

PSYCHOLOGY, HYPNOTISM,
PERSONAL MAGNETISM

AND

CLAIRVOYANCE.

Illustrated.

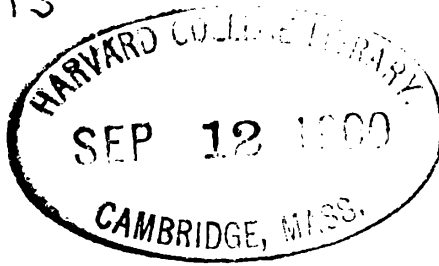
FOURTH EDITION.

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The Author

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PREFACE.

The prime object of this little volume is to set forth clearly and concisely the value of psychology, hypnotism, and clairvoyance as practically applied to education, morality, spirituality, medicine, surgery, business, and to the development and exercise of personal magnetism.

During many years devoted to research, study, and instructing, the author has controlled thousands of persons, and thereby demonstrated beyond reasonable doubt the vast amount of good results obtainable through properly directed mental force.

So numerous and urgent have become requests to witness actual demonstrations, that a series of monthly meetings have been instituted to gratify this growing demand. The first Tuesday evening in each month will be devoted to this purpose. Pupils and other interested parties may obtain a pass by applying at the office, 505 Massachusetts Ave., Boston, Mass.

Boston, Mass., June, 1900.

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PART I.
PSYCHOLOGY.

CHAPTER I.

SECTION I.

PSYCHOLOGY is a term under which is classified certain mental phenomena with which we are more familiar than with the higher phases which come under Hypnotism, Personal Magnetism, and Clairvoyance. Psychological phenomena form a link in the great magnetic chain.

“ All are but parts of one stupendous whole,
Whose body Nature is, and God the soul.”

Individuals are sometimes controlled entirely through the psychological law, or by what we term a *psychological impression*. The degree of susceptibility in individuals varies,—just as the degree of hardness in woods varies. Pine has a certain degree of hardness, ash has a greater, and an oak still greater. It is useless to attempt to explain why this is so, the fact remains. The degree of susceptibility may be classified in a general way by temperament, yet there are exceptions. The bilious temperament is the least susceptible, the sanguine temperament more susceptible, and the nervous temperament most susceptible to psychological impressions.

The bilious temperament is characterized by large, bony frame, dark hair and eyes, and olive complexion. Persons of this temperament require and accomplish a vast amount of physical labor, and are found among the mountains. In conversation they speak right to the point. Abraham Lincoln is a representative of the purely bilious temperament.

The sanguine temperament is distinguished by a round, plump form, large vital organs, full blooded. Persons of this temperament are mirthful, and like less physical exertion than those who come under the bilious. Grover Cleveland is an example of the sanguine temperament.

The nervous temperament is marked by a delicate organization, generally light eyes and hair, thin, fair skin. As a rule, persons of this temperament prefer and follow mental pursuits. Poe typifies this class.

Persons who feel electric sensations in the brain when any large nerve is pressed are easily influenced or psychologized. Those with projecting foreheads and large, watery eyes are readily influenced, and are good subjects upon whom to begin to demonstrate.

As we now understand the different degrees of susceptibility in a general way, we will proceed to the philosophy of psychology. Every one is controlled by the strongest impression made upon the mind for the time being. For example, a man passing through the woods steps upon a stick; it turns under his feet; instantly he recoils, controlled by the strong *impression* that he has trodden upon a snake. The stick produces the same psychological and physiological effect as a real snake. In other words, the stick made an impression upon the man's mind which controlled him for the time being. Suppose a friend is entertaining you, and a fire suddenly breaks out; your friend was influencing or controlling you inasmuch as he held your attention. Now the fire makes a greater and far stronger impression

upon you, and at once controls you. The strongest impression always controls ; a man will do as he thinks, or act along the line of his strongest convictions.

The only way a psychological impression can be received upon the mind is through the medium of one or more of the five physical senses. To illustrate : at a child's birth the mind is blank so far as external impressions are concerned. An object held before the eyes makes an impression upon the mind through the sense of sight. If we speak to the child, an impression is conveyed through the sense of hearing. By contact with a foreign body, an impression is made through the sense of touch. An odor is realized through the sense of smell. A liquid or solid food makes an impression upon the mind through the sense of taste. In short, every psychological impression received upon the mind must be conveyed through one or more of the five special senses. This is true so far as we have gone. In Part IV. we will learn how some persons are controlled through the sixth sense, independently of the other five. Now, if we are controlled by the strongest impression, and the five special senses are the only avenues through which an impression can be made upon the mind, it stands to reason that an impression sufficient to control one must be made through one or more of these channels. My object is to give the reader an idea of the art of lodging an impression upon the mind of an individual sufficient to control him (or her) physically, as will be seen by the following demonstration.

The secret is to be able to lodge *one* impression only, through as many of the five senses as possible at the same instant.

For an illustration: Let five men represent the five senses. Each man is capable of lifting one hundred pounds. They wish to lift a weight of five hundred pounds. If only one, two, or three lift at a time, they will certainly not create an impression strong enough to raise the weight. If all five lift one hundred pounds each at the same instant, they will accomplish their purpose. Just so, if we wish to produce a strong impression upon the mind, we should bring the one impression to bear upon the mind through as many channels as possible at the same instant.

The demonstrations cited throughout this book were recently produced while instructing private pupils. They are examples of what is being done along this line daily. The names of pupils and the persons whom they secured to influence will be withheld from publication. If any sincere investigator wishes their names and addresses, they will be given him (with the consent of pupils and parties influenced) on calling at the office, No. 505 Massachusetts Avenue, Boston, Mass.

During a lesson given to Mrs. M., the following demonstration was wrought upon a lady friend who accompanied her. The friend, Miss A., was the picture of health. She impressed one immediately as a lady of rare refinement and intelligence. She was one of those whose presence would be felt in any society.

In height she was a little above the average, and well proportioned ; well balanced in temperament,—a combination of the three ; possibly the bilious predominated. Self-possession and a fair amount of will power were very evident.

Mr. BARNES. "Are you somewhat interested in the subject of psychology, Miss A.?"

Miss A. "Well, yes. I have become more interested recently, through Mrs. M. relating some of her experiences to me."

Mr. B. "It does not seem possible that one person can control another, does it?"

Miss A. "No, it does not ; seeing is believing."

Mr. B. "Did you ever have any one try to influence you?"

Miss A. "No. Will it harm one in any way?"

Mr. B. "No,—not if one understands his business. A person under psychological influence is in his normal condition, he is wide-awake. He is in possession of all his faculties ; but for some reason he has a strong desire to carry out the expressed will of the operator. He is perfectly conscious of what he is doing. He can talk, laugh, and reason ; yet it gives him a feeling of pleasure to obey the operator."

Mrs. M. "Oh, no. It will not harm you. It is such a delightful feeling."

Mr. B. "If you have no objection, Miss A., I will show you something which will no doubt interest you. I assure you that I will not harm you in any way. Now, if you will grasp the palm of your left hand with the

thumb and fingers of the right, you will probably feel a sensation (resembling a light electric current) extending from the point of pressure up your arm to the brain."

Miss A. (*with an exclamation*). "I feel it down the other arm, too!"

Mr. B. "Now, Miss A., I am going to ask you to make pressure with your thumb and fingers, and I wish you to continue the pressure and at the same time close your eyes tightly, but continue the pressure and I think you will find your eyes fast."

Miss A. "O my! I can't open my eyes!" (*See cut No. 1 on opposite page.*)

Mr. B. "Release the pressure and your eyes will open."

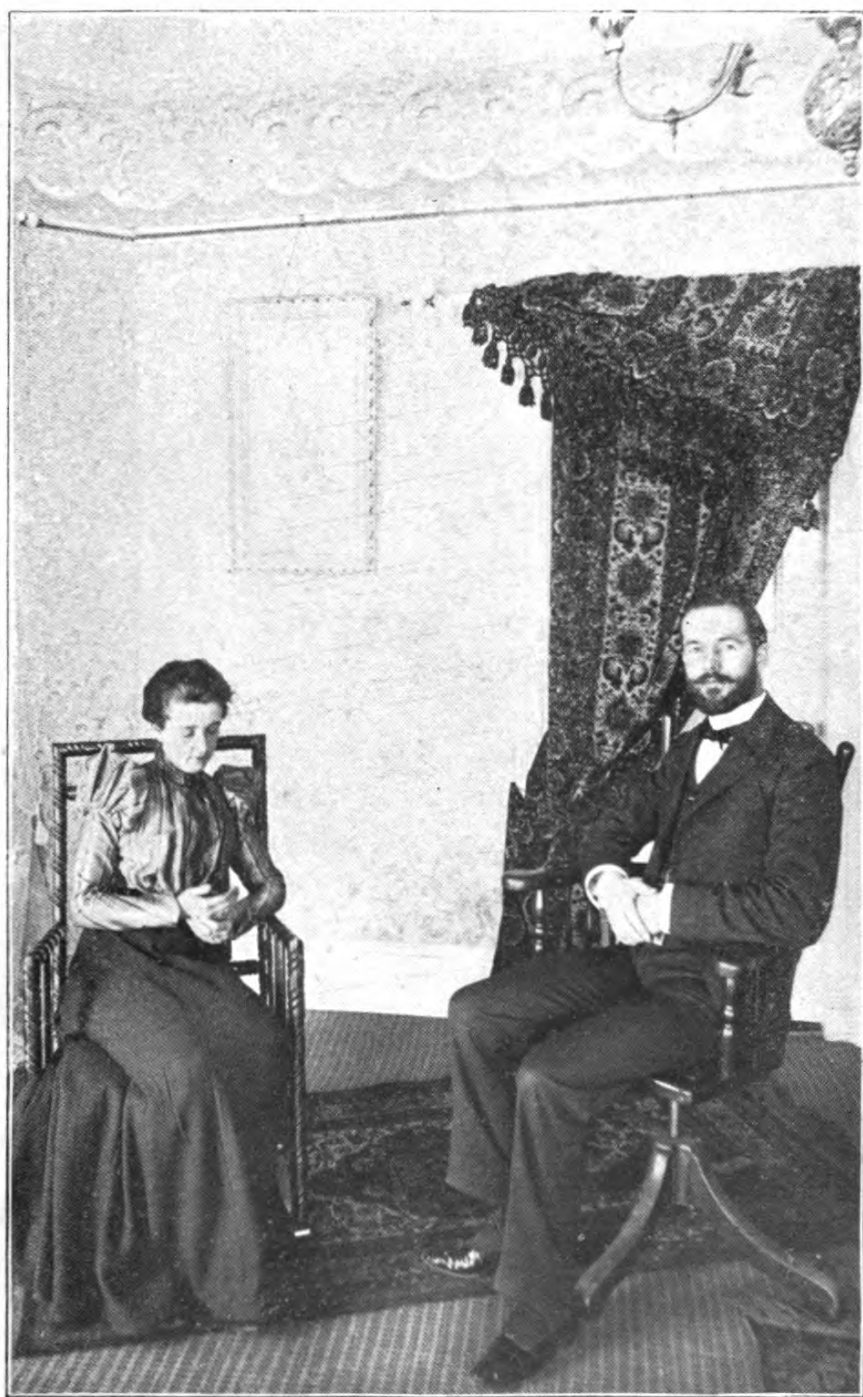
Miss A. "O dear! I thought I would never get them open again. How wonderful!"

Mrs. M. (*with a look of surprise and wonder, yet convulsed with laughter*). "It will not harm you,—ha! ha! ha!"

Miss A. "Why, who would believe that my eyes could be made fast? It is wonderful. How do you do it?"

Mr. B. "If you will close your eyes tightly again, I will influence you from where I sit, so that you will not be able to get them open. I will not touch you. Close them tightly, please. Now you will find them fast again, and you will not be able to open them until I tell you to do so."

Miss A. "I can't. I can't."



Eyes made fast by pressure. (No. 1.)

Mr. B. "Would you like to open them? Keep quiet for a moment, and I will release them. Do not be afraid, you will feel all the better for having experienced this psychological influence. Now, open them."

Miss A. "How strange, and I experienced such a delightful sensation. I would give anything if I had such a power."

Mrs. M. "You have the power but you have never been taught how to exercise it. I have recently been learning how to exercise my power, and I have already done what Mr. Barnes did with you, and much more. If you wish me I will influence you as he has done. Press the palm of your hands together and I will exercise an influence which will cause them to become fast. Can you get them apart now?"

Miss A. "Why, no, I cannot. Remove the influence, please."

Mrs. M. "Now you may separate them."

Miss A. "I did not believe you possessed this power. I have always heard that only a few possessed such power, and that a limited number of persons who were weak-minded could be influenced."

Mr. B. "This is the idea the public in general has of the Science. It is erroneous. Every one of intelligence possesses more or less power. All can be influenced to a greater or less degree. Of course, some are naturally better operators than others. Some are more readily influenced. Some are born rulers, and others born to be ruled. I have taught members of the faculties of medical and dental colleges in a body, and

some of them have been able to control each other alternately. This alone disproves the idea, too, that only the strong can influence the weak. It is a question, which one is able to exercise the most art. It is not the brute force, nor so much mental force, but it is a thorough knowledge of the laws of the mind and the art employed. The theory of painting is one thing, the execution is another ; so in controlling others, theory and execution must go hand in hand. I have been instructing new pupils, both ladies and gentlemen, every week in my life for many years, and I have yet to meet the first one who has not been able to produce any demonstration known to this Science. I will admit that some become more expert than others. This depends more upon intelligence and a little practice than any thing else. I have also influenced or psychologized about one-half of those whom I have instructed."

Miss A. "Did you influence them instantly, as you did me?"

Mr. B. "Yes, most of them."

Miss A. "Could you have influenced me,—you being here and I at my home?"

Mr. B. "Not by psychological power. To control one psychologically the operator must be close enough to reach the individual through one or more of his five senses. He must also know how to interest the one whom he wishes to influence, so that he will be able to lodge the controlling impression upon the mind. This is fully as important as to be able to send out the proper impression."

Miss A. "How would you proceed in order to interest one?"

Mr. B. "There are many ways. I would take the most practical one,—the method which would be the most appropriate for the occasion. In many cases the mind is in the very best condition to receive an impression the moment you meet an individual. Then again, it is necessary to engage the party whom you desire to control in conversation for one, two, or three minutes. You remember, in your case we talked several minutes."

Miss A. "Were you influencing me during our conversation?"

Mr. B. "No; I was simply noticing the different moods or conditions of your mind, besides being interested in your conversation."

Miss A. "How can you tell this?"

Mr. B. "From experience. This is my business,—it is my life study."

Miss A. "Would it be asking too much of you to tell me the best method of placing one's mind in the very best condition for the reception of impressions?"

Mr. B. "Well, as a rule, the best method is to ask the person whom you wish to influence a question relating to his hobby. If you are an appreciative listener, he will take pleasure in answering your question. Let him do the talking. However, if he mentions anything which meets your approval, tell him so at the proper time, being careful not to interrupt him. When he comes to the end of his story, his mind is in the very best condition to be influenced. You must not wait, but

be ready to lodge your impression the moment he is through. Sometimes one or two seconds make a great difference. The time to strike is when the iron is hot. So in lodging an impression. This can be learned through experience only."

Miss A. "Do you teach this to your pupils?"

Mr. B. "Yes."

Miss A. "If it can be learned from experience only, how can you instruct one?"

Mr. B. "After teaching the philosophy, and giving the pupil an idea of the art, I have him try to influence the person he brings with him to demonstrate upon. For example: he will try to exercise enough influence to cause the hands of the person to become fast, or to induce anæsthesia. If they do not become fast, or he is not able to induce anæsthesia, the fault is in the pupil,—not in the subject. I point out his defect at once, and tell him how to correct it. I show him also, by influencing the person myself. The pupil learns his weak and strong points by his failures and successes. I never allow a pupil to make the same mistake twice, if I can possibly avoid it. If I did, he would be more apt to continue the same errors."

Miss A. "Do you mean that you require your pupils to do all of their operating under you?"

Mr. B. "I request them to do so until they are well grounded. They generally see the necessity of it and are very willing to comply. Yet some are well enough along so they begin to practise this psychological influence on their friends after the second lesson. I

instructed a doctor recently, and he was able to control one of his boys completely and the other partially, after the first lesson. Another gentleman, local manager of an insurance company, was able to influence his sister, his two younger brothers, and several of his friends after his third lesson."

Miss A. "What! Do you teach business men this Science? I thought it was taught only to nurses, to soothe the sick, to doctors, for inducing sleep and anæsthesia, for painless surgical operations, and to teachers, for training and developing the minds of the young. What do business men want of it?"

Mr. B. "Well, you may be surprised when I tell you. Of course, you know that competition in business is very great. Business men realize that goods do not always sell themselves; it takes a good man to sell goods. They realize that a man's success depends as much or more upon his ability to influence those with whom he comes in contact than it does upon his intelligence or the quality of his goods. They see this demonstrated every day. So they have decided to increase their personal influence in business. In other words, to exercise as much influence as possible over those with whom they come in contact. They are aware of the fact that as long as they are in business they must deal with the human mind. It is to their interest to understand the nature of it thoroughly as soon as possible, and how to influence it. Consequently they study under one who is an experienced instructor in the Science and Art of controlling the mind."

Miss A. "Is it due to this psychological power that some men are more successful in their business or profession than others?"

Mr. B. "Yes; to quite an extent."

Miss A. "Well, a great many successful men have no knowledge of this Science. How do you account for their success?"

Mr. B. "They exercise this psychological power naturally and unknowingly."

Miss A. "Could they become more successful in business or in their profession if they have a correct and thorough knowledge of the workings of the mind?"

Mr. B. "Yes; at least those who have taken a course of instruction tell me so."

Mrs. M. "Well, I see it will soon be time for us to leave, and I am anxious to tell you the delightful sensation I experienced while under 'Mr. Barnes's influence, day before yesterday. I have recently read 'Ardath,' in which is related how Alwyn was influenced by Heliobas, a monk, and how his soul was made to leave the body and experience such delightful, bewildering sensations. Mr. Barnes put me asleep from his chair for three minutes. The delightful experience I can never forget. I only wish it had been three hours."

Miss A. "I should have thought you would have been afraid."

Mrs. M. "Afraid! Why, no! I like to come here. The influences are so good."

Miss A. "I thank you, Mr. Barnes, very much for answering all my questions. It is truly astonishing what can be done through this psychological power. Good-day."

Mrs. M. "Good-bye. Will return at the usual hour next week."

Mr. B. "Good-morning, ladies."

CHAPTER I. (*continued.*)

SECTION 2.

IN reviewing Section 1 of Chapter I., we notice it deals principally with the classification of the various degrees of susceptibility, the philosophy of psychology, and touches upon the art of lodging a psychological impression upon the mind. The art is the most important. It can be acquired only by practical experience together with competent instruction. Then there will be no possibility of any danger.

We learned that the degree of susceptibility is based upon temperament, the bilious the least susceptible, the sanguine more, and the nervous the most susceptible to influence. This means, that the requisite amount of influence to successfully control individuals varies with temperament. One's attitude, voice, facial expression, and gestures, to control a sensitive lady of the nervous temperament, must be more mild and less forcible than those used to control a strong, coarse man of the bilious temperament.

We learned, too, that one is controlled psychologically by the strongest impression upon the mind for the time being; and that the only way an impression can be made upon the mind is through one or more of the five special senses. Then to lodge as strong an impression as possible upon the mind, we should enthrall the

subject with one idea only, through as many avenues as possible at the same instant. To know this is one thing ; to do it, another, and requires skilful practice.

There is also a different relation of the five senses, depending upon development. The one having received the most development is the most important. One whose occupation requires much observation, as a rule, has the sense of sight highly developed. This is the most important sense to him. Another might have the sense of hearing more highly developed,—a musician, for example. A blind man will have a keen sense of feeling developed. A tea taster, and one who exercises the sense of smell most, will have these senses more highly developed. A knowledge of the relative importance of the senses is necessary in order to produce the very best results in controlling persons psychologically,—as will be seen by the following demonstrations upon a medical student :

Dr. L. “Mr. Barnes, shake hands with Mr. S., one of our senior students. He has seen no demonstrations along this line, and consequently does not know from experience that there is such a power as you teach. However, he is perfectly willing for us to influence him if we can. I took him by the hand yesterday, and I found that he responded to the test you gave me. If we can control him, we ought to be able to handle any of them, as he stands at the head of his class in everything, and is no weakling.”

Mr. S. “Don’t believe him ; I will be dead easy. I am anxious to see something of the kind and to find out

if I can be controlled. I possess some such power myself, as I have more or less influence with the boys. Yet I feel that I have been influenced myself to some extent, when I come to give it second thought."

Mr. B. "What is your weight, Mr. S.,—one hundred and sixty?"

Mr. S. "Yes,—two pounds more."

Mr. B. "Five feet, nine?"

Mr. S. "Exactly."

Mr. B. "You are a happy combination of the three temperaments. You should be in good health,—consequently very happy."

Mr. S. "I am. Never had a sick day in my life."

Mr. B. "Your looks indicate it. You are the picture of health. I dare say you have good concentration, and possess plenty of determination and will power which is quite essential to one's success nowadays. I wish to show the doctor the fixed position the eyes take when they are made fast by a psychological impression. Close your eyes tightly, please. Do not be afraid; I will not harm you. Now I wish you to open them if you can; but I think you will find them fast. The more you try, the tighter they will stick."

Mr. S. "You have got them. It seems as if they were glued."

Mr. B. "Doctor, I wish to call your attention to the position of the eyes. You will notice, when I raise the eyelid, that only the white of the eye will show. You see the pupils are turned up towards the upper corner of the nose. This is so in three subjects out of four.

Once in a while you will find a subject whose eyes roll down. Then, again, one whose eyes do not become fixed in any certain position at all."

Dr. L. "Can't you get your eyes open?"

Mr. S. "No, I cannot."

Mr. B. "You see, doctor, he is wide awake, in his normal condition, only his eyes will not open. Since the strongest impression controls, I will lodge a stronger one, that his eyes will open, and you will notice how quickly they will come open. Would you like to open your eyes?"

Mr. S. "Yes. I would certainly like to see what is going on here."

Mr. B. "You can open them."

Dr. L. "How did you feel?"

Mr. S. "The same as I always do only I could not open my eyes."

Mr. B. "Doctor, I would like to see you control Mr. S. so that he will be unable to get out of his chair."

Dr. L. "I haven't confidence in myself."

Mr. B. "You must have. At least you must indicate it to the subject. I am sure if I did not have confidence in a doctor or his medicine I would not take it. So it is with Mr. S., he will act upon the impression which he receives from you. If your impression is favorable he will find himself fast to his chair; if unfavorable he will be able to get up."

Dr. L. "Give me your attention for a moment. You will find yourself fast in that chair."

Mr. S. (*rising up out of his chair*). "I think not."

Dr. L. "What's wrong with the subject?"

Mr. B. "Nothing wrong with the subject—something wrong with you."

Dr. L. "My language and voice were all right, were they not?"

Mr. B. "Yes."

Dr. L. "What was the matter?"

Mr. B. "I will tell you, doctor. You see this gentleman has been an observer and a student all of his life. For this reason the sense of sight is the most important through which to reach his mind. He believes what he sees, and not always what he hears. To illustrate: some one might attempt to secure money from him for his own selfish purpose, by relating a sympathetic story, calculated to work upon his feelings. The story might be well gotten up, very reasonable, and well told as far as language and voice are concerned, and if Mr. S. was blind he no doubt would believe it. But having his eyes open, some gesture or facial expression tells him the man is lying to him. What would he naturally believe—what he hears or what he sees?"

Dr. L. "He believes what he sees, of course."

Mr. B. "Just so in your case. Your attitude and facial expression conveyed to him the opposite impression from your language and voice. So the impression through the sight controlled him."

Dr. L. "I see my mistake. I presume my case is like that of an old lady. She was told at church, if one had faith mountains could be removed by prayer. She concluded to try it on a little mound in her dooryard.

If it worked, she would then give the mountains a test. At night she prayed and prayed for its removal. Early the next morning she hurried to the window and exclaimed, 'Just as I expected, it is there yet.' "

Mr. B. "The impression which you made upon the subject's mind through his sight undid or counteracted the one you lodged through his hearing. Your failure to make him fast in his chair demonstrates that you are deficient in gesture and facial expression. I would advise you to practise before a mirror and see if your attitude and expression are always in harmony with your language or the idea you wish the subject to carry out. This is one point of difference between a man of much influence and one of little. It is more difficult for one to see his own faults than for an outsider,—one who makes a business looking for them. I know you will profit by the criticism."

Dr. L. "Well, I think I can fasten him to his chair now. You are fast now. You will find it impossible for you to get up. Can you?"

Mr. S. "I will admit you have got the start of me this time. I did not expect you were going to do that. In fact, I began to believe you could not do it. Your influence feels as strong as Mr. Barnes.' "

Dr. L. "Now you can get up."

Mr. S. "But I can't."

Dr. L. "Jump up!"

Mr. S. "Release me; then I will."

Dr. L. "What is wrong with me now, Mr. Barnes? I don't seem to be able to release him."

Mr. B. "Your second impression does not counteract the first."

Dr. L. "I spoke to him in a more positive tone."

Mr. B. "I will admit that. You spoke to him while he was in an entirely different condition. The time you lodged the impression which made him fast, his mind was in a more receptive condition. He was not really expecting it. His mind was more receptive because he was intensely interested in our conversation. At the time of your last impression, his mind was more active. It was wrought up to a certain extent, inasmuch as he was trying to free himself from the chair. His combativeness was aroused. If you will interest him in conversation for a few moments then you will be able to release him with less than half the effort you made."

Dr. L. "Mr. S., couldn't you get up when I told you?"

Mr. S. "No."

Dr. L. "Now you can."

Mr. B. "You see how easy, if you only know how."

Dr. L. "Well, well, well. Never get too old to learn. I wouldn't take a great deal for what I have learned here to-day."

Mr. S. "I don't understand how it is that you can influence any special muscle or system of muscles. The muscles which you controlled in causing the eyes to become fast are a different set from those which you paralyzed in making me fast."

Mr. B. "We have a natural body, which we might term a physical body. The natural body is a material

organization, having for its center the brain ; the body or that which we see is the circumference. The psychological (or spiritual) has for its center the mind, the extremities of which might be termed the soul. In the natural body is the nerve force (or nerves) which underlie all physical activity. In the psychological body is the thought force (or spirit) which underlies all mental activity. The nerve force is the positive controlling force of the body, so the thought force is the positive controlling force of the soul. For one to control any muscle or system of muscles, the thought and nerve forces must be in harmony more or less. We influenced the thought force,—your thought controlled the muscles,—consequently the result was produced. All mental and physical activity is the result of thought. Thought must precede the raising of the hand or putting forth a foot."

Mr. S. "It is strange to me ; I don't seem to understand it."

Mr. B. "There is a time in every one's life when he understands nothing. We have to live and learn. We are not expected to know anything until it has been demonstrated to us conclusively. It requires time to do this. If you were here every day for a week and could see all kinds of demonstrations produced upon parties whom my pupils bring, you would not understand them unless I should explain them to you in detail. If you will come some other time with the doctor, I will show you how to induce anæsthesia."

Mr. S. "Can you do that with me?"

Mr. B. "Yes."

Mr. S. "How long would it take you?"

Mr. B. "About five seconds."

Mr. S. "So that you could perform a surgical operation?"

Mr. B. "Yes."

CHAPTER II.

SECTION 3.

In Chapter I. we learned how different persons were controlled physically through psychological influence. It was shown how any muscle or system of muscles could be contracted, relaxed, or paralyzed at the will of the operator. The value of the practical application of this fact is very evident to the progressive physician, or to other intelligent readers. Sometimes, by reason of either prenatal causes, disease, or accident, there are dormant conditions of certain nerves, muscles, or cells. If these can be set in action by psychological power, relief and cures can be brought about. The demonstrations mentioned in the following chapters will give the readers some idea of the practical uses to which this Science may be put.

Dr. L. "Mr. Barnes, I have brought a brother physician with me this time,—Doctor C, who is much interested along this line, and who is perfectly willing for us to influence him."

Mr. B. "Have you ever been influenced, doctor, to your knowledge?"

Dr. C. "Never."

Mr. B. "Have you seen persons influenced?"

Dr. C. "I have seen a number of minor surgical operations while patients were under some such influence, and several major operations."

Dr. L. "Suppose you allow Mr. Barnes to demonstrate upon you how anæsthesia can be induced without any anæsthetic outside of psychological influence."

Dr. C. "I am willing. What are you going to do, — put me to sleep?"

Mr. B. "No. If I anæsthetize you at all, I will do it while you are wide awake."

Dr. C. "In those cases which I have witnessed, they produced hypnosis first."

Dr. L. "It is not always necessary. I used to think it was absolutely so."

Mr. B. "Many really believe that sleep must precede anæsthesia. This is not so. Anæsthesia can be induced in nine subjects out of ten without first inducing sleep, or unconsciousness. There are only a few whom it is necessary to hypnotize in order to induce complete anæsthesia. I would advise a physician never to hypnotize a patient unless it is absolutely necessary. I would recommend him to influence patients unknown to them. This is best for two reasons: first, if the patient is not conscious of the fact that you are influencing him, he will not harm himself in any way, by anticipating the imaginary danger which might befall him; second, if the physician employs this psychological influence unknown to the general public, he will be able to do more good in relieving suffering humanity, and will not be criticized by the unenlightened public, or by some of his brother(?) physicians who are always on the alert to build themselves up by tearing someone else down. Such physicians would benefit their patients far more if

they would devote time spent in running others down to intellectual study — thus making themselves more proficient in the Science and Art of curing the sick. In fact, if all men were optimists, there would be a radical revolution in the mental, moral, and physical world."

Dr. L. "Do you think physicians and dentists are very susceptible to psychological influence? It seems that they would be hard subjects."

Mr. B. "They make the very best subjects, because they possess concentration and will power. These two things are characteristic of good subjects. They have practised concentration and the development of will power, constantly, from the time they began to study. Their desire to acquire knowledge compelled them to concentrate. Their ambition to be 'above the average,' developed will power. Then again it has become second nature to the most of them to be influenced psychologically, from being under this influence so constantly while students. I have a number of other reasons, based upon practical experience, for believing that they succumb readily to such influence. I have instructed and also controlled dentists and physicians in many of the cities of the United States. They make powerful operators, too, on account of their education and practical experience with the public. The educated, as a rule, are better subjects and better operators.

"Now, doctor, if you are willing, I will anæsthetize your arm so you will not be able to experience any feeling whatever. You can feel now,— can't you?"

Dr. C. "Yes, very decidedly. I feel that needle."

Mr. B. "Now, you can feel nothing whatever — can you? If you do feel, tell me so."

Dr. C. "I feel nothing. You are not pricking me with that needle, are you?"

Dr. L. "If you do not believe it, look, see for yourself. Mr. Barnes has run a ladies' hat pin through the flesh of your forearm. Can't you feel it at all?"

Mr. B. "Doctor, you can pull it out; then you will be sure it was through the flesh."

Dr. C. (*with an exclamation as he proceeds to draw out the long hat pin*). "Is it possible? Or am I under a delusion? No blood follows, either."

Dr. L. "How do you account for that, Mr. Barnes?"

Mr. B. "That is a mystery to which I have given much thought and study. It has never been explained yet. I am not quite ready to make my theory known to the world upon this point. In three subjects out of four, when needles are run through the flesh, no blood follows."

Dr. C. "The mystery to me is, why I did not feel the needle. This practical demonstration interests me more than the cause of the blood not flowing."

Dr. L. "I think so, too, doctor. To be able to induce complete anæsthesia so as to perform operations of different kinds, without unconsciousness or any bad after effects which generally follow chloroform or ether, is a very valuable fact. I have surprised myself in influencing some of my patients. Already, I have really accomplished more than I ever dreamed of."

Mr. B. "Speaking of mystery — what we have witnessed and experienced here this afternoon is not a drop in the bucket to what there is in the occult realm. In learning this Science one should begin at the bottom and advance step by step, as we do in other things. We find a place to begin in the occult world, but no place to leave off. The deeper we go, the more mystery."

CHAPTER II. (*Continued.*)

SECTION 4.

Mr. B. "Doctor, I wish to show you a very interesting demonstration which seems contrary to natural laws. The dilatation and contraction of the pupils of the eyes are supposed to be governed by the amount of light which enters. This gentleman, Mr. S., is a strong, robust young man. He has never been influenced but once before."

Dr. E. "When did you first meet him?"

Mr. B. "Several days ago."

Dr. E. "I have heard of the pupils dilating. Is it really so?"

Mr. B. "Yes; you can see for yourself. Mr. S., are your eyes strong?"

Mr. S. "Yes; I am strong in every way, to my knowledge."

Mr. B. "You see everything plainly now, do you not?"

Mr. S. "Yes."

Mr. B. "Doctor, I wish you to observe the size of the pupils of his eyes, before I induce psychical amaurosis. In less than ten seconds he will lose the sense of sight. He will not be able to see a thing; everything will be in total darkness to him. Now, doctor, notice the pupils!"

Dr. E. "Who would have believed it? The pupils have dilated to twice the normal size."

Mr. B. "Take some pointed instrument, jab as if you were going to run it into his eye, and you will see that sight is entirely gone. He will not wink."

Dr. E. "I will use my knife. If you see anything at all let us know. Do you see the blade of my knife coming toward your eye?"

Mr. S. "No ; I see nothing."

Dr. E. "How do you feel?"

Mr. S. "I feel the same, only everything is dark."

Dr. E. "That is the most remarkable thing I have ever seen. It demonstrates that something else besides light controls the pupils."

Mr. B. "I claim that the mind has more or less control over every organ and cell of the entire body. It is upon this theory that I contend that some cases of psychical amaurosis can be cured as well as deafness and other troubles of the special senses, which are caused by clogging or inactivity. We know that there are latent sensibilities of the sensory nerves which are susceptible to development through exercise. What we want, then, is knowledge as to how these latent sensibilities can be developed most rapidly and most successfully.

"Now, let us see what this Science will do. I speak as one who accepts the known results of recognized psychological experiments, and seeks only to learn how similar experiments may be utilized successfully in the work of assisting in the development of the latent sensi-

bilities of the slumbering nerves. Every one will acknowledge that infinitely greater results follow where the method of exercising any stunted muscle or nerve of the system is natural rather than artificial. If you can exercise the nerve or muscle yourself, much more is to be hoped for than if the exercise was forced to be conveyed in an exterior and artificial way. If one can send a communication over a sleeping nerve from the source from which the communication should by nature's laws emanate, it thereby gives the nerve a bit of exercise that will tingle it into activity and usefulness with much more rapidity and with much better permanent results than would be the case by forcing it into exercise by the use of artificial means from without.

“Now, will this Science do this? Let us see. The operator has more or less control of the mind of the subject. We are forced to operate now in exercising the paralyzed nerve while the brain is busy with all the other senses. We will illustrate this with the deaf mute. The nerves of vision are busy ticking off their messages as to what the eyes see, and the brain is replying what to do about it and what to look at next; the sense of touch is engaged in the same way; the smell, the taste, are sending their little paragraphs of news, and that wondrously busy brain up there near the cranium must record all the messages it receives and go on sending its replies.

“The nerves of hearing cause the operator, as soon as he places the patient in the psychological state, to do,—what? Why, he proceeds at once to give orders

to the nerves of taste and touch and sight and smell to go on a vacation. 'Take a rest, I shall need you again,' he says to these nerves; 'when I do I will call you.' And then, why, you see it all, of course. The entire energy of the brain let off from its occupation with the other senses is put to work to bring this nerve of audience a command that shall wake it from its lethargy.

· " 'Wake up, you lazy rascal,' says the concentrated brain power acting under the command of the operator; 'what do you mean by sleeping when all your comrades are at work? See, I have given them a rest in order that I may give you the flogging your worthlessness deserves. Wake up and busy yourself with the work for which you were brought into existence. You were born a cripple, you plead, eh? Oh, you only need to have your legs limbered up. Come, hop, skip, jump. There, don't you like it? Why, already I hear your shouts of joy.' "

In like manner any of the special senses that are not performing their normal work can be acted upon by natural force from within, which will assist Mother Nature in effecting a cure.

It might be well to relate how the sense of taste was influenced in a young man. He was made to lose all appetite for liquor, to the use of which he was very much addicted. The party in question is well-to-do, and is from one of the best families. We will call him Mr. H. He is thirty-five years of age, five feet eight inches, and weighs one hundred and sixty-five pounds.

Had been drinking excessively for ten years. To-day he is a total abstainer and enjoys perfect health and happiness with his affectionate wife and children.

The cure was wrought very quickly and permanently. He came to my office three times only. The following is an account of the method employed. Dr. M. brought him to me, gave me a brief history of the case, and asked me if I could cure him.

Mr. B. "I can certainly cure him, doctor."

Dr. M. "How long do you think it will take?"

Mr. B. "From three to six sittings of ten minutes each, covering a period of one or two weeks."

Dr. M. "Do you think it will be permanent?"

Mr. B. "I am almost certain. There is no treatment which is more certain."

Dr. M. "Do you think you can influence Mr. H.?"

Mr. B. "I know it. Almost all men of such habits can be influenced."

Dr. M. "How do you know it?"

Mr. B. "I know it from experience; by a glance I can control him from my chair,—right here where I sit,—to almost any extreme.

Mr. H. "I feel that he can do it. It will leave no bad effects?"

Mr. B. "No; none whatever."

Mr. H. "Will it detain me from business?"

Mr. B. "No; not at all. Ten minutes at a time is as long as I wish to see you. You can come at such times as is most convenient for yourself and me."

Dr. M. "Why not take your first treatment now, if Mr. Barnes has no other appointment?"

Mr. H. "It will suit me."

Mr. B. "Then I will proceed at once. Give me your hand, Mr. H. Do you feel any sensation up your arm?"

Mr. H. "Yes ; I get a strong current from you."

Mr. B. "Form a circuit by bringing your hands in contact, and you will find them fast. You can't get them apart ; can you?"

Mr. H. (*in tones of surprise*). "No, I cannot. What is the matter?"

Mr. B. "I have taken this method to gain thorough control over you. So I will be able to do you the greatest amount of good. You are under my control now. I can do almost anything with you and you cannot resist my influence. You will find it impossible to get out of your chair."

Dr. M. "I never saw a man controlled so instantaneously and completely before. I must say, you have remarkable power."

Mr. B. "I do not exert myself one-half as much as you do in talking to me. My success lies in preparing him to receive the influence, and knowing just when to exert it. I perform these simple demonstrations so as to be sure that I understand him thoroughly.

"The fact that I am successful in every one of them demonstrates that I do know him, and handle him scientifically. I prefer to fail with one or two of these simple demonstrations than to fail when I come

to give the final impression, that he will never drink any more liquor. For this reason, I will influence him several times before I attempt to cure him. It is best to go slow, and be sure. This will be enough to-day. Come to-morrow at three."

The next day the doctor came with the patient again. He seemed to be eager to observe the method of treatment, outside of his desire to see Mr. H. cured of such a dreadful disease.

Mr. H. "Here we are again. What are you going to do with me to-day? I have felt different ever since I met you. What did you do to me? I am brighter, and feel more solid. I know you have done me much good already."

Dr. M. "You certainly have done him good."

Mr. B. "I hope I have. I will surely do him good before I am through with him. You ask what I am going to do to-day. I am going to test your five senses to see how they stand in relation to each other. I will understand better then how to reach your mind so as to effect a cure."

Dr. M. "There must be something more to this than simply giving him a suggestion that he would have no more appetite for liquor. I have always thought that there was much more to it. I have tried suggestion as described in different works, and have never been successful. If you have no objections, Mr. Barnes, I would like to see you handle this case to the end."

Mr. B. "I very seldom permit a third party to be present, but will in this case, because I know you are

much interested, and will appreciate it. I will now test the five senses."

Mr. H. (*who has been listening very attentively*).
"Do you use any instruments?"

Mr. B. "No; none whatever. Now, Mr. H., I want you to resist my influence with all the will power you can possibly bring to bear. By so doing, you will assist me in forming a more correct conclusion and will enable me to effect a permanent cure in your case."

Dr. M. "What sense will you begin with, Mr. Barnes?"

Mr. B. "I will begin with the sense of hearing first. Now, Mr. H., I will attempt to make you fast to your chair simply by a whisper. You must resist if possible."

Mr. H. "I will."

Mr. B. (*in a very low whisper*). "You are fast."

Mr. H. "No. Not at all."

Mr. B. (*in a louder whisper*). "You are fast."

Mr. H. (*after somewhat of an effort*). "Not quite."

Mr. B. (*in a clear and more distinct whisper*).
"You are fast."

Mr. H. (*making a desperate effort to release himself*).
"You have me this time!"

Mr. B. "You see, doctor, I have learned from these experiments the volume of voice it requires to overcome his will power. I knew from what little I influenced him the other day that he is very easily reached through this channel."

Dr. M. "Do you mean to say that the tone of voice used in making him fast is the tone to use in order to produce the best results?"

Mr. B. "No ; not exactly. Nothing below that will do for him."

Dr. M. "Does the volume or tone of voice have so much to do in controlling one?"

Mr. B. "It plays a very important part. Of course, all understand in a general way that it does. For example, you would not employ the same volume or tone of voice in welcoming a delicate, sensitive lady in your office that you would to a large, robust man. Musical instruments should be played upon according to their delicacy of construction. So with individuals. Everyone requires harmonious vibrations."

Dr. M. "True. I never saw it in that light before."

Mr. B. "Now we will learn of the sense of sight."

Dr. M. "How will you try that?"

Mr. Barnes stepped in front of the seated patient, quickly showing by his facial expression that he was impressing the patient to be fast in the chair, but said nothing. The patient arose against the operator's expressed wish.

Mr. B. "I will add to the strength of my facial expression the attitude. This will have twice the effect upon him."

Dr. M. "Mr. Barnes's whole attitude as well as his facial expression showed a strong desire for the patient to become fast. Yet he got up with apparent ease."

Mr. B. "You see from our experiments upon the sense of hearing and sight, the sense of hearing is the better avenue through which to reach his mind. I presume this gentleman is a lover of music."

Mr. H. "That is true; I am very fond of it. I devote all my spare time to it."

Dr. M. "These facts are revelations to me."

Mr. B. "We will test the sense of smell. Can you smell any perfume on my handkerchief?"

Mr. H. "No; nothing at all."

Dr. M. "Is it perfumed with violet?"

Mr. B. "Yes."

Dr. M. "I smell it very decidedly now."

Mr. H. "I can't smell a thing."

Mr. B. (*putting it closer to Mr. H.'s nose*). "Try your best. Don't you smell anything at all?"

Mr. H. "Not a thing."

Mr. B. "You see, doctor, this sense is almost useless. It has never had proper development. How about your sense of taste?"

Mr. H. "I am sure that is very decided in my case."

Mr. B. (*handing Mr. H. a bottle of pure water*). "Then suppose you taste this castor oil and see if it is all right."

Mr. H. "I was never very fond of that from a child (*removing the cork from the bottle, he places his tongue to it*); this is castor oil."

Mr. B. "Are you sure of it?"

Mr. H. "I would swear to it."

Dr. M. "That is remarkable!"

Mr. B. "Doctor, I want to try him with something else with which he is more familiar. We will take a little whiskey. I suppose you can tell good whiskey, can you not, Mr. H.?"

Mr. H. "You are right about that."

Mr. B. "Take this glass of whiskey, and take a good swallow."

Mr. H. "That's fine !"

Mr. B. "That's castor oil you have swallowed, is it not?"

Mr. H. (*in a vomiting attitude*). "Why did you give me that?"

Dr. M. "It has made him deathly sick."

Mr. B. "I will have him all right in a minute. You are all right now."

Mr. H. "That castor oil made me sick to my stomach."

Dr. M. "That castor oil, as you call it, is whiskey."

Mr. B. "Yes; it is pure whiskey. I am doing all this for a purpose. The next time you come I will cure you of drinking liquor. I wish to test your sense of feeling; then we will be through for this time."

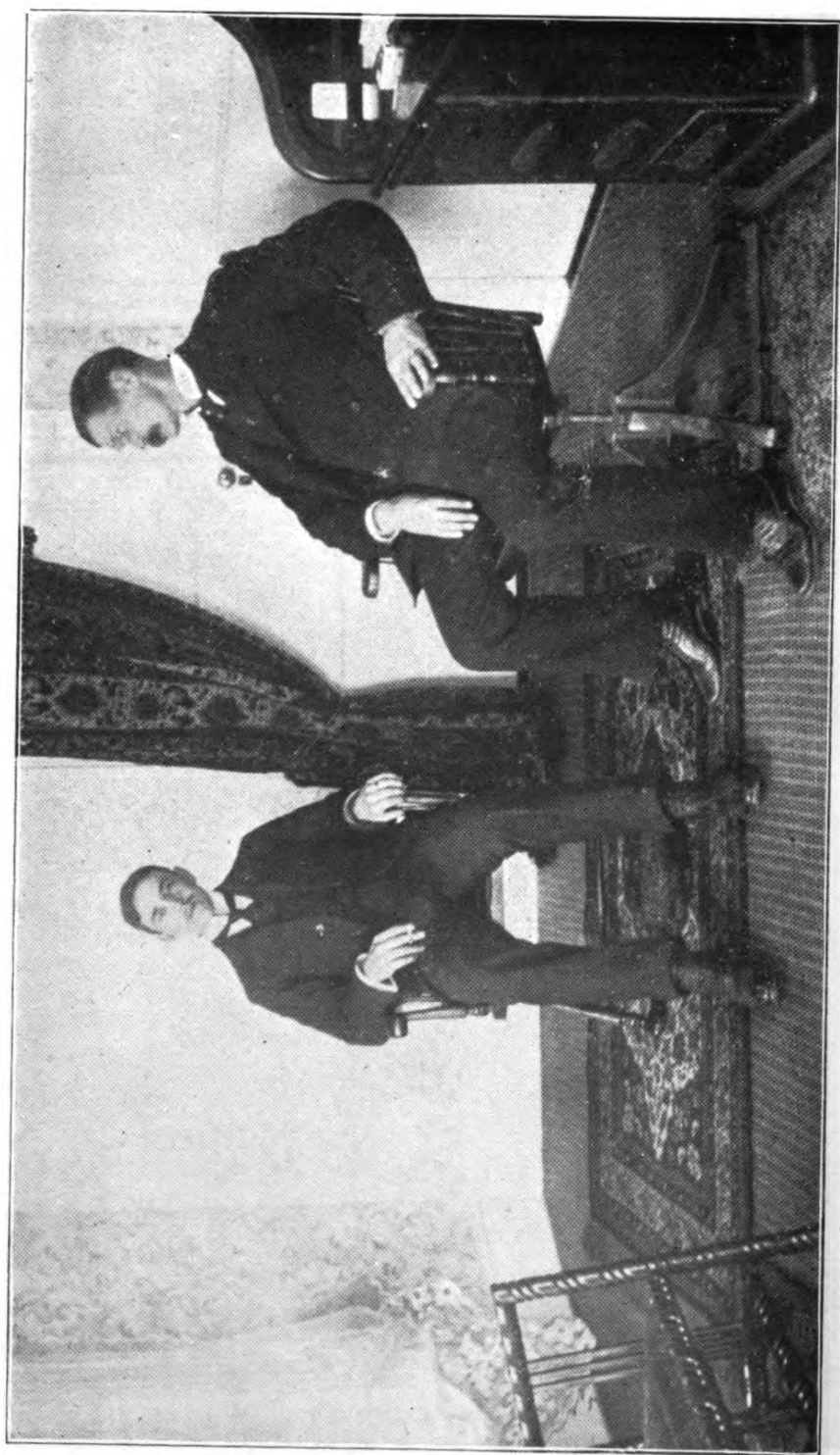
Mr. H. "I don't care as long as you do not use needles on me. I have a dread of needles."

Mr. B. "I will not harm you in the least. I will simply take you by the hand and give you what some might term an imaginary electric shock. Do you get a shock?"

Mr. H. (*writhing under the shock*). "I do!"

Dr. H. "That is miraculous!"

Mr. B. "You see, doctor, he is very sensitive through this channel. You will feel all the better for your experience here to-day. Come to-morrow and I will surely cure you."



Before Treatment. (No. 2.)

Dr. M. "Well, Mr. Barnes, we are here once more for the third time. We don't want you to hurry this ; take your time."

Mr. B. "I have been 'taking my time.' 'Taking my time' is one great secret of success. I might have made an attempt to cure Mr. H. of his habit the first visit, but it is better to be more thorough,—to go slow until you are quite positive you are safe. I now understand his case thoroughly and will cure him permanently in three minutes' time. I will simply cause him to lose all taste and desire for liquor. I will not give him anything to take, nor will I make him sick or do anything which will cause him any unpleasantness in the least."

Dr. M. "I supposed in curing one of the liquor habit it was necessary to make the patient sick of liquor."

Mr. B. "I know that many are under this erroneous impression, which is probably due to the fact that most operators do make their patients sick. The better way is to cause the patient to lose all appetite and desire without producing sickness. The loss of both appetite and desire for liquor is the impression which we should lodge upon the mind ; not that the patient should be sick at the sight or smell of liquor."

Dr. M. "Many have been cured by such adverse impressions. How do you account for it?"

Mr. B. "Many patients have gotten well while being experimented upon by medical students. How many more might have recovered under expert physicians? The chance of recovery is in favor of the experienced."

Dr. M. "You are right."

Mr. B. "I wish to talk to Mr. H. now for three minutes, for ever after he will have no appetite or desire for liquor of any kind. You wish to be cured of this habit—do you not, Mr. H.?"

Mr. H. "Yes, I do."

Mr. B. "You know that you would be better off financially and physically. Your family would be benefited in many ways—especially your devoted wife. It would be worth the world to her to see you yourself once more. Now, Mr. H., I will cause all appetite and desire to leave you,—now and forever! You will feel better than ever before."

Dr. M. "Mr. Barnes, you have done a great thing for Mr. H., and he will certainly appreciate it. I thank you most heartily for your permitting me to be present. It has opened my eyes to new fields of profitable thought."

Mr. H. "I have no desire for liquor, but such a contented feeling. I am a new man!"

The next interesting case, cured by psychological treatment, is a young man,—a cigarette fiend. He was treated once only by Mr. C., a pupil of mine. Was cured the first treatment.

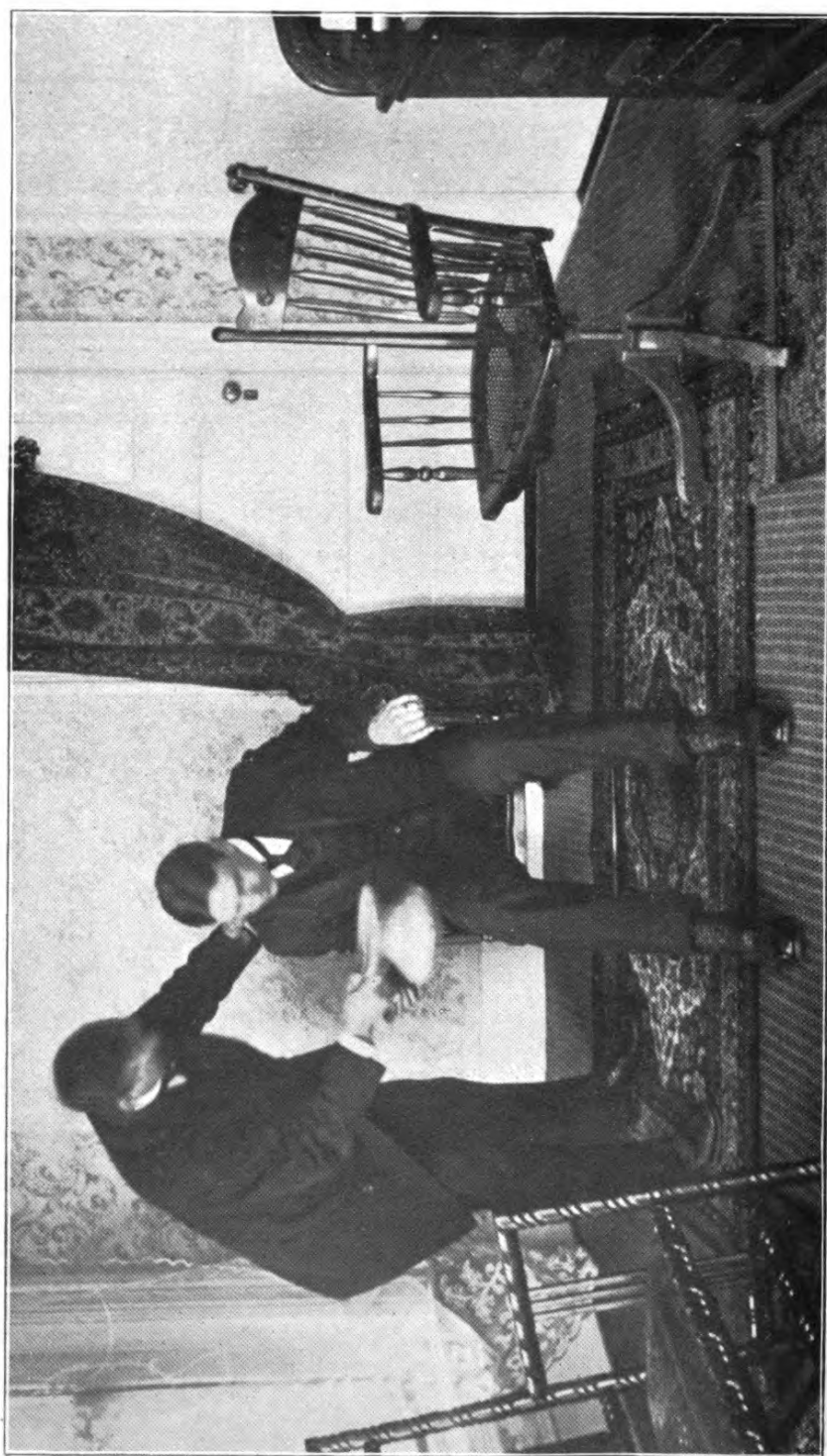
Mr. C. "I understand that you smoke cigarettes."

Mr. W. "Yes, sir; I do."

Mr. C. "Would you like to be freed from that habit?"

Mr. W. "Yes; I would."

Mr. C. "I will break you of it."



After Treatment. (No. 3.)

Mr. B. "Take him into the other room. The photographer is here, and we will have two pictures taken—before and after treatment."

Mr. C. "Very well, I will do so. Step in this way, Mr. W., and I will give you your last smoke."

Mr. B. "In order to have the picture more striking, I would suggest that you lodge an impression that the taste of a cigarette will make him sick. You can remove this impression later."

Mr. C. "You can light your cigarette and take a good smoke for the last time." (*See cut No. 2.*)

Mr. W. (*taking a good puff*). "I enjoy this."

Mr. C. "You must make the most of it. In a few minutes I will give you the final impression."

Mr. W. "Will I have no appetite at all afterwards?"

Mr. C. "None whatever, and if you should try to smoke another cigarette it will make you sick. Now, remember, you will have no more desire for cigarettes, and if you don't believe that the taste of one will make you sick, try it now."

Mr. W. (*lighting a cigarette*). "It makes me decidedly sick." (*See cut No. 3.*)

Mr. C. "That will do. You will not try any more, will you?"

Mr. W. "No ; you bet I won't."

The following is an account of a pupil of mine whose hearing was completely restored in one sitting.

Miss K. "You will have to show me everything to-day, as I am almost entirely deaf. Do you think you can restore my hearing?"

Mr. B. (*in a loud tone*). "I am sure I do not know. I can tell better after I give it a trial."

Miss K. "I wish you would try it."

Mr. B. "With your consent, I will. I may be able to influence you and relieve you at once."

Miss K. "How long do you think it would require to influence me?"

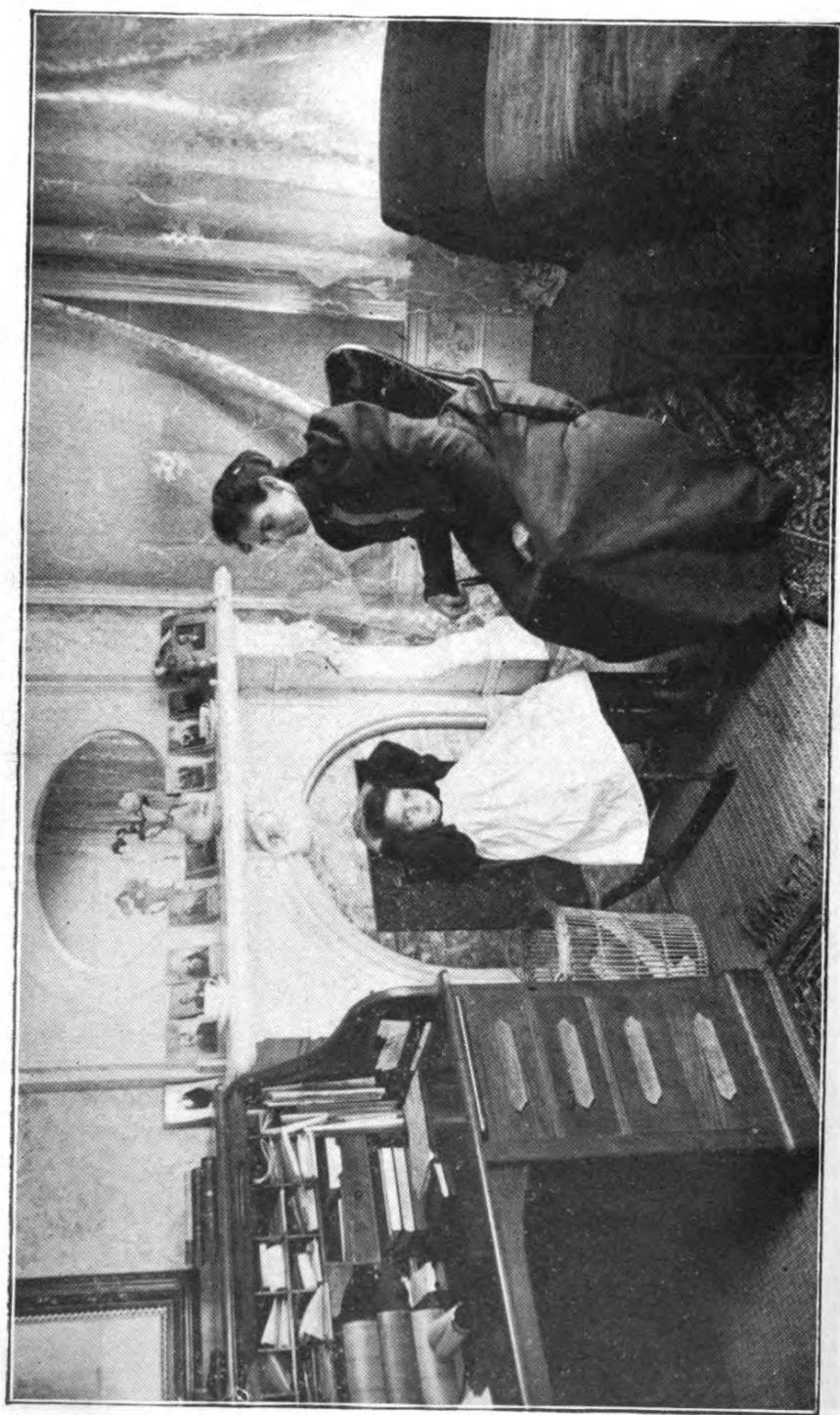
Mr. B. "I may get you in less than five minutes. Give me your attention and we will soon see what can be done. Place the palms of your hands together and I think you will find them fast. Can you separate them?"

Miss K. "No, I cannot. That is queer. You have really made them fast."

Mr. B. "Now you can take them apart. Watch me closely and I will operate upon your hearing. You will be able to hear distinctly in three minutes. Now, remember, in three minutes. Take my watch in your hand, and let me know when you hear it ticking."

Miss K. "I hear it now, just as plainly as I ever did. How wonderful! I thought I would surely be deaf. I thank you a thousand times."

The reader will readily see by the cases previously cited, that each of the five physical senses can be affected more or less by psychological influence alone. If one can induce complete anæsthesia, so that a feeling of pain becomes one of pleasure, through psychological influence, then what are the possibilities of the field? These facts alone are enough to set every philosophical mind thinking.



Mother Treating Child. (No. 4.)

CHAPTER III.

SECTION 5.

In Chapters I. and II., we have called attention to the philosophy and art of psychology, giving a few demonstrations of how certain muscles or system of muscles can be controlled, and how the five physical senses can be affected. This chapter will be devoted more to the various faculties of the mind, demonstrating how they can be developed. This should be of much interest to mothers and teachers. Psychology as taught in schools is not to be compared with practical demonstrations in manipulating the minds of others. Theory is one thing, practice quite another.

Many of my pupils have told me how they have been able to develop the minds of their children and advance them in various ways through a thorough knowledge of psychology. Some have been backward in their studies—some in one subject, others in another. In nine cases out of ten, marked improvement was shown after the first treatment.

One father told me that his younger son was a very poor mathematician,—he generally had nine problems out of ten wrong. After the second treatment of a few minutes, the boy improved so that he was able to get nine out of ten right. See cut (*number 4*) of a mother treating her little girl psychologically. The mother

fastened her hands to her head the first time she ever tried to influence her knowingly. Since this, whenever she wished to treat her, she makes her little hands fast to her head by means of psychological impression, then proceeds. She treats the younger child entirely by psychological influence; the older by hypnotic suggestion while they are asleep. With each one she has accomplished wonders. I might mention dozens of cases that have been advanced wonderfully by parents who possess a thorough working knowledge of psychology and its laws.

If one adequately understands psychology, he understands the art of self-control. Self-control makes its possessor above the average. It helps him in every department of life, in the acquisition of knowledge of any kind, and in the successful accomplishments of his most cherished ambition.

"He that overcometh self is greater than he who taketh armed cities."

Self-control can be acquired. The art of controlling others is more readily mastered than self-control. To obtain this, one must possess certain knowledge of the mind and give it proper exercise. Exercise is the law of growth. This applies equally well to the mental man as to the physical. If a psychologist is able to lodge an impression upon the mind from without, causing one to acquire three times the usual knowledge in a given time, then, is it not possible for one to do this himself with practice if he knows how? If by psychological influence all kinds of bad habits can be cured, is it not

possible and very probable that one having self-control could cure himself if he desired? If a feeling of pain can be changed into a feeling of pleasure by a psychological impression, is it not possible for one to control his own feelings and ward off pain? If a circumstance will sometimes center the mind upon some special thing and cause one to reach the very heights of fame, is it not possible and right for one to control his own mind and accomplish his purpose in life? We should control circumstances and not allow circumstances to control us. *We don't know what can be accomplished until we concentrate our controlled forces upon the desired object of our heart.*

The difference between a strong-minded man and one who is weak-minded is the ability to concentrate and to withdraw thought. One who is not able to concentrate his mind lacks self-control. One who concentrates and lacks the ability to withdraw thought lacks self-control. The one who possesses both concentration and power to withdraw thought at will has self-control. Such an individual is strong-minded and generally gets along in life. Psychology and self-control go hand in hand.

Through psychological influence, the memory can be strengthened so that one will be able to retain any information as long as he lives. The faculty of recalling can be quickened so that one can recall desired information at will. This is where many are weak. They possess a rich storehouse of knowledge, but are not able to recall it at will. This is a great drawback to them in every sphere of life, in society as well as in business.

By a knowledge of psychology one could save him or herself from many embarrassing positions, and at the same time, make a better impression. Every faculty of the mind can be cultivated and developed by its use,—benevolence, self-esteem, agreeableness, ideality, self-reliance, and the affections. There is not a faculty or organ but can be influenced and developed through psychology. It would be a great blessing if every lady, and mother especially, had a knowledge of it so that she might demonstrate its efficacy upon members of her own family and acquaintances.

PART II.
HYPNOTISM.

CHAPTER IV.

SECTION 6.

HYPNOTISM is derived from the word hypnosis, which signifies sleep. It forms another link in the great magnetic chain, differing from the others only in degree, not kind. All phenomena which occur during partial sleep might be classified under this head. There are various degrees of sleep, ranging from drowsiness to suspension of animation. The first stage is drowsiness. If it was not natural for human beings to become drowsy, no art could reproduce it.

The next deeper stage is the somnambulistic. Many persons are naturally somnambulists. One is not so sound asleep in this stage but that he will perform certain mental and physical acts. Somnambulists have been known to get up in the darkest nights, walk in dangerous places, and return unawakened and unharmed, —practically unconscious of what they did. Some have executed mental and physical work, painted the most exquisite pictures artistically. Others have solved difficult problems in the somnambulistic state. So we see this, too, is a natural stage.

Persons sometimes sleep so profoundly that they do not perform physical and mental acts. This is the lethargic stage. Many pass into it every night; those who do not would like to; more could if they under-

stood the laws of the mind better and were able to give themselves an auto-suggestion.

The next stage is the trance, or the suspension of animation. All have read of trance being induced by nature,—sickness or disease. Others have seen or witnessed it. Many persons have been pronounced dead while in this state, and have been buried alive. The fact that bodies have been found turned over in the caskets, after being disinterred, demonstrates this. So we see that all these stages or degrees are often induced by nature. If it was not so, no living being could reproduce them. Clairvoyance and mind-reading will be treated under Part IV. This simple classification of the various degrees of hypnosis is sufficient for all practical purposes.

Some ask if it is right to hypnotize another. “If it is right and not dangerous, then what are the practical benefits?” If it is right to give relief to suffering humanity through any other means, it is perfectly right to do so by means of hypnotism when it is possible. The practical benefits are twofold,—to those who give relief to the sufferer, and those who receive the benefit. There is no greater remedial agent than sleep. There are thousands who could be much benefited by a requisite amount of refreshing sleep. There is no other known remedy so potent for nervous troubles.

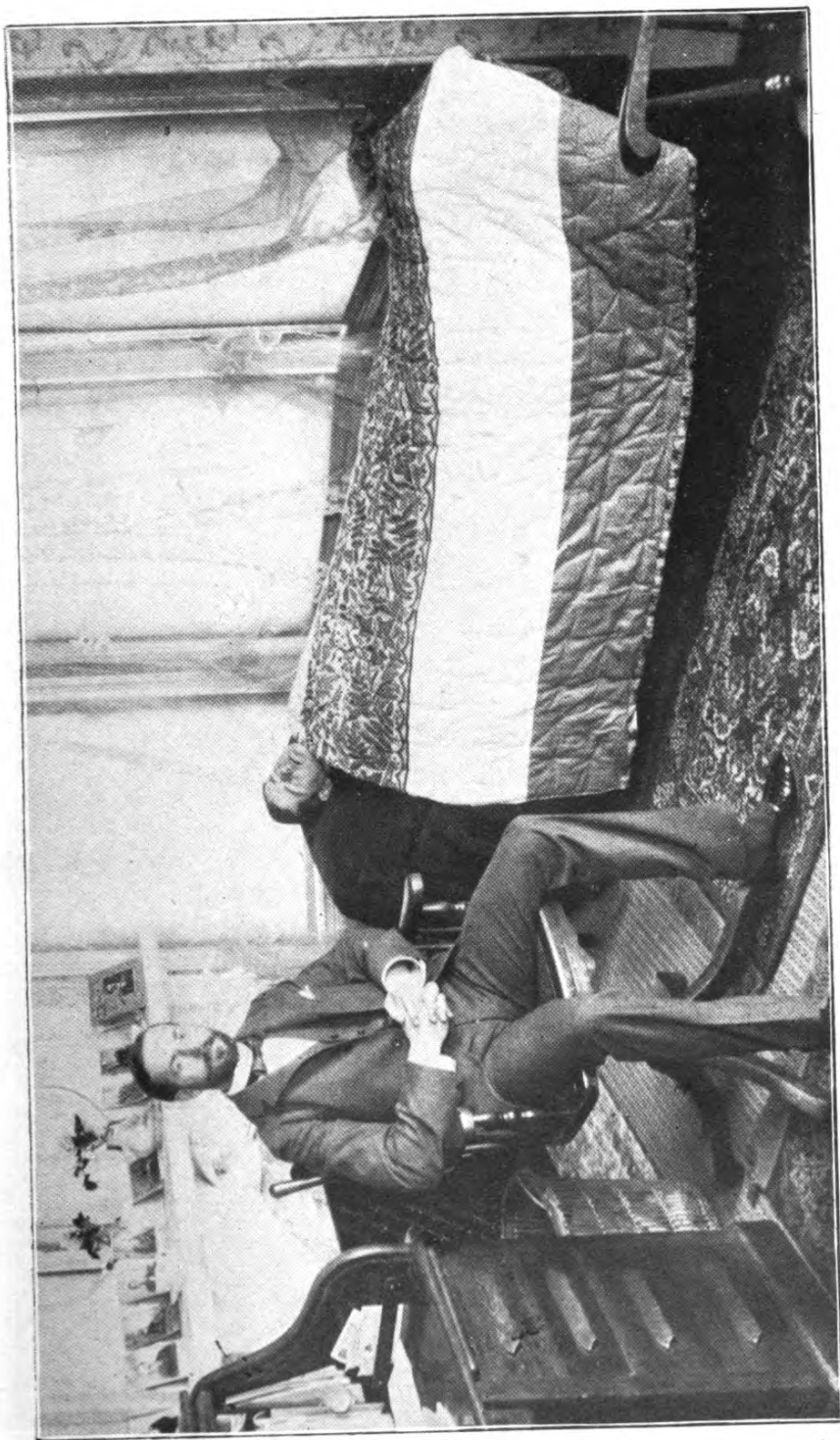
The time is not far distant when experts will be employed to put sufferers into a restful and soothing sleep. It will also be used, in as many cases as possible, to induce anæsthesia in surgical operations. A most useful

field will be giving beneficial suggestion to children at night while they sleep. Children can be advanced fifty per cent along lines of education and morality by proper suggestion. Mothers have no idea what can be accomplished until they have given it a trial. It is an art to be able to give beneficial suggestions. Parents should take a few lessons in the art of suggestion. In time, no doubt, there will be institutions devoted to this entirely, where mothers may obtain such needed help. All children are amenable to suggestion while asleep, and there is no better time. The mind is less occupied with other ideas ; consequently will more readily accept suggestions which are properly impressed upon it. A good way to put children asleep is for the operator to count aloud, having the child pay close attention to the counting.

One of the best mechanical methods of hypnotizing or inducing sleep is to gaze at a bright object, suspended at such an angle above the eyes as will cause the person to look a little upward, yet not enough to strain the eyes. Suspend or hold the bright object about twelve inches from the eyes at an angle of twenty or thirty degrees. The person who wishes to be hypnotized can either lie down in bed or sit in an easy, comfortable chair. Care should be taken that there are no disturbing influences of any kind at the time. The operator should tell the party to make himself perfectly passive, and to center his mind upon the bright object with the idea of going to sleep, if possible. Gazing at such an object will induce sleep in ten per cent within three to five minutes.

Others may have to sit regularly for five or ten minutes at a time for several days, and possibly for weeks, before going to sleep. The operator has nothing to do while the patient is gazing at the object but to keep quiet. If he wishes to exert himself in any way, let him center his own mind upon sleep. . This will be an aid in some cases. After the patient's eyes close and he becomes drowsy, the operator should stroke the forehead lightly and very gently with the hand, giving the suggestion that the patient is going into a more profound sleep. After doing this for about two minutes, the operator should use both hands and arms in making downward passes over the head and shoulders of the patient. The passes should be made with the arms and hands more or less relaxed. This should be done for one, two, or three minutes, according to the degree or stage of hypnosis desired. When the proper degree of hypnosis is induced, the operator may give the patient a post-hypnotic suggestion that he will sleep soundly for eight minutes, or for any limited period, at the expiration of which will awaken himself, feeling very much refreshed and benefited. (*See cut No. 5.*)

If you wish to awaken the patient at any time, reverse the passes,—instead of making them downward and outward, make them upward and outward. It generally requires one-third as many passes to restore the patient as it does to put him asleep. If this does not awaken him, tell him to wake up, at the same time slap him on the shoulder lightly with the palm of your hand. Re-



Hypnotic Sleep. (No. 5.)

member, never to lose your self-possession, and you will never have any trouble with patients. Self-possession and confidence are very essential.

The brain and nervous system are reservoirs of nerve force. The brain being such a mass of nerves, it is naturally positive in relation to the nervous system. In making passes downward we demagnetize the brain and magnetize the nervous system, the same as we do in passing a magnet down over a horseshoe. In the same proportion we induce a deeper sleep. The blood always follows the nerve force. When one is busily engaged mentally with work or worry there is a plus amount of nerve force and blood at the brain, consequently it keeps one wide-awake. The moment one causes the nerve force to leave the brain, a soothing reaction follows, which results in sleep. Many imagine they have almost perfect self-control. If you should ask them if they can induce sleep at will after a hard day of mental work and worry, they will be compelled to tell you no, they cannot. Until one can control his nerves he has not self-control.

It is possible for some to hypnotize themselves to any extreme that a subject can be influenced by an operator. Some can give themselves an auto-suggestion to be carried out immediately, or a post-hypnotic suggestion to be executed at some future time. For example, A will give himself an auto-suggestion that he will go to sleep immediately, and a post-hypnotic suggestion that he will awaken at 5 A. M. instead of eight, his usual time. He will sleep immediately and soundly, caused by his

auto-suggestion, and will awaken promptly at five, according to his post-hypnotic suggestion.

The following demonstrates post-hypnotic suggestion. The subject was a young lady who had just arrived at a hotel in a strange city in New York State. She went to the hotel with her mother in answer to a telegram stating that a relative had committed suicide. The young lady was suffering from a severe nervous shock, caused by the tragedy, besides being prostrated with grief over the loss of a beloved relative. I had just finished instructing a gentleman living at the hotel, and I left a few hours before the tragedy occurred. The lady and her daughter arrived the following morning. The gentleman holds a high, responsible railroad position and is always ready and anxious to give relief in every way to those deserving it.

He told me he saw at a glance the condition of the young lady, so he offered his services. He suggested that the young lady be put to sleep immediately and so have her nerves quieted. According to his own words, within three minutes he had her sound asleep. He gave her a post-hypnotic suggestion that she should sleep soundly and would awaken the next morning at eight o'clock, feeling very much refreshed. This took place about four o'clock in the afternoon. He immediately left her sleeping quietly and went to his office. He returned to watch the patient awaken the next morning, which she did on the minute, feeling like a new being. This is but an example of what might be done for thousands of others who are suffering from nervous trouble.

See cut No. 5, of a young man who was put to sleep and given a post-hypnotic suggestion by a pupil. Following is a full account of how it was done :

Dr. S. " Mr. R., lie down in a comfortable position and I will put you to sleep."

Mr. R. " I will be ready in a minute. Don't make me sleep too long, as I have some business to attend to soon."

Dr. S. " I will only give you a short sleep."

Mr. R. " I am ready. I begin to feel sleepy now."

Dr. S. " Gaze at my finger a few minutes and if you feel drowsy, yield to the feeling and I will have you sound asleep in a few minutes."

Sure enough ; in four minutes he was in a deep sleep.

Dr. S. " I will give him a post-hypnotic suggestion to wake up at the expiration of twenty minutes. You will awaken twenty minutes from now feeling very much refreshed for your sleep."

The doctor watches the time closely, and the subject awakens on the second."

CHAPTER V.

SECTION 7.

The previous chapter gives one an idea of the various stages of hypnosis, one method of hypnotizing, and how to give a post-hypnotic suggestion. We will cite a few cases in this chapter in which practical benefit has been derived through hypnotism recently.

A young man residing in South Boston was advised by a former pupil to come to me for treatment. He was most grievously afflicted with an embarrassing impediment in his speech. At school his teacher could not understand him, and, for failure to recite when called upon, he was turned out of school. I succeeded in controlling him immediately, and so relieved the stoppage that in a few minutes he was speaking smoothly and without desire or tendency to stammer. He received altogether eight treatments, "to make assurance doubly sure." There has been no recurrence of his trouble.

A young woman twenty years of age, emaciated and weak in the extreme, came for relief from St. Vitus's dance. In addition to this nervous ailment she suffered from irregular and scant menstruation,—a veritable walking skeleton. Very gradually she succumbed to influence, after each treatment showing decided change for the better. Strong suggestions were given her that she would improve steadily and surely. Her hands soon stopped trembling, her step grew more firm day by day,

color came back to her cheeks, and in six weeks' time she was a new creature. Hypnotic suggestion had worked like magic.

Mrs. S., forty-five years of age, for seventeen years had been addicted to the objectionable habit of taking snuff. She seemed wholly unable to give it up of her own accord, and sought the aid of physicians without avail. She came to me for instruction and during the course of lessons requested treatment by suggestion. She received five treatments of less than ten minutes each, in a perfectly normal, wide-awake state. Her cure is absolute.

Another patient suffering from locomotor ataxia was hypnotized immediately, and much benefited by a few treatments. He required a six-foot walk when he began treatment. After the first he decided that he could walk as well as anybody. In fact he walked a chalk line.

Mr. D., a pupil of mine, reports a rheumatic friend whom he has cured in six treatments. This young man was confined to his bed every spring and suffered excruciating pain. He was relieved of all pain in the first treatment and was cured permanently in the sixth.

Mr. S., a medical student, now a physician, while under my instruction treated a patient for retention of urine. Her physician used an instrument to relieve her. Mr. S. succeeded through suggestion within a few minutes. She had no trouble afterward.

The following letter and testimonials will show some of the success that one of my pupils is having with hypnotism for curative purposes :—

NASHUA, N. H., May 25, 1898.

My dear Mr. Barnes,—Yours of recent date, asking me to write up a little of my success with hypnotism for curative purposes, to be used in your new book, at hand and noted with pleasure.

I am pleased to know that you are preparing a new book of this kind. I am sure it will be an invaluable work for any one who is interested in this Science. If I can do anything to help you along in the good work, I shall consider it a pleasure to do so. You already know my views in regard to the Science. I would not part with the knowledge I have gained from you in the use of it for any reasonable amount of money, and never make use of it again.

The accompanying testimonials and photographs will give you some idea of the success I am having, which seems to be phenomenal to all, and I am sure it is pleasing to me. I could give you many more.

Yours truly,

E. HOOD CORSON.

EAST ROCHESTER, N. H., May 16, 1898.

E. HOOD CORSON,

Nashua, N. H.:

Dear Sir,—*Permit me to again express my thanks to you for the wonderful change brought about in me by what seems to me to be a God-given power. When under your treatment I am more electrified than when in contact with a battery. As you know, the force permeates my whole body and the instant relief that I get from pain is beyond my comprehension.*

From the first time you treated me, I have known nothing about cold feet and legs from which I had suffered at night, not being able to sleep on account of it. I had about given up in despair, not expecting to live long. My back had given me untold misery and all medical treatment had done me no good.

I am now feeling well and happy and am able to attend to my business and do the hardest kind of work.



Before Treatment. (No. 6.)



After Treatment. (No. 7.)

*Hoping that you may live long to relieve suffering humanity,
I am, Your friend and well-wisher,*

GEORGE M. RANKIN.

EAST ROCHESTER, N. H., May 16, 1898.

E. HOOD CORSON,

Nashua, N. H.:

Dear Sir,—*I wish in some way to express my heartfelt thanks for the miraculous cure you wrought in me. When I think of the condition I was in, the first time I called on you, and the almost instant relief you gave me from my extreme suffering, and at the same time enabled me to go away with joy and sprightliness when I came to you on crutch and cane, it seems to me to be nothing less than a miracle.*

I should be only too glad to have the whole world know of my joy and perfect freedom from pain, also that I now have the use of my legs and back. As you know, I had been in this condition some three years,—paralysis of back and legs, caused by a fall,—not ever expecting to have the use of these members again, but now I am able to do any kind of manual labor.

I cannot thank you and the good Lord enough for giving you such power to treat the sick and lame. Words will never tell of my joy.
I am, Your humble servant,

SAMUEL A. JONES.

Cuts Nos. 6 and 7 show Mr. Jones before and after treatment.

The following is a letter from a lady pupil affirming the value of hypnotic suggestion with children :—

EAST BOSTON, MASS.

MR. BARNES :

Dear Sir,—I am very glad to know you are getting out a new work and hope the public will be quick to take advantage of it, especially the mothers. Words fail to estimate the good hypnotism can do, properly applied in a family of children. I have had wonderful success in the use of it as applied to their education.

Hypnotic suggestion given nightly for two or three weeks, to a child who is backward and discouraged in any particular study, will bring her out of her "slough of despond" with flying colors. She no longer dislikes the study and her work is easy. So it can be applied to any study or difficulty with success. Think also of the anxiety it will lessen when we know how to ward off evil habits from our children, and bring them up to a noble manhood and womanhood.

Hypnotism as a character builder is unparalleled. And I sincerely hope the day will come when every mother will see the necessity of taking a course in this Science.

MRS. EVERETT SIAS.

Cut No. 8 is the lady mentioned above, treating one of her own children by hypnotic suggestion. It is remarkable what she has accomplished.

Hypnotism has been successfully employed in the treatment of the various mental derangements—not dependent upon organic diseases of the brain—as amply demonstrated by Charcot, Voisin, and others of no less repute, which includes hysteri-epilepsy, melancholia with suicidal tendencies, hallucinations of various kinds, irresistible impulses to evil actions or to commit crime, maniacal exaltations, etc.

The innumerable ills and complaints that befall hysterical subjects yield, as a rule, readily to the proper hypnotic influence, also sleeplessness from overwork or other causes, St. Vitus's dance, palpitation of the heart, whiskey, opium and other vicious habits.

We have reason, based upon the experience of eminent physicians, to expect beneficial effects in some



Suggestive Treatment. (No. 8.)

pathological states of the lower organic or vegetable life by concentration of nervous energy to the diseased parts through suggestion made during hypnosis.

Several physicians have succeeded beyond their expectations in relieving sexual impotency (when not the result of extreme age or actual disease), menstrual irregularities, writer's cramp, dyspepsia, constipation, neuralgia, rheumatic pains, etc.

My time is almost wholly occupied giving instruction, —teaching others how to employ the Science as a therapeutic agent; consequently I treat a limited number only,—cases in which the ordinary methods of treatment have failed, and who have been advised by their physicians to try hypnotic suggestion.

Obstinate cases can often be brought under influence by being hypnotized by a hypnotized subject, which seems to increase the power many fold.

PART III.
PERSONAL MAGNETISM.

CHAPTER VI.

SECTION 8.

"A Word to the Wise."

Every living being has its own peculiar magnetism. Every individual has his or her personal magnetism. If this were not so, a dog could not trace its master through a crowded street where thousands of persons have passed. The magnetism which emanates from the master is the means through which the dog is enabled to follow him. Personal magnetism is the medium through which persons are attracted or repelled. It has much to do with one's success in business, love, or social affairs. Success along these lines does not always depend upon intelligence alone, as is demonstrated in every-day life. It depends largely upon personal magnetism. All possess it to a greater or less degree, but few know how to develop and exercise it to its fullest extent. To possess it is one thing, to exercise it quite another.

The very word magnetism is invested with a subtile, indefinable charm,—as subtile, indefinable, and alluring as its own nature. Its far-reaching influence is felt in every walk of life; like the genial rays of the glorious sun, it permeates everywhere, beautifying, strengthening, and cheering those who give and those who receive.

It radiates in the mother's loving smile and cooing lullaby, drawing her dear ones closer ; speaks in the clear, firm, convincing tones of the pleasant teacher ; and soothes in the gentle voice and kindly ministrations of the patient, skilled nurse.

Who has not felt the influence of a loved physician's very presence? His magnetic touch and reassuring words give the sufferer new life and hope. Personal magnetism sings in every dulcet, sparkling tone of Patti's marvellous voice ; breathes in every word, look, and movement of the "divine Sarah," entralling the senses by the eloquence of its magic spell. Calvé, Nordica, Melba, Sembrich, Booth, Barrett, genial Joe Jefferson, Irving, Terry, Modjeska, Eleanora Duse, Brema, and a host of lesser lights, have charmed us by means of this selfsame, wonderful gift.

The leader in any circle, at any place, and at any time sways his hearers by his unusual power to attract and bind others to him and his code. Washington, Lincoln, Grant, Roscoe Conkling, Bryan, Blaine, Henry George, Frances Willard, Chauncey Depew, Phillips Brooks, Ex-Gov. Russell, Ex-Gov. Long, bear witness to this fact.

The pages of history record no more striking example of the absolute power of personal magnetism than majestic William Bradford,—second Governor of Plymouth Colony. Grave, just, tender, and wise, he led his people lovingly, winning and holding their undying affection and unquestioning, loyal obedience. However, in that day and time superstition ran riot,

and should you have even suggested to this noble soul that his strength lay in his magnetism, he would have eyed you askance, and regarded you with holy horror as an emissary of the Evil One. Rest in peace, brave heart! The strange, sweet spell of your powerful personality enchants us yet, "despite time's changes."

"To understand the true philosophy of mind is one of the highest and most noble objects that can possibly engage the attention of any human being."

In the social circle, the gracious influence of attractive, winsome women and great-hearted men is always forcibly felt. It scintillates in the brilliant glance of the eye, flashes in the welcoming smile, glows in the friendly word, and thrills in the hearty grasp of the hand. In no sphere, then, is the assiduous cultivation of magnetic qualities of more importance. The opportunities thus afforded for uplifting and materially benefiting mankind are well-nigh boundless. We have but to look about us in the land to find this simple truth verified many times over each day.

"Who soweth good seed will surely reap." Is this power within reach of all? you ask. *You have it already*; it is a force latent in every human being and only needs to be developed by one thoroughly skilled in the art, and brought into activity under such guidance, in order to reach the highest possible results. This is a sacred gift entrusted to your keeping, and should be nurtured tenderly, reverently, and with exceeding great care. It is truly the "open sesame" to many coveted realms

Who, having a priceless jewel, would ruthlessly crush it under foot? Personal magnetism is a "gem of purest ray serene," much to be desired.

"The faculty of magnetizing, or that of influencing one's fellow creatures, being the most beautiful and the most precious which has ever been given to man, it is necessary to regard the exercise of magnetism as an act which demands the greatest purity of intention."

"A beam in darkness,—let it grow."

PART IV.
CLAIRVOYANCE.

CHAPTER VII.

SECTION 9.

We know that the somnambulist, in the darkness of the night, with eyes closed, can climb dizzy heights and walk along dangerous precipices with ease and apparent safety, so long as he is not interfered with, and the condition of his body and mind unchanged.

This power, thus exhibited, is evidence that there is a medium adapted to the sight of the mind, which enables it to see things beyond the sense of ordinary sight. This medium through which the mind sees is a thousand times more subtile than the atmosphere through which the natural eye sees. All that is necessary to be able to see through the electrical medium is that the brain shall be in a state of negative vital action. The eyes are the windows through which the mind looks, the eyelids being the shutters. When the lids are closed they shut out from the mind external objects, but no more than the plus amount of nerve force at the brain shuts out the electrical medium from the mind.

If, when a person lies down at night, there are subjective causes of any nature that affect the nervous system in such a way as to bring about the negative vital condition of the brain, he would see as naturally as he would when awake through the atmospheric medium.

The finer medium adapted to the sight of the mind enables the somnambulist to see more clearly and to act with far greater precision than he could when guided by the ordinary sense of sight.

The condition underlying this sight of the mind is that which makes the phenomena of independent clairvoyance possible and, when intensified, enables persons in the trance, or clairvoyant state, to see and know what is transpiring at a greater distance.

In independent clairvoyance the mind of the subject is not guided by or through those around him, but has the power, like the mind of the somnambulist, to act independently of any influence of those present. The same spontaneous condition that enables the somnambulist to go from place to place in the darkness of the night, over perilous roads, in safety, has enabled others, when unconscious thought has taken a different direction, to paint pictures, write poems, make speeches, etc., manifesting in whatever they did more mental vigor and greater skill than when awake and conscious.

A superstition has grown up in regard to this mysterious power which induces many to consult clairvoyants about hidden treasures and stolen property. Sometimes the property can be located, but it is because the clairvoyant is more or less in the sympathetic condition and receives impressions of the fact from the mind of someone who knows where the treasure is.

There are many ways in which such impressions may be received. He may be put upon the track by some one present, or he may receive impressions from some

one at a distance. Mind can communicate with mind, when the conditions are right, irrespective of distance, as can be proved by indisputable evidence. There are but few persons capable of demonstrating clairvoyance, and most of these are more or less sympathetic.

A few instances have occurred where persons in a natural state have discovered that they possess the power to divine the thoughts of others. They have exhibited their power partly as a matter of business and partly to astonish the public. Such persons are necessarily in a state of accord and health, or more or less in the normal vital condition. Being in that condition they can, by a mental effort, induce, temporarily, that negative condition of the brain which enables it to receive the electrical thought waves from the minds of others when in direct communication with them; with this normal vital condition the brain would naturally react and become positive. Such persons, therefore, are obliged to continue the mental effort in order to keep the brain in the negative condition long enough to enable them to produce the phenomena. This is known as mind reading.

The condition of the brain in which this phenomenon is possible can be induced at will by any person who finds himself to be in a state of accord after he has acquired positive self-control. The cultivation of the will power increases the susceptibility of the mind and enables it to receive and reproduce the thoughts of others very rapidly when the necessary conditions exist, and the phenomena are much more interesting and con-

vincing when presented by one who cannot only reproduce readily the thoughts of others, but has the power to maintain at will the negative condition of the brain without apparent effort.

In some tribes of Indians there are squaws who can divine the thoughts of the chief or others of the tribe, and can tell things that have occurred in their past lives known only to themselves.

The possession of this power causes its possessor to be regarded as in direct communication with the Great Spirit, and reverence is paid accordingly. Not understanding the limit of this power, one having it is frequently consulted in regard to matters of war or other things of importance to the government of the tribe. The mystery involving these phenomena fosters the superstition which is so common to the Indian tribes.

A similar superstition has brought forward and maintained a class of persons known as fortune tellers, who, having the power to divine thought, intentionally create the impression that they also have the power to foretell future events. If they can relate some incident in the past life of the person who consults them they can the more readily sustain the claim of prophecy.

The ability to foretell the future is not embraced in the power of the clairvoyant nor in that of the mind reader. The power belongs to the faculty of mind known as pre-science. It can be attained by man when he is in the highest state of accord and health, when he has the positive power to direct thought to the higher faculties of the mind, when his spirit force is in harmony

with Nature, and when he has the will power to maintain that harmony. He must be a man like Christ, or approximating that condition in both mind and body.

In all phenomena as manifested by the clairvoyant, the mind reader, the somnambulist, or the hypnotic subject, a negative vital condition of the brain is necessary to the manifestation. The temporary revision of the force of the body that accompanies this abnormal condition, as in the case of the mind reader, is not injurious to the health, because the mind acts consciously, and the healthy state of the body causes the brain to react and resume its positive vital condition naturally.

The following is an account of an instance of mind reading given at Rochester, N. Y., by one of her citizens. The mind reader was Mr. N. I announced that if any member of the audience would take a knife, go through the act of stabbing some one, then hide it, that Mr. N. would first find the knife, the gentleman who hid it, the person who was stabbed, and the identical spot which the point of the knife touched would be pointed out by him while blindfolded. He immediately found the knife, the man who hid it, the person who was stabbed, and placed his finger on the exact spot touched by the point of the blade.

After controlling a young man one evening, we each went to our homes. I centered my mind upon the idea that I wanted that gentleman to come to me. This was half past eleven o'clock at night and I had just gone to bed. The distance between us was at least one mile. In fifteen or twenty minutes there came a ring,

and sure enough the desired gentleman called. I asked him what he wished. He said he felt that I wanted to see him. On close questioning he told me he had retired, but a feeling came over him that I wanted him, and he felt compelled to get up, dress himself, and come to me. The above are fair examples of mind reading. Many more instances might be enumerated, but space will not permit. It may be well to mention here that mind readers can be developed through hypnotism. A great many naturally receive correct impressions ; these, above all others, could develop this faculty if they understood the nature of the mind. Many have faculties undeveloped, and never have the practical use of them which the Creator intended.

CHAPTER VIII.

SECTION 10.

Clairvoyance may be considered under two heads; namely, sympathetic and independent. A sympathetic clairvoyant takes on the feelings of the one with whom he is in sympathy. He very often feels, sees, hears, tastes, and smells that which the other party does. He is sometimes able to locate pain and disease immediately through this God-like faculty. Independent clairvoyants are able to get information independently of any sympathetic relation, apparently; they are able to separate the soul from the body, and to travel to foreign countries. Time and distance seem no bar to them.

The following is an example of sympathetic clairvoyance. I blindfolded a gentleman, placed my hands in contact with his, while the third party pricked me at various points with a sharp instrument. The subject would feel the pain immediately at the point upon his own body, corresponding to the exact location where the instrument was being used upon me. Apparently his acuteness of feeling was intensified a hundred fold. He expressed agony when any portion of my neck and head was touched.

I know a dentist in Western New York who is so sympathetic that he suffers whenever his wife does. He has the same feelings and never improves until she begins to

recover. A pupil of mine, a contractor, who is exceptionally strong, told me that the above condition existed between himself and wife, and that the distance made no difference, as he was hundreds and sometimes thousands of miles away from home.

The following wonderful incident took place at my office. A young man had been brought to me to examine, and determine whether or not he was susceptible to hypnotic influence. After conversing with him for five minutes I tried him psychologically. I was able to influence him successfully at a distance while sitting in my chair. I then told his father that I would make an appointment with his son the next morning at ten o'clock, and would test what some call the subjective mind. I took the father one side and told him it would require his co-operation. At ten o'clock sharp I will hypnotize your son and keep him in that condition for fifteen minutes. I wish you, while at your home (which is at least a mile from my office), to begin at ten o'clock sharp and to do such things that will bring into exercise the five physical senses, occupying fifteen minutes in all. I will see if your son can tell me just what you are doing. You must be sure not to give him any suggestion as to what you are going to do. I prefer that you would not mention our plans to him at all. He assured me that he would not, at the same time stating that he thought he would be compelled to be away from home at that hour, but would tell his wife, who would carry them out as I requested.

The next morning the son was on hand. I invited a medical student, whom I was instructing at the time, to witness the demonstrations. At ten o'clock sharp I placed the son in a hypnotic state and commanded him to go to his home, in his mind, if it was possible, to watch closely for fifteen minutes and tell me everything which took place. Breathing deeply and rapidly for a few moments he told me that he was there.

He said father and mother were sitting at the table in the front room upstairs. Said his father was reading the morning paper and smoking a cigar, while his mother was sitting directly opposite, facing him, doing some needlework. In a few moments, they were talking, but he could not hear distinctly, but could see their lips moving. The next instant his father was getting up and going out through his room. He looked out of the window and threw his cigar away.

Next he remarked that his mother was touching the electric button and giving orders to the servant for dinner. Then she was coming back by his bedroom, stopped and fed the parrot some apple, then took a bit herself. They both were again sitting at the table and his mother resuming her needlework. He seemed very much exhausted by this time, so I brought him out. He remembered all he had seen, and said it seemed just as if he was there. In fact, he was sure his mind was there. In the afternoon, the mother called and said what her son witnessed was correct. Her husband did not go away as he expected.

While instructing a Denver lawyer, we witnessed some interesting phenomena. I will not attempt to explain it, but will simply mention the facts. The above gentleman had charge of a large carriage repository. I knew nothing of this until he put a young man into the clairvoyant state at my office and requested him to tell him the contents of the building located on such a street and at such a number. This took place after business hours, about 9 P. M. The subject began to talk immediately, and told him that the place was closed and that it was dark. He was then instructed to go into the building and tell what he found there.

He talked just as if he was there in person. He described the entrance as he entered, the bicycle which he stumbled over,—told the make and exact location. He felt around, coming in contact with the different wagons, until he told the exact number of wagons the floor contained, the number of rows and the true position of the shafts. This astonished the attorney.

On another occasion, before several professors and students of one of the medical colleges in Denver, a subject described accurately what a number of them were doing in another part of the building. They resolved themselves into a committee, part of whom went into the extreme end of the building, entered a room and closed the door. While in the room they did a variety of things. They made written statements of what took place. The other part of the committee remained with the subject and made a note of what he said they were doing. At the end of fifteen minutes we

brought the subject out of the clairvoyant state. The papers were compared. The subject was right in everything. He talked and laughed just as if he was there in both body and mind. After this his mind was sent to the office of one of the doctors. He described everything satisfactory to the doctor, who was quite a sceptic a few minutes before. I might mention many such cases of what some term the soul leaving the body.

The following was very interesting to me at the time. I was instructing a German who had come to this country fifteen years before. His father was dead and his mother was living at the old home on the other side. After inducing the clairvoyant state, I told the subject to go to Germany, to the home of the gentleman present, and describe the house, its contents, and the persons he might find. Soon he began to sink into an unconscious state. All at once he began to breathe very rapidly, at the same time stating, "Long journey, am so tired."

He immediately began to describe the house, stating that it was an old-fashioned frame house, a story and a half high, built upon rough stone. Said the stone was built up three feet above the ground. He stated the number of windows. He was then told to enter the house. On entering, he met the mother holding a lighted candle, gave a most vivid description of her, which was more satisfactory to the son, who had not seen his mother for years. He even described many of the pieces of antique furniture.

The son said he could not have gotten everything so exactly unless he was really there. The subject's

description was so vivid that the gentleman sat spell-bound during the whole time; smiles mingled with tears on receiving the information of what was transpiring at his old home at that time. The subject, on being restored to his normal condition, was quite exhausted, yet was not able to recall what he saw a few minutes before in Europe; in fact, was surprised to hear that he had been able to separate his soul from the body.

The forces underlying magnetism, psychology, hypnotism, and clairvoyance are as old as the oldest form of life. They have always existed and have been exercised, either consciously or unconsciously, by every living being. The most enlightened and intelligent leaders have employed them knowingly to advance their own personal interest or in the interest of their sect, be it religious or secular, which they represent. The Chaldeans, Egyptians, Greeks, Babylonians, Hindoos, and others emphasize this fact.

The mistaken impression prevails, to a great extent, that the discovery of the existence of this power dates back only to the time of Mesmer and Braid. Electricity is coexistent with creation. Its practical use, however, dates back comparatively a few years. This subtle, potent force of the mind may claim almost equal antiquity of birth and equal newness of practical application. Its usefulness lies in the knowledge of its practical application.

Thus understood and applied, it is a most valuable and valued instrument in the hands of the learned physician, the trained nurse, the skilled dentist, the pro-

gressive attorney, the conscientious teacher, the earnest minister, the able society leader, the wide-awake, successful business man,—in short, no intelligent man or woman should be satisfied to be without a thorough, clear knowledge of this Science. In days gone by, brute force ruled; to-day mental force controls. This power is latent in every human being. All possess it, only in different degrees of intensity. It can be cultivated and developed in all bright, intelligent people to a greater degree through the guidance of a competent instructor.

PART V.
TESTIMONIALS

CHAPTER IX.

SECTION II.

The following are a few of the many testimonials received from those whom I have instructed. I have not appended names and addresses, because many do not wish them given to the general public. Persons interested in the Science will be shown the originals or cheerfully given any other general information desired, upon application at the office :—

ROCHESTER, N. Y.

The Science of the Mind, or Hypnotic Suggestion, as taught by Professor Barnes, in my opinion is a grand truth, which can be made very valuable in the hands of intelligent people, especially in the treatment of disease.

To the business or professional man it is a valuable Science. No doubt but what it teaches the secret of success. In the hands of good people very much good can be accomplished by it in uplifting humanity. In Europe the Science is practised to a great extent. They have institutions established and protected by the various governments. May the time soon come when all will see the truth of the Science, and will learn it and make good use of it.

Yours respectfully,

EX-PHYSICIAN TO THE EMPEROR OF RUSSIA.

BUFFALO, N. Y.

To whom it may concern : This will testify that I have received instructions in Psychology and Hypnotism from Professor Barnes, and consider it one of the greatest privileges of my life. Starting a confirmed sceptic, I am now (in my opinion) a very competent operator.

PROPRIETOR OF A PRINTING CO.

CHICAGO, ILL.

By investigating the Science of Hypnotism as taught by Professor Barnes I have found it to be a very valuable Science; one which will become beneficial to all who become proficient in its use. It will yet become a great factor in the relief and cure of the diseases of mankind, and aid people who understand it to become successful in their business enterprises. The wonderful cures and results accomplished through its use should cause all parties to study the Science and use it in everyday life.

Respectfully,

PHYSICIAN.

BUFFALO, N. Y.

Hypnotism as you impart it is very valuable and practical to an intelligent physician. I am much pleased, and have been many times repaid for the time and money invested.

Yours with best wishes,

PHYSICIAN.

ROCHESTER, N. Y.

Psychology, as taught by Professor Barnes, can be made of great use and advantage to the world if entered into with the right spirit, with a view to the betterment of one's self, thereby making the world better for having lived in it.

MANAGER OF LIFE INSURANCE CO.

BUFFALO, N. Y.

My experience and success have been more than surprising to me, and I am thoroughly satisfied that I have obtained that for which I have been looking for, for years.

With best wishes, I am yours truly,

MANAGER OF AGENTS.

CHICAGO, ILL.

I am pleased to recommend Professor Barnes, professor in Psychological and Hypnotic Control, as a skilled and thorough operator. I have taken a course in the Science under him and find it wonderful and a great help in my business. I can thoroughly endorse him as a perfect gentleman in all transactions.

Yours very respectfully,

DENTIST.

BUFFALO, N. Y.

I was taught the wonderful Science of Psychological and Hypnotic Control, and find it equally useful to me in business and social affairs. I can cordially recommend it to all young men who have not had the advantage of an education. Respectfully,

PROPRIETOR OF A PRINTING CO.

CANANDAIGUA, N. Y.

Having just finished a course of lessons on Psychology and Hypnotism with Prof. Wm. A. Barnes, I am glad to give my testimony in their favor, as being interesting, instructive, and practical. I consider a knowledge of these Sciences of great value to any one, either lady or gentleman, professional or business man, and I can cordially recommend Professor Barnes as an excellent teacher.

PHYSICIAN.

CANANDAIGUA, N. Y.

I take great pleasure in saying to the uninitiated that the Science which Professor Barnes teaches is highly essential to mankind, and to me it has been of untold value, both scientifically and in business. I am sure no one will regret taking the course. I consider that I got my monetary value out of it the first lesson.

Yours truly,

SUPERVISOR OF RAILROAD.

CANANDAIGUA, N. Y.

The Science as taught by Professor Barnes is a great factor in one's success along various lines.

TELEGRAPHER.

ROCHESTER, N. Y.

I consider it a great privilege to be permitted to say a word in favor of that wonderful Science called Psychology, or Personal Magnetism, in which I have been instructed by Professor Barnes, who possesses the faculty of presenting the subject in a clear, concise manner. Especially is this Science of the mind important to the teacher, who is not only to teach, but guide and direct her pupils, preparing them in this grand seminary, which we call earth, for a life of usefulness, and her success will depend largely on a knowledge of that Science which underlies all others, namely, that of Psychology.

TEACHER.

ROCHESTER, N. Y.

My dear Professor,—I take pleasure in stating that I have been very much assisted in advancing God's work by understanding the art of influencing the mind. It has made me a better instrument in the hands of the Lord. My prejudices have all fled. May God prosper you in your noble work. Yours in Christ,

MINISTER.

PROF. W. A. BARNES:

CHICAGO, ILL.

My dear Sir,—I wish to say to you that I am much pleased with the course of instructions you have given me on Hypnotism. I do believe that all professional and business men should know of and understand this Science. I have lately seen other operators, but I believe you to be the most proficient. Hoping to see you again soon, I am,

Yours very truly,

SECRETARY.

LA CROSSE, WIS.

To whom it may concern: This is to certify that I have taken instructions in Hypnotism and Psychology of Professor Barnes. I have found it to be a very interesting and valuable Science, and can cheerfully recommend it.

MANUFACTURER.

CHICAGO, ILL.

To whom it may concern: I have taken private instructions of Professor Barnes, and can candidly state that it is a great factor in connection with medicine. No intelligent student or physician should attempt to practise medicine without a thorough knowledge of the relation of the mind to the body, and without being able to practically demonstrate the same upon his patients.

Yours truly,

PHYSICIAN.

LA CROSSE, WIS.

To whom it may concern: The bearer, Wm. A. Barnes, is thoroughly versed in the science of Hypnotism. I cheerfully recommend him to all persons having an interest in the Science.

DENTIST.

LA CROSSE, WIS.

To whom it may concern: This is to certify that I have taken a course of instructions in the Science of Hypnotism of Professor Barnes, and find it to be very beneficial to me. I unqualifiedly recommend the professor as an instructor of Hypnotism. You will find him worthy of your confidence.

Sincerely yours,

ATTORNEY.

LA CROSSE, WIS.

Dear Professor,—I feel fully paid by the knowledge imparted.

PHYSICIAN.

NEW YORK.

Dear Professor,—When will you return to New York? Am more than satisfied with those lessons. Be sure and send the book. My friend J—— wants instructions on your return.

Yours respectfully,

BUSINESS MAN.

SYRACUSE, N. Y.

Having taken a course of instructions of Professor Barnes in Psychology and Hypnotism, I can testify that it is a wonderful and interesting Science, and instead of it being a "gift," as I first supposed, it is a perfectly natural power which can be exercised by all of intelligence. It is the most practical and valuable art that a man can employ. Money would be no inducement for me to part with the knowledge.

MINISTER.

DALLAS, TEX.

To whom it may concern: I have received instructions, which proved eminently satisfactory, from Professor Barnes, in Psychology and Hypnotism. This Science intelligently employed may be of inestimable value to physicians, and I am of the opinion, based upon close observation, that in it we have a therapeutic measure which surpasses all others in the treatment of mental derangements.

EX-FIRST ASSISTANT PHYSICIAN NORTH TEXAS
HOSPITAL FOR THE INSANE.

NEW ORLEANS, LA.

Dear Professor,—Your lessons have proven very valuable to all of the doctors. They have been having exceedingly good success in various ways. All send good word.

Yours truly, PHYSICIAN.

DENVER, COL.

To the thinking public: I have studied Psychology, Personal Magnetism and Hypnotism under the instructions of Prof. Wm. Barnes, and I now feel competent to perform any demonstration, and I feel justified in saying it is one of the grandest truths known to humanity, and a Science every intelligent person should understand.

I am very truly,

LADY.

LYNN, MASS.

To whom it may concern: After taking one lesson under Mr. Barnes, I controlled several friends and acquaintances of mine who had never been influenced before.

It is wonderful, and I can recommend others to Mr. Barnes.

BUSINESS MAN.

EAST BOSTON, MASS.

To all whom it may concern: I have taken instruction from Mr. Barnes, and find it very instructive and practical. I have hypnotized quite a number, one of whom, a friend of mine, declared that I could not do a thing with him, and fought against it. Yet I influenced him against his will.

INVESTIGATOR.

BOSTON, MASS.

I have studied for years the beautiful theory of the kindergarten system,—dealing with the souls of little children. It has for its foundation Psychology, pure and simple, and in order to do the cause justice, one *must* have practical working knowledge of the subject. In no truer sense can we literally carry out Froebel's loving message, "*Come, let us live with the children.*" I have derived untold benefit from my course of instruction.

A KINDERGARTNER.

BOSTON, MASS.

I have taken the course of instruction with Mr. Barnes, and have been able to control a number of acquaintances outside of his rooms, while acting as the operator alone.

BUSINESS MAN.

KEENE, N. H.

To whom it may concern: After taking two lessons from Professor Barnes, I was able to influence my wife and several others to do anything coming under the lessons I have taken.

BUSINESS MAN.

BOSTON, MASS.

I wish to add my testimony to the value of the instructions received in Hypnotism from Prof. W. A. Barnes. He is a most efficient teacher and a thorough master of his art. In my judgment, he takes first place in the ranks of instructors in Hypnotism. It gives me pleasure to be able to give this unsolicited testimonial in his behalf, and to recommend him to all who wish scientific instruction and positive demonstration of the great truths of Hypnotism.

EDITOR.

COLORADO SPRINGS, COL.

To whom it may concern: I have taken lessons from Wm. A. Barnes. I psychologized and hypnotized a number of subjects during the course of instruction, and, in addition, have employed it successfully upon seven patients out of ten. All of these seven were operated on by me, extracting teeth, filling, etc., while in the hypnotic state, and with better results than my short experience would lead me to hope for. I take pleasure in recommending Mr. Barnes to all who are interested in Hypnotism.

DENTIST.

DENVER, COL.

To whom it may concern: I hereby certify that I have taken instruction in Hypnotism from Professor Barnes, and am thoroughly satisfied in every way. I can cheerfully recommend him to any one wishing instruction in this science.

MEDICAL STUDENT.

DENVER, COL.

To whom it may concern: In regard to the Science of Hypnotism as taught by Professor Barnes, I think it one of the most beneficial as well as the most practical methods I have ever seen. To a person giving his attention, the professor can do all he claims in the six lessons.

LAWYER.

ST. LOUIS, MO.

To whom it may concern: I have taken Professor Barnes' course in Hypnotism and consider it of great value to me, not only as a medical student, but in a business way.

MEDICAL STUDENT.

MADISON, ILL.

To whom it may concern: Having finished my course of instruction in Hypnotism, I take this opportunity of stating that I am well pleased with what I have learned in regard to the Science.

RAILROAD MAN.

DENVER, COL.

To whom it may concern: I have taken a course of instruction from Professor Barnes, and am satisfied that it is all that he claims.

MEDICAL STUDENT.

ST. LOUIS, MO.

I have just completed a course of instruction under Professor Barnes, and take pleasure in stating that I consider this the most valuable acquisition to my store of medical knowledge yet obtained. I had been interested in this Science for years, and gladly embraced this opportunity of learning to operate. I consider this Science the most wonderful and startling upon the face of the earth, and feel that it will be only a short time until every physician will have to be a master of it, or resign the practice of medicine.

PHYSICIAN.

BOSTON, MASS.

This is to certify that I have taken the course of instruction offered by Mr. W. A. Barnes, and that I am fully satisfied with the same. It is both practical and useful from a business and professional standpoint. I have not only been able to do all that he promises, but more in the line of my professional work. So far I have met no failures, and am, as yet, not sure to what an extent it may be applied.

PHYSICIAN.

BOSTON, MASS.

I have taken instruction from Mr. Barnes, and am much pleased. Have been able to influence my two boys to any extreme.

MECHANIC.

BOSTON, MASS.

To whom it may concern: I have been instructed by Mr. Barnes, and have found the Science useful as a therapeutic agent, and a great help to me as an educational factor.

A MOTHER AND TEACHER.

NASHUA, N. H.

My dear Professor,—It gives me much pleasure to inform you that I am more than pleased with the course I have just finished with you in Psychology and Hypnotism. If it were possible for me to part with the knowledge that I have gained and not come into possession of it again, I think no amount of money would tempt me to do so. I find myself able to handle subjects who have never been worked on before, and cause them to do everything set forth in your pamphlet, "Synopsis of Psychology and Hypnotism."

It will be a pleasure to me to recommend you to any one looking for a thoroughly competent instructor.

BICYCLE MANUFACTURER.

BOSTON, MASS.

I have just finished a course of instruction in Psychology, Hypnotism, and Personal Magnetism under Professor Barnes, and can highly recommend him as an instructor. I have taken instruction before from a well-known hypnotist which proved very unsatisfactory. There is a decided difference in the instruction from one who makes it a business to amuse the public, and one who gives practical scientific instruction.

BUSINESS MAN.

NOVA SCOTIA.

To whom it may concern: I have taken a course of lessons under Mr. Barnes, and have found it very interesting and valuable. Am able to exercise the influence myself along almost any line.

PROFESSIONAL MAN.

DENVER, COL.

I beg to state that I have taken a course of instruction from Professor Barnes in Hypnotism and Psychology, and am well pleased with the result. Professor Barnes is thoroughly conscientious in his work, and does all he claims.

LIFE INSURANCE AGENT.

BOSTON, MASS.

To whom it may concern: I have taken instruction from Mr. Barnes, and find it can be used to good advantage to both patient and operator.

DENTIST.

DENVER, COL.

To whom it may concern: I have taken a course of instruction from Mr. Barnes, and have found him to be an efficient teacher. It is one of the most desirable accomplishments. I would not take five hundred dollars for the knowledge.

BUSINESS MAN.

DENVER, COL.

To whom it may concern: This is to testify that I have received instruction from Professor Barnes in Psychology and Hypnotism. In my opinion, he thoroughly understands his profession. This is a Science which all good, intelligent people will do well to investigate, both for their own good, and others with whom they may come in contact.

LAWYER.

SOUTH BOSTON, .

To whom it may concern: At the age of six years troubled with stammering, which steadily grew worse. At the age of twelve, I was treated by a specialist, who succeeded in breaking up the stammering, but I was only partially cured, for after that there remained an impediment, or stoppage in my speech. This affliction increased as I grew older, and I had no relief until I consulted Mr. William A. Barnes. He cured me entirely in eight treatments, and I stand ready to recommend him to any and all persons afflicted in a similar manner.

ELECTRICAL MECHANIC.

BOSTON, MASS.

To whom it may concern: About two years ago I took a course of lessons in Psychology and Hypnotism from Prof. Barnes, and at various times since then have given many private and public exhibitions with astonishing success. In my profession as a teacher of Elocution I have found it invaluable, as pupils while under my control have been able to memorize and deliver with a rapidity and accuracy that were surprising. I have also successfully cured many cases of rheumatism, ear, teeth, and nervous troubles, besides curing such habits as excessive drinking, cigarette smoking, etc. I gave two public exhibitions in the theatre in St. John's, Newfoundland, to large audiences, amongst whom were His Lordship the Bishop, a number of the clergy, and nearly all the prominent physicians. At each of those exhibitions I performed about thirty experiments which procured for me not only the warm applause of the audience but the highest encomiums of the press.

I take pleasure in thus testifying to Professor Barnes's ability as an instructor.

TEACHER OF ELOCUTION.

ST. LOUIS, MO.

To whom it may concern: I take pleasure in saying that I am personally acquainted with Prof. Wm. A. Barnes, and that I have found him to be a perfect gentleman in every respect. Professor

Barnes is the best qualified and most practical hypnotist I ever met. I have enjoyed his instructions and demonstrations beyond description. No matter if you have read all the scientific works on psychology, I know I do not overstate or go beyond facts when I say that Professor Barnes can give you more *real practical knowledge* of Hypnotism in a few short lessons than can be gained from books in many months. He knows exactly how to impart hypnotic information, and can demonstrate the Science in a manner that can be grasped by any one of ordinary intelligence. I can heartily recommend Professor Barnes to physicians or laymen who desire to obtain the correct principles of Hypnotism, and a *thorough working knowledge of the whole subject*.

PROFESSOR OF THE PRINCIPLES AND PRACTICE OF MEDICINE.

Mr. Barnes demonstrated that pain and disease can be "located" by a good hypnotic subject.

He put himself *en rapport* with the subject, and while others pricked the professor with a sharp instrument at various places, the subject showed signs of distress immediately, and put his finger on the same place of his own body corresponding to the place being pricked with the knife. The professor gave some good tests of mind-reading, too. It was the most scientific and conclusive demonstration that disease can be diagnosed by a sensitive subject endowed with a peculiar faculty of clairvoyance.—*Rochester (N. Y.) Democrat and Chronicle*.

Professor Barnes gave demonstrations of Psychological and Hypnotic feats surpassing anything of the kind ever given in this city. It was phenomenal!—*Chicago (Ill.) Times-Herald*.

The demonstrations were the finest ever seen in this city.—*Minneapolis (Minn.) Tribune*.

Professor Barnes gave some very interesting tests in hypnotism at the Y. M. C. A. Hall last night, before a large audience.—
—*Buffalo (N. Y.) News.*

The demonstrations were a success from every standpoint.—
Denver (Col.) Post.

Professor Barnes seems to be endowed with other powers than simply hypnotic. His demonstrations border on the miraculous.—
Rochester (N. Y.) Herald.

There were many in the audience who went to the place avowed sceptics and who came away with their scepticism shaken from its pedestal. It was in the hall where the university pedagogues lecture on philosophy and metaphysics, and it was something which would have made those wiseacres put on their thinking caps had they been present.—*Syracuse (N. Y.) Standard.*

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