining." I paid no attention to her and thought probably she was dreaming, but to satisfy my mind I went to the door, and sure enough it was raining, but I could not hear it in the house. In about five minutes I woke her up and said: "How did you know it was raining?" She was very much surprised, and said: "I don't remember saying anything about rain, and it is not raining, anyhow." Then I requested her to go to the door, and when she opened it she found it was raining hard. About a week later I tried to confuse her about the number on the house. I took a German newspaper, the *Volksblatt*, and nailed it over the 65 on the outside of the door, leaving only the 20 to be seen. I placed her in the somnambulant state and sent her to the house to find the number, and she said: "I see 2065." Then I asked her if she saw a newspaper over the two last numbers, and she said, "No." This I thought was very strange, but on arriving home I found that my brother had taken the paper down. The subject does not remember anything that occurs during the hypnosis, unless I give her the suggestion that she will remember, and the explanation she gives is that when I suggest anything she immediately sees it in her mind. In placing the subject in the somnambulant condition I do it mentally, excluding the suggestions and passes, as I find it works quicker. It only takes a minute until she is as stiff as a board. Sometimes when she does not answer immediately she gets nervous, and her muscles jump, but I quiet this by suggestion. Sometimes she wakes almost instantly, and sometimes I have to work quite a while be-

fore she is all right. Now, as I am only a very young man and have not had much acquaintance with this line of work, I would like to hear something from those who have had more experience.

Covington, Ky.

W. S. Berger.

You are assuming that your subject is clairvoyant on slight evidence. Make your tests more exact, and pay as much attention to the failures as to the successes. At the same time, be careful not to suggest to your subject that she is doing unfavorably, as you lessen your chances of success if she finds you disposed to be critical. Keep your criticisms from her, and confide them to the readers of this magazine.

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MIND—OR MUSCLE—READING?

Kokomo, Ind., December 14, 1896.

My Dear Sir:—In your "Hypnotism Up to Date" you make what to me is a startling assertion; that insofar as you know there is no such thing as telepathy or mind-reading; that these apparently wonderful feats are only tricks, and have been explained again and again. Can all the feats of Johnston the mind-reader be so easily exposed? If so, then I will confess my gullibility, which I am not very loth to do, however, because I have the satisfaction of knowing that I am far from being alone in my credulity.

If I mistake not, on two different occasions Johnston did in Chicago what was never exposed as a trick, nor were those feats explained by any other method than mind-reading. Four times within the last year has he placed himself in the hands of committees, selected by the people of Kokomo, to perform such experiments as might be suggested by these committees. In all there were over twenty tests, and in no single instance did he fail to convince not only all the members of the committee, but also his audiences, that all the performances were genuine, and entirely free from trickery or collusion.

This was one of his public tests: Before he came to town a committee was selected, who started from a hotel, traveled over several streets and by a circuitous route to the city hall, where they hid a penny in a room up two or three flights of stairs. At the appointed time a carriage was brought to the hotel with two men in it. The third man was with Johnston in the hotel, where he was blindfolded. He then took the arm of the committeeman and started rapidly down stairs for the carriage. The two men took the driver's seat, Johnston took the lines and started the team

at a break-neck speed. He followed the same course that the committee had formerly gone over to the city hall. There he hurriedly got out, pulling the man beside him along up the stairs, through the building, for the first time in his life, into the room and to the desk, where he found the penny. On another occasion he led the way to a drug store, where he compounded a prescription under similar circumstances. In neither case was he told what he was expected to do, only that the test was to be public, and that it would take him out upon the streets. Not one of the twenty or more tests made here could be a whit more easily explained by trickery or collusion, than can the two above mentioned.

Many years ago I boarded several months with a family in which there was a young lady "medium." We frequently had seances for our own diversion. Three or more of us would gather around a table, placing our hands upon it—the medium with the others. All our communications in questions were answered by yes or no, the medium rapping three times for yes and once for no. It was not necessary to ask the question orally. To think it would bring a reply just as readily. They called this spiritism, but I now say telepathy. If neither, then what was the agency or force? We cannot at this day call it a mere trick. It is no uncommon experiment and will hardly admit of being so lightly disposed of.

Although my study of psychic phenomena has been quite limited, yet I have gained the impression that most writers on the occult sciences are believers in both telepathy and mind-reading. When you denominate both the latter as humbugs, I take it that you think you have good and sufficient reason for so doing. As a reader of the *Hypnotic Magazine* I would be glad to hear from you, when convenient, on that subject, and I have no doubt but that many others would hear you just as gladly as I.

Very respectfully,

Wm. H. Buck.

The first-mentioned experiments were performed through the agency of what is known as muscle-reading. Some years ago I was brought into close communication with a professional "mind-reader," who successfully performed twenty or thirty feats of this nature. He even was able, while holding a person's hand, to write with a pencil upon a piece of paper, the date of a coin thought of by that person. This was considered a very remarkable feat until it was suggested that the person whose hand the "mind-reader" was holding should turn his eyes to a remote corner

of the room and keep them so during the test. When this was done there was no result. All the members of the committee were in turn used as mediums. Each one, upon giving his hand into the other's keeping, turned his eyes upon the ceiling, and did not watch the "mind-reader's" efforts to write the date of the coin. The consequence was that there were no muscular reflexes between the two, and the test was barren of result. We came to the conclusion, therefore, that external communication was necessary to the success of these experiments, and that they were therefore not mind-reading at all. As to table rapping, unconscious muscular reflex is responsible for the raps, in my opinion, but I am not prepared at present to argue the question at length. We will take up the phenomena of subjective and "spirit" force later.

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SPIRIT OR MIND?

Detroit, Mich., December 5, 1896.

Editor Hypnotic Magazine:

Dear Sir:—In the October number of *The Hypnotic Magazine* I note your attempt to explain the experience of a lady under the head of "double consciousness" on the theory of hallucination. I have been a student of hypnotism since 1881 and have become pretty familiar with nearly every phase of it, or at least sufficiently so to cover the ground pretty thoroughly. Every writer upon the subject from Mesmer down has various explanations for the phenomena presented according to their view from the intelligence they possess in all directions, narrow or wide, as the case may be. Bernheim and Liebeault perhaps have given the world the greatest foundation stone for the great monument of mind—except one, the Man of Nazareth, and this stone laid eighteen hundred years ago is a greater—it is called by the mystic name *Faith*. Bernheim, Liebeault, Mesmer, Moll, and a host of others, including yourself, who try to explain the phenomena as existing separate from the soul must fail utterly in the end. I have had precisely the experience of the lady of whom you have given us an account under "double consciousness," except that I was raised from my body about two feet, poised for a few moments, and then fell back with a nervous shock. It was not a dream (I know what dreams are), not an hallucination (I know what hallucinations are), but a real, actual, living, waking experience.

Another time, I felt my body for a long period held by a



luminous cord only, which cord I was at all times fearful of severing. I speak of the latter that you may have two cases where thoughts other than selfish, comfortable ease was the experience. And with this I had thoughts of those dependent on me and the result should the cord break, all the time being conscious that if it did break the doctors would have another case of heart failure to report. I could tell you of my experiences while in the astral light, but it would take many pages of this paper to do it. I could tell you of the raised mental vibrations which, although I am absolutely normal in all things, has continued for two years; of the many voices I hear, some embodied and some disembodied, but that would take too long, at least for this writing, to tell. All of which experiences followed after I had built the hypnotic bulwark of suggestion as you have, believing it to offer absolutely a perfect explanation of all subjective phenomena. I have had to knock a hole in this wall and break down many others since, for no mere material explanation, as we understand material things, will give us the alpha, let alone the Omega, of the question. I believe we will find an approximate explanation, at least so we can grasp its meaning for these things, and I believe it will live, when it is complete, very close to the grand law of nature, vibration, sympathetic and otherwise. There is no material so inert, so low in the scale of evolution, that does not vibrate; there is no force in nature, including mind, that does not manifest some one of the various forms of vibration. In other words, there is no material existence so low that it escapes its laws, no spiritual existence of a hundred thousand years that will get beyond it. The experience of Dr. Lyman with his subject, V. H., is one of a multitude of similar things that occur every day. This old young world of ours exists and sympathetic mental vibration will be his key to explanations. Exclude telepathy and you put out your light; exclude sympathetic vibration and the "Night of the Catacombs" will be glorious sunshine compared with your grasping after the truth of hypnotic dreams—even existence itself.

No deep student of hypnotism but will have a spiritual experience. It may be deferred until the low physical and the raised mental vibrations of the phenomena we call death shall come to him, but he will have it, and one night of his experience will reach him more than a lifetime of grasping along merely "material" lines. They have a great way in that other world of teaching us mortals who become too presumptuous in material explanations, particularly if we are truly seekers after the knowledge that is better than (book) understanding.—Detroit, Mich.

The author of the above communication has desired me to

withhold his name, as his letter was not written, in the first place, for publication. Nevertheless it seems to me to be too well expressed to find a place in the waste paper basket, and though I differ very thoroughly with him in his propositions and deductions, it should not be too difficult for him to prove his case as regards telepathy. I have not heard from Dr. Lyman since I answered his communication in the October number of this magazine, and I think he would have written if the material explanation then given of his phenomena had been unsatisfactory or disproven by his subsequent experiments.

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CRIME—A POSSIBILITY UNDER HYPNOTIC INFLUENCE.

There is at the present time a wide difference of opinion with regard to the ability of a hypnotist to control his subjects, while in the hypnotic state, to such a degree as to cause a man, regardless of his natural disposition, to commit crime. Some investigators claim that such a thing is impossible, while others equally honest, perhaps, claim that it can be accomplished, and for that reason loudly denounce the practice of hypnotism.

I am led to believe that those holding the latter opinion have based their belief upon knowledge gained from a very limited field of investigation and observation.

From a study of the subject extending over a period of many years, and some fifteen years' experience in public experiments, which brings me daily in contact with new subjects, and thereby increases my opportunities of observation, I cannot agree with them.

The duality of the mind is too generally a recognized fact, and too well understood by scientific readers to be any longer questioned, or need any explanation here. Realizing, therefore, that the subjective mind of man not only "never sleeps," but that it is the "storehouse of memory," and that it is with this mind or part of man that we are dealing when experimenting with the hypnotized subject, we can better understand why it is impossible to compel a man to do wrong, even though he is apparently completely under control. For there is no power, or suggestion, strong enough to overcome the auto-suggestion, or instinct of self-preservation, and the natural desire to do only that which is right, which is so strong in many.

Recognizing the fact, as must every intelligent man, that some are more largely endowed with moral tendencies, and will not stoop to the low and the base as readily as others, and that

there are, and always have been, in all ages, men capable of committing the most atrocious deeds; therefore, I say that crime can be accomplished by a hypnotized subject, providing you have the right subject.

But all of my investigations and observation of others' experiments have proven to me conclusively that no subject can be made to do anything while in the hypnotic state that he could not be prevailed upon to do in a normal condition, or that would be contrary to the firmly implanted ideas or beliefs of his conscience.

Granting this, where is the necessity of hypnotism to induce crime? A proper recompense offered for the commission of the deed, plus the man's belief that he will not be detected, combine to form the only influence necessary to induce many to commit crime, and saves all the trouble of hypnotism. And I will say that to my mind the man who is capable of being influenced by hypnotic suggestion to the extent of committing crime, is a dangerous man in a normal condition.

Combining the study of phrenology with psychology helps to clear up some of the mystery and enables one to understand why some can be influenced to do certain things and others cannot, for I do not agree with Mr. Webb's statement in his article, "How to Hypnotize," in the December number of the magazine, where he says, "What you can do with one you can do with all."

The oft repeated experiment of arousing the anger of a subject and making him believe a friend, or certain person, had done him a great and irreparable wrong, and suggesting that to avenge himself he should stab the man, his enemy, at the same time giving him a paper dagger; and because the subject, as he invariably does, creeps upon his man, and goes through the act of actually killing him, proves nothing. But give the same subject a real dagger, and notice how different is the action. The subjective mind, always on the alert, notes the difference, and although you may, by repeated suggestions, succeed in getting the subject to start for his victim, the auto-suggestion is too powerful and the subject, hesitating and trembling in every nerve, wakes up without having even touched the man.

This I have proven by repeated experiments. But take a subject with combativeness and destructiveness largely developed, with very small conscientiousness, and try the same experiment and see how different is the action. I would advise you to stand very near the man supposed to be the enemy, or the blow may fall before you have time to place another suggestion.

The same is true in all experiments. I have found many a man whom I could not induce to say his name was George, if his name was John, or say anything was so if he knew it was not.

But I must say you can make the average man say his name is anything or make any statement whatever if you first tell him there is some object to be gained thereby. But every effort to make a hypnotized subject do something which he had firmly resolved he would not do before consenting to be hypnotized, has ended in failure.

I cannot agree with W. A. Barnes, in his article on "Hypnotism and Crime" in December number, in which he defines the relation of hypnotism to crime, and the possibility of one being influenced to such a degree, depending upon the "strength of the auto-suggestion" of the subject and saying, "There are a few whose auto-suggestion is so weak that they could be compelled, by strong suggestions, to commit criminal acts."

My experience has shown me, and others have no doubt noticed the same fact, that those incapable of strong auto-suggestion were also incapable of receiving and acting upon strong hypnotic suggestions, and when we consider that the auto-suggestion is the product of the subjective mind—the same mind as that with which one has to deal when placing the hypnotic suggestions—we can readily see why it is impossible to place any suggestion strong enough to overcome an auto-suggestion.

These and hundreds of other experiments have proven to me that there is no such thing as absolute control of a hypnotized subject.

St. James, Minn.

Prof. P. McEwen.

The author makes a good point in his conclusion respecting strong and weak auto-suggestions. It is another way of stating the fact that the character of the subject is not materially altered during the state of hypnosis. I think he will find the pseudo-science, phrenology, a broken reed on which to lean, and further investigation will probably lead him to discard it utterly.

---

#### TELEPATHY.

A correspondent from Denison, Texas, says:

I have experimented in hypnotism a little myself, as one of my daughters is very susceptible. This girl is also a sensitive. I mean by this she is an excellent thought reader, without contact. I have no confidence in "mind-reading" by contact. I am quite an expert at the latter myself and have accomplished some very remarkable feats, but I have decided that it is muscle read-

ing, as I can do nothing without physical contact, such contact as is afforded by a long, flexible wire or a cord. But my daughter will point out articles thought of, give numbers, etc., several feet distant from any person. She, however, doesn't like to try these experiments; says it makes her tired, and feel queer. She succeeded several times in succession, at the first trial, when she was about fifteen years old, and had never heard of such experiments. This was some four years ago. She is now married, but told me a few weeks ago that she had been experimenting with some friends and succeeded every time; and, what was new to her, on one occasion saw in her mind a picture of the article thought of.

I shall be glad of a further account of such experiments from this correspondent.

---

#### SHARPENED OBSERVATION.

I have frequently seen a most puzzling performance, which must be familiar to every advanced psychologist, and for which I am still seeking for a satisfactory analysis. I take a dozen or more plain cards, one of which I have privately marked in a manner which would be difficult for anyone to detect, even if he could see the side of the card which I had marked. I then show the unmarked side to my patient, who is thoroughly hypnotized, and suggest to him that my portrait is on it. After impressing him thoroughly with the idea that it is a good picture, which he will always be able to select from among any number of other cards or portraits, I mix the cards well, taking care to keep the unmarked side, upon which the supposed picture is, uppermost, and I then hand the cards back, and my patient selects the marked card with little or no hesitation, and is almost invariably correct; indeed, I may say that when I have my patient thoroughly under suggestive influence, he never fails to select the proper card. If the proper post-suggestion be made he is able to select the card a week later, but under these circumstances the reappearance of the marked card throws him instantly into the hypnotic condition. I believe the somnambulistic condition is necessary for the success of this experiment, but I am not sure. I once asked Mr. George Wright, the

theosophist, for an explanation, which he gave as follows: "Your suggestion placed an actual image of your astral upon the card, which the patient, being on the astral plane himself, instantly recognized, and would always recognize when on that plane." This was not satisfactory to me, inasmuch as I find that other patients similarly hypnotized require similar suggestions before recognizing the picture. What is the psychological analysis of this experiment?

A. D. WATSON.

Toronto, Canada.

Mr. George Wright's opinion is very funny. Theosophy is such an entertaining piece of foolery! You will find the explanation in "Hypnotism Up to Date." The subject recognizes the card by its marking on the back, or some spot or blemish which separates it in his acute intelligence from the other cards.



## BOOK REVIEWS.

Books marked with an asterisk, thus, \* are for sale by The Psychic Publishing Company, 56 Fifth Avenue, Chicago, postpaid, at the price published.

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CHRISTO—THEOSOPHY, OR SPIRITUAL DYNAMICS. By George Wyld, M. D., Edinburg, 264 pp. Cloth, 3s. 6d. Published by Kegan, Paul, Trench & Co., London, England.

A charming book, the work of a Christian gentleman, whose reverence for his subject does not forbid the exercise of an occasional play of wit. Pleasant reading, but unconvincing in its argument in favor of spirit-phenomena.

\*SUGGESTIVE THERAPEUTICS IN PSYCHOPATHIA SEXUALIS. By Dr. A. Von Schrenck-Notzing of Munich. Translated by Charles Gilbert Chaddock, M. D. Cloth. 320 pp. \$2.50. Published by the F.A. Davis Company. L. Pierce, mgr. Chicago Branch, Lakeside Building.

A book for physicians, and students of pathological mental conditions touching the perversion of the sexual instinct. A very necessary addition to the library, and thoroughly to be recommended.

WHAT ALL THE WORLD'S A-SEEKING. By Ralph Waldo Trine. Cloth. 192 pp. Published by George H. Ellis, Boston.

A book chiefly of advice. Let us hope there will be found some to follow it.

THE DEMONIC. By Sir Walter Besant. Cloth. 195 pp. Published by F. M. Lupton, New York. Trash.





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Possibilities.

"PRACTICE AND PRECEPT."

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SYDNEY FLOWER

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THE  
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VOL. II.

FEBRUARY, 1897.

No. 2.

REPORT OF WORK DONE AT THE DAILY CLINIC OF  
THE CHICAGO SCHOOL OF PSYCHOLOGY.

BY HERBERT A. PARKYN, M. D.

The feature of the work at the clinic during the past month has been the treatment of a number of cases of chronic constipation. For obvious reasons it is impossible to go minutely into the detail of the suggestions given for the relief of this complaint, but without one exception the results have been successful. In no case so far treated have I had to record a failure.

When it is remembered that some of the patients had suffered from constipation for periods of time extending from four to thirty years, and that all had been relying upon artificial means, such as pills, or the morning enema, for relief, for the last one, two five, seven and twelve years, it seems astonishing that a few simple treatments by suggestion daily, with a few hints as to the relaxation of the sphincter muscle; an explanation of the mechanism of defecation, and the uses and abuses of the different functions; and, lastly, the order in most cases to increase the quantity of fluids taken into the body in the course of the day, should have been able so speedily not only to relieve, but to cure, this distressing complaint. I have not yet seen a case in which an operation was either necessary or advisable to effect a cure.

J. B., a well-developed man, aged 39, of good habits, had complained for several years of a feeling of weakness in the legs, ac-

After three weeks' treatment all discomfort has disappeared, his bodily health is excellent, and his mental condition normal. He sleeps every night, and is enthusiastic over his recovery.

The case of Mrs. G. B., a victim to insomnia, is reported chiefly to emphasize the value of "equilibril suggestions"\* in certain obstinate cases, where it is difficult to secure the full attention of the patient by the usual methods. Her sleeplessness had become so marked lately that she feared insanity would follow. I explained to her the physiological reason for sleep, how it came about involuntarily, and how it was produced artificially. The patient expected that before this treatment would benefit her she ought to go sound asleep in the chair. I pointed out to her that I had not time at the clinic, when others were waiting to be treated, to put every patient to sleep, but said that she should carry out the detail of her treatment at home. As the first few days seemed barren of result, and she was becoming discouraged, I put her on her feet, and continued equilibril suggestions until she felt tired and drowsy; then when she could scarcely stand she was told to lie down and rest. She was ordered to relax all her muscles, and rest. I left her then for forty-five minutes, and at the end of that time she was roused and the suggestion given her that she would now begin to sleep better at night, and that she would experience the feeling, on getting up in the morning, that she had had a good night's rest, whether she had lain awake for some hours or not. The patient said that she had nearly slept, but not quite, but that there was no doubt about her feeling much rested. This simple experiment acted like the thin end of the wedge. The patient had come to regard lying down as of no value to her unless sleep were present, but by disabusing the mind of this idea, and continuing the constant suggestion that her hours of sleep at night would be gradually increased, a great improvement was manifest at the beginning of the second week. She was treated three times a week for three weeks, and is now sleeping all night like other people. The case has been dismissed for two months.

Mrs. E. H. complained of a curious condition of disordered function. She is a woman of nervous temperament, about 37

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\*See the August number for an account of this method of treatment.—ED.

years of age. She has had much mental worry in the course of her life. Latterly a feeling of apprehension, as of some calamity hanging over her, had become very marked, and the physiological result of a sudden fright, the receipt of a telegram, or even a change in the facial expression of a friend, was a sudden pain in the stomach, followed by an attack of diarrhoea. She had found no lasting relief in drugs, and even during the height of the action of an astringent medicine, a sudden mental shock would immediately produce the old conditions. The patient went into a condition of somnolence with fixation of the muscles, and would readily drop to sleep if left for a few moments. I demonstrated to her the relation of the objective to the subjective mind, the control of the one over the other, and the control of the mind over the functions of the body. With direct suggestions to her case regarding the removal of worry, coupled with her own assistance by auto-suggestion, her distressing symptoms disappeared in the course of two weeks, and it is now nearly three months since her case was dismissed. She has had no return of the trouble.

A case of dysmenorrhoea in a young woman, aged 18, which had lasted for several years, was cured in two weeks, and a pain over the right ovary which had lasted for three months was removed. The case has been dismissed six weeks.

J. H. G., aged 53, had a stroke of paralysis seven years before he came for treatment, which rendered speech very difficult, and affected his whole left side. Two years after the stroke he could speak well and use his left arm for nearly all purposes, but could not, or would not, lay aside his crutches, believing that he could not walk without them. Sensation in the leg was perfect and the limb was well nourished, the only variation from the normal being an exaggeration of the knee-jerk. While he was sitting I could get him to put the limb in any position without difficulty. He went almost immediately into a condition of passive somnambulism, and while in that state I induced him to walk round the room, supported by my hands. Then I gave him the post-hypnotic suggestion that he could do it in his waking state, and aroused him. After going round the room with me, he made the same journey unassisted. At the end of half an hour I had the

pleasure of seeing him walk away, leaving his crutches behind him. A few more treatments so strengthened him in his new condition that but for a slight drag of the left foot he walks as well as ever. I call special attention to this case as one of those cures of so-called paralysis which have made the reputation and fortune of Divine Healers, and shrines innumerable. Try hypnotic suggestion, doctor, upon your next case of chronic post-hemiplegic paralysis.

In next month's report some of the physicians\* who have attended the school will personally describe the cases they handled there, and the results of their treatment.

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\*Don't spoil your reports, gentlemen, by condensing them. The detail of suggestive treatment is chiefly valuable. We take your word for the cures; what we want to know is how you did the work.—ED.



## HYPNOTIC SUGGESTION.

BY RICHARD A. PROCTOR.\*

It must be noted, however, that the phenomena of hypnotism are due solely to the influence of the imagination. The quasi-scientific explanations which attributed them to magnetism, electricity, some subtle animal fluid, some occult force, and so forth, have been as completely negated as the supernatural explanation. We have seen that painted wooden tractors were as effectual as the metal tractors of the earlier mesmerists; a small disc of card or wood is as effective as the disc of zinc and copper used by the electro-biologists; and now it appears that the mystical influence, or what was thought such, of the operator is no more essential to success than magnetic or electric apparatus.

Dr. Noble of Manchester made several experiments to determine this point. Some among them seem absolutely decisive.

Thus, a friend of Dr. Noble's had a female servant whom he had frequently thrown into the hypnotic state, trying a variety of experiments, many of which Dr. Noble had witnessed. Dr. Noble was at length told that his friend had succeeded in magnetizing her from another room and without her knowledge, with some other stories even more marvelous, circumstantially related by eye-witnesses, "among others by the medical attendant of the family, a most respectable and intelligent friend" of Dr. Noble's own. As he remained unsatisfied, Dr. Noble was invited to come and judge for himself, proposing whatever test he pleased. "Now had we visited the house," he says, "we should have felt dissatisfied with any result," knowing "that the presence of a visitor or the occurrence of anything unusual was sure to excite expectation of some mesmeric process." "We therefore proposed," he proceeds, "that the experiment should be carried on at our own residence; and it was made under the following circumstances:

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\* Hereditary Traits.

The gentleman early one evening wrote a note as if on business, directing it to ourselves. He thereupon summoned the female servant (the mesmeric subject), requesting her to convey the note to its destination, and to wait for an answer. The gentleman himself, in her hearing, ordered a cab, stating that if anyone called he was going to a place named, but was expected to return by a certain hour. While the female servant was dressing for her errand, the master placed himself in the vehicle and rapidly arrived at our dwelling. In about ten minutes after the note arrived, the gentleman, in the meantime, being secreted in an adjoining apartment, we requested the young woman, who had been shown into our study, to take a seat while we wrote the answer; at the same time placing the chair with its back to the door leading into the next room, which was left ajar. It had been agreed that after the admission of the girl into the place where we were, the magnetizer, approaching the door in silence on the other side, should commence operations. There, then, was the patient or "subject" placed within two feet of her magnetizer, a door only intervening, and that but partially closed, but she, all the while, perfectly free from all idea of what was going on. We were careful to avoid any unnecessary conversation with the girl, or even to look towards her, lest we should raise some suspicion in her own mind. We wrote our letter (as if in answer) for nearly a quarter of an hour, once or twice only making an indifferent remark, and on leaving the room for a light to seal the supposed letter, we beckoned the operator away. No effect whatever had been produced, although we had been told that two or three minutes were sufficient, even when mesmerizing from the drawing-room, through walls and apartments, into the kitchen. In our own experiment the intervening distance had been very much less, and only one solid substance intervened, and that not completely; but here we suspect was the difference—the "subject" was unconscious of the magnetism and expected nothing."

In another case Dr. Noble tried the converse experiment with equally convincing results. Being in company one evening with a young lady said to be of high mesmeric susceptibility, he requested and received permission to test this quality in her. In



one of the usual ways he "magnetized" her, and having so far satisfied himself, he "demagnetized" her. He next proceeded to "hypnotize" her, adopting Mr. Braid's method of directing the stare at a fixed point. "The result varied in no respect from that which had taken place in the foregoing experiment; the duration of the process was the same, and its intensity of effect neither greater nor less." "Dehypnotization" again restored the young lady to herself. "And now," says Dr. Noble, "we requested our patient to rest quietly at the fire-place, to think of just what she liked, and to look where she pleased, excepting at ourselves, who retreated behind her chair, saying that a new mode was about to be tried, and that her turning round would disturb the process. We very composedly took up a volume that was lying upon a table, and amused ourselves with it for about five minutes, when, on raising our eyes, we could see by the excited features of other members of the party that the young lady was once more magnetized. We were informed by those who had attentively watched her during the progress of our little experiment, that all had been in every respect just as before. The lady herself, before she was undeceived, expressed a distinct consciousness of having felt our unseen passes streaming down the neck."

In a similar way, Mr. Bertrand, who was the first (Dr. Carpenter tells us) to undertake a really scientific investigation of the phenomena of mesmerism, proved that the supposed effect of a magnetized letter from him to a female somnambule was entirely the work of her own lively imagination. He magnetized a letter first, which on receipt was placed, at his suggestion, upon the epigastrium of the patient, who was thrown into the magnetic sleep with all the customary phenomena. He then wrote another letter, which he did not magnetize, and again the same effect was produced. Lastly he set about an experiment which should determine the real state of the case. "I asked one of my friends," he says, "to write a few lines in my place, and to strive to imitate my writing, so that those who should read the letter should mistake it for mine (I knew he could do so). He did this; our stratagem succeeded, and the sleep was produced just as it would have been by one of my own letters.

It is hardly necessary to say, perhaps, that none of the phenomena of hypnotism require, as indeed none of them, rightly understood, suggest, the action of any such occult forces as spiritualists believe in. On the other hand, I believe that many of the phenomena recorded by spiritualists as having occurred under their actual observation are very readily to be explained as phenomena of hypnotism. Of course I would not for a moment deny that in the great majority of cases much grosser forms of deception are employed. But in others, and especially in those where the concentration of the attention for some time is a necessary preliminary to the exhibition of the phenomena (which suitable "subjects" only are privileged to see), I consider the resulting self-deception as hypnotic.

We may regard the phenomena of hypnotism in two aspects—first and chiefly as illustrating the influence of imagination on the functions of the body; secondly, as showing under what conditions the imagination may be most readily brought to bear in producing such influence. These phenomena deserve far closer and at the same time far wider attention than they have yet received. Doubt has been thrown upon them because they have been associated with false theories, and in many cases with fraud and delusion. But, rightly viewed, they are at once instructive and valuable. On the one hand they throw light on some of the most interesting problems of mental physiology; on the other they promise to afford valuable means of curing certain ailments, and of influencing in useful ways certain powers and functions of the body. All that is necessary, it should seem, to give hypnotic researches their full value, is that all association of those purely mental phenomena with charlatanry and fraud should be abruptly and definitely broken off. Those who make practical application of the phenomena of hypnotism should not only divest their own minds of all idea that some occult and as it were extra-natural force is at work, but should encourage no belief in such force in those on whom the hypnotic method is employed. Their influence on the patient will not be lessened, I believe, by the fullest knowledge on the patient's part that all which is to happen to him is purely natural.

## HYPNOTISM AND ITS PRACTICAL RELATION TO CRIME AND THE COURTS.

BY CLARK BELL.\*

To the human mind there is a wonderful fascination in the study of the problems of hypnotism. We see with the same and even more interest the phenomena of the hypnotic trance now than we did in the earlier experiments of the middle and later years of our century.

The fermentation of popular thought regarding it has kept in advance of scientific conclusion for the past fifty years and has been nearer right than the scientists as a rule. The vacillation of the French Academy regarding the truth of hypnosis under another name was as remarkable as the versatility of the French Academy of Medicine, which now accepts the hypnotic trance as an established scientific fact, and the therapeutic value of hypnosis on the continent of Europe is hardly questioned in the more advanced medical circles.

That such is perhaps not the fact as to medical opinion this side of the Atlantic is due to a variety of causes. Among these I will notice two that have brought hypnotism into disrepute among us:

First, the traveling hypnotists, who have made exhibitions and have as a rule and with scarcely an exception been frauds, hiring and using their trained subjects from purely mercenary motives, and when exposed have, of course, brought discredit upon the whole subject among the better classes of our people.

Second, the medical profession have as a class substantially rejected or ignored hypnosis in their practice. Few of the abler men who know of its great value in therapeutics go so far as to use it with their patients.

How many medical men in this city practice hypnotism?

They would nearly all vote for a law that no one but a medical man should be allowed to use it, without reflecting that to execute such a law in New York would practically be to abolish hypnotism absolutely.

A keen medical observer tells me that not one physician in a thousand in New York practices hypnotic suggestion, but

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\*Editor of the Medico-Legal Journal.

he is wrong. Many do it privately who have not the courage to publicly announce it.

The public have, as they suppose, the right to ask medical men to examine and pass upon this question for them, but they have looked in vain for light from this source.

Mr. Carl Sextus gives me his views on this subject as follows:

"There are two elements in American social life antagonistic to the recognition of hypnosis.

"First and foremost I place the medical profession. As a rule physicians very rarely and except in isolated instances know anything whatever about the subject. They have never studied it. They have never taken the necessary preliminary steps to know how to hypnotize anyone. As a general rule ninety-five per cent. of the medical profession have never hypnotized a subject. So far as my experience and observation among medical men are concerned on this side of the Atlantic, those who know least of the subject are the ones who usually denounce it most.

"For example, I read in a New York paper, in an account of the proceedings before the Psychological Section of the Medico-Legal Society, criticisms by Dr. H. W. Mitchell and Dr. Bettini di Moise. Assuming that the subjects of Dr. Simon and Dr. Wines were shamming, which is substantially a denial of the existence of the true hypnotic trance, I learn on inquiry that while those subjects were examined by a committee of at least five physicians who were present, Dr. H. W. Mitchell declined to make any examination.

"Of what value is his opinion as to their condition as against the five medical gentlemen who did examine?

"I venture to assert that neither Dr. Di Moise nor Dr. Mitchell ever hypnotized a subject in his life, and that while they might not have the courage to deny the therapeutic value of hypnosis in a large class of mental and nervous disturbances, or its value in surgical treatment, because it is now everywhere practiced by surgeons of position,\* still they would, if closely questioned, probably confess that they did not believe in the existence of the hypnotic trance.

"These observations could not be justly applied to the medical profession abroad. Medical men of the highest character and standing throughout Continental Europe recognize and acknowledge not only the existence of true hypnosis, but its great therapeutic and surgical value.

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\*A somewhat extravagant assertion.—Ed.

"The other class is the general public, who have been so much imposed upon by charlatans and traveling fakers, and misled by the absolute ignorance of their medical advisers, that they have been led to distrust the whole subject. Hypnotic science in America thus rests under the shadow cast upon it by the ignorance of a profession whose duty it is clearly to examine and practice it, and who have not hesitated in neglecting this, their plain duty, to throw their influence against recognized scientific truth."

The Psychological Section of the Medico-Legal Society decided to take up this study as one of the legitimate and important subjects of inquiry. The aims and objects of that section have been stated at the last Medico-Legal Congress as follows:

"The domain of investigation which the Psychological Section of the Medico-Legal Society had undertaken in this department had been subdivided by its officers into five branches or subdivisions, viz.:

"1. Mental suggestion, and especially of physicians, as to experiments in practice of hypnotic suggestion, or the therapeutic value of hypnosis.

"2. Experimental psychology.

"3. Telepathy.

"4. Clairvoyance.

"5. Facts within the domain of psychical research.

"The section is interested in all which pertains to the wide domain of psychology; in the rapidly growing facilities which the colleges and universities are offering to students in experimental work, as well as in that vast region of psychological phenomena, which, with its perplexing and increasing complications, demands the strictest and most scientific investigation.

"It is intended to embrace special study in the departments of animal magnetism, hypnotism, telepathy and clairvoyance, and also of the so-called apparitions and other claims of respectable modern spiritualism.

"It is proposed to conduct these inquiries and investigations with candor and fairness, upon strictly scientific lines, and to reach, so far as possible, a valuable and enlightening collection of facts incident to these phenomena, from which important deductions may be made."

The position of the Medico-Legal Society as to this subject was taken in January, 1891, upon the report of its Standing Committee on Hypnotism, from which I submit the following abstracts:

"Hypnosis, or artificial trance sleep, is a subjective phenomenon.

"Hypnosis is recognized in three stages—lethargy, somnambulism and catalepsy.

"Hypnotism has been serviceable in medical and surgical practice, both as a therapeutic agent and in some cases as an efficient and safe anæsthetic.

"The illusory impression created by hypnosis may be made to terminate and tyrannize the subsequent actions of the subject.

And among the legal questions raised by this report were: "Is hypnosis a justifiable inquisitorial agent? Do we need a reconstruction of the laws of evidence in view of the perversion, visual or otherwise, created by the trance? Is any revision of the penal code desirable in view of these facts?"

The most pertinent, and, indeed, important question which is now uppermost in the judicial and legal mind, as well as among laymen, is, What is the true relation of hypnotism to crime?

This is a question that we cannot ignore. It must be met. We cannot pass it by on the other side. Like Banquo's ghost, it will not down.

The trial and conviction of Czinski in Munich, in December, 1894, only two years ago, was the first judicial decision and conviction of a man for a crime based on the recognition of the actuality of the hypnotic trance. The Bompard case, in Paris, did not establish that judicially. The case of MacDonald, in Kansas, did not turn at all on hypnotism, as the public press has sometimes asserted.

We may all have our individual opinions as to the responsibility of the hypnotized, but as so few of us have given especial study to the practical side of hypnotism, the opinions of those who have given these subjects especial study will be more valuable to us all than our own conclusions not based upon careful and experimental trials.

With this in view I lately addressed the following questions:

1. If the subject is unconscious and even unwilling, has the hypnotizer such power and domination over the hypnotized as could control action to the extent of the commission of a crime?

2. Is it certain or possible to remove by hypnotic suggestion from the mind of the subject all the memory or occurrences which happen in the hypnotic state?

3. Would it be possible for a hypnotizer to so control a hypnotized subject as to, for example, make him (1) sign a will in the presence of third persons, declaring it to be his will, and to request them to sign as attesting witnesses, and be after-

ward wholly unconscious of the occurrence; (2) or a note of hand, or a cheque?

Professor G. Stanley Hall replied: "I would say that my own experience with hypnotism, which was quite extended while I was at the Johns Hopkins, leaves no shadow of doubt that a hypnotic subject can be made an unconscious and innocent agent of crime. Signing away of money has been done in France, and rapes have been committed.\* The penal code has been modified in important respects to meet such cases. All memory is sometimes removed from the subject mind, but not always."

Professor J. Mark Baldwin, of Princeton University, one of the editors of the *Psychological Review*, says, in response to the questions: To the first question—"Yes, I think so; the particular crime depending upon the mental and moral habits of the subject; each subject's suggestibility for crime seems to have its limits, at which he resists and refuses the suggestion."

To the second division he replies:

"Not generally, although the subject may hesitate and make an apparent effort to resist, and then finally follow out the suggestion."

To the third question he replies:

"Yes, indeed; such forgetfulness, after the subject returns to his normal state, is the regular phenomenon, not requiring any special suggestion." He adds, "The word 'certain' in the question is slightly ambiguous."

To the fourth question, as to both its first and second subdivisions, he replies:

"Yes, to each."

George Frederick Laidlaw, M. D., New York, replied:

"1. Crime can be committed by the hypnotizer, the subject being the unconscious and innocent agent and instrument.

"2. The operator usually can control the subject in conscious state only by a previous hypnotic sleep, in which suggestions were given to be carried out when subject became conscious.

"The subject rarely or never remembers what has passed during the hypnotic trance. He will certainly forget the occurrences if ordered to do so.

"4. If the operator had the subject in a hypnotic state he could compel the signing of papers, which act would be unknown to the subject. It is usually necessary to give verbal directions, and this would arouse the suspicions of the witnesses. The thing

\* Can Dr. Hall produce any evidence that will stand scrutiny in support of his contention?—Ed.

might be done by impressing upon the man that he was about to die and must draw up his will, sign and ask witnesses to sign, and then let him go ahead."

Dr. R. J. Nunn of Savannah, Ga., one of the vice-chairmen of the Psychological Section of the Medico-Legal Society, who some years since made extended experiments in this field of inquiry, replies as follows:

"My experience, limited to be sure, would lead me to answer all the questions in the affirmative."

Dr. D. R. Brower of Chicago, chairman of the committee of the Section of Medical Jurisprudence of the American Medical Association, replied as follows:

"As to the first question, I do not believe that a person without criminal proclivities well marked could be, because: 1. A person cannot be hypnotized against his will. 2. A person so hypnotized is not absolutely and in all things under the domination of the will of the hypnotist.

"These two statements accepted, I think throws hypnotism out of criminal jurisprudence."

Thomson Jay Hudson, while conceding that persons in a hypnotic state are constantly amenable to control by suggestion, denies that hypnotism has any place in crime.

"James R. Cocke, M. D., in his recent work says that he does not believe that the average individual in the hypnotic state could be made to commit crimes.

"In a discussion on this subject in the Medico-Legal Congress Dr. William Lee Howard of Baltimore, in speaking of the experiments he had made in Baltimore, says he has repeatedly attempted to induce subjects to make felonious attacks on persons under the most aggravating circumstances without securing the least indication of obedience. He says further:

"For instance, while my subjects would stab right and left with paper daggers, yet when a real dagger was placed within their hands they have invariably refused to use it, even when suffering the greatest provocation. I account for this on the ground that a person in the active hypnotic state possesses a dual existence, and is perfectly conscious of what he is doing. In most cases he will carry out the expressed wish of the operator, provided it does not affront his sense of propriety or seriously cross his ideas of right and wrong.

"For several years I have made use of hypnotism in surgical practice, and my experience in this direction leads me to the conclusion that hypnosis is a mental state rather than a physical condition—such, for instance, as ether and chloroform narcosis.



Time and again have I had patients, who responded to all the tests of hypnotic anæsthesia before the operation, when called upon to face the actual ordeal come out of the hypnotic state, the fear of the operation being a stronger suggestion than that of the operator, consequently the subject awakened, obedient to the law of self-preservation, which is never set aside, even in the profoundest hypnotic state.

"In conclusion, let me reiterate my basal proposition. Given a criminal or immoral subject and a hypnotist of like character, and criminal or immoral results may be obtained."

Dr. U. O. B. Wingate, late health commissioner of Milwaukee, Wis., and vice-chairman Section on Psychology, Medico-Legal Society, in a valuable paper read before the International Medico-Legal Congress at Chicago, August, 1893, entitled "Suggestion Not Hypnotic and Crime," summarized his conclusions as follows:

"1. There are many persons who are on the border line of irresponsibility.

"2. Such persons only need certain forms of suggestion to cause them to commit criminal acts.

"3. Suggestions of crime are largely disseminated by published sensational accounts of criminal acts and evil doings, and by certain pictures posted in public places.

"4. Suggestion of crime is often contagious among a certain number of persons possessing partially unbalanced minds.

"5. Organized effort can do much to prevent crime, by investigation and study of the phenomena of criminal suggestion.

"6. Efforts should be made to suppress and regulate the production of the large amount of unhealthy suggestion now being disseminated, and such work is as important and promises as good results as the efforts being put forth to control contagious physical diseases."

Dr. T. D. Crothers of Hartford, one of the vice-chairmen of the Psychological Section, Medico-Legal Society, in an article entitled "Hypnotism," says: "I am inclined to doubt this power to make a person do a criminal act, unless the mind is already criminal in its instincts."

On the same subject Thomson Jay Hudson, of the Washington bar, author of the law of "Psychic Phenomena" and other works, has contributed a valuable paper upon the "Legal Status of Hypnotism in Medical Jurisprudence."

Hudson adopts Bernheim's definition of hypnotism as "the induction of a peculiar psychical condition, which increases the susceptibility to suggestion," with one modification, viz., substituting the word "induces" for "increases."

Hudson accepts Liebeault's views as, now universally received of the law of suggestion among scientists, with a few important exceptions.

This law is stated as follows:

"Persons in a hypnotic state are constantly amenable to control by suggestion."

Mr. Hudson combats the view of the Charcot school, who claim that hypnotism can only be induced in hysterical persons, and adopts the contrary view, which is fast becoming universal among those who have investigated the subject.

He claims that hypnotism has no legitimate place in criminal jurisprudence, and while he concedes "that a criminal hypnotist in control of a criminal subject could undoubtedly procure the commission of a crime under exceptionally favorable circumstances," he illustrates that it practically in such a case could not be a legal defense on the ground—first, because in the nature of things a hypnotized subject can have no standing in a court of justice as a witness; and, second, because the cross-examination of a subject as to the nature and extent of the suggestions made to him by a hypnotist would be quite impossible and absurd.

The Psychological Section is now devoting itself to the examination of the phenomena of hypnotism. Its January meeting was devoted to clinical work.

Hypnotism interposed as a defense in criminal cases by an accused person must always be regarded with distrust.

The question before the courts will always be one of fact for the jury:

(a.) Was the accused in the condition known as the hypnotic trance or state?

(b.) Was his mind under the control or domination of the hypnotizer?

(c.) Did the accused, at the time of the act, know of the nature, character and effect of his act, or was his act caused by the domination and will of the hypnotizer, either in conscious or unconscious states?

A jury must be made to believe that the act was done wholly without conscious knowledge of the act, or that his will was absolutely under the control and domination of the hypnotizer, and that he had not the power to resist that control, to affect the question of responsibility.

This contribution is made as due to the importance and urgency of the question of how far hypnotic suggestion is a legitimate factor in determining criminal responsibility.

## MESMERISM, HYPNOTISM AND MIND HEALING.

BY GEORGE WYLD, M. D., EDIN.

In this paper it is not necessary to go minutely into the history of mesmerism, as the reader can find that in Dr. Gregory's book. But I may briefly say that to Mesmer, an Austrian physician, who flourished from about 1780 to 1815, we are indebted for the revival in our country of an occult art, known some 4,000 years ago to the Egyptian priests, as evidenced by many drawings on walls and mummy cases. That in London, about 1840, there was a Mesmeric Institution, of which Archbishop Whately was the president, and Dr. Elliotson the ruling spirit; and that for some ten years the subject, under the name of hypnotism, has been scientifically investigated with experiments at certain hospitals in France, Germany and Holland. The subject in Scotland occupied much attention about the year 1839, when Sir William Hamilton, Sir James Simpson, M. D., Dr. Robert Chambers, and Mr. Dove, engaged themselves in many mesmeric experiments, and it was at that date that I first became acquainted with clairvoyance.

The name hypnotism was first suggested by Mr. Braid, a surgeon practicing in Manchester, who, in 1843, published a book entitled "Hypnotism, or Nervous Sleep." Mr. Braid was convinced of the truth of the phenomena of mesmerism, but denied its leading theory, namely, that an aura proceeded from the operator to the patient, of a magnetic character. He asserted that there was no such aura, but that the phenomena of mesmerism were entirely subjective, and were mainly produced by a paralysis of the volitional power in man, and a substitution of the involuntary and automatic powers, and that, in effect, the phenomena were entirely due to the physical and mental condition of the patient, and independent of any agency proceeding from outside himself; and this is generally the theory

now held by the Continental hypnotists, as described and illustrated by Dr. Tuckey, in his interesting book, "Psycho-Therapeutics, or Curing by Suggestion."

Now, in the first place, regarding this word hypnotism, we may say that it suggests no theory in solution of the problem in question, the word being simply derived from the Greek word for sleep, and we know that out of ordinary sleep no hypnotic phenomena arise. But although the word itself suggests no theory, yet the theory attached to it to-day is, as I have said, the same as that given by Mr. Braid, and signifies the sleep of the volitional faculties and the awakening of the automatic conditions of the brain, which passively submits to the dictations and suggestions of the operator, and thus through the unconscious imagination, as it were, of the patient, suggests cures which in many cases are realized. These cases of cure by suggestion, are illustrations of the power of the mind over the body—an extremely interesting subject, and one which is realized extensively in "the mind cure" of our day. The question which I ask myself, however, in relation to this so-called cure by suggestion is this: How can the hypnotist explain why a suggestion given to the mind when in a sleepy condition should effect permanent cures, while the same suggestion given to the mind in its rational state fails to cure? The hypnotist will say that the patient is in an inferior position while half or wholly asleep to the position he is in while in the full exercise of his reason, and yet grand curative results, both to body and mind, come through this inferior position. I can understand how trifling or imaginary diseases may be thus cured, but I cannot understand how moral exaltations, as in the cure of confirmed drunkenness, and other degrading immoralities, can be thus permanently produced. But the soul and body often are washed, as it were, and the unclean demons driven out, in hypnotic operation; and if so, I conclude that there is an efficient cause, and that the cause is not merely a suggestion given to the half unconscious mind of the patient, but must be the result of the inner and higher soul awakening out of its slumbers and assuming the command of the self-indulgent lower self. If so, then hyp-

notism is only a means of producing trance, more or less complete, for trance must mean an awakening of the internal and hidden spirit, whereby the Spirit—the Lord—comes to His temple and drives from thence the concupiscences of the flesh; and here we have an analogy to certain cases of genuine and permanent and sudden "conversion of the soul," which sometimes result from the entrancing preaching of the words of righteousness.

If now we ask ourselves wherein does hypnotism differ from mesmerism, we must return to the question of the aura, said to be transmitted from the operator to his patient. This aura is denied by hypnotists generally, but it is believed in by all mesmerists for the following reasons:

1. When in good condition, but not otherwise, the mesmerist is often conscious of a certain tingling at the tips of his fingers, as he operates on the patient.

2. The patient, without knowing of this, will sometimes say, "I feel a sensation coming from you"—it may be cool, cold, or warm, soothing or irritating, according to circumstances, and is sometimes felt to be too strong, when the patient will request the operator to make the passes from a greater distance.

3. Sometimes in dark rooms the sensitive will say he sees the aura streaming from the hands.

4. This aura is on those occasions described as red, or purple, or violet, or yellow, or, as in the aureola of the saint, white.

5. Patients can sometimes be magnetized through a wall or at a distance, they being ignorant of any such operation being attempted.

6. The aura has sometimes been rendered visible on the photographic plate.

7. The operator who cures, say a neuralgic pain, seems sometimes to cure vicariously, by the pain which he has cured in another, being transferred to himself, explainable by his having lost that aura which he has given to another.

The fact that Dr. Tuckey's book on hypnotism passed through three editions in three years, is sufficient evidence of

the hold the subject has acquired over the medical profession, who, up to within some ten or twelve years, have always denounced mesmerism as quackery. This sudden interest in hypnotism, or mesmerism under another name, would be surprising, were it not that it is only one more evidence that the thoughts of the few are interesting only to the few, because they are in advance of the age. But it forever comes to pass that all things come to those who know how to wait; although the waiting is often long for the reception of new ideas, for if they in any way touch the amour propre of those in authority, they are resented for a period as offensive or dangerous, but afterward, when the time comes, these ideas, under some new name or habiliments, are issued to an admiring world, as new and important discoveries; and so it is that while some men have labored and labored even unto death, other men with smiling and self-satisfied faces, have, with much jubilation, entered into their labors. Dr. Tuckey's book is called "Psycho-Therapeutics," but as the Psyche of Dr. Tuckey and of the French hypnotist is a "function of the cortical substance of the brain," the term psycho-therapeutics seems to me rather misleading, for the mesmerist and the spiritualist do not regard the soul as a function of matter, but rather as the queen of the body; and, as the French views are entirely materialistic, one cannot understand why the Psyche should appear at all in their argument. Further, the French theories on the *modus operandi* of cure by suggestion, which form the substance of French hypnotism, are certainly, I should say, quite unintelligible to all but certain teachers of physiology.

For instance, we are told that the phenomena are to be explained on the theory of "The arrest of the function of a structure or organ by the action upon it of another function." This is called the doctrine of "Inhibition," and Dr. Tuckey says of it that "It offers an explanation of hypnotic states, which is at least as satisfactory as that we have of the action of many drugs," and this valuation of the doctrine I would at once admit, because the fact is that the action of many medicinal substances in the cure of disease is quite inexplicable. It seems to me that the

hypnotic state is one more or less of self-entrancement, produced by fixing the mind on a point, and thus excluding all circumferential action. The mesmeric condition in entrancement is the same, and is likewise produced by the sensitive fixing his mind on the eye of the operator, as on a point; or it is produced by the monotonous manual action of the operator, paralyzing, as it were, all circumferential mental action.

As an illustration: The oriental fakirs produce self-entrancement by fixing their eyes on the tip of the nose or on the navel, the ears, at the same time, sometimes being closed by the thumbs. The self-entranced soul may then act independently; while, on the other hand, the sensitives mesmerically entranced become the mediums for the will of the operator. Both states are states of more or less entrancement, but what is entrancement?

Entrancement is a state in which the soul or mind or ego has more or less left the body—so that the body can be cut to pieces without experiencing pain; because the ego is outside, and is acting independently of the senses, as an autonoeitic power, clairaudient and clairvoyant, and at times controlling its vacant body automatically. But, I would ask, how is the hypnotist certain that by his passes he does not mesmerize his patients? Probably he often does; and this at least is the case, that he does not relieve them of their pains unless he first puts them into a state of hypnosis, and to attempt to explain this success by saying it arises from a state of inhibition or suspension of function, seems to me no rational explanation at all. For instance, when a hypnotized subject promises in an unconscious state to abandon the use of alcohol, and, when he awakes, keeps his promise for weeks, or for years, it may be, and yet in total forgetfulness of any promise ever given, what theory of inhibition or suppressed higher function of the brain can explain this? Or when he promises to do some intricate and absurd action a week hence and at a given hour, how is the memory afterward awakened by suppressed function, and this a week to a minute after the unconscious promise had been given? When questioned, the materialistic hypnotist can give no further explanation beyond a form of words, seemingly invented to hide his ignorance; and yet we are told

that Elliotson, Simpson, Gregory, Whateley, Hamilton, Chambers, and hundreds of wise men, were in total ignorance of the subject "now scientifically explored for the first time."\*

I have given reasons for believing in the mesmeric aura, but I do not believe it is this aura which heals, but rather the will of the operator which directs this sympathetic aura. "The blood is the life" of the body, and "good blood" may leave its transcendental manifestation in the aura which emanates from the sound-hearted operator, who often in difficult cases of cure, finds himself, as it were, depleted, or as if he were laying down his life for his friend, a suggestion confirmed by the well-known fact that it is unwholesome for a young child to sleep with an old nurse. That it is the current directed by the will which heals, all mesmerists know by experience, for when their attention is not fixed on the case in hand, the result is for the patient a failure, and although the theory of an animal magnetism cannot be proved, yet the practical mesmerist finds it a theory which assists his efforts; and the mysterious attractions and repulsions which occasionally occur between two persons, without any discoverable reason, may perhaps have a psycho-magnetic origin.

I would briefly define hypnotism, as, in ordinary cases of cure, the submission of the soul of the patient to the will of the operator. And I should briefly define mesmerism as an analogous operation, plus a psychical sympathy transferring a vital magnetism.

The hypnotist regards his patient somewhat as an automatic machine moved toward cure by suggestion, while the mesmerist rather regards him or her as a brother or sister in distress, to whom he desires to impart the blessing of sympathy. In either case the power used is not only deeply interesting, but profoundly important—a power that may be turned to evil and malignant purposes, as in witchcraft, or that may be used in the love of truth and goodness. If so, then the matter is not one for idle curiosity on the one hand, or for hard scientific exploration on the other hand, but should be regarded as a divine gift, whereby,

\*Because they were in total ignorance of the law of suggestion.—ED.



bearing each other's infirmities, we may fulfill the highest law. It is dangerous for the uninstructed to amuse themselves with mesmeric experiments, but probably every healthy and kind-hearted man or woman could, by mesmerism, more or less relieve pain and cure disease, especially among the poor. It has been proposed that mesmeric and hypnotic experiments and cures should be legally restricted to the medical faculty; but this I think would be a great mistake, for although itinerant mesmerists have often shown repulsive experiments, and sometimes damaged their subjects, yet, on the other hand, the view taken of the subject by medical men is almost entirely materialistic, while the experiments of the French schools have often been dangerous and degrading, and even criminal. The poet is born and not made, so also is the true mesmerist born and not made by law or otherwise. The good mesmerist does not require a minute knowledge of protoplasm or germ cells, but he must be a man of pure blood and kind heart, and sound mind, and he should believe in God and in man as a son of God. His desire must forever be to relieve suffering and to confer happiness, and he must believe in the possibility of miracles of healing, in the sense that miracle is only the direct action of spirit on matter. If so, then it would not be more absurd to assert that the only interpretation of the life and teachings of Jesus Christ should be exclusively in the hands of a dominant priesthood, than it would be absurd to teach that the law should give to legalized medical men an exclusive right to teach and practice the divine gift of magnetic healing.

Magnetic healing is a sacred subject, for it is the science of the power of mind and spirit over matter. That this sacred science may be grossly abused in the direction of devilry is most true; but so also has liberty sometimes become synonymous with bloodshed, and so also has that religion, which should be of love, often become identified with hideous cruelties, but none the less are liberty, religion and mesmerism, in safest keeping, when left to experience to define their truest levels. Faith Healing and Christian Science may be regarded as cognate with mesmerism and with each other.

The "Peculiar People," taking St. James at his word, when sick did not send for the village doctor, but sent for the elders of their chapel, who came, and laying their hands on the sick and anointing them with oil, prayed that the Holy Spirit might raise them up and restore them to health and life as children of God. And when you reasoned with these good and simple people, and asked whether if they should break a leg they would still refuse to send for the surgeon, they were ready with the reply, that the children of God were as those of whom the Psalmist predicted, "A bone of them shall not be broken." These simple "Peculiar People" were ultimately represented at "Bethshan," or the Home of Rest, where ladies and gentlemen of holy lives and simple faith professed to cure all forms of disease by the simple rule of calling on the diseased to believe that on the laying on of hands, the Holy Ghost must infallibly cure them, and it is quite well known that many were thus immediately and permanently cured of long-standing diseases.

The Christian Scientists say:

1. Man is in his essence a spiritual being and a child of God.
2. If so, then as a spiritual being, man cannot suffer from physical disease.
3. If so, then the whole art of faith and Christian Science healing is, to deny that you are diseased, and to affirm that you, as a child of God, are in perfect health.

The teachers of this method will not assert that you are always at once made whole, but they teach that the persistent utterance of this faith must gradually restore you to health. That the mind has a marvelous influence over the body has always been taught by physicians, and it has been illustrated in those cases where "maternal marks" have been supposed to appear on the bodies of infants born into the world with skin marks corresponding to intensely-felt and sudden emotions of horror or disgust felt by the mother when pregnant; and if diseases can be thus produced by the mind, we may logically conclude that diseases may be likewise thus cured by the mind. A striking illustration of this power of imagination is recorded in the case of a criminal who was to suffer death by a slow process of blood-

letting, and who, being blindfolded, a trickling of water was arranged to flow over his arm, while those present commented on his gradual dissolution, the result ultimately being the death of the criminal. There are also the perfectly well attested cases of the Stigmata, or five wounds of Christ, appearing on the hands and feet and chests of the Ascetic Saints as they prayed daily to suffer as their Lord suffered. Again, it is a matter of common observation that the doctor who is skeptical of his powers effects few cures, compared with that doctor who, by conviction, or by pretense, asserts that he can cure all cases coming under his hands. The real or assumed faith on the part of the physician is transferred to the patient, who is cured, not by the drugs which he swallows, but by the faith which makes him whole. The great merit of the teaching of faith healing and Christian Science healing consists in accumulating the evidences of the power of faith, and in the accepting as literal the saying of Jesus, "Whatsoever ye ask in faith that will ye receive;" and it must be immensely to the benefit of our skeptical age to encourage by all means this faith in God and in Christ, and in ourselves as sons of God. But while this is so, it is not the less true that, as we live in a physical world, we must attend to the laws of nature and obey their commandments. Paul says, "First that which is natural, and then that which is spiritual;" and in relation to health of body, the laws of hygiene are comprised in the word purity—pure air, pure water, pure food, pure bodies, and a pure mind. "Know ye not that your bodies are the temple of the Holy Spirit?" says the Apostle, and those who believe this purify themselves as Christ was pure. It remains to ask the question, What are the limits of faith healing? We may freely grant that faith often becomes "the substance of things hoped for," and that the indulgence of hope and love transfigures the outward man, while in fear there is that torment which leads to despondency, disease and death. In this light, under faith healing, many become amended in soul and body, but miracles do not occur except on the spiritual plane. The mere saying "I believe" will not cure inveterate or organic disease, but actual belief does. But that actual belief which does cure organic or

inveterate disease is not attainable on the physical plane. It is the inheritance of the spirit, and hence entrancement has been found in mesmerism and hypnotism essential to the cure of deep-seated disease. No man, as Jesus says, by taking thought, "can add a cubit to his stature," and no man by simply ignoring that he is diseased can be cured of organic disease, although he may be, and often is, cured of functional diseases. By faith he rises out of those fears which are a torment, and which corrupt and degrade body and mind, and ascends into the pure atmosphere of "joy in believing," which brings renewed energy and strength. But so long as we live in a physical world it is absurd to deny that we can have diseased bodies, and it is not only absurd but it is wrong to deny these bodies. Our duty rather is to believe that these bodies can be rendered healthy and beautiful by the right conduct of the mind, and by faith in purity. If the doctrine be true that we have only to ignore our bodies in order to be filled by the spirit which heals, then we should, to be logical, ignore the necessity for food and ignore broken bones in a fractured leg, but the most ultra Christian Science healer admits these exceptions.

By faith all things are possible. By mental faith most functional diseases can be cured, but the experiences of mesmerism and hypnotism show that it is only when in trance or when on the spirit plane that the deepest rooted diseases can be cured; and so far as I know, only one being has ever existed on this planet who, by a word, could at once cure "all manner of diseases." But there is an attitude of the soul in prayer, whereby, shutting out all circumferential thoughts, one abstracts himself into the unity, and in this position it is open to anyone to ask relief from physical or mental suffering, and he or she will find that these prayers are often heard and answered, and that often immediately.



THE  
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EDITORIAL NOTES.

The Inquiry Department is assuming serious proportions. I hope it will become the chief feature of this magazine. It is preferable that correspondents attach name and address to their communications in order that other readers interested in this work may know where to find them by letter.

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"The Danger Lines in Hypnotism," by Thomson Jay Hudson, LL.D., has been held over till next issue. It is an admirable article, and equal to anything his pen has produced.

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Among the books advertised in the front of this number to be given as premiums to new subscribers you will probably find some to interest you. In making this offer it is not intended that the new subscriber shall himself receive *two* premium books, but that he *shall* receive one, and that the person who sends in that subscription shall also receive one. There is, of course, a very simple way by which the new subscriber, whom we will call Smith, could "beat the game" if he were so disposed. He might, for instance, tell Mrs. Smith to send in his sub-

scription, and claim a book for herself and a book for him. I think the *new* subscriber should be well content with one book and the magazine for twelve months in exchange for his dollar.

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MESMERISM V HYPNOTISM.

The points which may be objected to in Dr. Wyld's article, published in this issue, have been already discussed at length, with the exception of the curious idea that mesmerists and hypnotists belong to two different professions. A mesmerist is always a hypnotist, but a hypnotist sometimes knows the slight value which attaches to what is commonly called "animal magnetism," and governs himself accordingly.

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A PREDICTION FULFILLED.

The following story, which is told by Madame Lecomte de Lisle, sister-in-law to the celebrated poet, is taken from the pages of *Annales des Sciences Psychiques*

Mr. X. had consulted a fortune-teller, who predicted to him that his death would be caused by a snake. This gentleman was in the civil service, and he felt so impressed by the warning that he persistently refused an appointment at the Martinique, this island being infested by most venomous reptiles.

At last Mr. B., Home Secretary at the Guadeloupe, persuaded him to accept a lucrative position in the offices of that colony, which is free from snakes, although it is situated in the vicinity of the Martinique.

After having served his time at the Guadeloupe, Mr. X. sailed for France on a ship which called at the Martinique. He would not even go on land for a few hours, but fate was not to be thwarted. Some negresses came on board as usual to sell fruit to the passengers. He took an orange from a basket and drew his hand back with a shriek, exclaiming that he had been stung. The negress turned her basket upside down, and a snake crawled from under the leaves with which it was lined. The reptile was killed, but Mr. X. died a few hours afterward.

I should not like to do the periodical which republished this story, under the above heading, the poor compliment of mentioning its name, but the tale itself is well worth dissecting.

A gentleman in the civil service, apparently a man of position and some influence, consulted a fortune-teller, and was informed that he would die from the effects of a snake bite. Such weight did this suggestion carry that he actually refused an appointment to an island infested with these reptiles, fearing that the prediction might be fulfilled. It is only reasonable to infer, therefore, that if the prediction had never been made, or if he had learned to rate such vagaries at their true value, he would have accepted this appointment, and would be alive, if the date of the anecdote is not too remote, at this day. But his fears urged him to refuse this offer, and he went instead to the Guadeloupe, by request and persuasion of Mr. B., the Home Secretary. We must believe that he accepted the post with much misgiving, in spite of the assurance that the colony was free from snakes. In his refusal to go on land at the Martinique, when he was returning to France, there is evidence of the fact that the prediction still weighed upon his mind, but his biographer's gloomy reflection upon the remorselessness of fate leads me to think that he is not above putting in an effective touch occasionally to improve the drama. However, the unfortunate man took an orange from a basket, and drew his hand away with a shriek. Sure enough, a snake had bitten him! In a moment it came upon him with overpowering force, that ghastly dread which had been ever at his heart, the fear of death from the bite of a snake—a painful death in a foreign land. No hope—no chance of recovery—inexorable fate! It had met him at last; and perhaps the memory of the care he had exercised to avoid this danger flashed in mockery before him. I think he would have died if the snake had not been poisonous. Unhappy man—a victim to his imagination and his belief in prophecy!

It is not pleasant to think that the "shop-talk" of a foolish old woman should have power to spoil the life of an educated man; nor to find that one of the brightest of the journals devoted to spiritism in England should be willing to hold such a story before the eyes of its readers, as an indirect piece of advice to believe in fortune-telling generally.

In place of heralding this tale as "a prediction fulfilled," it

would be more appropriate to call it an instance of fatal credulity; and it seems to me that much of the torture inflicted upon so-called witches in the by-gone days was a retribution instigated by relatives and friends of those unfortunates who had believed the "predictions" made. Let those who sow this pernicious form of belief broadcast look to it. They cannot shake off the responsibility of giving foolish counsel.

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We add another 1,000 copies to our issue this month, which makes it 5,000. Very satisfactory.

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#### TO EDIT ADVERTISEMENTS.

In the November number of this magazine I remember announcing rather jauntily that "I did not propose to close our advertising pages to a magnetic healer merely because I did not think he knew what he was talking about," and that you had better use your own judgment about accepting his pretensions as reliable. So many readers have written me, however, asking if I recommend this, that, or the other hypnotist, that I perceive much valuable time will be saved by exercising an editorial scrutiny with respect to advertisements, even though it conflict with our business interests. Hereafter, therefore, you may take it for granted that I recommend any teachers of suggestive therapeutics whose cards appear in our advertising pages.

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#### THE TEST.

\*The offer of \$50 to the first person who can successfully perform two feats of simple telepathy is still open. There were rumors of "takers," and one gentleman went so far as to assert that he would "eat his boots" if he could not read the mind of any person under strict test conditions. To our great regret he failed to put in an appearance at the time appointed. I can assure him he will not be asked, in the event of failure, to make good his statement.

The first test will be as follows: A dollar bill will be enclosed

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\*See the January Number.



in a sealed envelope. The number on the bill will be known only to Dr. Parkyn and myself; and the mind-reader will either speak or write that number correctly to win the money. Surely this is simple enough. According to the generally accepted theory of telepathy subjective mind reads subjective mind, and the mind-reader might in some cases be able to wring that information out of an unwilling person. But we go further, and to smooth his path promise him every assistance in the matter of passivity, concentration of thought, or, if he prefer, somnolence, that can be given. We stop short only at external suggestion. My address is 56 Fifth Avenue, Chicago; and Dr. Parkyn can be found every morning of the week at 255 Bowen Avenue; so that there should be no difficulty in making the necessary appointment. If telepathy be a fact I am naturally most anxious to know it, since the policy of this magazine is to go by facts rather than theories, and to place little credence in unsupported assertions.

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FROM THE HUB.

Office of Boston Daily Advertiser,

Boston, Jan. 9, 1897.

Dear Sir:—I take pleasure in handing you the inclosed clipping from the Boston Daily Advertiser of this date.

The Advertiser goes into more homes than any other Boston paper.

Its literary, financial, editorial, critical and commercial departments are recognized as the best in Boston, while it prints the news, of course, leaving out the sensationalism, so that it may be welcomed in any home.

More copies of the Advertiser are left by the carriers at homes in Boston, Brookline and Cambridge than any other Boston morning paper.

Yours respectfully,

Miss Ida Ayres, Literary Editor.

NOTE, COMMENT AND FORECAST.

The editor of the Hypnotic Magazine makes an offer of \$50 in cash and much gratuitous advertising to the first person who can successfully perform two simple feats of ordinary mind-read-

ing, or telepathy. The editor goes on to say that he is anxious to establish the truth of telepathy, that he will put no needless obstacles in the way, and in general enlarges upon the enterprise and good faith with which his cash prize is held up to admiration and aspiration. If the "two simple feats," whose exact nature the editor does not disclose, are indeed "feats of ordinary mind-reading," why this extraordinary inducement? How is he to be convinced by one more performance of a couple of feats which have been performed so often that they have become "ordinary?"

The real way to test all such occult phenomena is not by calling upon wonder-workers to do some new thing, but by subjecting their own self-chosen performances to honest and intelligent investigation.

That these carefully acidulated paragraphs should have been welcomed in so many of the homes of Boston is exquisitely painful to me. If your commercial instinct, dear madam, were at all commensurate with your literary ability you would understand the simple fact that it would not pay me, on business grounds, to advertise a lie for the sake of fifty dollars. You may rest assured, therefore, that when the proof is forthcoming the money will be paid. I am astonished at my own hardihood in venturing to offer the reflection that you hardly seem to have grasped the meaning of the offer. I am not "calling upon wonder-workers to do some new thing," but am asking them merely to prove the truth of the old. We have heard so much about mind-reading that it is permissible to apply to it the epithet "ordinary." I could find fault with the construction, in a grammatical sense, of your last paragraph. If by "their own" you refer to such simple experiments as I have undertaken in this line I have made no secret of the fact that they have been quite without result. If, however, you refer to "the wonder-workers," the word "own" is redundant, and the paragraph is without point, because "honest and intelligent investigation" is exactly what we wish to bring to bear upon their statements. I salute you.

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We have sent out over 800 copies of the premium book, "Hypnotism up to Date," to our subscribers during the month of January.

## ONE, AND INDIVISIBLE.

About a month ago in *Light* (London, England), a clever paper devoted to spiritism, Mr. Arthur Lovell objected to the views put forth in the September number of this magazine with reference to Mr. Stead's position upon the question of hypnotism. I did not think Mr. Stead had any practical knowledge of his subject, and said so plainly, and Mr. Lovell retorted with a *tu quoque* by way of argument. His somewhat lengthy communication did not seem to me to be worth an answer, but he has been attacked in turn by M. Laundry, 7 Rue Brunel, Paris. M. Laundry intimates no intention of coming to my assistance, for which I thank him, for I notice to my great regret that he is of the opinion that mesmerism and hypnotism are two distinct sciences, *because* it has been claimed that the resulting phenomena are *frequently quite different in character*. As a matter of fact, there is absolutely no distinction possible between the two, because if the hypnotist and mesmerist both endeavor to produce the same effects, they will certainly do so, though the means used be in one case the mesmeric (so-called) passes, and in the other verbal suggestion. M. Laundry, however, expresses himself lucidly and well on the subject of hypnotism, as the latter part of the subjoined abstract will show:

"Mr. Lovell also seems to mix up hypnotism with mesmerism, and appears to labor under the impression that one is the other, and vice versa. That this is not the case anyone practically acquainted with the two sciences knows. The means employed are, as a rule, totally distinct, and the resulting phenomena frequently quite different in character, although analogous to each other. Why he should pit the action of the operator's will against that of the subject in the case of hypnotism proper is a mystery, and only explainable on the ground of insufficient acquaintance with the subject. He would, if he had any experience in hypnotism, know that the will of the so-called operator is of no importance; even his presence is not necessary for the induction of hypnosis, which is often brought about by purely mechanical devices. And anyone whom the patient or subject may have previously chosen can take the responsibility of directing the hypnotic where there is need. There is no question of will at all, beyond that of the subject. It is greatly a matter of direction by external suggestions, and should those sug-

gestions not comply with the latent desires of the subject, I, too, will defy anyone to make him do otherwise. In saying this I am not considering platform or experimental subjects, who know they are to be experimented upon, and, therefore, fully trust the operator to keep them from real harm; but I am referring to the serious practice of hypnotism. If Mr. Lovell tried the will he talks of against that of his patient, he would find the hypnotic either throw off the hypnosis or resent the pressure put upon him in a way not at all beneficial to himself or the science, when he, the hypnotic, returned to normal consciousness. And all I say to Mr. Lovell is, try it! The power of suggestion can only come into play where the patient has the latent desire, but not the force of character or will to carry out that desire. In other words, he requires his will to be made passive to enable the latent impulse to become dominant. And again I say, that if a suggestion is given to a hypnotized subject in all seriousness, which is quite contrary to that subject's own impulses or desires, he will reject it with as great a force as when in his normal condition. Say what some may, there is not the slightest doubt that man is a free agent, as far as his personality goes, at least."

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#### TESTING FOR EVIDENCE OF HYPNOSIS.

Be kind enough to read the communications appended. They are interesting because of the fact that a committee of ten men of science, and of some medical and legal eminence, are about to decide a point that eludes decision. There is absolutely no test known by which it may be determined whether a subject is asleep or awake. The mere induction of anæsthesia or analgesia is no criterion whatever. The eyeballs may be insensitive; the body may be cataleptic; the pulse may respond to suggestion; even the temperature may, in exceptional cases, be raised or lowered; the prick of a pin may be without effect, and through it all the subject may be merely acting a part. On the other hand, a genuine case of hypnosis, an active somnambulist, may be hyper-sensitive; the scratch of a pin may cause him to shiver, and the most positive suggestion of the operator may not be able to overcome the nervous dread of the subject.

Experimental hypnosis does not change the character of the individual. You waste your time, gentlemen.

From Dr. Carleton Simon,

114 East Fifty-sixth St., New York.

To Dr. Bettini di Moise, 42 W. Twenty-fifth St., New York.

Dear Sir:—I notice your severe criticism of my hypnotic experiments, at your residence January 5, in the *Evening Journal* of January 6.

It would give me great pleasure to have you call at my office, when I may be able to show you conclusively that each and every one of my subjects were hypnotized, and demonstrate before you, and any other scientific gentlemen you may select, my veracity in this matter and your unreasonable attack.

And I furthermore agree that in the event of my subjects not being genuinely hypnotized I am willing to pay one thousand dollars (\$1,000) to any charitable institution the Medico-Legal Society may select. Believe me, sir,

Very truly yours,

Carleton Simon.

January 7, 1897.

Office of G. Bettini di Moise, M. D.,

No. 42 W. Twenty-fifth St., New York, Jan. 11, 1897.

To Dr. Carleton Simon, 114 E. Fifty-sixth St., New York City.

My Dear Doctor:—Yours of the 7th January inst. is at hand, taking exceptions to my criticism of the experiments made before the Psychological Section of the Medico-Legal Society, on January 5, 1897, as published in the *New York Journal* of January 6th inst. You fall into the error of assuming that because I doubt that your subjects were in the true hypnotic trance that I question either your sincerity or veracity. If you are correct then no member of the Psychological Section could question any of your experiments without making a personal accusation against your integrity.

The highest authorities advise all beginners who take up hypnotism that their greatest danger lies in being self-deceived by their subjects. You seem to have either forgotten or ignored this established law.

I accept your challenge with slight conditions or modifications, which I trust will meet your approval.

It is of no consequence that you satisfy me, but it is of great importance that you establish your propositions before the Psychological Section, where the experiments in question were made.

I therefore hope you will modify your proposal so that the

test or trial be made before a select commission of scientists to be named by the vice-chairman of the Psychological Section, Mr. Clark Bell, of at least ten persons.

It is only fair that you should be represented on that commission by at least two names, and I suggest that you furnish Clark Bell, vice-chairman, a list of names from which he may select at least two to act on that commission.

That the trials be made before that commission under the chairmanship of the vice-chairman of the Section, Mr. Bell; that a majority of that commission decide the matter, and that their decision shall be accepted as final and conclusive as between you and me.

I also suggest that in case of your failing to satisfy that commission that your subjects are not genuinely hypnotized, that the \$1,000 be paid either to the library fund of the Medico-Legal Society, or, what would be still better, into the treasury of the Psychological Section, to be devoted to the expenses of pursuing its investigations.

Hoping to satisfy you of the truth of the conclusions which I reached on witnessing the experiments given before the Section on January 5, as published in the *Journal*, I remain, dear sir,

Yours very sincerely,

G. Bettini di Moise.

From Dr. Carleton Simon,  
114 E. Fifty-sixth St., New York.

To Dr. Bettini di Moise, New York.

My Dear Doctor:—I accept with great pleasure your proposed modifications, and I trust that it may result in benefit to your own knowledge of the subject and be of service to the medical profession.

I recognize the truth of what you say. Your opinion, or the opinion of any one individual as to the truth of hypnosis, is of no particular importance, but the verdict of a commission thus organized by the Medico-Legal Society would be of great importance.

I suggest that Mr. Clark Bell, as chairman of the Section, be authorized to determine all details of the test trial and that if I am unable to procure all the subjects introduced by me on January 5 that I may be allowed to make a test trial with one or more subjects under such conditions as Mr. Clark Bell, as chairman of the commission, may fix, without regard to the experiments made on the 5th January inst.

I trust that I may convince you, the society and a skeptical public through this commission—"the first of its kind in Amer-

ica"—that hypnotism is true, that it exists, and has been demonstrated by myself before you in the past. Believe me, sir,

Very truly,  
January 15, 1897.

Carleton Simon.

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THE PROFESSOR AT WORK.

The following portion of an address read before the Psychological Section of the Medico-Legal Society by Professor G. S. Wines is taken from the advance sheets of the *Medico-Legal Journal* sent me by Mr. Clark Bell, the editor. I should judge that those present spent an agreeable, if not profitable, half-hour in listening to this sort of thing:

"When I was in Boston recently I met a man who said that no one could hypnotize him. I told him that that was highly probable, even if it were not necessarily true. Suddenly I turned and looked him full in the eye for a minute.

"He was hypnotized! His pulse was normal at 62 to the minute. My time had arrived. 'Beat at 72,' I said, while he was in this state, 'and keep it there the rest of your life.'

"His pulse increased ten beats, and it has stayed there ever since. Now I challenge the medical world to equal this. They can't do it.

"I have cured drunkenness, the tobacco habit and dyspepsia.

"Hypnotism is a dangerous power for a man to possess. Any man can write a prescription, but only a few of us have mastered the psychological principles that are involved in its subtle laws. Often ladies will not allow me in their parlors. I tell their husbands that I can cure their wives, but they will not let me in. 'You might cure her,' one says, 'but I will not let you try.' And yet anyone of those husbands will allow physicians to dose his wife with medicines and drugs in the hope that something will take effect.

"Hypnotism can be accomplished in a hundred different ways. Sometimes it is necessary to apply the finger tips to the head of the subject, but it is not always requisite that there shall be contact. The hypnotizer may be in a different room from his subject."

The pathos with which the Professor announces that he has become an object of suspicion, even of fear, to his fellow-mortals is very quaint. I fancy he finds a good deal of satis-

faction in the thought that he is merciful in his strength. It would probably be time wasted to try and bring home to him the fact that there is very good reason why he should not be regarded with the same confidence as the family physician. Not to be too exact, I should say that he was inclined at times to be a little wild in his statements, and perhaps he is not yet one of those "who have mastered the psychological principles involved in the subtle law"—of suggestion. I must compliment him, however, upon his appreciation of a dramatic situation. "Beat at 72, O pulse, etc.," is as inspiring as Joshua's transfixion of the heavenly bodies, and about as possible. To accelerate or depress the heart's action by suggestion is a very simple experiment, but to fix a pulse forever is, I am afraid, a little beyond the skill even of Professor Wines. He may safely challenge the medical world to equal the feat. As he decisively remarks: "They can't do it." I have not space to quote further from his remarkable address, but I note that he speaks of controlling his subjects at a distance by thought transference. If the Professor's researches have enabled him to discriminate between external suggestion and thought transference, perhaps he will give us a proof of his peculiar power in this line. Neither Mr. Wines, nor any other operator, can by silent concentration of his thought affect in the slightest degree a subject who is unconscious of his bodily presence, and is in ignorance of the fact that an experiment is about to be tried.

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#### CHILD STUDY.

Apparently the time is drawing nigh when the education of the child will be a matter of individual development even in the public schools. The following dispatch was sent me from Canada, and foreshadows a movement of importance:

For some time back educationists have been devoting a great deal of attention to the psychology of childhood. The most approved modern method is to educate the individual child on the basis of his personal characteristics, rather than a hard, fast system. Inspector Hughes and others have taken up the



idea and finally a number of those chiefly interested have gone to the Minister of Education and laid their views before him. A deputation composed of Inspector Hughes, Prof. Tracey, T. Kirkland, M. A., W. Scott, M. A., and S. B. Sinclair, M. A., waited on the Hon. G. W. Ross and petitioned that registers for recording the results of child study by the teachers be issued to the school boards throughout the province. The idea is to get an agglomeration of facts to serve as data for future educational reforms.

The Minister of Education promised to issue a register on the form prepared by the committee, and also made the important announcement that he proposed to make practical study of child character a part of the curriculum for teachers at county Model schools and Normal schools throughout the province. This is looked upon as a very important step in educational progress.

Read in connection with the above this condensed account of Dr. Hall's researches in this line is of particular interest. From the Chicago Tribune:

Prof. G. Stanley Hall of Clark University has been collecting facts concerning the fears of children. The fears of children, he says, are generally created by parents. Prof. Hall found that 1,701 children had 6,456 fears, the leading ones being the fear of lightning and thunder, reptiles, strangers, the dark, death, domestic animals, disease, wild animals, water, ghosts, insects, rats and mice, robbers, high winds, etc. A few of these fears are rational. In New Jersey no children were found to be afraid of high winds, but in the West that fear naturally leads all others. At Trenton, however, sixty-two children were found who dreaded the end of the world, a fear created entirely by adult teaching. The table shows what education can do in this respect. No child was found to be afraid of the devil. Two hundred years ago and less that fear would have led all the rest. Few were found who were afraid of ghosts, a fear which would have stood high on the list not long ago. At Cambridge, Mass., only 155 out of 500 boys were afraid of thunder storms and only 230 out of 500 girls. The fear of robbers and of wild animals is a survival, though robbers have not disappeared as completely as the wild animals. Forty-six New Jersey children were afraid of being burned alive, a monstrous thing to inculcate in the child mind. Fear will always be one of the strongest influences in human life, but at least it is possible by teaching what real danger consists of to eradicate groundless fears.

## INQUIRY DEPARTMENT.

It has been thought advisable to open an Inquiry Department in this magazine, in which the queries, opinions and experiences of our readers will be given attention. In all phases of subjectivity curious and interesting phenomena are continually occurring, and we are anxious that our readers should make a note of these things coming within their own range of observation while they are still fresh in their memories, and send the particulars to the editor of this magazine. He will also be glad to answer in this department any inquiries having reference to the phenomena of hypnotism.

### THE WORD "HYPNOTISM."

Is it not well to call attention to the frequent misuse of the words "hypnotic," "hypnotize," "hypnotism," "hypnotized," etc., by those who are familiar with the proper definitions?

From its Greek derivation, Dr. Braid, who coined the word "hypnotism," clearly meant it to express induced sleep and not any manner of suggestion.

Often has the writer heard physicians say, "I hypnotized her into believing that the pain had disappeared," meaning that verbal suggestion to that effect had been successful.

Such misapplications frequently cause misunderstanding, as was once personally experienced when a medical man gleefully related how conducive his "hypnotic" experiments had been in producing a cure, making impression by his continuous use of the word that he had endormed the patient, whereas it transpired that he had not, but had merely used "simple suggestions."

Is it any wonder that the work of the "christian scientists," "faith curists," and the like, is so commonly spoken of as that of "hypnotism," when those who are thoroughly acquainted with its proper meaning, and are thought to be so informed on the subject as to have their wording exemplified by those who are not, make the same mistake?

Mahlon Fulton.

Philadelphia, Pa.

You touch upon a most important point, and one that must shortly be dealt with at length. Dr. Parkyn suggested recently that it would be well to limit the term "hypnotized" to that

class of persons who have been given the suggestion to sleep. This would be a simple way of meeting the difficulty, but there are some objections to it as a definition of the state of hypnosis. The meaning of the word "hypnotism" will be made the subject of an article later, and I hope to get the opinions of living authorities beforehand.

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PUBLIC EXPERIMENTS.

Martin, Tenn., Jan. 9, 1897.

Editors Hypnotic Magazine.

Gentlemen:—Seeing in the January number of your most interesting magazine some short pieces in the "Inquiry Department" about mind-reading, I wish to state an experience of my own which occurred in 1892. I was in a circus in Bolivar, Mo., in August in that year. Amid the curiosities was a woman said to possess the power of "mind-reading," such as naming any figures you could write on a board while she was blindfolded, giving the correct number of your watch when you looked at it, your exact age, etc. But the most impressive trick to me was the naming of anything you might hold up in your hand, you at any part of the tent and she blindfolded the whole time. I thought they had a number of people hired to hold up articles and concluded to test it myself. I had an old-fashioned watch key in my pocket. Having carefully concealed it in my hand, I held up my fist and asked, "What have I?" The response came immediately, "A watch-key." Now, gentlemen, please explain this to me and you will greatly oblige an earnest seeker after the truth.

Berry Bowen, M. D.

You will not accept as satisfactory such an explanation as that the "mind-reader" simply guessed the object, but I have no other to offer. If you look at it reasonably is it likely that a woman of such peculiar mental power as she claimed to possess would be traveling with a circus? The circumstances under which she was called upon to display her powers were most unfavorable to an exhibition of telepathy, and there is no doubt in my mind that she merely cried "watch-key" because your hand was tightly closed, and she had probably seen you take the object from your vest pocket. If you had dived into your trowser pocket she would probably have called "a coin,"

or "a knife;" from the top vest pocket, "a pencil;" but as these had possibly been already named you were impelled to try something else, and "watch-key" proved to be correct.

The blindfolding goes for nothing. There is a simple method of blindfolding a person with a black silk handkerchief which is a positive improvement to the sight, as it somewhat shades the eyes from the glare, while permitting free vision. Possibly she was assisted by a speaking tube, in which case confederates in the audience would be necessary; but this is assuming a more finished performance than a traveling circus is generally content with. I think the explanation is, "luck plus experience in the business."

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#### RESTORING THE MEMORY.

Stockton, Cal.

Dear Sir:—In case of self-induced hypnosis is there a possible way—by suggestion given before—of remembering one's experience in the hypnotic state, after awaking?

Mrs. J. Y.

Certainly. Positive affirmation that you will remember, that you wish to remember, what you are going to do or say, while in the hypnotic state, will, after a few failures, enable you to recall your experiences on waking. You will probably find it easier, however, if some friend gives you this suggestion while you are in the hypnotic condition. But if no friend is available use your auto-suggestion as here indicated.

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#### A PLATFORM TRICK.

Fort Bragg, Cal., Jan. 5, 1897.

Editor Hypnotic Magazine.

Dear Sir:—I wish to ask you a question if you will be kind enough to answer. In the few works I have read on hypnotism I have seen no mention of hypnotizing from the platform; for instance, as is sometime done in public. The professor will compel someone in the audience to come up who has just refused to do so, or make him stand up, and then he can't sit down. Now is this previously arranged, or can it be done? How do they

know the ones that suggestion can be used so quickly on? All I have read on that generally infers that you have to prepare the subject by suggesting to him to be passive and talking sleep, etc.

A. R. Calder.

The experienced hypnotist is a good judge of faces. He can tell "the suggestible" person, as a rule, at first sight; and many of the platform tests, of the kind you mention, are genuine. In general, however, the operator is unwilling to risk a failure, and therefore prepares his subject beforehand by post-hypnotic suggestion or otherwise. When he has impressed upon his subject of the night before that at the next performance, he, the subject, will appear to be resisting the influence with all his strength, you understand that the effect upon the audience is very marked, and highly satisfactory to the operator.

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RAPPORT.

Marshfield, Wis.

Dear Sir:—Here I find a stumbling block. You say that while a subject is under the influence of hypnotism he is materially, not mentally, connected, and at a wave of the hand he stops. Now I do not clearly understand why he (the subject) feels that wave of air from the hypnotist only. On some subjects I have tested, when I made the motion (his back being toward me) he would stop quite still and complain that his feet were stuck tight. Now did he imagine that that would naturally follow?

I have tried what you term muscle-reading, but can do nothing except with physical contact. I have had some success with mesmeric experiments, and should like to know your explanation of mesmerism as distinct from hypnotism.

Lloyd Jones.

1. The subject is en rapport with the hypnotist, and understands that he is to answer to "the wave" which the operator sends him. He judges by the direction from which "the wave" comes whether it is from the operator or not. Stand beside some friend, having previously given your subject *no intimation*

they had moved.' I told her to find them. In a moment afterward she said she had found them; told the street the house was on [she said] Middle street, a little above Farnsworth's stable; gave a minute description of the house, the different rooms and inmates. The following are answers to my questions:

"My sister is sitting by the cradle in which her child is sleeping. She is making an apron for the child.' 'The dog is in his bed.' 'George (her sister's husband) is not at home.' 'He is in the market house, talking with Mr. Chase about working, etc.' 'Talks of buying some beef.' She now returns to the house. 'My sister has left the room; [she is] in the sitting-room getting some thread.' 'The baby has waked up; is laughing in the cradle.' 'Martha Johnson is there making a quilt [for baby's crib]. The colors of the patchwork are, first, white, then dark stripe, then pink, then purple, then white again, and so on.' When I first asked her the time she said there was no timepiece in the room (kitchen). I told her to find it. She said, 'It is in the sitting-room; it is two minutes past seven (five minutes earlier than my time). In just three minutes I asked her to look again. She said it was five minutes past seven. Just five minutes after, by my watch, she said, 'It is ten minutes past seven.'

"All her answers were equally correct. When she went to see George again, he had left the market, and she found him at an auction room. I asked what the auctioneer was saying, and she colored and said she would not tell, nor could I persuade her to. I told her to recollect it, and she did, but will not now tell me. This is a remarkable circumstance, that what you will the subject to recollect they will remember, but nothing more. It is equally wonderful that they will say nothing, reveal no secret that they would not if awake."

\* \* \* \* \*

The foregoing is all that is essential to the notes I made in my diary about the case of Miss J., which was the only clairvoyant case I ever witnessed. The conclusions I reached were not based on a single experiment. I put Miss J. into what was then called the mesmeric state, several times during the week referred to, and a few times afterward. A full detail of the experiments I made and of the phenomena (which) I and several others witnessed would require considerable space and would have less value than what was recorded at the time. I will only say now, that the experiments were repeated many times during a period of about a month, and they were so varied, and made under such precautions against imposture, that no one could have a doubt

as to the genuineness of the facts of clairvoyance when witnessed and verified as we witnessed and verified them.

There were two reasons why I did not pursue farther these investigations. First, the claims of animal magnetism, or its equivalent, mesmerism, were considered at that time preposterous and absurd by scientists and by solid and sensible people, and no one could avow an interest in these claims without exposure to ridicule and without getting the credit of being a crank; and, second, I supposed the things I witnessed were well known to the few intelligent people who were investigating this subject. But I am now satisfied that some of the manifestations I described, if not absolutely new, are of very rare occurrence. At all events I have never seen any account of such extraordinary powers of clairvoyance as those manifested by Miss J.

I evidently used the word "visit" advisedly, for the subjective experience of my "subject" was not that of seeing distant objects through wide intervening space, but her consciousness was that of being present with the objects she saw and the voices she heard.

The phenomena of mind-reading or "hypnotism" furnish no explanation to the facts of clairvoyance as I witnessed them, and no theory of "suggestion" can explain the independent hearing of distant voices and the seeing of distant objects of which the persons present with the "subject" have no knowledge whatever.

Some of the witnesses of the experiments I made are still living, but how many I do not know.

These experiments may not warrant the induction I made at the time, but a youth of 22 is not bound to be well up in Baconian philosophy.

John C. Hall, M. D.

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Alleghany City, Pa.

Editor Hypnotic Magazine.

Dear Sir:—Having been for the last three years, when I first took up the study of hypnotism, a firm follower of Bernheim, and a believer in the suggestion theory as to the action of hypnotism, I venture to give you an incident that occurred to me a short time ago, which has somewhat shaken my belief, and ask for some enlightenment from you thereon.

A young man, C. H., whom I had hypnotized once before, on the second attempt acted in the following, and to me peculiar, manner. I wish to state in the first place that it was a performance at a private house, all parties being mutual friends. When asked to write his name, the party wrote mine, in my handwriting, and when asked to give some details of his life, gave

them from mine; and when asked my (the hypnotist's) name, hesitatingly declared it to be C. H. These facts would not be curious had I suggested them to him, but, on the contrary, I suggested in exactly the opposite manner. Was the subject simulating? Was he acting by my suggestion, though unconsciously, or was my personality so domineering that it completely overpowered his? Can you give me any rational explanation of the above?

Edward E. Mayer, M. D.

Your subject was (if not simulating, and that you must determine for yourself) following out an auto-suggestion of his own; either an original idea of his, or something which he had heard, or read of, previously, as having created a profound impression when tried. Or he might have been led into carrying through the auto-suggestion of assuming your personality to the end by the success which his first attempt at the signature met with. Try him again; but don't be surprised if he shows an intimate acquaintance with your family history. He is evidently not a fool, and has had plenty of time to read up.

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COLDS.

Chicago, Jan. 14, 1897.

Editor Hypnotic Magazine.

Dear Sir:—I was much struck with the statement made by your correspondent of last month: "I can control pain and colds." This accomplishment seems to me to be more rare than the controlling of sleep. I have a severe cold at the present time and am subject to them, but if you could explain a method of curing them I feel sure that I and many of your readers would hail it with delight.

Ernest Berrington.

Perhaps Mrs. Whitney will be good enough to describe her method of applying auto-suggestion for the relief of colds and pain. I have never been able to break up a cold myself if it had once got a good start, but I believe auto-suggestion is a valuable preventive, and I find it works like a charm in headache, earache and neuralgia. There is this to be said about the treatment of influenza by suggestion: The confident expectation that a cold *must* last for a week, or "run its course,"



is sufficient encouragement for it to do so. On the other hand, suggestion, auto- or hypnotic, will allay the irritation of the mucous membrane to some degree, and give nature a chance to remove the abnormal condition.

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THE VERMONT HEALER.

Rutland, Vt., Jan. 12, 1897.

Editor Hypnotic Magazine.

Sir:—As a lover of justice in an amateur way, although I have too much respect for the quality to use it familiarly, I was pained to see prominence and credence given in the January number of the Hypnotic Magazine to a story recently printed in the New York World of a reporter's alleged visit to Bradley C. Newell, the Vermont "healer." The article alluded to grossly misrepresented Mr. Newell as a man, for he is by no means the coarse, uncultured and illiterate person pictured therein; while the writer touched slightly his work, although lightly indeed, because there exist many remarkable and irrefutable examples of his success in treating the sick. Mr. Newell is a resident of Jacksonville, in the southern part of this state. He has the confidence and respect of his fellow citizens, by whom he was elected a member of the state legislature last fall. He was popular with his fellow legislators and was a member of the house committee on health. I speak of these things to show that Mr. Newell is not a mixture of ignorance and impudence, whatever the great mass of "divine healers"—a title, by the way, to which he has never laid claim—may be.

On the other hand, Mr. Newell is not in the healing business for fun or for his health, and, during the short period in which he has practiced his art, he has acquired considerable property. It is probable that he will not return to the humble vocation of a village blacksmith, as he has recently sold his smithy at Jacksonville.

The singular power of blacksmiths seems to me a matter worthy of the investigation of scientists. Dr. J. G. Johnson, at present a prominent practitioner of the massage treatment at New York, began life as a blacksmith at Plymouth, in this state. His success has equaled Mr. Newell's, although his work has not been heralded so extensively. I could cite other instances of a similar nature. Within a year two have come to my notice in this state—one at Berrington and one in Chittenden County. It is probable that the inherent magnetic powers of workers in

iron are augmented by partaking to some extent of the qualities of the metal.

J. Earl Clauson.

I did more than justice to Mr. Newell in the August issue of this magazine in describing him as "ignorant, honest and strong-willed." If the stories that reach me of his "hypnotic doings" multiply, I shall be compelled to withdraw the epithet "honest." His election to the state legislature does not bear upon the question, for he has probably earned the gratitude of his townfolk by doing much for Jacksonville. Enough of Mr. Newell. Your theory as to the singular powers of blacksmiths is interesting, but I should be more disposed to give credit to the healthy nature of their occupation, which encourages a good physique. Given a good constitution, and a fair "nerve," and your healer is equipped for business.

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THE CHURCH AND PROGRESS.

Omaha, Neb., Jan. 13, 1897.

Editor Hypnotic Magazine:

I send to you herewith a lecture entitled "The Border Land of Science," which was delivered to the students of the Creighton Medical College, Omaha, by Rev. Father Coppens, M. D., upon Tuesday, December 29, 1896.

That part of the lecture devoted to "hypnotism" is full of error and will certainly convey to the students who heard it a very wrong idea of the subject.

The advice contained in the following paragraph, if taken seriously and followed, is a "mossback" producer of no mean proportions:

"If any distinguished scientist or doctor who can afford it wishes to make a special study of hypnotism, which is still so imperfectly understood, he may render a valuable service to humanity, and in particular to the science of medicine. But if any ordinary physician asked my advice about devoting attention to this pursuit, I would emphatically tell him, 'Leave it alone; you are not likely to derive real benefit from it, and you are very likely to inspire your clients with distrust of you when they see you deal with matters which have deserved a bad name on account of the charlatans and the superstitious abuses usually

connected with them.' This is not my opinion alone, but also that of distinguished writers on the subject."

Yours truly,

R. A. Smith.

Your criticism is just. If the reverend father's advice to avoid investigating things which have acquired a bad name were followed, we should never know whether those things "deserved" the bad name or not. It is time to cut the ground from under those who have "superstitiously abused" this science, even if "distinguished writers" look on with disapproval.

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DR. LYMAN'S ANSWER.

Rockford, Ill., Jan. 13, 1897.

Editor Hypnotic Magazine:

Your answer to my inquiry in the October number of the magazine regarding the experiment upon Mr. V. H. is, I think, the correct explanation of the phenomena produced. I have since made careful inquiry and find that V. H. had often been hypnotized, and had also attended private hypnotic exhibitions previous to the time that I operated upon him.

C. B. Lyman.

For the benefit of new readers it may be explained that Dr. Lyman asked how he could draw a somnambulist back to him with a wave of his hand unless there were thought transference between them. The answer given was that his subject was guided by the air currents, and may have previously seen or performed the same experiments.

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FIRST STEPS.

Mason City, W. Va., Jan. 8, 1897.

The Psychic Publishing Co., Chicago.

Will you kindly inform me the best way to learn to be able to hypnotize? Answer through your magazine and oblige

T. Spencer Owen, M. D.

Employ the verbal suggestion method of the Nancy School. Dr. Parkyn explains his mode of procedure at length in the August number of this magazine. Arthur L. Webb presents

his method very clearly and simply in the December number, and Dr. Sahler gave his "pet idea" last month. With so many to choose from you can hardly fail. Take a dozen persons to begin with, and work with the most susceptible, dismissing the others. After you have gained experience in giving suggestions, the mere induction of the somnambulistic state will not attract you, and you will find an enormous field in your professional work for the employment of suggestion as a therapeutic and educational agent. Avoid all offers from hypnotists to teach you by mail. In nine cases out of ten you will have to unlearn what they taught you, and you can get more points out of one copy of this magazine at ten cents, than out of your mail course at ten (or fifty)dollars. A piece of effrontery came to my notice lately which is worth mentioning. A certain hypnotist required his pupils to sign a contract pledging themselves to refrain from teaching to others "the secrets" he divulged and the mysteries he unveiled to them; this pledge to hold for a period of six years. There are no secrets in hypnotism which that operator is competent to deal with.

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OLLI PODRIDA.

Sir:—To start with, I am simply a student, and will only write a suggestive letter admitting only well-known facts. Hypnotism is one of them. I once wondered, when first I began the study of psychological phenomena, how it came that in the commencement of that Book of Books appears the unscientific lie: "And God breathed into man the breath of life and he became a living soul." While living in the East I called on a well-known rabbi, a doctor of theology, and asked him for an exact and literal translation of the Sanscrit text. He had never until then detected the mutilation by translators, and at once substituted lives for life. My answer was, revealed truth and practical science, then, are in harmony. Had we only one life, many of the most delicate experiments in hypnotism would never be known. The lives that each, independent of the other, but subordinate to soul life, play a part in the construction and reconstruction of the animal economy, are perhaps too numerous, and too complex, for a short, cursory article like that which is here con-

templated. Men often say the brain is the laboratory of thought. The brain is to the soul perhaps what the air is to the electric solar waves. The one is limited to the immediate body, with vaster possibilities of expansion, while the other never reaches beyond a fixed system. If the brain were the center of thought, then, as the brain is a new brain within certain periods, dependent on use, destruction and reproduction, it would necessarily follow that in the renewal all old fixed conceptions and memories not in use during that period would be lost. This is not the case; therefore the natural deduction is that the brain is the receptor, the medium of impression, and that the various divisions of mind and soul are the leaves in the book of life where forever is photographed thought, actions and permanent impressions. A sudden event may recall to the octogenarian the first recollections of childhood which have been a closed book for all those years. The very complexity of the mental machine is a bewildering science for study. We hypnotize a man and flash his soul across this continent more rapidly than any electric current can hope to go. He makes no blunders; he tells no falsehoods; he returns to his home, and through a body, all the time alive, he gives his news. Here we have had a distinct separation of lives. This is done too often either for cavil or doubt. The spiritualist calls this clairvoyance. The scientist marvels at the fact, but fails to intelligently name the mystery. Again, we give the same individual, still hypnotized, a base where a person had once lived and start him in search. We ask him if he is there. His answer comes, Yes. How long since the person left that place. He gives the day of the month and the year. Where is the person now? He gives the city, place, street and number. We are lost! How this soul connection? What did the lost party leave behind to conduct our subject into the wave circles that from a fixed center radiated to his present home? How long can this soul separation continue? In 1891 or 1892, in Vienna, in the private room of a professor of psychology, a number of medical savants, in experimenting in this direction, found that in thirty minutes the soul announced its inability to return, convulsions set in, and a few spasms ended in tragedy and death.

In the body the soul, a compound spiritual body, is, or is supposed to be, subjective. The more perfect the physical human machine, the more tenacious is life; the more perfect the development of the life wires, i. e., the nerves and their plexuses; the more sensitive the brain, the more perfect is mental expression. The soul of a child, it may be fairly said, devel-

ops with its body, but its horizon is the possibilities of brain limit and formation. The ego probably comes with the first dawn of reason; with the idiot the soul is ever a dwarf, non-assertive, without growth, and only develops after liberation from its ill-fitting domicil. In life the brain may be dwarfed to idiocy by habits that exhaust that lower life that keeps the upper domicil in habitable condition. You cannot hypnotize a fool, an idiot, or a madman, because communication of impression, soul with soul, is cut off.

Yours,  
Edward McCully, M. D.

Milwaukee, Wis.

Say rather because the requisite voluntary attention is withheld. With respect to clairvoyance I think you emphasize the intuitive at the expense of the imaginative qualities in your subject.

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CONCERNING THAT OFFER.

Florence, Ala., Jan. 12, 1897.

Editor Hypnotic Magazine.

Dear Sir:—In the "Literary Gossip" in Nashville American of yesterday reference is made to your offer of \$50 to the person who can successfully perform two simple feats of ordinary mind-reading, or telepathy. I will be glad to receive the particulars of the offer, as well as a copy of your January number.

My little daughter, thirteen years old, has developed remarkable powers in telepathy, and can promptly and without any evidence of nervous excitement duplicate any of the feats performed by Bishop, Johnstone and others distinguished in work of that kind. She performs these feats, as they did, by being "in touch" with someone knowing what is to be done.

In this there is "thought transference" by means of touch, in very impressible nervous organizations. She has an additional power, which amazes all who see it tested, and is possessed by no other person, as far as we know. She can, without the touch or knowledge of anyone, describe any person or picture, and read any book or paper placed before her, being securely blindfolded. For example: With no one touching or being near she will open a book at any part and read very readily, and describe pictures, giving minute details, colors, etc.

W. M. Price.

Particulars of the offer were sent to this correspondent. There must be "thought transference" without the sense of

touch, if telepathy is to be proven; but Mr. Price is fortunate in one respect: It seems to me that the sympathy existing between a sensitive child and her father should induce the most favorable condition possible for the production of the desired phenomena.

---

## EXPERIMENTS.

I found a young man, about nineteen years of age, large and very muscular, who was willing to be hypnotized. I tried with him the plan as mentioned by Dr. Sahler. I could get complete muscular control, that is, I had him so rigid that his head was placed on back of one chair and feet on another, where he remained for some time without a tremor; that he could not open his hands or take them down, and a dozen other like experiments. All the time he would keep his eyes tightly closed, but still remained perfectly conscious of all that was going on around him, and I could not get him into an unconscious sleep. Why was this? I have had several subjects and never had any trouble before.

As to hypnotism and crime, I have had subjects pick a pocket, steal money out of a desk, etc., but of course these were "laboratory experiments," and may prove nothing.

As to Mr. Sage's closing paragraph. I have two subjects who are complete automatons. As quickly as I can make suggestions they carry them out, no matter what they be.

B.

Could your subject open his eyes when you told him he could not? If not, and if he is not simulating, you may assume that some degree of hypnosis is present; and I judge from the fact that he could not open his hands (when commanded to) that inhibition of muscular action had been induced. But he might have been in a state of somnambulism, and still remember perfectly on being wakened just what had transpired. By continuing your experiments with this subject and allowing him to sleep for five or ten minutes soundly without disturbing him at the conclusion of his tests, you may be able by constant suggestion to produce amnesia, or loss of memory, when he wakes, but it is quite possible that, having remembered everything

once or twice, he has given himself the auto-suggestion that he will *always* remember, and you may not be able to break this habit of thought.

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MIND OR MUSCLE READING.

Willmar, Minn., Jan. 15, 1897.

Dear Sir:—I am surprised at your explanation of the tests done by Johnstone, which Wm. H. Buck of Kokomo, Ind., refers to in the January magazine, and your statements so frequently made, both in your books and magazine articles, as to the unreality of mind reading and telepathy; for it seems to me you have certainly rendered your decision without sufficient investigation.

I have done mind-reading ever since I was ten or eleven years of age. At first I did not know what it was, as I was the first in my country (Scotland) to do such a thing, and I had never heard of Bishop at that time. The first I knew of my ability was the receiving impressions, or "seeing pictures," as I then called it, during convalescence after a severe illness. I would see the pictures and afterward find out that they were the actions of the family in another part of the house, and that I could tell them exactly what they had been doing, or I could reproduce their acts. As time went on I found I could do anything that others wished I should do, if they would only "think hard" of *how* to do it.

The first test of any note that I did was with the Duke of Buccleugh, which was commenced at my home in Hawick and ended in Edinburgh, he being the first to inform me that my work was mind-reading. The test consisted of going from my home to Edinburgh and to the Duke's palace, and finding in a private receptacle in his library a certain coin. On the journey I paid all fares, made change, found the cabs desired, selected the right keys, etc., all while blindfolded and in direct accordance with the unspoken desire of the Duke.

Shortly after this in the city of Edinburgh I did the test of driving through the streets, which was the first such test performed by any mind-reader. This was in the year 1879, when I was but eleven years of age, and which I have done hundreds of times since, and which has also been copied by every mind-reader since; also by many who were not mind-readers, who did it by the aid of collusion with one or more of the committee, or perhaps by "muscular reflexes," as you say; but I do know that my tests are not accomplished in that way, as I have done the same work many times without being in physical contact with



anyone. I do not say, however, that it cannot be accomplished by "muscle-reading," but I say this, that in order for one to be guided by muscular action he must be aware of the action and be on the alert constantly for any movement, however slight; and under such circumstances the party by calling himself a mind-reader would be wilfully deceiving the public, and especially the committee with whom he works; in fact, would be an imposter and "fake" of the rankest kind, and that I am not, and I defy anyone to prove that I am. I have traveled and exhibited mind-reading in every civilized country in the world; have been tested by societies of psychic research, both in the old countries and this, and have proven to them, as well as my audiences each week, that my work is dependent upon mental action alone.

You were certainly very easily convinced that muscle-reading was the true explanation, if the test you allude to was sufficient, that is, that the mind-reader could not write the correct number when the eyes of the committee were not upon the paper. You overlook the essential principle of mind-reading, i. e., concentration of mind of the committee upon the action necessary to accomplish the experiment. Mere thought is not enough. Now if you were going to write a word or number of figures, would you not look at what and how you were doing? Certainly. How, then, could you expect to guide the hand of the mind-reader correctly without looking at his hand or the paper? The conditions necessary for successful work in such a test, with myself or any genuine mind-reader, are merely that the committee watch the hand of the mind-reader, concentrating their minds upon each action necessary in order to write the number. If I have a committee of several intelligent persons who will concentrate their minds in unison upon the way the figures would look when written, I can tell them what the figures are; and no muscular action can denote a certain word or figure.

I do not deny that it requires a greater effort on my part, also on the part of the committee, when working without physical contact; but this is easily explained by the same law which governs other forms of suggestion, i. e., that the impressions made on the subject by the suggestions of another depend upon the force with which the suggestion was projected, and the resistance which it meets.

We know that with electricity it requires triple the force to create the arc light that it does the incandescent, where there is a couplet circuit. And so it is with the transference of thought. Some persons are able to project a thought or impression with such force that a psychic is able to receive such suggestions,

even at a distance; but I do not claim to be able to do this with everyone, as all are not capable of the deep concentration of mind necessary. But I do claim that all the tests accomplished by the so-called muscle-reading can be accomplished without physical contact, providing the committee will earnestly concentrate their mind, not upon the test in general, but upon the action necessary; or, if a number or word, upon the way it would look if written. For the purpose of the committee getting a better impression of the word, I frequently have them, while I am blindfolded, or in another room, write it and each take a good look at it before beginning.

My wife and I were at one time in Illinois and were to start upon a certain day for Iowa. My wife had risen first and was silently wondering if we would have to change cars at Rock Island. I was still sound asleep, and she was much startled to hear me say: "No, we don't change cars at Rock Island; we change at Barstow;" which was in reality the name of the station where we had to change. She immediately wakened me, which, as I am a very sound sleeper, she had difficulty in doing, and told me what I had said in answer to her thoughts, and I confess I was as surprised as she. Since the occurrence of the above mentioned instance we have had many and remarkable evidences of telepathy.

P. H. McEwen.

It is foolish to be too sensitive to criticism. Mr. McEwen is without doubt honest in his belief, and no one has suggested otherwise. I merely think he is self-deceived, and should like to know whether the Duke accompanied him on his first journey, and whether he can give evidence of a test performed by him in which muscle-reading, chance and external suggestion were rigorously guarded against. Permit me to add that it is possible for a committee to thoroughly concentrate their minds upon the formation of letters or figures without watching or touching the mind-reader.

---

HYPNOTISM AS PRACTICED 57 YEARS AGO.

Mr. Editor:—My attention was first called to the science or phenomena of mesmerism, or, as it was sometimes called, animal magnetism, in 1840, through articles published in the newspapers. I became somewhat interested in the subject, but not in a very definite way. As I look back to that time I think it must have been the seeming mystery that surrounded it that had as much to do in enlisting my attention as anything

else. Others were afflicted in like manner. In 1842 there had been created no small degree of interest upon the subject, and much was said for and against it. Some accepted it without a question, simply because of its mysterious character. Others looked upon it with a critical eye and had grave doubts as to its facts, and looked upon the experiments with suspicion, but admitted that there might be something in it; while others would have none of it, and looked upon all experiments as deceptions. With a few honorable exceptions the members of the medical fraternity were its most bitter enemies, and no doubt it was through a jealous fear that it might in some way infringe upon their calling. Those in the profession who were inclined to investigate the subject did so at the risk of the ridicule of their professional brethren. This did not deter others, however, from entering into the work heartily. The people became interested and many excellent operators were developed. Here some men destitute of principle saw an opportunity for gain, by giving public exhibitions, and from a lack of skill or of failure to fill their bills, and a want of honesty in their experiments, people became disgusted and tabooed the whole thing. For many years there was very little interest taken in the subject of mesmerism, with the exception of a few who never lost their faith in it and continued to practice it in a quiet way.

Through the pertinacity and courage of these men the science has triumphed over all opposition and made it possible to place it in the front rank, side by side with the other sciences; and the hypnotist stands in no fear of the frowns and slurs of those who assume to be leaders in the medical profession. The young man who is about to enter the noble profession of medicine will make no mistake by calling to his aid hypnotism. By doing so he will find himself taking long strides in advance of those who ignore it. After an experience of over half a century I know whereof I speak. Octogenarian.

The author of the above, a physician and surgeon of wide experience, will give a resumé in his next paper of the part that hypnotism has played as an adjuvant to medicine in his own practice. I trust that he will see the advisability of affixing his signature to the article.

---

EXPERIMENTS IN MIND-READING.

Editor *Hypnotic Magazine*.

My experience in thought transference, usually but inappropriately called mind-reading, compels me to take issue with

you as to the evidence of such phenomena. It was about five years ago that my attention was particularly called to the subject by my coming into possession of a small pamphlet, the title of which has slipped my memory, narrating the experiments of an English clergyman with two young ladies in his family. That night I read a portion of this pamphlet in the presence of my wife and four or five other members of my family, among them three of our children. The experiments were so simple that I remarked, "Let's try it." So we sent one of the girls, aged about 15 years, whom I imagined might be a good subject, out of the room, and told her to remain outside until called for, closing the door. We agreed to think of a small paper dove which had been pinned on the wall. A child's chair was sitting by the side of the one I was occupying, and when we called her in she took her seat in this chair by my direction. At that time I imagined it would be better for some one of the "thinkers" to take her by the hand, which I did. We all thought intently of the dove on the wall, but were careful not to look toward it or move the lips while "thinking." The girl, whom I will designate as the recipient, was instructed to close her eyes and watch for mental impressions. Much to our astonishment, scarcely a minute had elapsed when she turned toward the picture and said, pointing to it, "I believe it is that dove on the wall." I was so surprised at this success that she was sent out again, and this time a small toy pig sitting on the end of the mantelpiece among several other articles was selected. We did as before, and she confidently, after a moment's quiet, pointed out and named the article. We tried several other objects about the room with equal success in nearly every case. The next night I decided to dispense with any contact with the recipient. We sent her out of the room as before and I hid my pocket-knife under a cover over the back of the chair in which I was sitting. She was then called in while we all sat quietly thinking of the place where it was hidden. In this case she knew what the article was and that she was to try and locate it. When called she came in and took a position in the center of the room, several feet distant from any of us, where she stood a minute or two with her eyes shaded by her hand, and then started in the direction of the article, and reaching her hand under the cover drew out the knife with a smile of triumph. She couldn't possibly have detected the hiding-place by sight, or by hearing me when I secreted the knife. In response to my inquiry, she said she seemed to know in which direction to go, and where to search for it, and she simply followed the

suggestions. On other occasions we varied the experiment. I proposed that we should think of numbers, as the chance of guesswork would be reduced to a minimum by this means. So we sent her from the room and told her we would think of some number between 1 and 100. I then wrote the number 26 on a card and showed it to the half-dozen persons in the room, after which I destroyed the card. On coming into the room and remaining in a passive state a minute or two, she said, "I believe it is 26." I have known her, on several occasions, to name numbers so thought of correctly three times in succession. On one occasion she announced the number selected as soon as she opened the door and stepped into the room. She would not always succeed in the first trial, however. It seemed at times to puzzle her to tell the order of the figures; for instance, whether the numbers were 26 or 62. She also succeeded in giving names we thought of. I asked her by what mental process she arrived at her conclusions. She said that she tried to "stop thinking," and soon, if a number, for instance, was thought of, a certain number would soon suggest itself to her, and if this impression was vivid and persistent she decided that was the one wanted. She soon learned that these impressions, if clear and well defined, were reliable, but when her thoughts wandered from one thing to another, the experiment was a failure. It is but just to state, however, that she had her times of failure. There were times when she said she received no impressions, and she felt it would be useless to experiment any more that night. Occasionally, when she failed on one test, she would succeed admirably when another was tried; that is, we would think of an article and she could not discover it, but send her out again and select another article and she named it without hesitation. It is needless to say I used every precaution that occurred to me during these experiments to guard against the possibility of giving the recipient a cue, both while she was out of the room and after she returned, and I am perfectly satisfied she received no such cue in any case. I mention this because I know from my own experience that the skeptic is always on the alert for some explanation of the occult without calling in some unknown cause as a solution. My daughter, I am sure, never heard of such experiments before, and the same might be said of the other persons present on the night of that first experience. These experiments, and others not mentioned, convinced me that there was no advantage in physical contact with the recipient. In fact, a number of the best results were obtained when

she stood in the middle of the room, the "thinkers" being seated several feet away.

There is another thing I discovered, and that is that my daughter was never able to tell the object, number or word thought of by only one person, or at least by any one person in the family. I tried this a number of times. To be successful seemed to require the united thoughts of several in the same room. Another thing, she never liked to try these experiments, and after two or three nights' experience I had to do a good deal of coaxing to induce her to try "mind-reading," as we termed it. She always insisted that it made her "feel queer," and after half an hour or an hour's experimenting would complain of being tired, and then, if she persisted, would meet with failures. I also got the impression that she could do better before eating than directly after a hearty meal, but I am not certain about this. I have five children, but none of the others could ever accomplish anything in this mind-reading business, although they tried frequently. I had always been skeptical about the claims of mind-readers, but the tests that I have made in my own family, of which the above are a few examples, have thoroughly convinced me that thought-transference is a fact. I do not expect, however, that you, or anyone else for that matter, will take my word for it, or believe because I do. I doubt if I would if it were your experience and not my own that is here narrated. Now, however, since reading the many experiments in this field of investigation made by members of the Society for Psychical Research in Great Britain and this country, as published in their proceedings, I am inclined to think that more persons possess this "gift," if I may so term it, than most of us are aware of. Experiments are easily tried, and the subject is worthy of the investigation. But I warn investigators against taking much stock in "mind-reading" by contact, such as grasping the hand of the recipient. Contact by means of a long string as a medium, with plenty of "slack" between the "willer" and the operator, will be sufficient to put a reflective investigator on track of the true solution of the apparent mystery.

Denison, Texas.

B. C. Murray.

This is an excellent account of experiments undertaken by a capable and conscientious investigator. Whether he might not detect some flaw in his early tests if he repeated them at this date with the same subject is a question, and I hope he will be induced to favor us with a report of such a proceeding.

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# THE HYPNOTIC MAGAZINE

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DEVOTED TO

An Investigation of the Science of Hypnotism: Its  
Uses and Abuses: and Its Therapeutic  
Possibilities.

"PRACTICE AND PRECEPT."

Edited by

SYDNEY FLOWER

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THE  
HYPNOTIC MAGAZINE.

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No. 3.

THE DANGER LINES IN HYPNOTISM.

BY THOMSON JAY HUDSON, LL. D.,  
Author of "The Law of Psychic Phenomena," etc.

There are two danger lines in hypnotism. One pertains to the moral well-being of the subject, and the other to his physical and mental health.

Two questions are thus presented for consideration. The first is, how far and under what conditions may hypnotism be employed for the promotion of vice, immorality and crime? And the second is, under what conditions may hypnotism become a source of danger to the physical and mental health of the subject?

The first of these questions has been discussed so thoroughly of late, under the title of "Hypnotism and Crime," that there is little that can be said that would be new to the readers of the Hypnotic Magazine. Indeed, so persistently has this question been discussed, and so ably has it been obscured by the newspaper press, that the public is fast settling down into the belief that two monstrous entities have recently sprung into existence, formed a copartnership, and are now engaged in a diabolical business under the firm name and style of "Hypnotism & Crime." I shall not attempt to disabuse the public mind of the favorite idea, but will content myself with pointing out to the professional reader the principal source of error which besets those who hold that the two, if not

necessarily inseparable, belong to the same category of offenses against the peace and dignity of the state.

The truth is that the whole difficulty arises from the inability of a certain class of persons to take more than one step in the process of reasoning. Thus, when such reasoners have once been able to master the broad idea that "the hypnotized subject is constantly amenable to control by the power of suggestion," they at once jump to the conclusion that said subject, in the hands of the hypnotist, is as clay in the hands of the potter; that he is a mere automaton, without volition of his own; that he has surrendered his personality and his will to the keeping of the operator, and is, consequently, irresistibly compelled to obey the slightest injunction of his custodian, even to the extent of perpetrating high crimes and misdemeanors. Such reasoners, when informed that gravitation is a universal force and that the sun attracts the earth, would affirm, with equal confidence and reason, that the latter must inevitably plunge into the former and be consumed. They would forget, or be unable to comprehend, the further fact that other planets attract the earth, and thus, by virtue of the universality of the law of attraction, counter forces exert their ever-present influence upon the earth and upon the whole planetary system in such a way as to forever prevent the anticipated "wreck of matter and crush of worlds."

Strange as it may seem to those unaccustomed to taking more than one step in the process of reasoning, the hypnotic subject is hedged about and protected by counter forces that operate to preserve his moral equilibrium in ways that are as nearly analagous to those I have used as an illustration as a moral force can be to a physical force. In other words, the suggestions of the operator to the hypnotized subject may be, and are, constantly counterbalanced by other suggestions. This is a fact that the average student of theoretical hypnotism is slow to learn; and yet it is the most important fact in the whole science. These counter suggestions, as I have pointed out elsewhere,\* may arise from the instinct of self-preservation,

\* See the Law of Psychic Phenomena.

education, experience, religion, principles of moral rectitude, or even from a sense of personal dignity. These I have classified under the term "auto-suggestions."

I do not undertake to say that suggestions arising from either one of the sources named, or from all of them combined, would in all cases afford protection to a hypnotized subject against suggestions of a criminal character. In other words, I do not deny the proposition that it is possible, under certain conditions, for a hypnotized subject to be induced by a criminal hypnotist to commit a crime; and I know of no one who does deny it.

This being conceded, it becomes important to locate the danger line, or rather the line of safety—the line beyond which neither an immoral nor a criminal suggestion can ever prevail.

That line is clearly defined by Conscience—that sleepless sentinel on the watchtower of the human soul, which guards and protects each one who is endowed with that faculty from the assaults of sin and shame.

By this I do not mean that quality of "conscience" which "makes cowards of us all," which consists of, or is manifested in, fear of the consequences of wrong-doing. By "conscience" I mean "that power or faculty in man," whether it be connate with him or the result of moral education or training, "by which he distinguishes between right and wrong in conduct and character, and which imperatively commands and obligates him to do the right and abstain from doing the wrong."\*

It is obvious that, given a criminal hypnotist and a weak and criminal subject, no one of the other sources of auto-suggestion which I have named would of necessity protect the latter against the determined and persistent oral suggestions of the hypnotist. Thus, the "instinct of self-preservation," which is ordinarily the source of one of the strongest auto-suggestions, is not always adequate, since it is well known that men, in an apparently normal condition, often place themselves in imminent and deadly peril in pursuit of a criminal object. "Education and experience" are obviously inadequate, for it

\* Standard Dictionary.

is well known that many of the most notorious criminals have not been lacking in these advantages. "Religion," *per se*, is notoriously inadequate as a means of protection, since it is well known that the brigands of Italy are as devout as they are devilish.\* "A sense of personal dignity" constitutes a strong auto-suggestion against doing that which would excite ridicule; but obviously it would only operate indirectly against criminal suggestion. "Principles of moral rectitude," however, stand upon a somewhat different footing, inasmuch as they are, if genuine, but another name for conscience. But, unfortunately there are many men who are imbued with "principles of moral rectitude" "for revenue only;" who are honest only because "honesty is the best policy;" who "take the law for their guide" in all business transactions. Such men are seldom either truly honest men or good citizens. Obviously their "principles," although they may constitute the best available substitute for a conscience, would of themselves furnish no adequate or certain protection against criminal suggestion.

Let me be not misunderstood. I do not undertake to say that auto-suggestions arising from the sources named would afford no protection against the suggestions of a criminal hypnotist. I merely say that they may not afford adequate protection in the absence of conscience. That each constitutes a powerful bulwark against the assaults of a criminal hypnotist, I most unhesitatingly affirm. They are constantly alert, jointly and severally, for the protection of the individual, the instinct of self-preservation, in the absence of conscience, being always the dominating factor. But when a man has risen in the scale of humanity and civilization to the dignity of being in possession of that power or faculty which "imperatively commands and obligates him to do the right and abstain from doing the wrong," he is intrenched within a citadel that no power of criminal suggestion can prevail against.

The simple rule is that, when two opposing suggestions are presented to the subjective mind of a hypnotized subject, the

\* It is unnecessary to travel outside of America for illustrations of this fact.—Ed.

stronger suggestion must prevail. This is a rule that admits of no variation or exception. It follows that, when the plea is offered in a court of justice, in extenuation of a criminal or an immoral act, that the subject was coerced by criminal suggestion, it amounts to a general confession that his immoral or criminal desire is stronger than all other considerations combined; and it amounts to a specific proclamation of the fact that the alleged victim is utterly devoid of conscientious scruples regarding the particular crime which he has committed.

From the nature of things it can never be specifically known how many, or what character of adverse auto-suggestions may have been overcome by a successful criminal suggestion; but one thing is always certain, and that is that, in reference to that particular crime, the guilty subject is devoid of conscientious scruples.

Conscience not only marks the line between the realms of danger and safety in the hypnotized subject, but it also defines the limit of control which the objective mind normally exercises over the subjective mind. That is to say, in the normal man the objective intellect exercises supreme control over the dual mental organism, up to a certain limit. That limit, again, is defined by Conscience. When, in the progress of mental and moral evolution, man reaches that stage of development—that moral altitude—where conscience becomes an attribute of the soul, the love of the right and hatred of the wrong becomes an emotion of such supreme potentiality that nothing, not even the love of life, or the fear of the tortures of the Inquisition, can prevail against it. This emotion, of course, varies in strength and intensity with each individual, in accordance with his education and environment; and it may be perverted, even to the extent of causing insanity. The point is that it is an emotion, and therefore belongs to the subjective mind; and in the normal man, whose environment has been favorable, and whose training and education have been along the lines of truth and right, and in harmony with reason, this emotion becomes the dominant characteristic of his mental organism. It is then that the subjective mind, rightfully and

normally, assumes the ascendancy, conscience becomes instinctive, the perception of the eternal principles of right and wrong becomes intuitive, and the immortal part of man, drawing inspiration from the Eternal Source of Truth and Right, becomes an "inward monitor" whose sleepless vigilance guards and protects him and repels every assault upon the integrity of his character.

I am not unmindful of the fact, as I have before intimated, that conscience, like every other human emotion or faculty, may be perverted and its forces expended in wrong directions. Witness the great army of cranks which infest every civilized community. No more conscientious men and women exist than they whose zeal in the cause of "reform" has led them into the belief that whatever is is wrong. Many of them, had they the power, would crucify, or exterminate with fire and sword, all who differ with them in opinion. No nobler or purer race of men existed in their day and generation than those of whom history records the fact that they would suffer martyrdom or expatriation for conscience sake, but who, in turn, would apply the faggot and the torch to those whose views were not in harmony with their own.

I need not dwell upon this branch of the subject, however, for it does not pertain directly to the question under consideration. It is mentioned here, first, for the purpose of showing that the noblest attribute of civilized man may be perverted by an unfortunate environment or the suggestions embraced in a false education; and, secondly, for the purpose of exhibiting in a stronger light the fact that conscience, when once aroused, is the dominating force in the whole character of man. The fact that it may be perverted, however, does not militate against or modify the proposition I have advanced; for it does not follow that, because a man would wish to see exterminated all whose views on social or religious questions do not accord with his, he would commit a private murder, rape or arson in obedience to hypnotic suggestion, or of his own volition. Only those whose perversions have reached the stage of insanity could be thus influenced.

The proposition, therefore, still holds good that the auto-suggestions embraced in conscientious scruples against the commission of immoral or criminal acts are more potent than any possible suggestion of a criminal character.

The next question is, under what conditions may hypnotism become a source of danger to physical and mental health?

Students of theoretical hypnotism are about equally divided into two classes, namely: 1, those who hold that hypnotism can never be other than beneficial to the subject; and, 2, those who see untold evils environing a hypnotized person and threatening him with nervous wreck and mental imbecility. As usual, the truth lies somewhere about half way between the two extremes.

Hypnotism may become an unmitigated evil to the subject, or it may result in unqualified benefit to him. Between the two extremes there are all grades and degrees of good results as well as of evil consequences to the hypnotic subject.

This being true, it is of the highest importance to all concerned to locate the danger line; for obviously there must be some broad, fundamental principle underlying the subject matter which has not yet been discovered or definitely formulated, and which will account for the wide range of difference of opinion among experts of apparently equal skill and capacity for correct observation.

It is true that, in this connection, we often hear hypnotists speak of degrees of skill in the induction of hypnosis; and we infer from their observations that they regard skill in that line as the essential element of success in the production of good results. But, whilst the importance of skill and experience is not to be underrated, it is, nevertheless, true that often the most skillful and experienced hypnotist will leave his subject a nervous wreck. I admit that this is rare, but it is possible, nevertheless. It is not, therefore, skill alone that defines the danger line.

I have not space, however, to discuss the various theories which have been advanced to account for the fact under consideration; but will proceed to suggest, tentatively, an hypothe-

sis which may throw some light on the subject and induce others to consider the facts, experimentally, from that standpoint.

It seems to me that the chief difficulty arises from not fully comprehending the true import of the law of suggestion. Like every other law of Nature, it is simple; but that quality lies largely in the simplicity of the terms in which it can be formulated. The law itself embraces many complications, which, if left out of consideration in any given case, will involve the student in a maze of apparent contradictions.

The subjective mind, whilst it is always amenable to control by the power of suggestion, and whilst it often accepts a false suggestion with the same readiness that it accepts a true one, is, nevertheless, normally an ardent lover of truth. It may be, and often is, perverted to the last degree by a life-long series of false suggestions; but normally it loves the truth, and it has, moreover, an intuitive perception of truth when it is presented.

Now, there is no fact better known to hypnotists than that, when two antagonistic suggestions are made to a hypnotized patient, even though the subject matter of the suggestions may be of trivial character, it invariably produces the most obvious mental distress; and, if the suggestions are persisted in, the subject often awakens to normal consciousness suffering from a severe nervous shock. Reverting again to the subject of hypnotism and crime, it is well known to hypnotists that a criminal suggestion, acting upon the principle mentioned above, will often awaken a subject, and, when this occurs, it is invariably accompanied by a violent shock to the nervous system. Dr. Cocke, of Boston,\* reports a laboratory case in which a criminal suggestion threw the subject into a violent fit of hysterics. I have myself seen a subject thrown into a state of hystero-catalepsy by a persistent suggestion (insisted upon at the instance of a fool) that she perform an act that, in her normal condition, she regarded as sacrilegious.

Everyone who has witnessed even the common stage experi-

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\* "Hypnotism" (Arena Pub. Co.).



ments knows how vigorously, at first, a suggestion will be resisted when it is contrary to an obvious and well-known fact. For instance, a suggestion that the subject is someone else will be instantaneously resisted, and sometimes with stubborn persistence for a short period, the strength of the resistance varying with the character of the personality suggested. But, when conscience or some other powerful adverse motive is not involved, if the suggestion is strongly enforced, the subject will yield to it and carry it to its legitimate conclusion with marvelous fidelity to the logic of the situation.

Again, common observation will bear me out in the assertion that subjects who have been long and continuously employed on the stage for the purposes of exhibition invariably become nervous wrecks, especially if skillful care has not been persistently exercised in restoring the normal tone to their nervous organisms. It is, indeed, with this class of subjects that the evils of hypnotism have been made manifest to the general public as well as to professional observers. In this class I mean to include all subjects who have been long and continuously used for purposes of amusement, whether on the public stage or in the private drawing-room. The "amusement" which hypnotism affords is necessarily due to the antics which the subject performs in response to false or ridiculous suggestions, which are often of a painful character. The depth of the injury inflicted upon the nervous organism of the subject is measured partly by the character of the suggestions and partly by the frequency and suddenness of the changes from one false suggestion to another of an opposite character; and it is, unfortunately, true that many stage hypnotists, ignorant of the principle involved, and anxious to amuse their audiences and to demonstrate the potency of suggestion, inflict incalculable injury upon their subjects by suddenly and frequently changing the character of their suggestions from one extreme to another. It may be amusing and possibly instructive, but the subject is a martyr to the cause of popular education in hypnotism. Of course the evil can be minimized by making easy and natural transitions from one hallucination to

greater in degree, for the reason that hypnotic sleep is usually accompanied by therapeutic suggestions.\*

It is not, therefore, the method of inducing the condition that constitutes the essential difference between natural and hypnotic sleep. That difference is wholly due to the suggestions which accompany it. Hypnotic sleep, unaccompanied by suggestions as to its duration or object, merges into natural sleep so perfectly that the closest observer cannot detect the time when the transition occurs. When it is accompanied by therapeutic suggestions, or others of a pleasant character which are in harmony with truth, the result is always beneficent, for the simple reason that no antagonism is provoked.

A false suggestion, on the other hand, invariably produces a nervous shock of greater or less intensity in proportion to the character of the suggestion, and the consequent amount of resistance it encounters. This occurs on precisely the same principle and for the same reason that a criminal suggestion will produce that result. A criminal suggestion provokes an antagonistic auto-suggestion of an intensity proportioned to the subject's character for moral rectitude. A false suggestion, in like manner, provokes an adverse auto-suggestion of varying intensity proportioned to the subject's education, experience and inherent love of truth. In either case a nervous shock, of greater or less intensity, is produced.

The shock may be light, and doubtless is, in many cases, especially in stage subjects. But the effects are cumulative, and when a series of such experiences is long continued there can be but one result—a shattered nervous organism.

From the foregoing facts four very important conclusions are inevitable:

1. That the hypnotized subject is not that unresisting automaton which has been pictured by popular imagination; that, on the contrary, he is hedged about and protected from evil influences in exact proportion to his deserts, and that if crime is ever a possible result of hypnotic suggestion, it is only so with those who, in their normal state, could be more

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\* Admirably put.—Ed.

easily influenced to commit a crime than they could be in a condition of hypnosis.

2. That all the manifold benefits of hypnotism can be obtained by perfectly normal means, without the necessity of producing an unpleasant hallucination with its consequent shock to the nervous system, by simply following the lines of truth when making a suggestion for any beneficent purpose whatever.

3. That the laws of hypnotism constitute no exception to the rule that the forces of Nature, when once understood and intelligently utilized, are always promotive of the highest good to mankind.

4. That hypnotism constitutes no exception to the rule that, in all the relations of life, the boundary lines between the realms of good and evil, between danger and safety, are clearly defined by Conscience and Truth.



28

REPORT OF CASES TREATED AT THE DAILY CLINIC  
OF THE CHICAGO SCHOOL OF PSYCHOLOGY.

BY F. A. WALTERS, M. D., STEVENS POINT, WISCONSIN.

In compliance with the request made that I report one or two of the cases which I personally treated at the Chicago school during the past month, I have endeavored to bring to mind a few of those which made the most impression upon me.

Mr. A., aged forty, had suffered for many years with deafness in both ears, and with constant ringing in the left. Deep drowsiness was induced at the first treatment, muscular inhibitory and equilibrial suggestions were obeyed, and the suggestions given to this patient were to the effect that changes of weather would have no deterrent effect upon the improvement which would take place in his hearing; that all ringing and noises would gradually disappear, leaving his hearing normal. There was a marked improvement from the date of first treatment, and upon the third day the patient reported hearing the clock tick at home for the first time in two years. In this case massage of the parts was employed in conjunction with suggestion, and in its effect upon the local circulation was probably of benefit.

Mr. H., aged twenty, epilepsy, had during the past three or four months received much benefit from his treatment at the school. For the three months previous to the time when he was turned over to me he had not had one attack in the day time, and only three—light ones—at night. Deep sleep was induced in this patient in a few seconds, the line of suggestion taken being a strengthening of his resistance to the "threatening," or fear, which generally precedes and precipitates the attack itself. The fact that the suggestions he received from me seemed to have as much weight as those he had formerly received from Dr. Parkyn added not a little to my confidence in myself, and it was a revelation to me to find that the patient slept almost instantly at my sugges-

tion. It was only necessary in his case, indeed, to request him to put himself to sleep as quickly as possible, and to leave him for a few seconds. On returning to him he was invariably found to be in a profound slumber, and anæsthesia was instantly produced by suggestion. In this case there was also amnesia, or loss of memory on waking.

Another patient, epileptic, was also neurasthenic and complained of frequent and variable pains in different parts of the body—side, head, stomach, etc. Deep sleep was induced, and in addition to the usual treatment by suggestion to control attacks, and relax her muscles daily, special suggestions were directed to the removal of the particular pain with which she happened to be affected. She was an exceedingly imaginative patient and though she was speedily relieved of one pain, she found another without difficulty upon awaking, and it was generally necessary to put her to sleep three or four times before securing a complete disappearance of the symptoms.

Mrs. C., aged thirty-five, complained of severe headaches. Treatment by suggestion relieved the pain for the time, but I advised her to consult an oculist, believing that an eye trouble was responsible for the reaction, which took the form of a recurrence of the headaches. With this patient I produced much better results by requesting her to close the eyes at the beginning of the treatment, and not to fatigue herself by fixing the eyes upon any object to assist her in concentrating her mind.

M. B., aged 30, wished to be cured of the tobacco habit and nervousness consequent upon an excessive use of the weed. He went, at his first treatment, into a condition of active somnambulism, and the suggestions given him were threefold, viz: that his craving for tobacco would cease, that the odor would be offensive and even nauseating to him, and that he would take a pride in the fact that he had thrown off the habit, and that his nerves were in working order once more. The patient came on rapidly, and reported that all appetite for tobacco had disappeared after the third treatment.

Mrs. R. was an old clinical patient. She had been relieved some months previously of facial neuralgia of three years' stand-

ing. She was being treated by massage and suggestion for the reduction and possible removal of a large goitre. The suggestion that the tumor would soften and absorb was followed by remarkable results. A measurement of the neck disclosed the fact that there was an actual decrease in circumference of one inch in eight days, but I am unable to say whether these beneficial results have continued in this ratio. Many other cases upon which I made no notes were treated by me, and the result of the work has been to forever disabuse my mind of the idea that there is anything harmful or mysterious in the practical application of suggestion as a remedy for nervous ailments, or that there is any peculiar psychic force emanating from the operator to the patient.



## TELEPATHY AND CLAIRVOYANCE.

BY J. J. FLY, M. D.

Notwithstanding the general negation of the existence of the state known as clairvoyance and telepathy, as belonging to human beings, we are cognizant of the fact that there are a great many others who are deeply impressed that such is a fact.

In taking sides upon this question, I hope the editor will allow me to install myself among the latter class, at least for the time being, both as reader of his valuable magazine and occasional contributor of my experiences and deductions in the study of mind power through hypnotic manifestations and otherwise. No hypnotist denies that when his subject is in the subjective state, he actually does see and hear by other organs than the ordinary senses. I say what I mean, that he does actually see and hear whatever is suggested, and the impressions are as real, to the percipient (or subject, if the word percipient is objectionable), and even more so, as any that are addressed to his objective mind.

I know it is said these impressions are hallucinations; and are, as far as the special sense can determine, but, by the use of this term, a nothing is meant.

I am no believer in the proposition that any form or any sound addressed to objective or subjective mind can be formulated out of nothing; but am of the serious opinion that every suggestion coming from the operator to his subject is formulated and clothed with the finer forces and invisible structures from which tangible matter sprang into the cognition of the common sense. Life, force and matter exist, not only in potentiality in the germ of both spiritual and physical possibilities, but are in active life, and are amenable to suggestions coming from life in a higher state of evolution; and the only differ-

ence in a physical structure, or an audible sound, from a picture in the mind, built up by any kind of suggestion, either objective, hypnotic, or automatic, is this,—and only this: The one is sensual, and the other is super-sensual; the one is known only to the finer forces of cognition, and the other to the objective developments of the coarser aggregations of the forces attained in physical life.

It has been said that mind moulds matter, and that all matter is a product of mind; but I understand this proposition as an evolvment of primordial force, mind or intelligence, into individualities characteristic of mundane and celestial existence; or, in other words, that all being arises from the pure spiritual and ends in the pure spiritual; that physical existence is an intermediary between the two states of the spiritual, and exists only as a step in the line of evolution.

Now I know that I have said nothing new, but it will be seen that this proposition admits of the deduction that there is a spiritual side and material side to all the constituencies of nature that address themselves to the senses.

I do not intend to make an absolute distinction by the use of these two terms, but will insinuate only a different rate of vibration of the molecular construction in the two states of existence.

It may be objected that if there is a spiritual side to man, there would be a spiritual side to an animal; if there was a spiritual side to an animal, then trees, rocks and the whole category of the animal and vegetable kingdom have also a spiritual side, the whole being, by the transmutation of forces, transformed into the spiritual condition, and like man retaining their actual individualities. This is not necessarily so, nor does this proposition essentially lead to such a conclusion; but with the admission of the continued existence of man's spiritual nature, the spiritual side of every other form of matter may be made easy, as far as the conceptions of man are concerned, by the memory of those that were photographed upon his sub-conscious mind during his experience in earth life, and thus became immortal to his own being, standing in the same relation to him



as does the tree to the shadow, and being just as much, and probably no more, to him, than the shadow is to the tree. It has been affirmed by some, and that, too, with probable truthfulness, from the results obtained by experimenting with the hypnotee, that man's subjective mind retains and never loses a single impression, word or thought that had ever been suggested to it, and which under certain conditions may be found to demonstrate themselves to the objective mind that had long ago forgotten them. In this way every form, every thought, and word and deed, and every sound in prose, verse or music lives forever—not only to the individual, but who knows that they may, as emanations from their centers, be caught up by the universal light that must obtain in the spiritual realms, and with their sounds impressed upon the essential psychic atmosphere, go out into universal space for the pleasure or displeasure of other beings affined to their rate of motion.

With this view of the existence and attainments reached in the process of unfoldment, we have built, for the benefit of man at least, two worlds, which are denominated—the one a material, and the other a spiritual. It may be objected here that my position cannot be demonstrated, and therefore does not obtain, consequently no deductions will be allowable; but must we wait for the alembic and crucible to demonstrate mind, or the observatory to look into the spiritual world, and illuminate it by an "Edison light" before we admit of its existence?

No; but we assume its existence by the light within us that occasionally comes to the surface and proclaims its reality as clearly as the meridian sun lights up the objective world. But because all have not seen, and because others who have seen have become confused at the magnitude of the extenuation, and turned to cold science for an explanation and have not obtained it, they declare it to be a phantasm of the brain of a dreamy speculator. To such we would say, do not be in too great a hurry to condemn; do not postulate with too much certainty upon the attainments to which science has reached in this direction; it is coming apace—slowly but surely; it has already announced to a wondering world that there is a prop-

erty in nature, bound up in the mysteries of the wonderful force, electricity, which, when harnessed and put in gear, enables the vision of the ocular sense to penetrate solid matter, and bring man's own organism within its illuminating powers, revealing its form. This is one step in the direction of demonstrating the lucid powers inherent in man, which some have proclaimed, while others have denied since his history began. Let me ask why should it not be so, since there is a spiritual side to all existence. We affirm that it is not unreasonable to postulate the assumption that since there is a spiritual side of existence, there should be, and is, a function in man in apposition or parallel to it, and that that function is clairvoyance and telepathy. That such a faculty of mind does exist I have no scruples to assert, and I do it with due respect to the opinions of those who deny it. Everyone has his reasons for believing or not believing, and those reasons may be well founded or otherwise; yet I have no fault to find with anyone for his opinions, provided he does not make them a conduit to egoism, and through obduracy paint every expression relevant to the matter in question by the color of his own chromosphere, and thus see—everything red.

Touching upon my own reasons for believing in these phases of mind, or sixth sense, as it is sometimes properly called, I will say that they were suggested and affirmed through an experience I had with one of my own subjects, who is an unimpeachable character, and who was as much surprised at what she saw as myself. She knew nothing of the history of hypnotism or the phenomena arising from the state of hypnotism, and I consider her all the more valuable, seeing she had no prodromatic preparation of mind to lend an influence as to what might follow in the hypnotic experience.

She has the peculiarity of not losing consciousness, but knows most of the time what is going on, and recognizes that many of the phenomena suggested to her senses are fictitious, while at the same time her instinctive fears will cause her to get up and run away, or to avoid a suggested ugly or dangerous animal approaching her. She says at the moment a suggestion

is made of a person, animal, or any object, the same appears in distinct outline, alive or in motion, and with all its hideousness or beauty belonging to it in actuality.

In the course of a few months she acquired the power of statuvolence, or throwing herself into the subjective state in a few seconds, at will; and it has been on such occasions that I have had the most convincing proof of her lucidity.

I adopted the habit of going up to her under any and all circumstances. She might be at work in the kitchen, sweeping the floor, or at any part of her house-work; take off my watch and hand it to her (this latter merely to hold her attention), and say: "Now, I want you to see what you can get for me." During this time I made it a point to put my own mind at rest and render it blank as far as possible. Most generally the watch would not more than touch her hand until a scene would be drawn up before her, even before I could take time to make or think of a suggestion.

I will mention only a few experiences that I have had with her, for it would take up too much space to mention all of them.

My first experience of the kind, to which I now propose to confine my remarks, was as follows: The moment the watch touched her hand she drew back and said: "H'm, I don't want any more of this; here, take your watch." "Why?" I remarked. "What do you see?" "Oh, I don't want to say." Her husband was standing by and told her to describe what she saw. "Well," she said, "I saw a lying-room—a lady in confinement. I saw her and now see her distinctly lying on a bed. I see several persons standing round, and I see you engaged with her, and I heard the youngster cry as plain as ever I heard one cry." At this time I had no particular case of this kind in my mind. I asked her to describe the woman. She said: "I don't know her—never saw her," and then she described the complexion of her face, eyes, hair, bed and bed clothing, and the kind of room she was in. From this I thought of a case I had promised to wait on, and she had described it just as well as she could have done had she actually been before her. I now asked

her how long it would be until she thought I would be called. In a moment she replied: "Not over two days. I get the word 'morrow,' but there is something said before this, and I don't quite know whether it is 'to-morrow' or 'day after to-morrow.'" I then asked, jokingly, "Boy or girl?" "Boy, I hear," she replied.

I was called on the second evening to this case, and found everything just as she had described—"boy" and all.

Here is another: The lady, after taking my watch, closed her eyes and said: "I see a bed; five or six persons standing around. I see you sitting at the foot of the bed; there seems to be no one on the bed, or at least I see no one; but there is a little boy, that looks to be about eight years of age, floating, it seems, over the foot of the bed; he is dressed in a light colored waist and dark pantlets; he has a fair skin, blue eyes and light hair, and I get the impression that he is either dead or dying." I told her I knew nothing of such a case; that I had no such case on hand at the present, and did not know what to make of the scene she had described. She told me it was a very vivid scene, and that she was sure I would know more about it. I then got into my buggy and started home. When I had driven about a mile and a half I met a runner, coming in full speed, who told me that I was wanted at J. O.'s; that his little boy had taken a congestive chill about 8 o'clock, while out at play, and that he thought he was dying. It was now about 12 a. m., and it had not been over twenty minutes since I had been experimenting with the percipient. I hurried on to the place, which was about four miles distant, to learn that I was too late to do the little fellow any good. He was lying unconscious and gasping, with the bloody froth issuing from his mouth. I sat down to watch his last moments on earth, which was not over half an hour from the time I entered the room. My subject had correctly described the little boy in every particular, only, instead of seeing him lying on the bed, saw him floating over the foot of the bed, directly in front of her.

On another occasion I said to this lady: "Miss B. has a headache; will you try to get something for her?" In a moment,

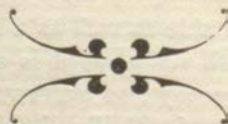
after closing her eyes and taking a few deep inspirations, she said: "I see a head of a small girl; well, the head is open; I see the brain; it is covered with dark blood, which is moving very slowly; it seems to be moving very slowly; it seems to stop here and there, and sometimes seems to move backward. It is a child's head, and I feel that it will die." She had described a congestion of the brain of a case that I was treating according to my own diagnosis. I purposely called her attention only to the headache, and at the same time passed it off lightly, or as a light matter—nothing serious—and did not tell her anything about the age or size. This patient was a child aged eight years, and it died that same evening somewhat to my surprise, for I did not think it was so near the end.

I have experimented in this line of thought in various ways, that is, upon different subjects, and as far as I have been able to determine I could not criticise her renderings. It is true, I could not know in some instances whether she was correct or not. I notice one thing in regard to her, that when a scene comes up on the instant, I always find it to be the most quickly verified. I have in store quite a number of other experiments with this subject that I will not mention at present. I will say that she is not an educated woman, and has no knowledge of the anatomy of the human system.

Now I will conclude the history of my experiences for this time by relating one that occurred to myself. I had been called to attend a lady in confinement, whom I had been informed by her husband was a drunkard. These cases were never very pleasant for me to contemplate, and while on my way to her I found myself thinking about her. How long would I be detained? Would I be detained very long? Would I have any trouble, and what manner of woman was she? For I had not been informed in any way about her. While thinking of her a young woman in the agony of labor suddenly appeared before me. I had plenty of time to take a careful description of her and her environments,—the bed, bed clothing and the apparel she wore,—all vividly before me—a living reality. At first I felt no surprise or wonder about the phantom before

much as the truth may often be brought to the surface through antagonistic opinions and cool and dispassionate discussion.

Life is made up of experiences, and these experiences differ according to the difference in the make-up of different organizations. These diversities not only obtain in the objective experience, but also in the subjective, and because I have not seen the dome of Hotel des Invalides, Paris, or Memorial Hall, Harvard University, must I say they do not exist? No, I believe they do exist, because so many reliable men and books have told me so. The same rule applies to the subjective experiences of others; for thousands of men and women have had similar experiences, that are different from the ordinary, and we have records of such as far back as the history of man goes, and they are worthy of the consideration of everyone.



## ARE DRUGS UNNECESSARY TO THE CURE OF DISEASE?

HENRY H. GODDARD, A. M., CLARK UNIVERSITY, WORCESTER, MASS.

We have been asked to describe a study that we are making in conjunction with President Hall of the university, that bears upon the above question.

It is well known that the theories of disease are very unsatisfactory and the practice of medicine scarcely less so. Indeed, "science of medicine" is a term of doubtful propriety, since so little is accurately known of exact methods, either in diagnosis or in the treatment of disease.

While this is true of materia medica, there have appeared within the last few years a small army of people who cure disease without drugs. As a rule these people claim that their methods are infallible, if the conditions are only complied with.

The mysticism connected with such practice is so great that much harm is likely to result unless the practice can be rationalized and become so clearly defined that these new methods may stand on as firm a basis as do now the regular schools of medicine.

We cannot entrust the sick to the treatment of those who use no material remedy unless it is proved that they succeed at least as often as the old schools. On the other hand, we can no longer refuse a hearing to these new claimants of healing powers. Their practices are not new, but we have been able until now to deny their claims, or to refer them to magic or miracles. This we can no longer do. He who denies the fact of positive cures by hypnotism, by "mental science," by christian science, by divine healing, or at shrines and by charms and relics, simply declares his ignorance or his prejudice. But there are also failures. The very nature of the case makes charlatanry vastly more possible than with the old methods.

But a practice involving human life must be controlled and regulated so as to secure the public from base impostors and ignorant quacks. When, however, we attempt to discriminate among this army who claim to heal without drugs, we find ourselves met by the consideration that we are absolutely ignorant of any principle upon which a judgment could be formed. If we question them, we find many and diverse theories advanced to account for their results.

The hypnotist says it is suggestion. (It should be remarked here that so far as we know the hypnotists are not to be classed with the others, except on the one point of the absence of drugs. They do not claim to cure all diseases. They do not require the absolute renunciation of drugs. In fact, the practice is, as a rule, in the hands of regularly trained physicians, who use hypnotism as a valuable adjunct to other remedies.)

The mental scientist explains his results on the theory of telepathic control of one mind over another.

The christian scientist is a sort of subjective idealist who believes that matter, disease and sin do not exist except in a disordered "mortal mind."

Finally, the divine healer believes that God himself heals in direct answer to prayer.

Clearly, in the first three of these it is a question of mind. It is also clear that it would be no dishonor to God to admit that it was the same in divine healing, though probably this idea would be repugnant to a large number of those who believe in this practice. However, if it is not mind, that fact must appear in our study, and it is evident that such a proof would be of great importance, not only to the christian scientist, but also to humanity.

But to say that it is "mind" is in no way helping the matter. If it is mind in the sense of imagination, that is one thing,—and a very small thing. If, however, by "mind" we mean that the mind actually has the power to affect the physiological conditions so as to produce a healthy or a diseased state of an organ, that is quite another thing, and a vastly more important consideration. For the mind acts in accordance with fixed laws.



Hence if it have this power we may hope to discover the laws by which it works and so bring order out of chaos.

The first thing is to obtain the facts. For this purpose syllabi have been prepared which are intended to bring out the circumstances connected with any case; both the immediate facts and something of the personality of the individual, which might have a bearing on the psychological question. These syllabi are distributed where anyone can be found who has had any of the experiences, and who is willing to answer.

Having secured as many answers as possible, we proceed to study them. Many valuable facts will appear at once from a simple collation of the returns; such as, number and kinds of diseases cured by the various methods, permanency of the cures, effect of age or sex on the result, whether the methods are applicable to all persons alike, number and causes of failure, etc.

We shall then try to determine the question already suggested, whether all the methods have in reality one and the same principle. If it should appear that they have, what is it? If they have not, then each must be determined for itself. Thus we proceed until the data is exhausted.

There will also be involved a critical study of literature bearing on the subject; also laboratory experiments and neurological studies that offer any prospect of shedding light on the relation of mind to brain, or of nervous system to other organs and bodily functions.

Thus every known means will be used to solve the question, "Is there a psychological basis for the cure of disease? If so, what is it?"

We have attempted to briefly outline the purpose and plan of this study. If now we have made it clear, may we not make one request of the reader? It is manifest that the value of the study is largely affected by the number and variety of cases studied. We want thousands of cases, and of every known kind that bears upon the subject. Almost everyone knows of some fact that would be useful to us if we had it. Will not the readers of this article make it a point to each send us some-

thing? Remember that cases of failure of any of these methods to cure are as valuable as the successes.

We hope to be able to send the syllabus to all readers. If any do not receive it, drop us a postal and we will send by return mail.

We shall also be pleased to send a report of the result of the study to those who wish it, and give full credit to those rendering assistance.

We cordially endorse Mr. Goddard's work. It is scientific and wholesomely free from bias. A copy of his syllabus will be sent to every subscriber of this magazine from the list furnished him for this purpose, and we trust that our readers will assist him in his endeavor, a stupendous labor, to bring, as he terms it; "order out of chaos."—ED.



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EDITORIAL NOTES.

Dr. Hudson's article entitled "The Danger Lines in Hypnotism" is very apropos. I would especially commend it to the attention of those, on the one hand, who see in hypnotism only a form of amusement, and to those, on the other hand, who consider the hypnotic subject an automaton in the hands of the operator, and believe the word hypnotism to be synonymous with crime.

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It would be more convenient to publish this magazine at the end of the month than at the beginning. As it is out of the line of regular medical journals, it can follow this course without suffering loss of patronage, and the probability is that the April number will be mailed to you about April 30, instead of April 10.

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I wish to call your attention to the fact that teachers of suggestive therapeutics are rare in the land; whereas teachers of hypnotism are as the sand of the sea for multitude. There is a wide difference between the two. This magazine is not

popular with the average hypnotist. He takes alarm at the fact that we are endeavoring by every means in our power to present to the people the simplicity of hypnotism. You will notice that each of the three schools whose cards appear in the back of this number advertises a free clinic each morning. There is no better test of the soundness of suggestion as a permanent healing force than this: that it is proclaimed openly, and is to be judged only by its results. There is room in every city in America for such a school, and for such a clinic. The right person to conduct this school is the duly qualified doctor of medicine, who combines a knowledge of the action of drugs with a knowledge of the action of suggestion upon the subjective or emotional mind of man. This is the ideal treatment of disease—psychological and physiological. And to those who are the first to cast off the shackles of a hampering conservatism in the treatment of abnormal bodily conditions let full credit be given. I venture to assert that any physician of intelligence who has followed the progress of this magazine from its initial number, and has taken to heart the counsel and directions therein given, is now in a position to open his clinic and make use of hypnotic suggestion in his practice. And any assistance which this magazine can give him, will be cordially given.

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We are very short of October numbers of this magazine, and as we have many orders to fill for Volume I complete, should be obliged to those of our readers who have not the magazine complete from the beginning, if they would return us their October numbers in exchange for August, or some other month. August sells at 25 cents, and October at 10 cents, so the advantage would be theirs, and the satisfaction mutual.

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#### ARTICLES OF BELIEF.

Here is given the creed of this magazine. It will be published hereafter in each number; the policy of allowing every subscriber to state his personal opinions upon this science rendering such a step advisable. When one of the propositions

is proven unsound, it will be struck out, and the creed amended to suit the altered conditions. I shall be pleased to make any changes which scientific investigation compels:

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.

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At the second annual meeting of the Ophthalmological Association, which will be held at St. Louis, April 8-9, Dr. Ignatz Mayer of Guthrie, Oklahoma, will read a paper entitled "The Value of Hypnotic Suggestion in Ophthalmic Practice."

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#### THE HYPNOTIC DETECTIVE.

Mr. Dupierre, who was referred to in the January number of this magazine as "the Hypnotic Detective," has written me an explanatory denial of the truth of the dispatch sent from St. Joseph, Mo., to a New York paper concerning his business arrangements with the De Kalb County Vigilance Committee for the detection of certain chicken thieves. Mr. Dupierre explains that there were no chickens stolen, but that valuable stock and goods had been lost; that the vigilance committee waited upon a clairvoyant and medium and—but here I had better quote verbatim:

"The terms they made with her were that if they found any of the stolen property she was to receive pay for her work. She told them where to find some of the stolen goods, and also told them that there was one man in their party who was a hypnotic subject, and who, if hypnotized, had clairvoyant powers, and while in the clairvoyant state could track the parties who had been doing the stealing to their hiding place."

The committee therefore came to Mr. Dupierre and requested him to develop the clairvoyant powers of their hypnotic brother, but he refused to accept the terms of remuneration offered for his services. Two weeks later they came again, and again besought him, but once more the pecuniary arrangements were unsatisfactory; and so the whole matter fell through.

Taking this as the true statement of the case, as given by Mr. Dupierre himself, I am afraid he does not appear in a more

favorable light than heretofore; since it was merely because payment was not forthcoming that he was prevented from carrying through this highly idiotic performance.

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HYPNOSIS INDUCED FROM AFAR.

During the last month correspondents in all parts of America have sent me newspaper accounts of the hypnotization of one Gustave Pitou by Professor M. E. Boirac, the eminent French scientist of the Lycee Condorcet, in Paris, France. The special significance of the accounts, which are reproductions of each other, lies in the statement which is proclaimed in the head-lines, as follows: "Distance No Bar to the Exercise of Hypnotic Force;" "Hypnotized a Man Miles Away;" "Young Engineer Compelled to Sleep by Occult Power," etc., etc., proclaiming, in fact, the existence of a power which we declare does not exist, namely, that of inducing in a subject the hypnotic condition when that subject is unaware that an experiment is about to be tried.

To those who are not beginners in this study, or who have read this magazine from month to month, it will be unnecessary to explain that to hypnotize a person by telephone, or by letter, is very easy, but that there are no cases on record which will bear analysis of the projection of a force from the operator to the subject across an intervening space. The experiments have invariably shown that the power to put a person to sleep is really the power of the person experimented upon to put himself to sleep, and that in order to successfully hypnotize a person at a distance, it is necessary that the subject should know that such an attempt is about to be made. Let us take this newspaper report and dissect it piece by piece:

"Professor Boirac's recent and most convincing experiment was his producing hypnotic sleep while he, the Professor, was in his laboratory in one part of Paris, upon the subject, Gustave Pitou, an electrician, 21 years of age, while at his work in a portion of Paris remote from Professor Boirac's residence and laboratory.

Here are the details: Professor Boirac, who occupies the

Chair of Philosophy in the Lycee Condorcet, is engaging the attention of the Parisians who love to consider everything novel in a mystic or occult way, by his bold and successful experiment in this new hypnotism. So convincing have some of these episodes been that the feuilletonists and flaneurs of the Paris journals as well as the savants and scientists have been furnished with a novelty to occupy their minds and pens. As to the process of producing hypnotism, Professor Boirac throws cold water on the wise men of the school of Nancy, who have invariably maintained that hypnotism is a simple effect of the suggestion. Their creed is that the attention of the subject must first be attracted and secured and his consciousness, as they term it, convinced.

Professor Boirac maintains that the end of unraveling the tangled skein of mysterious hypnotism is not yet in sight, and that it is more complicated and obscure than is dreamed of in the philosophy of the savants of Nancy. Then Professor Boirac, whose hypnotic performances are literally out of sight, gives the wise men of Nancy such hard nuts as this to crack:

Standing in his laboratory in his residence, in the Quartier de l'Europe, Professor Boirac, in the presence of several unbiased witnesses, leveled his hypnotic suggestion at the young electrician Pitou at work in his shop at Montmartre. These three witnesses, apparently casual callers upon business, who were really there to observe the result of Professor Boirac's experiment and also to protect the innocent subject, in case the test succeeded, from all possible injury, perceived for themselves the indubitable effect of Professor Boirac's hypnotic power."

Observe that three persons remained with Professor Boirac, while four, as you will see below, had been sent to the place of business of the subject, and were engaged in converse with him when the experiment was performed. Upon this palpable blunder in the management of detail, I am surprised that the physician from Nancy did not comment.

"Both scenes were striking ones. Professor Boirac is a man whose highly developed mentality and force of character is plainly reflected in his countenance and bearing. The environment of the laboratory with its variety of test tubes, retorts, pestles and mortars, batteries, books and general indications of scientific research and experiments, made a fit setting to the Professor and his purpose. After an interesting chat on the latest things in psychological and hypnotic phenomena, one of the gentlemen present, looking at his watch, remarked: "Professor, it is five minutes to three."



As the minute hand indicated the near approach to the hour agreed upon for the test of long-distance hypnotism to be made, Professor Boirac took up a position in the middle of the laboratory, and, folding his arms, appeared to fix his regard upon some distant, though to the spectators, invisible object.

At the end of one minute the Professor relaxed his arms, his face lightened and he seemed about to speak. Then an expression of doubt and distrust flitted over his countenance. The stillness was so profound that the spectators could hear the ticking of their watches and the drip, drip of a decoction, which was slowly filtering through filter paper and a glass funnel into a jar on a table in the laboratory.

Another moment ticked away into the irreclaimable land of lost time and still Boirac stood with knitted brow, his eyes fixed on an unoccupied portion of the wall of the laboratory and immovable as a marble figure. Still another minute drifted its slow length by as the witnesses counted seconds with an occasional, almost imperceptible, Gallic shrug of the shoulders, or the lifting of incredulous eyebrows.

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The thing had begun to settle into a monotony when, with startling suddenness at the end of two minutes and nineteen seconds, Boirac incisively exclaimed, with a suggestion of relief and triumph in his air, "He sleeps."

"Well, we shall see," one of the visitors could not refrain from remarking. "But I am already satisfied," replied Professor Boirac, "equally as well satisfied as if I had ocular evidence that Gustave succumbed to my suggestion at—what was the time?"

"Two minutes, nineteen and three-quarters seconds past three," said one of the witnesses, a bicycle rider, who frequented the bicycle meets and was proud of the infallibility of his split-second Jules Jurgensen chronometer.

"How is it that you can be so confident of having produced the hypnotic condition?" asked one of the witnesses.

"Simply that a confident consciousness of success comes to me. In that feeling I have yet to be deceived. It is more prompt than the telegraphy of the senses. When I test a subject in my presence this consciousness is quicker than sight itself. Following immediately upon it comes a feeling of relief from possibly a nervous strain, a cessation of effort; my task is completed, I can rest."

"Marvelous," exclaimed a witness.

The Professor pressed the button of an electrical call and sent a messenger for two couples. The group, composed of the hyp-

notist and his witnesses, entered for a drive to Montmartre. They arrived at the shop of the young electrician. As they neared the entrance to the shop its door was opened from within. To the approaching visitors the man who opened the door, sententiously said, "He sleeps." Professor Boirac made no comment upon this declaration of the success of his test.

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Within the precincts of the young electrician's shop the scene was interesting. Pitou lay in the middle of the floor flat upon his back. Under his head and neck a coat was laid, rolled up for a pillow. The Professor bowed to the three gentlemen, who, with the fourth, the one who had opened the door, constituted a quartet of witnesses who had seen the effect produced upon Pitou. One of these gentlemen was a member of the skeptical faculty of the school of Nancy.

Kneeling beside the prostrate form of the young electrician, Professor Boirac raised Gustave's left arm. Released, it dropped upon the floor with the dull, but not dead, sound, noticeable in the cases of persons unconscious as a result of organic heart affections. Professor Boirac then lifted the eyelid of the prostrate man and passed his finger over the naked eyeball.

The professor from the school of Nancy smiled. "We have taken the liberty, Professor Boirac," he said, "to make enough of reasonable tests to convince us of the genuineness of the hypnotic sleep in which this young man is resting." Professor Boirac lifted his hat.

"Were you successful in witnessing Monsieur Pitou at the moment of his yielding to the hypnotic suggestion?" inquired Professor Boirac with interest. The four witnesses answered in the affirmative. The three deferred to the professor from Nancy, who became the spokesman. In his account of what had happened the gentleman manifested a disposition to be precise, accurate and fair, which Professor Boirac felt was most admirable and for which he evinced his sincere appreciation.

"At a quarter to three we arrived at the workshop of Monsieur Pitou," said the spokesman of the quartet of witnesses, "and started to interview him. The ostensible object of our visit being to inquire about the design, construction and cost of an apparatus to prosecute experiments in Roentgen rays. Monsieur Pitou entered upon the discussion of the matter with no apparent thought that we might have an ulterior object in our visit. As the hour of three drew near the conversation flagged a little, through our consciousness of having a matter upon our minds in which

Monsieur Pitou was unconsciously to play a leading part. Still he manifested not the slightest sign of suspicion."

As to the genuineness of the sleep induced there could, of course, be no room for doubt. But the time, gentlemen, the time—three o'clock—four visitors talking to a young man who had been frequently hypnotized— and talking against time! Is it unreasonable to suppose that Professor Boirac had selected three p. m. as the hour for previous tests of a like character upon this young man? Were there no furtive glances at watches? No whispering among the witnesses? Surely the Professor from Nancy, the skeptical professor, must have had some glimmer of the importance of the statement he makes when he says, "As the hour of three drew near the conversation flagged a little through our consciousness of having a matter upon our minds, etc."

Why, there is suggestion enough in this one statement to rouse the dullest witted subject on earth to a recognition of the fact that an experiment is about to be tried upon him. "Still he manifested not the slightest sign of suspicion." Oh! School of Nancy! Did you expect him to start suddenly and exclaim that you had an ulterior purpose in your visit? Do you suppose you were the first visitors who were ever called upon to watch this young man succumbing to the influence of hypnotic suggestion "exercised from a distance?" Surely such innocence is laudable, but out of place in this inquiry.

"Just after the stroke of three his manner became noticeably languid and he passed his hand across his forehead as though attempting to brush away a premonitory symptom of headache. At two minutes past three, as noted by one of our number, who was holding his watch where he could see it, Pitou wavered in his speech, then stopped in the midst of a sentence and with drooping eyelids, a few seconds later gently sank backward to the floor. We sprang to ease his fall. Before he reached the floor his eyes were closed, and by his volition they have not since opened."

"Are you then satisfied that the test is genuine, complete and convincing?" respectfully inquired Professor Boirac. Every man present expressed himself affirmatively.

Professor Boirac then recalled Pitou to consciousness in the ordinary manner of the hypnotists. The young man looked

troubled and bewildered. He began to renew his talk about the X-ray apparatus, but abruptly stopped and demanded an explanation. Professor Boirac succeeded in satisfying him."

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Two minutes would be about the time required by this subject to pass into the sleep state. We must have better evidence than this, if you please, before thought transference is to be accounted a power in hypnotic suggestion. The reporter's style is admirable. Professor Boirac lifting his hat reminds me of Jules Verne at his best.

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#### TELEPATHY.

Dr. Fly's article upon "Telepathy and Clairvoyance," in this number, is one of the most interesting I have ever seen in print. The vigor of the writer enchains the attention of the reader from beginning to end, and he presents the very data we are most anxious to collect, viz., the personal experiences of a conscientious investigator. To generalize at present from his article would be unsatisfactory for both of us, and I am convinced that if he will favor us with a further account of his experiments with the percipient mentioned, he will find in the readers of this magazine an attentive and respectful audience.



## INQUIRY DEPARTMENT.

It has been thought advisable to open an Inquiry Department in this magazine, in which the queries, opinions and experiences of our readers will be given attention. In all phases of subjectivity curious and interesting phenomena are continually occurring, and we are anxious that our readers should make a note of these things coming within their own range of observation while they are still fresh in their memories, and send the particulars to the editor of this magazine. He will also be glad to answer in this department any inquiries having reference to the phenomena of hypnotism.

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### A FIRST CASE.

Williams, Arizona, Feb. 11, 1897.

Editor Hypnotic Magazine:

My views of hypnotism were decidedly skeptical until I received your literature in which you propound such simple explanations and convincing evidence that I have determined to investigate the subject for my own edification.

Mr. M. C. came into the office last evening for his usual dose of camph. monobromated, just before retiring to his home and bed. He has recently been troubled with insomnia and he relies upon the above mentioned drug for an antidote.

"You had better increase the dose, Doctor," he suggested, "as I am unusually nervous." "No," Mr. M. C., I said, "I am not going to give you any medicine to-night. I am going to calm your nervousness by hypnotic suggestion, after which you will go home and get a good night's rest." Consenting to the experiment, I placed him in a reclining position in my operating chair and passed him a gold ring to look at. Taking my watch in one hand and placing my other upon his forehead, I continued the experiment with the following suggestions: "Now, relax every muscle of your body and permit your mind to become a blank. Keep your eyes fixedly upon the ring and court sleep; do not attempt resistance as you feel it coming upon you. Sleep is what you need; sleep will rest you as nothing else will. Now you are growing sleepy; your eyes are smarting, your eyelids are heavy, are drooping, are going shut; do not resist; sleep is what you need, sleep you must have; within ten minutes you will be soundly, quietly, calmly sleeping; your

eyelids are closed, you are fast asleep; sleep until I call you." The ring dropped from his fingers, the muscles of his arms twitched convulsively, his head gently rolled to one side, and he slept.

Ten minutes later I called to him to awake and get up. He did so very slowly, yawning as if very sleepy, and wanted to know if he had really been asleep. I assured him that he had and told him to go immediately home and to bed; when in bed to place himself in a comfortable position, close his eyes and imagine himself again gazing at the gold ring, and report at the office on the following morning.

He stepped into the office about an hour ago with the exclamation: "Doctor, I slept tip-top last night. I followed your instructions to the dot and I was asleep before I knew it. I'm coming around again to-night for another dose of hypnotic suggestion."

Recently a traveling hypnotist, telepath and clairvoyant visited our city, and among the many feats which he performed was the following: Three prominent citizens—Mr. D., Mr. B. and Mr. W.—were chosen to secrete a knife and cigar box somewhere within the city limits. They were directed to get into a spring wagon with the articles above mentioned, and after driving through the principal streets of the town, making the route as winding and circuitous as possible, to stop and hide the articles, after which return by a different route to the starting point. This done, Mr. Telepath climbed into the front seat and sat down by the side of Mr. D., who proceeded to blindfold him. Taking a line in each hand, and directing Mr. D. to place a hand on his, Mr. Telepath flourished a whip and the horse plunged forward on a run, taking the same route as before, and stopping near the place where the articles were concealed. Mr. T. and Mr. D. then dismounted. Grasping Mr. D.'s hand, Mr. T. took the lead, and walking to the spot where the articles lay hidden, stooped and picked them up as deliberately and unhesitatingly as though he were in full possession of his optics. Was this true or false telepathy? Who will explain?

Dr. P. A. Melick.

The experiment with the patient M. C. is a valuable example of the success of positive suggestion. If your suggestions had been given in a tone of hesitation, your patient would probably have reflected your own want of confidence and stayed awake. Your plan now will be to develop this patient's power of auto-hypnosis, and prove to him that he can put himself to sleep at

will. And so good-bye to insomnia, and drugs for the cure thereof. With regard to your telepathist, I say again that the feat is performed by the sense of touch; it is not telepathy, but muscle-reading. Some day I'll give you an account of a blind-fold drive, rather a mad gallop, which I took with a mind-reader a few years ago.

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AUTO-HYPNOSIS.

Seattle, Wash., Feb. 10, 1897.

Editor Hypnotic Magazine:

I received your little book\* and was very much pleased with it. I have read some books on the subject before, but as a rule they do not make the matter plain enough. Yours seems to make it appear plainer to me than any I have read. There are one or two questions I should like to ask you in regard to a few incidents that have happened to myself. While staying in Portland, Oregon, I became acquainted with a family who were all spiritists. In that house there was staying a young man who was an automatic writer. He was very anxious for me to become a spiritist, but I told him while I believed in the phenomena, I thought they were due to some power acquired through a force from nature. Now, I went home that night and retired as usual, and when very nearly asleep I distinctly heard raps between the pillow and my ear. I could distinctly feel them also. Now this startled me considerably and I assure you I got very little sleep that night. A short time after I moved to the house I mentioned, I spoke about this experience, and of course the general opinion was that I was going to be a medium. Now, the next experience I met with happened to me while I was sitting in a plain rocker-chair with a cane bottom. Several of us were sitting in the parlor talking about spiritism in general, when quite unexpectedly I began to feel raps on the chair. I kept as still as I possibly could, when very soon one of the young ladies remarked, "I think you are getting 'raps.'" She then came and knelt down by the chair, being careful not to touch it, when the raps came again. I could both feel and hear them this time. I am an earnest seeker after truth, and I would esteem as a great favor any information on the subject that you could give me. I have often practiced going into a state of complete passivity while under the influence. I will try to explain the sensation that I experience: First, a small tingling sensation comes over me, or rather through me; then this gradually gets stronger, until it

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\*Hypnotism up to Date.

seems as if a small battery was being turned on. I then feel a kind of wavy motion, beginning at my feet and continuing through my body until it reaches just below the shoulders. My body literally feels as if it were floating, but the motion never comes any further than up to my shoulders. I tried your directions in regard to looking intently at the knuckle of the left hand. I got the pricking sensation and slight stiffness in about five minutes.

Once while staying in Portland I became acquainted with a man who was troubled with pains in his left leg. I wanted to try an experiment and told him I would cure him. He laughed at me, but I finally persuaded him to let me try. I took him upstairs to his room and made pass down his limb toward the floor, determining that the pain should leave him, and in about ten or fifteen minutes the pain left him and he walked across the floor rather smartly, but the pain came back toward evening.

C. W. Axten.

Not prepared to touch spirit-rapping, etc., at present in this magazine. You evidently have the power of inducing a state of hypnosis in yourself, and I should advise you to cultivate it with an eye to your therapeutic and mental advantage, reading Hudson on "The Subjective Mind." Also remember that a sensitive, imaginative mind can distinctly conjure up the sensation of levitation in moments of excitement, and that you should treat a delusion as a delusion. You should have put your patient to sleep, and after removing his pain, positively asserted (hypnotic suggestion) that it would not return; and if necessary have repeated the treatment.

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#### HYPNOSIS IN ANIMALS.

Editor Hypnotic Magazine:

I am an interested reader of your magazine, having but lately subscribed. I am investigating hypnotism as applied to animals, especially the dog and the horse. Any suggestions you may give on the subject, or any literature to which you may refer me, will be a great favor. Do you believe or know that a horse, say, can be hypnotized and can be put into a cataleptic state, and by what process?

Walter Church.

Experiments tried upon a very intelligent dog have entirely failed to produce any effect. Although the old test with the



hen and the piece of chalk has been cited as an evidence of hypnosis induced in the hen, it can only be considered an example of the induction of a state analogous to that of hypnosis in its inhibition of muscular action. It is possible to induce a condition resembling catalepsy, or muscular rigidity, in the frog; and in Hudson's "Law of Psychic Phenomena" you will find a most interesting theory regarding the powers of horse-trainers, keepers of wild animals, etc. I do not believe that it is possible to induce catalepsy in a horse, and cannot see the importance of experimenting upon the lower animals for evidence of a state which is analogous in only one particular to that of hypnosis. If you place a frog upon its back, and hold it so, it will remain in that position for some time without motion after your hands have been removed. If you repeat this experiment with the same frog constantly, the length of time for which it remains motionless will be much increased, until it comes to pass that the frog expires upon its back. I presume that if you threw a horse, and kept him thrown for five minutes, then allowed him to get up, and threw him again instantly, keeping him upon his side for ten minutes; and repeated this performance, gradually extending the time until the animal understood that it was useless to struggle, you might so force the idea upon the horse that he could not move, that he would require much urging and an application of the whip, before he would make an attempt to rise. Obviously the horse is not in his normal condition, but he surely is not in a condition of hypnosis, and I think it would be as well to understand that the word hypnotized cannot be applied to any animal but the highest—man.

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TELEPATHY.

Mound City, Kan., Feb. 9, 1897.

Editor Hypnotic Magazine:

It seems that telepathy has had no part in your experience or observation. And, of course, you cannot give credence to that which your mind does not accept as a fact, whether it be a fact or not. Hence the uselessness of the following state-

ments, except for the satisfaction of knowing your opinion of them:

On three different occasions I have determined to make myself appear and deliver a message to three different persons, always submitting my intentions to a third party, but never suggesting them in any way to the percipient. Two of the persons experienced a drowsiness and closed their eyes and saw me as vividly as though I were there. One received the message and acted upon it. The other one received no message. The third person saw my face vividly, received the message and acted upon it.

I willed my subjective mind to do these things, and then went into a state of deep self-induced hypnosis, and in the half hour during which I remained so my desires were made manifest. One party, three days afterward, another party, four days afterward, and the third party, two months afterward, related to me their experiences, without any solicitation on my part.

I always undertake my object in view in full faith. But for fear of being over-credulous as to results I invite the unbiased opinion of a third party. As a seeker and lover of truth, I remain, sincerely,

Mary Paddock Reese.

Your experiments would be most interesting to readers of this magazine, if you would go more fully into the details of the tests. I should like to know the nature of the message sent and acted upon, and whether it struck the recipient as something quite unexpected, or whether it was the kind of message he would naturally expect you to deliver.

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THE PHOTO TRICK.

Los Angeles, Cal., Jan. 20, 1897.

Editor Hypnotic Magazine:

I have a still more puzzling performance to report than that of Dr. A. D. Watson, Toronto, Can., in your issue of January, in regard to having a hypnotic subject pick a certain card, which I had previously impressed upon him as being a picture of his sister. I took sixteen business cards, marked one of them with a private mark on opposite side, held them in my hand, in a pack, and requested the subject to look upon the top card, but told him that he must not touch it (and he did not); then I asked him several times if he had had a good look at it, and

if he would be able to pick this "photo" of his sister from among a number of other cards. He said he would always be able to.

After being satisfied that I had made a deep impression upon him, I took him into another room, closed the doors and turned down the lights entirely (the room being pitch dark). I shuffled the cards and handed him the pack of sixteen and asked him to pick out the picture of his sister. He answered that the room was dark and he was unable to see. By suggestion I made the room appear all light to him, and he accepted the suggestion, and began to pick out the photo of his sister. In a little while he handed me a card. I took it into the other room and found to my great surprise that he had picked the right card. This same experiment I tried eight times in succession that evening and found that my subject was right every time.

The possibilities of sharp observance or sensitive touch, or even telepathy, are out of the question, as I used a number of new cards for each experiment, and did not permit him to touch the card when I made the impression upon him, nor did I know after the cards were shuffled where the card was or when he would come to it.

I have always believed that there is a something that informs the subject that he has come to the right card, and detects it, and without the aid of the ordinary five senses as we understand them. How would you explain this phenomenon?

Ernest G. Pause.

Your experiment reads well, but I think you must have overlooked some point or clue so absurdly simple that you did not even give it a thought. Taking into account the fact that the somnambulist is in a very acute condition mentally, is it not probable that he is as much interested in the success of this experiment as you are yourself, and that by merely indenting the back of this card handed to him with his fingernail, unobserved by you, he was enabled to pick it out later by feeling the mark he had previously made? I don't say this is the explanation, but I think it is something equally simple. Beyond a sharpened state of the five senses, what difference is there between the hypnotic and the natural condition? You had better catch this subject again, if he is running loose, rehypnotize him, and explain to him that you don't care a fig for the experiment as an experiment, but that you are sincerely anxious to find out how this was done. Bring his memory

back then to the very moment of the previous experiment, and exhort him to tell you all about it. Of course, if he is so pleased with the effect previously produced upon you that he is unwilling to give it away, you may plead, and exhort, and threaten in vain,—he will not tell you how he picked the card, or he will lie freely, and declare that he is a born clairvoyant, etc.,—but it is just possible that you may tickle his sense of humor sufficiently to encourage him to explain the whole process in all its simplicity. It is worth the trouble of some very careful acting on your part, because if he sees you are really impressed with his occult power, he will stick to his mystery, and your time will be wasted.

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TREATMENT DURING SLEEP.

Janesville, Wis., Feb. 8, 1897.

Editor Hypnotic Magazine:

What results have been obtained in giving a patient mental treatment during his ordinary sleep? What are the conditions necessary to accomplish anything? E. M.

If by mental treatment you mean suggestions given mentally and not verbally, it is quite possible that most of the cures reported by mental healers, christian scientists, etc., are believed by them to be attributable to the effect of their absent treatments, and your question becomes an impossible one to answer. But if you refer to verbal suggestions having a therapeutic effect when addressed to a person in a state of ordinary sleep, I should say that it is advisable to deepen the sleep by suggestion before proceeding to relieve the symptoms, whatever they may be. It is not very easy, in such a case, to distinguish between the normal sleep, and the normal sleep plus the hypnosis. You understand that if you began to give suggestions to a person who was in a natural sleep, you would rouse the sleeper to wakefulness. It is necessary, therefore, to induce a true hypnosis, i. e., a receptivity of the brain to suggestion, and to then proceed with the suggestions. This can be achieved by continuing to talk in a monotonous voice to the sleeper, coupling with your suggestion of continued sleep

the command that he must not rouse. There have been very few reliable experiments of this kind undertaken, and so far as their therapeutic efficacy is concerned, I do not think they would be of an equal value with the same experiments undertaken when the patient was brought by direct suggestion from a condition of wakefulness into a sleep more or less profound. This, however, is only my impression. I have no facts at hand to support it.

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CLAIRVOYANCE.

Minneapolis, February 22, 1897.

Editor Hypnotic Magazine:

I am very much interested in the science of hypnotism and kindred psychic forces. I notice that you and Dr. Parkyn claim there is no such thing as telepathy, clairvoyance, or mind-reading. I have great respect for the opinion of those who have devoted years of study to this science, and ordinarily their judgment would be acceptable. I also notice that you refer to T. J. Hudson, a very able writer and exponent of this science. Mr. Hudson makes substantial claims for telepathy, a force that you deny. In the December number of your magazine there was a communication which related to an occurrence which took place in this city; I asked that you or Mr. Hudson explain from what source came the phenomena. An explanation has not as yet been made. It may appear that I ask for explanations from selfish motives, but such is not the case, as no doubt, my request for information will interest others. I cannot conform myself strictly to a materialistic view, and firmly believe the invisible to be more powerful than the visible force. The two incidents of which I made mention could not be explained by telepathy, or mind-reading. I will relate another incident which took place in this city a few weeks ago. I was giving a few demonstrations before a private gathering and had for a subject a young man. One of the gentlemen present desired to have the young man describe a house in Burlington, Vt., where he previously lived. He told us the street and number. I asked the young man if he had ever been in that city, and I am confident he never had. I told him to go to that city, find College street and house 301, as stated; also, to describe house and surroundings. In about two minutes he opened his eyes and gave certain descriptions, which were admitted to be correct, after which others of the company asked to have the interior of certain houses described,

and all admitted correctness. I would say this young man was a stranger to all present. This might be explained by telepathy, although I do not think it tenable, as I have sent this same man on a journey previous to this time, and he gave us information of what was taking place at that time, and at a distance of several hundred miles, and his story was subsequently verified. So that does away with telepathy. If, as you say, there is no such thing as clairvoyance, then what is it? I believe that it is possible to so develop the subjective self that scenes that are actually taking place at a distance, can be described, and it is possible either clairvoyantly or by the spirit temporarily leaving the body to obtain the information. Theoretical argument will not outweigh a practical demonstration. Can we conscientiously say that there is anything impossible? Now, Mr. Editor, I am not arbitrary in these things, but am searching for light and truth and would be pleased to hear or know your views, and believe that an interchange of thought or experience is beneficial to us all.

George A. Chase.

Even at the risk of seeming discourteous I must make you the same answer as given above. There is absolutely nothing in your tests which can be considered convincing, or indicative of anything more remarkable than a lively imagination. I never yet saw a good somnambulist who was unable to "find" a house and give a very fair description of the exterior and interior. He was unable, however, to read the name upon the doorplate unless he was previously possessed of this knowledge.

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#### TELEPATHIC COMMUNICATION.

Beaumont, Texas, February 16, 1897.

Editor Hypnotic Magazine:

I notice a challenge of yours to the effect that you are willing to offer \$50 for any authentic case of telepathy in this or any other country. Now, what will you say when I tell you that there is a case right here in Texas where two parties are conversing at a distance of 130 miles almost every minute in the day, and that one of these parties is here and the other is located at Wharton; that one can read a newspaper here and the other will follow me as I read in Wharton? That any portion of the person of one individual (so highly sensitized are the organizations) can be scratched and the time will be named by the watch by the reflex

action upon the other person. That a strong pungent odor like ammonia, nitric or sulphuric acid can be submitted to the nostrils of one and will be detected in the appreciable portion of a minute. If this is what you call telepathy the above tests can be made and satisfactorily and indubitably carried out. This is no fake, and the tests can be made to conform to the above statements before witnesses of such high authority that their evidence will be unimpeachable. I would like to hear from you. T. A. Fox.

Unfortunately there is nothing in your tests that one can lay hold of as a definite illustration of a fact. They do not impress me at all. But if these two persons are really so highly sensitized in their olfactory nerves, etc., the simple test that I propose, namely, that one should read the numbers upon a dollar bill held in the memory of the other would be a mere bagatelle. Let us hear what success you meet with in this experiment, and the conditions under which the test was made. So far as witnesses go, they may be quite unimpeachable, and yet be incapable of detecting a delusion.

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INFORMATION WANTED.

70 Sheridan Ave., Toronto, Feb. 13, 1897.

Editor Hypnotic Magazine:

I am greatly pleased with your magazine, and I find it hard to resist the temptation to almost impose upon the privileges of your inquiry department. I shall content myself with the following:

In January number, page 52, Mr. W. S. Berger relates an intensely interesting experiment. I would like to know about the Charlie in the case. Can Mr. Berger find out for us if Charlie is conscious of any person having asked him his name at the time of Mr. Berger's experiment? To whom did he refuse his name? And to whom did he finally give it—Charlie Eifert? If Mr. Eifert was consciously a party to this experiment he will surely be interested to know all details, and will probably be glad to tell his experience, if he had any, in it. If he know nothing about it, how are we to account for his having refused to give his last name, etc.?

Yours sincerely,

G. B. Jones.

Our readers need never be under any apprehension in the matter of trespassing upon the space of this Inquiry Depart-

the form of a theory. If any of my readers have experimented upon themselves as indicated (i. e., to sit in a chair at home and rely upon the exercise of the lungs to increase the heart's action, and raise the temperature of the body) I should be pleased to hear of it.

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CLAIRVOYANCE AND CONTROL.

Cleveland O., Feb. 19, 1897.

Editor *Hypnotic Magazine*:

Is the will of any assistance whatever in producing hypnosis, or in making more effective the suggestions of an operator? Skeptics have accused me, on failure of subjects to respond to criminal suggestions in "laboratory" experiments, of using my "extraordinary will-power" in offsetting expected results.

After the complete failure of these men to prove their claims in many of such experiments with the most susceptible of subjects, I ought surely to be convinced of the harmlessness of hypnotism; but there are other reasons of doubt, and I would like your opinion and that of others on the subject.

I have found, on repeated trials, that if I concentrate my mind and will on the desired end, I get it much quicker and more profoundly; but very frequently not at all, if the exercise of the will is omitted.

How do you account for the following? A short time ago I visited a place where I was an utter stranger to everybody. I overheard a conversation concerning a young girl who was said to be a good "medium," and, being at leisure that evening, I called, intending to see for myself what she could do.

She, her mother, and I, sat down to the table, each with our finger-tips upon it, when almost immediately the table began to tip in all directions and "raps" came underneath it. This sudden appearance of the "spirits" was credited to my great store of "magnetism," etc. A minute later the medium went into a trance and was controlled by a man named "Tom," a "departed spirit." "Tom" rose excitedly to his feet, shook hands heartily with me, calling me by name (my name was not known to any present or in that city), and claimed to have met me at one time. He finally located the place of meeting on a railroad, over which I had often traveled, and on which he had been employed, when "in the body," as conductor.

The "medium" had another control called "Snowflake," an



Indian chief, who did most of the rapping. "Snowflake answered many questions that evening, for there were a number of girls and old women present. He answered as many as a dozen questions for me. The greater number of them were put mentally and the rest verbally, each answer being spelled out by means of "raps," any who wished running the alphabet. Questions by me were of affairs known only to myself. In no instance was a wrong answer given that evening. At another date, however, some failures occurred.

I hypnotized the "medium" after the seance. She said her "controls" never allowed that, but nevertheless she fell asleep almost instantly. I made pads of kid gloves, placing one over each eye and securing them there with a handkerchief about the head. I stood at her back, wrote upon pieces of paper the names of all assembled in the room. I selected a name, merely asking her to hold her mind in a passive condition and tell me what impression she received. She gave correctly each name as I held it in my mind. The slips bearing the names were put in a hat separately and the audience allowed to inspect; after being named by the subject. She correctly named a number of playing cards in this way.

Then I took a cardboard having upon it about fifty different sample colors and shades. I selected all the most common of these and each was correctly named by her in succession.

Scenes were described by her which only I had witnessed. Other experiments were tried with equal success.

Next day I wished to make further experiments, but on the evening before, after my departure, the young medium's "control," "Snowflake," warned her, by means of "raps," "not to let that doctor try any more of his mind-reading experiments." I was much put out with "Snowflake" for his interference, for I was unable thereafter, though I often hypnotized the medium, to make a single successful experiment as above. Her "controls," nevertheless, gave answers by "raps and table-tipping."

The control "Tom," who was supposed to have been a sort of a profligate "in the body," would take possession of the medium on many occasions and make her do many disagreeable things. "Tom" would swear, fight and lie; get drunk and make a spectacle of himself generally before the teacher at school and other public places. He would often kick the teacher, spit on her, and then rush from the schoolroom. This was a source of great mortification to the girl when she found out what "Tom had made her do."

It is of interest to know that this anomaly was entirely removed by means of hypnotic suggestion.

Robert Sheerin, M. D.

It stands to reason that the will is of assistance to the operator in inducing a quick hypnosis in a subject, because, if his attention wanders from the work in hand, he is very apt to give the subject a clue to that fact, and the impression produced upon the latter is therefore lessened, the attention of the subject being correspondingly weakened. But this is a matter of external suggestion merely, and neither proves nor disproves the power of thought transmission. Your experiments with the medium are certainly interesting, but I do not see why, if Tom, the profligate Tom, was ejected by hypnotic suggestion from his abode in the body of the medium, you could not restore to her her powers of telepathic communication with you, and even banish the haughty Snowflake for all time. These controls, creations of the subjective mind, make me intensely weary. I presume the girl is making money out of her "gift," and is consequently loth to part with her "spirits."

---

IN HIGH PLACES.

Lorton, Neb., Feb. 12, 1897.

Editor Hypnotic Magazine:

The item below (presumably an editorial) appears in *Modern Medical Sciences*, and illustrates the readiness on part of some men to condemn certain facts in such a manner as to expose the narrator's ignorance of his subject in a lamentable manner.

HYPNOTISM.

"We agree with the *British Medical Journal* that the hypnotic state is a pathological condition. Hypnotism succeeds well only in susceptible persons of weak mental constitution—persons whose volitional powers are deficient. The class of persons who are susceptible to benefit by suggestion through hypnotism are the very ones who need to have the will strengthened, and to be taught to apply a greater power of control over their impulses, rather than the reverse; hence the influence of hypnotism must be decidedly damaging, weakening the will and aggravating the pathological condition which already exists.

All the real good that can be accomplished by hypnotism may be brought about by mental therapeutics, or rational psychological treatment, whereby the will may be strengthened, ability to suppress impulses developed, and the general health and vigor improved. In the writer's opinion there is no place for hypnotism in scientific therapeutics. (Modern Medicine.) However, a small place might be left for it. Dr. Th. B. Keyes of Chicago makes the plausible suggestion that it is quite the ideal form of influence for such semi-mental afflictions as stammering; and presents, in addition to the many cures by Corval, Wetterstand and Ringer, two cases of his own. No great amount of hypnotic power, or of abnormal susceptibility, would seem to be needed to overcome infirmities of this nature."

Now, if the author of the above would volunteer to explain what he understands hypnotism to be, or "rational psychological treatment," and its difference from true hypnotism, it would be a "feast for the gods." "Verily, out of thine own mouth I will condemn thee."

Edward Mayer, M. D.

Condemn him also, for his use of the expression "hypnotic power," which equally betrays his lamentable ignorance of this science..

---

#### A NERVOUS SUBJECT.

Shamokin, Pa., Feb. 8, 1897.

Editor Hypnotic Magazine:

As you have through the magazine invited inquiries on the subject of hypnotism, I write to ask about the following: What is your formula of suggestion or detailed treatment for chronic constipation? I have read a good deal and practiced to some extent, solely for curative purposes, though, and have a number of subjects among our immediate friends. But the case of my daughter, who is about thirteen years old, of rather a nervous disposition, afraid of storms, fires, etc., I am unable to benefit, and she is affected in what seems to me a peculiar way. I can lock her hands and mouth, stick her eyes (but cannot stiffen her arms), and can, with considerable exertion, put her to sleep; but she falls at once into a sleep too deep to take suggestions, and to change this condition it is necessary to stir her enough to about awaken her altogether. But whether she is awakened in that way or by suggestion, counting or other

methods, she awakens sobbing and crying very hard and keeps this up for several minutes in spite of suggestion to the contrary. What would you do to remedy this, and do you think it detrimental or harmful to her to be hypnotized?

My wife also would like to be a hypnotic subject, and I have tried to hypnotize her for several months, but after drawing her forward and backward, which I can now do easily, I cannot affect her any further. If I suggest her to sleep according to the different methods, she is such a light sleeper that a touch upon her hand, even, will awaken her. Is there any chance to benefit a subject of this kind? H.

It would not be in the least detrimental to your daughter's health that she should be hypnotized by you; but it is evident that you are working upon a wrong line. She is of a high-strung, nervous disposition, and your method of procedure will increase rather than allay this irritation. You must *always* bear in mind that auto-suggestion is more powerful than the suggestion of the operator. I venture to say that the child has a nervous dread of experiments, and that you will never be able to turn her into an active somnambulist. Nor is it advisable that you should try. Active somnambulists as a rule are of the gullible class, and are always in a more or less suggestible condition. That is to say, they are not noted for their reasoning powers. You should not wake your daughter from this deep sleep. Let her sleep; and give her suggestions during this sleep directed to the removal of her nervousness. Let her understand that she is to be allowed to sleep in peace, and that she will not be disturbed. You can easily time your suggestions so that your treatment will not interfere with her daily pleasures. It is not necessary that you should try to induce catalepsy in her. Let her sleep, and only suggest to her such things as have a practical bearing upon her case. Her sleep is not "too deep to take suggestions," but it is not according to her inclination, or nature, to take active suggestions. When you "stir her," you disturb her equanimity, naturally, and, as I say, will intensify rather than amend her nervous condition. Let her take her own way, remembering that there are as many idiosyncracies in the sleeping human being as in the waking human being.

By avoiding all that tends to excite her you will obtain for her the full advantage of this treatment.

Your wife's brain is too active. Try the effect of monotonous suggestions when she is asleep, and see if you cannot get her so used to the sound of your voice in that condition that she will fall asleep again, and will not take the trouble to wake up. You have a field there for some very interesting experiments.

---

DREADFUL NONSENSE.

Omaha, Neb., February 21, 1897.

Editor Hypnotic Magazine:

What do you think of this for rubbish? "Two Detroit physicians have asserted positively, at a meeting of members of their profession, that hypnotic influence was used upon Governor Rich of Michigan to prevent his signing a bill affecting medical practice two years ago. At least it is claimed that a noted hypnotist went to Lansing, got his work in on the governor and so the bill failed to receive the executive's signature. Here's a hint for lobbyists. A good hypnotist may be relied upon to get almost any bill through the legislature and executive office, simply by the power of suggestion."—[From the St. Paul, Minn., Pioneer Press.]

Is it any wonder that people are afraid of hypnotism and hypnotic treatment when a metropolitan (self styled) newspaper publishes such idiotic nonsense as this? Of course "to err is human" but I consider it high time for publishers to use at least a little judgment in giving space to matters upon which they are not well informed.

Isador S. Trostler.

---

A PSYCHIC.

Mt. Vernon, Ind., Jan. 26, 1897.

Editor Hypnotic Magazine:

I wish to ask you for information as to the proper method of conducting a series of experiments in hypnotism which I contemplate. I have been using hypnotism as a therapeutic agent quite satisfactorily to myself and patients for some time, a report of which I hope to be able to supply to the readers of the Hypnotic Magazine when time will permit.

One of my patients whom I have treated for the tobacco habit, and quite successfully, is what you may call a psychic. He has had interesting psychical experiences throughout his life. For instance, at times in visiting a business house or barber shop he will be impressed as to who are there and the position or location of each; or, at times, he thinks he actually sees them, and on arriving at the place he finds everything and every person as he had been impressed. In riding on a train he will say, I believe we will have a wreck before morning, and the conditions will be so and so. Sure enough the wreck comes and the conditions are as he had described. Of nights, after retiring and before going to sleep, he often visits in the city, floating around in the air at will, lighting on housetops, etc. He seems to be at these places and takes correct observation of passing events.

These and many other things he relates as experiencing. Whether this is a part or all imagination I cannot say. But I find in the hypnotic state he can do these various things. He will go to different business houses, describe and name persons present, repeat their conversation and relate what they are doing; or visit different cities, describe the buildings, streets, etc., walking up and down the streets and entering houses at will. Or I will send him to see a patient he has never seen or heard of, a distance of some miles, to a house he has never seen. He will describe the house, roughly but accurately, and the people in the house; locate the patient, describe her, look through her, seeing all her internal organs; locate and describe a fibroid tumor as accurately as a non-educated person would be likely to describe it. I will place a playing card in his hand; he will tell the kind and number of spots—not every time, but most often be correct. Then I hand him a photograph, face from him; he will say this is a photograph and will go on and name the sex, age, physical and mental characteristics of the individual, state of health at the time the picture was taken; state whether person is living or dead; recall some life incident of the party; for instance, visit a school, see and recognize the teacher, the pupils, the furniture, and even the problems on the blackboard. He himself is one of the pupils; then the door opens; in walks the subject of the photograph as she was when a schoolgirl and says: "Here I am." He recognizes her as one of his schoolmates; this scene as his schoolday's experience. Then he calls the name and knows who the party is (the subject of the picture).

These are only a few of the experiments I have tried with him, although I have not experimented with him a great many

times. But each experiment has been quite a surprise to himself and to me.

Now, what I want is the instruction and guidance of a person older in this line of work than myself, that I may conduct these experiments in a way to develop these faculties; at the same time demonstrate some facts by scientific methods or some attributes or capabilities of the human mind not generally recognized or understood.

I have neither theory, hobby nor creed to demonstrate, ride or defend, but am after demonstrable scientific facts.

Geo. R. Peckinpugh, M. D.

Your only method of "developing" this subject is to let him alone; give him his own way; suggest tests of the same kind as you have already outlined; avoid any criticism; take the failures and successes alike; and suggest always and continually that he is improving his powers of subjective vision. There may be something in it; there may not. But without great encouragement from you, your subject will not reach the best mental condition for the effort. You will be able to test him upon numbers later. Perhaps Dr. Fly will assist you in the arrangement of tests.

---

HEALING AND HYPNOTISM.

Arcadia, Florida.

Editor Hypnotic Magazine:

I believe that healing and mesmerism are allied. Does a healer cure a person without partially mesmerizing him, and cannot a mesmerizer cure a person without talking to him? I believe they both depend upon magnetic emanations, whether through voice or contact. Could adduce much in support of it; also of the origin of the blacksmiths' powers in that line. Would advise more blacksmiths to awaken to their possibilities.

H. Rice.

Healing is suggestion therapeutically applied. Mesmerism, or, as you should say, hypnotism, is suggestion coupled with the idea of sleep. Before the healer can cure his patient he must impress the latter with the idea that he is about to be cured. The patient's brain is therefore more receptive to suggestion than it was before the treatment began. The healer, by his con-

fidant assurance, calms the patient, and awakens trust and faith. I place great emphasis on this condition of faith, believing that the emotional nature of man is the reservoir of the healing force. Dr. Parkyn lays more stress upon the reason. To my mind, reason is a poor weapon to fight subjective fears with. The healer's patient is therefore in a partially hypnotized condition, using the word "hypnotized" in its broad significance, as meaning specially suggestible. A hypnotist can certainly cure a person without talking to him, provided that the person understands just what the result of the treatment is intended to be. I do not believe in magnetic emanations at all; nor in the singular powers of blacksmiths, and should advise them to stick to their smithies. I congratulate you on the succinctness of your communication, which contains much matter in a condensed form.

---

EXPERIMENTAL CRIME.

St. Joseph, Mo., Jan. 14.

Editor Hypnotic Magazine:

I have been practicing hypnotism (for fun and information only) for about five years, and I think that my experiments prove that any sensitive can go into the hypnotic condition at will. One experiment the readers may try is this: Having once hypnotized a person (thereby knowing he is a sensitive) you may declare to the company you will let the person be placed in another room and will by passes put the person asleep. You can go home as soon as the person is in the other room if you want to. The person will go into the hypnotic condition. Of course anything on the part of the company or of the operator to indicate to the person to be hypnotized that the operator is not trying to hypnotize through the walls of the house will cause the experiment to fail. A strong belief or dominant idea of the subject might cause it to fail. I never have failed on this experiment. Hypnotizers who think they control people by strong will power, or by passes magnetize, should try this experiment, using neither passes nor will power.

A few nights ago I went to a dwelling here, for the purpose of seeing if I could get a 14-year-old boy to attempt to shoot a young man living there. On entering the house I took off my overcoat, and as I gave it to the boy I told him I had a



loaded revolver in the pocket of the coat and to be careful, and to convince him took it out and showed it. He was anxious to take it in his hands, which I finally let him do, telling him all the time it was loaded and to be careful. I then took it back and to convince him still more, broke it down (it was Smith & Wesson pattern) showing him the cartridges. Then I got him to go to the store. While he was gone we took the cartridges out. (I also want to say I did not send him to the store at once, but we talked together for some time; the whole company amounted to eight persons.) When I first entered he wanted me to hypnotize him, which I had done several times before. I made excuses, but finally told him I would when he came back from the store. After hypnotizing him, I had him go through some of the usual experiments of bleeding nose, stiff leg, toothache, etc. Then I suggested that he did not like that fellow and I would let him have the pistol and he could kill him and no one would know anything about it, etc. He did not accept the suggestion at first, but did soon when I kept insisting. He took the pistol and I made him place it right. He snapped it, and as it did not explode wanted to snap again, saying, "What is the matter with it?" I told him that was enough, etc., that he would forget all about it, and woke him. I try to account for this by saying he did not seem to think much about killing the man, but was anxious to shoot the revolver. (There is no doubt but that the man would have been shot if the shells had not been taken out.) Or I account for it by saying the boy knew I would not let him do anything that would get him into trouble. How do you account for it? I hardly think the boy could be induced to try to shoot a man ordinarily.

William Watson.

Your second explanation is the correct one. The boy knew perfectly well that you would not put a loaded revolver into his hands with the command that he shoot to kill. He had probably heard of blank cartridges before, and possibly hoped the revolver contained one or two. He expected an explosion apparently. The somnambulist is very much awake, and it is possible that he picked up a suggestion or two from the company present. If he would not kill this man when in his normal condition he would not do it when hypnotized. A boy of fourteen is not in the same position as a child of five. The latter would shoot at command, either in the waking or somnambulistic condition, because of his ignorance of the nature of firearms.

## BOOK REVIEWS.

Books marked with an asterisk, thus, \* are for sale by The Psychic Publishing Company, 56 Fifth Avenue, Chicago, postpaid, at the price published.

DU TRAITEMENT EXTERNE ET PSYCHIQUE DES MALADIES NERVEUSES. By Dr. Gerard Encausse. Paper. 208 pp. Published by Chamuel, 5 Rue de Savoie, Paris.

THE CASE OF ALBERT LE BARON, with an introduction by William James of Harvard University. Reprinted from the proceedings of the Society for Psychical Research. Part XXXI. December, 1896.

THE QUARTERLY JOURNAL OF INEBRIETY. Edited by T. D. Crothers, M. D., Hartford, Connecticut.

THE POSTHUMOUS MEMOIRS OF HELENA PETROVNA BLAVATSKY. Published by Jos. M. Wade, Dorchester, Mass.

BIOGRAPHY OF FRANCIS SCHLATTER, THE HEALER. By H. B. Magill. Paper. 198 pp. Price 50 cents. Published by Schlatter Publishing Company, Denver, Colorado.

The book consists chiefly of disjointed accounts of the works and wanderings of "the healer," strung together with some lack of skill; and I understand that Mr. Schlatter himself knows nothing of the existence of the Schlatter Publishing Company. I think this man, who spoke the truth as he saw it, and endured privation and humiliation in obedience to the voice of his "Father," who sought neither gold nor fame, and whom peace and plenty could not tempt, is worthy of a better biography and a better biographer. In our critical western fashion we are inclined always to weigh these pretensions to spiritual power against the measure of worldly advantage reaped by the pretender, and by his self-abnegation we judge his sincerity. His contempt for the wealth he might have acquired had he so willed, stamps Mr. Schlatter in the eyes of the American people as something far removed from an impostor, something even better than an enthusiast, and separates him by a broad and impassable gulf from his imitator and successor, Mr. Schrader.

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An Investigation of the Science of Hypnotism: Its  
Uses and Abuses: and Its Therapeutic  
Possibilities.

“PRACTICE AND PRECEPT.”

Edited by

SYDNEY FLOWER

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### ANNOUNCEMENT.

We owe our readers an apology for the late appearance of the magazine this month. The June number and succeeding issues will be published at the beginning of the month, as heretofore. With the June issue The Hypnotic Magazine will include in its pages a Department of Electro-Therapeutics. Our aim has always been to make this magazine practical and of use to all classes; and the Inquiry Column was opened for the purpose of establishing a closer communication between our readers. There will be, also, an inquiry column attached to the Electro-Therapeutic Department, and all communications, queries, etc., dealing with this subject should be addressed to Dr. Bischoff, care of Psychic Publishing Company, 56 Fifth avenue, Chicago. We shall aim to make electro-therapeutics as easy of comprehension as suggestive therapeutics; and you will do us a favor by bringing this addition to the notice of your friends.

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I have lately returned from a lecture-tour, through Michigan and Ohio, which Mr. Chatterton and I greatly enjoyed. Our stay in Detroit—nice little country village, Detroit; clean, too!—was unmarked by any exciting incident. Cleveland—impressive, but grimy—seems to offer a good field for this work.

Canton—a curiously deflated city—afforded us an opportunity of studying some interesting cases of somnambulism. We found two children there, a brother and sister, who were supposed to be suffering from some hereditary weakness, and malfor-

mation of the ankles. They had been wearing steel braces on their legs for more than a year. After one or two treatments—suggestion and massage—they discarded the braces altogether; and their mother proposes to buy them bicycles as soon as possible. So our trip was not barren of result, and even a week's sojourn in Canton was not too high a price to pay for such a consummation. From steel braces to a bicycle! From confinement to freedom! Truly, such results hallow this work, and make it worth the doing. There are many hypnotists in Canton—nearly all the inhabitants to whom we were introduced had taken lessons from some professor or other, and the general ignorance of the simplest laws of suggestion was, therefore, more pronounced than in other places. I shall have more to say about the cases treated during this trip in the next number, by which time we can form a good idea of the permanence of the therapeutic effect.

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#### TO OUR READERS.

If *The Hypnotic Magazine* pleases you: if it assists you: if it makes clear many things which you had previously been in doubt about: then it is doing a good work, and is worthy of encouragement. Our subscription list is now a large one, but our expenses, as must necessarily be the case with new periodicals, are exceptionally heavy. If each of our subscribers will take the trouble to send in the name of one new subscriber this month, the results, though individually small, will be, collectively, of immense importance.

THE  
HYPNOTIC MAGAZINE.

VOL. II.

APRIL-MAY.

No. 4-5

PSYCHIC PHENOMENA IN SEPTIC FEVERS.

BY WILLIAM F. WAUGH, A. M., M. D.  
(Fellow of the Chicago Academy of Medicine.)

There is a certain group of symptoms present in the earlier stages of typhoid fever—during the incubation, rather—which seem to be scarcely recognized. At least, it is rare that any mention of them is made in the current medical literature, and none at all appears in the text-books. My attention was first attracted to these symptoms in my own case, and I have subsequently found, by close questioning, that they are generally present in any severe attack of typhoid fever. I am not, however, prepared to pronounce them peculiar to this malady; but, rather, look upon them as indicating the presence of some specific toxic agent in the blood, not necessarily typhoid; but, perhaps, present in smallpox, erysipelas and other specific fevers.

The first of these symptoms is a sense of debility coming on after any exertion and, later, after a meal. The patient rises from the table to lie down, his face showing a cold perspiration, and the abdomen puffing. Any attempt to "walk off" the lassitude quickly ends in exhaustion. Laxatives over-act and increase the malaria instead of giving the expected relief.

Insomnia commences, at first without any special reason apparent, but later attended with aching of the bones on which the body is resting, so that the victim spends the night restlessly turning from side to side for the momentary ease.

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## SUGGESTION AS A THERAPEUTIC AGENT.

BY C. BARLOW, M. D., ROBINSON, ILL.

In the beginning and co-incident with creation a most wonderful thing came into existence. So great are its mysteries that no man has been able to fathom them .

It has explored every land and navigated every sea; it has searched the heavens and revealed many of the mysteries thereof.

It has gone deeply into the earth and discovered many of the secrets therein contained; it has invented steam engines, and put the harness on electricity; and made it run the machinery of the world and carry messages from one end of the earth to the other in less time than it takes to write them; and enabled men to converse across the continent as readily as if standing face to face.

It has discovered the audiphone and the Roentgen rays, and telegraphy without wires has become a possibility.

It has unearthed the intricate science of bacteriology and by that most wonderful instrument, the microscope, has enabled men to view with equanimity the active poisons that produce contagious and infectious diseases.

It has discovered all this and a hundred times more; but—remarkable as it may appear—it has never been able to fathom its own hidden attributes or its mysterious powers.

The wonderful thing referred to is the mind of man. Strange as it may seem psychology is yet an undeveloped science.

It is governed by certain fixed laws which will in time be well understood, even the power of the mind to maintain an independent existence may be demonstrated before the lapse of many years.

The mind is known to be quite a complex affair and to be made up of many distinct faculties.



It also seems to be dual in its make up; that is, it is supposed to consist of an objective and a subjective mind, or at least this division may be said to hypothetically exist, and in order to study and understand intelligently something of the powers of suggestion we must recognize this division.

The objective mind works through the five senses and is always on the alert for knowledge, which it hands over to the subjective mind for safe keeping. The latter puts it away in the storehouse of memory for future use where it can be produced under favorable circumstances at any time.

It is said to be a well-established fact that the subjective mind has complete control over the functions of all the organs of the body, even to their complete suspension.

It can also stimulate them to healthy action. Life itself may be destroyed by the influence of the subjective mind upon the nerve centers and the consequent suspension of the action of the vital organs.

The subjective mind is influenced by suggestions made by the objective mind. These suggestions may be made by another person or by the person himself. In other words there is an auto-suggestion which may act in harmony with or against suggestions made by another.

The mysterious power of suggestion is made use of by the physician when he desires to favorably influence physical ailments through the mind of the patient.

Every physician of experience knows that the mind has an influence over the body and that this influence may be beneficial or detrimental according to circumstances. Every physician who has given the subject much thought knows that remarkable recoveries have been brought about through this influence alone.

We all know that the so-called faith curers and christian scientists do sometimes benefit their patients in this way. So do the various healers by laying on of hands sometimes favorably influence their patients; and homeopathy, I am persuaded, is indebted for much of its success to this same power.

Suggestive influence may be employed in various ways. In the hypnotic state the powers of suggestion can be demonstrated almost to perfection; but hypnotism is not necessary in order to produce favorable results.

The subjective mind is amenable to suggestive influence at all times, and auto-suggestion is just as potent for good or evil as are the suggestions made by another person. Therefore, the patient's mental state should always be looked after in all diseases which have a tendency to recovery, and the patient should be kept in a hopeful condition.

Most people have great confidence in medicine, and where they have the physician of their choice they are in the most favorable condition to be influenced by suggestions made by their medical attendant. These suggestions may be in words, by assuring the patient in a very natural and easy way that you have no doubt of his recovery, or you may give him to understand the same simply by your actions, and thus relieve his mind and place him in the best possible condition for recovery.

Patients sometimes magnify their ailments and worry themselves into a fever with a rapid pulse and possibly other ugly symptoms when there is really nothing serious the matter. If the physician should fail to recognize the real condition and participate in the patient's alarm he might do incalculable harm, or if he should discover the real condition he could relieve the patient at once by making him understand the insignificance of his disease. On the other hand if the patient be dangerously ill and the physician should become panic-stricken, the patient is almost sure to discover it, and the discovery makes the strongest possible suggestion to the patient that he is in a dangerous condition, and this suggestion may be fatal. It is, therefore, of the greatest importance for the physician to always suggest to his patient by word or action and sometimes both that he understands his business, and that he expects him to recover.

In neurasthenia and allied affections suggestion can often be resorted to with the happiest results, but it must usually be ac-

accompanied by the administration of suitable remedies; for the latter are often as potent through their suggestive influence as by their therapeutic value. Every time a patient takes a dose of medicine it suggests the idea of recovery and if it is not of such a nature as to positively do harm it is almost sure to be beneficial. It is in this way that the so-called patent remedies are sometimes efficient. Few of them contain drugs enough to injure a child; therefore, they almost always benefit the patient for a time; or until he loses confidence, then the auto-suggestions are reversed and if he takes any more of the medicine the suggestion is that it will do no good, and it will not—it may even do harm. The patient hears of a new remedy which he has read of in his church paper, or it has been recommended by the minister, and he has great faith in it, and the first dose he takes makes an immense suggestion to his subjective mind and it brings its powers to bear upon the diseased organs and the patient is actually benefited for a time; but again he loses confidence and again he tries some other much-lauded remedies, and so on, until he is permanently relieved or loses confidence and returns again to the physician. That permanent recoveries are brought about in this way I think every well informed physician will admit.

In the administration of anaesthetics suggestion is a potent adjunct and should be resorted to in most instances. The physician should first gain the confidence of the patient and quiet all fears by gentle assurances that there is no danger, and that consciousness will be immediately restored after the operation. In other words, the fears and excitement of the patient should be gently allayed and suggestions made that he will soon go to sleep, that he is going to sleep, that he is almost asleep and finally that he is asleep. By this method I am convinced that less chloroform will be required and the actual danger lessened. Wearing charms, carrying a buckeye, a walnut or other similar article in the pocket for the cure or prevention of disease, which originated in the superstitions of the past, had a foundation in fact. That foundation was suggestion. The presence of these things about the person

suggested the idea of health, or the idea of recovery. The suggestion was made daily and often, and the result was all that could have been wished. In the absence of an explanation the whole thing has been ridiculed and attributed to superstition, but really it was the observance of a psychological law of which the ancients were entirely ignorant. But they "built better than they knew," for they were bringing into requisition a really potent, health-giving agency—suggestion, or the power of mind over matter.

Suggestion as a therapeutic agent is so valuable, and can be used under such a diversity of circumstances that I can only, in a short paper like this, give an inkling of its usefulness—of its value in the management of the sick.



REPORT OF CASES TREATED AT THE DAILY CLINIC  
OF THE CHICAGO SCHOOL OF PSYCHOLOGY.

BY HERBERT A. PARKYN, M. D.

The successes scored at any free clinic are by no means as frequent or as brilliant as are to be found where private treatment is given; nevertheless, as this is psychic treatment and depends a great deal on suggestion, it is a fact that in almost every case treated here we find very little difficulty in securing the intelligent and hearty co-operation of the patient, no matter what the complaint.

In stammering more than in any other affection it is necessary to secure the attention of the patient to achieve success, and the work at this clinic has shown that it is unnecessary to isolate a patient of this sort during treatment; and, apart from the few minutes spent here daily, nothing is known of his movements. It is, therefore, within the grasp of the family physician to treat these cases, and I know of no other disease from which he can derive so much satisfaction when he is in a position to treat them successfully.

G. L—, a young man, aged 19, was addicted to the use of cocaine, the habit having been contracted from the use of a catarrh preparation. His physical health appeared to be perfect, but he informed me that he had lost in the neighborhood of twenty-five pounds since he first contracted the habit. This was due, of course, to the lack of appetite experienced by him; for, feeling neither exhaustion nor the slightest desire to eat while under the influence of cocaine, the victim, obeying his inclinations, does not eat one good meal a day. During the thirty days preceding his first treatment he had spent \$13 on the drug and had persuaded a young friend of his in the drug business to supply him. His family discovered his secret, but could not persuade

him to give up the habit, and determined to send him to me for treatment. He professed to be very anxious to break off, but thought he had not sufficient will power of his own to resist the craving. I taught him what will power meant, what it was, and how to exercise it. Being intelligent and anxious to be cured, I had no great amount of trouble to secure his best efforts to overcome the craving. No difficulty was experienced in withdrawing the drug almost at once, and only twice did he voluntarily go and procure some. The patient on the first treatment went into a state of somnolence, and even in this condition I got him in time into a state in which the mere mention of the drug would nauseate him. I also appealed to his emotional nature by pointing out the final results if he persisted in the habit—the effect on his parents, the worry he was causing them—and found moral suasion to be a powerful agent in determining his action. After the first week's treatment all nervousness and craving seemed to have disappeared, but he was treated for three weeks, and now six weeks have elapsed and there has been no desire to return to the habit.

J. H. V—, aged 63, had received a stroke of paralysis, which, though not rendering him unconscious, had for the last four years left him without the use of the extensor muscles of his left hand and arm. The leg was at first useless, but had gradually regained strength enough for all general purposes, remaining stationary, however, for the last two years, while the arm had made no advancement from the hour of the stroke.

All kinds of treatment were resorted to in vain, including Divine Healing, but no relief had been obtained. I pointed out to him that the chances of recovery were only possibilities, and suggested a month's experiment.

The month's treatment has exceeded both his and my most sanguine expectations, for he now finds it possible to extend the fingers and arm quite readily as long as he keeps his attention on the desired object. He was an intelligent patient, and worked faithfully with autosuggestion, spending hours daily with the attention riveted on the expected result. The origin of this trouble

was supposed to be syphilitic. I demonstrated to him that thought took form in action, and that the same force which enabled him with his other hand to lift a hundred pounds would, if the means of transmission were not completely destroyed, start action in those muscles which heretofore had been lifeless.

Miss D. L., aged 26, came to the clinic suffering from indigestion. She complained of constant eructations of gas from the stomach due to fermentation caused by retention of undigested food. Everything taken into the stomach caused immediate distress and finally resulted in the formation of enormous quantities of gas. She also complained of constipation, insomnia and general nervousness. She came daily for treatment for a period of two weeks. At her first treatment she went into a state of passive somnambulism. Having explained to her the cause of her complaint, a general line of suggestive treatment was entered upon and she was assured that her complaint would soon disappear entirely. I taught her relaxation, self-control, and the processes of digestion and assimilation. After two weeks' daily treatment she reported that the constipation and nervousness had entirely disappeared, she could eat heartily, and the gaseous condition had greatly improved, in fact had disappeared for days at a time, and she is so nearly well that she considers it unnecessary to come more than once a week to report.

The cure of Mrs. T. M. E., aged 35, is a very interesting result, showing that, while medicine in its place may be of unlimited service, the best results are obtained from it when used with suggestion. When she first presented herself she was suffering from a chronic syphilitic iritis, which nothing had benefited, though she had been taking the iodides for a long time. The eyesight was completely obliterated, and she complained of severe headaches, constipation, nervousness and general debility. The patient went into a state of light hypnosis. I made her continue the same prescription she had been taking, and proceeded on a general line of suggestion and manipulation called for by her symptoms, and I had the pleasure of witnessing almost a miracle, for every function of her body seemed to take on new vigor. From being in a

most despondent condition (she stated that she had given up all hope of ever being restored to health) her whole nature brightened up, her facial expression changed entirely, and not only were the nervousness, headaches, constipation and other symptoms removed, but the eye has cleared, adhesions have disappeared, and the patient has almost perfect use of her eyesight.

These questions, then, suggest themselves:

(1) Were these results the effect of the internal administration of the iodides?

(2) Were they not the result of the effect of suggestion and natural treatment?

(3) Did the natural methods used stir up the whole circulatory and nervous systems till they were in a condition in which the iodides could produce their most powerful and beneficial action?

I think the last question may be answered in the affirmative, as there was a most marked change for the better, even after her first treatment.

J. T., a man, aged 45, colored, demonstrated the fact that certain chronic diseases may be relieved instantaneously, and it is from this class that our numerous divine healers draw their supporters.

The patient complained that he experienced chills during the day, followed by evening fever; besides this he had a chronic headache, which had been intermittent for weeks. He was confined to bed for five days before coming to the clinic, and had not worked for more than a month. On examination his pulse, temperature, heart and lungs were found to be in a normal condition. He had been examined by a physician, and his case was diagnosed as an acute one, whereupon he retired to his bed, until, thinking he was growing rapidly worse, he was forced, through lack of means, to dress and repair to a free clinic. He required the assistance of his son to enable him to drag himself to the clinic.

The patient went at once into a state of active somnambulism, and, as I know that a patient who goes into this condition depends entirely upon the advice of those around him, I did not



attempt to reason with him, but started to give him forcible direct suggestions. Upon arousing him his headache had entirely disappeared, as well as all other symptoms; his strength seemed to be completely restored, and a chill he complained of on his arrival had vanished.

Here, then, is a man who was fairly carried to a dispensary, who believed himself to be a very sick man, completely relieved of his symptoms and his strength restored, after twenty minutes' quiet psychic treatment.

Two days elapsed before this patient appeared again, and he came then simply to say that he was at work and still in excellent health and spirits.

F. G. A. is a boy 13 years old. As he put it, "I stammered every word and almost every syllable." I asked, "How was this caused?" He answered, "I fell down two flights of stairs when I was about 7 years old." "Then you have been stammering about six years?" "Yes," he said, "it began about that time." I recommended to the subject that he practice opening the mouth wide repeatedly and working the jaws from side to side; that he stop always just before he began to speak, and make sure of what he wished to say and how he wished to say it; that he have perfect confidence in himself and fear of nobody. Many encouraging and stimulating suggestions were given him under light hypnosis. This boy has not stammered a syllable for two weeks. He says his playmates, through curiosity, try to find out how and where he was cured.

A. T. G., age 23. This, also, is a case of stammering, of 18 years' standing. The subject has been treated by a specialist for five months, but the treatment has resulted in little or no physical benefit, and certainly no better mental condition. This case contrasts strikingly with one which has been treated here for several weeks—this second mentioned case being determined and confident, his individuality and perfect self-respect being fully awakened, while this new case was fatally timid in the presence of strangers, did not open his teeth, and spoke in a smothered voice. He is taught, however, to be brave and hopeful, and knowing that

he will come out all right—that he is improving every day. Exercises of the organs of speech are recommended to him, for their suggestive and their material good. This patient was very nervous, but is improving through the suggestion of daily relaxation; is speaking more boldly and readily and accurately, although he has been here but a few days.

Mrs. A. L. W., age 29. This patient complained of extreme and prolonged constipation; said that she had taken pills every night for months; that she had followed this with an enema in the morning; that she was unable to perform her usual duties about the house on account of lameness which, she thought, resulted from diseased ovaries. This lameness affected the hip and thigh and knee and back of the knee. She also complained of numbness of the right hand, pain between the shoulders, mental discouragement, and a general collapse. This condition had existed for years. I found that she was accustomed to take less than half the fluids necessary to a healthy condition, and that her daily life and thought had dropped into a monotonous and dismal rut. I recommended her to vary, in the simplest manner, her life's routine. She was faithful to the remedies recommended for about two weeks. She now reports that the system is regular without artificial means; that the numbness in the right hand was the first thing to leave; that she has no lameness in the limb; that the mind is cheerful, and that the pain between the shoulder blades is felt only occasionally and in the slightest degree. She says she has returned to her usual duties. This case illustrates what constant attendance on the part of the patient and persistent treatment can do by suggestion.

REPORT OF CASES TREATED AT THE SCHOOL OF  
SUGGESTIVE THERAPEUTICS, STEVENS POINT,  
WISCONSIN.

BY F. A. WALTERS, M. D.

Mr. P., age 42, millwright, single; loss of appetite, tongue furred, dyspepsia, bowels constipated, anaemia, consequently troubled with melancholia. Instructed how to increase fluids so as not to cause distress, also to use cold salt baths. Deep sleep induced. Passive somnambulist; suggested that appetite would improve; that his bowels would move regularly with massage to the abdomen; that he would sleep better, take more interest in others and life in general.

Gradual improvement from the first, but could not shake off the idea that he would not get well, and one day wanted to settle and give up.

I changed my line of argument then. Had always been kind and coaxing to him; now I used more positive suggestions; I showed and made him acknowledge wherein he was better; told him he ought to be ashamed to cause his people so much worry, etc; that I could cure him in spite of himself, but if he would try he could materially assist. When asleep I drilled this into him. Improvement was much more rapid from that day, his people keeping me posted on his improvement, and I posting them how to help on the good work. His case was pitiful. A friend who knew nothing of this trouble remarked how he was improving; that at first he would not look him in the face and always slunk off, but now he is cheerful and pleasant.

Mr. O., age 27, college student; carries an extra study and anxious to be at the head of his class; works for his board; keeps books for two different parties. If any of the students get in trou-

ble, he is the one to mediate. Always goes up stairs on the run; never a minute for rest during the day. Of course, he became nervous; could not sleep, and did not feel refreshed when he did. Had burning pains along the spine and top of head. Consulted a physician, who diagnosed "Nervous Prostration." A fine suggestion to give a student, with nothing to counteract it but tonics!

First came a general talk, showing him how foolish he was to hurry through his school life. He was taught how to relax several times daily; told to increase fluids, with more time for meals, and was assured that all would be well. He hardly thought he could go to sleep, even after the simplicity of hypnotism had been explained to him. Just as I thought him asleep he smiled at the suggestion that he was. Then I made him take off his tight shoes and loosen his clothing; made the couch more comfortable. Sharp injunction to make himself passive and to do as he was told; that a man of his mental caliber ought to be able to concentrate his mind enough to go to sleep at any time, with such assistance as I could give. Deep sleep was induced, with passive somnambulism. Suggestions in line with his case were given. Reported best sleep that night for months. Much better very next day, and continued improving until he left town, and now reports continual improvement in carrying on his work and studies.

One point in this case that applies all through the work: Some object that sleep is not needed. A talk with him would answer just as well. This man had run up stairs until the habit was formed. Even if resolved not to do so, on coming out of class, absorbed in his work, he would run up, or perhaps part way, before realizing it. When asleep and passive, more could be done to break up that habit than under other circumstances in several weeks.

REPORT OF A CASE TREATED AT THE DAILY CLINIC  
OF THE CLEVELAND SCHOOL OF SUGGEST-  
IVE THERAPEUTICS.

BY ROBERT SHEERIN, M. D.

The treatment of the following case may not coincide with that given by others, but, taking into account the individual eccentricities and beliefs of the patient, which I always find it is necessary to do, the course here followed is considered justifiable.

Mr. H., a Dane, aged 48, suffered from polypi in the left nasal cavity for about 15 years. He frequently had them removed surgically, suffering greatly at the time, only to have them soon return. Patient breathed only through the right nasal cavity, and declared that he had not breathed through the left for 9 years. On coming to this school for treatment, respiration was very audible, accompanied by a whistling sound. The nose was very prominent and the voice had the peculiar twang, both due to nasal obstruction. He was also subject to reflex disturbances, such as headaches, facial and cranial neuralgia, and asthma in a distressing form. Had insomnia, anorexia and constipation.

The patient so dreaded the operation for removal of the polypi, he begged us not to resort to such harsh means; he came to the clinic thinking we could remove the growths without resorting to surgical method. Taking into consideration the apparent gullibility of the patient, he was assured that such could be done.

A light somnambulistic state was produced in him and suggestions given for the removal of the tumors, reflex disturbances, insomnia, anorexia, constipation, etc. It was suggested that after three treatments he would be able to breathe through the obstructed nasal cavity with ease and comfort.

At the fourth treatment the patient reported a wonderful improvement in every particular; he slept, ate and felt better; his bowels were regular, for the first time in years; had not suffered from neuralgia nor asthma since the first treatment. He showed me that he could breathe through the left nasal cavity; the whistling sound, peculiar twang of voice and audible respiration were greatly diminished. He was "now sure of cure."

From the first the patient was taught the power and application of auto-suggestion. He could now induce his own sleep and treat himself. Seven treatments were given him in a month's time at this school. The polypi have disappeared from the nasal cavity; he breathes freely, and suffers from none of the conditions for which he sought relief. He says, himself: "I haven't been so vell like dis in vifteen years."



## SOME PRACTICAL EXPERIENCE WITH HYPNOTISM.

BY OCTOGENARIAN.

My first experience in magnetizing a subject was in the winter of 1841-2. It was a success; and, as one would naturally suppose, I was very much elated over it. After a little sober reflection I began to have some doubts, and it became a question in my mind if it could be possible for one man to have such powers over another, and the thought occurred to me, had I not been the victim of a trick? Without revealing my thoughts to any one, I resolved to know the truth in the matter. For more than a year I devoted the greater part of the time to the investigation of animal magnetism; holding seances almost every evening, trying my powers upon any subject my friend brought me. This gave me an abundance of material for experiment. In all my experiments I took the best possible care to avoid even the semblance of deception, as any appearance of deception would have been fatal to any further investigation. My exhibitions were of a private nature and before a select few, as I had a great dislike to public exhibitions, and I had no desire to make a "Punch and Judy" show of the seance, that promised so much good to mankind. There has been no one thing that has brought the science so deep disgrace as the mountebanks and their public exhibitions.

The method used fifty and sixty years ago for inducing the magnetic state was the taking of the hands and making passes; at least, this was my first experience. This method is not to be discarded by any means, for it is the one, par excellence, for the new beginners as being the best way to educate their will powers or learn how to apply them to the best advantage. When I commenced to use this science as a therapeutical agent I found this method very clumsy and often ended in a ridiculous failure. This

led me to try other methods. I found, after many trials, that manipulations and passes were unnecessary; that the best results could be obtained by the will power alone, and at the same time we are not hampered by formalities. We sit by the side of our patient, enter into conversation with him upon any subject that pleases us; at the same time using all our powers to produce the hypnotic state. One who has never tried this method will be surprised to see how easily this can be done. I have practiced this for nearly fifty years, with the most gratifying results. It would be a task that I would not like to undertake to give a history of my experience with this wonderful agent. Nor will I attempt to name but a few of the disordered conditions of mind and body that can be successfully treated by this means, i. e.: chronic or habitual constipation, without organic lesion, but even then it will be of great assistance to proper medication; insomnia, rheumatism, neuralgia, headache, especially periodical headache; nervousness, irritable restlessness, hypochondriasis, melancholia, the management of the insane—and it is in this field that the science can be shown to the best advantage; paresis, paralysis agitans, chorea.

In many cases that belong to this group, relief can be greatly facilitated by a judicious administration of suitable drugs; at least, this has been my experience.

Whether this had any influence in my choice of a profession I can hardly say. In 1842 I commenced the study of medicine. I continued my experiments in mesmerism. In the course of my experiments I discovered that a part or the whole of the body could be made insensible to pain, and vice versa. Why could it not be used for the relief of pain? With this in view I commenced to experiment whenever an opportunity offered, and hundreds of times I have seen the patient relieved and pass off into a quiet sleep, and a great many other things that look to me now as of minor importance, that were great events at that time. I will relate one of my earlier experiences—in fact, it was my first—of the hypnotic effect upon a paralytic. Case W. C., about 25 years of age; when a child was stricken with paralysis of right



side. He was feeble-minded. In walking he dragged his right foot, and he had but little use of his right hand. He came into the doctor's office, as he wandered any where his fancy took him. My fellow-students suggested that I mesmerise him. In a few minutes I had him under control. The main object I had in view was to see what effect this influence could have on paralyzed muscles; if any, to what degree. After trying a few simple experiments I suggested to the subject that he could walk as well as any of us. I also suggested that he could lift his foot from the ground and walk without dragging his toes, and told him he could go home. To the surprise of us all he started off with the promptness of a "drum major." There was a slight limp in his walk, but he lifted his foot from the ground, and put it down squarely. He attracted the attention of the people on the street on his way home. He felt jolly over it himself. The result of this experiment was rather humiliating; not to the subject, but to myself. His friends were greatly offended that anyone should play such a trick upon their poor boy—never giving a thought to what possible good might be done to the boy. Belonging to the "hard shell" Baptist persuasion, and possessed with a large share of superstition, they declared it the work of the devil, I thereby losing the opportunity for farther experiments, and losing also my reputation as a Christian gentleman.

I do not claim that such cases can be restored to a normal condition, but they can be greatly benefited. There are now two living examples in my vicinity who have had four distinct shocks of paralysis of the whole of the right side (hemiplegia); both were my patients; both were treated every time to a great extent by suggestion. There was an interval of one to three years between the attacks. One of the patients—Mrs. G. H.—is the wife of a farmer with large stock, and any one knows what that means to the housekeeper. She is, and has been, able to attend to her household affairs for four years since her last attack. The other patient, Mrs. H. P., the wife of one of our wealthy men, aged 64 years, had her first attack about six years ago. I did not attend her at that time as she was away from home. In the last attacks she

was under my care, and in neither of them was she confined to her bed two weeks. I will pass over the subsequent attacks and give in detail an account of the last one, which occurred the 16th day of January, 1897. I was called to see her early in the morning. I found her in the worst condition I ever saw her; or, for that matter, anybody else. She was suffering terribly with paralysis agitans, the side paralyzed with loss of sensation and voluntary motion. It was distressing to witness her sufferings. I could see hardly any hope for her. She could not swallow nor could she talk. I do not think she was wholly unconscious. It seemed she must die before we could have time to have any effect from medicine. I thought that if there was any potency in animal magnetism now was the time to test it. She was shaking so violently that the whole bed was in motion. Now for the test. I laid my hand on her forehead, drew my fingers down the side of her face, down her arm to her hand. When my hand left hers she instantly stopped shaking; has not had as much as a tremor since. On the fourth day went to the table to take her meals with the family. She has not been so well since her first attack in any respect, in walking, talking, the use of her hand, and mentally. Let it be remembered that this fearful agitation was arrested in a moment without the aid of any kind of a drug, and here is where we count one for the science.

I want to say to the readers of the Hypnotic Magazine that we do not begin to know the possibilities for good there is in this science. Let all operators cease to experiment to gratify the curiosity of other people, and devote their whole energies to the development of the business part of the science. Give the croakers the go-by, and convince the world of the value of the science by our good works.

## THE WONDERS OF HYPNOTISM.

BY CHARLES TOWNSEND.

**HYPNOTISM:** The induction of a peculiar psychical condition, which increases the susceptibility to suggestion.—Bernheim.

It is a remarkable trait of our poor human nature that we are prone to rush from one extreme to another.

Formerly it was believed that hypnotism, or whatever we please to term that peculiar condition, was an occult power—something strange, weird, uncanny. It was not of the earth, earthly; but had to do with the Prince of Darkness—at least, in the eyes of the ignorant and bigoted.

In our latter day we have plunged headlong into another theory—one equally absurd and ridiculous.

According to the new cult, hypnotism is an every-day affair, as simple as washing the hands or eating pie!

The new theorists tell us that anybody, except an idiot, can hypnotize any other body, except an idiot. All that is necessary is to have the "subject" look at something, and think of sleep, while the "operator" repeats and repeats his sing-song twaddle: "You are going to sleep; you are going to sleep. Sleep!" And, presto! It is done!

Anyone can pound upon the keys of a piano, but a Listz is a rarity. Thumping out "Yankee Doodle" does not make one a musician.

And yet, because a super-sensitive person can be made to sleep by mere suggestion, we are told that hypnotism is not phenomenal, but is auto-suggestion; that any normal person can induce it—and so on ad nauseam.

The result of this fallacious and—I am almost tempted to say criminal—theory is that the woods are full of alleged "hypnotists," who ought to be in jail. It is not that their silly perform-

ances--when they do now and then find subjects"--are dangerous, but because, knowing only the mere rudiments of the science, their brutal "tests" are often exceedingly dangerous.

The traveling charlatans with their hired subjects--poor wrecks of humanity as a rule--are bad enough, but the ultra ignorant quacks who strive to emulate their disgusting performances are far worse.

In the hands of an experienced man--one who understands at least anatomy and physiology--experiments may be conducted without danger. But the ignorant amateur runs many risks. A needle may be safely thrust into a subject's arm, while a blow over the kidneys may induce a long chain of disorders.

What we term hypnotism is a science so wonderful, so vast that the petty experiments to which the public is accustomed are merely rudiments.

My own knowledge of the science--and I trust you will pardon the ego which appears perforce--was acquired in the East, where it is developed far more than among us western money grubbers. But the dreamy nature of the Orientals, their fatalism and other "isms," prevents any practical application of their knowledge, and therefore in time we are certain to surpass them.

Be sure of one thing: Hypnotism is not a mechanical science. It does not begin and end with "putting people to sleep" any more than astronomy consists of gazing at the sun through a bit of smoked glass.

The Hypnotic Magazine has opened a wide field for inquiry and research, and is a commendable publication. Its frankness and fairness deserve special praise, and therefore I feel certain that umbrage will not be taken when I fail to agree wholly with the "creed" as published therein. Let me take that creed up in rotation:

1. The subject is always responsible for his actions.

Not always. Right and wrong are relative terms--the result of education. The theory of heredity may be true to a degree, but a child of gentle birth, brought up in the slums, will be a gutter

rat. If the idea of irresponsibility is conveyed—and grasped—then the subject will not be responsible. To illustrate: I told a clergyman, while hypnotized, that he had escaped from prison where he had been sentenced for life; that he was an outcast, an Ishmael, that he must have money to escape, and pointed to a wallet, which he immediately appropriated. This fact proves his irresponsibility and also tends to disprove your second article regarding the subject's moral resistance. It likewise renders unsound that part of your third article which asserts that "a subject will not accept a suggestion which conflicts with his principles." I might cite many other cases but one is enough. Let us pass on to

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

Certainly not with the "Now-you're-going-to-sleep" operators. Otherwise, yes. I have had third parties offer subjects money and other inducements of the strongest kinds to arouse the will against submission, but all to no effect.

5. The subject can break the hypnotic sleep, etc.

Utterly unsound. I hypnotized a young mother whose child was brought in with the nose bleeding. She saw and knew her little one but was utterly unable to stir without my permission, although she madly endeavored to do so.

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

By "mind" I suppose you mean "soul." If so, I agree with you. The soul being indestructible must be active no matter how inert the body may be. The human mind or soul may be completely under the control of a master mind, and then know neither time nor space. An incident will prove this. I told a subject that she was in the public square of her native town, more than seven hundred miles away. She immediately began describing what she saw there—a runaway, a band parade and other incidents, all of which were authenticated.

Clairvoyance? Undoubtedly, but a state of clairvoyance induced entirely by hypnotic influence.

And yet, some of our "wise" men insist that the phenomena of hypnotism depend wholly upon imagination!

The other points of your creed are either repetitions in effect of those already considered, or else self-evident; hence I make no further reference to them.

And now let us consider some of the greater wonders of hypnotism.

The border land of imagination and reality is debatable ground, because the limits of neither can be definitely settled. A man in normal health can be made seriously ill through the power of imagination, and certain forms of disease may be cured by the same means. But there are certain diseases which require something more than mere imagination to overcome.

A man, whom I know to be a good subject, was suffering with a badly swollen face. One eye was nearly closed, and he was in great pain. I told him that I would remove the pain and the inflammation at the same time. In a few seconds the pain was gone, while the swelling, too, began to go down and soon disappeared entirely. No auto-suggestion, no mere imagination could accomplish this, because it embodies physical changes.

As to thought transfer—making a subject experience cold or heat, or come to me without a word or movement of any sort—that is simplicity itself. In the presence of creditable witnesses I have performed these and similar feats over and over again.

Hypnotism, carefully studied and wisely applied, is of unquestioned benefit. When practiced by callow amateurs, or unblushing frauds, by traveling charlatans or self styled "professors" it can do no good and may do much harm.

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EDITORIAL DEPARTMENT.

The Chicago School of Psychology has removed to 4020 Drexel boulevard.

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Notice has been received of the incorporation of the Illinois College of Psychology and Suggestive Therapeutics at Chicago; incorporators, H. B. Soltan, J. L. O. Trudel, and E. Perry Rice. The field is wide and the laborers few. There should be at least half a dozen of these schools in Chicago alone.

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An interesting communication from Mr. Laundry, of Paris, outlining his reasons for refusing to accept the "suggestion theory" as satisfactory, has been held over for lack of space. In the course of a few months, perhaps, we shall be able to so increase the number of pages in this magazine that it will not be necessary for our correspondents to cramp their opinions and inquiries.

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It appears that the Pennsylvania Legislature is in favor of the passage of an act prohibiting the hypnotic entertainment and the public exhibition of hypnotism or mesmerism. The Hypnotic

Magazine is in full sympathy with this attitude on the part of the Pennsylvania legislators, believing that an arbitrary suppression of these foolish performances is absolutely necessary if psychology is to be rescued from degradation. The legislators may, or may not, have some knowledge of the value of suggestive therapeutics—that is a side issue. They have, at least, knowledge of the fact that the hypnotic entertainment serves no useful purpose, but, rather, does harm. We object to it on the ground that it disseminates error, creates a false impression regarding hypnotism, and generally misleads the people. But I fancy some of the arguments advanced in that legislature in favor of the passing of the act will be amusing.

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A very handsome building is in course of erection on the South side, which will be used as a church by christian scientists. We have some ground of complaint against these people because of their rabid statements with regard to scientific hypnotism. They insist that hypnotism means the subjection of the weak to the strong, and so forth; and they talk with shudderings of a control which can never be shaken off. They do not seem to be able to discuss this question of suggestive therapeutics reasonably, and they overlook the fact that the only demonstrable point in their creed is the evidence of the power of auto-suggestion to heal the body of many diseases. So that this sect practices continually a form of hypnotism—not very good hypnotism, because generally unscientific, but still, hypnotism of a kind. A very wonderful thing is this force of auto-suggestion, seeing that it will ring true, and assert itself, even when hedged about with conditions which are illogical and unsound.

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#### CONCERNING THE CREED.

Mr. Townsend's article entitled "The Wonders of Hypnotism," published in this issue, calls for some comment.

The appropriation of the wallet by the clergyman is considered by Mr. Townsend to be good evidence in favor of the as-



sumption that the hypnotized person is not responsible for his actions, and that his moral resistance may be weakened. But if he had applied the simple test of restoring the subject's memory, the operator would have found that the clergyman knew very well that he was appropriating something which did not belong to him, and also knew that he was acting a part at the behest of a friend. Mr. Townsend has overlooked the most important feature of somnambulism; which is, that the consciousness of the subject is never obliterated during the hypnosis.

Please to remember that among the "Now-you're-going-to-sleep" operators may be reckoned Liebeault, Moll and Bernheim, who make use of verbal suggestion entirely in inducing hypnosis—so if we sin, it is in good company. Mr. Townsend does not make it clear that by offering money to a subject to shake off the influence he was really tempting that subject to assert himself. I offer him a better test, as follows: Let him take for a subject a man whose duty requires that he should be at a certain place every morning at 9 o'clock, to begin the day's work. Let him hypnotize this man in the evening, and give the suggestion that the next morning instead of going to work the subject will come to him for another treatment. I venture to say that if this subject is afraid that his absence from work for half a day would tell against him he will refuse the suggestion. Also, let the operator take the same man, and request him to call at his office, say, at twenty minutes to nine. He can engage the man in conversation, and then suggest a quick treatment, which will be over in time to allow the man to proceed to his work. If this treatment is protracted, the man's instinct will warn him of the passage of time, and he will throw off the condition. Finally if the man thinks that there will not be time for him to take a treatment and reach his work by nine o'clock, he will not go under the influence at all. With reference to the inability of the mother to stir to the assistance of her child, Mr. Townsend must remember that there does not appear to be any clear reason why she should have made the effort. The operator should have pretended to hurt the little one, and should have taken the trouble to make the

## INQUIRY DEPARTMENT.

It has been thought advisable to open an Inquiry Department in this magazine, in which the queries, opinions and experiences of our readers will be given attention. In all phases of subjectivity curious and interesting phenomena are continually occurring, and we are anxious that our readers should make a note of these things coming within their own range of observation while they are still fresh in their memories, and send the particulars to the editor of this magazine. He will also be glad to answer in this department any inquiries having reference to the phenomena of hypnotism.

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### CONTROLLING A SUBJECT.

Kansas City, Mo., April 14, 1897.

Editor Hypnotic Magazine:—Allow me to add a word here upon your theory of suggestion. I have carefully read, even studied, everything from your pen, contained in "Up to Date" and "The Hypnotic Magazine," and you appear to advocate an entirely new theory as to what the operator does, or, rather, what he does not do, in making a suggestion. Neither space nor time will permit me to quote from your writings upon this point, but, with the greatest care in examining your teachings thereon, I deduct the following proposition as your claim: That, after the subject has obeyed such conditions as to bring himself into a state of hypnosis, and when being suggested to by the operator, that he (the subject) is capable of successfully resisting any suggestion of the operator that he (the subject) desires to, and can so resist in spite of his condition of hypnosis and in spite of the suggestion of the operator, if he chooses to do so. To me this seems equivalent to the claim that the operator cannot, under the most favorable conditions, control a subject against his (the subject's) will. Indeed, it seems equivalent to the claim that the operator per-

forms no office or function whatever, or, finally, that there is no operator.

I have been a close student of experimental psychology, popularly called hypnotism, for the past twenty-seven years. I am perfectly familiar with the theory and practice of all the representatives of the science, from the time of Dodds down to the present day, if I may except a few "showmen." Have been associated with Dodds, and Williams, and Grimes, and Benton, and Mills, and Roberts, and others, and have, myself, publicly and privately, lectured upon and taught experimental psychology for many years—never, however, as a showman—and I would gladly assist you in "spiking the guns" of the showman mountebank. With all the abundant opportunities I have enjoyed of gaining proficient knowledge in this field, I freely confess that I know, as yet, very little of this grand science, compared with what remains to be learned. But I think I know enough to justify me in taking issue with you in your claim that the operator does not control the subject against his will. While it is true that in perhaps almost every instance the subject, or volunteer, may refuse to obey the conditions that produce hypnosis, and so prevent a condition of suggestibility, or, better, "more suggestibility," it certainly is not true that the subject, after acquiring the condition of hypnosis, can prevent the skilled operator from making such suggestions as will control him against his will, and in exact proportion to the degree of hypnosis acquired, provided, too, that the operator suggests only mental and physical re-productions, and not productions.

In my claim that the operator does control the subject against the latter's will, I think I have every experienced operator, save yourself, in both Europe and America, to sustain me; and, while you may truthfully reply that such unanimity of opinion does not logically prove the fact, it certainly does justify me in respectfully requesting you to answer this one question: If, as you claim, the operator does not control the subject against the latter's will, what office or function does the operator perform in making a suggestion? Fraternally yours,

R. J. Gibbons.

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(The operator assumes the office of directing the subject's will, not of controlling it. This is a highly important distinction. The operator does not control the subject's will when he suggests, for instance, that the latter, who, we will suppose, is a morphinomanic, will abhor the thought of the drug upon awaking. He has made a suggestion here which merely tends to strengthen the wish of the subject. He has roused to activity a power dormant in the subject. If there were no operator, the auto-suggestion alone of the subject would be insufficient to remedy the evil. It is necessary, first, to strengthen the subject's will, and then to show him that the force is really in himself, and must be exercised by himself. Suppose you told this man that he could cure himself and then sent him away; would he cure himself? Certainly not; because he would distrust his own power. He relies for a time upon the operator. We are all more or less dependent upon the suggestions of some operator. Why does a Moslem pray? Is it not because he feels his own strength to be insufficient to sustain him? What is christian science? The positive affirmation that disease does not exist. But how many meetings, and treatments, and discourses, are necessary on the part of the operator, or teacher, before he (or she) can bring the patient to accept this absurd doctrine. And the tendency of human kind is to backslide and forget! Give me an instance in which the will of the subject was controlled by hypnotic suggestion.

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#### MENTAL SUGGESTION.

Editor Hypnotic Magazine:—Taking advantage of the kind invitation extended to your subscribers to contribute to the Inquiry Department of your most instructive magazine, I crave permission to offer a word of explanation regarding the position actually taken by a large number of mental scientists as to the cure of diseases by mental suggestion. In a most interesting paper published in your March issue, Mr. Goddard says (page 156): "The Mental Scientist explains his results on the theory of tele-

pathic control of one mind over another." As I have been for several years past, and still am, an active lecturer and writer on mental science and its therapeutic claims, I respectfully beg to say that I, in company with many other teachers of mental therapeutics, persistently affirm that in order to induce a cure, telepathically or otherwise, the idea of control must be completely excluded from the thought of healer and patient alike. Were the phrase to be changed to read as follows: "The Mental Scientist explains his results on the theory of telepathic communion between one mind and another with educational intent," I, for one, could take no exception to the statement; but when honorable people like Mr. Goddard and his co-workers are engaging in the useful work of fairly investigating the theory and practice of mental healing, it seems only right that they should be informed at the outset of their researches as to the actual position taken by many advocates and practitioners of mental healing who are thoroughly opposed to the idea of one individual submitting to the control of another. Two, and only two, sets of relations ought to exist between healer and patient, viz., those of pupil with teacher and those of friend with friend. Union of wills, not subjection of one will to another, is the true basis of mental healing. As your columns are open to the record of facts bearing on telepathy, psychic healing, etc., I beg to submit, as an illustrative appendix to this brief word of my own, the subjoined account of an experience submitted to me by a lady in private life, of good family and culture, and one, moreover, who does all her work gratuitously from love of humanity. I simply append her own narrative in her own words, and, as your able correspondent and contributor, Dr. Fly, well says concerning the remarkable experiences he relates, "But, remember, some other explanation must be tendered than that of coincidences and imaginations," I trust, sir, that either yourself or some of your readers may be able to suggest a reasonable theory on which such results can be interpreted. For myself, I have had evidences of telepathy and distant healing so conclusive to all parties concerned that I am forced to accept the telepathic theory in

in a natural state and will sleep and wake night and morning, the being that he then is. Will he remain hypnotized or will he not?

\* \* \*

In removing a functional trouble, is it absolutely necessary to know its cause to properly treat it, or will the suggestions that it will be removed, should not be there, etc., accomplish the desired end? And when you consider that enough suggestions have been given for one treatment, what is the best way to arouse the patient? If it is by a verbal suggestion, he is just as apt, and perhaps more so, to arouse in a somnambulistic state as he is to be fully awake. And, if by a light touch or a snap of the finger, it is apt to produce a nervous shock of some force, although it may be small.

Consequently, don't you think that the subject of waking a person in a hypnotic state has been touched on in an insufficient manner? Or, perhaps, it is merely an ungrounded fancy of mine.

Now, remember, I don't ask you to publish this, but, nevertheless, "between you and me" don't you think that Mr. Thomson J. Hudson in his work goes into the matter rather strongly? Or, in other words, I think that there are some serious flaws in his reasoning. I realize that the matter of dictating to Mr. Hudson should be left to others better equipped than I, but I can not help noticing a few things which prove huge stumbling blocks in Mr. Hudson's path.

During my limited experience in dealing with matters of psychic import, I have noticed that authors, as a general thing, break away from facts and traverse the wide fields of fancy. It is natural but not entirely right. For instance, in O. S. Fowler's "Human Science," he becomes carried away with his subject and describes, what no mortal can describe, our future life. Life is a great speculation, and phantasms seem to hold a potent sway. I have noticed that men in all walks of life have their pet ideas of that great question—life.

Knowledge will be complete when all is known, and eternity will be a limited (!) time to learn what God Himself knows.

Returning to the subject of Mr. Hudson, he makes his vital



mistake when he says that the subjective mind is the entity, the consciousness. Psychologists, great and small, seem to agree that the conscious ego is in the cerebrum! According to Mr. Hudson, the objective mind is perishable. If it is, there can possibly be no life beyond the grave! It is mind, and if we must, in death, lose our consciousness, we must lose our identity and float back into chaos—a mere insane centre of tangled thought devoid of reasoning and a burden to the universe. It is Mr. Hudson's theory. Physicians, phrenologists, psychologists and hypnotists in general agree that the cerebrum contains the intellectual faculties and the organs of worship, but, according to Mr. Hudson, these must die, and we shall be left pitiable objects of God's creation.

To conclude, is Mr. Hudson wrong or am I in error?

Lloyd Jones.

(In natural sleep, the sleeper is in relationship with himself alone, and is therefore not usually open to suggestion from another; but in natural sleep impressions are received by the senses, and peripheral stimulus has an exaggerated mental effect. Thus, a sleeper who dreams of a snowstorm has probably thrown the bedclothes off, and has experienced a chill. The subjective mind is always on the alert to accept and interpret suggestions.

2. The subject will certainly wake of his own accord, and in his normal condition.

3. It is always advisable to know the cause of a functional derangement, in order not only to facilitate its removal, but to prevent its recurrence.

4. Allow your subject to sleep a few minutes before waking. He will never wake in the somnambulistic state (Hibernian!) unless he has been given the suggestion to that effect.

5. Dr. Hudson is so well qualified to defend his own theories that it is not incumbent upon me to try to do so for him. But whether we agree or do not agree with his deductions, the most remarkable evidence of the debt we owe to the author of "The Law of Psychic Phenomena" is shown by the popularity of his fundamental propositions. I have seen in one or two of the

best medical journals in England and America theories gravely put forward as original conceptions which owed even the trick of style in which they were clothed to Dr. Hudson's work. Honor to whom honor is due.)

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THOUGHT TRANSFERENCE.

March 15, 1897.

Editor Hypnotic Magazine, Chicago, Illinois.

Dear Sir: By request I give details of the three experiments which I mentioned in the March number of *The Hypnotic Magazine*.

The first message I sent out was to a lady who never goes out on a stormy day for fear of getting sick. The day I sent the message was a cold, rainy day. I willed her to go out and walk an hour, i. e., I willed this thought to her: "Go out and walk an hour, 'twill do you no harm." When she received the impression she was surprised, but could not dismiss the thought, and believing that I would not advise her to do anything that would injure her, went; and, as she expected, she received no ill effects.

To the second party I willed the thought: "Drink a glass of water." Whether the will was not strong enough to carry the thought or whether the mind of the person to whom the thought was sent was in a state of receptivity or not, I do not know; but the party received no thought.

To the third party, a young girl, morally good in every respect, except that she told her mother falsehoods to avoid being scolded, I willed the thought: "To lie is cowardly." And I am glad to say that she is holding to the facts, in spite of constant reproof.

Now, I hold it true that thoughts are entities, and become positive in so far as the will is cultivated. The stronger the will, the more easily and forcefully is the thought projected. I am not immaterialistic in my views, or materialistic. I am both. That is, I believe that all which is subjective may be made objec-

tive by so willing it, the success of the undertaking depending upon the education of the will.

When we recognize that all matter is but manifestation of mind generated by thought, and that all is life, and that the law of life is growth, then we are in a position to search diligently, persistently and unbiassedly into the great unknown, of which every experimenter and student of psychic phenomena has had a glimpse—man's latent power. Sincerely,

Mary Paddock Reese.

Mound City, Kansas.

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TELEPATHY AND MAGNETISM VS. SUGGESTION.

Editor of The Hypnotic Magazine:

In 1894 I hypnotized a young man of 22 years, who, when a boy of 12 years, had cerebro-spinal meningitis, which left him partially paralyzed on one side, the limbs on this side being poorly developed, the flexor muscles being the stronger. I told him I thought massage would benefit him to a certain extent (I had at that time only read Heartsborne on Animal Magnetisms). I found I could, by following the nerves of the affected parts with my thumb or finger, cause the extensor muscles to throw the limbs in their natural position; or a clothesbrush, which I had drawn over my hands, would do the same when used by him for two days. While he was magnetized—as I called it then—he described the course of the partially atrophied nerves of the affected parts as well as Gray's Anatomy, and their pathological condition as clearly as Green. I also asked him while in this state what would restore the nerves and muscle, and he promptly answered massage and a certain medicine, used for six months, will make this side nearly as good as the other side.

The medicine he named I told him I had never heard of before (it being proprietary medicine). I asked him if he had ever heard of it, and he said, no; so I told him to go to a certain drug store, seven miles from here—he being in the above state of hyp-

[My fair correspondent should rather be proud of the fact that she can blush. However, if it has become annoying it is evidence that the habit has been formed, and the blushing is the effect of the subjective embarrassment, nervousness, or self-consciousness. You must use auto-suggestion for the development of self-control. Be less self-centered, and change your attitude with regard to this trick of blushing. The more annoying it seems to you, the more difficulty you will have in getting rid of it. These things yield most readily to the simplest treatment. Bear in mind, therefore, the fact that so far from feeling annoyed at yourself for blushing, you rather enjoy the sensation and your friends envy you your excellence in the art. You thus attack directly the feeling of annoyance and subjugate your embarrassment. I am quite serious in assuring you that the cure lies in your own mental attitude. The annoyance provokes the blush; disarm the annoyance, and the blush withers.]

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TABLE-TIPPING.

Fort Bragg, Cal., March 16, 1897.

Editor Hypnotic Magazine:

I have no doubt it will please you to know that I look forward to each issue of the magazine with impatience, and when I go to my mail box and find it hasn't come yet, it is like missing a friend on the train, who has failed to keep his appointment.

To say which part is most interesting would be difficult indeed, but as I have had a little experience in mind-reading or telepathy I have been especially interested in what has been said in the Inquiry Department for and against telepathy; and should like to add my mite thereto.

I will mention one case out of many. A few of us sat round a center-table and had a genuine, old-fashioned table-tipping, at which performance I was the controlling medium.

There was a doctor, sitting by the fireplace, away from the table; and I asked if there were any departed friend of the doctor's

present. The table tipped three times for "Yes." I asked if it were a mother, "No." Sister? "No." A brother? "Yes." I asked how long since he died, it tipped the number of years; also his age, when he died—the answers were all correct. I did not know he had a brother dead, yet each answer was in my mind before the table tipped it out. Now, I always thought that I merely read his mind; can you enlighten me how else it could be done?

A. R. Calder.

[Try a few more experiments in actual mind-reading, and I think you will find it none too easy. Table-tipping is quite unnecessary, surely.]

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AUTO-SUGGESTION.

Galveston, Texas, March 19, 1897.

Editor Hypnotic Magazine:

Will you tell me how I can use "suggestion" upon myself? My hearing is affected; and, though using medicine for it, I believe suggestion would be more effective. It would greatly assist the remedies, anyway. Can you advise me?

L. H.

[The best method of using auto-suggestion upon yourself is to talk to yourself and treat yourself exactly as you would talk to and treat some other person. Divide yourself into two conscious, intelligent beings, or minds—objective and subjective—and let your objective mind impress your subjective by the affirmation, confidently made, that you are going to sleep; that you will hear better when you wake; that the good effects will be permanent, etc., etc. Cultivate optimism, remembering that by so doing you double your chances of recovery by putting your subjective force in the best condition to perform the cure. Nevertheless, if you have some friend near you, in whom you have confidence, he may materially expedite the work by giving you these suggestions.]

## MIND-READING.

Muncie, Ind., March 4, 1897.

Editor Hypnotic Magazine:

Please analyze, critically, your own report on article by Mr. Buck, (January No., page 55) and see if your rule won't likewise prove the "other fellow" right as to mind-reading. I think so; and it seems to me to be a powerful argument in favor of mind-reading.

Dr. Morgan.

[The point sought to be made in my reply to Mr. Buck was that if mind-reading were to be proven, it must not be confounded with an interpretation of muscular action. Hence in the case of the "mind-reader" and the committee, there must be no contact whatever between the parties. If I can read your mind it is surely unnecessary for me to touch your hand.]

## SCIATICA.

Camden, O., March 30, 1897.

Editor Hypnotic Magazine:

I have practiced hypnotism, for the past eighteen months, successfully in my every-day practice. My patrons are thoroughly acquainted with my work, and the public is becoming familiar with my success in that line; the fear of hypnotism by an M. D. has vanished in this village. I had quite a number of antagonists. Some of my fellow-physicians talked and used their influence against me; but right, in this, as well as in all other rightful undertakings, triumphed. The following case convinced the people more than all the argument I could have possibly brought to bear in its favor:

Mr. C. B. A., victim of sciatica, who had suffered untold pain for five weeks and was not able to move about without the aid of crutch and cane, came to my office for treatment, stating he had not slept for five days and nights, and the sleep he had prior was produced by narcotics. Both the sciatic and cural nerves

were affected; extreme tenderness and pain extended from the hip to heel; a flexion of knee, not possible to straighten the limb. I placed him in as comfortable a position as it was possible to assume, and in five minutes he passed into second condition (profound sleep). I gave him suggestion, and allowed him to continue to sleep three or four minutes before awakening him. On awakening he was free of any pain; walked home, a distance of a mile, without any aid; did his feeding and other work; retired, slept soundly, and has continued to do so up to present time, with no return of pain, etc. Geo. W. Homsher, M. D.

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SUBJECTIVE EXPERIENCES.

Brodnax, La., March 15, 1897.

Editor Hypnotic Magazine:

I am under many obligations to you for your courteous letter and the journals sent. I will give them a good study, and hope to profit by them. The system of psychology is a grand one, and if it can be kept in the hands of those who will use it for the good there is in it, and not for the "wherewith" that is to be made out of it, will be a valuable addition to medicine. I must confess, however, that it is a subject that I do not fully understand—one that is beyond my grasp, as I usually want to take hold. Years ago, when the subject-matter was revived after it had been laid aside, I saw so much of sham and "big-me;-little-you" in the advocates of the new idea, that it gave me a disgust for the theory. Many wanted to carry it too far and deception and legerdermain entered, where only real true science should have been. I have for a good many years been trying to pry into the effect of mind on the body, in the individual, and of the "why?" certain minds can influence where others cannot. But the progress was slow because the opportunities for study were not frequent. As I said, the subject is a sealed book to me. I have a friend, Dr. Walter E. Anthony, of Providence, R. I., who has every joint of the body and legs ankylosed; only his head, hands and toes can be moved

voluntarily. He writes me sometimes of his ideas and notions. Having for ten years occupied his chair, and not walked a step, I have thought such a man was, perhaps as near the spirit world as one could be. I would be pleased to have an insight into the working of the mind in such a case. Could there be any effect produced? Years ago (I'm 65, and been a student 55 of them) I had some experiences which bothered me very much; so much, in fact, that I thought I was getting demented. Things I could not account for, and effects that savored more of witchcraft, or Satanic working, as usually described. I was occupying a room in the front of a large building 150 feet deep. I had to go to the end of the long hall to the stairs, up them, and then the whole length to the front, where my room was. Of course it was a dark passage, and, as I was at work till 10 and 11 at night, the hall was black dark. Twice, on walking the hall to the stairs, it seemed to me there was someone standing against the wall on one side. I could not see at all, yet I could somehow feel it was there. One night I scratched a match at the place; and, sure enough, there was the man. Yet I had not felt, smelt or heard any sound to indicate his presence.

The night my father died, in Georgia, I was asleep in my bed in this parish; I distinctly heard him call me three times by my first name in same voice as he had ten years before when I was with him. It woke me up and I answered, "Sir!" This woke up my bed-fellow who asked, "What was the matter?" I told him, "Well, I'll bet your father has just died," he said. A week from that I got a letter from my sister, with whom he was residing—"Father died last night at 10 o'clock. Just before he died he sat up without any help and called you three times by name; laid down of himself, and was dead in a few minutes." The hour and day were those in which I heard my name called.

These are only two of quite a number of incidents which, as I said before, caused me to fear that my mind was becoming unsettled, and I had to quit pondering over them.

They are not, truly, in a line with your theory of treatment, but where does the real stop and the psychical commence?



To tell the truth it has been a study I have been afraid of. I can diagnose a fever and know what to give to allay it; or I can treat ordinary cases, and with remedies I have. Outside of that, it has been to me with a sort of dread that I touched on that which I could not see or feel, but had to reason that it was there.

Ben H. Brodnax, M. D.

[There are few physicians in America, among the medical-journal-reading class, to whom the name of Dr. Brodnax is unfamiliar. He is an authority upon the physiological treatment of disease, and he diffuses his knowledge for the benefit of his fellow-workers. His conclusions with regard to the benefit to be derived from a combination of the psychological with the physiological methods will be awaited with interest.]

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WHO MAKE GOOD SUBJECTS?

Leetonia, Ohio, April 2, 1897.

Editor Hypnotic Magazine:

I take much interest in all subjects of a psychological nature; and have long felt that the few were not the possessors of powers far beyond those of their fellow-men, if the foundation truths of hypnotism were properly understood. I am pleased to learn the simple theories of your school. They give me a better opinion of myself and I shall try some experiments at my first opportunity.

Are one's relations or intimate friends good subjects to start with?

Is there any way of judging, except by experience, who make good subjects? If so, can it be explained concisely?

H. E. Moyer.

[In beginning this work avoid experimenting upon members of your own family. A prophet hath honor, save in his own country; and your friends will be the last to be impressed by your

## HYPNOTISM IN DENTISTRY.

Maywood, Ill., May 8, 1897.

Editor Hypnotic Magazine:

I thought I would write you of my success in using hypnotism in dentistry.

I have extracted quite a number of teeth and put in several gold fillings absolutely without pain.

I think that extracting is the hardest test, and as I have been quite successful in that, I am sure it could be used in other operations in dentistry where the alleviation of pain was necessary. It seems to me that hypnotism ought to be the coming anaesthetic in all minor surgical operations. It leaves the patient in splendid condition; no bad effects—and, of course, removes all danger of death from an anesthetic.

O. Clifton Hall.

[There is a splendid field for hypnotic suggestion in inducing anaesthesia for the filling of teeth. So far as the extracting goes, gas or other anaesthetics may give the patient a brief but sufficient respite; but in the filling of teeth every dentist knows how helpless he is to avoid hurting his patient. In these cases, positive suggestions, with only light drowsiness induced, will do much to inhibit a pain which is usually intensified and exaggerated by the nervous fears of the person operated on. It is not possible to induce complete anaesthesia in every person, but a partial anaesthesia may always be obtained by suggestion, and the nervous system of the patient braced to withstand successfully a slight pain, and to recover from any anticipated shock. Every dentist knows, and confesses, that fear of pain on the part of the patient makes the work harder to do, and increases the pain itself. I know of several dentists in this city who have had very good success in extracting teeth without pain, and have cut into the dentine without a murmur from the patient, but they inform me very frankly that if it were known that they hypnotized their patients they would lose their practice. They use much art, therefore, in disguising the means employed to induce this psychological condition of hypnosis, and succeed, by positive assertion that

no pain will be felt, in implanting this idea more or less firmly in the patient's mind. So that it is not at all necessary that the person should sleep soundly before anaesthesia can be induced. It is imperative, however, that the patient's fear of pain should be allayed, and the idea of insensibility to pain be introduced into his mind before any measure of anaesthesia is to be looked for.]

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WANT OF EARNESTNESS.

Austin, Texas, April 20, 1897.

Editor Hypnotic Magazine:

Can you inform us, through your valuable magazine, who are the hardest subjects to hypnotize; and who the easy ones are?

I have had extraordinary success with all of my subjects but one. That one is a man about 25 years old, well educated, and he says he is willing to be hypnotized. I have tried every method that I have ever heard or read of, and the nearest I have ever come to making a success was to pull him over backwards. Also, once I succeeded in closing his eyes, but could not get him sound asleep. He claims that he has never wanted to go to sleep. I told him he must want to go to sleep. He said he did want to mentally, but could not do so. Is it that my subject cannot concentrate his mind, or what is the trouble?

A Constant Reader.

[I assume, in the first place, that there is no particular reason why this young man should be hypnotized; that is to say, I infer that you mean to hypnotize him for amusement, and not to relieve any nervous derangement. If you had a therapeutic end in view you would probably not meet with the same resistance in your subject. The point is that he is engaged in analyzing his own sensations, which keeps his mind active at a time when it should be passive. Furthermore, as this is merely a pastime for both of you, he is as much amused at your failure as you are chagrined, and the remembrance of your previous failures leads

him to believe that he could not make himself passive even if he tried to. He probably has the impression, and you have evidently not removed it, that hypnotism and sleep are one and the same thing; and that somnambulists are plentiful. Well-educated men seldom turn into active somnambulists, and the critical somnambulist is almost an impossibility. I have in mind, however, an example of patient work in this matter which your friend may emulate, if he pleases. A friend of mine, a man of about thirty-five years of age, turned himself, by sheer persistence, into a good somnambulist. Some nine or ten attempts had been made to put him into a sound sleep without success. He had experienced drowsiness, but was not of the opinion that he had gone to sleep at any time during the treatments. He patiently carried out every suggestion given to him, however, and endeavored, at the close of every treatment, to forget all the suggestions given; in fact, he cultivated amnesia, or loss of memory. He acted the part of somnambulist with fidelity. He told himself that if there were any truth in this thing he was determined to find it for himself, and he patiently followed this work for two or three weeks. At the end of that time he could sleep at will; he could be spoken to without waking, and would accept sense delusions and post-hypnotic suggestions. There was also complete loss of memory on waking. He was particular in his choice of operators, and preferred always to put himself to sleep. When he was sound asleep it made no difference, apparently, who suggested ideas to him, he readily executed them. His auto-suggestion was very active during hypnosis, and his opposition to ludicrous suggestions was instantaneous and emphatic. His case occurs to me as the best example I have met of dogged persistence in the cultivation of passivity, and concentration of mind. His success was due, I think, to his constant assumption—he never allowed himself to be critical or demurring. Even when he knew that the detail of the whole treatment was fresh in his memory, he told himself that he had forgotten everything. In his normal condi-

tion he was active, clear-headed, and dogmatic. He taught himself passivity.

Let your subject understand that it is not necessary that he should be a somnambulist, but that he may turn himself into one if he have the necessary perseverance.]

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AUTO-SUGGESTION.

Toronto, Canada, May 5, 1897.

Editor Hypnotic Magazine:

Some time ago a friend lent me a copy of the "Law of Psychic Phenomena," by T. Jay Hudson. An article on auto-suggestion particularly claimed my attention, and I now give the results of my work in that line, in the hope that it may lead others to follow and be benefited as I have been.

For the last ten years I have been a martyr to muscular rheumatism, and the only remedy in the pharmacopoeia that gave me any, or I may say almost instantaneous, relief was phenacitine. I think that I can safely say that in the last four years my daily average has been at least five grains. Using so much and so steadily I commenced to feel that the habit was growing on me, and I consequently got afraid of its power. The great number of deaths occurring in the last few years from heart failure I think can be safely attributed to the excessive use of these new products, such as anti-pyrine, phenacitine, etc., etc. Well, that set me thinking, and I took an interest in auto-suggestion, and have used it with the greatest success. Suffice it for the purposes of this short letter to say that I am entirely free from my trouble and that I have not used, since commencing this treatment, five grains of the drug. I firmly and conscientiously believe, that many of the minor troubles that we are heir to, can be met and cured by auto-suggestion, without one cent of cost, and that instead of running after a doctor, who in his turn sends on to the drug store, for every little trouble, every one, with a proper knowledge of the power of auto-suggestion, might to a large ex-

tent be his own doctor. Finally, if we can accomplish these things in ourselves why can we not extend that power, and with it cure others? The editor of this magazine has my address, and if any one of its numerous readers doubts the correctness of the above he has my permission to give it. Investigator.

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PROFESSIONAL MIND-READING.

Austin, Texas, April 20, 1897.

Editor Hypnotic Magazine:

I have been a constant reader of your most valuable magazine for a long while. And I wish to express my gratitude for the way you have handled the subject of mind-reading. I think you are exactly right in your decision, and any well-balanced mind will be compelled to agree with you on that subject. For illustration, I will endeavor to cite you one case in particular.

Some short time ago a "Miss Anna Eva Fay" billed our town for a week's engagement. Her show was mostly mind-reading and that ancient cabinet trick. She, or rather her manager, each night would say to the audience, that the gentlemen (three in number) would pass among the audience and distribute paper, pencils and pad. You were to write your questions, hold them in your right hand and think of what you had written—Miss Fay would do the rest.

After the pencils, pads, etc., were collected they put on some minor act, such as violin playing, impersonations, etc., consuming about twenty minutes. The men who collected these pads would pile up a great quantity of them where they could be seen by all—showing they were not used by Miss Fay in her test. Miss Fay comes on the stage, is blind-folded, and has a sheet spread over her head and body. Then the test begins. She says first: "I have the name of John Jones before me; he wishes to know if he will prosper in his new business. Answer is, Yes, if he attends strictly to business," etc.

I visited the show six nights in succession and never had a

question answered or my name mentioned. Why? I did not use the little innocent-looking pad; also a number of others who did not use them met with the same success as I. This I watched very closely. She worked her scheme fine; her confederates never once came upon the stage during the time she was mind-reading. But Miss Fay had a bundle of something in the bosom of her dress, and it was very plain to a close observer, sitting as close as I, that Miss F.'s arm was moving in such a way that it was plainly evident that she pulled one of the pads out and read it each time she answered a question; and she would replace it and draw another, etc., etc. Her engagement here was a great success financially, but I would like you to tell me if I have not related herein the key to "mind-reading?" And I think your offer of \$50 for a genuine case of mind-reading will be moss-covered before it will ever be won on the fair and square plan you offer it. Let us hear from you often on this subject, especially if it is ever actually accomplished.

Roxie.

["Roxie's" theory is probably correct as to the manner in which this particular piece of "mind-reading" was accomplished. A better plan, and one which I am given to understand Miss Fay made use of in Peoria, Ill., with gratifying results, is to connect a speaking tube from the cellar to the stage. The "mind-reader" sits at a table, securely blindfolded. The audience write burning questions upon slips of paper, and fold them carefully. These are collected on trays, and emptied into a small sack placed on the stage before the "mind-reader." The sack is bottomless; that is to say the notes flutter through a hole cut in the floor to the cellar, where they are pounced upon by stage hands and other assistants in the good work of befooling the public. The answers given are generally of small importance: the point which specially appeals to the imagination of the questioner is that his question should be exactly repeated. There is a pocket in the sack which contains a number of blank pieces of paper folded like notes. When a sufficient number of questions from the audience have been received, the mind-reader stoops down and dips her hand into the

pocket of the sack. Slowly she raises that hand, tightly clenched, and the audience can see that the mental strain is intense. The speaking-tube runs up the leg of the table close to her ear. The whisper which comes from the tube is inaudible, save to her. Then begins this highly entertaining performance. "The question which comes to me from this piece of paper is, 'Shall I see J. L. to-morrow?' Signed 'G. B.' My answer is that it will depend upon how G. B. conducts himself. Is that correct? Is the question correct, please? Will the writer inform me if I have correctly read his note?"

There is an embarrassing pause. Finally, after much shuffling, a young man with a red face rises to admit that he wrote the question, and he sits down again, amid the laughter of the audience. And so the game goes on. As fast as the stage hands in the cellar can decipher the messages they may be repeated by the "mind-reader" on the stage. Of course, a number of questions are not answered at all, but a little practice in this work makes the "mind-reader" amazingly proficient in ambiguity in the event of failure, and the general opinion is that perhaps the strain on her mind was becoming too great.

I shall be pleased to keep our readers informed of the success or failure of any trials made on the conditions mentioned in the January number of this magazine. I do not despair of finding someone able to honestly win the prize offered.]

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#### HEMORRHOIDS CURED BY SUGGESTION.

The case appended is taken from the note book of Mr. G. B. Jones, of Toronto. It is of value as much for its carefully noted detail as for its evidence of the power of mind over matter. The results attained may astonish those who know little of this work.

Case 12. November 16, 1896.—

Obstinate piles of eleven years, chronic constipation, occasional indigestion, and recent insomnia.



The piles have been treated by several doctors during the last eight years with occasional slight temporary benefit; but have gradually grown worse. Operation recommended, but inability to take chloroform and doubt as to permanent cure caused delay. Various treatment for constipation. Delirium frequently accompanies severe attacks of constipation with prolapsus ani. He wants to use hypnosis as an anesthetic for an operation upon which he has decided, if he can be made to feel no pain. Have assured him that I can cure his piles by hypnotic suggestion and without either operation or pain. He will try my treatment; will commence to-morrow.

November 17.—Passive somnambulism.—Suggested slight contraction of piles so as to bring decided pressure upon the blood in them; and that the blood would be absorbed by the circulation again; also suggested greater activity of liver and all intestinal secretions, and that the bowels would move freely and fully next morning after breakfast.

When suggestion for contraction was given he squirmed a little in the chair, and replied that he could feel the piles contracting. When awakened he replied that the contraction was distinct and uncomfortable, though not painful.

Put him to sleep again and suggested that the piles would not relax, but would become easier as the blood was absorbed from them; also that he would sleep to-night and eat a good breakfast with relish. Treatment to-morrow.

November 18.—Reports good sleep, full, free movement of bowels without pain or bleeding of piles.

Passive Somnambulism—Strong contraction suggested; and patient twisted uneasily in chair, showing considerable discomfort. When still stronger contraction was suggested he rose slightly from the seat by pressing with his elbows, shoulders and feet, and twisted as if in some pain. When awakened he groaned and said he was in some pain, but could stand it, as it would probably pass off, as had the feeling yesterday, in a few hours. Hypnotized him again

and suggested that the piles would not relax, but that the blood would rapidly leave them till they were comfortable. Repeated yesterday's suggestion in regard to sleep and bowels, and added in regard to improvement in appetite and general health of digestive apparatus.

November 19.—Slept well last night. This morning his bowels moved freely and without pain; but the piles bled a little. They had bled slightly all night. This is doubtless due to too severe contraction at last treatment.

Lighter stage of hypnosis to allow him to describe his feelings during the sitting.—The contraction made him twist a little and hold his breath; but he replied that it did not hurt him, and that he was only slightly uncomfortable. When awakened he described his feelings as he had done when asleep.

He walked about a while to be sure the contraction was not too great; and was then put to sleep again and given the post hypnotic suggestions against relaxation of piles, in favor of sleep, freedom of bowels and general health. As he left the office he remarked that he felt as if he was coming together again. For several months he had felt as if his hips had been separated by a large cavity and that a flabby, dead feeling up to the small of his back had been present and he had often wanted to be held together by a bandage.

November 20.—Reports comfortable, unusually sound sleep all night, unusual refreshment and good appetite this a. m.; no bleeding or pain; but the bowels did not move. The piles have more than half disappeared from the outside and he has a feeling as if they have been drawn inside.

Deeper stage.—Lethargy.—Suggested free movement of bowels. He reported that suggestion was effective. Afterwards usual treatment in a light stage.

November 21.—Excellent sleep, free movements, no pain, no bleeding, improved appetite and improved general health. The piles have almost disappeared.

I need not follow the treatment further in detail. After this

the sittings were continued daily for another week; then the piles had completely disappeared externally, and he could not feel any internally. Appetite was excellent, digestion apparently perfect and sleep all that could be desired. Bowels free and regular every morning, and he was decidedly stronger and stouter. He said he was now quite comfortable between the hips and that all feeling of discomfort had left him.

Four more semi-weekly treatments, with suggestion of strong contraction, completed the cure.

It is now five months since his last sitting; and he reports himself in perfect health, and having lost track of piles altogether.

At two sittings I contracted the piles so much that, when awakened, the patient complained of pain and I had to rehypnotise him and relax them a little.

During the treatment I administered semi-weekly doses of the 200th attenuation of homoeopathic nux vomica and sulphur for constitutional effects. These remedies were given alternately, so that the doses of the same remedy were a week apart. I mention this particularly so that the due credit may be given to the medicine and only the due credit. I expected and I believe I obtained constitutional benefit from the remedies; but the contraction of the piles and the immediate cure of insomnia are certainly due to the suggestion alone. Whether the ultimate cure and remarkable general improvement in health are due entirely or partly to suggestion, or to medicine, or to both, I am not prepared to say. The doubt almost makes me wish I had not used the medicines; but it was a cure I was after, and not an experiment, and I adopted what I believed, and still believe, to be the quickest means of obtaining it, viz.: a combination of suggestion and medicine.

---

TELEPATHY.

Arcadia, Fla., May 5.

Editor Hypnotic Magazine:

In regard to telepathy I would recommend to you Sherman's

lecture in "Freedom," of February 10. (5c—No. 168 Humboldt avenue, Boston.)

Over twenty years ago I was an attache of a navy yard where there was a watchman of gigantic physique and force who was afflicted with a hesitancy of speech; when excited he could swear off hand with ease and accuracy, but when accosting me—perhaps because that was not an essential of polite intercourse—he was always so embarrassed that he would work his lips in vain and in silence for some moments before he was able to articulate; this was as trying to me as to him, and when perfectly cool and receptive I could generally help him out of the difficulty by responding to his intended questions or observations before he had uttered a word.

H. Rice.

[The great fault discernible in all who believe telepathy to be one of the proven powers of humanity is that they accept as telepathic communications many things which are susceptible of a very ordinary explanation. In the case of this watchman, for instance, cited by Mr. Rice, is it not evident that the things upon which he desired to speak to the latter were the every-day business happenings connected with his duty. And what is more natural than to suppose that Mr. Rice could help him out by a word now and then, without receiving a telepathic communication of the purport of the message.]



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"PRACTICE AND PRECEPT."

Edited by

SYDNEY FLOWER

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THERAPEUTICS OF HYPNOTISM.

BY THOS. BASSETT KEYES, M. D.

(Professor of Suggestive Therapeutics, Harvey Medical College, Chicago.)

The therapeutic success of hypnotism is no longer doubted. The power of the mind over the body to produce effect and influence disease is well known. Fear and grief paralyze the heart, blanching the face and hair; remorse wastes the body; anger and shame flush the face; the sight of, and anticipation of, food, to a hungry person, excites secretions, etc.

Thus, probably, it is the mental state which excites the abundant secretion of urine in hysterical paroxysms, as well as the perspiration and occasional diarrhoea, which ensue under the influence of terror; and the tears are thus excited by sorrow or excess of joy. The quality of a secretion may also be affected by mental condition, as in those cases where, through grief or passion, the secretion of the mother's milk is altered, and is sometimes so changed as to produce irritation in the alimentary canal of the child, or even death.

These things and many others, needless to mention, show the potency of normal mental influence.

Hypnotism acts by mental impression, influencing the nerve centers directly. Every path of the patient's nerve centers may

be opened by suggestion. The impressions may be so directed as to influence any of the various organs, glands or parts of the body, so as to increase or diminish their functional physiological activity. In order to most speedily produce this mental impression the idea of sleep is first suggested; the patient being put into the desired state of hypnosis by continued suggestions of sleep, and it is then necessary to dictate the effect which you wish to produce on the body. To locate the effect on a certain part, strokes of the hand or tapping should be made over it, thus directing and aiding the brain to produce centrifugally through the inhibitory system the impressions desired.

The suggestions made to a hypnotized subject are accepted and put into action by the mind automatically, as a patient awakening from somnambulism will not generally remember even the suggestion made. Thus the pulse may be made to beat fast or slow, or suggestions may be given that will stimulate the cardiac inhibitory nervous apparatus, thus slowing the pulse without rise of arterial pressure; or the motor portion of the heart may be stimulated. The temperature may be increased or diminished, and it follows from this that the cause of the rise of temperature is increased heat production, which is the result, in all probability, of this influence upon the nerve centers. Even in the minor stages of hypnosis sensations of heat or cold may be induced on any part of the body, and perspirations may be produced or checked. The sensibility of nerves may be increased or depressed, the period lasting indefinitely; or paralysis of certain nerves may be effected and the action of the inhibitory nerves strengthened. Functional spasms of the nerves may be stopped. Blushing and pallor may be produced, also redness of definite parts of the body or parts of the skin, epistaxis, even vesication, and bleeding stigmata. These latter, however, are very rare results.

The peristaltic movements of the intestine may be increased or diminished. The first effect is evidently due to stimulation of the inhibitory nervous apparatus and the second to paralysis of the same. By hypnotism we may relieve pain and allay irritation,



while the deadening and blunting of the sensibility of nerves may be effected.

The pupils of the eye and involuntary muscles may be influenced. Thus it may be said that we can produce effect, influence, prevent, inhibit, paralyze, modify and stimulate. The whole system is influenced in every tissue by the suggestion.

The study of the physiological action of hypnotic suggestion shows that its rational therapeutic use must be varied.

As early as 1840 Drs. Lewis Pryalmini and Presalmins, with so-called magnetized papers, produced the effect of cantharides. As Bjornstrom remarks, suggestion, not magnetized paper, caused the blistering. Bjornstrom, Beaunis, Facachon, Bernheim, Liebeault, Charcot, Liegeois have observed and produced like phenomena, as well as Forel, Jendrassik, Delboeuf, Kraft-Ebing, Pybalkin and many others.

Let us now dwell upon the use of hypnotism in surgery, for I am convinced that much of the surgery of to-day will give place in the future to the reparative processes which may be induced by hypnotism.

The very great influence which may be exerted by suggestion over the body after hypnotization, in the cure of wounds and sores, even of the most unhealthy, sluggish and virulent appearance, is a fact which can be easily demonstrated. Convalescence after operations may be greatly shortened in like manner.

After the performance of an operation when hypnotism is used, if suggestion is made as to the healing of the wound within a reasonable specified time, it will invariably heal as directed. This I have noted in a number of cases.

Tuckey, in his *Psycho-Therapeutics*, says that in cancer hypnotism is a palliative. That malignant growths are not so apt to return after operations, I am convinced, if suggestion has been used as a prohibitive agent. I am led to recommend hypnotism as the most important part of the plan of treating a cancer which can not be operated upon, and also think that a course of hypnotic treatment should be carried out after opera-

tions for malignant growths, as a means to prepare the system so as to resist, and to prevent their return.

Hypnotism in connection with surgery will be found useful in the production of anaesthesia. In this connection let me refer you to an article by myself in the *American Journal of Obstetrics and Diseases of Women and Children*, 1896, in which I said: The importance of complete or partial anaesthesia cannot be overestimated, and every obstetrician should become proficient in its production. Among those who have recommended and used it for this purpose may be mentioned De Young, Fillosier, Liebeault, Thomas, Pritzel, Secheron, and many others. By its use there is no abolition of the uterine contractions, but the weak, painful, ineffectual efforts of a worn-out, nervous patient may be converted into regular, successful contractions, and the danger of post-partum hemorrhage be thus materially diminished.

In concluding the same paper I said that hypnotic anaesthesia would be indicated: (1.) In cases of inebriety and of organic disease where chemical anaesthesia would be dangerous. (2.) On parturition. (3.) To relieve, by hypnotic suggestion, at the time of an operation, the nervous disturbance caused by certain pathological conditions. (4.) While performing minor operations upon children. (5.) As an aid to the production of anaesthesia by chloroform and ether, as suggested by Davis, to allay the excitement occurring at the beginning of anaesthesia and to obviate the necessity of holding the patient upon the table by force.

After the person is hypnotized and anaesthesia is suggested, the condition may be assisted by directing the thoughts of the patient to beautiful, picturesque or interesting places with which he is familiar. This will often be sufficient in itself to prolong the anaesthesia without the need of further suggestions.

Voisin of the Salpetriere succeeds in hypnotizing 10 per cent. of his patients. Forel of Zurich hypnotized twenty-five out of the first thirty-eight lunatics he tried. The results obtained by these and other gentlemen are encouraging as to the treatment of the insane by suggestion.

Bottey, Moll, Danillo, Bernheim, Ventra, Seppili, Vizioli, Giuseppi, all agree that the difficulty lies in the fact that hypnosis is not easily produced in the insane.

A thorough understanding of the disease to be treated is of course necessary in order to make the proper physiological suggestion.

Hypnotism is the best remedy as part of the plan of treatment in the following cases:

Insomnia and hysteria in all its varied forms.

Hypnotism is of great value in apparently nervous dyspepsia.

In nervous palpitation and functional cardiac derangement.

Hypnotic suggestion is of very great value in the cure of migraine and other nervous headaches. Forel recommends it in pains of all kinds, but especially headache, neuralgia, sciatica, toothache, which does not depend upon abscess, etc.

The distressing headache and giddiness associated with nerve troubles in the eye are frequently relieved.

In nervous irritability, nervous itchings, etc., as hives. Dr. Bramwell described a case of pruritus vulvae cured by hypnotic suggestion. As a remedy for chorea and in the simple chorea of childhood its value is unquestionable.

Bernheim and Forel have found chlorosis favorable to treatment by hypnotism.

Hypnotic suggestion is useful in spasmodic affections of nerves, as tic doloureux; it is also successful in vaginismus, and in stammering. In the Columbus Medical Journal, September, 1896, I reported two cases cured. Eskridge, Osgood, Lytken, Forel, Carroll, Wetterstrand and Ringer report a large number of successful cures; Bernheim has used it with gratifying success in aphonia following pneumonia.

Hypnotism will be found useful in allaying irritation of peripheral sensitive nerves, especially of the uterus and appendages in amenorrhoea and menorrhagia. Bernheim, Forel and others report cases of this kind cured. In a selection of many chronic functional and nervous disorders of the uterus the results obtained cannot be too highly extolled. If its use in chronic func-

tional nervous disorders of the uterus were more generally known it would become of universal application, for by the use of proper hypnotic suggestion the nerve associations and nerve centers may become educated upon a correct basis, while the nerve centers brought into action by unhealthy and abnormal stimuli may be deadened and the effect obliterated. At the same time enervating and destructive habits may be regulated. The mental depression, melancholy, hysteria, etc., which often accompany these disorders of the uterus and the effects of previous causes which may have a psychical origin, or may have established the condition by eccentric influence, can be acted upon and removed by hypnotic suggestion; so that in those cases of neuralgic dysmenorrhoea, or in nervous amenorrhoea in which there is no conceivable pathological condition, the most satisfactory results may be promised.

The great influence of hypnotism upon the functions of voluntary motion leads to its use in cases of paralysis.

Dr. Liebeault publishes his results obtained by suggestive treatment in cases of incontinence of urine. Out of seventy-seven cases, forty-six were completely cured, ten cured with relapses, nine cases were improved and twelve were unsuccessful. Night fears of children are also successfully cured by hypnotic suggestion.

Hypnotism may be used where it is desirable to dry up the secretions of milk. In rheumatism Bernheim cured seventeen cases out of eighteen. It is useful in constipation dependent upon relaxation, as in chronic intestinal atony; also for constipation due to spasmodic constriction of the bowels, and also habitual constipation.

In chronic diarrhoea where there is general functional atony and relaxation.

It is useful in the treatment of amblyopia from disuse, e. g.: in strabismus and paresis after the parallelism of the visual axis has been restored. Sharpness of vision is much more rapidly attained.

Forel has used hypnotic suggestion in visual disturbances

with good results. It is of much use in the treatment of amaurosis from abuse of alcohol and tobacco.

Dr. Birch, of Australia, has found hypnotic suggestion most useful in a case of pneumonia, giving the patient many hours of refreshing sleep. Bernheim, to the sleepless pneumonic patient to whom he dares not give opium, administers hypnotism with suggestions of sleep.

I have succeeded in curing a large number of persons suffering from asthma. In laryngismus, nervous cough and in chronic bronchial catarrh with intense dyspnea believed to be due to weakness of the bronchial muscular fibres hypnotism is of great benefit. Forel uses it in nervous attacks of cough and emphysema.

I believe hypnotism will also be found of great value as part of the plan of treating consumption, suggestions being made to the healing of the parts, to the relief of the inflammation, and stimulation of the unhealthy parts.

Dr. Howard has used hypnotic suggestion for sea-sickness with immediate relief of the patient and he completely effaced any inclination towards its return. Forel has also mentioned nausea and sea-sickness and vomiting of pregnancy as curable.

Vicious habits of children, such as bursts of passion, stealing, playing the truant, inveterate laziness, and filthy habits, have been successfully combated.

It is also a means of moral education and should be of great value in the treatment of criminality.

28

REPORT OF CASES TREATED AT THE DAILY CLINIC  
OF THE CHICAGO SCHOOL OF PSYCHOLOGY.

BY HERBERT A. PARKYN, M. D.

Shortly after the free clinic of this school was established, several of the Chicago papers, considering such an innovation of sufficient importance and interest, published a number of long descriptions of the school and the work done at its daily clinic.

Although there was nothing sensational in any of these articles, they sufficed to draw a large number of sufferers, who, according to their own statements, had previously tried almost every form of treatment without obtaining permanent relief.

Out of this number, those in whom hypnosis was not induced could be counted on the fingers of one hand, and, although at first a very large percentage of the patients in attendance went into the somnambulistic condition, nevertheless, it is a significant fact that for some time past, patients who go into this condition have become very scarce at this school—so scarce, indeed, that recently I have not always had one with which to demonstrate the simplicity of this condition.

In studying somnambulism there will be found much food for reflection and discussion, and we cannot afford to let pass unnoticed anything which may throw some light on a state of hypnosis so generally abused, misunderstood and misrepresented by amateur investigators and showmen; a condition to which only a small percentage of patients is susceptible, but which provokes at least ninety-nine per cent of the discussions that invariably arise when hypnotism is mentioned; a condition, the simplicity and the unerring truths of which are so apparent and demonstrable to the unprejudiced and scientific investigator, that when brought face to face with the colossal and universal ignor-

ance extant regarding it, he invariably tires of arguing against undemonstrable assertions and thereafter may possibly assume an air of "tolerant impatience," or, in the fullness of his heart, may extend, in silence, "pity without words."

I am glad to see the energy with which the *Hypnotic Magazine* has taken up this point, for it is on the conjectured possibilities of somnambulism that so many important questions apparently hinge. When thoroughly thrashed out, however, I feel certain that somnambulism will be found to contain, perhaps, fewer scientific questions and points of interest to the physician than almost any other condition of hypnosis.

After some years of careful study, investigation and observation of this state, I must say that I am disappointed with it in every way, having found it to be almost as useless an agent in obtaining desirable therapeutic effects as it has proved to be when employed as an assistant to crime, and I have yet to obtain first evidence to show that it has ever been used for criminal purposes.

In the January number of this magazine I expressed my views regarding somnambulism, and the diminution in the percentage of somnambulists developed in my clinic simply goes to prove the premises I then adopted.

A glance at the history of Mesmer's work shows that the novelty, fascination and impressive mystery which surrounded his work tended to draw to him, chiefly, credulous, impressionable, emotional and curious individuals.

When a patient of Mesmer's was "influenced," an apparent trance condition, generally spoken of as "the Mesmeric Sleep," was found to have been induced. Without doubt this "Mesmeric Sleep" was the condition which is now known to us as induced somnambulism, and was the only condition recognized by Mesmer. We have much evidence to show that he induced this "trance" condition in a large percentage of his patients—a far larger percentage than it is possible, under ordinary circumstances to put into the condition known to us as somnambulism. The cause of this becomes very apparent if a little attention is

given to the personality of Mesmer's collection of patients.

Mesmer's patients were attracted to him through their suggestibility and credulity, from all over the country, so that he drew the cream of the class of individuals we now recognize as somnambulists.

If, then, my statements concerning this condition are true, we can readily pardon and sympathize with the committee of noted physicians, who, after careful examination of Mesmer's theories and his patients, reported that it could find no evidence of the existence of an "animal fluid," and upon examination of the patients in whom Mesmer could induce a "trance" condition, found them to be of an imaginative, hysterical and weak-minded type.

We must remember, also, that at the time these investigations of Mesmer's work were carried on, absolutely nothing was known of the effects of suggestion. Almost a century later we find that the renowned Charcot fairly corroborated the findings of these investigators by declaring that patients in whom hypnosis could be induced, possessed diseased nervous systems. Shortly before his death, however, Charcot became convinced that there was much to be learned from the investigations of the "Nancy School."

Being ignorant of this law of suggestion, public exhibitors of mesmeric phenomena, honestly believing in their absolute power to control the subject, have demonstrated all the weird possibilities of somnambulism with its apparent cause—the superiority of the operator's will and his personal magnetism. In this way mesmerism became a "terrible" and "dangerous" power, and although the name mesmerism was changed to hypnotism by Braid, the new name still carries with it all the old groundless prejudices associated with mesmerism.

Honor to whom honor is due, and if we desire to return thanks to the source of all the ignorance, mysticism, fallacies and prejudices which have retarded the progress of hypnotism, we have but to take off our hats to the simplest and most useless of all hypnotic conditions—somnambulism.



With the opening of this school came a repetition of the same conditions which attended Mesmer's work; the same conditions which have followed and always will follow heralded "divine healers," such as Schlatter, Schrader, Dowie, Newall, etc., ad nauseam; the same conditions which surround every relic and shrine credited with "healing virtue."

Is it any wonder, then, that the age of miracles has not forsaken us. Study for a moment the mental condition of individuals who receive an immediate cure, a miracle or "blessing," and you will discover that, with scarcely an exception, these individuals make excellent somnambulists and that the same force by which the "claim" was removed was the very means by which the said "claim" was induced, i. e.: auto-suggestion, or imagination.

How or why these claims were present is sometimes hard to determine, but I have traced many of them to the improper diagnosis of a physician, to "patent medicine pamphlet symptoms," to imitation, and many of them to troubles which were once genuine, the cause of which, however, had long been removed, leaving only a "belief" or "habit."

In the early days of this clinic, I have taken as many as a dozen patients at a time and generally succeeded in inducing a deep degree of hypnosis at the first sitting, in the majority of them. These patients, not finding enough excitement or mysticism surrounding the work, as it is carried on here, failed to return for treatments after a few days, and thus it is that this very undesirable element has gradually dwindled away and the more intelligent classes have remained.

As the degree of intelligence of the patients has increased, the degree of hypnosis has grown lighter and the results obtained much more satisfactory and permanent.

To give some idea of the cases under treatment at present, I will name a few of the most interesting and will next month take them up in order and give a minute description of each case and the treatment employed.

J. B. and S. A. R., two cases of stammering; Mrs. C., Mrs. S.

M. and Mrs. H. S., three cases of melancholia—two of them “profound” and accompanied with fixed ideas, the third being a simple case. Mrs. L. and Mrs. G., two cases of catarrhal deafness in which splendid results have been obtained; Mrs. F., a remarkable case of “habitual functional Diabetes Insipidus” with complications; Mr. A. and Mrs. H., two cases of self-consciousness; Mrs. S. and Mrs. G., two professional Spirit Mediums, who, while undergoing treatment for functional disorders, have demonstrated some very interesting results, obtained by their ignorant use of auto-suggestion, the phenomena of which they have understood to be “spirit control;” Mrs. B., a case of constipation which had lasted thirty-five years, due to congenital stricture of the intestine—until treated here not one natural movement of the bowels had occurred; Mrs. R. and Miss W., two cases of nervous prostration; Mr. J. W. H. has developed a new paralysis. I have called it cornetist’s paralysis. The patient has been unable to triple-tongue on the cornet for the past twenty years, although at one time he had the power to do so, and has during this time depended entirely upon his instrument for his support. He is progressing favorably, and the details of his case will contain matter of psychological interest.



REPORT OF WORK DONE AT THE DAILY CLINIC OF  
THE STEVENS' POINT SCHOOL OF SUG-  
GESTIVE THERAPEUTICS.

BY F. A. WALTERS, M. D.  
(Stevens Point, Wisconsin.)

The following cases have not been on probation long enough to be received in full membership, but are reported as having in them some distinguishing peculiarities compared with the usual cures of chronic insomnia, constipation, etc., which form the chief part of clinical work. It has been my experience that nearly all those who give way to alcohol, opium, tobacco, and other habits of harmful nature, make good hypnotic subjects, and pass into the more profound degree of hypnosis.

J. T., aged 42, has had frequent attacks of dizziness, with occasional loss of consciousness. Nervous irritability, insomnia, constipation, and consequent gastric disturbances were also present. His symptoms had gradually increased to an alarming extent during the last four years. He was also an inveterate smoker. Deep sleep was induced, and the patient proved to be an excellent somnambulist. The special suggestions given him were to the effect that he would sleep soundly every night, awakening rested and refreshed; that as soon as the trouble in his head manifested itself he would sit, or lie, down and relax; that the dizziness would then immediately disappear, and there would be no loss of consciousness; that his bowels would move regularly, appetite and digestion improve, and all nervous irritability disappear. Also that he would have no further desire for tobacco, and if he persisted in using it, that it would nauseate him.

The next morning he threw his corn-cob pipe in the fire, remarking that it "smelt fearful." He tried to smoke a cigar, but

after carrying it a block it sickened him, and he threw it away. He has not used tobacco since. I had to suggest to him, early in his treatment, that he would not be affected by the smell of tobacco when others were using it. He has not had a dizzy spell for over two months; the nervousness and irritability have disappeared, and he has gained fifteen pounds in weight since he began treatment.

W. B., aged 40, presents a curious case. His hair, eyebrows, eyelashes, and beard all came out eight years ago. He could give no cause for the trouble. I jokingly remarked one day that I could grow him a new head of hair. He wished me to try the hypnotic treatment, and see what it could do for him. After 45 minutes' work deep sleep was induced. Suggestion that the blood would circulate in the scalp and forehead; that the hair follicles would be better nourished, and the hair, eyebrows and eyelashes (I let the beard go) would take on a healthy growth. In two months the result has been so pronounced that his foreman, who knew nothing of the treatment, asked him what he was doing to make his hair grow. If the good work continues I think his photograph "Before and After" would make an interesting object-lesson. He was also a victim of the tobacco habit, and without asking his permission, I gave him positive suggestions that he would not be able hereafter to use tobacco in any form without nausea. He complained to me, when he returned for his next treatment, that his pipe had made him ill; but as he was anxious to be rid of the habit the good effects are permanent, and he has not used the weed since.

H. M., aged 38, was a "Keeley Cure Graduate." He was in a bad condition of nervousness resulting from prolonged dissipation. He was brought to the office by some friends. Matters went along smoothly while I was putting him to sleep, but in a few minutes he sat up in the chair and looked wildly round. He repeated this performance two or three times, just as I thought he was asleep. However, in about thirty minutes deep sleep was induced. I allowed him to sleep till noon, keeping someone to watch him. Awakened him then for a lunch, consisting of wa-

ter, nux vomica, and hydrates. Put him to sleep again then, and left him till 6 p. m., after which he was wakened and given more liquid refreshments, as at noon. Then another sleep till 10 p. m. From time to time suggestions were given him that he would lose all craving for liquor; that the nervous symptoms would disappear; that the circulation would improve, thereby shortly removing all bloating of the features; that he would rest well that night, and come to the office after breakfast next morning. I kept him asleep most of the time for the next three days. On the third day he awoke and said that every place where the needle had punctured the skin, when he was taking injections for the "Cure," burned like fire. Suggestion relieved this condition. Special suggestions given him were that he would take pride in the thought that he was no longer a slave to this liquor habit; that he would be once more a good husband and father; and that his case would reflect credit on my work. He left in one week a changed man, and has not relapsed up to the present. He called on me a few weeks ago to have a chat, and his gratitude for the change I had made in his life was enough to make me thankful that I had some knowledge of suggestive therapeutics.



28

## EDUCATION DURING SLEEP.

BY SYDNEY FLOWER.

It is just possible that in the imparting of knowledge, which is the aim and end of education, the civilized world has overlooked a most important ally. The intellectual achievements of this and previous ages have been rendered possible by the cultivation and training of the waking mind. On the other hand, no attention whatever has been paid to the cultivation of the mind of a sleeping person.

It is customary to accept the proposition that man is possessed of a dual mentality; that he has, in fact, two minds called, for the purpose of definition, the objective and subjective minds; that his objective mind is his waking, reasoning consciousness, and that his subjective mind is chiefly active during sleep, and evinces its working in dreams.\*

It is not necessary to accept this proposition as indispensably true in order to prove the point I shall seek to make in this article. But it is more convenient to accept this separation of the minds for the present.

From all that we have gleaned of the phenomena of natural sleep we conclude that the subjective mind is never still; that the sleeper is always dreaming, whether, on waking, he is aware of this fact, or whether he believes that he has lain wrapped in a dreamless slumber. As between two men, one of whom asserts that he cannot sleep without dreaming, while the other declares that he is rarely conscious of having dreamed, it is probable that the latter's waking memory has merely not informed him of the current of his thoughts during his sleep.

Assuming this activity of the subjective mind to be true, it

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\*See "Law of Psychic Phenomena," by Thomson Jay Hudson.

is evident that here we have an immense waste of intellectual energy. The activity of the brain during sleep, exemplifying itself in those dreams in which we resume the worries and labors of the day, has often such a wearying effect upon the body that we rise in the morning only partially refreshed by the night's rest. It is possible, of course, that this sense of fatigue may be occasioned by the tenseness of muscles and sinews, sympathetically acted upon by the dream; and that the mere activity of the brain is not in itself the cause of the fatigue; but the fact remains that the brain activity is there, and seems apparently to be serving no useful purpose.

The question then arises, and it is a question of grave import: Could we not make use of this mental energy expended during sleep in such a manner that the best results might accrue to the sleeper's physical and mental health?

The evident answer is that if the sleeper had control of his thoughts and could direct them into quiet and pleasant channels, he would be certain thereby to secure the full benefit of his rest. Nor is this by any means an impossibility. It is true that our dreams seem to be beyond our choosing, but, judging by experiments of this nature in hypnotism, it is not too much to assert that if a hypnotized person can be made to dream for an hour upon any specified thing—a journey to his home, for example—the dreams which occur in normal sleep can in the same manner be directed by the sleeper himself, if he will take the trouble to order his special dream before going to sleep. There is no destruction of consciousness in sleep, the sleeper is in relationship with himself at all times, and by resorting to this process of ordering his own dreams he is simply making use of the power of auto-suggestion; and in the case of the hypnotized person, the suggestion of the operator evokes the dream. But auto-suggestion is always more powerful when thoroughly understood and confidently applied, than the suggestion of another, and, the dream which a person orders for himself should more certainly follow than that suggested by another. There is, of course, this point of difference between the two cases. The hypnotist speaks.

to his subject when the latter is in a fully subjective condition; whereas, the other speaks to himself while awake, just before going to sleep.

But it is only necessary that the latter should keep in his mind just before going to sleep the thought which he wishes to follow in order to impress that thought as firmly upon his subjective consciousness as any operator could do it. There is a field here for many interesting experiments. The danger of the non-success of such an experiment lies in this: That the period of time, seven or eight hours, may be enough to obliterate all recollection of the dream; and that the sleeping person being open to suggestions of all kinds. A voice in the house might divert his attention and break in upon his thoughts, even to the upsetting of the original plan. Against this possibility should be set the suggestion that upon waking he would clearly remember his dream of the night. We have very good warrant for believing that, since it is possible to restore to the memory of a hypnotized person events which have taken place in his life many years previously, and suggestions given in other hypnoses which he thought had escaped him, therefore, it is possible for a man to recall his dreams if he asserts positively that he can do so. As a general rule, we court defeat by assuming that we cannot remember. There is another point in this connection which is of interest. The experiment of setting a certain hour in the morning for rising is a common one. It almost invariably happens that if one has to catch an early train, and decides to get up at an unusually early hour, he will keep his appointment with himself to the minute, waking, apparently, without effort, at the hour set. This is accomplished by the auto-suggestion which he impresses upon his subjective mind before going to sleep, and offers in its way very good inferential proof that the desired dream may be not only dreamed, but remembered on waking, if the proper auto-suggestion has preceded it.

This preamble brings us easily to the real purpose of this discussion, which is that this sleeping mind might be utilized for educational purposes. Before presenting this idea more fully,



it is advisable to quote a couple of instances bearing upon the special receptivity of the sleeping mind. A few weeks ago a resident of Canton, Ohio, suggested that I should hypnotize his little girl in order to break her of the habit of sucking her thumb. He said that everything known in the way of persuasion, threats, and actual punishment had been tried in vain, both by his wife and himself. The child promised not to suck her thumb, but apparently forgot her promise as soon as made, and the father believed the habit was unbreakable. I said that it was not necessary for me to interfere in the matter at all, and that the proper person to give suggestions to a child was the parent. He would have no difficulty in breaking this habit, I told him, if he would follow out a very simple course of procedure. He was to speak to the child when she was asleep at night. Tell her she was not to wake up, and then suggest quietly and persistently that she would not suck her thumb any more; that it was a foolish habit and would cause her much annoyance later; also that other girls would laugh at her for doing it, and so forth. The next day he told me that he had spoken to the child, as directed, and she had promised not to suck her thumb any more, but he noticed a very curious thing. "This child," he said, "has the sweetest disposition you can imagine. She is never out of temper. From the time she gets up in the morning till she goes to bed at night, she is like a sunbeam. But last night, when I spoke to her, she answered crossly and shortly. It seemed exactly as if she were displeased and impatient." I accounted for this by the probability that he had broken the thread of her dream by his introduction of a subject that was somewhat unpleasant, and advised that at the next trial he should allow his wife to make the suggestions, and that she should tell the child before she was sent to bed that she was not to be cross on being spoken to. This was done, and I need only record the fact that the habit was completely broken up in three experiments of this kind. The second instance was related to me by a lady living in Canada, who cured her little girl of a distressing habit which had baffled all attempts to overcome it. Curiously, too, the same irritability

was manifested in this case by the child on being first spoken to, but this irritability was removed in the manner above indicated.

Besides being of some psychological interest, these cases are noteworthy because of their absolute success, and because the method employed is not only entirely free from any danger, but is easily applicable. They establish the impressibility of the subjective or sleeping mind, and a close connection may be traced hereby between hypnotic sleep, so-called, and natural sleep.

Liebeault is probably correct in the statement which has been unequivocally adopted by this magazine, that there is nothing to differentiate hypnotic sleep from natural sleep.

These two cases differed in one particular. In one the effect was to get rid of a habit which manifested itself in waking action; in the other the habit had to do with the function of micturition, which manifested itself abnormally during sleep. It is well to note the importance of the fact that the suggestions given were as successful in the one case as in the other. Taking these two cases as a basis, it is reasonable to affirm that any habit contracted by a child may in this manner be broken up by the parents.

We pass now to a consideration of the application of this principle in education, as we understand the term, i. e., cultivation of the intellect as distinguished from the moral nature.

There are instances on record of difficult problems worked out by persons during their sleep; of poems composed without effort; of complicated machinery thought out and put together mentally; in short, of many obstacles, or what were looked upon as obstacles in the waking state, easily overcome. We can but assume, therefore, that in these instances, the brain, freed from some self-imposed hindrance of thought, grasped and mastered the essentials to successful performance; and that this was accomplished, not by any supernatural agency, such as spirit-power, or even intuitive knowledge, but by the special concentration of the subjective mind upon the point to be solved, and

by the assistance of the perfect memory which is at the command of the sleeper. In the waking state memory is imperfect; perhaps the lack of exact concentration is the reason for this imperfection; but whatever it be, we are all compelled to admit that our waking memory is not always what we could desire. On the other hand, the subjective memory, as evidenced by the feats of hypnotic subjects, is well nigh perfect.

Now apply this theory in the case of a backward pupil; one who is at the foot of his class, and for whom study has no charms. The first thing to do is to impress his sleeping mind with the suggestion that he is not a lazy boy, that he is willing and eager to learn—that will be sufficient for the first experiment. Next, suggest that he can learn his lessons as quickly as any other boy, and find out what special difficulty he encounters in his tasks. If it is something to be committed to memory, read it aloud to him once or twice, giving him the suggestion before leaving him that he will remember his lesson perfectly on the morrow. Enough has been said to outline the possibilities contained in this method of utilizing the brain activity of the sleeping person; and the suggestion is offered that perhaps in the far future much of the education of the young will be thus instilled. Final suggestions as to sound and refreshing sleep should, of course, conclude every experiment. How easily and pleasantly this power could be utilized in the suppression of pain and the relief and cure of dyspepsia, constipation, stammering, and all other nervous derangements, is apparent.

Perhaps the hypnotist's occupation will be endangered, but I have always contended that hypnotism is only a means to an end; and that eventually there will be no need of this useful agency.

One more illustration of the application of this principle may be of interest. In a certain hospital for domestic pets, there is a large number of parrots, and a good portion of the income earned by the proprietor is derived from his sales of the talking birds. This department is in charge of a young woman, and her method of teaching these birds to speak is curiously sug-

gestive. She waits until it is dark, and the birds are sleepy, and then walks up and down between the cages repeating short phrases over and over again. There is no apparent effect at the time; the birds make no effort to wake up and repeat. But the next day they talk. The lesson sticks. The theory of the special receptivity of the sleeping mind is a very simple one. In sleep there is a condition of nervous concentration present, or monoidism, due to the lessening of blood in the brain, and inactivity of the objective reason. Take the case of the little girl who sucked her thumb. In the daytime her attention was here, there, and everywhere; at night, when she was asleep, there was not the same stimulation of all the senses. Her attention was thrown back upon herself, and was led by suggestion into a certain channel and there fixed.

I hope that the simplicity of this method will commend itself to those who read, and that the result of experiments along this line will be communicated to this magazine.



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STEEL BRACES VS. SUGGESTION.

Last month I mentioned briefly the cause of two children at Canton, Ohio, who were cured of weak ankles by a few hypnotic treatments. I have since received two letters from the little girl in which she says that both she and her brother are progressing well. An extract from one of her letters is as follows:

"I never felt better. I run, jump and play and don't get tired like I used to. My appetite is much better."

Their mother sends me the following statement of the case, which is of much interest.

Canton, April 28.

Dear sir: In reply to yours of the 22d will say the children are doing very nicely. I often ask them if their ankles ever pain them now, and they always say they do not. Helen came to me one day and said, 'Mamma, I never knew what it was to be well before,' and she is not troubled with cold feet any more. I never knew her to have warm feet before she took your treatment. I hope the cure will be permanent, and not, as some think, just for the present. I have been very regular in giving the children the treatments you advised every morning, etc., etc."

The treatments here referred to are massage of the feet and ankles. The appended letter from the same writer was received under date May 26th:

Canton, Ohio.

"Mr. Sydney Flower. Dear Sir: Long before I noticed any deformity in my children I noticed they seemingly stumbled and fell over their feet, which I thought was only awkwardness. Arthur's teacher complained about this quite often. They did not know how hard I tried to rectify the difficulty. I did not think at that time that it might be a weakness, as I prided myself on their being strong and perfectly formed children. They complained so much about being tired and their ankles and legs paining them, but I thought they were only tired from playing. After a while I noticed the breaking down of the instep and the forming of what seemed to be a second joint, and the filling up of the arch of the foot with muscle. I was very much worried and first took Arthur to our family physician. He did not seem to think much about it, and told me to have shoes made to support the ankles and throw the feet in the desired position. This I did long enough to satisfy myself that no benefit was being derived, and if anything the children were getting worse. Then I took the children to two other good physicians. They asked me why I had not attended to this sooner, and said that the children's legs and feet should have been put in plaster of paris casts. They advised me to take the children to a physician in Cleveland. I did so, and he called their trouble the 'flat foot,' and said it was the hardest thing to cure he knew of. I put my children in steel braces, which cost \$20 a pair. Arthur had worn his for fifteen months and Helen her's for ten months, when you came to Canton. I notice Helen and Arthur are both stepping straight when they walk. They do not complain any more of being tired, either from work or play, as they did before taking your treatments. To say we are all better and happier for the improvement in the children is putting it very mildly, but we are very, very thankful.

Mrs. Jacob Spidel.

This is good news, and my only regret is that suggestion and

massage were not tried before that \$40 was expended for steel braces, a course of treatment which was sufficient to impress upon the minds of these children the fact that they were cripples, and which was enough to destroy in them any ambition to play like other children and overcome the weakness by exercise. It stands to reason that if good results followed our treatment, equally good results would have followed the same treatment years ago.

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GHOSTS AIDING IN A SEARCH.

Dr. Samuel Sparhawk has returned to Burlington, Vt., from a quest in which psychical agents are the chief mentors, says the Pittsburg Dispatch. It is still in progress. Its object is the rescue of Dean B. Connor, if he still lives, or to learn his fate, if dead.

Mr. Connor was an expert with calcium light and stereopticon effects. He directed that feature of a successful play during its run in New York. Then he went to the city of Mexico with a theatrical troupe and was stricken with tropical fever. His death and burial were reported and a \$2,000 policy was paid to his father, W. H. H. Connor, assistant postmaster of Burlington.

About a year ago P. C. Dodge, who had been a lifelong friend of Mr. Connor, went to Mexico and opened the grave. The remains that it contained were not those of his friend.

Mrs. Hannah Piper, a medium who had been tested by the Society of Psychical Research of Boston, was consulted by Mr. Connor's family and friends. She said that Dean Connor was not dead. Other mediums made like assertions.

An investigation led to the belief that Mr. Connor had been taken from the common ward of the hospital and cared for in a private room until he had recovered and was discharged. A Mexican was put in the bed that he had vacated in the common ward, and as the name over the head of the bed was not changed Mr. Connor was supposed to have died instead of the Mexican.

Further investigation convinced friends that after recovery from the long run of fever Mr. Connor's reason was clouded and he did not know enough to communicate with his friends.

The medium said he was confined in an institution of some

kind. The Psychical society became so positive of its ability to locate him that P. C. Dodge and Dr. Samuel Sparhawk, who was an intimate acquaintance of Mr. Connor, went to Mexico, and have been working for nearly two months under the guidance of the adepts, who sent them telegraphic suggestions bearing upon the strange case.

Consul-General Shaffer at Vera Cruz gave every possible assistance, as did F. R. Guernsey, editor of a paper published in the City of Mexico.

In the consultations with Mrs. Piper regarding Mr. Connor's fate the spirit of an old man has spoken through her while in a trance.

Her descriptions of Mexico and places and people were accurate to the smallest detail. The medium herself, so it is claimed, has no knowledge of Mexico. At times another incorporeal being, apparently a younger man, expressed itself through Mrs. Piper by means of writing. The writing bore no resemblance to the medium's own chirography. It was that of a well-educated person and gives exact descriptions of the country in which Mr. Connor now is.

By these directions Mr. Dodge and a searching party have been conducted from the City of Mexico through town after town to Orizaba, thence to Puebla, where they now are. Puebla is 120 miles from the City of Mexico and its scenery, streets and surroundings have been exactly pictured by Mrs. Piper. Telegrams received at frequent intervals direct the party. They sometimes mention towns by name, oftener by the scenery around them. One message told Mr. Dodge to go up a certain street, turn to the left from a church and proceed toward a hill. With such details the searchers are able to find the exact localities indicated.

The Connor family say the search is not a sensational or superstitious experiment. They, with members of the Psychical Society, regard it as a scientific investigation.

They say that the United States and Mexican governments and a large number of persons in all societies of psychical research are deeply interested and ready to assist in any way possible.



While in the various towns the searchers visited the work-houses, asylums and other institutions, looking for clews. At one sitting it was said by the spirit that Mr. Connor was in a building at work with his hands and that he had on a checked frock. The details of his appearance were thought to be absolutely correct and some of his physical peculiarities were mentioned.

It was stated that he had lucid intervals and that he has written two letters which he had dropped from a window but which no one found. They say he suffers much mentally but that his mind is clearing. If Mr. Dodge fails in his search, the spirits say, Mr. Connor will return some day of his own accord.

This happened some months ago. I have not heard whether the missing man has been found, but does it not seem highly probable that if he is not dead, he will return some day, as the gifted medium puts it, "of his own accord"?

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AN OPEN LETTER.

The following communication from Mr. Anthony Pierson contains many well-taken points, and is worthy of reproduction:

Mrs. J. G. Woods, Topeka, Kan.

Dear Madam:—Through the daily press dispatches I see that you have prepared, after exhaustive study of the subject, a bill to prohibit hypnotism, or any psychical phenomena on persons under 21 years of age.

In your reasons for such prohibition you assert that the effects of hypnotism are very lasting and quite injurious. Especially do you claim that this is true with school children, who seldom come out from under the influence of hypnotism for a year. And in some cases it is asserted it can be made to last a life time. After being hypnotized you maintain a child loses its power to study properly, and the teacher also loses her control over the child that has undergone hypnotic treatment.

Now, it seems strange to me that after years of study and practical demonstration, and an active research in every way to become familiar with all psychic phenomena, I have as yet never

met a case that would even remain in the hypnotic condition seven days. They will generally wake up in a normal way in an hour or two, though there has been a rare case now and then that has remained in the hypnotic state for three or four days. They usually wake up in a very short time if left to themselves.

Your statements are the most extraordinary I ever heard. Of all the numerous writers, I have the first to find who will bear you out in your statements, and I should be very grateful to receive the name and address of any work that will throw this light on the subject. I am surely amazed and astonished that so important a fact should have been overlooked by me, and will be under the greatest obligations for any ray of light on this subject.

In France, Germany, Austria, Holland and Sweden special hospitals and institutions have been established which are devoted exclusively to the treatment of disease by hypnotic suggestion. The great extent of its use is shown by the fact that Dr. Wetterstrand, of Stockholm, has used hypnotic suggestion in over 7,000 cases, and Dr. Bernheim, of Nancy, in more than 12,000 instances. So much in favor of this method is the latter doctor that he does not hesitate to declare that the study of hypnotism should be made obligatory in all medical schools. Dr. Berillon, who, up to the master's death, was the favored pupil of the great Charcot, who first introduced hypnotism into the charity hospitals of Paris, and drew upon himself eighteen years ago a storm of medical ridicule by his experiments in the hospital of Salpêtrière, since the latter's death has taken up the work.

It is remarkable to note the variety of successful uses to which hypnotism in France is put in the treatment of childish idiosyncracies and incipient nervous disorders. Nearly all impediments of speech yield readily to hypnotic suggestion. Bad or vicious habits can be cured in a very short time. And I have the first authentic case to hear of where it was ever shown that hypnotism ever injured in any way either child or adult, though I have records of thousands upon thousands of cases that were hopeless to all other methods known to science, that have either been permanently cured, or partially so.

You cannot perform miracles such as restoring lost tissues

or limbs, but that you can improve both children and adults, both morally and mentally, is an indisputable fact, both in America and Europe. This has been accomplished so many thousands of times that it is not even looked upon as remarkable in these days of scientific discoveries.

No up-to-date doctor, lawyer or dentist can afford to be unfamiliar with the valuable science of hypnotism. And above all others the teachers of all schools, public or private, can least afford to do without so valuable and important an assistant as the science of hypnotic suggestion. It would be well if all our public institutions, such as our penal institutions, reform schools and imbecile institutions should use hypnotic suggestion, as a large per cent of their inmates would be cured, and many benefited by hypnotic suggestion. As to crime being committed by hypnotic suggestion, I have not succeeded in finding a single instance where it was established in court that hypnotism had any place in criminal jurisprudence, though it is frequently stated to the contrary. Such able authorities as Dr. Moll, of England, and Dr. Jay Hudson, of Washington, D. C., substantiate this statement. Even if it has caused harm in a few isolated cases, is that cause why a science so valuable should be prohibited? Electricity has caused thousands of deaths, but we do not think it would be wise to prohibit its use on that account.

Tony Pierson.

Kansas City, Mo.

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PHYSIC BY SUGGESTION.

The Baltimore Sun makes merry over the experiments of Dr. Luys, of Paris; experiments which are known as "drug transference," and which, when suggestion is carefully eliminated from the experiments, are wholly barren of result. The good doctor was wont to discourse volubly in the presence of his subject upon the results which would follow upon the application of the tube containing the drug. It was not until a student at his clinic called his attention to the fact that the subject heard distinctly, and was conscious of the part he was expected to play that any doubt

seems to have entered Dr. Luys' mind as to the value of his "discovery." But thus saith the Sun:

Dr. Luys, a member of the French academy of medicine, expects startling results from a series of experiments which he claims to have carried to a successful conclusion. The doctor believes that it is possible to administer drugs without compelling the patient to swallow them. In brief, he contends that by throwing the subject into a hypnotic state the medical influence of the drugs may be injected into his system by merely presenting the dose, in a closed tube, near his eye, his ear, or his neck. One peculiar feature of the doctor's experiments is the fact that the drug has a different effect when held on opposite sides of the patient's head. For instance, pepper presented on the right side causes an expression of pleasure; but when presented on the left side the subject showed anxiety and worry. Equally phosphate of morphine, heliotrope, fennel: and different effects were noted when sulipecac and pure water were applied.

This confirms, so the doctor says, the theory of Charcot, that there is some magnetic difference between the right and the left side of a person under hypnotic control. If Dr. Luys succeeds in administering drugs by hypnotic suggestion it is possible that the days of the "learned apothecary" are numbered. Humanity will no longer be compelled to swallow the pills and the mixtures of the druggist, but will be able to get relief from a small quantity of the remedy introduced into the anatomy only by suggestion. The doctor notes that when a tube of water was held at the right side of a hypnotized patient's head it was followed by "horrified shrinkings and convulsions." When it was presented on the left side the expression of the subject's face indicated a most agreeable sensation. There is a wide and singularly useful application of pure water which may be made in the case of those festive gentlemen who find their joy in the "flowing bowl" attended with disastrous consequences next morning. The bibulously inclined subject could "make a night of it" off a tube of water held to the left side of the face; and on the morrow he could complete the illusion by applying it to the right side and getting

the jim-jams. Then he could recover and renew the fun ad libitum. Dr. Luys may turn out to be a great reformer.

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THE DEATH OF SPURGEON YOUNG.

On January 24th last, a colored boy named Spurgeon Young, 17 years of age, died at Jamestown, New York State, after an illness which was diagnosed as "diabets mellitis." Dr. A. B. Rice, the attending physician, stated that all of the symptoms usually found in this fatal disease were very prominent in the present case. He was called to attend the case about two weeks before it terminated fatally, and was informed that the young man had been troubled with this disease for about a year.

In the light of subsequent investigation this piece of information was not accorded the importance it deserved.

This case might have sunk into immediate obscurity had it not transpired that the deceased had been frequently hypnotized, and was unusually susceptible to hypnotic suggestion.

When this fact was made public, the Coroner of Chautauqua County, Dr. A. H. Bowers, held an inquest as to the cause of death, and addressed a hypothetical question to the Hon. Clark Bell, editor of the *Medico-Legal Journal of New York*, concerning the case. Mr. Bell replied that if the Coroner would have a careful and complete autopsy made by competent medical men, and adjourn the inquest for a short time, he would furnish the Coroner with expert opinion upon the questions. The Coroner accordingly furnished Mr. Bell with a resume of the facts as he understood them, and Mr. Bell sent the hypothetical question and his own letter of inquiry to some of the members of the Psychological Section of the *Medico-Legal Society*:

MR. BELL'S LETTER.

Medico-Legal Society.

Office of the Secretary, No. 39 Broadway.

New York, February 1st, 1897.

My Dear Sir and Colleague:

I have received from the Coroner of Chautauqua County a

hypothetical question, of which I enclose you a copy, to which he desires a reply from some of our medical experts familiar with the subject of hypnotic suggestion. Briefly the case, aside from the statement made in the hypothetical question, is that this Coroner is now conducting an inquest at Jamestown, N. Y., upon the body of a young negro named Spurgeon Young; which case excites great public interest. Dr. C. J. Phillips and Dr. Wm. M. Bemus made the autopsy and subsequently testified that, substantially, the treatment to which the deceased had been subjected while under hypnotic influence, had, in their opinion, caused the disease, diabetes, which caused death. The hypothetical question gives substantially the results of the autopsy except that Dr. Phillips testified that he found no external bruises or internal lesions sufficient to cause death, except as stated in the hypothetical question that sugar was found in the urine, which he stated was the indication of diabetes, but that the tissues of the kidneys were not broken down. He further testified that diabetes was a kidney or nervous disease, that may be caused by strong nervous excitement or non-assimilation, and that he believed that the tax upon the nervous system had a tendency to cause diabetes and that acute and chronic diseases of the brain and emotions of a depressing character such as might be caused by hypnotism might produce the disease. He further testified that hypnotism is sometimes used with beneficial effects in cases of hysteria and paralysis, but as it was commonly practiced it was extremely dangerous, and that it was a severe strain upon the subject's nervous system. He also testified that the first stage of hypnotism might be refreshing but that the further stages might be dangerous. He was cross-examined as to whether a subject could be made to commit suicide or crime under suggestion upon cases read from medical journals, and answered that the cases were unusual, but that he had no doubt of their truth, and was positive that hypnotism was a dangerous agency. It was claimed before the Coroner's jury by the district attorney that hypnotism as practiced by amateurs was dangerous alike to morals and lives of subjects in certain cases.

I have been appealed to by this public official to aid him as a public officer in the investigation of the subject by the opinions of scientific experts connected with this body in the due administration of justice. The inquest is adjourned to to-morrow evening and will be further adjourned to hear my reply. I, therefore, ask that you forward to me at once your answer to the enclosed hypothetical question, taking in consideration also as the basis of your decision and opinion, the facts contained herein, so that I may forward your reply to the Coroner. Yours hastily,

Clark Bell.

THE HYPOTHETICAL QUESTION.

Department of Health.

A. H. Bowers, M. D., Health Officer. Corner Second and Main Streets.

Jamestown, N. Y., January 30th, 1897.

Hon. Clark Bell, President Medico-Legal Society; or Other Medical Experts in Medical Jurisprudence.

Dear Sir: Will you please answer the following hypothetical question?—

In case of a youth, seventeen years of age, of good physical development and medical history, well nourished, weighing about 125 pounds, upon autopsy with no observable lesion beyond slight cerebral softening and trace of kidney deterioration, vital organs normal with cause of disease diagnosed as diabetes mellitis; and it appearing upon conceded evidence that the deceased had for approximately over six months been a chronic "sensitive subject" of extreme susceptibility to hypnotic or "mesmeric influence," having been protractedly and repeatedly hypnotized many times by amateurs and irresponsible and reckless youthful operators and dabblers in hypnotism; and while under the influence or in a state of stuvolence having been sat or stood on by men of average or heavy weight, while in a cataleptic state, with head and feet supported so that he formed a bridge between such supports; and having been thrown into and left in hypnotic or trancoidal states with instructions to emerge therefrom at a given time, and upon emerging, apparently from such

trancoidal state, complaining of nervous chills, physical prostration and malaise; in your view and opinion, according to the best of your professional knowledge and belief, according to the best authorities and latest research wherewith you are familiar, in physiology, pathology and psychology—would physical injury or organic impairment, particularly of the renal function, or symptoms of glycosuria, directly or indirectly, follow from the psychic or emotional disturbance or derangement of nerve function involved in or due to the morbid enervation incident to such hypnotic practice or experimentation in "mesmerism" or alleged animal magnetism? Fraternaly yours,

A. H. Bowen, M. D.  
Coroner Chautauqua County.

A large number of replies were received, of which the following are samples, courteously forwarded to me by Mr. Bell:

State of Wisconsin—State Board of Health.  
Executive Office.

Milwaukee, Wis., February 8th, 1897.

Clark Bell, Esq., No. 39 Broadway, New York.

Dear Sir and Colleague: Yours of the 6th instant received, and contents noted. I enclose herewith a copy of the hypothetical question which you submit to me for reply, and will answer it as follows:

I do not believe diabetes mellitis would follow such treatment, but given a case where diabetes mellitis existed, I believe such hypnotic practice as related in the question would be decidedly injurious. Faithfully yours,

U. O. B. Wingate, M. D.,  
Professor Diseases of the Nervous System and Hygiene Wisconsin College of Physicians and Surgeons.

Office of Dr. George Frederick Laidlaw.  
137 West Forty-first Street.

New York, February 11, 1897.

Clark Bell, Esq.

Dear Sir: In response to the hypothetical question submit-



ted by Coroner Bowen of Chautauqua County, N. Y., in his letter of January 30, 1897, I send you my view of the case as follows:

From the account of the autopsy, it is my opinion that diabetes mellitus was the probable cause of death. It is my further opinion that the frequent practice of hypnotic experiments had no relation whatever to the diabetes. In my opinion, it is not possible to produce diabetes mellitus by the practice of hypnotism; nor, if the disease is already present, will it be aggravated by hypnotic experiments any further than is involved in the general proposition that, in any diseased condition, all exertions that exhaust the patient, render him more susceptible to the inroads of his disease. (Signed,) Geo. Fred. Laidlaw, M. D.,  
Lecturer on Pathology in the New York Homeopathic Medical College, Pathologist to the Hahnemann Hospital of New York, etc.

Grand Rapids, Mich., February 3rd, 1897.

Dear Mr. Bell: I received your letter with the hypothetical question and I will try to formulate my opinion at once.

Given an extremely sensitive subject of extreme susceptibility to hypnotic or mesmeric influence, protractedly and repeatedly hypnotized by amateurs and irresponsible persons, being stood and sat upon etc.; subsequent malaise and physical prostration on the part of the subject, is not to be wondered at; especially as such amateurs and irresponsible youthful operators can scarcely be expected to know enough to prevent, or remove, such disagreeable after-effects.

As to whether symptoms of glycosuria directly or indirectly follow from psychic or emotional disturbance or derangement of nerve function involved in or due to the morbid innervation incident to such hypnotic practice or experimentation in "mesmerism" or alleged "animal magnetism;" I must say that, so far as I know, no case of that kind occurs in literature.

The etiology of diabetes mellitus is still very obscure. It is produced artificially in animals by irritating a particular spot

in the medulla. Beyond that, but little is known positively. Osler says that, "Mental shock, severe nervous strain and worry precede many cases." He uses the word "precede," not "cause."

Our knowledge of the disease is too obscure to warrant us in concluding that any given antecedent severe nervous strain and worry is the cause in a given case.

The question whether even the abuse of hypnotism can cause diabetes, it seems to me, ought to be answered in the light of the foregoing.

To attribute the diabetes to the use or abuse of hypnotism in the case in hand would be, therefore, a mere speculation, and not an opinion based upon scientific observation. What did cause the diabetes of the diseased under consideration, cannot be determined from the facts set forth in the hypothetical question. Hoping my opinion may be of value, I remain. Yours truly,  
Henry Hulst.

27 East Twenty-first Street.

Clark Bell, Esq., Secretary M. L. S.

My Dear Sir: Your favor with inclosed hypothetical question is at hand this p. m. Just at this time I can but give my opinion briefly with regard to the interests involved. Assuming that the premises are as stated by Dr. Bowen, I have no doubt that the hypnotic treatment so practiced by "amateurs" and "irresponsible and reckless youthful operators and dabblers in hypnotism" was perilous to such a "sensitive" in both his physical and mental side. The very fact of a neurotic dyscrasia would itself render me exceedingly careful in employing the hypnotic method should a patient so constituted be brought to me for treatment. The old "mesmerists" were pronounced in opinion against the experiments of careless and ignorant persons; deeming them of a dangerous nature, and the more experienced of modern hypnotists are quite in agreement that much injury may be done by unlearned and unskilful persons who attempt experiments in hypnotic suggestion. As for those who perform in this wise in public for the sake of gain and notoriety, there is little

doubt that their extravagant and senseless operations may be productive of much harm to the weaker subjects of their manipulation. Regretting lack of time for a better expression of my opinion, I am, Yours sincerely, H. S. Drayton.

Washington, D. C., Feb. 2, 1897.

Hon. Clark Bell, President Medico-Legal Society, New York City.

My Dear Colleague: I have your favor of the 1st inst., enclosing a letter from the coroner of Chautauqua County, N. Y., submitting a hypothetical question to you and your colleagues relative to the possible or probable effects of hypnotism in a case therein stated.

In reply, I have to say, first, that I cannot be considered a medical expert in the true sense of the term. I am a lawyer by profession, and have given some attention in the course of my studies to the subject of Forensic Medicine, but not to an extent to enable me to assume the rank of an expert. I have, however, devoted a large share of my time during the fifteen years last past to the study of theoretical and experimental hypnotism and cognate psychical phenomena.

My experience and observation in this line of inquiry enables me to say definitely and without reference to age, physical development, medical history or pathological conditions that, given a case where "the deceased had for approximately over six months been a chronic sensitive subject of extreme susceptibility to hypnotic or mesmeric influence, having been protractedly and repeatedly hypnotized many times by amateurs and irresponsible and reckless youthful operators and dabblers in hypnotism; and while under the state of stuvolence, having been sat or stood on by a man of average or heavy weight while in a cataleptic state, with the head and feet supported so that he formed a bridge between such supports; and having been thrown into and left in hypnotic or trancoidal states, with instructions to emerge therefrom at a given time, and upon emerging from such apparently trancoidal state complaining of nervous chills, physical prostration and malaise;" in my opinion there could

be but one inevitable result, namely, a shattered, nervous organism, leading, eventually, if life is prolonged, to imbecility or insanity.

What physical ailments might result from an abnormal mental and nervous condition thus induced would depend largely upon the particular character of the treatment to which the victim was subjected at the hands of his persecutors, and upon which the letter before me throws no light. I do not, however, undertake to speak from experience or personal observation on this branch of the subject. It is the province of medical experts to determine what particular physical disease may result from given nervous conditions.

I may remark, however, that from a somewhat extended course of reading of the works of medical experts of recognized ability and standing in the profession, I have been led to believe that there are few bodily diseases that may or may not be produced by abnormal mental and nervous conditions. "Who?" asks Dr. Tuke, "will pretend to assert that any tissue of the body is beyond the range of nervous influence?"

I cannot, within the limits of a letter, give the rationale of my convictions relating to the disastrous effects upon the victims of unskilled and reckless hypnotic experiments. My views upon that subject may be found, however, in an article in the current number of the "Hypnotic Magazine" (Chicago), entitled, "The Danger Lines of Hypnotism."

Sincerely yours,

Thomson Jay Hudson, LL. D.

Prof. D'Ancona, of California, is one of the leading psychologists on that coast, and one of the officers of the Psychological faction.

606 Sutter Street, San Francisco.

Feb. 24, 1896.

Clark Bell, Esq., Secretary Medico-Legal Society, New York.

Dear Sir: Your favor requesting answer to hypothetical question asked by the health officer of Jamestown, N. Y., is at hand.

It seems to me that the doctors who conducted the autopsy are under a misapprehension regarding the pathology of diabetes. The kidneys are not the seat of the trouble. They simply eliminate sugar from the blood when it is in quantity too great for the needs of the system, or in a form not assimilable by the tissues. The doctors should have examined particularly the liver and pancreas.

Furthermore, diabetes cannot be predicated on account of the presence of one symptom, namely, glycosuria. This symptom often comes from mere excess of sugars and starches in the food. So well recognized is this, that the large life insurance companies instruct their examiners not to reject applicants on account of glycosuria, unless associated with the rational signs of diabetes. That it was not so associated is probable, first, because the hypothetical question is silent upon the subject of the rational signs; and secondly, because one of the most marked symptoms of diabetes is progressive emaciation in spite of a voracious appetite, and the subject in this case is described as "well nourished."

Though the causation of diabetes is obscure, many cases have been considered to be due to nervous shock, emotion, anxiety; many to injury and disease of the nervous system, too severe mental and physical strain, to blows upon the abdomen, etc., etc.

It is certainly possible that the experiments outlined in the hypothetical question overtax the physical and mental powers of the subject. This, combined with the supporting of heavy weights upon the abdominal walls may have produced profound functional changes in the abdominal viscera, diabetes being one of the effects.

It is nevertheless true, that for the majority of cases of diabetes, no cause can be assigned. Owing to the uncertainty of the etiology of the disease, to attribute positively the cause of death to diabetes induced by functional nervous disturbances of the abdominal organs, the result of hypnotic experiments, however unskillful, seems to be unwarranted.

Very respectfully yours,

A. A. De Ancona.

Chicago, Ill., February 3rd, 1897.

Clark Bell, Esq.,

Dear Friend:—In answer to the hypothetical question in the case of the deceased negro, Spurgeon Young, would say that hypnotic suggestion or suggestion given in the hypnotic state, is a positive force and its practice in the hands of "amateurs, irresponsible persons and reckless youthful operators and dabblers," is fraught with grave dangers. Cases are on record where subjects in such hands have suffered some nervous shock resulting in serious derangement of the nervous system even from one or a few experiments, not from or by reason of the hypnotization or the introduction of the hypnotic state, but by reason of the emotional disturbance incident to such experimentation. A close distinction must be made between hypnosis, which is a restful state of somnolence that can have no bad effects, in and of itself, and the vicious suggestions and practices made to and upon the subject while in the hypnotic state. The bad effects of such suggestions are not alone confined to the hypnotic state, however, but are constantly being observed in the waking state in superstitious and susceptible individuals with equal or worse results than are ever to be observed in the hypnotic state, because with persons in the hypnotic state some degree of protection from shock is insured by reason of the general condition passively obtained during hypnosis. Where hypnosis (sleep) alone is indicated, and the patient left alone, he quickly passes from the hypnotic sleep into an ordinary sleep, to awaken sooner or later refreshed by his experience. The nervous chills, physical prostration and malaise complained of in this case on awakening from the somnolent state, were due not to the state but to the suggestions and practices indulged in by those who had him under control and for which they should be held criminally liable. As to the possibility of inducing diabetes mellitis through emotional disturbance I am not so clear. In fact I am very doubtful whether such a condition could be thus brought about and should rather lean to the negative side of the question. Disturbance of the renal function is constantly found in persons suffering from intense grief and melancholia. Many

cases of so-called Bright's disease, are the result of prolonged nervous strain and this may have been such a case, but on this point I should rather be excused from answering positively except on more information than is given in the question that is forwarded me for answer. If such were the case, however, I should not attribute it to hypnotism but to the vicious practices and suggestions indulged in while the subject was under hypnosis. In conclusion, I should like to say, that the practice of hypnosis by the laity, is to be deprecated in all instances; and that laws should be passed by the legislatures of the several states conferring its use, not to physicians alone, but to those physicians who by study and scientific research have mastered the scientific application of this new old force.

Respectfully submitted,

W. X. Sudduth, M. D.

There were replies from several other physicians of note, as conflicting in their conclusions as those here published. The local press took a very positive attitude in the matter, as the subjoined articles indicate:—

From the Jamestown Morning News, January 27:

THE YOUNG INQUEST.

This newspaper has no controversy with any man who has a theory as to the cause of the death of Spurgeon Young; it may be that the dissolution was due to entirely natural causes, but we believe the circumstances are such as to warrant a thorough and rigid investigation on the part of our public officials. Hypnotism is a conceded fact, but the power which enables one individual to gain a complete mastery over the conscience and the will of another is very little understood, even by those who have made a study of the question, and it is time that some kind of restraint was placed upon those who are thus dealing recklessly with an unknown force.

It is held, on the part of a large school of specialists, who have made this question a study, that the hypnotic power is essentially vicious; that it enervates and tears down the physical structure, as a current of electricity in contact with a dead wire

causes the latter to melt and vanish. In other words, the electromagnetic current passing from the operator through the super-sensitive organization of the subject, operates to burn out the "dead wires" or imperfect circuits with which it comes in contact, thus placing the subject in a debilitated condition where he becomes an easy prey of any disease to which he may be predisposed. This theory is sustained by the fact that the subject succumbs to the influence with increasing readiness at each successive experiment, showing that the power of resistance has been destroyed. It is difficult, of course, in the present stage of scientific development to establish this theory, but it does not relieve us of the responsibility of making an effort to determine the truth, nor does it warrant us in leaving this unknown power in a position to be experimented with at will by irresponsible persons, utterly ignorant of the forces with which they are dealing. A power which is subtle enough to force one individual to do the will of another, and which is unknown in its origin or possibilities, may be powerful enough to produce death, leaving even less of its traces than electricity, and it will not do to jump to the conclusion that because Mr. Young had some of the symptoms of a known disease, that he may not have been the victim of pranks played by an unknown force and operating to destroy the vital energies of the kidneys and liver.

Certainly, so long as the hypnotic power is not understood, it should not be allowed to become the plaything of those who use it without judgment and for the purpose of making fun.

The coroner's jury is charged with a peculiar duty in the premises, and it ought not to be deterred from a patient and careful inquiry by the mere dictum of physicians, many of whom are as ignorant as possible upon the question of hypnotism, which, being too subtle in its operation to be clearly seen, is most conveniently denied.

A detailed report of the coroner's inquest appeared in the same paper on the following Wednesday, which is here given as printed:



The coroner's inquest on the death of the colored boy, J. W. Spurgeon Young, has attracted much attention all over the country for the fact that this is the first time in the state of New York, and perhaps in the United States, where the practice of hypnotism has been judicially investigated. Preliminary to the closing up of the examination, Coroner Bowers prepared a hypothetical question covering the clearly established facts of the case, which was sent to men of known national reputation, not only in ordinary medical lore but in the more occult science of hypnotic phenomena. Dr. J. D. Buck, of Cincinnati, an eminent practitioner and writer on medical topics, furnished an answer in time for Tuesday evening's session of the coroner's inquest. Dr. Clark Bell, of New York, another very eminent authority, replied to Coroner Bower's request, but did not answer the hypothetical question because, as he stated, it is one which is new to the medico-legal inquiries. Dr. Bell was extremely anxious, therefore, that the inquiry be delayed until he could submit the subject to the best authorities.

The jury met in the common council chamber and E. E. Eddy, of 16 East Third street, was the first witness sworn. On an occasion, during the latter part of the summer, he had seen Young hypnotized twice in Dr. Goucher's dental rooms. Quite a number of people were present, among whom was Park Davis, who was the operator on that occasion. Young consented, and after Davis got him under the influence he was laid across a couple of chairs, but no weights were placed on him. Afterwards Young got into the dentist's chair to have a tooth drawn, but soon came out of the influence. Davis again hypnotized him, and when the dentist attempted to draw the tooth it broke and Young again revived.

Dr. A. B. Rice testified that he was first called to treat Young on Jan. 13 or 14, about a week before the latter took to his bed, and was called to the house Jan. 20. The boy said he was passing three or four gallons of water a day. The doctor considered the case to be serious and asked him to bring a sample of urine. He then diagnosed the case and prescribed. He decided it to

statement of the autopsy and Dr. Phillip's evidence, also Mr. Husted's testimony, and from the evidence given and the fact of passing so small a quantity of urine for the last four days, etc., he should say the boy died from nervous exhaustion, which might have been produced by hypnotism. The fact that the boy did not become unconscious before death would show that he did not die from uric poisoning.

Dr. Scott knows of Prof. Buck. His reputation is good and his works are standard authorities, and Dr. Scott concurs with Dr. Buck's conclusions that hypnotism is highly injurious.

The hypothetical question was read to the jury.

And Dr. Buck replied as follows:

In my opinion grave physical injury would arise from the foregoing procedure; first, impairment of the nervous system, and finally imbecility. See reports of experiments of schools of Paris, Nancy and others. Cerebral softening and diabetes might result from repeated hypnosis. The practice is harmful under all circumstances, except in the hands of a skillful physician for the treatment of disease, and even then in a narrow range of diseases and with doubtful results. In all other cases it is dangerous and should be suppressed by law and with severe penalties.

J. D. Buck, M. D.,

Professor Principles and Practice of Medicine and Nervous and Mental Disease, Pulte Medical College, Cincinnati, O.

The jury had quite a stormy session in arranging the wording of the verdict, which was finally completed about 11:30 and signed by all the jurymen with the exception of Robert Bryan. The verdict follows:

We find that J. W. Spurgeon Young came to his death at 1033 North Main street, in the city of Jamestown, in said county, on the 24th day of January, 1897, from diabetes and nervous exhaustion caused by hypnotic practices performed by the following persons as shown by the evidence: R. Louenstein, Daniel H. Grandin, Parke H. Davis, Charles Wood, Edward P. Dodge, Robert Bemus; and from the testimony produced before us upon the said inquest it appears that said J. W. Spurgeon Young for

several months prior to his death had been habitually and continually hypnotized by the above mentioned persons, and that while under the hypnotic influence his body was suspended between two chairs, the back of his head resting upon one chair and his feet upon another without other support, and that while so suspended a person weighing at least 180 pounds sat upon him; that he had also while under such hypnotic influence been carried through various stages of intoxication and delirium tremens and other hypnotic feats.

We would recommend that the state legislature pass a law prohibiting the practice of hypnotism.

The case will probably now be presented to the grand jury at its next session and it will be interesting to note what kind of indictments that body will find.

Anent this finding of the coroner's jury the Rochester Democrat and Chronicle remarked:

HYPNOTISM RUN MAD.

(From the Rochester Democrat and Chronicle.)

A coroner's jury at Jamestown, N. Y., has given a verdict that is likely to become the subject of much discussion in legal and scientific circles. It seems certain to bring hypnotism into court by way of the indictment for manslaughter of certain amateur hypnotists.

January 24 last J. W. Spurgeon Young, 17 years old, died at Jamestown, after an illness diagnosed as "diabetes mellitus." There was a question whether the autopsy so entirely confirmed the diagnosis as to leave the cause of death quite clear. Some six months ago it was discovered by certain irresponsible amateur experimenters with hypnotism that Young was unusually susceptible to the hypnotic influence. From the date of this discovery up to nearly the date of his death Young was, to quote from a hypothetical question put by the coroner to a medical expert, "in a chronic sensitive state of extreme sensibility to hypnotic experiments, having been hypnotized scores of times by irresponsible operators, and while under such influence having at

times been sat and stood upon by adult male persons of average and heavy weight, having teeth drawn while under such influence, and at times thrown into and left in the hypnotic or trancoidal state of stuvolence, with instructions to emerge therefrom at a future given time, and upon punctual emergence therefrom suffering and complaining of nervous chills, weakness and prostration."

Competent medical experts testified, in effect, that the morbid conditions resulting in Young's death were induced by the facts set forth in the paragraph above quoted, which facts were sufficiently proved at the inquest.

The jury found that Young "came to his death from diabetes and nervous exhaustion caused by hypnotic practices performed by" six persons named in the verdict. It added a somewhat sweeping and inconsiderate recommendation that the Legislature pass a law prohibiting the practice of hypnotism.

Admitting that there is reasonable ground for believing in the existence of the hypnotic power, which to us seems to be an inevitable admission, we think this verdict, apart from the recommendation of legislative action, a sensible and proper one. It fixes the responsibility for Young's death in accordance with the evidence and should certainly lead to the indictment for manslaughter of the six persons named in the verdict, a thorough sifting of the matter and a judicial determination as to the existence of the hypnotic power, and as to the responsibility of persons possessed of this hypnotic power for whatever wrong they may commit by its aid and whatever mischief they may cause by its reckless use.

Persons who have made a study of the phenomena of hypnotism assert that the hypnotic power is as real a force and, in the hands of ignorant and reckless persons, about as dangerous a force as is electricity. They also assert that there is no force more likely to be criminally and recklessly misused and that, as a matter of fact, it is misused criminally to a limited extent and recklessly to a very great extent. If all this is so, and we have

no warrant for saying that it is not so, it is high time that the law took cognizance of hypnotism.

We do not approve of the passage of a statute making the practice of hypnotism a crime, "per se." Such a law would savor too much of the bigoted intolerance of ignorance, is not necessary and would be practically useless. Whatever else may be said about hypnotism, there is certainly nothing supernatural about it, and the ordinary machinery of the civil and criminal law should be perfectly capable of dealing with it without the assistance of any special "witchcraft statute." All that is needed is that the law shall recognize as a fact the existence of this power, if it is a fact, shall class it with other natural agencies employed by men for good and for evil purposes, shall bring it within the scope of the maxim "sic utere tuo," etc., and shall make all possessors of this power understand that, like the possessors of other natural powers and agencies, they will be held to their full legal responsibility for the manner and results of its employment by them. The verdict of the Jamestown coroner's jury is a step in the right direction. If the six persons named as those responsible for the death of Spurgeon Young are indicted for manslaughter, found guilty after a full and fair trial, and sent to prison, the careless and reckless use of the hypnotic power will receive a more effectual check than any statute could impose upon it."

Readers of *The Hypnotic Magazine* are now in possession of both facts and theories. They can draw their own conclusions, and I shall be pleased to publish their opinions in our next issue. I trust they will take advantage of this permission, as this case is one of great interest. The reply I sent to Mr. Bell might be briefly stated as follows: "Spurgeon Young is said to have died of diabetes induced by hypnotic experiments. It has not been shown that pressure upon the abdomen has ever produced disease of the kidneys. But, assuming that the diabetes was present before these experiments took place; and assuming further that these experiments hastened his death, the operators cannot be held accountable because the state of hypnosis is not a state of unconsciousness; the subject was not compelled to perform these

teristics 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.



DEPARTMENT OF  
ELECTRO-THERAPEUTICS.

EDITED BY WILLIAM HENRY BISCHOFF, M.D.

Electricity is, by modern thinkers and writers, considered a form of motion or vibration, akin to light or heat, and which is omnipresent; that is, which is diffused through, and pervades, earth, air and matter. It may exist in a passive state, i. e., its presence may be undetected, and it is then in what is known as "the state of equilibrium." It may also exist in a "free" state: i. e., the equilibrium or passivity has been disturbed, and the electricity has been loosed. It is in this state that it is pressed into the service of electro-therapeutics.

D. C. M. Haynes has well summarized manifestations of electric force, arranging them under three heads: 1. Magnetic; 2, static; 3, dynamic. Its magnetic properties as existing originally in the loadstone come under the head of magnetism. The phenomena attending static electricity set free by friction belong to Franklinism. Free electricity, moving as a current, is termed dynamic. Dynamic electricity includes Galvanism and Faradism; galvanism is specially valuable in exciting the nerves of the skin, producing an increase of warmth, restoring life to atrophied muscles, and breaking up bony deposits at the joints (anchylosis.) "The effect of electricity upon the vaso-motor nervous system is a subject of the greatest importance, for upon this system of nerves depends the connection between secretion and blood supply and the mechanism of congestions."

I have made successful use of electricity in the treatment of

neuralgia, paralysis, asthma, anaesthesias, rheumatisms, sciatica, gout, progressive muscular atrophy, locomotor ataxia, arthritis deformis, chorea, joint diseases, and many complicated nervous and organic affections.

My best results have been obtained among chronic cases of paralysis and paresis, and although I realize the importance of suggestion in treating the functions, tranquilizing the nervous system and compelling sleep, I attach superior force to electricity in restoring muscular activity, and inducing repair to lost or diseased tissues.

I must here warn my lay readers against the indiscriminate application of electricity to themselves. This is a powerful agent and must be judiciously applied. Violent shocks, the giving out of muscles, and exhaustion of nerves, due to a protracted sitting, are harmful effects of the ignorant application of the current. It is impossible to lay down a law as to the strength of current to be applied for the cure of a certain disease. The strength of the current must vary according to the strength and appearance of the particular patient, and the true electro-therapeutist will determine this point at a glance. But it is essential that this application should remain in skilled hands. Dr. Newman reports in *The Planet*, November, 1885, the case of a young man suffering from nervous exhaustion in consequence of bad habits, who was treated for a time with a galvanic current from eight to fourteen cells. He improved slowly a few weeks, then, for the sake of economy, procured a battery so that he could make the application himself. A few weeks later he suddenly became a violent lunatic. It was found that, instead of doing as advised, he applied the battery several times every day, prolonging each seance to a considerable length of time. Under proper treatment, and galvanism given at regular intervals, he improved steadily, and recovered fully in a few months. It is not uncommon for patients to injure themselves with a Faradic battery, for the popular idea, says Haynes, seems to be that "if a little electricity is good, more must be better." The practitioner who places any apparatus for supplying an electrical current in the hands of patients for self



treatment will do well to warn them of the consequences of disregarding advice. The success of electro-therapeutics depends mainly upon the attention given to details of treatment. Skill in its use can be acquired by any practitioner of ordinary intelligence. Slowly but surely it is gaining recognition as an important and even indispensable aid, both to the physician and surgeon, and the time has already arrived when an acquaintance with the principles of medical electricity is essential to those who endeavor to keep abreast with the advances that are constantly being made in every department of medical science.

In applying electricity therapeutically the state of the weather must always be taken into account. Many practitioners, otherwise competent, fail to accord to the state of the atmosphere its great importance. I have invariably found that while heat or cold have in themselves no bearing upon the efficacy of the operation, and while the current may be as advantageously applied in summer as in winter, yet it is impossible to perform an operation successfully in weather which is unsettled, stormy, or very windy. I deprecate, therefore, the promiscuous application of electricity at any time or season, having found that in unsettled weather the evenness and regularity of the current cannot be exactly determined or relied upon.

Two cases which have lately claimed a share of my personal attention are both progressing satisfactorily. They are of the chronic type, and are ordinarily avoided by the physician as representing very long and careful treatment with doubtful results. It is curious to note that to both of these cases the hot baths of Prairie du Chien, Wis., were recommended by physicians. Now it seems to me that as long as we physicians shirk our duty by recommending this, that or the other resort, when we have the cure of these pathological conditions in our own hands, just so long shall we admit that the public has some grounds for distrusting our ability to cure disease. By sending our patients from us to be cured we confess our own inability to cure them. I certainly believe that by a combination of electricity, certain material remedies and suggestion, we form a

method of comprehensive attack by which any disease, if it is possible to be relieved, can be cured or ameliorated.

One of these cases, Mrs. H., aged 45, first noticed a pain in the toes of both feet two years ago last March. There was a sawing, boring pain in the foot which was diagnosed as gout. Liniments were applied externally, and alkalies given internally. This treatment was continued for nearly a year, during which time the patient became rapidly worse. The left ankle was first affected, then the left knee; up the left side to the arm and hand, across the back to right shoulder, down the right arm, to the left knee and right ankle. Another physician diagnosed the case as articular rheumatism and directed his treatment largely to the settling of the stomach, finally advising a recourse to the hot baths of Prairie du Chien, Wis. The patient remained there for five weeks, taking twenty-six baths, with massage, and experiencing decided benefit, but as soon as she ceased taking the baths her pain and stiffness, with inflammation of the joints returned with, as it seemed to her, increased force. She began getting worse, taking meanwhile every remedy known or advertised for the cure of rheumatism, and when I was called to treat her on Nov. 1, she was in a precarious condition, and on the verge, it seemed to me, of paralysis. She could neither eat nor sleep, and the pain was incessant.

Two nights after the first operation a good sleep was induced, and she has not since been troubled with insomnia. The application of electricity has relieved and almost removed the pain from the parts affected, and has reduced and broken up the deposits at wrist and knee. Owing to the emaciation of the patient, results are slower than they would be in the case of one sufficiently robust to throw off the toxic matter in the system more speedily, but she is progressing favorably and will be reported cured in a little while. She has been out in the open air occasionally within the last two weeks and the general happiness and self-forgetfulness of this patient will contribute in no small degree, I am convinced, to hasten her recovery.

The other case, that of Miss G., aged 30, is even more aggravated. She has been confined to an invalid's chair for a year and a half, and the history of her case is as follows:

She is, or was, a school teacher, and three years ago an attack of nervous prostration left her with sciatic trouble. During the summer of '94 the pain appeared to her to settle in her feet, spreading to her arms and hands. The neck and head were subsequently involved, the pain being at times intensely acute, but generally dull. For opiates she was taking hypodermic injections of morphine, strychnine and atropine, using her own syringe for the purpose. She was then advised to take cabinet vapor baths to break up the ankylosis, and receiving no benefit therefrom, came east from Colorado to Prairie du Chien, Wis., where a treatment of Turkish baths, massage with olive oil and electricity, was entered upon. From this treatment the patient noticed a slight improvement in herself. In the fall of the year '95 she began taking homeopathic remedies, together with massage and electricity, and this was continued until she came to Chicago, last summer. In some ways she felt herself stronger, but the ankylosis had steadily gained ground and left her more helpless. Last August she began sulphur sponge baths and added a six week's course of hypnotic suggestion from a physician in Chicago. From this she declared that she reaped some benefit so far as her appetite and general health were concerned, but the ankylosis was, of course, not affected. Of a naturally sanguine temperament, her disposition, when she came to me, was altered by her long continued illness to one of despondency. However, the remarkable change in her condition after the few operations performed with the galvanic battery have given her such hope that she is inclined to believe the statement when I tell her positively that I will have her out of her chair and walking about by 1st of July. We have broken up deposits in wrists, knees and ankles, restored motion to neck, legs and arms, and it only remains to treat the lower portion of the spine to restore to her the power of locomotion. I have made these two accounts more general than detailed, but next month shall refer more par-

particularly to the special operations made for the restoration of muscular action, and the order in which they were made, giving also the special effect produced by each separate operation. In this way the student can grasp the principle of the scientific application of electricity to the treatment of disease.



## INQUIRY DEPARTMENT.

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It has been thought advisable to open an Inquiry Department in this magazine, in which the queries, opinions and experiences of our readers will be given attention. In all phases of subjectivity curious and interesting phenomena are continually occurring, and we are anxious that our readers should make a note of these things coming within their own range of observation while they are still fresh in their memories, and send the particulars to the editor of this magazine. He will also be glad to answer in this department any inquiries having reference to the phenomena of hypnotism.

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### PSYCHIC PHENOMENA.

Lecompton, Kan., March 12. 1897.

Editor Hypnotic Magazine:

Dear Sir:—I write for information. All through my life I have been the percipient of certain occult phenomena along the line of dreams and visions, and it is only a few days since I had an experience that was clearly proven correct twelve hours after it took place.

In 1892 I submitted my case to the Psychical Research Society for investigation, and opened a correspondence with Dr. Richard Hodgson—writing up a number of experiences that were pronounced very remarkable by him, and he informed me that as soon as a sufficient number of cases of like character were gathered up, the Society would proceed to discuss their nature and value from a scientific standpoint, and that I would be duly informed of the result.

Five years have gone by and no report yet, and I cannot wait longer, for I realize that I am rapidly approaching "the undiscovered country from whose bourne," etc., and if I am to have

the satisfaction of critical investigation I must look elsewhere for it.

The Society for Psychical Research is preeminently English—slow and plodding—will eventually get there in good shape; but I like the American, Yankee idea the better, want to realize and know for myself, not satisfied to think that my children's children alone will inherit and enjoy the fruits of patient investigation.

I write to ask you to direct me to the proper source for the publication and discussion of this class of phenomena.

P. M. Lewis.

(Would suggest that my correspondent forward particulars of his most interesting experiences to this magazine. We are always willing to lend an attentive ear, and discussion is good for truth. The work of the Physical Research Society, if slow, is painstaking, and altogether admirable. Caution is most necessary in judging the value of psychic experiences.

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#### HYPNOTISM VS. MESMERISM.

7 Rue Brunel, Paris.

Editor of the "Hypnotic Magazine:"

Dear Sir:—It was with somewhat mixed feelings I read your few remarks re my attack on Mr. Lovell, and even now I must confess to feelings of diffidence in replying to these comments. For I am too well aware of the strength of the fortress in which you locate yourself. But, nevertheless, the force of my own convictions, based upon many unusual opportunities for observation, compels me to venture a few words to you on your expressed regret at my holding views favorable to the action of another agency. Direct argument I do not wish, for the moment, to enter into with you. But I will endeavor to place before you a few propositions for consideration, which are as follows:

If we acknowledge the existence of a subtle force within the nervous system, and, let us say, generated by molecular or chemical change in the component parts of that system, is it un-

reasonable to entertain the supposition that, be the nature of that force what it may, and given another system or plane governed by an exactly similar force, there may be great possibility for induction and even transference of that force, under proper conditions, from one plane to another? More especially so, if we admit the extremely subtle nature of the force working in those planes.

And again, if a man can, under certain conditions, so govern his nervous force as to work wonders of creation in his own material organization, does that not tend to show the fallacy of trying to confine, by reasoning processes only, the action of so powerful, and yet so subtle, a force within the limits of one set of conditions? Must not that force be far too penetrating?

Secondly. I would ask if it is not admitted that the nervous system is of necessity of a highly susceptible nature to impressions of infinite variety?

That being so, it will not be unreasonable to consider that one might, by too rough treatment of so delicate a system, defeat one's own investigation and prevent any accurate records being shown, very much as we may render the reading on a finely adjusted astatic galvanometer erroneous. But if a nervous system is far and away more sensitive than any man-made instrument, how are we to study so delicate an apparatus correctly, if we, being possessors of a similar apparatus and force, offer too positive a front to so sensitive a surface?

Thirdly. Is it not possible at times, when investigating psychological phenomena, for us to consider a man more as an individual whole than as a being composed of many susceptible parts with distinct action, and capable of being influenced in its own particular way, and thus, from some resulting compound phenomena, may we not be misled? And can this not mislead one side as much as the other?

Fourthly. As I before stated, my opinions have been formed by actual experience. I do not think I am by nature calculated to overlook any very evident sources of errors. And on many occasions, in most unlooked for ways, the operation of another agency has been forced upon my notice. It would be utterly

useless to give details, and it would do no good if I did so. Each desires proof for himself. Therefore all I can say to those who hold opposite opinions is: Do not be too positive that all the secrets of nature have been mastered in any one direction. Do not look for error for error's sake. Be patient, even if you have to watch one subject for months, and when some seemingly trivial circumstance arises contrary to your opinions, just run after it and don't let it get away into the forest of one's own bias. Catch it, and store it up with other trivial contrarities, and in the end you will be surprised at the value of the total amount of this small game you have collected.

In conclusion, please do not think I have written with any dictatorial intention. Such is far from my thoughts. I have only tried to offer points for consideration when taking me to task for holding mesmerism distinct from modern hypnotism. Personally, I think the Bernheim and Nancy School oversteps the mark, and it seems to ignore a very important factor. For, while admitting the great susceptibility of the nervous system to suggestion, with all the consequences attendant upon accentuated sensitiveness, it appears quite unable to consider that subjects may, by means of the very phenomena it does admit, alone discover the real thoughts and attitude of the operator, and from the natural human propensity to play a part or to assert want of sympathy, reciprocally adjust themselves to surrounding conditions.

Yours very truly,

A. W. Laundry.

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#### FROM HYPNOSIS TO INSANITY.

Defiance, O., April 10.—Amos Keenan, of Hicksville, this county, a well-to-do farmer, suddenly passed from a harmless hypnotic state to a hopeless state of insanity at his home last night. Keenan is a believer in Spiritualism and for a year past has paid frequent visits to an Indian medium and hypnotist at Ft. Wayne, where he allowed himself to be placed under the in-



fluence of the medium in order that he might be better able to study the secrets of the art.

In these Keenan was always given to believe himself an Indian, and it was while impressed with this hallucination last night that his mind gave way and he became a raving maniac, imitating the habits of an Indian even to the war whoop. The case baffled the physicians of this city, and Keenan was taken to the asylum at Toledo for treatment. An attempt will be made to prosecute the hypnotist.

(This account, of course, may be quite incorrect, but assuming that the facts are as stated, there is little doubt that the proper method of cure to be pursued is hypnotic suggestion. It is unfortunate that Mr. Keenan is a believer in spiritualism, but it is certainly not too late to restore his temporarily dethroned reason. But will the authorities at the Toledo asylum follow the course here indicated?)

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#### GOOD WISHES.

Muncie, Ind., March 4, 1896.

Editor Hypnotic Magazine:

Dear Sir:—I received "Hyp. up to date" and all of the back numbers of the magazine excepting October issue, as stated. I feel that you are entering upon a work—sublimely educational—of far greater importance to humanity than you seem to realize, and that you are performing that duty with courage and candor; hence I am intensely interested in the success of the undertaking. I have loaned to friends all of the numbers received in the hope that they might subscribe for I believe in "pushing along" a good thing.

The powers of the human mind have been held in subjection, or, superstition and fear, for many centuries by the so-called religion of priest-craft and science of medicine, and it seems to me that the exercise of profound wisdom is necessary to prevent these same relegates from appropriating these unseen influences under the guise of science. Hence the importance of your posi-

tion in simplifying language, modifying opinions and just criticisms, that the intelligent readers may unfold the powers within their own breast for the freedom of the body from disease (a return to the natural order of things) and the consequent uplifting of humanity.

To wish you God-speed is unnecessary, for that belongs to every being—a birthright.

Yours, etc.,

Franklyn J. Morgan, M. D.

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#### OMNIOSOPHY.

Oklahoma City, O. T., Jan. 4, 1897.

Editor Hypnotic Magazine:

I noticed a note of reference to "The Law of Psychic Phenomena," by Thomson Jay Hudson, L.L. D., in a late number of Homeopathic News, in reading "A Strange Story," as related therein on hypnotism. I am an adept in occultism myself, and have been teaching, with more or less success, so much so that I think I shall devote the rest of my earth life to teaching the philosophy of it, or a few years of it at any rate. I am in the advance and right up among original "thinkers" in occultism, and am preparing to start out on a lecturing trip around the world. I claim the universe, with all its energies, vibrations, is Deity—God. The form is body; the vibration, energy, is spirit, and the law governing is soul; these three are one, eternal in nature, everywhere, and in occultism. But the simplest, equi-quadrilateral pyramid form, in series from the infinitely small to the greatest, is that form which constitutes the form or forms which, alive vibrates with rapidity sufficient to be manifest as spirit, mind or thought. Have elaborated a very beautiful theory or, as I am pleased to call it, Omniosophy, which I claim is the name above all others, for the coming religion, or ethics of religion which is to succeed the present religion and philosophy of life.

S. L. Momoney, M. D.