

Vol. II.

MAY, 1900

No. III

# HARRADEN'S HERALD OF HYPNOTISM AND HEALING

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A  
MAGAZINE  
FOR  
PRACTICAL  
HYPNOTISTS  
AND  
HEALERS


\$1.00 per year  
Largest Circulation  
10 Cents per copy

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Edited and published by

PROF. L. A. HARRADEN

JACKSON  
MICH.



## THE SPELL.

(Written for the HERALD.)

P. J. MAHON.

"There is no help," the doctors gravely said,  
"No skill of ours this fell disease can stay."  
And when the sick man heard, he drooped his head,  
And sadly turned away.

With trembling lips and pallor-smitten brow,  
He took his homeward path, begirt with gloom—  
Not star-eyed Hope herself could cheer him now  
That "science" voiced his doom.

"No cure—no hope!" he murmured as he went,  
"What woeful tidings this for babes and wife."  
And I—oh, God! ere yet its noon is spent—  
"Must close my day of life!"

Just then a velvet touch impressed his arm,  
And at his side stood forth a beauteous dame—  
"Come with me, friend," she said, "and fear no harm,  
"Hypnosis is my name."

And speaking thus her eyes shot forth a spell  
That calmed the sick one's soul—and lo! he seemed  
On zephyrs borne to some far fragrant dell,  
Wherein he slept and dreamed.

He dreamed how Truth in dazzling radiance crowned  
Came nigh and whispered him in accents clear,  
That health or healing never yet was found  
In codes of doubt and fear.

She bade him spurn the science that would chain  
Or drug his thought; and oft he heard her say,  
That ere he woke his sickness and his pain  
Like mists would pass away.

And so it proved—for as his trance was o'er,  
Hypnosis waved the man a bright farewell—  
And when his loved ones kissed him at the door,  
They knew him sound and well.



NEITHER defense nor argument is needed, with the average intelligence of this country, on the benefits of advertising to nearly every form of enterprise. It may be said without straining a point that our vast internal commerce, with all its myriad details, is chiefly fed and carried on by this means. In like manner the private citizen, for himself and family, relies upon it in seeking the necessities and conveniences of life, and for choice in such matters as dress, education, travel, amusements and many other needs of home or social existence. These various interests, in their turn, are sus-

tained and promoted by the patronage thus led to them. Hypnotism, for example, even from an austere scientific standpoint, owes very much of its development to the advertising that has encouraged the laity to make a study of it. As a public entertainer, the hypnotist should never neglect this method of securing an audience, and creating a wider interest in the phenomena he commands. It will pay him to make a special study, through

## DON'T FAIL TO SEE

That Wonderful Exhibition of

# HYPNOTISM!

AT THE

OPERA HOUSE,

Wednesday Evening, Jan. 4th,

BY

## Prof. J. E. LEIGHTON

The Most Famous and Fearless Hypnotist that ever  
Cast the Spell of

### WONDER-WORKING POWER!

THE MOTIVE FOR THRILLING SURPRISE!

THE OCCASION FOR BUTTON-BORSTING LAUGHTER!

TURN BY TURN RIDICULOUS, PATHETIC & FUNNY!

Tests that will hold you spell-bound! Performances that will make you laugh till you cry! More fun than a minstrel show and comic opera combined.

REMEMBER THE DATE AND PLACE!

POPULAR PRICES!

Doors Open at 7.00.

Performance at 8.00 o'clock.

## Herald of Hypnotism.

the past experience of others, of the most successful and economical means of reaching the public in the locality he designs to work.

A hypnotic exhibition is not difficult to advertise. Nearly everybody is more or less interested in the subject, and the very name of hypnotism has a fascination for most people. Ordinarily it is only necessary to let the public know,

that such an entertainment is about to be given, when a well-filled house may be expected, even without announcing the details of your program. So long as mankind delight in mystery and admire what is strange and wonderful, so long will a hypnotic exhibition prove attractive to the multitudes even by its title alone.

A hypnotic exhibition may mean either a family gathering consisting of a half-dozen persons all told, or it may indicate a three-hours' demonstration in a theater seating 3,000 people. The methods used to give publicity to these entertainments will necessarily vary with the locality, size of the hall, etc., but to make our suggestions benefit the greatest number, we shall suppose you wish to entertain five hundred people in a fair-sized hall or opera-house.

For an exhibition of this class we would advise you to employ three advertising mediums, namely, the hand-bill or dodger, the window hanger, and

**DON'T FAIL TO SEE**



**Prof. J. E. LEIGHTON**

— THE FAMOUS —

**HYPNOTIST**

At the **EMPIRE THEATER**,  
THREE HOURS of Fun, Wonder and Mystery.

**POPULAR PRICES.**

**April 10**

last, but not least, the columns of the daily or weekly press.

A specimen hand-bill is shown on another page. Any printer will furnish them to you, the usual price being \$1.00 per M. in 5,000 lots. These should be well distributed throughout the city, several boys being employed for the purpose. The services of such boys may be secured very cheaply, especially if you present them with a few complimentary tickets to the "show." They should be instructed to throw no bills around promiscuously in the yards, or on the verandas, but see that they are all carefully placed under the dwelling house doors, or, better still, direct them to ring the bell and hand the dodgers to the housekeeper. This bill-distributing should be done three or four days previous to the exhibition. It is also a good plan to station boys on the prominent street corners, in the afternoon of the day for the show, to hand the bills out to passers-by. Encourage the boys to be polite and pleasant in these duties, if you would attain the best results.

Window hangers are mainly of two kinds. One form may contain a large portrait of yourself, with a simple announcement of the place and date, in large plain

letters, as shown in specimen No. 2. Another effective hanger, but of a more elaborate kind, is the one designated as No. 3. This should contain a pithy but fairly complete account of what the entertainment will comprise, with a well-worded description of your ability or standing as a hypnotist. It should be illustrated with four or five engravings, with your portrait in the center of the sheet, the



## THE TRIUMPH OF HYPNOTISM AS THE Wonder Science of the Age.



In a Most Laughable and Startling Display by the  
RENOWNED HYPNOTIST,

# PROF. J. E. LEIGHTON

**DON'T FAIL TO**  
Humorous,  
Pathetic,  
Startling and  
Side-Splitting  
**ENTERTAINMENT.**

*Old and Young Delighted—Sensational and Dramatized Episodes—Comical and Blood-Curting—Wondrous Power of Suggestion—Sensational—Science as a Fox-Partner—Hearty Laughter for Everybody—Grand Transition from the Sublime to the Ridiculous and Vice Versa.*



**SEE HIM IN HIS**  
Intensely  
Interesting,  
Instructive &  
Inscrutable  
**EXHIBITION.**

*The Spell of Mystery—Sensational, most of the Will—The Riddle Power of Mind—All Faculties Intense—Power of the Senses—Sensations that Bore—Business that Bores—No Truce, No Rest, No Feeling—Many Amazing Phenomena of Mind and Body.*

**COME ONE! COME ALL!**

THIS UNIQUE, EXHILARATING AND HYSTERIC DISPLAY TAKES PLACE

**Tuesday Evening, Feb. 6, 1900.**



**APOLLO HALL.**

Come Early and Forget  
the Blues.

POPULAR PRICES.

ADMISSION, 25¢, 50¢, 75¢

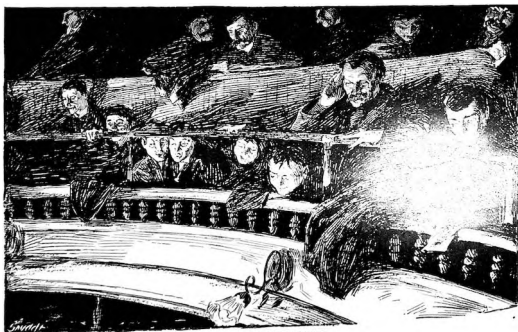
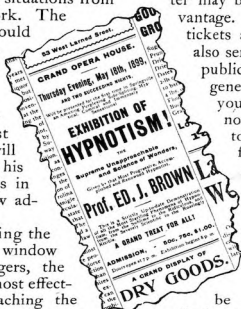
Performance begins at 8:00 o'clock.



other pictures being devoted to catchy or striking situations from hypnotic stage-work. The window hanger should be placed in prominent show-windows a week previous to the date of your entertainment. Almost any merchant will gladly give you his consent to do this in exchange for a few admission tickets.

Notwithstanding the great value of window hangers and dodgers, the newspaper is the most effective method of reaching the masses, and at the same time the least expensive. An an-

nouncement of any size or character may be inserted with advantage. "Comps," as free tickets are called, will here also serve to secure greater publicity. The editor is generally glad to give you a complimentary notice or two in order to obtain admission for himself and family. In addition to these notices it is customary to use, at the regular advertising rates, liberal space in the paper, which may be either filled with display advertising or reading notices. A display adver-

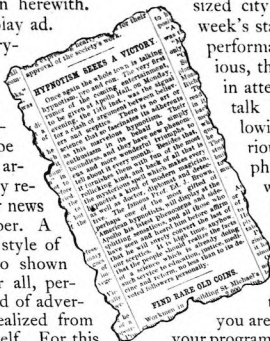


THE GALLERY GODS APPROVE.

tisement is usually arranged about nights in succession, or, if in a fair-sized city, you may play a week's stand. If your first performance is meritorious, the people who are in attendance will surely talk about it the following day. The various situations and phenomena shown will become the subject of animated comment or discussion. Thus the stay-at-homes of the first night, if you are skillful in varying your programs, will become your patrons of the next and the next.

Besides the display ad.

a reading notice, varying in length from ten lines to a full column, may be used to advantage. It should be so written and arranged as to closely resemble the regular news articles of the paper. A specimen of this style of advertising is also shown herewith. After all, perhaps the best kind of advertising will be realized from the exhibition itself. For this reason it should be given several



"SO important and beneficent is the healing art—so filled with great responsibilities—that it should be adopted as a profession," writes Dr. C. J. Douglas, "by those only who are willing to lay upon its altar all life's best endeavors. Time, talents, education, enthusiasm—all should be consecrated to the one-absorbing purpose. The true physician, particularly if he is to successfully practice psycho-therapeutics, should have as profound a conviction that he is especially called to his profession as any minister of God. He should take up his work as if anointed to holy office, for his calling is truly a sacred one. So clearly must this be his one great mission in life, that he can with reverent assurance declare,—'For this cause came I into the world.'"

# Some Very Surprising Cures By Hypnotism

## ONE WORKER'S SUCCESS AS A HEALER OF MENTAL AND BODILY DISORDERS.

*A Report of Deep Interest Specially Made for a Metropolitan Journal.*

THE varied and remarkable experiences of the average professional hypnotist, with the wonderful efficacy of hypnotism as a remedy for the disorders of mind and body, are fairly well shown in this narrative, which we clip from a metropolitan newspaper. As time brings him more experience, the writer will not only improve his methods, but will learn that he is wielding a curative agent of even larger scope than he claims. Meanwhile he is doing good work, and we give the account of it in his own language, as an incentive to others to make similar reports for this magazine. He writes:—

Strange though it may seem to the average mortal, there are but few individuals who have control of their own personality. The majority are swayed by external influences, by details which, until pointed out, seem insignificant. It is *The World's* desire that I should place before its reading public authentic cases demonstrating what hypnotism can do for peculiar mental and other conditions, and a history of some of the cases I have treated.

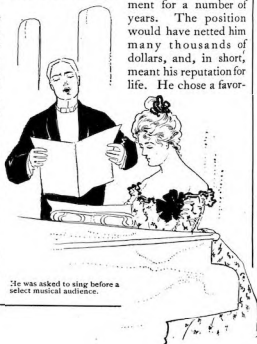
Hypnotism is real, it is true; it is not an imagination, but it is simply a transition from the normal mental condition into a condition where the mind is receptive, and where that mind accepts external influence as its own. It is an exaltation of will, but by this exaltation the mind is keener and better able to control itself and the physical being than in the normal state. In the large number of cases which have been placed into my hands for hypnotic and medical treatment, there

must necessarily be some unusual ones, but the ones I intend to mention are not due to mind deterioration, but are due to many circumstances which control our mental faculties.

There are certain peculiar conditions which cannot be reached with medicine, and the following is an example:—

Five years ago a gentleman of this city had developed a marvelous voice, and had a bright future before him as a professional singer. His register was a tenor of wide range. He was asked to sing before a select musical audience, pending a very fine engage-

ment for a number of years. The position would have netted him many thousands of dollars, and, in short, meant his reputation for life. He chose a favor-



He was asked to sing before a select musical audience.



ite song of his; and, when he had hardly started, his nervousness and trepidation were so great that, much to his audience's astonishment, he was unable to reach a note which was hardly any effort for him under ordinary circumstances. The peculiarity surrounding this was, that he was unable to phonate this



He would examine his meals with the microscope.

one particular note, although being able to go far below and above the same. He lost his engagement, became morose and despondent, and endeavored by many ways to establish and control this lost note again.

He would, in his own language, be all right until the note was almost reached, when suddenly the circumstances of his fright would be brought back to his memory, and he would be unable to phonate and execute it. When he came to me for assistance, he spoke of suicide, his great ambition and its sad termination. I hypnotized him, and brought the circumstances of his appearance before the musical audience before his mind. I told him that in future he would consider it a dream, that it had never happened; and furthermore, gave him to understand that he would be able to thoroughly control his voice again.

When I awoke him he did not remember the circumstances of his difficulty, and to-day he has a very lucrative position, is one of the finest tenors we have, and will appear in the opera this coming March. The difficulty in this case was the loss of co-ordination between certain vocal muscles, dependent, however, upon a nerve influence brought to bear upon them.

#### A MANIAC ON MICROBES.

Another strangely interesting case is that of a young medical student, whose family placed him under my care, and who was suffering from a peculiar hallucination. He was a frail, delicate lad of about twenty years of age, had studied medicine for about two years, had paid particular attention to the study which the microscope affords, and by his elaborate experiments became afflicted by the idea that microbes existed everywhere, and that even his food contained them. He would examine his meals with the microscope to detect any bacilli, and by these means lost his appetite, his weight, and was rapidly developing into a state of imbecility.

At his first visit to me he persisted in washing his hands every few moments, would dust off a chair before sitting down, and, on offering him a glass of water, he would carefully wipe off the glass, and take other minute precautions in connection with little incidents of his daily life. This one idea which had fastened itself upon his mind, was sapping daily his mental strength. I at once put him to bed, placed him upon a fattening process of my own, kept him there for four weeks and increased his weight about twenty pounds. This physical treatment, together with the use of hypnotism, restored his mental and physical balance.

The hypnotic treatment consisted in instilling into his mind how perverted his ideas on the subject were. His case can often be seen, in a lesser degree, however, in medical students of a nervous temperament. Reading the symptoms of a disease, they often become deeply impressed, so much so as to imagine that they themselves have all the symptoms they read of, and, naturally, the disease. This young man, however, made a splendid recovery, and to-day is a young practitioner with a future.

#### HYPNOTISM AND KLEPTOMANIA.

Another interesting case is that of a prominent society woman, who, though placed beyond all want, developed a decided propensity for appropriating, or rather misappro-

priating, other people's property. So pronounced was this kleptomaniacal desire that her appearance in various police courts became a matter of newspaper record. Her husband, a very fine gentleman of fifty years of age, came to me for assistance, after having tried all known means for reform. After obtaining the full particulars in the case, I placed her in a hypnotic trance and excited in her mind the idea of a prison, in connection with the idea of appropriating things. This being done when she was in the hypnotic condition, the idea remained fixed in her mind afterwards, when she was normal and awake. Always afterwards, when she wanted to secrete or carry away any object, the property of some one else, the idea of the punishment came strongly before her mental vision, and thus deterred her from a theft.

Kleptomania is first a perversion of the mind, and afterwards becomes a habit.

In my study of criminology I am led to the belief that many criminals could be reformed by inciting in their minds something horrible in association with the crime. I know through this lady, and other examples brought to my attention, that a mental perversion can be changed to a normal, healthy condition, and were you to bring me a man whose criminal tendencies came from an unequal balance between the mental faculties, say appropriateness largely developed, and conscientiousness little developed, I could by hypnotic suggestion increase that man's morality and diminish his selfish faculties, and thus by working on the mental faculties, have him control his stealing propensities. The future will place crime at the right door, that is, to deficient mental calibre. And it will become the duty of the State not to imprison its criminals, but to place them in a position where they can regain or develop those mental faculties which are below par, and which are necessary to make individuals law-abiding citizens.

Crime is, strictly speaking, a diseased condition, and it is in this way that hypnotism and criminology will play an important part in jurisprudence.

#### CURING A WOULD-BE SUICIDE.

Another instance which I have already successfully treated, was in the case of a man who, though entirely sound in mind, had a morbid desire to kill himself on account of certain occurrences. In this case the wife appealed to me in behalf of her husband. After



Developed a decided propensity for appropriating, or rather misappropriating, other people's property.

eight years of married life a child was born to them, an event which the father had anticipated with the greatest joy. When the idolized infant was a few months old it died under peculiar circumstances. The mother was sitting on the edge of the bed nursing it one night, when the husband and father stirred in his sleep, and flung his arm out restlessly. He was a strong man. His heavy hand hit the baby's head in a tender spot, and the infant died from the effects of the blow. The father felt that he could never forgive himself. The incident preyed on his mind, and he longed for release from his

trouble and self-reproach by means of suicide. He loved his wife, and not caring to leave her lonely, actually entertained the idea of killing her first, and then putting an end to himself.

I caused the man to pass into a hypnotic condition. Then I suggested to him that his child had died from scarlet fever, and that the idea he had of the cause of its death was



She was plunged into a lamentable state of melancholia.

and on the eve of marriage, and after all preparations were made for the wedding, the bridegroom failed to appear. His disaffection was naturally a source of much grief and mortification to the prospective bride. Time passed on and she married—married happily; still the old trouble weighed on her mind, and whenever she visited her father's home, where she had known and loved this faithless suitor, it all came back to her, and she was plunged into a lamentable state of melancholia, bordering on aberration of mind. I told this man that whether or not I could help his wife would depend upon her nervous temperament. Now, in this case, after the patient has passed into a hypnotic condition, I shall impress it upon her mind that she never knew a man who jilted her. I shall tell her emphatically that this man whom she thought so much of never meant to marry her; that that part of the affair was only her own imagining, and she must forget it. When you meet this man in future, I shall tell her, treat him as you would an ordinary acquaintance, because he really was never anything more to you. The rest was only a fancy on your part.

When the patient comes out of the hypnotic state, her mental attitude towards this individual will be according to my suggestion.

A strange perversion of the gustatory sense came under my observation and treatment some little time ago, and was that of a lady of independent means who had been a globe-trotter for a number of years. She developed a desire for taking her food in a very unpalatable manner. She would mix her coffee with her soup, her oysters with her ice-cream, or messing her entire meal into a soup dish, would eat the same with gusto. This case at first appeared to be one of incipient insanity, but I learned from her that in her travels she had partaken for a great length of time of many varied dishes.

She came to me, through request from friends, for relief. She was a difficult subject

erroneous. My words took effect, and when he came into his normal condition he remembered only that he had had a child, but was relieved of all morbid fancies in regard to his share in its death. His wife, and those brought into immediate contact with him, will be careful not to bring up anything that will cause his thoughts to revert to their old channel.

#### A LOVE-SICK PATIENT.

Another man consulted me about his wife, and to that man also I was of aid. His wife had been much in love with a former suitor,

to hypnotize, but when under hypnosis it was an easy matter for me to suggest to her that her eating of food should be of the more civilized order.

I have seen her since, and she can hardly realize how she could have eaten the way she did.

#### HYPNOTIC TREATMENT AND DISEASE.

Hypnotism is adaptable to diseases which have their origin in the mental and nervous system, as hysteria, neuralgia, insomnia, epilepsy, melancholia, nervous prostration, paralysis, as a remover of morbid ideas, and is especially adaptable in functional disorders, where by some loss of co-ordination the function is arrested or perverted.

To illustrate the public's knowledge of the subject, I herewith annex a letter sent to me, withholding the writer's name:—

"My Dear Sir: My wife's right limb stopped growing when she was fourteen years of age; her left limb is  $3\frac{1}{2}$  inches longer than her right. Can you make her right limb grow again? She uses crutches at present. Answer at once.

"Very respectfully,

"Wilmington, Del., Sept. 9, 1895."

This letter is a sample of the public's ignorance regarding the great subject of hypnotism.

Hypnotism will never make a limb grow that has wasted for years, nor will it cure cancer, for these are conditions strictly physical and organic. Hypnotism plays an important part in the cure of diseases which have their origin in the mental being, but many diseases being closely allied can likewise be helped.

To illustrate this I will mention the case of a lady who came under my treatment about six months ago, and whose case has been reported in various medical journals.

Six years ago the lady in question lived in Columbus, Ohio, and one dark night, while in bed, she felt the cold muzzle of a revolver pressed against her cheek by a burglar. She promptly fell into convulsions, and for two days remained unconscious. When she awoke she found to her horror that she had lost the power of speech through fright, and was



Messing her entire meal into a soup dish, would eat the same with gusto.

unable to utter a single sound, no less a whisper. For six years she sought relief in America and in Europe, and, the trip abroad failing to produce any results, the lady, who had become an omnivorous reader on the subject of hypnotism, came to me as a forlorn hope. I carefully examined her, and found a paralysis of the vocal cords, due to nervous shock. I placed her without difficulty under hypnosis, and after several visits to me I gave her imperative instructions that upon awakening the following morning she would be able to speak and have control



One dark night, while in bed, she felt the cold muzzle of a revolver pressed against her cheek by a burglar.

of her voice again. When she awoke she found, to her unbounded astonishment, that she had regained her voice, which has since grown stronger than it ever had been.

The probabilities are that this lady would never have had her speech restored were it not for hypnotism, and it only illustrates again one case out of many which simple medication would never have reached.

At this point the article in the *World* closes; but while some of the cures it narrates may be considered interesting, they by no means represent the highest powers or the widest range of hypnotic suggestion. Some of the healers who display Prof. Harrader's diploma are making cures at least equally wonderful every day in the year. It has also been realized that suggestion

will operate favorably far outside the line of nervous and functional disorders, and the healer need never fear but he can bring alleviation, if not always accomplish a total cure.

## EDUCATION OF THE HAND.

THE supremacy of the mind is rising higher each year. It is no longer the eye that sees, but the mind. The color is not in the rose, but in the mind. The hand is not something to be educated, but the mind. There cannot be freedom of action in the hand until there is freedom of thought in the mind. Freedom of action can only come through freedom of thought. Expression without something to express—an idea to represent—is a silly waste of time.

Hand movements, counting movements, and all those exercises aiming at the perfection of the line, are wrong if they have not behind them an idea—a mental image—to give them force.

A line is nothing; it has no expression in itself; it is dry and inanimate, without a single attribute that is not imparted to it by thought. Thought is the vitalizing force; the line is only the medium of the thought, the means by which the thought is made visible. All exercises that tend to put the mind in a passive state are wrong. We should not draw straight lines to learn how to draw straight lines; we should not draw curved lines to learn how to draw curved lines; but we should rather *draw* ideas that contain straight lines, that contain curved lines, and then work to perfect the idea. The hand will reach its highest skill in perfecting ideas.—D. R. Augsbury, in *Popular Educator*.

## DOROTHY DARE IN A HYPNOTIC TRANCE.



LEEPY, drowsy; d-r-o-w-s-y, s-l-e-e-p-y. The mystic words are still ringing in my ears, and at their fancied sounds there seems to again come over me a sweet, delicious languor, my eyelids become leaden and rest is upon me. For I am now a hypnotic subject, and have found an escape from the ills and aches of body and mind in this new Land of Oblivion.

## QUIETLY HYPNOTIZED.

His face was very close to mine. He told me of the wonders of hypnotism; of some of the cures that had been effected by this wonderful influence of mind over mind. As he talked I seemed to be wandering on and on in the dark—following blindly a voice that murmurs: “Sleepy, drowsy, drowsy, sleepy. Now your eyes are closing, and they’re closed, and they’re closed. They’re c-l-o-s—”

I found myself standing in the center of the room, gazing at a glass ball held in the doctor’s hands, and the doctor smiled triumphantly when he saw my look of astonishment. It was fully a minute before I realized the fact that the doctor had quietly hypnotized me while telling me of the wonders of hypnotism.

The doctor told me that he was going to put me to sleep again.

I was entirely free from nervousness now, and entered heartily into the spirit of the doctor’s experiment. When, at his command, I went to sleep, it was

with a delicious sense of freedom from all cares and pain that made me wish that I had long before known this subtle power.

My sensations on awakening were



those of one who awoke from a sound restful slumber, save that the sudden appearance of the group of interested men and the camera pointing towards me made me wonder each time my eyes opened what it was all about.

## HYPNOTIC VISIONS.

Again I slept. Again I awoke, and they told me that I had been fascinated with horror at the sight of an

imaginary snake, and had then shrieked with laughter at the suggestion of the hypnotist.

It may be so. I don't know. The camera bears out the statement, and I have had the rare experience of gazing upon counterfeit presentments of my features



wreathed in laughter and drawn with terror at dangers and joys that were alike imaginary.

#### THE LAST TEST.

"I am going to put you through the last test," said Dr. Simon.

He arranged two chairs about four feet apart and asked me to lie on them so that I would be supported by my head and heels alone.

I laughed at him.

"I am not an acrobat," I said.

"No?" he replied, with a laugh. "Maybe we can make one out of you."

Pressing his hands over my eyes

again, he murmured, "Sleep." And I slept.

I found myself leaning against his shoulder, the words "Awake! awake!" in my ears.

I rubbed my eyes and wondered at the strained feeling in the muscles of my neck and back, which, however, gradually disappeared.

"You are quite an acrobat," remarked the reporter.

I looked at him in amazement, then at the chairs, and since then I have looked at the photographs. They told me that I was in a perfect cataleptic state, and had been laid across the chairs like a log of wood. For my part, like all hypnotic subjects, I remember nothing.

"Are you convinced?" asked Dr. Simon as I left.

I said that I was, and added that the experiments instead of tiring me had seemed to calm my nerves. Beyond a slight feeling of languor which still remained, and a feeling of mental repose, and the remembrance of that "sleepy, drowsy, drowsy,

sleepy," there was nothing to remind me of what had taken place.

My experience taught me that hypnotism is a fact; that it has no bad effects; that it cannot be exercised against the will of the subject; that it is a wonderful anæsthetic; that it should be a great auxiliary to the practice of medicine.

There are many wonderful things in this world of which the great majority of people know nothing.



Vol. II. MAY, 1900. No. 3.

HARRADEN'S HERALD OF HYPNOTISM AND HEALING is issued bi-monthly from the office of Prof. L. A. Harraden, Jackson, Mich., who is its editor and publisher. It is in the interest, and will be the medium, of practical hypnotists and healers, and of all students and friends of these and their allied sciences.

ADVERTISING rates may be learned on application by letter.

SUBSCRIPTION one dollar per annum, payable in advance. Single number, 20 cents.

WE HAVE neither time nor space to notice publications except they have a mission within the scope of our title.

THE *British Medical Journal* calls attention to the evils of cigarette-smoking and the use of tobacco in general upon

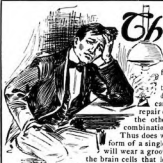
boys and young men, and declares that schoolboys should be taught that premature indulgence in tobacco, whether in the form of cigarettes or any other, "is likely to make them grow up into manikins rather than men." This idea ought to be impressed upon the mind of every boy and young man in the land, and it should also be made clear to older men that what is bad for a boy of twenty must be bad for a man of twenty-one, twenty-five, or a greater age. Meanwhile it may safely be urged on parents that an un-failing cure for the tobacco habit is hypnotic suggestion to its victim.



IT IS NO idle boast that the

HERALD is the only *practical* journal of its kind in America.

It is tied to no theory and bound to no cause save that of promoting the welfare of man.



## The Worry Complaint

Modern science has brought to light nothing more curiously interesting than the fact that worry will kill. More remarkable still, it has been able to determine, from recent discoveries, just how worry does kill.

It is believed by many scientists who have followed most carefully the growth of the science of brain diseases, that scores of the deaths set down to other causes are due to worry, and that alone. The theory is a simple one—so simple that anyone can readily understand it. Briefly put, it amounts to this: Worry injures beyond repair certain cells of the brain; and the brain being the nutritive center of the body, the other organs become gradually injured, and when some disease of these organs, or a combination of them, arises, death finally ensues.

Thus does worry kill. Insidiously, like many another disease, it creeps upon the brain in the form of a single, constant, never-lost idea; and, as the dropping of water over a period of years will wear a groove in a stone, so does worry gradually, imperceptibly, but no less surely, destroy the brain cells that lead all the rest—that are, so to speak, the commanding officers of mental power, health and motion.

Worry, to make the theory still stronger, is an irritant at certain points, which produces little harm if it comes at intervals or irregularly. Occasional worrying of the system the brain can cope with, but the iteration and reiteration of one idea of a disquieting sort, the cells of the brain are not proof against. It is as if the skull were laid bare, and the surface of the brain struck lightly with a hammer every few seconds, with mechanical precision, with never a sign of a let-up or the failure of a stroke.

Just in this way does the annoying idea, the maddening thought that will not be done away with, strike or fall upon certain nerve cells, never ceasing, and week by week diminishing the vitality of these delicate organisms that are so minute that they can only be seen under the microscope.



### **The Resurrection of Healing.**

It is an old truism: A really sound cause can never be crushed by abuse. Neither can it be downed by slander, contempt, derision. It will outlive the persecutions and enmities of those who sit in high places. It can survive even the long exile or obscurity imposed on it by either or all of these adverse conditions. Such has been the record of Christianity. Such has been the story of liberty in many noble lands—

"For freedom's battle once begun,  
Bequeath'd from bleeding sire to son,  
Though baffled oft, is ever won."

And it is with some such credentials as these that the science of magnetic healing has sprung up again in our day, only the better proving its merit and vitality by the trying ordeals through which it has passed.

We give a heartfelt greeting to this resurrected science of healing. It is most worthy of the eager laudits with

which the people have welcomed it. Over a century ago it wrought miracles of healing in European lands, and we do not marvel to hear of the countless cures it is effecting wherever practiced in this country. For we well know, personally, the certainty and the brilliancy of the magnetic system of healing. We have given to it years of study along with the other mysterious sciences to which it is akin. Nay, more; we have tested its wonderful efficacy by thousands of cures made in every form and stage of disease and bodily suffering. So mighty and so marvelous have we found it that we could wish for the sake of humanity there were a Mesmer at every cross-roads village of the land.

But we want to see true healers—not mere pompous and blundering pretenders. This science of magnetism is simple as A B C, but only to the person who has true sympathy for the affliction he

sees around him. It demands no deep study nor tedious preparation. Its very grandest results can be best attained by the humble, the compassionate, the kind-hearted. It is a glorious work, a sacred calling, but the men who charge big sums on the pretense of teaching it are merely reaping a harvest from ignorant enthusiasm. The editor of this magazine has published a free treatise on the subject—as shown by advertisement on another page—which is more practical, complete and authoritative than any other so-called "lesson course" in existence. Whoever wishes to be a magnetic healer, and to live by this noble calling, will do well to study this chance before wasting his money on any inferior teacher or system of teaching.



Roll up your sleeves and start in for that \$10 prize mentioned on another page. In helping others we help ourselves.



**A** FRENCH lady who recently died at Fontainebleau at the age of ninety years, left a clause in her will which very much disturbed her heirs. It read thus: "I leave to my physician, whose intelligent care and wise prescriptions have insured me such long life, the contents of the old oaken box which stands in my dressing-room, the key to which will be found under the hair mattress of my bed." When the box was opened, it was found to contain all the drugs, powders, and medicines of various sorts which the physician had prescribed for the lady during the last twenty years of her life, and which she had carefully preserved instead of taking.

UNDER the fit title, "Out of the Mail-Bag," the HERALD will henceforth print a

periments, successes with subjects or patients, special methods tried or new phe-

ers and students generally will do their part to make this feature an attractive one. We look for a bag-full of nice letters to appear in next issue.

## WOMEN ARE WELCOME.



SOMETIMES the question is asked whether a woman can become a hypnotist, and use the hypnotic spell, as effectively as those of the sterner sex. Undoubtedly she can. Sex is no barrier to the direction of natural forces that simply await our bidding. Muscular strength has got nothing to do with it, and mere severity of aspect is always a weaker weapon than feminine persuasiveness. If it were a question of will-power, why—we all remember the old couplet,

"When a woman will, she will, you may depend on't,  
And when she wont, she wont, and there's an end on't."

With regard to magnetic healing, although delicate and sensitive females, from their sympathetic and patient natures, have been very successful in the treatment of disease, no one should undertake to treat disease of a severe character unless they have abundance of health and vitality; and have also the determination, patience, and sympathy requisite to make them good healers. Ladies make excellent healers, just as they make the best nurses. The gift can be readily cultivated by them, and by practice put to good use.

most interesting department. This will include the letters or reports, as they are pleased to send them, of our own students who have entered the field as hypnotists or healers. Notes on first ex-

periences observed—even the stories of difficulty and discomfiture—all these will make helpful reading to aspirants, and likewise, by their publication, win credit to the writers. We hope our read-

HYPNOTIC suggestion, as yet, is stronger in its facts than in its theories. A good motto for those who use it is: Watch and wait.

DON'T forget to read the HERALD's department of "Answers to Correspondents." It's as good as getting news and money from home.

MARQUIS DE LAFAYETTE, as we know by his correspondence, learned from Mesmer himself the principles of magnetic healing. It might have fared better with the great Napoleon had he imitated his young countryman in this matter. According to a recent writer, the soldier-emperor owed his downfall to an attack of cramp in the stomach. When dictating an order to Vandamme, one of his principal generals, at a critical moment he suddenly stopped, uttered a sharp cry, doubled up like a pocket-knife, and was utterly unable to speak, think, or act. His inability to put in operation the plan which he had conceived, gave rise to a train of mishaps, the last of which was his utter discomfiture and defeat at Waterloo.

WE ARE getting back to first principles in many of the most important concerns of life. In the childhood of our race the patriarchs were the sole physicians, and there is good ground to believe that they filled the office well. After three thousand years of trial, medicine has certainly failed us, as even itself admits, and it is no wonder that heads of families are again becoming healers within the household domain—an ambition they can fully gratify by the study of hypnotism and magnetic healing.

### Hypnotism Afford.

Elsewhere in this issue we print reports of the doings of some hypnotists in eastern cities. They are culled from the daily news-

papers and therefore have all the merit of freshness. The most careless reader, if he only stops to think, will at least

gather from them that hypnotism is steadily growing in favor and intimacy with the concerns of life. Nor does the mysterious science disappoint them. The statement by Dr. Quackenbos of his reformatory and educational successes is a proof of its incomparable worth in developing the mental forces. The rehearsals of Mme. Zagali imply that it is also in eager demand for amusement purposes. Her experiments, it is true, do not promise a very refined class of exhibition, but laughter is as needful a tonic to the uncouth as to the fastidious. Anyhow the versatility of hypnotism is amply proven, and our students will do well to note how vast and profitable is the field still open to their ambition and enterprise. There is always room at the top.

## A Prize! A Prize!



OUR ambition is that readers of the HERALD shall take a genuine and active interest in the matters treated in its columns. This is but another way of saying that we hope they will absorb all the knowledge they can get, or that we can give them, which has a true practical value for the hypnotist and magnetic healer. Plenty of such knowledge will here constantly be found, bearing on the work of these operators either directly or indirectly, and helpful just in proportion as they are willing to profit by the research and experience of leaders in the same field.

But our students should also be willing to help each other. Knowledge is a treasure that will grow rather than diminish by the act of giving away. Some have better opportunities for increasing their stock than others. Many have a faculty of research or observation that is not enjoyed by all. To impart this knowledge generously means gain to the common cause and improvement to the individual. To do so in an interesting and graphic style, through the pages of a magazine so widely read as this, is surely

to bestow it where it will serve the greatest number and accomplish the highest good.

The HERALD wishes to promote and encourage such a mutual helpfulness. As a beginning it therefore offers, open to the competition of all who receive this issue, a prize of—

**\$10.00**

In gold, to be paid for the most readable and practical essay on "How to Give a Parlor Exhibition," meaning by this term such a demonstration of hypnotic phenomena as may be made for the instruction and amusement of a family circle, or group of personal friends. The HERALD fixes no limit of size, only stipulating that the article shall be for use and illustration in its columns as the editor may decide. Other articles than the winning one shall receive honorable mention according to their merit. All essays for the competition should be addressed to "HERALD OF HYPNOTISM AND HEALING," Jackson, Mich. The manuscript should be written only on one side of the paper, typewritten if possible, and it will be a feature of merit that it is correctly paged, punctuated and otherwise made ready for printing.

The HERALD wishes to say, finally and emphatically, that it does not regard this money as a market compensation for the winning article. It is given rather in the view of encouraging thought and study and the spirit of cordial helpfulness that should pervade the hypnotic fraternity.



masses. They are appealing to it as a powerful and kindly friend, not alone for mere pastime, but in the graver

He who makes quick use of the moment," says Lavater, is a genius of prudence.

# HARRADEN'S



# HURRYGRAPHS.

In the story of "The Fox and the Grapes" old Æsop should have added that the vintage is sometimes over before Reynard admits his mistake.

• • •

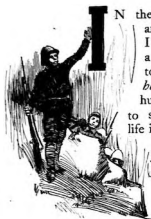
The old-fogy medical journals have still an occasional article on "The Decline of Hypnotism." How icy cold it must be in those "dim, sequestered shades" where even the daylight of truth can never enter. Despite all the croakers hypnotism is "marching on."

Springtide is again here with its bright sunshine and budding verdure. Like others, I feel the impulse to go forth and abide with nature, to peek after young wild-flowers, and listen to the music of birds and babbling streams. I am occasionally even tempted to regret the days when I was not so tied by office duties—but then comes the glorious reflection that my drudgery with this vast correspondence makes me a constant agency in the welfare, health and happiness of others. This makes me silent, strong, thankful.

• • •

I foresee that the day is not distant when the magnetic healer will be found in every village in the land. My correspondence shows me that large numbers are purchasing the hypnotic lessons solely with a view to get the accompanying free course in magnetic healing. I strongly advise such persons not to fail reading up on hypnotism for the side light which it sheds.

Degeneracy seems to be spreading among the average young men of the period. I know of some who are now engaged in polishing up their bicycles, or yearning for the base ball season, who will still be ten-dollar clerks when they have reached the meridian of life. Instead of learning to be useful in the world, they play the boy so long that they never reach a man's wages. My students of hypnotism and healing are not that kind. For them "Life is real; life is earnest."



**I**N these days of cruel and bloody warfare I often think what a blessed thing it is to be simply — a *healer*. To relieve human suffering and to save and prolong life is certainly more in harmony with the purpose of creation than the winning of a great battle. I seem justified in feeling more grateful for the healers I have instructed and sent forth than I could be as the commander of all the myrmidons in South Africa. If I had my own say on this fighting business — to quote from dear old Longfellow : —

"The warrior's name would be a name abhorred,  
And every nation that should lift again  
Its hand against a brother, on its forehead  
Should wear forevermore the curse of Cain."

The citizen who has elegant college degrees strung out after his name is not necessarily qualified to shine in *belles lettres*.

One of my students, a magnetic healer — and a young man who is bound to make it a success — has been discussing "confidence" with me as the quality most necessary to success in healing. Now I know that this is formally stated; that it is the orthodox way of look-

ing at things; but really, the older I grow, the more I seem to think that "sympathy" must be ranked as a close second. It is such a grand and noble quality, this true sympathy with the suffering of others! It really begets the confidence we require, because it stirs every fibre of our hearts to do the *best possible* that can be done for the afflicted one — and once having reached this point, we shall have confidence in ourselves and in the resources of our science,

and the very tread of our footsteps will beget confidence in the patient. Oh, yes, brothers; let us cultivate sympathy, and our work on behalf of others is sure to be crowned with victory, whether we seek to uplift them from beds of physical pain or from sloughs of mental misery. "A brother's sufferings claim a brother's pity."

I have realized that the most gifted and successful of magnetic healers are *not* those who make most noise

in the newspapers. Some of the latter, like doubtful securities, should only be taken at a heavy discount.

**Everyday** observation confirms in me a wish that there were more women healers. Aside from their magnetic potency, the quick intuitions and keen sympathy of womanhood would tend to make them just so many miracle-workers. It has been well sung, lady reader, "When pain and anguish wring the brow,  
A ministering angel thou."



**B**Y the way, it is most creditable to American literature that all our leading poets, without an exception, have been sternly opposed to the crime of war. Every reader knows how it was with the philosophical Emerson, the gentle Whittier, the picturesque Bryant, and, as I write, I recall the homely sarcasm of James Russell Lowell in the "Bigelow Papers":

"Ex fur war I call it murder,  
There you hev it plain an' flat;  
I do n't want to go no furdur  
Then my Testymnt fur that;  
Ef you take a sword an' dror it,  
An' go st'ck a feller through,  
Guv'ment aint to answer for it,  
God 'll send the bill to you."

## Herald of Hypnotism.



**Y**OU may chance in your reading—I very often do—to come across expressions of contempt for “stage hypnotism,” and for the “charlatan professors” who dare to entertain the public with hypnotic exhibitions. The writers of such balderdash only show their own ignorance, or big-

otry, or both. They are usually “sore-head” doctors who have been too indolent to master the facts of this wondrous science, or too hide-bound in their so-called “ethics” to employ its curative powers. They are therefore jealous of the laymen who have become pioneers in this noble field. Only for such stage exhibitions, and the profound interest in hypnotism they keep alive among the people the study of its phenomena would long since have been abandoned by qualified investigators. Nor is this the first science that has grown up sturdily on a basis of popular amusement. Both chemistry and electricity owe much to the demand for children’s toys. It is the glory of true science, rather than its discredit, that it can stoop to brighten the lives of the lowliest.

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If the government would only tax lying, what an income it might have from among my imitators.

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One of the grand army of my correspondents is shying at the practice of hypnotism because I have not instructed him in the *mystery* of it. He rather insists on knowing just what the power is that he emits in taking control of other minds. He is accustomed, he says, not to believe in anything that he cannot see, hear, touch, etc. Poor, foolish young man! He forgets

that he has long been dwelling amid unexplainable mysteries. He cannot, for instance, *see a pain*, nor touch, taste, smell nor hear one; yet I warrant if he is a child of Adam he knows of and believes in the fact of pain. None can tell him what electricity is, yet I doubt not he uses the telegraph and the trolley car without any scruples. It is the same with many other forces and operations of nature. We accept the plain results, and only can *strive* to fathom the causes. There is as much mystery in the growth and life of a blade of grass as there is in all the wonders of hypnotism.

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Among my legion of correspondents just one has had the gumption to ask me am I serious in naming “happiness” among the fruits of skill in hypnotism. I certainly am. If happiness means anything—earthly happiness—it is the possession and enjoyment of good health, competence, friends, social standing, and a pleasant and honorable occupation. These are the blessings all men yearn and toil for; these are positively attainable through hypnotism — it they who can thus win them are not made happy it is their own fault.

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**S**OME time ago I read a statement that every soldier costs about \$500—that being the actual outlay for his food, clothing, equipment, etc., from the day he joins the army to that on which he is rated as an effective fighting machine. Well, it only costs \$5.00 (the price of my instruction courses), with a little personal attention, to turn out a competent hypnotist and magnetic healer, and yet I may fairly claim that the latter is a more useful servant to humanity than the doughty warrior.



# Bound By Her Spell



## PECULIAR ANTICS OF YOUNG MEN HYPNOTIZED BY MME. ZAGALI.

A pleasant-faced gentleman has recently been taking many walks in upper Third avenue and holding long and mysterious conversations with youths of sixteen or eighteen, whom he met on his way. Those whom he has approached, says the *N. Y. Herald*, have usually been sturdy young fellows who seemed seedy enough to warrant the belief that they were either without work, or that their employment was far from remunerative.

He has questioned them about their parentage, their labors and their prospects, and then he has invited some of them to call at his flat, No. 168 East Ninety-fourth street, to talk over matters with his wife, Mme. Zagali. For some time young men have visited the pretty apartments, and in some instances have gone there again and again. Neighbors who have not been informed what was going on have probably thought from the sounds that Mme. Zagali and her interesting family were becoming insane, or that they were engaged in the pleasant pastime of hurling the furniture about the room.

### HUNTING FOR SUBJECTS.

The fact is that Mme. Zagali has been making a series of interesting experiments in hypnotism, and her husband has been hunting the highways and byways for available subjects. Mme. Zagali is a sweet-faced Canadian, with prematurely gray hair and an unaffected manner. Her hypnotic work up to the present has been mainly in hospitals, where she has placed patients about to undergo operations under her mysterious spell. She has never yet given a public exhibition.

Among the subjects who have been brought to her by her husband three have finally been selected as the best. Mme. Zagali showed what she is able to do with them the other evening before an audience composed solely of her family, a *Herald* artist and myself. All the bric-a-brac was removed and most of the furniture was taken as far as possible from harm's way before the boys were called into the parlor. The first to arrive was introduced as John Doran. He is a sturdily built fellow of eighteen, with a square face fairly shining after the violent friction he had given it to remove the traces of the coal that he had been shoveling all day

long. A black silk handkerchief was loosely knotted around his throat. He was until about a year ago an inmate of a Roman Catholic asylum, and Mme. Zagali says he is very religious, quite ignorant of the ways of the world, and says she has found him perfectly reliable. She had him under her influence nine times. He was closely followed by a lad of about his age, but far more slender in physique. Mme. Zagali addressed him as "Manny," and said he had been with her just as long as John. The third subject wore much better clothes than the other two, and appeared to be a youth of refinement.

### ONE WAS STUBBORN.

Instead of taking a seat at one end of the room by the other two, the last comer walked across to the sofa and sat there with downcast eyes.

"Edward," said Mme. Zagali, "go with the other boys."

Edward hung his head, as though he feared to meet the eyes of the hypnotist, and protested that he would not allow her to do anything with him. She coaxed him to be good, but he protested that he would do nothing that might get his name into a newspaper. He was finally led over to the chair prepared for him, still insisting that he would not be hypnotized that evening. Mme. Zagali began by rubbing John's forehead soothingly. She then asked him if he could open his eyes, and his answer was "No." She repeated the operation on Manny, with the same result, and then turned her attention to Edward, who was still disinclined to obey her, but who soon surrendered. It was his fourth experiment.

John and Manny stared blankly ahead, while Edward bit his under lip and looked stupidly fierce. They all had their eyes open, but the pupils were concealed under the lower lids. Mme. Zagali pulled their eyelids as far apart as possible, and, finding everything in proper condition, suddenly cried: "There are rats running all over you."

There was a crash. Edward, still biting his lip, had thrown himself on the floor and was violently squirming



mouth and he picked up his garments and prepared to put them on again. Edward resumed his seat after several commands had been given, while Manny stood stupidly where he had been searching for rats. Mme. Zagali passed her hand before him and then addressed John.

"Don't you see that that young lady is naked?" she said, indicating Manny.

"The horrid thing," cried John, going to the corner and hiding his face.

"Give her something to cover her body," urged the hypnotist.

John again took off his coat and waistcoat and backed slowly toward Manny. He was much relieved when informed that "she" had recovered her clothing.

"Now," remarked Mme. Zagali to me, "I shall make both of them believe they are ladies. Pay attention to the tones of their voices and to their actions."

John's transformation was remarkable. He was told that he was wearing a very elaborate and costly corsage, cut very low in the neck, and that he had a long train. His tones became dulcet, his step mincing, his attitudes grotesquely feminine. Presently he began to quarrel with Manny.

"You belong to the Bowery," he loftily exclaimed.

around and howling with the fury of a maniac. John was passing his hands quickly over his clothes and his face was a study of horror. He jerked the handkerchief from his neck, threw his coat on the floor, and followed it a moment later with his waistcoat.

Manny was trying to stop imaginary rats from climbing up his trouser legs, and tears were already brimming over his eyes.

#### RESTORED QUIET.

"The rats have all gone," was Mme. Zagali's announcement, and in a trice quiet was restored. Smiles wreathed John's

Each one started to scratch the other. They were separated, and John was started in another direction to exhibit his finery to the company. This seemed to please him vastly. When he next faced Manny, Mme. Zagali told him:

"That girl has stolen your powder rag. Complain about her to the policeman."

One of the party personated a policeman, heard poor effeminate John's story and then began to tease him for permission to call.

John proved very coy. He declared that he could not receive a visit in his rooms from a strange man. The acting policeman tried cajolery, but John was stubborn and persisted in his refusal.

#### MADE A THREAT.

"I shall have to take both of you girls to the station house unless you give me some money," said the policeman.

John protested in high falsetto tones that he had no money with him. Mme. Zagali suggested to him that he had a roll of bills in his stocking. John turned, enjoined the man not to look and daintily turned up the hem of his trousers and felt the top of his socks, producing what he seemed to consider a sum of money.

Mme. Zagali then led him toward me and informed him that I was a theatrical manager, and if he made a proper application I might give him an engagement on the stage. He approached with a most coquettish smile and declared that he was charmed to see me.

"Can you dance?" I inquired.

"Certainly," he replied.

"Show the gentlemen how you dance the *couchée-couchée*," was the hypnotist's direction. The big, clumsy graduate of a public institution, with the most graceful allurements he could command, walked to the middle of the floor, and, while two men did their best to whistle a suitable tune, twisted his body, shuffled his feet and moved his head and arms in crude imitation of the Oriental dance. He showed that he had caught the spirit of the thing, even if he could never hope to rival Little Egypt and







her professional couched-couchee sisters. He did not hesitate a moment when he was told to sit down at the piano to play a piece. The fact that he is absolutely ignorant of music did not scare him a bit. He began to pound with both hands, and really managed to produce a little jingle.

He rose with languid air and an affectation of girlish modesty.

"How strong you are!" exclaimed Mme. Zagali. "You are Corbett and here is Fitzsimmons," indicating Manny. "Now, go ahead and fight."

#### READY TO FIGHT.

There was no need of a second command in this direction. A few moments before they had wished to scratch and slap as women; now they closed their fists, squared their shoulders and began jumping about like pugilists. They really wanted to fight, and had not the hypnotist interfered they would have had a very lively bout. Manny was particularly proud of his muscular development when told that he was Sandow, and he wished that those present should feel of his thin arms, which he continued to hold in a cramped position even after he had resumed his seat.

The three chairs were brought well forward and the boys were informed that they were on the grand stand at Manhattan Field, and that a football game between

the Princeton and Yale teams was about to begin. They were anxious to make bets, and did so with scraps of paper representing five dollar bills. The din that soon began was awful. Edward, who had been sitting passively, chewing his upper lip, became furiously excited, and the others were not far behind in their noisy demonstrations of interest. There were choruses of "Rah! rah! rah!" yells of encouragement, shouts of triumph and a continual clapping of hands and stamping of feet. The neighbors showed commendable patience in not rushing in to object.

There was no way that the three youths could have made noise with their feet, hands and mouth that they did not employ. Edward was backing Princeton; the other two favored Yale. The announcement of a victory for yellow and black was received with violent protests, and Manny vehemently protested that his side had been cheated out of a well-deserved victory.

#### GAME OF BASEBALL.

The next thing in order was a baseball game between the New York and Pittsburg nines, and there was more betting, Manny and John backing the home club.

"Giants, nit!" cried Edward. "They're pigmies. See that ball go!"

And the shouts were renewed, and continued until the New Yorks had demolished the Pirates.

"There are the rats again—all over you," remarked Mme. Zagali.

The three chairs were overturned in a second. Edward, who had been sitting with his body nearly bent double, allowed his head to go forward and fell on his forehead, kicking his legs out as he reached the floor and sending his chair half way across the room. The three subjects were scrambling in a heap, when the rats were removed by a single word.



## Herald of Hypnotism.

JOHN SEES  
CINDERELLA

"I'll show you what I can do in the way of transferring tho'ts," whispered Madam Zagali in my ear. "I shall sit on the sofa and bring Edward to my side without uttering a word."

She went over to the sofa, and for a moment all was quiet. Then Edward got up from

his seat, hesitated and glanced around, and when he saw her made a dash toward her and very nearly overturned the sofa when he ran into it. Mme. Zagali, without saying anything, walked out to the hall, and presently he tore out after her with the same violence of manner, which threatened sudden and

complete destruction to anything that he encountered on his way.

"He's fierce," murmured one of Mme. Zagali's pretty daughters, but by the time Edward was led back to the room he was lamb-like in his gentleness. John was facing the sofa and his face beamed when he learned that he was in the theatre watching a charming burlesque. Edward was the Sleeping Beauty, or Cinderella, and John was intensely pleased. His expression was changed to one of pain when Mme. Zagali said:—

"You have a terrible toothache."

He hesitated to allow her to touch him, and when she insisted upon pulling his tooth his eyes rolled with terror. She made a motion as though she were carrying out her plan and he shrieked until soothed by the assertion that the pain had vanished.

"What have you been doing?" he was asked. "You are covered with molasses from head to foot."

RUNNED  
OFF  
MOLASSES

He removed the stuff by pantomime and thendanced about and turned his pockets inside

out because Mme. Zagali insisted that they were filled with red hot coppers. As soon as she mentioned that red pepper was flying about in the air he began to sneeze, and his eyes filled with tears. He started to sing an Irish song, but whenever the hypnotist lifted her finger he stopped without completing the sentence. Another motion from her made him start in again where he had left off when she had interrupted him. Manny sang in German dialect in the same way.

The next experiment with John was a very disagreeable one for him.

"You are in Sing Sing, under sentence of death," said Mme. Zagali. "I shall strap you to the electric chair, and when I count three I shall press a button and you will be dead."

She placed his knees close together and his hands by his side. His face twitched and he seemed to exert

SUFFERING  
FROM  
TOOTHACHEAT THE  
FOOT BALL  
GAME



every nerve and muscle to try to wrench his hands from the shackles that he felt upon them.

"One-two—three," said the experimenter. John's head sank on his breast, and he rolled to the floor. Mme. Zagali broke the spell, and he opened his eyes and resumed his seat.

"Do you like me?" she inquired.

"Yes," he replied, dreamily.

"What do I do to you?"

"You hypnotize me," he said.

Mme. Zagali told Manny and John to stand in the centre of the room and see if they could hold her, as she intended to sink through the floor. They grasped her firmly, and when she smilingly told them that she had disappeared they fell on their knees and scratched the carpet with their nails in the vain endeavor to get to her. She repeated the vanishing trick, going into

the air on the second occasion, and the boys climbed on chairs and groped wildly about to try to catch her.

### POST-HYPNOTIC TEST.

Before restoring John to his normal condition, Mme. Zagali said she would try to create a post-hypnotic impression on his mind, that is, make him remember something that she would tell him. She showed him a framed photograph of the fiancé of her eldest daughter, and assured him that it was her own picture, and that it represented her in a decollete waist, edged with violets. She convinced him of that and then twisted the picture to one side and made him believe it to be an elephant. John was finally positive that there were five pictures in one.

The other boys were then brought to and they were allowed to stand in the hall while Mme. Zagali's daughters danced and sang very prettily. John, Manny and Edward, none the worse for their evening's work, enjoyed a good supper and were sent to their homes.



### DECEITFUL WARMTH.

**A** PATIENT was arguing with his doctor on the necessity of taking a stimulant; he urged that he was weak, and needed it. Said he: "But, doctor, I must have some kind of a stimulant; I am cold, and it warms me."

"Precisely," came the doctor's crusty answer. "See here: this stick is cold," taking up a stick of wood from the box beside the hearth, and tossing it into the fire. "Now the stick is warm, but is it benefited?"

The sick man watched the wood first send out little puffs of smoke and then burst into a flame, and replied: "Of course not; it is burning itself."

"And so are you when you warm yourself with alcohol; You are literally burning up the delicate tissues of your stomach and brain."



# VENGALI



The claims that took rise in Du Maurier's vivid imagination have been more than realized by Dr. John Duncan Quackenbos.

Svengali was supposed to be a great musician, and by his hypnotic influence transferred the power to Trilby. Dr. Quackenbos, confessedly without musical knowledge or ability, declares that he has young women pupils under treatment whom he causes to play unknown and difficult music on the piano and violin with ease, and to sing in tones of which the subject never suspected herself possessed.

## IS TREATING SEVEN GIRLS.

Dr. Quackenbos has under hypnotic treatment seven young women, all for improvement in their music.

The doctor was seen at his home, No. 331 West Twenty-eighth Street, by an Evening Journal reporter. He doesn't look to be over forty years old, although his hair is getting gray, and he was a professor of literature

in Columbia University for about twenty years. He is writing a book on hypnotism.

"I believe," he said, "that personality has more to do with success in teaching than method.

"A young lady came to me recently and said she lacked confidence. She played the piano somewhat, but never could perform before any one. She is the daughter of a scientist.

"I told her I could give her confidence. More than that, although I am not a musician, I assured her I could give her facility in reading and execution. The young woman became my pupil. I have treated her half a dozen times. She has improved wonderfully.

## TO THE SUMMIT OF SOUL LIFE.

"Here is what I did: I hypnotized the girl, and then wooed her soul up to the summit of soul life and there inspired her with all that was high and noble. But she was no Trilby—no automaton. She knew what she was doing all the time, and performed under the spell with the confidence of genius."

Dr. Quackenbos said that the hypnotic treatment of the young woman lasted about an hour each time. "While she was under the spell I said: 'You have lost all the stiffness of your hands, your fingers are dextrous, you are in absolute control of the piano and able to display yourself musically without restraint. You have certainty of touch and brilliancy of execution.'"

## LATENT POWERS MADE ACTUAL.

"The girl," continued Dr. Quackenbos, "did not perform on the piano while hypnotized. She was able to do wonderful work after the spell was over, but while the influence still lingered with her, her latent powers were converted into actual powers. It is an actual fact that after my treatment the young woman was able to play new and unknown pieces of music with greater ease than old, familiar pieces."

"Is the influence lasting," asked the reporter.

"Yes; every time an act is performed it adds a brain habit, and is thus lasting."

Dr. Quackenbos said he was treating young women for voice culture in the same way. "One thing," he said, "I know I can do—I can treat a voice so that it will not be affected by changes in the weather." Dr. Quackenbos would not give the names of any of his pupils. He says he can cure the cigarette habit, drinking, dishonesty, kleptomania, delusions and untruthfulness in children. "I have cured persons," he said, "of nail biting, blushing, of hearing voices talking to them, and of imagining that they had red noses."

Only one case in his experience, the doctor said, he failed on. It was a woman, but he would not tell what was the matter with her.



Playing the Piano while under the Hypnotic Influence.



# Answers to Correspondents

*Under the title here given we have deemed well to allot space in this magazine to an Inquiry Department. We shall endeavor to answer in it all questions of general interest in relation to practical hypnotism or healing. We hope not to be troubled by irrelevant topics, or to be called on for information already contained in our Lesson Courses, but we shall cheerfully respond to learners where additional light seems necessary to them.*

**BOER, Racine, Wis.**—Mesmer was a German; born 1734, died 1815. You should read the Lessons, etc., with closer attention.

**STUDENT, Evanston, Ill.**—Do not despair. Dr. Braid, who gave Hypnotism its name, began as a skeptic trying to prove its phenomena fraudulent.

**DEARBORN ST., Chicago, Ill.**—Dr. Thomson say Hudson was engaged, a few months ago, in an editorial capacity at Cleveland, O. We do not know where he resides.

**AMATEUR, Los Angeles, Cal.**—Lesson XIX of the Illustrated Course shows the present status of what was called Mesmerism. It is also discussed in my book on "Hypnotic Exhibitions."

**HEALER, Elkhart, Ind.**—It is his own loss chiefly if he condemns your methods without condescending to examine them. M. D. often stands for Much Drugging rather than for Much Discernment.

**F. F., Wichita, Kans.**—It is an egregious blunder; Gassner was neither an "eminent divine" nor did he belong to the middle ages. He was an ordinary country priest, and a contemporary of Mesmer himself.

**LAURA H., Chicago, Ill.**—Glad to hear from you. The book on "Hypnotic Exhibitions" is a substitute for Prof. Harraden's former gift-book, "How to Give an Entertainment." It is much more commendable for the designated purpose.

**EXPOSITION, Battle Creek, Mich.**—Yes, you will find splendid opportunities for pursuing your hypnotic studies while sojourning in Paris. The science is there domiciled as a regular auxiliary to medical practice. The famous Dr. Berillon has succeeded Charcot as director of the Revue de l'Hypnotisme, the best periodical on earth devoted to this science—excepting, of course, our HERALD OF HYPNOTISM AND HEALING.

**R., Battle Creek, Mich.**—A mesmerist is always a hypnotist. The so-called magnetic sleep is hypnosis pure and simple.

**JAS. EVANS, Anderson, Ind.**—Alone or otherwise, the Professor's Lessons in Hypnotism cost \$5.00—cheapest on earth at that.

**WALTER X.**—Thought transference is an established fact. It is no less a demonstrated fact that thought kills, when improperly directed.

**FLOURNOY, Adrian, Mich.**—Read over Lesson I and II more attentively. They give full and plain instructions for the operator's personal benefit.

**FRIEND, Chicago, Ill.**—Thanks. We have ceased to worry about small-fry imitators. The students they impose on eventually come round this way.

**ENQUIRER, Detroit, Mich.**—Full instructions on advertising will be seen in the work itself. There is an article on the same subject in this issue of the HERALD.

**F. X. L., Clinton, Ia.**—The gradual method of counting is undoubtedly the best to use in waking a patient out of the hypnotic sleep. Abrupt or noisy awakening is only permissible with stage subjects whose healthfulness is known to you. Read over Lesson XI of the Illustrated Course.

**MAGNET, Racine, Wis.**—It is only charlatans and humbugs who claim that magnetism is a cure-all. There are many cases of disease where its best work is done in conjunction with medicine; many others in which medicine alone is helpful. In commenting on the weaknesses and deficiencies of medical science we by no means imply that it is a complete failure. As to the physicians themselves, nearly all are most worthy of the high mission of healing. The errors and ethics of the schools do not belittle the men.

**A. B. COLE, Butte, Mont.**—No such charge should be submitted to. We pay full postage on all mail matter leaving this office.

**F. M. LLOYD, Elgin, Ill.**—There is not one cent of cost beyond the \$5.00. The parcel will be brought free of charge to your door.

**NETTIE, Boulder, Colo.**—Write just as you feel in the matter. We may use the testimonial, but shall certainly not publish your full address.

**SHOWMAN, Fremont, O.**—Begin by making a demonstration before the home circle. Your diffidence will wear off after a couple of seances.

**LISETTE, Grand Rapids, Mich.**—It is an error to say that women are easier to hypnotize than men. Experience shows the contrary to be the case, and one authority ungallantly explains the fact by stating that "an unreasoning obstinacy is less the attribute of man than of woman."

**JAMES CURRY, Chicago, Ill., and OTHER INQUIRERS.**—Prof. Harraden no longer gives personal instruction to students. The enormous success of his correspondence teaching has made him a veritable "slave of the desk." But you will find his lesson courses as vivid and clear in tone as if he were actually addressing you. The numerous illustrations are also a powerful help.

**ANXIOUS, Kittanning, Pa.**—As the law stands, no person in any State in the Union can be rightly convicted for practicing hypnotic or magnetic healing, providing he confines himself to the use of suggestion alone, in the treatment of disease. You are only breaking the laws when you trespass in the fields of medicine and surgery and their recognized limits, for the regulation of which only said laws are passed. Neither the laws nor physicians have yet officially or publicly acknowledged and recognized Suggestion as a medicine, and therefore neither have right nor occasion to regulate its practice by whomsoever pleases to use it. If the healer will confine his practice to the treatment of the numerous functional disorders and habits, for which suggestion is a specific, and medicines are seldom useful, he will have his hands full, and need have no laws to fear nor can any spiteful physician make him trouble.

MARK T., Alliance, O.—According to Dunglison, "Insomnia is absence of sleep—which may exist alone and constitute a true disease, or may be connected with another affection. It is an unequivocal sign of suffering in some organ even when the patient experiences no pain." Either way, there is no remedy for it so potent or positive as suggestion in the hypnotic state.

TOMMY, Ithaca, N. Y.—Your question is one that now comes to us frequently. It must chiefly depend on your own disposition and tastes whether hypnotism or magnetic healing is the better calling to adopt. Whichever be your choice, it will benefit you to at least read THE OTHER course of lessons.

SOLITAIRE, Scranton, Pa.—There are certainly some books that treat of hypnotism as a science, but they are scarcely to be found except in great city libraries. They do not instruct in the ART, the practical application of the power, as it is done in my Lesson Course. You could make no use of them, and probably not even enjoy reading them.

F. MCC., Erie, Pa.—No; it is far from true that the medical fraternity, as a class, are opposed to Hypnotism in its healing capacity. Some of the grandest successes in this field are made by doctors conjointly with "regular" treatment, the number of such practitioners being steadily on the increase. A wise and progressive physician is open to any means by which good may be done with less dragging, or even without any at all.

## THE SECRET OF HEALTH.

Don't worry. Don't hurry.  
"Too swift arrives as tardy as too slow."

Simplify! simplify! simplify!

Don't overeat. Don't starve.  
"Let your moderation be known unto all men."

Court the fresh air day and night.  
"O, if you knew what was in the air!"

Sleep and rest abundantly. "Sleep is nature's benediction."

Be cheerful. "A light heart lives long."

Think only healthful thoughts.  
"As a man thinketh in his heart, so is he."

"Seek peace and pursue it."

"Work like a man, but don't be worked to death."

Avoid passion and excitement; a moment's anger may be fatal.



—Character is of more importance to the healer than is temperament.

—It is found that many minor ills will yield to suggestion in the waking state.

—Where there is acute pain the attention of the patient must be held in every possible way. Suggestion should be made rapidly and often sternly.

—He who professes the healing art is, first of all, a physician, and from that standpoint alone his duty is principally toward the sufferer who confides in him.

—The magnetism imparted by the healer to his patient will partake of the quality of the healer's thought. Harmony and wholeness should be its chief burden.

—If, coupled with his magnetic treatment, the magnetist gives the patient instruction in personal hygiene and dieting, his successes are likely to be more numerous.

—If hypnotism and magnetism could cure no other evil than sleeplessness—the dreaded insomnia—they would still be among the most precious of remedial agencies.

—The true healer will not permit his mind to dwell upon disease longer than may be absolutely necessary to diagnose the case before him. When this has been done he should fix his thought intently on an ideal of perfect health and harmony.

—It is our duty to relieve man and to keep him as well and happy as it is possible for him to be, and make him stay on earth as long as we can; that is what patients employ us for, what we are paid for. If we are conscientious, we must use all available means to this end.

—Doctors do not make good healers because they have spent the four years necessary to obtain their "degree," in persistent thought and concentration of mind, not upon health, and Nature's laws for its perpetuity, but upon disease germs, bacteria, inharmony of the human system, and other kindred subjects.

—In treating patients suffering from any degree of melancholia, the first thing to secure is a regular daily movement of the bowels. It is curious that the condition of constipation so influences the mental attitude that hopefulness and cheerfulness become impossible. Begin all these treatments by restoring functional activity.

—The question is often asked how long it will take to cure an ailment or disease. My answer is that it depends as much or more upon the subject than the operator. It is a question of how soon the subjects or patients will lay aside all fears and do all in their power to place themselves in a passive state, and yield to the suggestions of the operator.

—We cure patients of nervousness by impressing upon their minds the fact that nervousness is not a necessary part of their character; that they can, and will, do without it. That it is an artificial condition, and is now done with—put away—cast off like a garment. The cure is accomplished by making the patient understand that he or she is *not* nervous.

—One of the greatest advertising magnetists in this country gives his patients instructions to lie down several times a day, and when relaxed all over, rivet their attention upon any part of the body which is in trouble; claiming that by so doing the circulation flows freely to that part and heals it. "What is this," inquires Dr. H. A. Parkyn, "but a very sensible and potent suggestion?"

—"It is one thing to subject a patient," says Dr. G. C. Pitzer, "and quite another thing to give him successful suggestions. If it made no difference how this were done, then we might have short work with all our patients, and say something like this to each of them: 'Go to sleep. You are well from head to foot. Get up and go home.' No, this would not succeed; and if anyone thinks so let him try it. There is a proper way to do all these things. A good knowledge of human nature helps greatly to properly prepare each patient, while yet in a waking state, to receive suggestions with advantage; and we have learned that patience and perseverance are also continually required on the part of the operator."

## "SCIENTIFIC" FADS.

First they pumped him full of virus from some mediocre cow, lest the smallpox might assail him, and leave pitmarks on his brow; then one day a bull dog bit him—he was gunning down at Quogue—and they filled his veins in Paris with an extract of mad dog; then he caught the tuberculosis, so they took him to Berlin, and injected half a gallon of bacilli into him; well, his friends were all delighted at the quickness of the cure, till he caught the typhoid fever, and speedy death was sure; then the doctors with some sewage did inoculate a hen, and injected half its gastric juice into his abdomen; but as soon as he recovered, as of course he had to do, there came along a rattle-snake and bit his thumb in two. Once again his veins were opened to receive about a gill of some serpentine solution with the venom in it still; to prepare him for a voyage in an Asiatic sea, new blood was pumped into him from some leprous old Chinese; soon his appetite had vanished! and he could not eat at all, so the virus of dyspepsia was injected in the fall; but his blood was so diluted by the remedies he'd taken, that one day he laid down and died, and never did awaken; with the Brown-Sequard elixir, tho' they tried resuscitation, he never showed a symptom of reviving animation; yet his doctor still could save him (persistently maintains), if he only could inject a little life into his veins.—*Puck*.

## A WORD TO THE WISE.

It is plain from their studies and pursuits that the readers of the **HERALD** form a legion of thoughtful and progressive citizens. It will therefore not be in vain that we ask their correspondence and support for the advertisers who use our columns. These also are congenial and trustworthy friends—no others could secure our space—and may be fully relied on as to the merits of what they offer. The patronage you give them is a favor extended to friends, a profit procured to yourself, and—last, not least—a help to Harraden's **HERALD OF HYPNOTISM AND HEALING**. Yes, by all means let us pull together.



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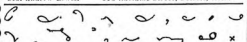
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