THE

PERFECT COURSE OF INSTRUCTION

IN

HYPNOTISM, MESMERISM,

CLAIRVOYANCE,

SUGGESTIVE THERAPEUTICS,

AND THE

SLEEP CURE,

GIVING

BEST METHODS OF HYPNOTIZING

BY MASTERS OF THE SCIENCE.

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Perfect Course of Instruction.

LESSON I.

The study of Hypnotism is the study of Human Nature. So long as the world produces some to lead and some who are led, some who are strong and some who are weak, some who are dependent and some who are independent, Hypnotism will be a factor in human happiness. It is my earnest hope that through the awakening of public interest in this science which has marked the closing of the present century there will come a better understanding of the benefits to be conferred upon the human race through the right use of this power and a knowledge of its benignant influence. The purpose of this exhaustive Series of Lessons is to enable the student not only to hypnotize without fail, but also to understand something of the great laws which underlie a manifestation of this power. It has seemed to me in examining many of the published works upon Hypnotism and allied sciences that the writers have been less impressed with the great possibilities following its use than with the ease with which in some cases they have induced profound hypnotic conditions. It is a fact that there is no mystery in the production of hypnosis, but the effects or results of Hypnotism will always remain greater and still greater marvels. In these Lessons I wish carefully to point out to you how the old experts in this work achieved their results, and how you will do wisely to follow to a certain extent in their footsteps, aided, however, by the brighter light which modern psychology has thrown upon many hitherto inexplicable phenomena. It is not necessary to waste time over the discussion of the history of Hypnotism; every book that has been written upon this subject deals with the history of the science; and the student can gather from its pages anything he may care to know concerning the early success of those who discovered and named it Mesmerism, and later rechristened it Hypnotism. Under whatever name it appears to-day it is the same old force; and no matter how often we change

its name, whether we call it Mesmerism, Hypnotism, Electro-Biology or Statuvolence, it is the same old power, viz., the power of the mind over the body. I have gathered together from various sources many methods of Hypnotizing, and I venture to say that there will be no student of these Lessons who will be incapable of successfully applying several of these methods. I intend to teach you how to Hypnotize. There is no one of ordinary intelligence who understands the meaning of written language who cannot learn from this Course of Instruction all that could be taught him in any School of Suggestive Therapeutics, in the country. Everything will be made plain and practicable. I shall assume that you know nothing whatever of Suggestion, Hypnotism, Mesmerism, Clairvoyance or Suggestive Therapeutics, and hope to carry you with me, understandingly, from the most elementary to the most complex manifestations. Our modern investigators have been too much impressed with what they call Suggestion, and Suggestive Therapeutics, and in my opinion have largely overlooked the superior importance of the profound sleep which distinguishes true Hypnotism. In this Course of Lesso: therefore, I shall impress upon you the importance of inducing in your subjects the profoundest degrees of Hypnosis possible, and you will be expected to look always toward the production of deeper and still deeper slumber. In the works of the early Mesmerists we find instances of Clairvoyance induced in their Somnambules which are not often paralleled to-day, and I take the reason of this to be that to-day our operators are too easily content with the lighter stages of Hypnosis, and do not persevere sufficiently for the purpose of inducing the deeper conditions. There is another reason for the success of the older Hypnotists. They were invariably men of high moral purpose. They threw out an influence for good which was easily perceived and received by their subjects. They were able to induce almost at a word a condition of profound passivity in those whom they treated. The purity of their motives and their beneficent intent shone from their features, and had immediate effect upon the troubled minds and sensitive nerves of those upon whom they exercised their art. I lay this down as an axiom which cannot be challenged, that the nobler his purpose the more generally successful will be the operator. While many have practiced Hypnotism through unworthy motives, and have been to a certain extent successful, they have never reached the success

attained by those who brought a clean heart and clean hands to the study of this science, and I therefore take it for granted that if you have had any intentions of merely gratifying your curiosity by mastering the intricacies of Hypnotism you will not expect to reap the reward which is given only to those who earnestly search for higher truths through the medium of Psychology.

LESSON II.

We will take for our Second Lesson the method most generally employed by the Hypnotist of to-day, and which was first brought into public notice by Dr. Liebeault of the School of Nancy, France. He christened his method "Verbal Suggestion," and his views, opinions, and experiments were later embodied by Dr. Bernheim, his pupil, in a work entitled "Suggestive Therapeutics." Let us put ourselves for a moment in Dr. Liebeault's place and suppose that a patient has come to him to be treated by Hypnotism for some nervous disorder. The Doctor takes the patient's hand, asks him a few questions, and receiving the patient's assurance that he is at present suffering great pain in his head, he requests the patient to sit down in a comfortable chair. The Doctor stands before the patient, and laying his left hand lightly upon the latter's head, he holds the two fingers of his right hand about one foot from the patient's eyes at an upward angle so that the patient is compelled to slightly strain the eyes upward in order to see the fingers distinctly. The Doctor then says in a soothing and monotonous voice: "There is nothing to be afraid of in this process. You are about to undergo at your wish and mine the same mental transfiguration which happens to you every night of your life, that is to say, you will pass from a condition of active waking life into, first a drowsy, somnolent state in which you hear but do not heed greatly what is said to you, and in which you feel averse to making any voluntary motion; you will pass from that condition into a state of ordinary sleep in which you will be, as you are every night of your life, unconscious of what is happening about you. From this condition you will wake when I choose to wake you, greatly refreshed and strengthened, and you will note the disappearance of your pain." While he is saying these words the Doctor moves his fin-

gers with a slow, circular movement, having a circumference of about one foot, round and round in front of and below the patient's eyes. He continues this circular movement of his fingers, at the same time requesting the patient to keep his eyes and his attention fastened only upon the movement of his fingers, for about five minutes, talking all the while to the patient in a monotonous tone of voice. The idea is to soothe the patient's nerves; to relieve him of all anxiety of mind concerning the mystery of the treatment he is about to undergo; to reassure him and make him thoroughly comfortable. It is also intended that by a concentration of the patient's attention upon this simple act of moving the fingers there will be brought about in the patient's brain that condition of cheerful fatigue which follows the concentration of the mind upon any not disagreeable and not exciting task. A drowsiness begins to take possession of the patient. The voice of the operator sounds even more soothing and monotonous than before. The Doctor is saying: "Your eyes are getting heavy now; you are feeling drowsy; you are feeling that it would be an effort to move; you are not disturbed by any noise without, the blood is receding from the extremities, your hands and feet and head are becoming cooler, the heart's action is diminished, the pulse is slower, the breath is easier, quieter, deeper, and you are going gradually sound asleep." The Doctor pauses for a little while and then says still more quietly: "Close your eyes, sleep," at the same time laying his hands lightly upon the eyelids of the patient. He then says: "Resting quietly; all is well; your pain is getting gradually less. In a little while you will be sound asleep, and on awaking the pain will have entirely disappeared. Sleep quietly. Nothing will disturb you until I return." He then leaves the patient to himself for perhaps ten or fifteen minutes, and upon returning usually finds that the latter has passed from a state of drowsiness into a condition of light sleep, and that the headache is either greatly relieved or entirely gone. The Doctor informs the patient that the next day when he returns for treatment he will pass more easily into the drowsy condition, and that his sleep will be deeper, and that after a few treatments he will be able not only to cure any pain which may be present at the time of the treatment, but by this Verbal Suggestion will prevent a recurrence of the trouble. This is the method which is invariably followed in France in the treatment of a new patient. Nothing is said

about Hypnotic Influence; no tests are imposed to discover whether the patient is in any degree under the influence or not; everything is arranged to quiet him, reassure him, and set his mind absolutely at rest. Accordingly, upon returning for treatment, the patient gets into the chair with confidence, and without any misgiving as to what the result will be; and he becomes proportionately more quickly obedient to the suggestions of the Doctor, and is more profoundly affected. At this second sitting the Doctor says, after he has induced in the patient the drowsy condition in the manner aforesaid: "You will find that your eyes are very heavy indeed, and that you cannot open them." He lays his hand lightly upon the eyelids of the patient and says: "Your eyes are shut tight, and you have no power to open them." The patient makes an ineffectual attempt to open his eyes, and perhaps, smiling languidly, gives up the task and relapses again into his condition of somnolence. The Doctor says: "All is well; your eyes are tightly shut and you have no power to open them. You will pass now into a condition of deeper sleep. Upon awakening you will not remember anything that has happened. Your memory will be obliterated for the time being. You will only be conscious of the fact that you have slept profoundly, and feel much benefited in health." The patient is now left to himself as before, for perhaps fifteen minutes, at the end of which time the Doctor reenters the room, and passing his hand lightly across the forehead of the patient says: "You have had a good rest and a refreshing sleep. You will have no more pains in your head, and your mental faculties will be much brighter and more alert for this rest. You will wake when I count three, and hereafter when I wish to Hypnotize you for your benefit you will pass at once into a condition of profound sleep. Now I shall wake you quietly and without any nervous shock; one, two, three—wide-awake." As the Doctor pronounces "three" the patient opens his eyes and confesses that he is without pain or discomfort of any kind. Perhaps he stares about him stupidly as one does who has been roused suddenly from a deep sleep, but he has no memory of having been spoken to from the time he closes his eyes until that moment. There are accordingly present in this patient all the necessary signs which point toward the possibility of inducing in him a profound condition of Hypnosis, and here for the present we may be content to leave the method of the Nancy School.

LESSON III

Let us now take up for consideration the method of the early Magnetizers, as they styled themselves, and I prefer to put these directions in the form of personal instruction, as it were from me to you. First select for the purpose of experiment some one younger than yourself, but not one who has lived so long in the house with you as to be inclined toward any familiarity. In order to be at first successful you should find some person who looks up to you as one in authority, since the essential point in successful Mesmerism is the obedient quality in the patient. It will be also strongly in your favor if your patient is not well physically, and is looking toward Mesmerism as a possible means of relief from ill health. Seat your patient in a comfortable chair and sit directly in front of him; your eyes should be a little above the level of his eyes; make him perfectly comfortable, if necessary placing cushions at his back in order that his head may rest easily and without any physical strain whatever in the position in which he sits. Take his right hand in your left, and his left hand in your right. Lean forward until your face is about a foot from his. Desire him to gaze unflinchingly into one of your eyes. Impress upon him firmly the point that he must not allow his gaze to wander. He must not wink his eye unless he feels compelled to do so. You must talk to him in this manner: "You will feel a tingling first of all in your hands as I hold them, extending up your arm to the shoulders and gradually a numbness creeping over the body. Do not be uneasy at any sensations which may occur, and do not allow yourself to wonder at anything that may happen. No harm shall come to you, and you may repose absolute confidence in me. When you can no longer keep your eyes open and fastened upon mine, close them and they will not come open again. You will then pass into a profound sleep, your whole body will feel warm and a genial current which will seem to you like an electric warmth will be sensed. When your eyes are closed I shall use passes over you which will have the effect of doubling the magnetic influence, and distributing it evenly throughout the body." As you hold his hands in yours, press lightly the thumbs of your hands against the backs of his hands alternately lightening or increasing the pressure, allowing your thumbs to rest half way across the back of his hands between the second and third

ure will exert a peculiar influence upon him, ention steadily to the work in hand. When he can no longer keep his eyes open, release one of his hands and close his eyes with your fingers, saying: "Relax now and sleep." You may then proceed with the passes. Rising from your chair, you bring both hands over his head and holding the points of your fingers about two inches from his face you proceed to bring them down over his body with a slow sweep, terminating at the knees. Throw your hands out then to either side of you, palms upward, and bringing them together again over your head, bring them down in another sweep, slowly performed, from the head again to the knees. Repeat this process for about ten minutes, at the end of which time if you lift one of his arms it will probably remain in the position in which you place it. If it should fall again to his side repeat these slow long passes for another five minutes, at the end of which time he will probably be in that condition which is known as rapport; that is to say, he will be more or less under the magnetic influence. Do not try to lift his hand again, because he may be one of the lethargic kind of subjects who never become cataleptic. As the meaning of these terms will be fully explained later on it is not necessary to do more than mention them here. Say to him quietly, "You are now passing into the magnetic condition, and though you may be conscious of where you are, you cannot open your eyes." Wait a few moments and then say: "Your eyes will not open although you try to lift them." Pause here again and then say, "Try to lift them, they will not open." If you see that he makes an ineffectual attempt to open his eyes you may understand that your patient is in the same mental condition as was the patient of Dr. Liebeault mentioned in the previous Lesson. But if there should be no movement whatever from him, and if he should seem to pay no attention whatever to your exhortation that he try to lift his eyelids, you may take it for granted that you have induced in him a deeper state of magnetic sleep, one which it is better for you not to disturb; and you will therefore say to him as follows: "Sleep profoundly, and dream that you are traveling many thousands of miles from here, visiting scenes and places you never saw. Let your spirit go whither it will, and when you wake in one hour from this time, you will tell me where you have been and what you have seen, and everything will be clearly impressed upon

your mind when you awake. Sleep for one hour and wake of your own accord at the end of that time." Here we leave this patient also.

LESSON IV.

In this Fourth Lesson I give you the method practiced by an English surgeon, Dr. Esdaile, who about the year 1847 made such good use of Hypnotism in his hospital practice at Calcutta, India, that the English government placed at his disposal a hospital specially prepared for the reception of patients to be operated upon by Mesmeric Anæsthesia. It is a method that is now practically unknown, and one which has never been fully given to the public. Its results, however, are so astounding, especially in the matter of inducing the deepest degrees of Hypnosis that this complete book of methods must give it a place of importance. We will again assume the places of instructor and pupil. Have in your room where patients are to be treated a long low couch in which the headrest is not more than six inches higher than the body of the couch. Let your patient lie full length upon the couch, and seat yourself at its head. Bend over the couch in such a way that when your patient's eyes are upturned to yours, it is not difficult for him to keep his gaze riveted upon you. To make this more plain to you I should say that there must be in this case no great strain upon the eyesight of the patient. Now bend over the couch so that your face is not more than from four to six inches from your patient's. Keep your eyes fastened upon his. Instruct him to keep his eyes fastened upon yours. Allow no sound to escape you. There should be no noise of any kind in the room or out of it to disturb you. Maintain this position if necessary for one hour to two hours, keeping in your mind the firm resolve that your patient must sleep. In half an hour or less his eyelids will quiver, but a word from you will redirect his attention to you and he will make another effort to keep them open. These efforts will become gradually less and less pronounced, until the sense of weariness is so developed in him that he can no longer resist the sleep influence, and his eyes will close completely. When you have tried this method it will not be necessary for you to try any experiment with your patient with a view to testing whether or

not he has passed into the Hypnotic condition. This method, provided your patient is not wilfully deceiving you, is invariably productive of the deeper stages of Hypnosis, and no such thing as a test is here necessary. Your patient is again in the condition known as Magnetic Sleep.

LESSON V.

Keeping carefully in your mind the three methods which have been previously given you as advised, let us add to them a fourth, which is no less distinct from the others. Gather together some eight or ten people in a room, and request each one to look fixedly at a bright object, let us say a silver half dollar, held in the palm of the hand. Repress any indications of levity among your audience, by pointing out to them the fact that you mean to make of this an earnest investigation into psychic phenomena, and explain to them that any tendency toward merriment will have the effect of postponing results by distracting the attention of those engaged in the investigation. Explain in your prefatory talk that you do not intend to make any verbal suggestions to them during the performance, but that they will find their eyes gradually closing, the bright object becoming blurred and indistinct, and a general feeling of heaviness and drowsiness becoming marked. Allow your audience now to devote themselves earnestly to the simple task you have assigned to them. Stand in front of your circle, and watch them all closely. By and by you will notice one head begin to nod; then perhaps another; some of the more unruly ones will allow their attention to wander in the direction of these who show the influence more plainly, and you should be on the alert to restrain any sign of whispering or communication between the members of the circle. All such signs and all such noises having the tendency to rouse the true subjects. When you notice that some two or three of your audience are decidedly affected, go down quietly among them, and speaking in a quiet tone of voice, so as not to arouse them from the condition of reverie in which they have placed themselves, imprint upon their minds the idea of sleep by saying the following words: "By keeping your eyes fixed upon the bright object in your hands you have brought about in yourselves a lessening of the circulation of blood in the brain, consequently you feel drowsy and inclined to sleep. This drowsi-

ness will increase, and will deepen as you continue to gaze fixedly at the object you hold. When the blood leaves the brain, sleep follows. Your fixity of attention upon the object you hold has brought about the required change in the circulation, and you will now gradually pass into the condition of sleep. Let nothing disturb you." Some of those affected will now fall asleep, and in the course of about five minutes you may arouse the whole company by saying: "When I count three you will all be wide-awake and will tell me how far and to what degree you were influenced." When you count three they will all open their eyes and tell their experiences. Some will say that they felt no tingling whatever, some will say that they felt drowsy, some will say that they were fast asleep. The first have been guilty of allowing their attention to wander; the second have been influenced, and upon repeated trials would no doubt pass into sleep; the last named would make good subjects, and may be said to have reached the same condition, this time self-induced, as was arrived at by the subjects in the preceding Lessons where entirely different means were employed to bring about this condition of subjectivity.

LESSON VI.

In the preceding Lessons you have been given the four distinct types of inducing Hypnosis which form the groundwork for a variety of methods which follow, and of which each operator selects the one which he finds most natural to himself to adopt with success. Before going into any further methods let us consider the qualifications necessary to make one a good operator. Although in these Lessons we shall speak of both operator and subject always as of the male gender, women make fully as good Hypnotists as men, and are just as easily influenced, but not more easily, to become good subjects. My experience has shown me that the susceptibility of both men and women to Hypnotic influence is just about even, and neither sex can be said to have any advantage over the other in this respect. A good operator must be very cleanly in his personal appearance, and be free from all offensive habits of speech or manner. He should be polite, and persuasive, at the same time having in his tone and bearing the appearance of one who commands. The art of Hypnotizing is really the art of making an impression upon the mind of another

person and in order to make this impression deep and lasting the operator should never allow himself to give or accept any familiarity to or from his subjects or patients. This is a rule which will admit of no exceptions. The power to Hypnotize may be summarized as being the power to command respect and obedience. For this reason, and because his authority as physician gives him the right to command, the doctor makes an admirable hypnotist. But this firmness of manner, and dominant appearance which is necessary to success may be acquired by anyone who studies these Lessons after a little practice. The manner which is at first assumed, becomes later on natural, and even if at first you have no confidence in yourself it is necessary that you should assume a confident bearing and manner when dealing with a subject. You will be surprised at first to see how the things which you say are about to happen do happen. When, for instance, you tell a subject that he is becoming drowsy, even though you see no sign of drowsiness in that subject it will shortly come about that he will give every evidence of being drowsy, and this phenomenon simply means that your confident assertion has made such an impression upon his mind that the thing which you have assumed to be true has become true. At first the effect of your words will astonish you, as I say, but after a little practice you will begin to see that all of your acquaintances are influenced by the suggestions that are made to them by others both directly and indirectly. The other necessary qualifications of the good operator are, an honest purpose, an upright character dealing fairly with all men, a clear eye, and most important of all a habit of looking every person straight in the eye while endeavoring to influence him. For the special practice of operators, in order to develop the power of the fixed gaze, I shall advise that they spend ten minutes night and morning in their room practicing before the looking-glass the act of gazing at the reflection in the mirror without winking an eyelid. After regular practice of this kind it will be found that they are able to extend the time of looking without winking at any person or object, from one minute to five minutes, and from five to ten, and sometimes as long as twenty minutes, without the eye becoming fatigued or suffused with tears. This practice will also have the effect of seeming to enlarge the eye by increasing the expansion between the lids, a result which is to be desired.

LESSON VII.

With reference to the class of people who make the best subjects I have often been asked by my students to tell them some way of picking out from a crowd of people the persons most likely to pass into the somnambulistic condition at a glance. This is a matter which practice alone can make one expert in, but there are certain general indications which never mislead the student. These are as follows: Blondes are more easily influenced than brunettes. Men and women who have what is known as a faded appearance, whose eyes are for example of a faded blue which is yet not gray, whose hair is of a light shade of brown which has in it nothing of gold, whose mouths show pleasant temperaments and non-inquisitive dispositions, these make as a class good subjects. Unfortunately no generalization upon this point can be accepted as accurate because in the experience of every Hypnotist there are exceptional cases where very strong-willed persons made admirable subjects, very pronounced brunettes proved to be first-class somnambulists, and many of the faded type proved refractory and hard to influence. It will give you a fair clue to your probable success with your patient to say that you may gauge your probable effect upon him in the induction of Hypnosis by the effect upon him of your manner and appearance while he is wide-awake. If he is cordial and complacent and obedient, or if he is yielding, or shows in his manner great fear of you which is not mixed with repugnance, you may take it for granted that you will be able to forcibly impress his mind. There is in some persons a rooted objection to Hypnosis which it is absolutely impossible to overcome and you may be wasting your time by working upon such people. It is not, I think, a question of fear, but of absolute distaste for the whole process. There is no harm in a subject being afraid of you, because you can remove that feeling of fear in the course of one or two treatments so that in place of being afraid he comes to have absolute confidence in you. Also as I will show later the feeling of fear alone is sometimes sufficient to produce instant Hypnosis. The worst subjects are those who, being in the first place persons of weak will, have no interest in psychology, and have not sufficient wit to understand the genuineness of the force resident in themselves. They may be reached

always by indirect Suggestion and in dealing with such people you should never rely upon verbal Suggestion alone, but should call to your aid an adjuvant such as electricity, with which you will be able to make a profound impression upon their minds.

LESSON VIII.

We will now take for purposes of instruction such a case as follows: A friend comes to your office and brings with him a young man. Your friend says: "I have heard that you are a great Hypnotist, and I should very much like to have a demonstration of your power upon this boy. He has no objection to being hypnotized, and will do anything you tell him. He is a very backward boy in his studies and will not apply himself to his work. His mother sent him to me for correction, but having heard of your success in this class of cases I bring him to you in order that you may demonstrate the power of Hypnotism upon him in the correction of the habit of laziness. See what you can do with him." Here is a typical case which occurs in the practice of every operator, and the right method of procedure may be here given at length, so that the student may know just how to proceed in such a case. Approach the boy with a firm, confident manner, and take his left hand in your right, at the same time placing your left hand on his forehead, and pushing back his head until he looks up into your eyes as you stand above him. He will be somewhat afraid at this procedure. Tell him that you have no intention of hurting him, and that he will really enjoy himself very much during the experiments which are to follow. Tell him that you will not hurt him, or allow anyone else to hurt him; that you do not intend to run pins in him or put him to any pain, and that he may have full confidence in you. Talk to him, reassuringly, at the same time making him keep his eyes fixed on yours as he stands upon his feet. Tell him that he must do just what you tell him to do, and that you will put him to sleep. Tell him that you are going to put him into a chair, and that you will give him a ten-cent piece to look at, or a silver half dollar, any bright object will answer the purpose just as well. Then impress upon him that nothing unusual or extraordinary will happen, but that his sleep will be a perfectly natural sleep. Put him then into a comfortable chair, put the bright object in his hand, bringing his hand to about

four inches from his eyes, and tell him that after looking at the bright object for a little while he will become drowsy, then more drowsy, and finally he will be compelled to close his eyes and to sleep. Repeat positively to him in the most emphatic manner some such directions as these: "Keep your eyes fixed upon the object in your hand. Pay no attention to anyone who comes into the room, and pay no attention to any noises you hear. Your eyelids will get heavier and heavier; you will become so drowsy that you will be unable to keep them open." Go behind his chair and rest your right hand on the back of his neck, keeping the palm firmly pressed against his neck, but not in such a manner as to cause him any discomfort. Allow him a little while to get sleepy, as nothing is gained by hurrying matters. Here repeat the suggestion as follows: "Your eyes are becoming more and more heavy; you are getting more drowsy, in a little while you will be unable to keep your eyes open, but you must not close them until I tell you to do so. Now you can scarcely see the object, but keep looking at it and I will tell you when to close your eyes." Keep talking positively but quietly to him in this manner; make your suggestions in such a tone of voice that they impress themselves upon his consciousness as facts. You are now driving into his mind the idea of sleep. Keep on talking to him; let him only listen to what you have to say to him. Because of your repeated suggestions to him his eyes in a little while will really begin to have the appearance of drowsiness and heaviness in the eyelids. Then say: "Your eyes are almost ready to close; you can scarcely keep awake." Here make your tone of voice less commanding and more drowsy, using the very drowsiest intonation which you possess, drawing out your words and letting it appear that you are yourself fatigued and almost ready to fall asleep. Continue as follows: "Now your eyes must close; you cannot keep them open; they must close now and you will be asleep. Close them." Keep your right hand upon the back of his neck as heretofore, and put your left hand upon his forehead saying, "Sleep," giving the command to sleep quietly but firmly. Sometimes the eyelids will quiver for a few seconds, sometimes longer. Very soon the subject will relax his muscles and settle back in his chair with a sigh of satisfaction. Let him remain so for some time saying nothing to him at all. Request the person who accompanied him to your office to remain perfectly quiet throughout the whole performance,

making no noise to attract the attention of the subject, and offering no suggestions whatever either to him or to you. This point should be insisted upon before the beginning of the treatment. After allowing your subject to rest for a few moments, say in a very low tone of voice: "You are fast asleep and nothing will wake you; nothing will hurt you; you can open your eyes when I tell you to do so, but you cannot open them if I tell you you cannot. You will remain asleep. Now I shall lift your arm and that will not disturb you. Nothing will wake you." Take your hand quietly away from his neck, and stroke the arm nearest to you two or three times, then raise it quickly to a horizontal position, and say: "Your arm will remain fixed as I put it;" stroke it two or three times again and say, "You see that your arm remains fixed and you cannot take it down. It will stay in any position in which I place it; you are sound asleep, and you will do anything I tell you to do, but you cannot wake up until I tell you to wake." The arm will remain in the position in which it is placed, and you may then say: "No one can bend your arm or take it down until I give them leave." You can proceed so with the other arm, and it is a good plan to make both arms and legs rigid in this manner, provided that your subject is a boy or a young man who has nothing the matter with his general health, and upon whom a muscular experiment of this kind will have no exciting effect. When his limbs are all horizontally stretched in this manner you may say to him, "Now I shall gradually remove this influence and loosen your left arm by making a few passes over it from the wrist to the shoulder." Do so, and then say: "Now it is relaxed and easy and you can put it down." So proceed with the other arm, and always be careful in this experiment to thoroughly remove from the patient's mind any impression of muscular rigidity which you may have placed there in the course of the experiment. Repeat to him, "You are sound asleep, and you will do what I tell you to do. No one can wake you except myself." You have now demonstrated in the case of this subject the control which you have over his muscular system. You have, by your repeated suggestions that he cannot do certain things which in his ordinary state he could do, driven into his mind the suggestion that it is impossible for him to, for instance, lower his arm. The result is that by the repetition of the Suggestion he has come to believe that what you say is a fact and he finds himself therefore to a certain degree at

war with himself. He may, and subjects frequently do, seem to make strenuous efforts to lower his arm; but because of the fact that he believes he cannot, he is unable to do so. Now you should begin to understand the power of positive Suggestion when driven into the mind at the time when the reasoning faculties are not in their most active state. While the boy is very drowsy and sleepy, he does not reason as he would reason in his waking state. Therefore he merely accepts the fact that he cannot put down his arm, and gives up trying. His brain is then in a receptive condition for further suggestions, and you may proceed with any experiments which suggest themselves to you in the way of demonstrating further muscular control over your subject. For example, in precisely the same way as you demonstrated to his satisfaction or dissatisfaction that he could not lower his arm when you told him he could not you may prove to him and to others present that he cannot open his eyes when you say he cannot; that he cannot close his mouth when you open it, and command it to remain open; and that he cannot move from any spot upon the floor when you say that he is transfixed there and incapable of movement. You now stand him upon his feet and say, passing your hands rapidly down his head past the arms and down to his feet with a quick stroke, touching the clothing lightly, and repeating this double stroke a few times, "You can sleep just as easily and just as soundly standing upon your feet as sitting in the chair. You will open your eyes when I tell you to open them, and you will see what I tell you to see. You will also feel what I tell you to feel, everything will be real to you." You now say: "Although I should tell you to open your eyes you will not be wide awake; you will still be asleep; you will see some very curious things, but you will not be frightened at them, and you will not wonder how they came there; you will only know that you see them and that thay are real to you." In this experiment it is necessary that you should speak quickly and without hesitation. The idea is to impress at once upon the mind of your subject that what you say is a fact. If you hesitate, or speak in an uncertain tone of voice, you run the risk of letting him rouse himself sufficiently to question or doubt. Your business is simply to impress. You now take an ordinary walking stick and lay it in the boy's hands, saying: "You are not afraid of snakes. You have always wanted to have a snake for a pet. Open your eyes and look at the snake which I have put in

your hands. It will not bite you or hurt you; you are not afraid of it. Hold it tight or it will get away." The boy opens his eyes, and in the place of the stick, sees as he supposes a snake, but as you have impressed upon him that he will not feel alarmed he does not experience any distaste for the reptile and will even fondle it affectionately. You could if you were so disposed, instantly transform this feeling of affection into one of fear, by exclaiming: "Take care, or it will bite you!" All stage Hypnotists play in this manner upon the fears and affections, that is to say the emotions, of their subjects. But it is just as easy to demonstrate the force of Hypnotism by making use only of tests which are pleasurable to the subject as by frightening him, and I strongly deprecate any use of his power for an inferior end. This boy is now in the condition which is called Active Somnambulism. You have induced in his mind an illusion; that is to say, you have given him an object and transformed it by your suggestion into another object, forming an Illusion of the Senses. You now say to him: "Let us put the snake away," and taking it out of his hands, you lay it on one side. Then pass your hands rapidly over his face once or twice and say, "Sleep." This is all that is necessary to transform the condition of Active Somnambulism into profound sleep. Let him stand for a moment swaying slightly upon his feet, and then say: "You are very fond of fruit. You like apples and oranges. Here is a very fine apple, one of a choice variety, and you can have it to eat. You will think you never tasted a finer apple or a sweeter one. Take it and eat it now." You can then put into his hand an ordinary raw potato, and he will eat it with every evidence of satisfaction. Hitherto you have not asked him to speak to you, but you can now question him, and he will answer. Ask him how he enjoys the apple, and if he does not at once reply give him a suggestion forcibly that he can speak just as well as he can when he is wide-awake. He will tell you then that he enjoys the apple very much and would like another. You have thus induced the illusion of the sense of taste. You can take this same subject, and in a little while you can educate him up to such a point by practice, that you can positively inhibit the sense of smell to such a degree that a bottle of strong ammonia held under his nostrils will produce absolutely no effect whatever. He may then by suggestion be made to accept the bottle of ammonia as a bottle of eau de cologne and inhale the fumes with evident pleasure. There is no

end to the variety of experiments which can be conducted in this matter of illusions of the senses and it is not necessary here to do more than to give you the above directions as to how you are to proceed to induce such illusions. I have never found that any harm occurs to the subject from the induction of occasional non-injurious illusions, but their very frequent use is not to be countenanced. They are only useful as showing you beyond the possibility of a doubt that there resides in the human mind a power which is superior to the sense perception of every day life. They demonstrate the truth of Hypnotism and the power of Hypnotism and with this demonstration you should be perfectly content, without seeking to abuse it. You can now say to this boy, after having allowed him to rest for a moment, and commanded him to sleep, as in the above experiment, "When you open your eyes you will see sitting in the chair in the corner of the room your mother." Of course you will take the trouble previously to find out that the boy's mother is alive. "Your mother has come in to see what you are doing, and you will be very glad to meet her and talk with her. When you open your eyes you will go over to the corner of the room where she sits and talk with her, telling me what she says. Open your eyes and go to her." At this the boy will walk over to his mother, after staring fixedly at some point in the room where he believes her to be, and according to his disposition in the waking state he will hold a long or short conversation with her. If he is naturally a talkative boy he will be very garrulous and will ask her all manner of questions, at the same time showing great interest in her replies. You have thus induced in the boy a Hallucination; that is to say, you have created a picture of something in his mind which did not exist. You will thus perceive clearly the difference between Illusion and Hallucination. Now go over to the boy, pass your hands over his eyes and say, "Sleep. After this you will have no fear of Hypnotism, and you will go to sleep for me as soon as I lay my hand upon your head and say 'sleep.' It will not be necessary to go through any long process with you any more. You will sleep instantly at any time of the day whenever I wish it and command it. You will go over to your chair now and pass into a profound sleep, in which I shall give you the Suggestions necessary to cure the habit of laziness in you. Walk over to your chair and go soundly to sleep." Now you allow the boy to rest in his chair for about

five minutes, preserving absolute silence in the room. Then lay your hand upon his head impressively, saying: "You have been very backward in your studies, and have been a very idle boy. It is not your nature to be idle or disobedient, and from this time on you will show an entirely different disposition. You will be eager to succeed in your class work at school; you will be obedient to your parents and a thoroughly good boy in every respect. Your health will be good, and you will feel strong, active and happy from this time. Your disposition is naturally a very bright and good one and all the good in you will now come to the surface. We have thrown away and done with all disobedience and idleness from this time. Sleep now for ten minutes, and at the end of that time you will awake remembering nothing of what has happened, and feeling perfectly well in every way. You will not have any remembrance of any of the suggestions which have been given you, and there will be no trace in your mind of any of the delusions of the senses which have been produced in you. You will be perfectly sound and healthy in every respect. Sleep sound and wake at the end of ten minutes of your own accord." Still preserving the silence in the room you should now take a seat at a little distance from the boy, and at the end of the ten minutes, possibly almost at the second, possibly a little sooner, he will wake feeling healthy and well in every respect. Very rarely it happens that the subject passes into so profound a condition of sleep that he does not wake at the time suggested. Then it is only necessary for you to go over to his chair, and lay your hand upon his head and say: "You have had a good rest, and feel perfectly well and comfortable. When I count three, you will wake up, wide-awake. One, two, three, wake up." At this the subject will open his eyes, and perhaps express some astonishment at the length of time that has elapsed by the clock since he first got into the chair. There is never any danger that the subject will sleep longer than you suggest, and that it will be impossible for you to wake him, unless you transgress some of the important directions which will be given you in this Course of Lessons. There is a danger, and it must be fully understood, that under certain circumstances a subject may continue to sleep, and will resist all your efforts to wake him. I propose to show you later on why that takes place, and wherein you as operator are responsible for the induction of such a condition.

LESSON IX.

Thus far you have been given only typical methods of inducing Hypnotism in your subjects. You are now ready for further instruction dealing with the part which the subconscious mind plays in these phenomena. A simple illustration will best convey to you the truth of the proposition that man is not a creature of one consciousness only; that there exists in him another consciousness, which we call subsconsciousness. You are well aware of the fact that when you dream at night you are making use of an intelligence or a consciousness which differs in its chief characteristics from the waking consciousness. The chief point of difference lies in the fact that dreams can scarcely be said to show much reason in their composition. It is this absence of the reasoning faculty which chiefly distinguishes consciousness from subconsciousness. In other respects sub-consciousness closely resembles the consciousness; that is to say the dream life is an almost exact counterpart of the waking life. The creations of our dream consciousness are molded by our waking experiences; the people who appear in our dreams as existing realities are almost invariably the people whom we have known or do know in waking life. Therefore we may say that while these two conditions of mind, the waking and the sleeping, are distinct in themselves, they are closely allied to each other, and have certain properties in common. One of these properties is memory. But whereas memory in the waking man is a very treacherous and unstable servant, in sub-conscious life the memory is marvelously acute. In the sub-conscious mind there dwells a record of all the events and happenings of one's life. It is a diary of the soul, and it would seem that when the cloak of waking consciousness with its cares and anxieties is lifted, this sub-conscious memory yields up startling records of its retentiveness and power. In this way men suddenly brought face to face with death are conscious of realizing almost in an instant, as in a panoramic view, the whole of the events of their past lives. The veil between the conscious and the sub-conscious is sometimes of a very thin texture, so much so that many people pass a great part of their waking lives in abstraction or reveries, and to them the sub-conscious is generally more real than the conscious. By means of Hypnotism we are able to remove this veil, and to give to the indi-

vidual the use of his sub-conscious faculties in their full strength. The sub-conscious mind is ready to believe, and willing to believe, what you say to it. It does not question or oppose your suggestions, even as you yourself do not oppose your dreams when you experience them every night of your life. Therefore Hypnosis may be defined as a state of conscious rest, but sub-conscious activity, and to put the matter in a nutshell, the reason why Hypnotism is valuable as a curative power is because the force of the individual lies in the sub-conscious mind. The motive power is there. The waking mind commands, and, impressing its command upon the sub-conscious, the sub-conscious accepts, receives and believes the suggestion given, and executes the command. This is true of the individual in waking life, and it is true of the individual in Hypnosis. The healing force is resident in the sub-consciousness. It is a Divine law of being that nature will always endeavor unaided and without any conscious prompting, to remove disease and rectify disorders. But occasionally through the wrong thought of the individual's waking mind the sub-consciousness is so impressed with error and wrong belief that it is powerless to shake off without assistance the evils that surround it. Hypnotism is simply a means for introducing this assistance from without to the sub-conscious mind. The suggestions of the operator act as a guide and help to the sub-conscious mind to combat its erroneous beliefs, and to set again in motion that divine force of healing which is the property of the sub-conscious mind. This is a most reasonable and beneficent law. The power to heal by Hypnotism is almost entirely the power of the patient to accept and believe the strengthening suggestions of health which by Hypnotism are forced upon the attention of the sub-conscious mind. Remember that in the waking consciousness the healing force is not apparent. It is a property of the sub-conscious economy, and can be developed by the individual himself for his own advantage by addressing himself in just the same way as the operator would address him in Hypnosis, or it can be developed by Hypnotism as explained in detail above. The point here made is that whether a man cures himself of an ailment or is cured by another, the means used to bring about the cure are identically the same, consisting of an impression made by a conscious upon a sub-conscious mind. The first means of cure we call Auto-suggestion, the other we call Hypnotism.

LESSON X.

I have already referred to the exalted memory of which evidence is given during Hypnosis. By that you will readily understand that I do not class Hypnotism and ordinary sleep under precisely the same heading. During Hypnosis the intelligence is abnormally acute. But if the subject be allowed to rest undisturbed by any of your suggestions he will always pass from Hypnosis into natural sleep. Therefore we may say that Hypnosis is evolved from sleep and returns to it again. In just the same way as Hypnosis is evolved from artificial sleep it may be evolved from natural sleep. Cures are now being made every day in America by parents who have studied the principle of the sleep cure in correcting bad habits in their children, or in advancing them in their studies and improving their health by the simple means of talking to the children and getting answers from them while the children are asleep at night. The important point in this sleep treatment is that the parent or the operator shall secure the attention of the sleeper. This whole subject was first laid before the American public in a short treatise which I wrote in June, 1897, entitled "Education during Sleep" and giving instances of cures which I had been able to perform in this way. Such disorders as stammering, enuresis, chorea, nervousness, fears and bad habits, having readily yielded to this means of treatment. Remember what was said in the previous lesson about the power resident in the sub-conscious mind, and you will readily see the philosophy of the system. About one year after I published this discovery, Dr. Paul Farez contributed to the Revue de l'Hypnotisme of Paris a series of articles indorsing and corroborating my theory and results. It is now generally accepted among psychologists that educational and moral influences can be in this manner engraved upon the minds of the sleepers. The method to follow is always the same, and it is not necessary to waste much space in detailing it. You have been shown how to give positive Suggestion in the preceding Lessons. Let us suppose, since it is always easier to teach by illustration, that you have a son who has fallen into the habit of stammering, a habit which is usually picked up by children in imitation of some one of their acquaintances. In order to treat this habit successfully you should say to your boy before he goes to bed at night, "I shall

come to you to-night when you are sound asleep and talk to you. You will not be surprised to hear me speaking to you, and you will not take the trouble to wake up. But you will answer me when I speak to you." After allowing him ample time to go to sleep, you should go to him, and lying down beside him, begin stroking his forehead in order to quietly introduce into his mind without disturbing him to the point of wakefulness the knowledge that you are near him. Anything like a shock will of course awaken him, and it would then be necessary for you in order to carry out this treatment to proceed exactly in the same manner as if you were hypnotizing a subject. That is to say you will tell him that all is right, and that he must close his eyes at once, and go to sleep again. Make your suggestions strongly emphatic to the effect that he is feeling drowsy and sleepy and will be sound asleep in a moment and that he will not wake when you talk to him. But the probability is that if you carry out directions properly he will not wake. You must now display great patience in slowly and gradually securing his attention. You must not hurry him or raise your voice. Speak in a very low and distinct tone but without hurry. Say quietly, "You are sleeping soundly and will not wake up. You hear me talking to you; nothing that I say will disturb your sleep. You can answer when I speak to you. Do you feel comfortable?" The probability is he will not answer you at first. It is necessary to educate him to the point of answering you without waking, and you will therefore continue to stroke his forehead quietly, thus attracting his attention gradually to yourself. Lay one finger lightly upon his mouth and say, "When I touch you on the mouth you will be able to speak; you can say 'yes.'" Usually the boy's lips will move, and he will seem to be trying to formulate a sound, but no sound will be heard. When you see this movement of the lips you may repeat your suggestion, and make the statement positively that on the next night he will be able to talk easily with you. Then proceed to give him the Suggestions necessary for the cure of stammering as follows: "You will find to-morrow that it is quite easy for you to talk without any hesitation in your speech. You will talk just as well and just as easily and as clearly as I do. You will not stammer or hesitate in your speech." Repeat these suggestions to him once more making them very positive and emphatic; and then leave him. In the morning he will probably have no remembrance of

what you have said to him, but you will notice a marked improvement in his speech and it may happen that during the day your Suggestions will come back through his sub-conscious memory to his conscious memory and he will recall what you said and how you said it. It may also happen that he will have no remembrance then or afterwards of anything that has transpired. These things depend chiefly upon the depth of the sleep induced. On the next night and on succeeding nights when you talk to him you will find that you will have less difficulty in securing a response. If you wish to try an experiment that will convince you of the influence which one mind may wield over another during natural sleep you can mold the dreams of any sleeper in whatever direction you wish. You can suggest to your boy that he is a soldier at the head of his troops and he will pass through all the exciting incidents of the battlefield in his dream. You can suggest to him that upon awaking he will remember the fight, and all about the enemy, and everything in fact which you have suggested as taking place, and he will give you in the morning a clear account of his vision. But he will have no memory of the fact that you suggested these things, and will believe that they were simply a real vision evolved by him. In just the same way as you have presented to his imagination the startling action of the battle field you can suggest and impress upon his mind visions of pleasant repose and healthful rest. The law of the receptivitiy of the sub-conscious mind to suggestion is irrefutable. It works both ways. It can be used for evil as well as for good; therefore see to it that you use it only with the best intentions.

LESSON XI.

Among the many phenomena of Hypnotism none occasions so much surprise or perplexity to the beholder as the effect of what is known as post-hypnotic suggestion. But if you will carefully study the Chapter dealing with the sub-conscious memory you will receive the clue to the remarkable phenomena of this state. They depend in a word upon the perfection of memory which is an attribute of the sub-conscious mind. In order to give a post-hypnotic suggestion the operator should address his subject when the latter is sound asleep as follows: "Ten minutes after I wake you you will feel a strong desire to put on your hat and go back to your

house. You will then pick up your hat and put it on and you will then immediately forget what you intended to do and will remain in your chair talking to me with your hat on. You will not know that I have suggested to you that you are to do this." At the appointed time, viz.: ten minutes after he has been awakened, this subject will suddenly look round for his hat, having found it he will immediately put it on his head and sit down in his chair again. If you question him, he will say in all sincerity that he has not moved from his chair and that his hat is not upon his head. If you take his hat off and show it to him he will be for a moment non-plussed, but recovering himself he will say 'yes,' he intended to go home. He will say this rather than allow you to think that he was so deeply influenced by your suggestions that he actually performed some act of which he was utterly unconscious. He will know, although he has no memory of what you have said to him, that he has been doing an apparently foolish thing at your suggestion and you will find in this case and invariably in all others that the subject has such a dislike to appear to be merely a machine which carries out your bidding that he will frame all kinds of excuses to make it appear that he knew perfectly well what he was doing. The subject has in this instance carried out a post-hypnotic suggestion, and as this line of experiments admits of a great number of variations it will be well to consider it here in more than one of its phases. In order to make a post-hypnotic suggestion more easily effective it is better to connect the suggestion with some act of your own which shall have a double bearing upon the suggestion itself, as for instance, suppose you say to your subject while he is asleep, "When you see me go out of the room you will get up from your chair and put the hands of the clock forward half an hour and will not remember that you have done so," you then make the post-hypnotic suggestion very easy of accomplishment because you connect the fulfilment of your suggestion with your act of leaving the room. Remembering the tenacity of the sub-conscious memory you will understand how it is that when you leave the room, your previous suggestion comes back to the subject's waking consciousness in the form of an impulse because he has not refused to accept it at the time it was given him. The only post-hypnotic suggestions which are not carried out are those which are refused by the subject at the time the suggestion is given. If he accepts the suggestion

and agrees that he will carry it out, any post-hypnotic suggestion that may be given will be carried out to the letter. But if you give a subject a suggestion which is distasteful to him or which is against his code of morals, he will refuse to entertain it at the time the suggestion is given him, and it will not make the full impression upon his sub-conscious mind because of the opposition with which he meets it.

In order that a suggestion may be effective it must be firmly believed and accepted by the subject. I admit that in some instances very unpalatable suggestions are accepted by the subject and that he is apparently against his will compelled to do certain things which in his waking state he would not do, but I have always found in a case of post-hypnotic suggestion that nothing very distasteful was ever accepted no matter how much pressure was brought to bear by the operator nor howsoever forcibly the suggestion was made. In presence of the operator the subject will sometimes, as I say, do things which in his waking state he would not do, but in the absence of the operator, when a post-hypnotic suggestion is usually carried out, he will not perform the acts suggested to him if they are disagreeable or unpleasant. This simplifies the process very much and puts it upon a reasonable basis. A post-hypnotic suggestion may be given to the subject to take effect one week, one month or even one year from the time of the sitting and the acts suggested will be carried out faithfully by the subject exactly at the time appointed. This again is accounted for by the perfect memory of the sub-conscious mind. Here is another example of the most common form of post-hypnotic suggestion which is ever used, and one which stage operators invariably make use of upon the platform. If you say to your subject when he is hypnotized, "When I come into the room and say to you 'Sleep,' no matter what you are doing you will drop your work and go fast asleep," the effect is as suggested, namely, no matter what the subject may be doing he will pass into a condition of profound sleep just as soon as the operator enters the room and commands sleep. Sometimes it happens that the subject resists the influence, and it then becomes a test whether the operator knows his business, or is easily disconcerted. If he knows his business, and has had experience in this work, he will ply the subject with verbal suggestions quickly, giving him no time to think, and positively, in order to impress his mind with

the idea that what he says is happening actually is happening. Suppose that the subject has refused to accept the suggestion of the operator and shakes his head saying, "I won't go to sleep and you have no power to make me drowsy." It would be a wrong method for the operator to stand still and repeat his suggestion of sleep. He should lay his hand on the boy's forehead and close his eyes with the other hand saying positively, "You can't keep awake if you try to. You want to go to sleep; you feel drowsy; now you are going to sleep. Sleep soundly, standing on your feet." If he passes his hand once or twice across the boy's forehead sleep will follow as certainly as night will follow day. The boy is a somnambulist, that is to say he accepts suggestions readily. He has been hypnotized before by the same operator and he can be hypnotized again by the same operator. His opposition goes for nothing provided the operator understands how to drive the suggestion into the boy's mind. You can always hypnotize a subject a second time whom you have hypnotized once. The only exception to this is when by bad management and bad suggestions you induce in the subject a feeling of intense nervousness, in which case neither you nor any other operator using the same means would be able to re-hypnotize the subject. This has happened several times within my experience, but the result has come about through the nervous irritability induced in the patient by the foolish experiments to which he has been subjected. While upon this subject we may point out where the danger lies to the operator in being unable to awaken a subject whom he has hypnotized. The fault, as I stated above, lies invariably with the operator. If you were to try to impress upon the mind of a subject any suggestion which was repugnant to his nature, and which in his waking state he would vehemently object to he would do one of two things. He would either wake up at once, or he would pass into a condition of deeper sleep in which no suggestion of yours would have any perceptible effect upon him. He would refuse to be awakened, and you could not rouse him by any of the ordinary means employed to wake a person from sleep. If such a thing should ever happen in your experience the only course to follow is to leave your subject severely alone and allow him to sleep off his lethargy, and wake when he pleases. Do not try to arouse him, and do not allow anyone else to touch him. You can lay your hand upon his forehead and say, impressively, "As I see you do not wish

to wake up at present you may sleep here as long as you want to and when you do wake, you will feel perfectly well and free from all nervousness. There will be no ill-effects whatever from this sleep and you may wake when you please." If you then leave your subject alone nature will take her own time to bring him so to speak from the depths of sub-conscious life to the surface again, and he will wake none the worse.

Post-hypnotic suggestion is the most valuable of all the phenomena of Hypnotism because it has a lasting effect upon the sub-consciousness. The ordinary suggestions which you would give to anyone of your patients, viz.: "You will feel much better when you awake and this improvement will be permanent," are really post-hypnotic suggestions because they deal with a state of mind which is to occur after the Hypnosis has terminated. Therefore you will readily understand the importance of post-hypnotic suggestion and its efficacy.

LESSON XII.

There is a condition of Hypnotism known as Catalepsy which is made much of by stage performers, but which I strongly advise you to let severely alone. Those of you who have seen hypnotic entertainments have witnessed the spectacle of a man or woman of slight physique carrying the weight of several hundred pounds while suspended between two chairs or tables with no rest for the body other than that afforded by the head and feet of the subject. The condition is one of muscular rigidity, and with practice certain subjects develop an extraordinary degree of strength in this particular line. Catalepsy is induced in the following manner: Suppose you were to take this boy whom you have put to sleep and in whom you have induced the illusions of the senses given in detail in a previous Lesson, and were to say to him, passing your hands repeatedly down his body from his head to his feet, "You are growing stiff all over; you are not a boy any longer; you are an iron rod, and it is impossible for you to bend yourself. Wherever I put you or however I place you you will remain as rigid as a corpse." Suppose you then take this boy as he falls back rigid into your arms and suspend him between two chairs, resting his head on one and his feet on the other, and you would

have a typical state of stage Catalepsy. You would find his pulse-beat accelerated, and possibly there would be no other evidence upon the surface of the strain which he was enduring. Your suggestions to him should be, "You feel no strain whatever. You could bear any weight I choose to place upon you." The effect upon the beholder is sometimes startling. He may possibly try the feat himself in his waking state, and he will be surprised at the difficulty he experiences in thus supporting himself. But although this phenomenon of Catalepsy is very good evidence of the peculiar power of the body when called into operation under suggestion there is a real danger in Catalepsy, which so far as I know no operator, and no Course of Instruction in Hypnotism, have ever yet pointed out. The danger is that this habit of straining the muscles in a continuous rigidity during sleep is very apt, like any other habit, to fasten itself upon the performer and the old story of Jekyll and Hyde may be unfortunately repeated. The moral of that remarkable book lay in the fact that *against the wish of the hero,* Dr. Jekyll, his inferior self fastened itself upon him and chose to assert its individuality. The danger in a continuous practice of Catalepsy is that during natural sleep it is quite likely that the subject will dream that he is on exhibition, or that some one is inducing Catalepsy in him, and he will then pass during this natural sleep into a condition of muscular rigidity which may endure for several hours, and from which it may be found impossible to wake him. Such a muscular strain is good for no one physically, and the nervous system is impaired by its continuance. One of the best stage cataleptics who has ever appeared on an American platform is now in an insane asylum in the east as a result of her *involuntary* entrance into this condition coupled with the degree of damage which her nervous system had previously undergone through this training. A few of the minor experiments in Catalepsy will do no one any harm but anything that savors of brutality in any degree is certain to recoil upon the operator, and may perhaps have serious consequences.

LESSON XIII.

You will find in the practice of Hypnotism that in some of your subjects the physical strength during Hypnosis is remarkably increased. They will be able under Hpynotic Suggestion to take up from the floor weights which they would be incapable of lifting while in their normal state. In the same way the sense of smell is by Suggestion rendered so acute that at a distance of many paces the subject will detect and describe odors which are indistinguishable to other members of the company. The sense of sight may be similarly sharpened so that he will be able to read very fine print, which in his waking state would require the aid of strong glasses. And lastly the sense of hearing may be strengthened to such a degree that a deaf person may hear a watch tick at a distance of several feet. You will understand how valuable this fact is to the doctor who uses Hypnotism as a medical agent. There are very many cases of deafness which have been cured by Hypnotism. The power in this case has been applied to wake the auditory nerve to an activity which in normal life it did not possess. Similarly the optic nerve may be strengthened by Suggestion until the failing sight is arrested, and even blindness is removed. In treating patients by Hypnotism for any disorder it is always best during the Hypnosis to manipulate the affected parts with the hands. In the treatment of headache, pass the hands frequently over the head, suggesting that all congestion is now removed; that the pain has departed and will not return, and especially rub the scalp thoroughly with the fingers in order to permit it to regain its relaxed condition. It has lately been shown that Hypnotism cures headaches generally because of the relaxation which accompanies Hypnotism, which relaxation, extending as it does to the blood vessels, permits the congestion to subside, and so removes the pressure on the nerves which caused the pain. In curing rheumatism it is not sufficient to suggest to the patient simply that his rheumatism is gone and will not return. You will find that during the Hypnotic sleep you can lay your hand upon an inflamed joint which to touch in the waking state would have occasioned excessive agony. The cry of pain which the inflamed joint sends to the brain and which is transferred by the brain to consciousness, is not heard during Hypnosis. Your suggestion that there is no pain in the affected part is the most potent suggestion of the two.

This is the command which the brain carries first to the consciousness, and which the consciousness assumes to be true. The result is that you have cut off the communication between the brain, which is the interpreting agent, and the seat of the pain in the elbow, or the knee or the wrist or wherever the pain may be. Upon this principle all cures of inflammatory conditions are made by Hypnotism. It is the command of analgesia which you send to the brain which severs the connection between the old painful condition and the consciousness, and the result is that the pain is no longer felt. By means of the force which lies as you have seen in a post-hypnotic suggestion you are now able to make this condition of analgesia permanent so that when you say, "Your pain is absolutely gone *and will not return,*" you are continuing to interrupt the communication between the brain and the seat of the pain, and the result is that the rheumatism subsides. If it should return as it frequently does, in spite of your strong assertions to the contrary, it is necessary to re-hypnotize the patient and repeat the suggestions, remembering that this is the only form of cure which is absolutely natural in itself. It is bound to be successful in the end because it is nature's own method of cure. No matter how often a disease may recur, under Hypnotic treatment its manifestations are bound to become less and less forcible until it is finally subdued altogether and eradicated from the system. These two forms of treatments, the treatment for headaches and the treatment for rheumatism, may be of course varied in many ways. In the treatment of rheumatic patients I invariably begin very gradually to manipulate the affected part, moving the arm if that happens to be the seat of the inflammation, gently to and fro, at first gradually, then more and more forcibly, impressing upon the patient continually and positively that the pain is departing, it is all passing away, and that it will not return. Always at the first treatment I have found it possible to induce the patient by suggestions to raise to its full stretch the arm which he had previously declared it caused him pain to think of moving.

LESSON XIV.

Remembering the method of giving post-hypnotic suggestions you will find it now a very peculiar demonstration of your power and one which will greatly impress your patient if you adopt the following means of keeping in communication with him: put him to sleep, and when you are convinced that he is well under the influence, say to him: "I am going to give you a talisman which will secure you sound and refreshing sleep at any time when you are in need of it. No matter how wakeful you may be, whenever you take this object from your pocket or from any place where you may keep it for safe keeping, and your eyes fall upon it, you will pass at once into a profound sleep." You will then take a piece of paper, or your own card would be preferable, and write upon it in bold letters the word "Sleep." Tell him now to open his eyes and look at the card which you place in his hand. As he does so repeat to him forcibly that whenever his eyes fall upon that particular card he will pass at once into profound Hypnosis. Say that he will hear your voice talking to him and telling him to go to sleep. It is a good plan to leave such a card as this with any one of your patients who may be suffering from insomnia, because, strange to say, although the patient may have been tossing about in a vain desire to secure sleep for half the night, just as soon as he finds this talisman or rests his eyes upon it the nervous equilibrium of the system is restored, and he falls asleep. Not the least part of this curious experiment is that the passage of time does not dim the force of the paper. It would be just as good in five years as to-day.

You will find that whenever you have put a subject to sleep two or three times so that he is fully familiar with your tone of voice, and method of using suggestion, you can put him to sleep just as well over the telephone, or by letter, as if you were personally before him.

LESSON XV.

In every physician's practice there are daily opportunities for the use of Hypnotism which in this day he is not slow to take advantage of. It is a well-known fact in every medical man's experience that there are certain cases of pain and insomnia consequent upon cerebral excitement, in which drugs are absolutely inert and in which unfortunately it is too often the practice to employ repeated injections of morphine from which dangerous beginning almost every case of morphine habit is started. The proper method for the physician to employ in all these cases, except where delirium is raging, is Hypnotic Suggestion. It is not necessary that the word "Hypnotism" should ever be mentioned, in connection with these cases, because it often has the effect of exciting still further the nerves of the patient, on account of the bad odor which clings about the word itself. It is only necessary for the physician to seat himself beside the patient, taking the latter's hand in his and saying very quietly and impressively: "It is better not to give you any drugs at present. There is a method by which I can check this pain that you are suffering, and give you sound and refreshing sleep. You need have no fear and anxiety concerning this and will only be required to do just as I tell you. Keep your eyes fastened upon mine, and do not under any circumstances look away from me. I shall take away the pain and in a little while you will grow drowsy and fall quietly asleep." Then the self-same suggestion of increasing drowsiness, etc., should be given to the patient which has been already detailed fully in preceding Lessons, bearing in mind the fact that in this case no experiments whatever in the matter of inducing rigidity of the arms by suggestion are necessary or advisable. Almost immediately in response to the physician's suggestion the pain will become less pronounced, and with the lessening of the pain the patient's receptivity to suggestion will be increased to such an extent that the succeeding suggestions will make a deep and still deeper impression upon the mind, so that sleep can be readily induced. When it appears that the patient is sleeping the physician should lay down the hand which he has been holding, and quietly stroke the arms from the shoulder downward, repeating very soothingly the formulas to the effect that the patient will pass into profound refreshing sleep and will awake

refreshed and strengthened and free from all pain. In all such cases it is not even necessary to make the test of inhibition of muscular action. It is not even necessary to say to the patient: "You cannot open your eyes." Bear in mind that nothing in the nature of a test should be permitted. Content yourself with positive suggestion and the request that the patient shall not remove his eyes from your face. The alleviation of the pain and the subsequent sleep are both brought about by the tranquilizing effect upon the nerves which this novel method of treatment ensures, the indirect cause being that the patient's attention is diverted from his own trouble and fastened upon something else. As his attention wanders it must be brought back to the matter in hand, and as the human brain is not capable of experiencing at the same time two distinct emotions, it follows that the patient will cling to the one which is most agreeable and most conducive to his health. He is therefore inclined himself to give full attention to the suggestion of the physician, and by the repetition of the latter's words the positive and pronounced effect is produced upon the patient's mind and by mental action a result is secured which the most powerful drugs fail to attain. I could wish that every physician in the land fully understood the simplicity of Hypnotic Suggestion, but I am afraid that his training having been entirely material, he would be inclined to scoff at a means of treatment which was so extremely simple and bereft of all mystery. It has been the unfortunate rule of human interference in the divine law of cure that we gauge a remedy's value by its unpleasantness or difficulty. We value a surgical operation in proportion to its hazard. We estimate the value of a drug by its destructive effect upon tissue, and its poisonous properties if administered in large doses. We do not understand as yet that the simplest agencies are also the mightiest, and that the force of suggestion is the most powerful factor in determining human happiness and health or misery and disease. The mind has always governed and the mind will always govern. We must therefore devote our study to the law of cure which shall most directly reach the mind.

LESSON XVI.

Among the many methods which have been devised for hypnotizing nervous women, there is one which I originated and practiced with much success for several years. It is strictly speaking another method which should only be used between operator and patient, and is best suited to the therapeutic side of this work. Make your patient comfortable upon a couch, and then give her the following directions: "Do exactly as I tell you to do. I shall put you to sleep by counting certain numbers aloud, and as I count you are to open your eyes and close them again. Now close your eyes and keep them closed until I begin to count. Then when I count 'one,' open them for a second and look at me and then close them again. When I count 'two,' open them for a second and close them again, etc." Then proceed quietly to count from one to twenty, allowing a pause of five seconds between each count. After reaching twenty go back to one again and count again from one to twenty, allowing a pause of ten seconds between each count. Again go back to one and this time allow a pause of fifteen seconds between each count. I have never found it necessary to continue this method longer than the third count, by which time the patient had become so sleepy by the strain upon her attention due to her careful following of my directions, and her desire to attend to the simple exercise, that she speedily, with a few re-assuring suggestions, fell asleep. The philosophy of this system, is, first, that it asks nothing difficult of the patient. Secondly, it keeps alive the attention until drowsiness interferes. Thirdly, the mere act of opening and closing the eyes frequently induces a heavy feeling in the eyelids which is in itself a strong suggestion of sleep. Fourthly, the fact that the eyes are closed makes the patient more amenable to the suggestions of sleep and to the idea of sleep, because the closing of the eyes shuts out the patient's view of surrounding objects. and the mind therefore becomes at once less active in its operations and less aggressive. Physicians have told me that they have succeeded in some of their most obstinate cases in inducing profoundest sleep by this means. It would be a great mistake to suppose that because one method will not apparently affect a patient therefore that patient cannot by any other method be put to sleep. You must always consider the disposition of the patient in determining his or her susceptibility to suggestion, and you must

always allow novelty and excitement to be a disturbing factor in profound Hypnosis. Therefore do not be chagrined if your patient should inform you at the close of your repeated efforts to put her to sleep that she is not at all affected. Simply make the statement calmly that if she is human, and you are strongly of the opinion that she is, it is only necessary to find the right means to influence her in order to successfully induce Hypnosis. This is one secret of the hypnotist's success, that he should never allow himself to be at a loss, and he should never admit the possibility of defeat. It is a good plan to take a patient who has shown no disposition whatever to accept suggestion while lying upon the couch, or sitting in a chair, and stand him upon his feet, telling him to close his eyes, and that you will put him to sleep by the long magnetic passes. Then stand behind him and make long sweeping strokes from his head to his feet, accompanied by the verbal suggestion that he will feel the influence drawing him backward, and that a feeling of drowsiness will come upon him with ever increasing force until he finally loses his equilibrium, and falls back into your arms. It very often happens that by this change of method you may succeed in inducing profound sleep and somnambulism in a person whom you have regarded as an impossible subject. The explanation is that as no two men are identical in appearance or character, so no single method will have the same influence upon all. But out of the abundance of material here given you can extract something which will fit every individual whether normal or abnormal, and a steady perseverance which admits of no defeat is bound in the end to win, since the secret of Hypnosis is essentially the secret of making an impression upon the mind of another.

LESSON XVII.

The numberless opportunities which occur in every dentist's practice to apply hypnotic suggestions to his patients as a means of inducing freedom from pain during operations upon the sensitive dentine are fully appreciated by anyone who is conversant with this science, and understands its application. But dentists as a class much prefer to make use of the insidious drug, cocaine, than to induce analgesia by the natural process which nature has

given to man. The power to inhibit pain is resident in the individual, and any use of a drug for this purpose is an infraction of nature's laws which will be bitterly resented. There is no drug habit to-day which is so difficult to combat and which is so alarmingly upon the increase as the cocaine habit, and the promiscuous use of cocaine by physicians and dentists is a matter which requires state supervision, since very few are aware of the fact that cocaine to-day claims more victims than alcohol. In every dentist's office there are highly polished silver-plated or nickle-plated discs and instruments. The bright object more aptly serves the purpose of holding the patient's attention than a dull object, and in order to lessen the pain of a dental operation and sometimes extinguish it altogether it is only necessary for the dentist to use very forcible verbal suggestions to his patient, requesting the latter to keep his eyes fixed upon the object in front of him, which should be placed about two feet away, and should be about from one to two inches in diameter. Here again it is unnecessary and even a mistake for the dentist to mention the word "Hypnotism" in connection with what is to follow. He should impress only upon his patient the fact that if the latter will follow directions there will be practically no pain experienced in connection with the operation. He can then proceed to induce sleep by means of the same formulas given in the preceding Lessons, and he will find very little difficulty in making that sleep profound. He should then address the sleeper just as he would address a person who was wide awake. He should say, "When I pass my hand over your face you will open your mouth, and it will remain open until I tell you to close it. You will not feel any pain or inconvenience or nervousness while I am filling this tooth; when I tell you to rise up and rinse your mouth out, you will not awaken. You will do everything that I tell you to do, but you will not wake up. After the operation is over you will not remember anything about it; you will have felt no pain, and you will feel no ill-effect whatever." Although dentists as a class do not appreciate the value to them in their daily practice of Hypnotic Suggestion as a means for alleviating pain, it is a fact to-day that a great many dentists in the United States use Hypnotism continually, and if they choose to do so could record many startling operations which have been painlessly performed by this agent. They do not publish the fact abroad because so great is the public ignorance that if it were

known that Hypnotism were the agent used for performing their painless operations their practice would seriously suffer and they would run some danger of being persecuted. Perhaps the day is not far distant when Hypnotism will take its rightful place among those whose mission it is to relieve suffering as the greatest of nature's beneficent remedial agents.

LESSON XVIII.

At the time when Dr. Esdaile was performing major surgical operations in India under hypnotic anæsthesia, and when Dr. Elliotson was doing the same thing in England, the discovery of the value of chloroform and ether as aids in robbing surgery of its terrors threw Hypnotism completely in the shade, and practically quenched its light as an assistant to the surgeon. While chloroform has not been by any means an unmixed blessing, having slain almost as many of the human race as disease itself, we may recognize its value when wisely employed and substantiate its claim to recognition as a beneficent agent. But this does not alter the fact that there is a power resident in man which can inhibit and prevent the recurrence of pain. The power is within, and it only remains to call it into action. It can be best brought out by the strong suggestion of another given during Hypnosis. The command, "There shall be no pain," is equivalent to a response from the patient to the effect that he agrees that he will feel no pain. It is therefore easy to understand that the power is essentially within the patient. It is his own power called into action by another. He may not know it; he may not believe it; you may not be able to convince him that this power is resident in himself. But the logical explanation of the whole matter is here. The forces of the body are always two-fold; they always run in parallel lines. There is always the impulsive force and the inhibitive force. The power to act and the power to check; the power to suffer, and the power to check suffering. The very fact that the patient is able to feel pain is argument sufficient that he has also the power to still it. There is a condition of exalted mental action which was typified in the case of the early Christian martyrs which is so far superior to physical suffering, that while the persons concerned were not in any sense in the condition of Hypnosis, but were in full possession of their waking faculties, they felt neither the heated iron, nor the whip

nor the fagot, even transforming physical pain into an ecstasy of joy. It does not bear upon the question to say that these people were fired by a religious frenzy, nor does it meet the case to say that they were inspired of God to overcome pain. The plain truth is that God has implanted in the human being a power to subdue and overcome pain which can be brought into action just as soon as the right stimulus is discovered and applied. In some cases this stimulus has been in the form of a sudden shock caused by disturbing news, as in the cases where bedridden persons have suddenly been cured of their ailments upon receipt of distressing intelligence. Or it may take the form of Hypnotic Suggestion, as when the operator commands the pain to depart; or it may take the form of a Shrine, as in the case of the famous grotto of Ste. Anne de Beaupre of Quebec, where many afflicted persons are annually healed of long-standing disorders; or it may take the form of an Auto-Suggestion and positive affirmation, as in the case of Christian Science and the New Thought generally. The fact for you to remember is that the power is always real. It is there, and by whatever means it may be called into action, it is the same power. If you are called upon to induce analgesia in a patient who is to undergo a painful surgical operation, at least two weeks beforehand the patient should be daily hypnotized, and it is well to repeat practically the same suggestions every day. These suggestions should take the following form: When your patient is in a profound sleep you should say to him: "I think it would please you to-day to take a trip into the country, and we will now go down stairs and enter the carriage which is waiting for us. We are now being driven out through the streets of the town a long distance into the fields; far away from all noise and bustle. We are now close to the edge of a magnificent forest. You see the trees in front of you; you hear the birds singing; you see the flowers growing at the edge of the forest, and the whole scene impresses you as one of wonderful beauty. We will get out here, and leave the carriage, and enjoy ourselves roaming through the forest. You will take this path to the left and I will take this one to the right, and we shall meet again later on. You will then tell me where you have been and what you have seen during your wanderings. You will feel a sense of great contentment and happiness within you, a feeling of freedom, as if you had at last cast

away all suffering and pain, and were thoroughly enjoying yourself. Nothing will hurt you. You will feel absolutely no pain. You are incapable of feeling any pain whatever at this time."

You have now induced in your patient a condition of passive somnambulism, in which state he fully believes himself to be wandering in the forest. This is not a dream to him *but a reality,* and the expressions of delight which escape his lips and the alteration in his expression show how firmly he holds the idea presented to him. He is for the time being, as you have suggested, completely happy. At this time it is best to subject him to various minor tests, such as forcibly pinching his flesh, at the same time dwelling upon the fact that he is far away in the forest, and forcibly repeating your suggestion that he cannot feel any pain; that he is perfectly happy and comfortable. By repeating this same vision to him day after day with such slight variations as may suggest themselves to you, you connect in his mind the trip to the forest with the idea of pleasure, and when the time for the operation comes it is well to repeat substantially the same suggestions which you have been giving him during the previous weeks of preparation. Put him to sleep before he is lifted out of bed to be carried to the operating table. In all these cases it is of course advisable to have a competent assistant at hand if the operation is to be a very painful one in order that chloroform may be at once administered in case the nervousness of the patient is strong enough to overcome the suggestions of the operator. Hypnotic anæsthesia is a very strange study, and no two subjects act exactly alike. In some cases a condition of profound lethargy is induced in the patient in which he will pay absolutely no attention to the operation. In others, he will positively sit up and himself assist in the operation, carrying out the directions of the surgeon in charge, and apparently watching the progress of the operation with as much interest as any attendant. In other cases the fear of the operation is sufficient to dispel the force of the hypnotic suggestion, and the patient wakes to the realization of pain. It is for the purpose of combating this nervousness that the surgeon will have at hand chloroform to use if necessary. In the old days when the profound mesmeric sleep was induced by Dr. Esdaile, his patients passed into a condition of coma, resembling profound lethargy, which lasted for from five to seven hours. It was rarely that one of his patients wakened to consciousness during the progress of

the operation, but when this did occur a simple command from the doctor to the patient was sufficient to send the latter back into profound sleep once more. Let your suggestions in this case be always in the direction of inducing a more and more profound condition of Hypnosis. I take issue with the operators of to-day who, having found it a matter of great ease to induce light conditions of hypnosis, have put forward the statement that in a large percentage of cases light hypnosis is as favorable to the induction of analgesia as deep hypnosis. I submit the fact that no *major operation* has ever been performed painlessly upon the patient under light hypnosis induced by one of our modern operators. The value of the deep hypnosis is that the profound sleep permits the operator to secure the implicit obedience of the patient's brain, and that consequently the suggestion that no pain will be felt is accepted as a truth by the patient. In light hypnosis such a suggestion would not be believed and would therefore be inert.

LESSON XIX.

Although most of the claims put forward by interested persons to the effect that it is possible instantly by a word or glance to induce Hypnotism in persons whom one meets for the first time are in the main unreliable, it is a fact that instantaneous hypnosis is possible, though rare. It has already been explained to you how by post-hypnotic suggestion it would appear to the onlooker that the person plunged instantly into deep somnambulism at a touch from the operator was indeed instantaneously hypnotized, but you have been shown that this effect was due to the efficacy of the post-hypnotic suggestion which was previously given the subject to the effect that hereafter at any time if the operator so desired the subject would immediately fall asleep. You see that this is quite a different thing from suddenly hypnotizing a person whom you meet for the first time. There are, however, two methods, and two only, by which this remarkable feat can be accomplished. The first can be used only with any likelihood of success upon the stage, because it requires for its successful operation the environment of the stage glare and glitter accompanied by a feeling of expectation and fear on the part of the subject, coupled with a

strong belief in the power of the operator. I have already spoken of the peculiar effect of fear in placing the subject in a susceptible condition. The fact is that fear creates a bewilderment in the brain of the subject in which it is possible to suddenly drive home a positive suggestion, with such force that it is permanently established in the mind of the subject. It is my belief that there never was and never will be such a thing as a miracle. And the power which was given to the prophets of old was in my opinion simply a knowledge of the force of mind in conflict with matter. The story of Naaman the Syrian is familiar to all of us, as well as the retributive fate which overtook Gehazi, the servant of Elisha. In this day it would seem to be a startling result of fear following suggestion that a subject previously sound and healthy should be suddenly smitten with leprosy, but I am not prepared to deny the possibility of such a result, provided that a condition of extreme terror had first appeared in the subject, and was used as a foundation upon which to engrave the thought. Fear is paralyzing in its action upon the muscular system. In many stage performances it is usual for an operator after he has conducted a certain number of experiments with his ordinary subjects, whom he usually carries with him to ensure entertainment for the audience, to ask for volunteers to come upon the platform to be experimented upon. In these cases it sometimes happens that some one is driven by the laughter of his companions to assert that he is not afraid to let the professor operate on him, but the memory of what he has just witnessed and his own natural fear of some force which he does not understand, combine to make him a prey to the liveliest apprehensions, and though he shows a bold front, he is really very much unnerved. Pride, however, will not allow him to withdraw, and the result is that he puts the best face he can upon the matter and mounts the platform. The professor is by reason of his calling an expert in detecting such signs of fear in the countenance of his voluntary subjects, and he reads this man at a glance. He knows that if he can catch him quickly and drive in his suggestion he will have no trouble in putting this man into a profound sleep, because his fear will render him an easy target for quick suggestion. But the quick suggestion alone would not be sufficient to induce the instant bewilderment of the senses which is required to produce sudden hypnosis. The professor therefore steps forward to the edge of the platform and as the subject gets

one foot upon the stage the professor suddenly claps one hand on the back of the subject's neck, which appears to the audience

"You are wide awake, but you cannot open your eyes." From this condition it is but a step toward the induction of somnambulism, with its attendant illusions and hallucinations. There is one other method of instantaneous hypnosis which, however, is so uncertain in its nature that it can never be accepted as playing an important part in the use of this power. That is Hypnosis by Telepathy, or the induction of the hypnotic state by means of thought transference. In this case the operator has acquired the power of projecting his thought, and it sometimes happens that he makes a female subject so peculiarly en rapport with him that she is immediately conscious of his presence and of his power, although no word may have passed between them. In rare instances he may thus succeed by silently impressing her with the idea of sleep. While these cases are rare, they are none the less true, and the manifestation seems to be invariably of the same type, that is to say, the subject on being awakened declares that she distinctly heard some one, who seemed to her to be the operator, saying in her ear: "You must sleep; sleep at once." This power of projecting thought is one which every hypnotist should constantly practice. It is the practical operation of the Art of Concentration. Thought is Energy, and Thought-projecting is the projection of Energy by will or desire across space. The early mesmerists attached more importance to the effect of their will or desire in inducing sleep in their subjects than to the magnetism resident in the passes which they employed. It would be a good plan for you always to remember that in the production of any of these psychic phenomena your suggestions should be coupled with a strong will or purpose on your part to the effect that you desire such phenomena to occur.

LESSON XX.

We will devote this Lesson to a consideration of more of these methods of Hypnotism which have been collected from the experience of the world's best hypnotists, and from sources hitherto not accessible to the public. It is a common phrase among many operators when they have succeeded in inducing somnambulism that such and such a subject is "caught," and there is much in this word, simple as it may seem. They mean to imply by this that when a subject has once reached a certain stage of Hypnosis, no

more trouble will be experienced in keeping him at that point, or in reinducing the state as often as may be desired. A favorite method with one successful operator whom I knew was to put his subjects in a chair, in order to test them for the first hypnosis, and say to them: "Close your eyes. Now roll your eyes up under the lids as far back in the head as possible, looking as it were back into your own brain. Now suggest forcibly to yourself that you cannot possibly open your eyes; try your hardest to lift your eyelids, at the same time keeping your eyes rolled back in your head. You will find it impossible. You may try as hard as you like. Keep your thoughts up in your brain where your eyes are, and you will pass away at once into a profound hypnosis. You will hear nothing in the room, and will attend to nothing but the sound of my voice." This method was frequently successful, and the fastening of the eyelids was almost immediately followed by somnambulism. Another method of speedily inducing sleep is brought about by requesting the subject to squint downwards at the point of the nose, thus inducing a strabismus of the eyes which is fatiguing to the optic nerve. Another method, and one which you may test for yourself with advantage, in the matter of Auto-Hypnosis, for putting yourself to sleep at night, is to close the eyes until they are almost but not quite shut. Then permit the eyes to squint as they naturally will, but be careful not to close the eyelids entirely. The lids should be lowered to the point of almost complete closing, and the head thrown slightly back, permitting the glance to be directed to the feet. The result is corresponding heaviness in the eyelids which is the sure precursor of drowsiness and sleep. A frequent practice among stage hypnotists who wish to influence a refractory subject quickly is, after giving the subject a bright object to hold in the hand to gaze at for a short length of time, to roll the head round in a circle some fifteen or twenty times, without violence, of course, but in such a manner as to disturb the circulation considerably. This has often the effect of relieving a previous congestion, and permitting drowsiness to follow. It was a favorite custom of the early magnetizers to hold in their hands a small glass of water and placing two fingers of the right hand in the water in the presence of the patient, they pointed out that they would transfer their magnetism to the water by will force and that if the patient would drink this water he would immediately feel all the symptoms of approaching sleep and

it would render the induction of the magnetic sleep very much easier and quicker. Some dispensed with the water, but magnetized two pieces of paper by holding them in the hand a little while in the presence of the patient and directing their thought on the paper. The paper was then given to the subject, with a request that he close his eyes and keep his thoughts fixed upon the sensations which he should experience by contact of the magnetized paper in his hands. The result was that the concentration of the patient speedily produced its effect, the magnetized paper no doubt contributed something, and the result was speedy hypnosis. An iron nail, magnetized so that it will attract steel, and bent in the form of a crude, open ring, may be placed on the subject's finger and used on the same principle as the paper. The subject should gaze fixedly at the ring, and will often notice a tingling sensation in his finger and arm, followed by hypnosis. The use of the electric battery as an assistant to suggestion is not fully appreciated by the student of psychology. No more forcible suggestion can be given than the genial electric current from the battery, whether it be considered that it has a special effect upon the nervous system, or whether the effect is to be attributed only to the power of the sensation in concentrating a patient's thoughts upon the idea of impending sleep. Some of my patients have passed into a most profound condition of hypnosis under the stimulus of the gentle current of electricity coupled with forcible suggestion, although I had previously made but a slight impression upon them by use of verbal suggestion alone. As a means of developing concentration, which is a long step towards developing the ability to be hypnotized, I have often advised the use of the crystal for the development of what is known as "crystal gazing." This is a very peculiar quality which in some cases is so closely allied to Clairvoyance that it may be said to be identical with it, but in the majority of cases crystal-gazing merely induces in the subject that condition of conscious inactivity, and of sub-conscious activity, which is the sign manual of the somnambulistic condition. Take any clear polished surface, as for instance a silver disk, but a crystal is best for the purpose, and request your subject to sit down with this object in front of him for fifteen minutes every morning and evening, and wait, with his eyes fastened upon the disk for any pictures or images which may appear there spread out to his view. This faculty of seeing things in the crystal devel-

ops with use, so that although the first dozen sittings may be productive of no result, the crystal-gazing gradually develops the power of seeing the reflection of images plainly portrayed upon the polished surface. He also finds himself able when this power is fully developed to project at will the picture of any person whom he desires to see. And the identity of this power with Clairvoyance is sometimes strikingly illustrated in this particular that the subject not only sees the image of the person he desires to see, but he sees in allegorical form a picture of what the person is doing at the time of the sitting. He may also see written words in the crystal in connection with this picture, and may thus receive telepathic messages from the original of the picture.

It is not a fact that Hypnosis is so dependent upon the condition of the circulation that it can only be induced when the head is cool, and when the blood has left the brain. On the contrary, Hypnosis often occurs during a condition of cerebral congestion when there is every indication that the brain is engorged with blood. Hypnosis would seem to me to depend almost entirely upon the undivided attention of the patient, however that may be secured. Therefore I advise you to use upon your patients in addition to other methods the method of very slow and deep respiration, impressing upon them the fact that by confining their attention to the act of breathing they will pass just as easily into the hypnotic state as would be the case if their attenion were fastened upon a bright object. It is also true that the reverse of this holds good, and in many cases patients who have stubbornly refused to yield to any other method will pass into profound Hypnosis if you instruct them to gradually repress breathing, making it very slow and insufficient for their needs so that a feeling of slight distress is occasioned. If you ask me for a clue to the phenomenal trance conditions induced in themselves by some of the Indian fakirs or holy men, I should say that they had developed the art of concentrating to a degree of perfection by fixing their attention upon the act of breathing and gradually shutting off the respiration to the point at which the system became saturated with carbonic acid. This is a process of slow poisoning which of course if carried to extremes would be productive of harm to the body, but provided it is undertaken without fear or anxiety its immediate effect is to still the heart's action, and to induce a drowsiness by shutting out from the system the stimulat-

ing effect of the oxygen in the air, and thus inducing a torpor which is faintly paralleled every day of our lives upon our entrance into a room where the atmosphere is surcharged with carbonic acid. You will notice that in such a case a feeling of heaviness always follows, which speedily deepens into drowsiness. When by an act of the will the breathing is made less frequent, in this manner, drowsiness and deep sleep are self-induced. Thus is brought about by concentration of the attention the condition of auto-hypnosis. If there is an operator at hand whose suggestions will be received by the subject, the condition of auto-hypnosis becomes then the condition of Hypnosis, and the subject obeys the suggestions of the operator. But if there is no operator at hand, the subject remains in the condition of auto-hypnosis until such time as he determines that he shall awake. In this way he can before putting himself under the influence determine whether he shall sleep for an hour or two hours. He can give himself just the same suggestions which an operator would give him. He can remove pain in himself just as certainly as an operator can remove that pain for him. He cannot secure in himself the startling phenomena which the suggestion of another given during deep Hypnosis will produce, but he can cure himself of many minor ailments and treat himself positively for nervousness, lack of sleep, lack of confidence, defective memory, fatigue upon slight exercise, bad habits, etc. He can do very much for himself in this way in the matter of improving his own character and health. A very important method of producing Hypnosis in a difficult subject who does not seem to be influenced by the ordinary methods is the following: Stand him upon his feet and tell him to take a long deep breath, raising his arms and flexing them at the elbows; tell him while he holds this breath for eight seconds of time to make every muscle in his body rigid and hard; arms and legs and back can all be made rigid by an effort of his will during the time he is holding this breath. At the end of the eight seconds he must suddenly relax every muscle, and take eight seconds' rest, breathing slowly and deeply through the nose. Then let him repeat the same performance as above, taking another deep breath, and holding it for eight seconds, while he makes every muscle in his body rigid. Again let him relax every muscle for eight seconds and repeat this exercise for ten minutes. At the end of that time he will complain of pronounced physical fatigue and you may then put him into

the chair and give him a bright object to look at. When his heart's action has sunk to the normal, it will not stop there, but because of the fatigue he has undergone it will finally beat more slowly than usual, and a feeling of lassitude accompanied by drowsiness will settle over him. At this time your verbal suggestions will be found to have an effect which they did not have when his brain and body were both active and innocent of all weariness.

LESSON XXI.

In Scotland, and more especially in Denmark, among the peasantry there it is a common thing to meet with people in whose families for centuries back the gift of what they call second-sight has been pronounced. This second-sight is only another name for what is now called Clairvoyance and seems to be the reflection of intuitive knowledge which is imparted to certain individuals owing to a supernormal mental condition. While Clairvoyance is common in this respect, it is also capable of development by Hypnosis, and many startling prophecies have been made by clairvoyant subjects under hypnotic control, showing that the power itself is not to be confused with the power to read the minds of those present, or to read the minds of those at a distance. The distinguishing line between true Clairvoyance and Telepathy is that the latter concerns itself only with things which have happened or are happening within the knowledge of some one with whom the subject is en rapport, while Clairvoyance concerns itself most nearly with prophecy or the foretelling of events which are yet to happen. The phenomena of Clairvoyance are varied and wonderful in the extreme, and after first giving you the necessary directions for inducing Clairvoyance in your best subjects I shall take the liberty of quoting one of the numerous examples on record of Clairvoyant powers given to some human beings and apparently denied to others. To develop Clairvoyance in your subject it is necessary that you select first of all only your best somnambulists, because a larger proportion of these will be found to pass into the Clairvoyant state than of those who go only into light conditions of Hypnosis. Where there is found a subject who has no memory upon waking of anything which has transpired during his sleep and who follows post-hypnotic suggestions accurately, and in whom you can induce the phenomena of sense illusions at will, such a

subject will with training pass into the deeper condition of the "Clear Sight" or Clairvoyance. Such a one will develop not only an extraordinary accuracy in foretelling events, but he will be able to give clear accounts of things which are happening at a distance, being apparently able at will to send forth his spirit to roam where it will, while his body is recumbent in the chair. To test your subject for Clairvoyance begin by putting him into a profound sleep. Then, standing beside him, say: "Go farther and farther away. Sleep profoundly, and your spirit will be sufficiently liberated from the clay to permit it to travel where it will, bringing back tidings of what is happening in lands where you have never been." Add here a few suggestions to deepen the sleep and say: "You will report to me what you see. You will tell me as you go along what you see with the eye of the spirit. I am going to send you now across the sea and you will give me a clear account of what is passing in my home in England and describe for me the people you see and the places you visit. There are wings to the spirit, and you may take your flight at once. Now you are crossing the sea; now you have arrived; now tell me where you are and what you see before you." In this way you spread before your subject's eye a panorama, so to speak, of the journey which it is desired his spirit shall take. He will now in an imperfect way attempt to describe what he sees, and fluency will only come to him after repeated trials. Weigh well the evidence he brings you, and neither by word nor look discourage him by criticism. In order to develop Clairvoyance there must be given to the subject the most encouraging suggestions. He must be made to feel that his work is valuable, and though you may couple your directions with warnings that he is only to repeat just what he sees he must be constantly helped and aided by your counsel. You must lay aside in these cases the natural disposition to criticize and obstruct which is peculiar to every investigator. You must remember that you are not dealing with the normal individual, but with a highly sensitive organism, keenly alive to every suspicion of distrust, strongly disposed to resent injustice. You will not have much reason to complain of the honesty of clairvoyants whom you have thus developed through Hypnotism. It is much better to take a new subject and develop him, than to experiment with any professional. You are more likely in the first place to obtain trustworthy information, although I am willing and even anxious to

admit that a very large proportion of professional mediums are thoroughly honest in their opinions and communications. The following account of some of the phenomena of Clairvoyance were vouched for in year 1842 by the Rev. Leroy Sunderland, a well-known investigator, and it is printed here not because the feats here mentioned have not been frequently duplicated in modern times, but because the account itself is practically unknown to exist at present, and it fell into my hands in a curious way. After detailing some phenomena of the magnetic state the writer continues:

"Nobody but myself is capable of waking her. She would talk with no one but me, except that I had first willed that she should, and also placed the third person in contact with her, by placing their hands together. She could hear nothing but my voice or a noise made by me. I have seen G. fire a gun within a foot of her head without her showing any signs of hearing it. Her eyes closed, she will tell when I eat and drink, will tell accurately when I left the room, and when I returned. You may bear in mind that none of us had seen anything of the kind, and were unprepared for most of the phenomena. One evening while she was in this sleep, some apples, raisins, and walnuts were passed around. I commenced eating an apple, when she remarked: 'These are good apples.' I then took up some raisins, and asked her what I was eating. She told me correctly. G. handed me some vinegar which I tasted, when she exclaimed: 'What do you want of this sour stuff?' G. next handed me some sugar, and so on, until we were satisfied she was conscious of whatever I was eating—she tasted whatever I tasted. Her position was such that she could not have seen what I was eating if her eyes had been open. We next discovered that, although herself insensible to corporeal pain, she felt sensibly any pain inflicted on me. Prick my hand, for instance, and she would jerk hers back, and perhaps rub it on the spot where mine was pricked. Pull my hair, and she would say, 'Who is pulling my hair?' I next discovered that she would often speak of subjects on which I was thinking, and finally, one evening, when we were testing her strange powers, I put a piece of apple in my mouth and remarked, 'These are good raisins that I am eating.' She replied: 'You need not attempt to deceive me—I know your motives and thoughts—yes, I can see your every thought.' I then directed a third person to write on a slip of paper several

questions on what subjects they chose, such, however, as she would naturally be capable of answering. I then took the paper, and sitting by her side, put each question to her mentally; that is, without speaking or making any noise whatever. As I read the questions to myself, she would speak out and answer them, one after the other. Mind, I did not speak a word from the time of receiving the paper until she had answered the last question. By such and other experiments, we were convinced that she was truly aware of whatever was passing in my mind. One evening when I had placed her in this state, I was laboring under a slight cold, attended with a cough. She was asked what would cure my cough. Her reply was, 'You must be careful, or your cold will be settled on your lungs, for I see they are inflamed.' On questioning her farther I was fully convinced that she was conscious of seeing and knowing my, as well as her own, internal organization.

"Now I come to what to many appears the most extraordinary phenomenon. I mean Clairvoyance, or the power of perceiving what is occurring at a distance.

"In this faculty, or in the exercise of it, she appeared to improve at each sitting, the same as a person will excel in anything by practice; and our experiment in Clairvoyance had not advanced much at the time when she commenced falling into this sleep independently. Enough, however, was elicited to prove that she could tell what had transpired in an adjoining room, and at a distance of two miles; and if at a distance of two miles, why not at a much greater distance? Those trials which afforded the most positive evidence of this power were like the following: Cousin G. or L. would go into another room and disarrange the furniture, upset the table, or place chairs on the bed, and make other changes from the usual position of affairs. On being asked to look into the room, she would exclaim, 'What are those chairs on the bed for? Why are things in such confusion?'

"On being questioned further, she would describe the exact situation of things. Again I sent her spirit to my room, at the hotel down town, about two miles, and she described its contents, even a painting that is hanging on the wall. It was a room in which she had never been. Many trials of this kind have satisfied us that she in some way became conscious of things of which the natural perceptive faculties or the senses could not have informed her. In repeated instances she has informed me what was going

on at father's and Captain W.'s; would tell it in a manner as natural as if she had been there. We had not, however, entered into any arrangement with any one, then, to ascertain whether she told truly, therefore have no positive evidence.

"On Christmas eve, however, I directed her to go to W.'s; she immediately began as follows: 'Almira is sick.' On being asked how she seemed, and whether very sick, she replied: 'She has a cold and some fever, but is better, and is not as sick as I first thought.' On being asked what they were doing, she says: 'Father W. is sitting before the fire with his shoes off, warming his feet; Mother W. is also sitting there, holding the babe, and Eliza is upstairs dressing or undressing.' This must have been about 9 o'clock in the evening then. I have never asked any questions to learn the truth or falsehood of all this; but I received a letter of the 7th or 8th of January, from mother dated December 24 (day before Christmas) in which she says, 'Almira has had a slight attack of fever, attended with the rash, but is now much better.' On being asked whether she saw these things, she would say: 'It does not seem as if I saw them with my eyes, but I know them. How it is that I know them, I cannot tell.' "

Such were some of the phenomena induced in a sensitive subject under the influence of Hypnosis. There is another quality which is peculiar to clairvoyants, which is called the faculty of diagnosing disease by spiritual insight. This condition used to have the name of Lucidity and it was considered at one time a certain effect of continued Hypnosis. I have found it however comparatively rare, but none the less true and inexplicable upon the theory of simple suggestion. When your subject is in the profound hypnotic sleep, and when you have led him on from this sleep to an exhibition of clairvoyant powers, he is frequently able with his spiritual eye to see before him the internal organs of the body, and to diagnose disease by means of this higher intuition. If for instance you ask him to examine yourself and say what the matter is with you, he will reply something as follows: "I see your brain distinctly." "I see your heart." "It seems to be enlarged," or "It seems to be normal." "I see your lungs. One of your lungs is perforated; it looks to me as if it had been injured by tuberculosis." In this way he will pass in review the organs of the body, and though it may tax your credulity to believe every thing which one of these subjects tells you, you will come across

certain phenomena having the appearance of revelations, which you will not be able to account for. Pursue this line of investigation for it is perhaps the one among all others which will best repay you for your trouble.

LESSON XXII.

For purposes of illustration I have made reference here and there throughout these Lessons to the curing of certain disorders, such as headaches, rheumatism, fears, etc. Perhaps the most important use to which Hypnotism can be put is in the reclaiming of the drunkard and the drug habitue. In these cases its power is unquestioned, and although there are at the present time throughout the land an enormous number of so-called cures for the alcohol, morphine and cocaine habits, when these cures are analyzed and sifted to their foundations they consist entirely of the hypodermic injection of strychnine, atropine, hyoscyamine, Indian hemp, or some other stimulating drug, coupled with the constant impression made upon the mind of the patient that he is to be forever cured of his habit by the treatments he is undergoing. If you analyze this process a little further you will see that the remedies used are merely nerve tonics, and that the cure of the habit is brought about entirely by the mental action of the patient through suggestions given in the waking state. There is a truth which no practitioner can gainsay, viz., the cure of a habit must be psychological. The habit itself is the product of mental action. It is nothing you can cut with a knife. It is not tangible. It is a state of mind, and the only cure for any habit is by and through the mind. This statement admits of no argument. It is a self-evident truth and cannot be refuted. That which mental action creates, mental action can dissipate. The craving which is excited and nourished by the mind can be subdued and broken by the mind. Your suggestions to a patient afflicted with the alcohol habit should be very emphatically given during deep sleep, and should be of a very positive and strengthening nature. You should make suggestions to him in the following manner: "You have a power within you which you have never called into activity to help you break up this craving. This power or force is now being brought into active operation, and hereafter you will never feel yourself unable to resist the craving for stimulants which comes upon you. You will be

free from any desire for alcohol in any form from this time forward. You have been living the life of a man absolutely a slave to the creation of his own brain. From this time on you will be free from this slavery. You will find that your will power is still ready to serve you, and you will again become a man with all a man's strength and purpose. You will feel no pain or annoyance because of the withdrawal of your accustomed stimulant. Every day you will feel stronger and less nervous, and the system will steadily regain health and its old time vigor." Put him then upon the breathing exercises which are given at some length in the Course of Distant Treatment, published by the Psychic Research Company and for the first week give him hypnotic treatment twice a day. For the second week, treatment once a day will be found sufficient, and this plan may be followed until the end of the month to make the cure complete. All stimulants should of course be withdrawn from the time of the first treatment and a loathing and horror of alcohol should be forcibly impressed upon his mind while he is asleep. The same course of treatment should be given in the cure of the opium habit and the cocaine habit, but you must remember that in these latter cases the drug taken invariably affects the brain to the extent of making the patient treacherous and deceitful. You cannot believe the sworn statement of any one who is taking morphine or cocaine habitually. The moral sense is usually perverted, and a colossal selfishness seems to obscure the patient's perception of the principles of right and wrong. Morphine and cocaine should be entirely withdrawn from the first treatment. There should be no tapering off. Most of the widely advertised cures for the morphine habit which appear in the papers consist of the administration in small quantities of morphine and other drugs combined. There must be no tampering with the drug at all. The fears of the patient will greatly magnify his distress of mind and body and in these cases before proceeding to induce Hypnosis it is sometimes advisable to give sulfonal to quiet the nervous system and permit you to induce profound sleep. As showing the marvelous effect of the imagination upon the patient it is sufficient to say that after you have used sulfonal in this way once or twice it is not necessary to continue to use it, but if you will substitute for it an innocuous and tasteless powder, pouring the same into a glass of water in the presence of the patient and telling him that it will have the effect

of speedily quieting him and allowing you to put him again profoundly asleep, he will believe that he is taking another dose of sulfonal and the effect of this belief upon his nervous system will be such that he will at once become quiet and passive. Thus is explained the potency of the "bread pill" which physicians administer to their patients as a placebo. The effect of the bread pill of course is nothing in itself, but backed up and supported by the imagination of the patient it has just the effect which the physician's suggestion declares it will have, another and typical instance of the effect of mind upon matter. As a means of assisting in the cure of any drug habit by hypnotic suggestion I thoroughly indorse the use of mild currents of electricity combined with suggestion for the production of profound sleep. It sometimes happens that the verbal suggestion itself is believed by the patient to be insufficient to relieve him of his trouble, and the electricity comes in as a means of enforcing and strengthening suggestion. Never make the mistake of despising any means howsoever simple they may seem to you of impressing the imagination of your patient.

LESSON XXIII.

Always awaken your subject by the gradual method of counting "One, Two, Three—Wide-awake." Do not wake him with a snap of the fingers or by touching him upon the face or any part of the body. The effect upon his nerves would be the same as if you suddenly woke a person from his natural sleep by throwing cold water over him. Give him time to gradually come back from the depths of sub-consciousness to waking life. Some subjects who sleep very profoundly, are dazed and dizzy for a little while after being waked up. It is sufficient to allow them merely to rest in the chair for a little while, at the same time making light passes upward from the chin over the forehead with one hand and assuring them that the effect is speedily passing away and that they will be all right in a few moments.

Should you induce illusions and hallucinations in any subject, always be careful to remove them just as soon as the experiment is concluded. Do not allow any impression which you have made upon the mind of your patient in the course of the evening's experiments to remain there unnoticed. Give strong and positive

counter-suggestions, putting the subject again into profound sleep in order to make them. Assure him that he is well and strong, free from all nervousness, and that the ideas impressed upon him during his previous sleep are now and will forever be blotted out from his mind and that he will never suffer from such hallucinations while in the waking state.

You will find that many of your subjects become so much interested in the process of putting themselves to sleep, that they fall involuntarily into a condition of Hypnosis during the day, and you may sometimes be called from your home for the purpose of waking up a subject whom you have not tried to influence that day, but who has put himself into a condition of sleep from which he will allow no one but you to arouse him. If you are called in such a case, take this opportunity of making most emphatic suggestions to your subject before you arouse him that he will never again be able to fall into a condition of hypnotic sleep unless you personally inform him that he is to do so. This is all that is necessary to guard against repetitions of this occurrence. Subjects who have been very often hypnotized become so susceptible to the influences that they assume a negative attitude, and in their daily lives are continually under the danger of being hypnotized by irresponsible operators. You should always safe-guard your subjects by assuring them positively that no one else has the power to Hypnotize them but you. Make this suggestion very positive and emphatic, and repeat it at the end of each sitting in order that it may never lose weight with the subject. Do not try to induce Hypnosis when you are yourself very much fatigued or in a depressed frame of mind. If your subject is very sensitive he will telepathically receive your state of mind, and the result will not be good. You will not find that frequent hypnotizing is a drain upon your own forces. The power develops with use, and while it is not well at first to tire yourself in this practice, in a little while it is possible to continue it for several hours without any feeling of fatigue, and with a distinct and perceptible improvement in your general health.

LESSON XXIV.

Q. What percentage of persons can be hypnotized?

A. Every human being who is mentally sound, and a large proportion of the mentally unsound or insane, can be hypnotized. Some speedily; others after repeated trials.

Q. Is not Hypnotism inclined to weaken the will?

A. Not unless suggestions are made to that effect repeatedly during Hypnosis. Counter-suggestions to the effect that the subject will be conscious of increasing determination of purpose, better concentration, more forcible individuality, more self-confidence should always be made, and in this manner Hypnotism by the force of suggestion actually strengthens the will instead of weakening.

Q. How long does the influence last after the subject has been waked?

A. The influence is at an end just as soon as the subject is waked unless a post-hypnotic suggestion has been given to take effect some time after the awakening.

Q. Suppose an individual has been in the first place hypnotized against his will, what protection has he against an unscrupulous operator?

A. If he has been hypnotized against his will by an unscrupulous operator, then he can be easily hypnotized again by someone who understands the case, and the evil influence removed never to return. Only extremely susceptible persons are ever hypnotized against their will. This is therefore an extreme case; not an average case.

Q. What protection has a hypnotized woman against an unscrupulous operator?

A. The protection which an instant return to consciousness gives her. It is impossible for the operator to prevent a subject from waking. No matter how imperative his commands may be, she can wake up in defiance of his objections, and when real danger threatens her she will invariably do so.

Q. Suppose a subject is hypnotized, and is given the suggestion that when he wakes he will have forgotten his name. Then suppose that the operator purposely disappears, how long will the memory be so affected?

A. It depends upon the individual. Sometimes the memory is affected for a day and a half. But usually the impression only remains until someone jogs the subject's memory.

The value of Hypnotism can scarcely be over-estimated. It can cure nervous diseases, pains, and mental troubles. It can give happiness where only misery existed. It can break the hold a life-long melancholy has upon the spirit. It can shut off and even wipe out distressing memories as though they had never been. It can take the place of morphine as an analgesic in the hands of the competent operator. It can reduce and even prevent the pains of childbirth so that the process of maternity need no longer be dreaded. It can quicken the action of the mind and develop good qualities which had been long dormant. It can turn laziness into industry; disobedience into obedience; ingratitude and incivility into a regard for the opinions of others. It can cure such habits as Morphinism, Cocainism, and the Liquor Habit. It is the only cure—remember, the *only* cure—for all those strange and abnormal manifestations which are classed under the head of Sexual Perversions, or Sexual Psychopathy. It is now and always Nature's own remedy: the means which Nature gives to man to correct and modify his own abnormalities. Lastly it affords a key to unlock the mysteries of the spirit of man, and will yet give us knowledge, positive knowledge, of the life beyond the grave. These are some of the advantages of Hypnotism, and in the face of these wonders how small a thing appears the danger of its possible misuse by those who are unfit to acquire knowledge of its power. The wisest plan is to give full knowledge upon all points; in ignorance only lies danger. When it is known how and why Hypnotism may be dangerous, half its danger is demolished. It is not difficult to find men whose motives are pure and whose purpose in using Hypnotism is only noble and good. The use of Hypnotism by parent upon child; by husband upon wife is invariably fraught with beneficent results.