SPECIAL HYPNOTISM ISSUE · 7 BIG STORIES

# FATE MAGAZINE

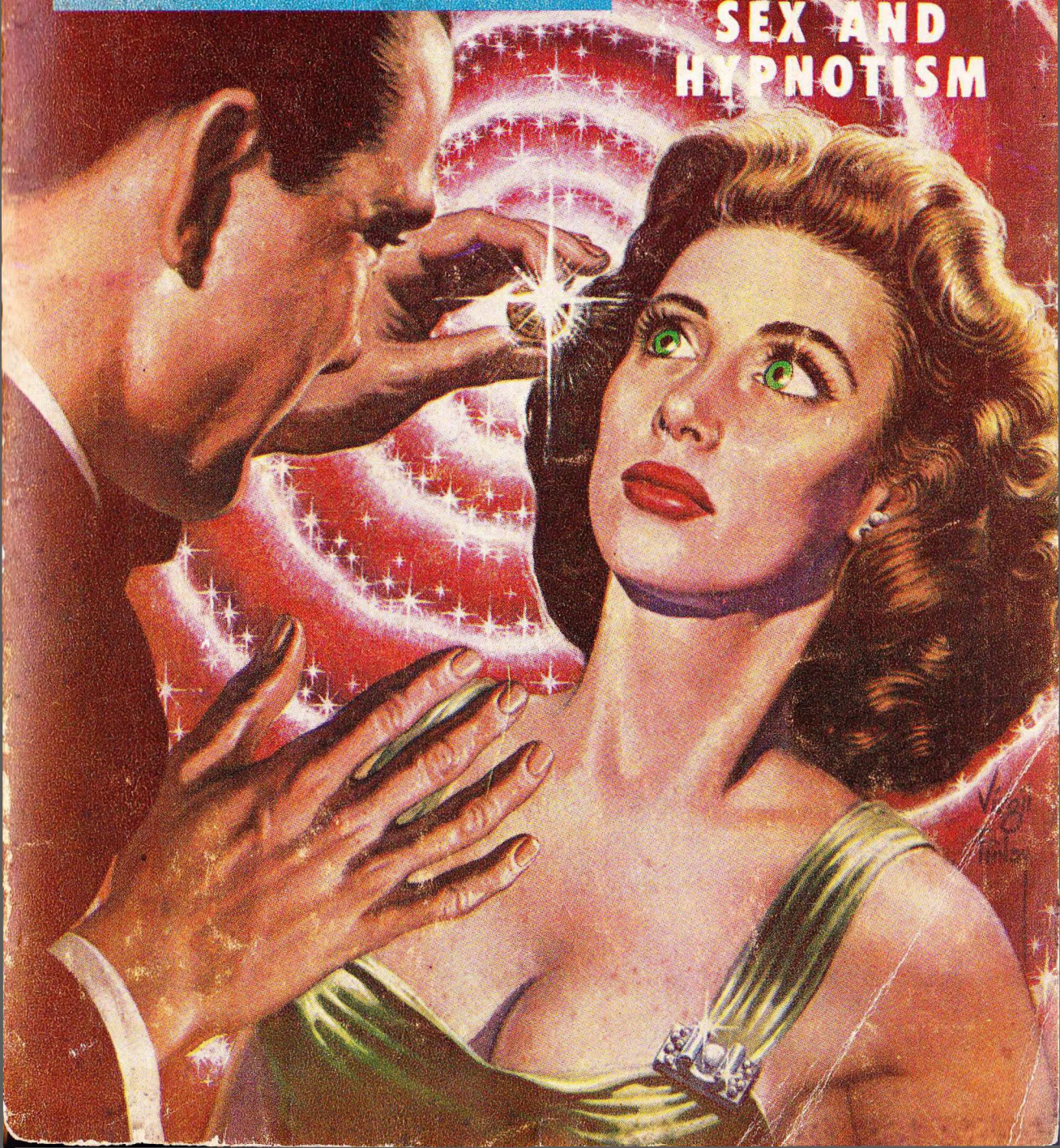
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## HOW TO HYPNOTIZE

## HYPNOTISM AND PSYCHIATRY

## SEX AND HYPNOTISM



# THE TIME
# WHEN YOUR LUCK WILL CHANGE



**2,000 years ago a prophecy** was written in the Bible that the Jews would re-establish a new nation of Israel. Under conditions of continuous odds which seemed insurmountable this ancient prophecy came true! And it was achieved after Nazi persecution brought Jewish hopes and morale to what seemed a future without hope! **Yet these ancient prophets who studied the stars were right!** Their prophecy was fulfilled!

Today many scoff at any unseen guidepost—yet men like Sir Isaac Newton, Julius Caesar, Ptolemy, Keplar, Byron, Flamsteed (the founder of the Greenwich Observatory), Pope Leo X, as well as many others of whom we speak with reverence today, believed in the influence of the stars and prophecy by that means.

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*These great minds were Rosicrucians . . .*

# WHAT SECRET POWER DID THEY POSSESS?



*Benjamin Franklin*



*Isaac Newton*



*Francis Bacon*

## *Why were these men great?*

How does anyone — man or woman — achieve greatness? Is it not by mastery of the powers within ourselves?

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# *I See by the Papers...*

## IT'S ALL IN THE MIND



THIS is our hypnosis issue. There was a time when hypnotism was looked upon much as psychical phenomena are today. The majority of people didn't believe in it. Practitioners were hounded. Scientists wouldn't admit that it existed. And methods of inducing hypnosis were primitive and often ineffectual.

There were all manner of theories on the nature of hypnotism. Some people believed it was due to the ether that surrounds us. Others ascribed it to animal magnetism.

As a matter of fact we don't know a lot more about it today than Dr. Mesmer knew when he stumbled upon it nearly 200 years ago.

This shouldn't discourage us. Doctors today know how to treat many diseases. They can describe their effects upon the body but when it comes to understanding exactly how drugs combat disease, or help the body to combat it; how the blood builds up antibodies or what an antibody is—they're still pretty much in the dark.

Maybe that is why the field of mind research and psychical research is so often frustrating. We are seeking to find out not only what works, but why. And we aren't coming up with many answers to the latter question.

So it is with hypnotism. There aren't many persons today who doubt that it exists. (Houdini, we understand, was one who did.) But when we think about it carefully, we must admit that we don't understand this wonderful, marvelous faculty of the mind much better than Mesmer did. It reminds us of a story we heard once:

"There was a man who used to study the sky And every time he saw a star he would ask, 'What star is that?' And they would tell him, 'Betelguese' or 'Polaris.' And he never could resist the feeling that he had learned something."

## HYPNOTISM AND ATHLETES

THERE is a professional stage hypnotist in Canada named Robert Shangoff, who goes under the stage name of "Morpheous." In St. Thomas, Ont., Shangoff was questioned about the reported use of hypnotism by the Hamilton Cubs of the Ontario Hockey Association Junior A series.

Mr. Shangoff is against it.

He said: "Athletes would have to play in a post-hypnotic state if the suggestions to play better were to have any effect.

"Because of the added possible exertion, an athlete who was not in A-1 condition might suffer bodily harm. In deep post-hypnotic states a player could be injured and not realize it because there might not be any pain."



## NOT FOR AMATEURS

AND from the U. S. Navy comes this story about Lewis Cantwell, a crewman of the USS *Cadmus,* who scoffed at the hypnotic abilities of a chief petty officer he met recently in the Turf Grill in Norfolk, Va.

To prove his abilities, the chief hypnotized Cantwell. Cantwell was convinced but he came out of the trance complaining of a headache. So the chief put him under again. This time he cured the headache but Cantwell's left arm stuck out like a frozen pump handle. The amateur hypnotist couldn't unfreeze it. When he failed, he got scared and left, leaving Cantwell walking around with his arm stuck out rigidly, unable to lower it.

At this point everybody got scared. Two shipmates took Cantwell to Shore Patrol headquarters. The Shore Patrol took him over to the Crystal Restaurant run by Savos Drames, an ex-showman. Drames made a few passes and Cantwell shook his head. He lowered his arm and said he felt fine. No headache either. He left. Probably looking for the chief.



## COAL MINE MYSTERY

NEARLY a year ago workers of the Lion Coal Corp's Wattis mine of Wattis, Utah, broke into a network of tunnels which appeared to be of great antiquity. According to A. B. Foulger, vice president and general manager of the company, the miners were advancing down the center of a 3,500-foot peninsula branching off from the mountain where the mine is located. They were working an eight-foot coal seam at 8,500 feet.

As they moved down the peninsula, the miners ran into pockets of coal that had oxidized to the point where it could almost be scooped off the face with bare hands. They encountered larger and larger pockets of this lifeless

coal until at last they hit two tunnels, about 200 feet apart.

In May, 1953, both the tunnels appeared to be between five and six feet in height and width. Because of moisture, the coal between the two tunnels had deteriorated to the point where it was no longer merchantable.

Several of the miners crawling down these old drifts a short distance found that the tunnels were about half full of slack coal. Rooms had been mined off from either side of the tunnels.

## MINED BY AN ANCIENT RACE?

We are devoting considerable space to this weird find because as far as we know no report has appeared elsewhere about it except in *Coal Age* for February, 1954, from which this information is taken.

Could these mining operations have been conducted by an ancient race, unknown to any present archeologists? That is the only answer we can come up with.

Search of the outside of the mountain in direct line with the tunnels revealed no trace of any portal. The conclusion from that must be that erosion erased all signs of outside entries. The highly oxidized condition of the coal means that many years must have passed since the mining tunnels were dug.

On August 13, 1953, University of Utah Professors John E. Willson of the Department of Engineering and Jesse D. Jennings of the Department of Anthropology toured the discovery, accompanied by Grant Foulger, purchasing agent, and Earle McAlpine, mining engineer.

Since the discovery, cave-ins had occurred in the old drifts. Even so, some conclusions could be reached.

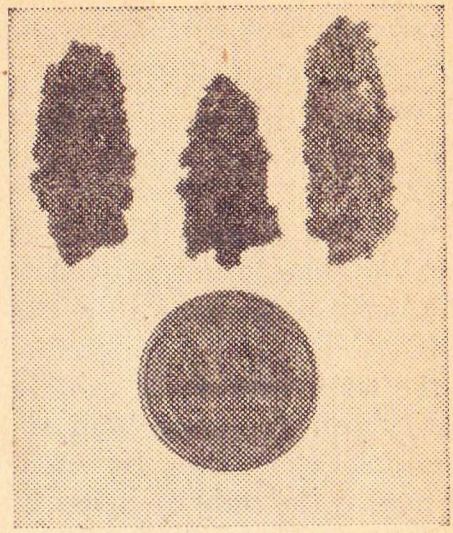
## THE SCIENTISTS' OPINIONS

Professor Willson said: Without doubt, both drifts were man-made. Though no evidence was found at the outcrop, the tunnels apparently were driven some 450 feet from the outside to the point where the present workings broke into them. The openings apparently were rectangles, about two feet wide by 4½ feet high. The present elliptical shape may be caused by sloughing.

There is no visible basis for dating the tunnels. It is known that early miners drove such tunnels for prospecting. But if, as some but not all of today's miners report, rooms were driven off the tunnels, prospecting must be ruled out.

As for the absence of any visible outside entrance, the terrain is so rough that erosion by one or two bad storms might completely conceal the opening even within a very few years.





Prof. Paul C. Mangelsdorf of Harvard University wears a combination eyeshade and magnifier to examine one of several ancient fossilized corn cobs found in Bat Cave in New Mexico. The tiny cobs, hardly larger in width than a penny, have convinced Harvard researchers that corn is a native of this hemisphere.

Professor Jennings said: Because the tunnels were too badly caved to permit inspection, I do not feel that I observed enough to shape an opinion as to their origin or the people that drove them.

The fact that all of the coal in this part of the mine is soft, oxidized crop coal rules out the tunnels as the cause of the oxidation and removes the poor quality of the coal as an argument for the antiquity of the tunnels.

The American Indians are known to have mined for various minerals and precious stones. But the only coal mines of which I have knowledge are those worked by the Hopi Indians in northern Arizona from about 1100 to 1600 A.D. Their mining was a primitive stripping, with long-face. Deep tunneling apparently was unknown to them.

I doubt that these tunnels are the work of any American Indian of whom we have any written or archeological record. In the first place, such works would have required immediate and local need for coal. It is not reasonable to suppose that extensive tunnels would have been driven to produce coal for export to distant parts of the state because, before the white man came, transport was by human cargo carriers, or porters, and long-distance movement of heavy loads was impracticable. As for local use, there is no reported extensive burning of coal by aboriginals in the region of the Wattis mine.

## WE PREFER A MYSTERY

PROFESSOR JENNINGS concludes: "I think it best to render a Scotch verdict of 'Case not proved.' "

To us, this is weaseling. The only thing that is not proved is that American Indians dug the tunnels.

By the testimony of the mining engineers and Professor Willson, the tunnels were dug by men. What men is the only question.

By the testimony of the mining engineers, they were of such great antiquity that the coal had weathered to uselessness for any kind of burning or heat.

By the testimony of the miners, there were not only tunnels but coal mining rooms.

By our conclusion, therefore, the tunnels were dug by an ancient race which used the coal for some purpose.

It is no answer to say "we can't be sure because we don't know that Indians in this area used coal." The facts remain: here are ancient mines; they were dug by some one, if not the Indians by someone else. Certainly by someone who preceded the white man to this area. Possibly by someone who preceded the Indians.

The question is, Who?

Here is a mystery that whole regiments of scientists should try to answer.

## ON THE SUBJECT OF INDIANS

DID you know that the greatest agricultural scientists of antiquity—and perhaps of all time —were American Indians?

Did you know that the majority of the world lives today on food products developed by the American Indians?

We refer to such products as potatoes, squash, maize, tobacco, and literally scores of others.

Maize, or Indian corn, is generally considered to be the most highly developed agricultural crop in the world. It is so highly developed, in fact, that today we do not know the parent grass from which the Indians developed it.

A photograph on page nine shows Prof. Paul C. Mangelsdorf of Harvard University holding in his fingers a 5,500-year-old fossilized corn cob that is hardly larger than the width of a cent-piece. This tiny corn cob was found in Bat Cave in New Mexico and it has convinced Harvard researchers that corn is a native of this hemisphere and did not descend from a Mexican grass called "teosinite" as some had supposed. Mangelsdorf, wearing a combination eyeshade and magnifier, says the cobs probably bore about 50 tiny kernels and grew on stalks a foot or two high.

Corn has come a long way since. Thanks to the Indians.

## TICK, TOCK! YOU'RE A CLOCK

UNDER this heading, Arthur J. Snider, science writer for the Chicago *Daily News,* early in April wrote a story explaining why so many people wake up at almost the exact time morning after morning without an alarm clock.

Snider quotes Dr. Frank A. Brown, Jr., head of the department of biological sciences at Northwestern University, who believes that our bodies have a kind of "biological clock" that keeps track of the passage of time.

Nobody knows how this apparatus works, but prevailing theory is that it has something to do with chemical action within the body.

There are many examples of rhythm within our bodies. Our hearts beat at a regular rate. Our breathing is rhythmic. So are brain waves. But these depend on the nervous system and are not the same kind of rhythm as that of the "biological clock."

It is known that the rhythm is inherited and that once set it continues to run at its special rate, throughout life.

But it can be reset. A man who tells himself that he will wake up at 6 a.m. to go fishing usually does.

Most biologists think the clock is operated from within the body. But Dr. Brown doesn't rule out the possibility that it may get signals unconsciously from an outside source. No one knows what that might be, but it is known, for example, that there is rhythmic energy in the atmosphere associated with radiation and gravitation. And, as FATE has reported, with the Moon.

## ENGLAND'S MISSILE MILE

WE'VE run several mentions and one article, on the problem of England's "missile mile"—a mile long stretch of road in Surrey where, since 1951, nearly 100 windshields have disintegrated mysteriously.

Late in February, Douglas Gilbert, 35, a fighter pilot, was flying over the place. All of a sudden, said Gilbert, "the glass of my compass splintered as if it had been hit by something dead center."

At first he thought it was caused by a nearby supersonic plane driving through the sound barrier.

"But the only plane near was a transport plane," he told a Reuters correspondent. "When I landed I examined the plane carefully for signs of a puncture. Nothing there."

## HOUSTON'S POLTERGEIST

WE'RE always running into poltergeist cases that no one recognizes. But seldom in time to do any investigation ourselves.

In Houston, Tex., beginning early in February, there were mysterious knocks on the house of Mrs. W. E. Murray, 7224 Kernel Street. They had been going on for some time when the police investigated.

The police, who do not read FATE but should, were stumped. One day the knocks came while the place was teeming with cops. There were knocks on the windows, on the front door, on the back door.

Nobody could explain them. So the police set a trap. Homicide Detective George Chapman waited by the front door. Detective H. W. Rogers hid himself outside where he had a clear view of the door. Then they waited.

The knocks came. Detective Chapman lunged for the door and flung it open. Detective Rogers came running. And what do you think?

No one was there!

P. S.—Living with Mrs. Murray is her 12-year-old daughter Murzie. To poltergeist fans, need we say more?

## HOUSTON'S LOST TV SIGNALS

We can tell you a better one about Houston.

There used to be a TV station there called KLEE. In July, 1950, KLEE-TV became KPRC-TV. Since then, as far as anyone knows, there have been no broadcasts anywhere in the world of the signals KLEE-TV.

Only trouble is, they have been received in England. As recently as late in February, Paul Huhndorf, chief engineer of KPRC-TV has been receiving letters and photographs from Londoner Charles Batley and Atlantic Electronics Ltd. of Lancaster.

The Britishers said they picked up call letters KLEE-TV many times between September 14, 1953, and January 8, 1954. They sent photographs of their TV screens to prove it.

Has someone else been sneaking in a telecast of KLEE-TV? Such equipment costs hundreds of thousands of dollars and practical jokers haven't access to it.

How could such signals reach as far as London anyway?

Have these signals been wandering around in space for the three years since KLEE-TV ceased to exist?

Could they have bounced off an object in space a couple of light years away and been picked up again back on Earth?

Have they been re-broadcast by beings on another world?

Or could Time, so little understood, have folded back and through some trick the signals were received in England a fractional second after they were broadcast on one plane, while three to four years elapsed on another? —*Curtis Fuller*

# Fate

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**REPORTS ON**

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# Hypnotism

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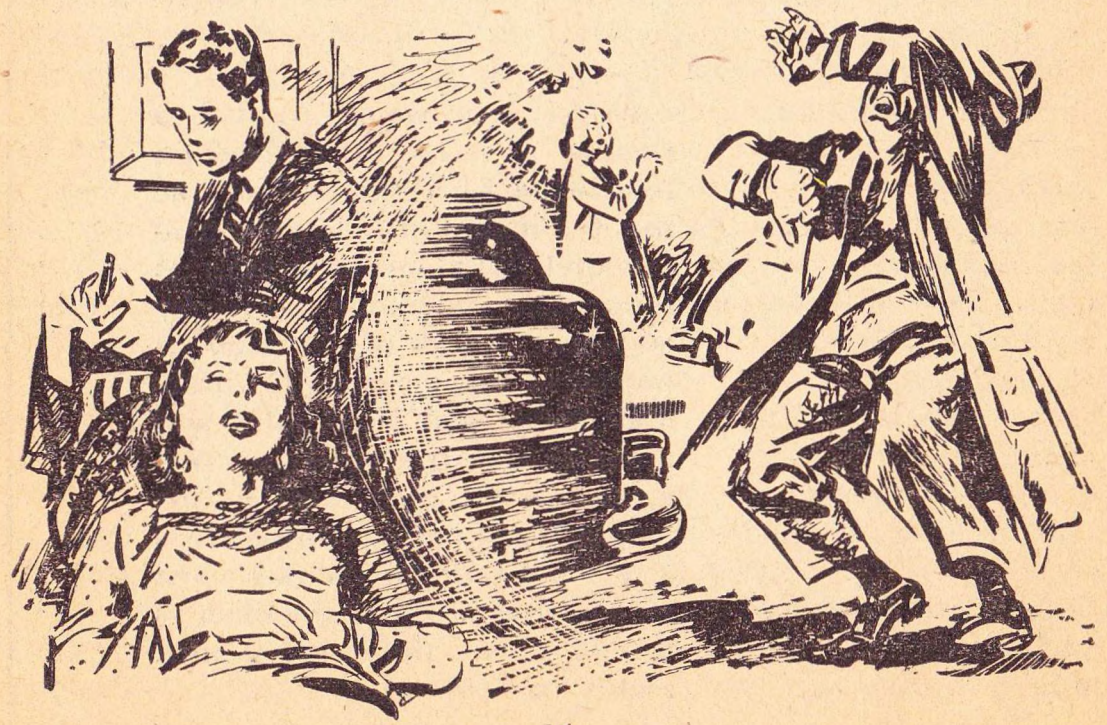
In this issue we are pleased to present a series of articles on hypnotism — a miracle of the mind that taps little known mental levels. Hypnotism is fully as miraculous and on the same order as other miracles of the mind reported in this magazine. It probably is in some mysterious way allied to healing, extrasensory perception and trance states, for example. They too tap unconscious levels and wait for the day when we know as much about them as we do about the unquestioned reality of hypnotism.

# psychiatry looks at hypnosis

*By John C. Ross*

SHE was a 36-year-old housewife, married to a moderately successful professional man, and she had come to the famed Menninger Clinic in Topeka, Kans., from her small southern town. She had not wanted to come but her doctor and her husband felt that she needed mental help.

Despite her refusal to admit the need, she gave the clinic physicians a long and detailed account of complaints and illnesses from which she had suffered throughout most of her life. The doctors examined her and found no organic disease. The woman was resentful and continued to



***Psychiatrists are finding hypnotism a valuable tool. It produces quicker results and cures ills which resist ordinary psychoanalysis.***

insist that something was wrong.

Mental therapy was begun . . .

This case represents a modern milestone because it is one in which hypnotism was re-introduced by skilled psychoanalysts in the treatment of mental illness. As therapy continued, this story unfolded . . .

The patient had grown up in a New England town where her father was a respected member of the community. It became apparent that the turning point in her life had come when she was 13. She had typhoid fever and during convalescence had developed functional disorders of which she had complained ever since. They included tremors and smothering spells. The family doctor had advised her to live as a semi-invalid. She had not participated in student activities during high school. She had been thought queer by her classmates.

At the time she appeared at the Menninger Clinic she had had three children, of whom two had died. She was moody. She was often depressed, felt great anxiety, and had many nervous mannerisms. Psychological tests showed unusual inhibitions concerning sex.

This was the hypnotic technique used in her treatment:

She was studied for hypnotizability and found to be only a fair hypnotic subject. Sodium pentothal was used in conjunction with hypnosis. During the trance thus achieved, a suggestion was given that the same results could be reached without the drug. After this the patient started hypnoanalysis.

She was seen for 50-minute interviews five times a week for a total of 133 interviews. Almost all of these were conducted with the patient in a hypnotic state. She learned to lapse into deep hypnosis at the therapist's count of 10, and to talk until the therapist terminated the interview by reciting the letters of the alphabet from A to G.

At the beginning of the therapy dreams were reported, but there was so much resistance to the interpretation of these that this was

mainly discontinued. Then free association was tried. Experience has convinced the clinic that this is the most practical technique.

The material which came out in these hypnotic interviews was no different than if the patient had undergone psychoanalysis without hypnosis. The patient always remembered the material which came to light since very little amnesia was produced.

The difference lay in the relative rapidity with which she dealt with her problems. The usual long periods of resistance and digression were eliminated.

It is believed that the same amount of "deep" material would not have come to light in the same length of time in ordinary psychoanalysis.

Following the memory of some early and unpleasant sex experiences the patient was much relieved and her physical symptoms disappeared quite abruptly. She then spoke of discontinuing treatment and going home. However, she was advised to work longer for a more lasting recovery.

When she did finally return to her family she continued to attempt dream analysis and further independent self-analysis. This indicates that the hypnotic patient is not the passive automaton with no initiative or independent thought so often pictured by those opposed to hypnotism as a method.

The case of this 36-year-old housewife is one of a number of similar cases involved in a detailed study of the use of hypnosis in treating mental illness conducted by the Menninger clinic. As a result of the study, psychiatrists are taking a new look at hypnotism and its possibilities.

For the study concluded that hypnosis can have real and important benefits even though a great deal of research is needed to explore its uses and techniques. If the research is conducted properly, it was concluded that hypnosis may become an important tool in treating emotional disturbances.

Every doctor, consciously or unconsciously, uses suggestion and hypnotism is a concentrated technique of suggestion. Hypnosis can be a powerful agent for curing some types of diseases, for some mental disorders. Psychiatrists know that physical disturbance often disappears when mental conflict is resolved.

Hypnotism may be reserved for treating cases which do not respond to usual methods of treatment. But it is likely to become increasingly important as a result of the Menninger study.

There are two methods of using hypnotism in mental therapy today. Neither is sure-fire and both are best used in combination with more usual methods of psychiatric treatment.

First is hypnoanalysis, which is the science by which psychoanalysis is abbreviated through the use of hypnotism.

Second is narco-analysis, which employs drugs like sodium pentothal to lessen the patient's resistance to treatment. But even when a narcotic is used, hypnotic technique remains much the same.

Hypnoanalysis and narco-analysis utilize hypnotism to shorten the period of treatment and to provide more rapid probing of the subconscious mind.

Hypnotism helps to make the mind receptive to suggestion and to verbal assurances by the doctor. The hypnotic process achieves a maximum of attention from the patient—usually in the field of sensation.

But how does hypnotism help?

To understand this we must go back to Sigmund Freud, the father of modern psychiatry (1856-1939).

Dr. Freud used hypnosis to investigate the subconscious mind and to understand the nature of mental ills. He suggested that mental illness could be alleviated by revealing the causes of anxiety. He felt that the sooner the patient became acquainted with his fears, the sooner he would be able to understand them, see them in perspective, and so be cured.

He discovered that if his patients could work off their pent-up emotions, they were helped. So he encouraged his patients to talk freely—and it is this free association that is so much used in psychoanalysis today.

Freud said, "At first I let the patient relate what was known to her, paying careful attention wherever a connection remained enigmatical, or where a link in the chain of causation seemed to be lacking. Later, I penetrated into deeper strata of memory by using for those locations hypnotic investigations or a similar technique."

Psychoanalysis is based upon the idea that neurotic illness is the result of unpleasant experiences, thoughts or ideas which have been forced down into the subconscious mind. These repressed experiences later break out in the form of mental or physical disabilities.

But if this repressed emotion can be brought to the surface of the mind and faced squarely and in a grown-up manner by the patient, with the aid of the therapist, a cure may result.

These personality disturbances often have their origin in childhood. The memory of them is buried deeply. But, even though the cause of the violent reaction is forgotten, it continues to affect the behavior of the adult.

And this is where hypnosis can be so valuable. It helps the patient and the physician to dig out forgotten, emotional experiences.

In psychoanalysis today free association and dream interpretation are two main techniques used to dig out these buried emotional memories. Dreams can be a key because the censors of the mind are often asleep during dreaming, and the patient reveals his repressed desires—most often symbolically.

Analysts agree that no cure of an emotionally or mentally disturbed patient is possible until the patient consciously accepts the underlying causes of his difficulty. And hypnotism is one means of bringing these problems into the conscious mind.

Theories on how and when hypnosis is to be used still differ widely. There is even controversy on what constitutes a hypnotic state.

It is certain, however, that the hypnotized patient is not a mere automaton as has sometimes been supposed. The suggestions of the therapist take effect only if they are on line with the patient's own desires.

Effective treatment involves more than merely uncovering the causes of the illness through hypnosis, of course. For all its effectiveness in making it possible to reach the forgotten memories of the unconscious mind, hypnotherapy takes as much careful training and study as is needed for handling the surgeon's knife. It must not be used by amateurs.

Some of the aspects of hypnotherapy which need more extensive study by psychiatrists are hypnotizability, the range in which hypnotherapy may be used, and the influence of age, sex, intelligence and personality upon hypnotizability. Research in the development of techniques also is needed.

Dr. Schilder has suggested another problem. He believes there is not necessarily a relationship between the depth of hypnosis as ordinarily understood and the depth of hypnosis as to the extent of the patient's personality involvement. One subject in "deep" hypnosis may be little involved personally, while another in a light stage of hypnosis may be deeply involved personality-wise. It is the depth of involvement and not the depth of hypnosis, in the traditional sense, that is important in treatment.

It has been suggested that many psychiatrists are not flexible enough in their choices of therapy for particular cases. Hypnotherapy may well be held in reserve for those cases that do not respond to direct suggestion. For instance, repression is most quickly penetrated through hypnotic techniques and they may also circumvent other defense mechanisms. Thus hypnotherapy should be successful on persons who have an acute disturbance superimposed on a personality that has

made an otherwise successful adjustment to life.

Many phobias can be eliminated by hypnoanalysis—such as claustrophobia (fear of closed places) or agorophobia (fear of open places). And hypnotherapy overcomes compulsions such as kleptomania (compulsion to steal); pyromania (compulsion to fire), and even dypsomania (compulsion for alcohol).

But it is not just a case of hypnotizing the patient and telling him he no longer has such a compulsion. Hypnotherapy must be extended so that the causes of the fear or compulsion are understood—by the patient as well as by the analyst.

Because of the necessity that the patient understand, some psychiatrists prefer the slower methods of analysis in which the patient is made aware of every fact and emotion uncovered. But hypnosis often has special value. Patients under hypnotherapy often report incidents which they remember also in their waking state but under hypnosis the same incident has a different affect and emotional content.

In hypnoanalysis, dreams which were unfinished during sleep may be completed. One patient awoke from a dream in which she had been about to go down into a basement. Under hypnosis she was made to complete this dream, to enter the cellar, where she relived in somewhat symbolic form an early, unpleasant childhood experience.

The regression technique has been successfully used in hypnotherapy. The patient is sent backwards through the years to re-experience infantile and childhood events and emotions. One patient regressed to the age of five and then was asked where babies came from. She said they were vomited up but refused to explain how babies are made. That night in a dream she repeated an age-five experience of being told by a little friend that impregnation was by mouth. This was the memory which she had refused to tell the analyst when she was regressed under hypnotherapy in the afternoon.

Psychoanalytic theories of hypnosis are based on the premise that the instinctual wishes of the patient are brought out and given some gratification by the therapy. Ferenczi viewed the relationship of hypnotist to subject as one of child to parent.

Freud compared hypnosis to being in love. He wrote: "There is the same humble subjection, the same compliance, the same absence of criticism toward the hypnotist just as toward the loved object."

Others since Freud have rejected this aspect but retain the idea of submission.

In all of this, the patient's atti-

tude toward hypnosis is very important, as Melvin Powers stresses in his book, *Hypnotism Revealed.* Suggestion always is most effective to a receptive mind. Doubt and prejudice on the part of the patient or the therapist minimize possible therapeutic results.

## AUNT ELLA'S GHOST

RECENTLY Mrs. M. A. Pierson, 70, a retired schoolteacher of Highlands, N. C., recalled a night in 1904 when she shared her bed with a ghost. She was then living in an old house owned by Miss Elizabeth Wells three miles from Highlands. Both taught at a school close by.

The night of Mrs. Pierson's supernormal experience was moonlit and windless. She woke, felt a cool breeze and saw a woman enter the room. The woman was mistily transparent. She smiled at Mrs. Pierson, walked over to the washstand, washed her hands, then came over to the bed and threw back the covers.

Mrs. Pierson said she was paralyzed with fright and recalled that the ghost did not climb into bed as a living person would but floated into it. Her misty form gave off a weird cold. She remained in bed with Mrs. Pierson for about 10 minutes, then glided to the door and vanished.

At breakfast Mrs. Pierson related her experience to Miss Wells who paled and identified the ghost as her aunt, Miss Ella Emmons. Aunt Ella, Miss Wells said, had died nine years before in the room occupied by Mrs. Pierson.

One day a few months later Mrs. Pierson left the school during recess to get a book from her room. As she approached the house she saw Aunt Ella standing on the front porch. She called to Miss Wells who confirmed the ghost's identity.

Mrs. Pierson continued toward the house as pupils in the schoolyard a short distance away were watching and she did not want them to know she was frightened. As she neared the porch Aunt Ella turned with a smile and vanished. Mrs. Pierson got her book and as she hurried down the stairs she heard a chuckle and a swish of skirts behind her.

Numerous other persons saw Aunt Ella, Mrs. Pierson said. The Wells house later had several different owners, none of whom kept it long. However, the haunting apparently came to an end when the present owners had the house extensively remodeled. The changes, Mrs. Pierson believes, destroyed Aunt Ella's sense of belonging.

***Some experts say a hypnotized person can be made to commit criminal or immoral acts. But is there danger in hypnotism?***

*By Virginia Stumbough*

# Dangers of hypnotism



"THE abuse and not the use of any great power is to be dreaded and guarded against," said James Esdaile, defending his successful use of anaesthetic hypnotism in hospitals in India. "The power is pure as it comes from the Creator," he said, "and the perversion of it is the work of the creature."

In the school of hypnotic experimentation at Nancy, France, over 50,000 cases were handled without a single instance of mental or physical disaster due to hypnosis. This included cases by Drs. Farel, Liebault, Bernheim, Wetterstrand, von Eeden, de Jong, Mall and others.

However, authorities seem pretty well divided as to the possibility of using hypnotism for criminal or immoral purposes. Drs. Bernard Hollander, L. Lowenfeld, Paul F. Schilder, Paul Campbell Young, John Milne Bramwell, and Milton E. Erickson insist that a hypnotic subject will not commit immoral acts against his natural impulses. But Mar-

garet Brenman, Lloyd W. Rowland and Wesley Raymond have conducted experiments which convince them that a hypnotized person can be induced to immorality or criminal acts.

All dangers from hypnotism are due, not to the state itself, but to unskilled, unscrupulous or irresponsible operators.

An unskilled operator has insufficient technical knowledge because he lacks proper training. A neurotic imitator of hypnotists is dangerous. He cares nothing for his patient or for society as a whole. He is interested only in his personal success or failure as a hypnotist. If he operates publicly for spectacle or amusement or if he keeps his practice secret and mysterious, he is to be avoided. A safe hypnotist for the patient is one who operates in an office or institution where the patient's interests are guarded.

The chief harm done by unskilled operators is the treatment of symptoms rather than basic troubles. A troublesome symptom is a danger signal which may be masked by hypnotic suggestion. A nervous tic, for instance, can be removed easily and quickly under hypnosis. But how will the nervous disorder the tic points to break out next time? A difficulty whose symptoms only are alleviated may be disastrous.

A famous case of irresponsible hypnotism was the hysterical girl patient of Kraft-Ebing. She was reduced almost to imbecility by repeated hypnotism under practitioners more interested in the sensational effects than in her welfare. Yet under careful handling she suffered no lasting harm. She had become so susceptible that stigmata could be produced and a "burn" suggested to her in trance accompanied by placing cold scissors against her arm took several weeks to heal.

An amateur hypnotist, reported the New York Medical Journal in 1891, threw a friend into severe convulsions and loss of speech. A young woman hypnotized repeatedly for a stage show developed self-hypnosis, with impulses to strike and destroy while in trance. A drunken and dissipated soldier hypnotized by a visiting "professor" was reduced to stuperous insanity. A girl hypnotized by a fellow student at Allegheny College in Meadville, Pa., in 1932 couldn't be brought out of her trance for 45 minutes; the dean of women banned further experiments in the psychology class, though no harm resulted in this particular instance.

One of the most interesting cases of death induced by hypnosis is reported by Hack Tuck. A titled Frenchman was condemned to death and his friends killed him to avoid scandal. They blindfolded him, pricked his arm, then trickled water down it, describing aloud the symptoms of his approaching death. He died with symptoms of cardiac syncope from hemorrhage, without losing a drop of blood.

Inability to wake the patient when desired, or causing shock by too sudden waking, are common failures due to inexpert hypnosis. However, it is not possible for a patient to stay hypnotized, as many people think. Left in trance, the subject will always wake voluntarily. Much misguided fear was roused by the famous story of Trilby and Svengali. The hypnotist supposedly took a girl with a hoarse, unattractive voice and made an opera star of her. She was completely under his power at all times. This is a wild exaggeration, with only enough elements of truth to be frightening.

One danger of hypnotism by showmen is the lack of time to follow through. Proper handling of hypnotic subjects must be slow, careful and thorough. Catalepsy induced in a sympathetic subject may be so deep that he cannot be restored to consciousness quickly. Time must be taken to prepare his mind for trance and to assure him that upon waking he will feel well and happy. One vaudeville hypnotist, outside of showtime, tried to induce painless delivery in childbirth and the experiment ended with the woman's death. Hypnotic anaesthesia for childbirth has proved successful in hundreds of cases but is not to be used by amateurs.

Some neurotic hypnotists may relieve their sadistic impulses on helpless subjects. A neurotic husband used hypnosis on his wife in order to practice sadism on her with her acquiescence. During the last century when hypnotism was in medical disrepute tortures were committed on the unresisting bodies of subjects in trance, in order to expose their "shamming" —this by doctors who honestly believed the subject only pretended to sleep.

Many reputable scholars believe that using hypnosis, it is possible to train persons to involuntary antisocial behavior. It is true that subjects under hypnosis have stolen money, picked up live rattlesnakes, thrown sulphuric acid into a man's face in a laboratory where he was protected by invisible glass). They also believe hypnosis can be used to excite passion so that virtuous women may become the victims of unprincipled men. Dr. James Braid and others refute this idea.

The unscrupulous use of hyp-

nosis may lead to unjust acts, to donations and wills, accepting and recognizing false debts, declaration of non-existent paternity, promise or consent of marriage, renunciation of citizenship, quarrels, false witness, murder, arson, political and religious excess, and false confession of crime.

All this is true enough but there are simple protections for the hypnotized and the dangers are more academic than real.

Hypnosis was used once by a sympathetic doctor to rescue a girl from prison after she had been wrongly accused and condemned. She had been found guilty of stealing and hiding her mistress's jewels, though she protested she knew nothing about the theft. The doctor knew she was a sleepwalker and under hypnosis was able to prove to the judge and to her mistress that during sleep she had been so concerned about the safety of the jewels she had risen and hid them in a better place. The jewels were found where the hypnotized girl said she had hidden them.

Posthypnotic suggestions may have dangerous or embarrassing timing. The subject may carry out the mental order unexpectedly in the midst of totally unsuitable surroundings. If he is not under observation for his own protection until all hypnotic effects have worn away, he may be harmed. A man may have been told to nap at nine o'clock the next morning when it was expected that he would be at his desk in an office. What happens if he becomes uncontrollably sleepy while behind the wheel of his car, having been delayed in leaving for the office?

Autohypnosis can be caused by fear or shock, bringing on amnesia. Emotional hallucinations are another form of autohypnosis, a belief in events or sights which don't exist. Hypnotic anaesthesia may cause a deadening or hardening of the senses, numbness, or be followed by physical discomfort such as headache, watery eyes, depression, nervous excitement, fatigue, heavy limbs or languor. All this may be avoided by proper preparation of the subject while he is in trance.

A patient who is hypnotized too often is left extremely suggestible to hypnosis by other persons. This may increase his emotional difficulties and is especially dangerous if a mental dissociation already exists.

Though there are exceptions, maladjusted, hysterical, feeble-minded or psychotic persons are hard if not impossible to hypnotize. If a subject does not want to be hypnotized he usually cannot be hypnotized. Many persons cannot be hypnotized even if they wish to be.

Erotic impulses may be aroused by any anesthetic, not only by hypnotism, yet no one suggests

that we do away with ether. All doctors and nurses know what effects of this kind are observed in the course of normal anesthesia. Also ether, chloroform and narcotic drugs can be and have been used just as has hypnosis for criminal purposes without the subject's knowledge. Hypnosis must have the same safeguards.

A subject can always be guarded against subsequent hypnosis by a post-hypnotic suggestion that he not allow himself to be hypnotized. The subject is never really unconscious and anything which takes place during trance can afterwards be recalled during further hypnosis. It is this fact that makes it possible to help shell-shocked war veterans, who can relive their fearful experiences under hypnosis, and be helped to overcome the effects.

Legally every citizen is safe both from exposing himself in a court of law, and from having evidence obtained through hypnosis used against him. A man is not responsible for his speech or actions while under the influence of hypnosis. Yet a man who falsely claims to have been hypnotized can often be exposed by proof that he is not subject to hypnosis.

A small percent of persons can be made to act against their wishes or moral natures. Society protects such persons by frowning on the use of hypnotism except by well-trained, authorized persons. Hypnotism should be legally controlled to the same extent as anaesthetics and drugs.

Hypnosis is dangerous only when misused.

## THE OLDEST FOSSILS

THE oldest fossils known were discovered recently by Professors Elso S. Barghoorn of Harvard and Stanley A. Tyler of the University of Wisconsin. The fossils consist of two kinds of algae, two of fungi and an organism which Barghoorn and Tyler believe may be a calcareous flagellate. The fossils resemble primitive organisms still living but are unique because of their enormous age. They were found in a layer of flint beneath an iron ore deposit in Ontario. The iron ore deposit has been estimated to be 1.3 billion years old. Since they lay far below the iron ore deposit, they are probably two billion years old. The simpler forms out of which they evolved are estimated to reach back another billion years.



# sex and Hypnosis

***Impotency in men and frigidity in women are common. Here is how hypnotism operates to correct them.***

*By Ormond McGill*

A SEXUALLY well adjusted marriage and a happy marriage are almost synonymous. Yet, did you know that the accepted estimate is that some 50 percent of women are frigid? Indeed, Kinsey found it to be 75 percent. And on the other side of the marriage partnership, impotency in men is likewise extremely common.

Hypnotism intelligently and correctly used by an expert has proved very helpful in the handling of this very real problem. The inexperienced hypnotic enthusiast must take care. In observing the powerful effects produced in response to suggestion, he may feel that he has a panacea at his command and believe that all he has to do to effect a cure is to

strongly affirm the desired end, i.e., if the man patient is impotent merely suggest that he be virile, and if the woman is frigid that she is responsive.

Unfortunately, such optimistic hypnotic practice is not as helpful as it is intended to be and actually can be injurious to the patient in that it tends to repress the basic cause. Further, such psychologically untrained practice leaves hypnotherapy open to the criticism that it treats symptoms rather than causes. On this point, Dr. George Muench of the Santa Clara County Adult and Child Guidance Clinic writes:

"People often ask whether or not we ever use hypnosis at the Clinic. The answer is that ordinarily we do not, since most times such a procedure involves dealing with a symptom of maladjustment rather than what is basically causing the maladjustment.

"For example, a man may come into the clinic with an intense fear of going insane. He cannot get the idea out of his head. Now, while it may be possible to hypnotize the individual to the place where he no longer is possessed with that thought of going insane, the very next week he may come back with a fear that he is going to die.

"In other words, hypnosis may be effective in getting rid of the symptom but unless we also get rid of what is causing the difficulty, the problem is simply transferred to another area. Instead of fearing insanity, the person now fears that he is going to die or some equally distressing neurosis. We must, therefore, discover what is causing the fear and deal with the cause rather than the fear itself."

It should be kept in mind that sexual maladjustment, in any of its varied forms, is only the outward manifestation of some underlying psychological illness. For example, impotency in a man may be the end result of a childish belief in the immorality of sex, an attachment to a mother which was never properly outgrown, or even a fear of impotence itself. These and other factors may unconsciously check or suppress entirely the normal capacity for a pleasurable sexual relationship.

Consider frigidity in women. It may be based on the woman's suffering from the same fears which bring about impotence in men, plus the added fear of pregnancy. She may be unconsciously expressing her acceptance of the role of a martyr who must submit to mas-

culine aggression. She may be showing her hostility toward men in general, or toward her marriage partner in particular. Whatever the cause of such sexual maladjustments, their origin, in the vast majority of cases, is psychological and as such amenable to hypnotherapy. But only a skilled practitioner can deal with it and he must first determine the basic cause of the condition and correct the source of the trouble rather than merely hammering at the surface symptoms. *This rule of treating basic cause rather than symptoms cannot be over-emphasized both from the standpoint of the patient's welfare and the effectiveness and acceptance of hypnotism as a valuable tool in all the healing arts.*

Since sexual difficulties are so prevalent and since they represent a good cross-section of the type of psychological ills which may be effectively treated through hypnosis, the reader may readily understand the mechanism of hypnotic cures through a generalized consideration of what hypnotism is.

For an answer to the question, "What is hypnosis?" I ask you to consider the power any idea in which we believe holds upon our lives. After all, a large portion of our being stems from the thoughts we think—for our thoughts lead directly to our actions and daily activities — and those thoughts which make up the very special personality which is US are the deep rooted ideas which have been constantly hammered by environment, education, and experience into our minds. These ideas stick with us and become a part of our innate being; they form a basis for our habits, fears, and complexes. Such ideas, so set in our nervous system, produce unconscious responses. In other words, we learn these special ideas so perfectly and so powerfully that we no longer deliberately think about them; rather their action has become an automatic process. Such ideas, to use a psychological term, have become *conditioned* into the nervous pattern of our life. We might say such ideas have been *hypnotized* into our mind.

For hypnotism is an uncritical state of mind in which ideas will be accepted largely without qualification, and in which our nervous system may be conditioned most rapidly.

For example, suppose I should hypnotize a man and tell him that when he awakens he will stutter and be unable to speak clearly. What happens when he wakes up? He stutters!

While he is wondering about this unexpected disturbance in his speech, I assure him that it is only my suggestions, presented to him while he was under hypnosis, that make him stutter; that surely

he can overcome such an influence. Occasionally, with such an understanding of the cause of his condition, the man can throw off the influence and again speak clearly. But if he has been deeply affected he cannot rationalize his problem. For, you see, the idea of his stuttering has been so deeply set in his nervous system that it is not under his voluntary control—it has become an unconscious response; a habit! Through hypnosis a temporary oral neurosis has been produced.

Now, let us consider the case of a man who stutters in his normal state. We tell him that there is nothing physically wrong with his vocal mechanism, that his stuttering is a mental condition; that he can master it. But he continues to stutter. The idea of stuttering is so set in his mind that he no longer has voluntary control over it and deliberate conscious effort to master this affliction usually serves to make him more aware of and subject to it.

Is there any special difference between our hypnotically induced stutter and this "natural" one? Basically there is none. The one was sold the idea of stuttering rapidly and quickly while under hypnosis; the other was sold the idea of such behavior as a result of a long series of activities and experiences. Insofar as the basic cause of the hypnotically induced stuttering is known, it is simple to correct the condition through a few reverse suggestions. Similarly, if the basic cause of the natural stutter can be determined, a series (the length of same depending on the depth of hypnotic trance level the subject can obtain and the tenacity of the habit) of hypnotic suggestions can remove the difficulty and the stutter.

Since hypnotism can so efficiently sell the nervous system ideas directly comparable to those developed over the course of years in normal living, the power it possesses for the development of desired personality traits and also for the removal of our unwanted neurotic behavior quirks is self-evident. Hypnotism is not an isolated, mystic phenomena, but rather is an induced state of mind, with direct parallels to the normal development of our behavior patterns.

But what is hypnosis itself? Is it sleep? Really it is not, although outwardly it frequently resembles sleep and in its induction, repeated ideas of sleep are given. There is one basic difference between sleep and hypnosis and that is in the quality of the subject's attention.

In sleep the attention of the sleeper is diffused. In hypnosis the attention is greatly concentrated, in some ways amplified, and there is a direct and very keen rapport between the hypnotist and the hypnotized.

Thus, I would like to define hypnotism as a *deliberately induced state of mind in which the attention of the subject is extremely acute.*

This definition of hypnotism as a condition of *hyper-attention* makes its ability to impress ideas rapidly and powerfully upon the nervous system self-evident. We all know that in learning, the greater the degree of attention we focus on the subject being learned the greater the impression it makes upon us and the more rapidly and thoroughly we learn it. In the hypnotic trance, therefore, having the very peak in attention, we reached the pinnacle of the mind's ability to rapidly learn.

The mode-of-procedure for the correction of a condition of sexual maladjustment through hypnosis will now be clearer. In the case of frigidity the cure is handled precisely the same as with the stutterer, since both represent a variety of conditioned, neurotic habit patterns and the cure lies in finding the basic source of the neurotic cause. This is a must and can often be effectively accomplished through hypnoanalytical techniques in which the subject traces submerged memories, discovering and bringing to the surface the original source of the difficulty.

Once the basic cause is discovered, its removal can be undertaken both through an understanding of the problem (which in itself frequently goes a long way in uprooting a neurosis) and a series of hypnotic suggestions directed toward removing the wrong sexual thinking or habit as the case may be, followed by a reconditioning through a series of hypnotic suggestions to set new and desired patterns of sexual behavior.

The correction of sexual maladjustment is only one of many possible psychotherapeutic aids hypnosis opens to mankind. But if it held no other potential than that of producing the marital happiness that healthy, harmonious sexual adjustment brings, that alone would make it one of psychology's greatest blessings.

## RETURNED TO DEATH

AFTER having been thought dead for 12 years Faye Laughlin, 34, of Mexico City, Mex., returned home to visit her mother, Mrs. Jake M. Furr, Jr., of Troy, N. Y., who was seriously ill. An insurance company had paid a death claim after an unsuccessful seven-year search for Miss Laughlin. As she drove her brother Frank to visit friends in a nearby town the car went out of control and crashed into a hillside. Frank was not hurt but Miss Laughlin was killed instantly.

# How Hypnotherapy Helps in sex problems

By Guy Archette

***The patient had a neurotic fear of sex.***
***Posthypnotic suggestions changed his mental attitude.***

ACCORDING to specialists in the field more cases of sexual incapacity or maladjustment are due to psychological than to physical causes.

Where sexual incapacity has a physical basis the cure may be a more or less simple matter of medical or surgical treatment. But where psychological factors are responsible the problem is more complex.

The reasons for the difficulty may lie so deep in the patient's mind that he is not conscious of them. A cure thus requires that the submerged memories or experiences be raised to the conscious level.

Psychoanalytic therapy often can accomplish this but in severe cases it takes a great deal of time. The average patient cannot undertake long treatment because of financial, family or other reasons. By using hypnosis in connection with psychoanalytic therapy — hypnotherapy — much time may be saved.

Hypnosis not only serves to bring repressed memories more quickly to consciousness but also makes use of the powerful effects of posthypnotic suggestion. By means of posthypnotic suggestion the psychotherapist can avoid a long analysis

The use of hypnotherapy in

treating male impotence due to deep-seated unconscious factors is strikingly illustrated in a case history reported by Dr. L. Wolberg in *Medical Hypnosis.*

The patient was 36 and had been married for two months. He was unable to enjoy a normal sex life. He described his wife as responsive and understanding.

The patient considered himself "just average." He claimed to have no depressive symptoms, no phobias, obsessions, anxieties and no physical complaints such as headaches and indigestion. His responses to a Rorschach test, however, showed that he was severely neurotic. He was inhibited in his relationships with people and associated intercourse with a bloody experience.

At the second session the patient was hypnotized by means of the raised arm technique. He was told that his arm would begin to feel as light as a feather and would rise higher and higher. At the same time suggestions were given that he felt tired and sleepy. Complete arm rigidity was obtained. The patient was then told that he would be able to move his arm by counting from one to five. The purpose of this was to show him that he could direct his own muscular functions and thus strengthen his sense of self-control.

In the following sessions the patient revealed a conflict in himself between a desire for pleasure in sexual relations and a fear of not being successful. He admitted that he never permitted himself to feel sensations during the sexual act.

He was hypnotized and given suggestions that he was to perform sexually merely for pleasure, not as a challenge. He was told not to care whether he performed and to have no particular feeling about succeeding or failing. He was given suggestions to have a growing sense of strength, aggressiveness and self-confidence. It was explained to him that he had developed habit patterns and fears that hindered his functioning sexually.

The posthypnotic suggestions became part of the patient's mental attitude. He no longer regarded sex as a challenge and his tense, fearful state of mind changed to one of confidence. He also was more active and forceful in his other personal relationships.

By the eighth and last session the patient reported a definite improvement in his sexual relationship with his wife. He did not wish to probe more deeply into his personality problems and since he was more assured and self-reliant in his sexual ability, he ended the treatments.

Another case reported by Dr. Wolberg illustrates how hypnotherapy may aid in sexual inca-

pacity by recovering a memory of a repressed traumatic experience. This is similar to cases in which psychoanalytic therapy enabled shell-shocked soldiers to overcome their symptoms by making it possible for them to recall and live through a traumatic war experience. Traumatic experiences yield to treatment only with difficulty. It is as though the intense emotion connected with them prevents their rising to the surface of the conscious mind.

The patient, a professional man of 48, applied for therapy to relieve anxiety and psychosomatic symptoms. He suffered constantly from headaches and from compulsions which made him check repeatedly such minor matters as the amounts on small checks. Although he might be certain that he had made out a particular check for $15 he would worry that he had made a mistake and filled in the check for $150.

He described himself as sexually potent but in more than 25 years of marriage he had been unable to have successful sexual relations with his wife. This puzzled him and made him feel it caused his other symptoms. He insisted that he loved his wife deeply and never had been attracted to other women.

The patient could not be immediately hypnotized but after several sessions he was trained to reach a deep trance. He was regressed to boyhood and soon he recaptured the memory of an incident in which he had engaged in sex play with his sister. He was interrupted and frightened by his mother. The experience affected him deeply as he was a high-strung, sensitive type and had not felt much affection for his mother, having been raised by a governess. In his subconscious mind he identified his wife with his sister and it thus appeared that his inability to have normal sexual relations with her was due to an incestuous desire and fear.

With the traumatic experience brought to the surface of his conscious mind and explained to him in the light of his symptoms, the patient reported swift improvement in his sexual abilities. His headaches vanished and he had a new sense of physical well-being. In addition he was more confident and forceful in his other personal relationships.

Hypnotherapy also is of great benefit in treating sexual incapacity in women. The basic psychological factors which cause male impotence also cause female frigidity.

A most comprehensive discussion on treating frigidity by hypnotherapy is given in Dr. W. S. Kroger's "Hypnosis in Gynecologic Disorders," in *Therapy Through Hypnosis.* Dr. Kroger defines two types of frigidity. Psuedo-frigidity is caused by ig-

norance or misconception regarding sexual matters, and faulty technique or impotence on the part of the male partner. True frigidity exists where the woman is unable to achieve a climax. This is due to unconscious psychological factors rather than to a lack of sexual desire. In a majority of cases the frigidity may be accompanied by headaches, backaches, menstrual pains, pelvic pains and other complaints, all of which are basically psychosomatic expressions of an unconscious wish for satisfactory sexual relations.

In the *Bulletin of the Menninger Clinic* for July, 1946, Merton M. Gill and Karl Menninger cite a case which illustrates how hypnotherapy may relieve such complaints when they are due to sexual factors.

The patient was a housewife, 36, married to a moderately successful professional man. She gave a long list of physical disorders and illnesses going back for many years. She complained of headaches, diarrhea, palpitations of the heart, depression and nervousness.

She was seen for a total of 133 interviews, each lasting 50 minutes. The interviews were conducted with the patient in a deep hypnotic trance.

The information which the woman gave in the hypnotherapy sessions was no different from that which would have been produced by psychoanalysis. What was remarkable about the use of hypnotherapy was the relative rapidity with which it elicited the information. The therapists considered it unlikely that so much "deep" material could have been produced by psychoanalysis in an equal length of time.

The climax of the interviews was reached when the patient recalled an incident at the age of 13 when she embraced her father and became sexually aroused. Her father had pushed her away and scolded her sternly. The incident was a turning point in the patient's life. She began suffering from tremors, smothering spells and loss of appetite. In high school she avoided social and athletic activities with the result that her schoolmates considered her queer. She developed intense feelings of educational and intellectual inadequacy.

Hypnotherapy revealed further that she felt inferior because of her short stature. She disliked being a women and envied men, feeling that in having been born a woman she had been cheated. She wished to possess male instead of female organs and had hoped for years that they would grow. In rejecting femininity she had bound her breasts tightly during adolescence to hide their development.

At the end of the sessions the

patient was free of her depression and other symptoms except for a slight tremor when emotionally disturbed. Psychological tests repeated after hypnotherapy showed a rise in her I. Q. from 108 to 126.

A similar case was reported by M. H. Erickson and L. S. Kubie in a paper in the *Psychoanalytic Quarterly*. The patient was a young woman suffering from acute hysterical depression. She had become seriously ill mentally and failed to respond to psychoanalytic treatment. Several doctors had suggested that she be committed to a mental hospital.

Hypnotherapy was tried as a last resort. The patient was placed in deep hypnosis and regressed to early childhood. She revealed that her mother had been a strait-laced and puritanical woman who regarded sex as sinful. While in college the young woman had a sexual experience which had resulted in deep feelings of guilt and terror, producing her acute depression symptoms.

In marriage this deep-seated, unconscious conflict in regard to sexual matters would have caused frigidity in the young woman and even incompatibility and discord. The case illustrates one of the many causes of frigidity and how hypnotherapy may be of aid in its treatment.

In treating the young woman the hypnotist identified himself at first with her mother's prim, moralistic standards. After establishing himself in this identity he gave the patient posthypnotic suggestions which he explained were what the mother might have said had she lived longer. The suggestions were that the patient was now an adult and permitted to lead a normal, adult sexual life. The patient responded immediately and in just three sessions was free of depressive symptoms. That is what hypnosis can accomplish in skilled hands. But in unskilled hands it can be sheer dynamite.



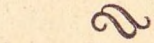
## GLOBE-TROTTING RING

WHILE a soldier in Korea Otto Yelton of Galveston, Tex., found a Texas Agricultural and Mining College 1945 class ring near two dead Red soldiers on a hilltop. It was engraved with the name of J. N. Parks, whom Yelton assumed to be dead. An alumnus of Texas A. & M. himself, Yelton had Parks traced through college records in order to return the ring to his family. Then Parks revealed he was not dead and in fact never had been in Korea. The ring had been stolen from his car in 1952 while he was on a fishing trip.

# VISITING ANOTHER LIFE
## . . . *through hypnosis*

***The hypnotized soldier was asked to tell his name. He gave one that was not his and said he had died in 1794.***

*By Vaughan Shelton*



THE men in wrinkled, green fatigue uniforms wouldn't have been more bewildered if Marilyn Monroe — or her 1944 counterpart — had appeared among them, calendar-clad, stepping out of a puff of smoke. She would have been less a departure from the average soldier's train of thought.

They should have been prepared for anything. Three weeks earlier, under the guidance of the same hypnotist, another young soldier had made the long mental journey to his home in Reading, Pa., had described the Sunday afternoon scene he found there: his sister making candy, the family dog in a frenzy of excitement at his "appearance," etc. A subsequent exchange of V-Mail had verified all the details he gave.

Now, Paul Collins, fast asleep on an Army cot while the siege guns thumped and rumbled over at Metz, was the cause of the men's amazement. His head rolled from side to side as though he were having a troubled dream but his voice was flat and expressionless.

"My name is Lawrence Vance."

Then, a few moments later, in the same hypnotic monotone, "I died in 1794."

It developed that Paul remembered, or seemed to remember, a great deal about Lawrence Vance, dead these 150 years. In fact, he may have remembered more than he was willing to tell.

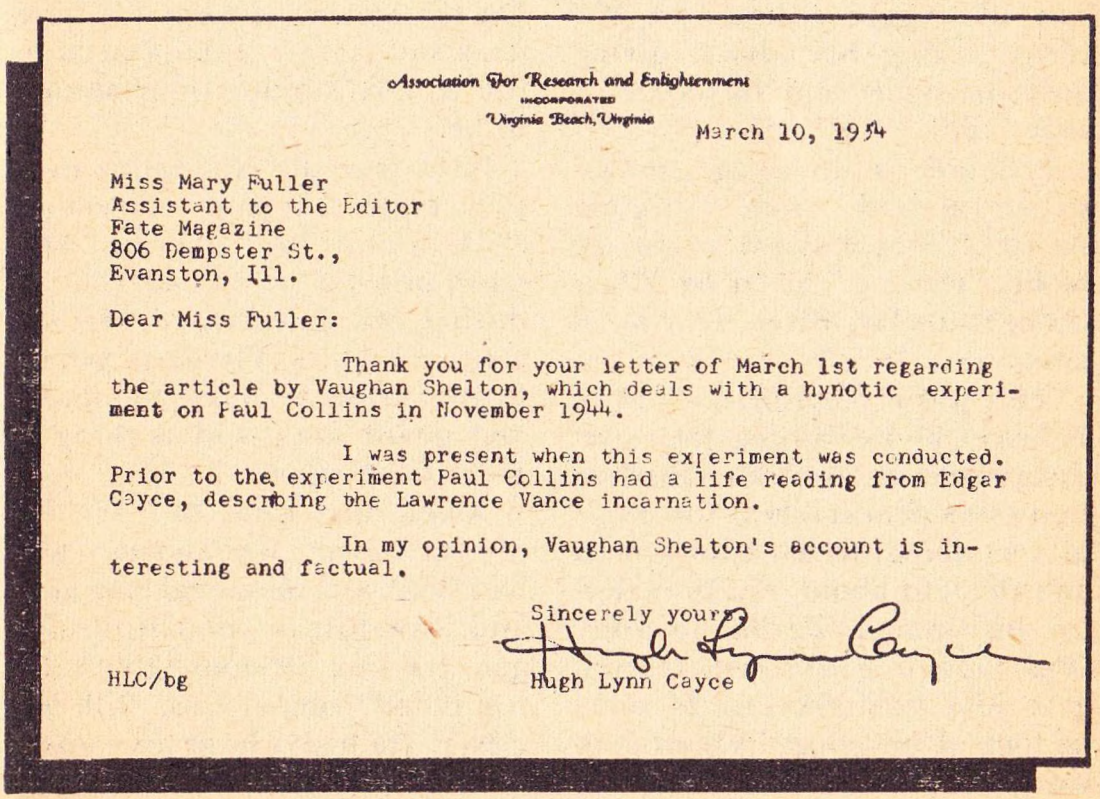
The autobiography of Lawrence Vance, that Paul recited from his hypnotic sleep, may seem less bizarre if you know the events that led up to it.

Paul had grown up in Connecticut, to the age of 21, anyway. In April, 1943, he left college in his second year to enter the Army.

His company arrived in England in September, 1943, the month in which a national magazine published an article about the late Edgar Cayce, celebrated clairvoyant of Virginia Beach.

Sometime in October, Paul got hold of a copy of the magazine and read the article. He was surprised to discover that Cayce, talking in hypnotic trance, had been counseling people all over the world for more than 30 years, giving sound and sometimes profound advice on matters of health, marriage, vocation, personality development, etc.

As he read all this the young soldier remembered there was a man in his outfit who pronounced his name Casey and spelled it "Cayce." This turned out to be Hugh Lynn, one of Edgar's sons. He knew about the article. He was proud of his gifted father but braced for a merciless ribbing



Association For Research and Enlightenment
INCORPORATED
Virginia Beach, Virginia

March 10, 1954

Miss Mary Fuller
Assistant to the Editor
Fate Magazine
806 Dempster St.,
Evanston, Ill.

Dear Miss Fuller:

Thank you for your letter of March 1st regarding the article by Vaughan Shelton, which deals with a hynotic experiment on Paul Collins in November 1944.

I was present when this experiment was conducted. Prior to the experiment Paul Collins had a life reading from Edgar Cayce, describing the Lawrence Vance incarnation.

In my opinion, Vaughan Shelton's account is interesting and factual.

Sincerely yours,

Hugh Lynn Cayce

HLC/bg

Letter from Hugh Lynn Cayce, son of famed psychic Edgar Cayce, verifies the remarkable hypnotic experiment in which an Army comrade remembered a previous existence.

when his buddies learned of the relationship.

Paul buttonholed him in the chow line that evening and waved the magazine in his face. "Say," he began, "you're from Virginia Beach, aren't you?"

"Go ahead," said Hugh Lynn. "Ask me if Edgar Cayce is a fake."

"O.K. Is he?"

"No."

"Good. I'm glad to hear it. Now, about these readings . . ."

Paul was curious, not skeptical. He asked a lot of questions, got a lot of answers and became convinced Edgar Cayce could help him decide what to do after the war. He wrote a letter to Mr. Cayce asking his advice, giving only his name and birthdate as required.

Presently a four-page manuscript arrived from Virginia Beach. It was a typed transcript of his "reading," given by Edgar Cayce while fast asleep, 4000 miles away.

This was a puzzling document. It began by explaining the novel theory—novel to Paul, that is—that one's personality is the result of everything he has experienced and thought about, not only during his present life but in *other lives* preceding this one. It even gave him brief sketches of three or four of his alleged sojourns in the past.

The analysis of Paul's character was searching and, he admitted, very accurate. The suggestions as to his vocation made a lot of sense. But the "other lives" were hard to take.

Hugh Lynn found him sitting on his bunk with the "reading" in his hand, a glazed look in his eye. "What do you think about it?" he asked.

Paul wasn't sure. "This business about other lives makes me feel like a ghost."

"You'll get used to it," Hugh Lynn told him. "Either that or you'll forget it. They all do."

Paul showed the "reading" only to one other buddy before tucking it away in his barracks bag. On the seesaw between the boredom and frantic activity of army life it was forgotten—or seemed to be.

Next year the Normandy invasion came off and November, 1944, found Paul and his company billeted in an old chateau during the stalemate at Metz in eastern France. The days were a dreary brew of mud, monotony and guard duty, and nothing to write home about.

About this time Bill Weldon of McAlester, Oklahoma, who had been a professional magician and hypnotist in civilian life, began holding demonstrations for his bored companions. Bill was clever. He had a large assortment of stage and parlor tricks and, of course, no lack of subjects willing to be hypnotized.

Bill liked to experiment with memory. The subject would be placed in deep hypnosis and then told to remember some event of early childhood, such as his fourth birthday or some other occasion that time had erased from the conscious mind. Tears rolled down the cheeks of one soldier as he recounted a long forgotten surprise party with a cake "that big."

Weldon's stunt of making a person *forget* was interesting, too. He'd give the post-suggestion to a sleeping boy that he'd forget his name when he woke up, and not remember it until the hypnotist snapped his fingers. It always worked.

Paul had never been hypnotized, but he turned out to be a good subject. He watched the tip of Weldon's finger and listened to the pleasant, droning voice and drifted into slumber. After the usual tests to see if he were asleep or feigning, Bill proceeded with the memory routine. Then he told Paul to forget his name and gave him the suggestion to wake up. The young man opened his eyes and looked around the room, confused.

"What's your name, buddy?" Weldon asked.

Paul blinked and chewed his lip. "Funny. I don't remember."

Then the hypnotist recalled he hadn't given the boy a signal at which his memory would return.

"Let's sleep a little longer and bring your name back to you."

"According to theory," Weldon commented when Paul had dropped off again, "the second sleep is much deeper than the first. He's way under now. He'd remember his name in the morning anyway, but I don't like to leave any loose ends."

"All right now. Tell me your full name, Paul."

"My name is Lawrence Vance."

Only two people in the room had heard the name before — Hugh Lynn Cayce and the other friend who had seen Paul's "reading." Cayce leaned forward and whispered to Weldon, "Are you sure he's asleep?"

"Absolutely! He must be dreaming about something." Weldon was interested in the development.

Paul's "reading" had told him he had lived in the New World "in the time of the early settlings" under the name of Lawrence Vance, and made a career of organizing young people's groups. No other specific details that might have helped Paul fill out an imaginary history of Lawrence Vance were given.

"Ask him when he was born," hissed Hugh Lynn. Weldon repeated the question and the boy stirred again and answered.

"In 1754."

"And when did you die?"

"In 1794."

Lest this whole matter seem

too absurd for grown men to take seriously, it should be remembered that Weldon was an experienced, professional hypnotist who was "sure" Paul was asleep. And Hugh Lynn Cayce, after having convinced himself while in college that his father's clairvoyance wasn't a fake, had made a career of investigating psychic phenomena in many parts of the United States. He had conducted a series of radio programs on the subject and was something of an authority on psychic frauds.

"Ask him *where* he was born," he whispered.

Gradually, by questions and answers, the life story of Lawrence Vance took shape. It made my spine tingle. Not because it was dramatic but because of its very simplicity. It was just the recollections of a commonplace early American with commonplace problems. Or so it seemed.

Vance was born in southwestern Pennsylvania no great distance from Fort Pitt, the present site of Pittsburgh. He was the only son of a pioneer family. His father had a little education and, since there were no schools, taught his son to read and write during the long, silent evenings in the wilderness cabin.

This smattering of learning made Lawrence dissatisfied with the frontier farmer's hard life. While still in his teens he began to travel among the widely scattered settlements, teaching and organizing young people's groups similar to the present 4-H clubs.

Lawrence didn't recall being involved in any trouble with the Indians. He saw quite a few of them in his journeys, he said, and they were friendly. Sometimes he helped them in their bartering with the traders from the east.

Although he traveled on foot, Vance covered a wide area in his organizing work, going down into Virginia and later into parts of what is now Ohio. "The help I tried to give was appreciated," he said.

Once, while tramping north on his way home from a Virginia settlement, he met a party of hunters riding horses. They were gentlemen, hunting for sport. One of them recognized Lawrence and introduced him to the others. One very tall, straight gentleman said he had heard of Vance's work and congratulated him. He asked Lawrence to have supper at the inn in the next village that evening and tell him more about it.

It was quite a distance to the village on foot, farther than the gentleman had realized when he gave the invitation. When Lawrence arrived at the inn, much later than the appointed time, he found that Mr. Washington had already left, leaving a message of regret.

So far, Lawrence Vance had re-

lated nothing about himself that an average fertile imagination couldn't dream up. Now he spoke of his more personal affairs and the picture grew complicated.

During his 19th year the organizer visited his parents home. There were many changes from the "old days." Other families had settled there and it was now a flourishing farming community. And there was Constance Moore. The reedy, little girl he had played with as a child had become a comely, dark haired young woman.

Partly at the urging of his father, who wanted him to settle down to farming, and partly from his own awakened interest — though one had the impression that a matter of honor was concerned—he asked Constance to be his wife. She accepted and the wedding date was set.

Weldon slipped in the question, "Is Constance alive now?"

Without hesitating, Paul answered, "Yes."

"Do you know her?"

"Yes."

"What is her name now?"

"I would rather not talk about this . . ."

But before the nuptials could take place the fickle Lawrence met a girl named Anne at a nearby settlement and married her instead. Commenting on this perfidy, he said, "I often regretted it. I regret it still."

He brought his wife home and started to work clearing some land and building a cabin. It was hard work with small returns and he soon came to hate it. In addition, Constance hadn't taken the jilting well. She immediately married a much older man and was desperately unhappy. She often came to Lawrence's cabin and created embarrassing scenes in front of his wife, begging him to leave Anne and run away with her.

Finally the elder Vance suggested that Lawrence move to a "new locality" and loaned him some money. The move was made but, for some reason, Paul would not say where the new locality was.

Beyond this point the story of Lawrence Vance bogged down. His answers became evasive or he refused to answer at all. He did say, however, that he had two children. A boy named Lawrence and a girl named Suzanne. The boy drowned in a river at the age of 11. The girl grew up and married.

At some unspecified point Vance went back to his organizing work on the frontier. The settlements were moving westward and his activities took him farther afield than before. In the winter of 1794, in spite of the pleadings of his wife and the fact that he had a very bad cold, he set out for the territory beyond the Ohio River. The "many days journey"

to the river is our only clue to the point from which he started. He was traveling with a group of other people. His cold and fever grew worse daily and he realized it had been a fatal mistake to leave home.

During this description of the last hours of Lawrence Vance, Paul showed emotion for the first and only time. His face became a picture of anguish as he told how Vance reached the limit of his endurance in the deep woods beyond the Ohio. Sick unto death and among strangers, far from home, he passed from life and was buried on the spot where he took his last breath. They didn't even mark the grave.

The obvious gap in Paul's story was the important period of the Revolution, during which Vance would have been in his middle 20's. To all questions on this period he gave devious answers or none at all. Weldon tried various approaches but got little information.

"Were you in favor of the colonial cause?"

"Yes!" very emphatically.

"Did you take part in the rebellion?"

"Yes. But I did not bear arms."

"What part did you take?"

"I did not bear arms."

"Were you a Quaker?"

"No. Though I admired them and knew many."

"What was your religion?" At Hugh Lynn's suggestion, Weldon was looking for a church affiliation through which marriage and birth records, if any, could be traced.

It drew a blank. "I had my own ideas about religion," said Paul.

The refusal to talk about the Revolution was curious. If this were a tall tale it would provide a chance to bring in some heroics, though Paul had shown no desire to dramatize Vance. On the other hand, it would not be wise to connect him with historic events that could easily be verified.

Just before waking the boy up, Weldon shoved a writing pad into his left hand and a pencil into his right.

"Write your name for me, Paul," he ordered.

The eyes were still closed. The right hand fumbled with the pencil as if in doubt how to hold it, finally placing it between the index and second fingers as one would hold a quill pen. With a flourish, the name "Lawrence Vance" was traced on the paper. The signature was large, with the tail of the last letter swept around to underline both words. Paul's natural handwriting is small and precise.

Weldon gave his usual instructions about feeling rested and refreshed and then wakened him.

Paul listened to the story he had told in his sleep with much

scepticism. He had no recollection of it, he said, and the whole affair seemed to hang on the question of who was ribbing whom.

The most convenient explanation of the Vance affair was that Paul had put on a very clever act —very clever indeed, to *almost* convince a professional hypnotist and an experienced psychic investigator, to say nothing of assorted spectators of average intelligence.

There are other possibilities. The subconscious mind, we are told, is quite capable of inventing such a fantasy if it has the proper suggestion to get it started. And Paul's "reading" had supplied a very pointed suggestion.

Telepathy is also a possibility. The story told by Paul could have originated in the imagination of someone else present. But there was no way of *proving* any of the alternatives. Perhaps, after the war, someone would take a look in the Pennsylvania State Archives, just out of curiosity.

After the war, just out of curiosity, someone did.

Between 1754 and 1794 several Vances appear in the official state records. But there is only one "Lawrence Vance" to be found. The archives afford us just a brief glimpse of him.

On June 30, 1779, in execution of a sentence of treason, the estates of a Mr. Reynold Keen in Myomensing Township, Philadelphia County, were confiscated by the county agent. In listing the various properties belonging to the estates, the agent appended a note that one farmhouse and tract of land had been leased on the previous March 17 to . . . Lawrence Vance.

Did Lawrence move this far to get away from Constance Moore?

Tax records show the gentleman paid taxes on the property during the rest of 1779 and the first half of 1780.

Early in 1780, Lawrence's number came up in the draft. A militia roster, prepared in the spring of that year, includes his name. He was called for duty but "excused at appeal."

Later in the same year the Vance property was again seized.

For an explanation we turn again to the militia records and discover that the Army had caught up with Mr. Vance. But why was his property seized? The August 10, 1780, muster roll of Captain John Flynn's Company, 2nd Regiment of Foot, Philadelphia County, lists Lawrence Vance as a private. After his name is the curt entry, "deserted."

So, at last, we find something about the Vance case that cannot be questioned. If Paul's "Lawrence Vance" and the only Lawrence Vance in the archives are the same person, he had good reason *not* to discuss his part in the Revolutionary War.

# HOW TO HYPNOTIZE

***You don't need magical powers to hypnotize. Any normal person can learn — and here are clear directions.***

*By Dr. Herbert Charles*

TODAY we know that the ancient belief that hypnotists are endowed with magical and supernatural powers, is false. Any normally intelligent person can learn to hypnotize.

And, theoretically, every person can be hypnotized. In actual practice, however, it is found that only about 95% are hypnotizable. The exceptions are those whose mentalities are too low to understand the hypnotist and the psychotics whose disorientation precludes comprehension and contact. The individual with a stable personality and a high intelligence makes the best subject. Further differentiation in subjects is in the varying degrees of depth of trance to which they can be brought. Some people go into a deep trance quickly and are "good" subjects while others are only slightly influenced or go into a light trance state only after long effort. Authorities are not in agreement as to why this difference exists.

Hypnosis is a state of mind, artificially induced, wherein the hypnotee's sole contact with the external world is through the hypnotist. In this state the hypnotee is extremely suggestible and may accept as fact and act upon the most bizarre statements by the



hypnotist. Actual sensory and motor alterations may be adopted by the subject at the hypnotist's suggestion. While methods of inducing hypnosis vary, all seek to produce trance by gradually narrowing the field of consciousness of the subject until he is aware of nothing but the hypnotist's suggestions to him. Hypnosis may be induced very slowly as in the therapeutic situation or amazingly rapidly by shock methods. Regardless of the speed of the various methods they all employ suggestion, either direct or indirect.

For a suggestion to take firm hold, the individual must associate it with his own experience. In beginning the induction process with a new subject, the hypnotist brings to the subject's attention normal feelings of which the subject is ordinarily unaware. An account of the slow method usually used in hypnotherapy will illustrate this.

Since the primary aim is to exclude externals, the therapist in a clinical situation arranges his setting with this end in view. The entire arrangement is of the same nature as if natural sleep were the desired end. The room is dimly lit. A lamp with a 25 watt bulb is behind the subject. The room temperature is between 70 and 75 degrees. The atmosphere is fresh but without draft. The subject is seated in a comfortable chair. The hypnotist brings his index finger about five inches before and eight inches above the subject's eyes. Some operators use a shiny object with good results. The hypnotist speaks slowly, distinctly, monotonously.

He says, "Look at the tip of my finger. Do not move your eyeballs. Put your feet flat on the floor. Put your hands on your thighs. Now take a deep breath and as you exhale sink back heavily into your chair. Now take another deep breath. Exhale and you sink back heavily, heavily into your chair. Don't move your eyeballs and as you stare at my fingertip your vision will get blurred, your eyes will get heavy, they will close and you will go to sleep. Your legs will get heavy, your arms will get heavy, your whole body will get heavy, you will get heavy all over. Perhaps already you feel a heaviness in your eyes. They will get heavier and heavier and soon will close; they will be too heavy to stay open. A comfortable feeling is coming over you as you relax more and more. It's so good to relax and let yourself go completely. As your eyes get so heavy a drowsy feeling is coming over you. A drowsy feeling, a sleepy feeling is coming over you as your eyes get heavier and heavier and they may want to blink. Let them blink as much as they want; it doesn't matter as you get sleepier and sleepier. Your eyes are so heavy that you may see more than one image of my finger

because things are so blurry now, you are so sleepy and your eyes are so heavy — heavy like lead. They are too heavy to stay open now, let them close and go to sleep. Sleep, sleep."

The hypnotist presses his fingertips against the closed eyes for a moment and says, "It's a pleasant feeling, a feeling you haven't had in a long long time, a wonderful feeling. It's so good to let yourself go completely and relax. Relax completely; let yourself go. Your legs are so heavy; your arms are so heavy; you are heavy all over and getting heavier. Breathe slowly and deeply, slowly and deeply, and with every breath you will go deeper and deeper. Your head is getting heavy too, very heavy, and begins to move down to your chest. It's just as if you were floating on a cloud, floating on a cloud and sinking deeper into the cloud, deeper into sleep. Now you are almost deep asleep, almost deep asleep."

At this point we have reached what is known as the "edge" and it is necessary to push the subject over the "edge" into the hypnotic state.

The hypnotist continues, "Your head is on your chest; you are almost deep asleep and as I count from one to five you will go into a very deep sleep. One—two—three—four—five—sleep—sleep. You are deep asleep and will stay asleep until I waken you. Then you will awaken refreshed and alert. You will hear everything I say and do exactly as I tell you."

Generally speaking, this lengthy procedure will produce a rather deep trance. The hypnotist then proceeds to test the depth of trance while at the same time deepening it still further. He starts by suggesting activities involving the smaller muscle groups and gradually proceeds to more and more activity on the part of the subject.

The hypnotist says, "Your eyes are closed tight, tight. They are closed so tightly that you cannot open them. Try, you cannot."

The subject fails to open them and the hypnotist may then say, "Your arms are so heavy that you cannot lift them. Try, you cannot."

Now the hypnotist may judge that the subject is ready for greater activity and says, "You are so deep asleep that you can stand and remain asleep. You will go deeper asleep when you stand. Stand up." When the subject does this the hypnotist may order him to walk around, answer questions and, as the final step, order the subject to open his eyes and remain asleep.

Whenever the subject shows signs of awakening the hypnotist will cease giving further commands and will give further sleep suggestions. Most subjects never will reach the somnambulistic stage no

matter how many times they are hypnotized.

Now the hypnotist may give the subject suggestions which he will carry out after awakening—post-hypnotic suggestions. Such suggestions may be ordered executed immediately upon awakening or at some future time. Good subjects tend not to remember anything which occurred and to carry out the suggestions as if they are their own ideas. Other subjects may remember everything but still feel compelled to carry out the suggestions. Still other subjects may fail to perform posthypnotic suggestions. One posthypnotic suggestion the hypnotist should include is that the subject will recognize a signal for rehypnotization; otherwise the hypnotist may have to spend a lengthy time inducting the subject again.

The hypnotist says, "Every time I snap my fingers (or any other signal) your eyes will close and you will go into a deep sleep, much deeper than you are in now. When I count to three your eyes will open and you will be wide awake, feeling fit and alert but whenever I snap my fingers you will be completely asleep. One, two, three, completely awake, completely awake."

In analyzing this induction sample it should be noted that direct and indirect suggestions were utilized. First, the general room conditions were suggestive of normal sleep. The fixation of the eyes on the index fingertip produced normal fatigue of the muscles of conversion and accommodation and the hypnotist built on this by suggesting heaviness of the eyes, sleep and drowsiness since every person normally connects heaviness of the eyes with sleepiness. The immobility of the subject is also a condition of normal sleep. Thus, throughout, the hypnotist adds to what the subject is actually experiencing suggestions of correlated feelings and in this way brings the subject closer and closer toward the desired objective—exclusion of all but the hypnotist—hypnosis.

The next method, although extremely rapid, follows the same basic procedure. This is very dangerous — not the hypnosis itself but the means of induction—and should be practiced only by a physician or similarly qualified person. It is included here only because it is a fine example of "shock" methods. The subject is told that he will be instantly hypnotized. He is placed before a chair and told that he will be lowered into it when he is hypnotized. He is told to inhale and exhale deeply several times. He is told to look at a spot on the ceiling and not move his eyeballs. He is told that in a few seconds his eyes will close and he will be asleep. The operator places his left hand behind the subject's head and with the left

index finger and thumb presses firmly against the neck just behind the ears and below the mastoids. The right hand pushes the head back gently and pressure is continued by the left hand while the right thumb and index finger are pressed against the vagus nerve and carotid artery on each side of the Adam's apple, on the level of the cricoid cartilege. No pressure is on the larynx and breathing is unimpeded. Both hands exert pressure simultaneously and steadily but not too strongly.

As the pressure is applied the operator speaks into the ear of the subject emphatically, insistently, "You are growing faint and, dazed, you are going to sleep. Your mind is fuzzy, your eyes are closing, your body is growing limp, you are going to sleep. SLEEP, SLEEP, SLEEP."

The operator must be watchful because the body will go limp suddenly and be difficult to handle. When the subject is lowered into the chair the same deepening and testing suggestions as used in the gradual induction may be given. The operator must speak with force and great rapidity so that the subject literally does not have time to think. Confusion is the keynote of all "shock" methods. Notice that although this method takes about 10 seconds the principles outlined in the slow method are followed, that is, natural feelings are coupled to suggested ones. The tilting of the head changes the position of the semi-circular canals and disturbs the equilibrium to start the confusion. The pressure on the back of the neck causes a slightly dazed condition—try it. Pressure on the vagus nerve slows the heartbeat. The closing of the carotid by pressure produces brain anemia and gives a faint feeling. Certainly he feels "fuzzy." When the subject feels all these things happening to him and just as consciousness leaves him, he hears the insistent suggestions of the operator. He adopts them—he is glad to have something to hang on to. It cannot be emphasized too strongly that this method is dangerous. Under no circumstance should the pressure be maintained over 15 seconds since permanent brain damage or even death may result. The operator must release the pressure instantly when he feels the subject go limp.

Before discussing the intriguing methods of the stage hypnotist let me mention certain preliminaries necessary before induction is attempted. These are the establishment of the prestige of the operator, explanations and reassurances to the subject and, most important of all, susceptibility tests. The practitioner already should have prestige since the patient sought him out. The stage hypnotist also has prestige since

his subject paid to get in. The neophyte hypnotist does not have such prestige and must establish it somehow. Most of all, his subject must not be aware that he is the first. This is not unique for hypnotists—what dentist tells his patient that he is the first? What surgeon explains that this is the first appendectomy he has performed? Hypnotists have little success with their own families and friends because they knew him "when."

Having established his prestige, the operator proceeds to reconcile the subject's fears and misapprehensions. Ordinarily, people will ask if hypnosis will weaken their wills; if there is a chance of their not awakening; if they can be made to perform antisocial acts. The one answer to give is an unembellished NO.

Next are the susceptibility tests. There are many of these but only two, very effective ones, will be described. The tests condition the subject for hypnosis as well as inform the operator concerning his subject. The tests must be given in a positive and assured manner, otherwise the subject may be "lost" right then.

In the hand clasp test the subject and operator face each other. The operator extends his arms at shoulder level before him and clenches his hands tightly. He asks the subject to do likewise. The voice of the operator is emphatic. He says, "Look straight into my eyes. Clasp your hands tightly together." The hypnotist makes a show of tightening his own hands. "Now as I count from one to five your hands will get tighter and tighter. One, your hands are clasped tightly, tightly. Two, tighter and tighter, and tighter. Three, now your hands are tight, tight. Four, put some muscle into it. Tighten your hands!" The "four" sentence is said so emphatically as to startle the subject, to throw him off balance for the next sentence which is said swiftly and with great force. "Five, your hands are clasped tightly, so tightly that they are stuck together and you cannot open them. They are stuck together, you cannot open them. Try, you cannot." The best subjects will not be able to open them and may not try. Some good subjects will try and get them partially open. Poor subjects will open them at once. Naturally if you have a choice you will take those subjects who reacted positively.

The falling test is very impressive and therefore a favorite of stage hypnotists. Actually it is slight hypnosis and may easily be converted to instantaneous hypnosis with some subjects. The hypnotist stands behind the subject. He says, "Put your feet together. Put your heels together. Your toes together. Stiffen your arms, stiffen your legs. Make your whole body

rigid. Now find a spot on the ceiling and fix your eyes on it. Don't move your eyes." The operator indicates a spot about a foot and a half in front of the subject so that his head is tilted back slightly. He places his hands flat on the shoulder blades of the subject. He says, "Keep your eyes staring at the spot on the ceiling but close your eyelids. Look right through your eyelids at the spot. You are going to feel a force pushing you backwards. You will not fall to the floor because I'll catch you. You will feel a force pushing you back, don't resist it." The hypnotist keeps repeating this until he feels the slightest increase in pressure on his hands whereupon he draws his hands back, at the same time saying very emphatically, "Now you are falling, falling back. Let yourself go." The operator must be sure to catch the subject. The best subjects will fall straight back, stiffly, from the heels. Actual induction may begin right at this point.

The public is apt to think of the typical hypnotist as tall, dark and sinister with glittering eyes, an awesome figure. However theatrical his appearance, he must follow scientific principles to induce hypnosis, on the stage or elsewhere. He establishes his prestige. He assures his subjects hypnosis is not dangrous. He calls for volunteers and seldom has trouble getting them. He may give the handclasp test to an entire group and is quick to spot the good subjects. Then he will take one who appears "sure" to him and give him the falling test. When the subject falls backward the hypnotist can let him fall nearly to the ground before catching him. This is always spectacular and you can literally "hear" the sudden, absolute silence. Now the hypnotist puts the subject back on his feet and without giving him a chance to think (the confusion technique) he whirls him around so that they face each other. He places his hands on the subject's shoulders and rocks the subject with a rotary motion, saying, "Look straight into my eyes. Your eyesight is failing, your eyes are growing heavy, your arms and legs are growing heavy, your whole body is heavy, you are going to sleep."

A good stage hypnotist may hypnotize all of his subjects by the group hypnosis method. He turns to the subjects, seated in a semi-circle facing the audience, and says, "I am going to count to 10 and when I reach the count of 10 your eyes will be closed and you will be sound asleep. Put your feet flat on the floor and your hands flat on your thighs. Take a deep breath. Hold it. Now as you exhale sink back heavily into your chair. Find a spot on the ceiling. Keep your eyes fixed on the spot and don't move them. Most of

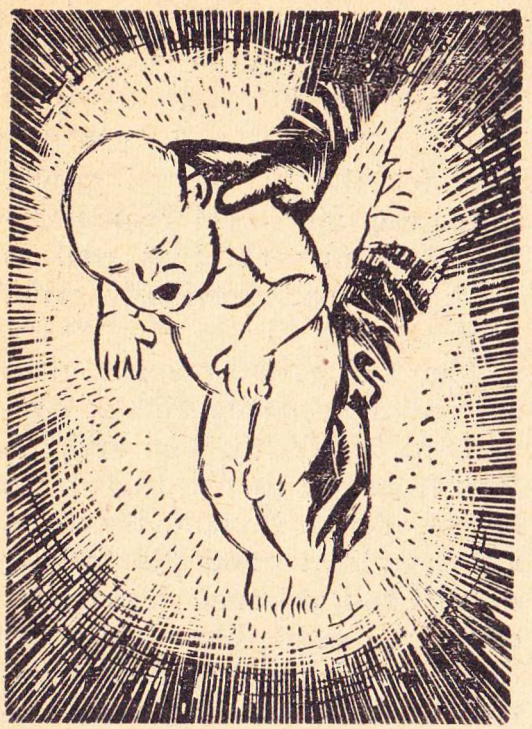
you will close your eyes and go to sleep before I reach the count of 10. All of you will have done so when I do reach 10. One, you feel the rush of blood from your shoulders to your fingertips and your arms get heavy, heavy. Two, you feel the blood rush from your hips to your toes and your legs get heavy, heavy. Three, a warm sensation is coming over your whole body as it gets heavier and heavier. Four, your vision is getting blurred, your eyes are getting heavy. They will soon be too heavy to stay open. Six, your eyes are heavy, you are getting drowsy, drowsy and sleepy. Seven, your eyes are heavy and tired. Eight (here the hypnotist makes his voice more insistant) Your eyes are heavy—heavy like lead! Nine, now your eyes are closing, you are going to sleep, nothing can stop you. Ten, SLEEP, SLEEP!"

In most cases, if the subjects have been well chosen, all eyes will be closed. The hypnotist increases the depth gradually by stiffening the legs of some, the arms of others, with ever increasing motor activity but he is careful not to ask greater activity than the individual's trance depth indicates. Since he is sure to have some somnambulists (those who quickly go into a deep sleep) he can afford to let those in the light state remain in a lethargic state. He may have his somnambulistic subjects perform every variety of antic and activity to amuse his audience. He makes bizarre post-hypnotic suggestions to several subjects at a time usually because some may resist such suggestions.

Whether the situation is therapeutical or demonstrative, for a single subject or a group, hypnosis is achieved scientifically. Sometimes it is used for seemingly magical "cures" with all the trappings and trimmings which the charlatan can give it. The fundamental principles of hypnosis have been misused by the medicine man and the dictator alike. It is about time the public be made aware of how hypnosis works and at the same time learn of its beneficial aspects.

## ANCIENT PLOW UNEARTHED

AN oak plow, of the kind used by ancient Celts, was unearthed recently from the floor of a second century A.D. "crannog" or man-made island on the shores of Loch Milton near Dumfries, Scotland. The remains consist of a spear-like share and a long stilt or guiding handle. The share was not tipped with metal but the plow evidently had been designed to be hauled by twin-yoked oxen and not by women as in earlier cultures.



*The mass experiment in the use of hypnotism in childbirth gave amazing results. The women subjects felt no pain, endured shorter labor.*

*By Dr. Herbert Charles*

# HYPNOTISM IN MEDICINE

MODERN medicine embraces hypnosis as a practical tool in ever increasing phases of its practice. Hypnotism now is used in obstetrics, dentistry, psychosomatics, psychotherapeutics and for the correction of sexual malfunction. Too, more attention is being given to hypnosis in treating diseases.

Isolated cases of childbirth under hypnosis have been reported from time to time through the years. These cases always stressed the complete absence of pain. However, since not all persons can reach a state of hypnosis deep enough for analgesia (absence of pain) it was thought that hypnosis in childbirth was suitable only for the few. Recently a mass experiment involving 100 women, was undertaken which showed that almost anyone could benefit. In this test the emphasis was on lessening the pain. Small amounts of drugs (Demerol) were used in conjunction with the hypnosis

when necessary. Since the test was for the average woman there was no selection on the basis of susceptibility to hypnosis. There is an interesting sidelight for those physicians who think the public is afraid of hypnosis—90 percent of the women invited to participate agreed to the use of hypnosis.

The results of the experiment were astounding. The feelings of the majority of the women involved ranged from extreme enthusiasm to deep satisfaction. However, the patient's reactions, although important of course, cannot be considered a scientific evaluation. The objective results of the experiment were measured against a control group of 100 women who were not hypnotized. The first stage of labor, the long, arduous and painful period during which the opening of the womb, the cervix, dilates to allow the baby to pass through was approximately eight and one-half hours for the hypnotized woman. The control group, the unhypnotized women, spent 10½ hours. No woman who has experienced childbirth would depreciate this two hour saving of painful travail. The second and third stages, those periods in which the baby passes through the birth canal and the afterbirth is emitted, also took less time for the hypnotized group. Both groups included women having their first child as well as those who had previously given birth.

The saving of time and pain are not the only benefits of hypnosis in childbirth. The toxic effects from the use of drugs must be considered. Present day drugs are excellent and improving steadily and, although the harmful effects are negligible when small doses are given, such dosages afford little relief from pain. Larger, possibly more dangerous, quantities must be given for complete relief. Various disorders following the use of drugs may be: gastrointestinal, gustatory (sense of taste), cutaneous (skin), olfactory (sense of smell), and mental. Especially important is the respiratory distress the baby may suffer from the drugs. Additionally and psychologically many women resent being "knocked out" by drugs during childbirth. Under hypnosis they may experience everything — without pain or discomfort or disturbing after effects.

Hypnodontics, as dentistry with hypnosis is called, is soundly established now with more than 1000 dentists practicing it in the United States and Canada. Dental work is painful and nerve wrack-

ing and it has been the custom to administer drugs or nitrous oxide for local or general anesthesia. These measures are not suitable to all patients. For instance, local anesthetics should not be used when the needle must be inserted into highly inflamed tissue, with patients who are extremely nervous, have boils or fever or who are generally run down physically. The general anesthetic, nitrous oxide, should not be used for patients with heart disease, asthma, circulatory conditions, nasal obstructions, anemia, goiter, diabetes, etc.

Hypnodontics has no such limitations and may be used with almost any patient. Of course, with some, drug anesthetics may be necessary as an adjunct but almost every type of dental work has been performed with no other agent than hypnosis. Bleeding and salivation have been controlled, gagging and nausea eliminated and patients become accustomed to their new dentures more easily. All this with no pain during or after the dental work.

Exactly how does hypnosis eliminate pain?

Hypnosis is not magic but is based on sound scientific principles. It can be demonstrated that hypnosis brings a degree of relaxation obtainable by no other means except drugs. In this relaxed state the threshold of pain is raised until, in the ultimate state of relaxation, pain is virtually eliminated. Think of a tightly pulled violin string and its high pitched response to the slightest touch. Then think of the string as loose and sagging when it will produce no sound at all. The nerves of the body are like this. When one is tense the nerves are taut and the slightest stimulus produces pain. In the relaxed state the nerves do not carry stimuli too well and pain is felt less or not at all.

The difference in the causes of an illness or symptom makes all the difference in the method of treatment for it. To "suggest away" a symptom caused by a severe personality disorder, without correcting the disorder, may very well lead to a relapse or the adoption by the patient of a new and possibly more severe symptom. Although remarkable cures have been reported by the "suggest away" method, it is generally held today that where a decided personality disorder exists, a system of re-education should be part of the therapeutic procedure, if the patient is capable of such a routine. When re-education procedures are used the process is called hypnoanalysis.

An example of just how much harm a "suggest away" procedure may do when improperly applied, is the case of a 37-year-old white male. During a time of great family difficulty, he had an accident involving his right arm. After all

signs of physical injury had disappeared and many, thorough examinations revealed no lesion of any kind the patient, nevertheless, exhibited a paralyzed arm. It was bent at the elbow, pressed closely to the chest and he was unable to move it. Told that his arm was all right and that his trouble was psychological, "all in his mind," he still could not move the arm and he rejected the diagnosis indignantly, citing the fact that his paralysis dated from the time of his accident. The patient went from practitioner to practitioner; all types of therapy were without benefit. Finally he went to a hypnotist who suggested the paralysis away. The patient regained the use of his arm during hypnosis and the miracle continued after he was awakened. But several days later he became blind.

Correct hypnotherapy in this case would have been to delve into the patient's personality and past by hypnotic regression (bringing the person back in time under hypnosis to past events) and by altering his infantile desire to run away from stress situations. Notice the cunning and deviousness of the unconscious mind; the man evaded his severe family troubles, which he felt unable to meet, by adopting a crippling symptom through which, at the same time, he could maintain his self respect. After all, who could blame a man in such a paralyzed condition for being unable to meet his familial responsibilities?

Despite the lack of success in such cases as the above, no blanket condemnation of the method can be made. No other method of psychotherapy can guarantee against relapse or further illness either. It must be stressed, then, that the method of treatment must be patterned for each individual case. In the case above, for instance, the hypnotist may have felt that re-educational procedures were not indicated. However, he might have substituted another symptom of a less disturbing nature which would have been just as meaningful to the unconscious mind as the original disabling one. Thus, in the sample case, the hypnotist might have "suggested away" the arm paralysis and substituted a paralyzed little finger. In that way the patient might have been able to resume a more normal and productive existence and remain otherwise symptom free.

When cure is not possible the practitioner's aim should be alleviation. The hypnotist can experiment because his procedures do not have the finality of other medical actions, as for instance surgery. The hypnotist can try things out sometimes to see how they work, without permanent harm to the patient.

It is not with such dramatic illness as the above example that

most persons are concerned. Nevertheless, their symptoms may be painful and disturbing. The psychosomatic illnesses, that is the physical symptoms caused by emotional or mental disturbances, account for the symptoms of more than 70 percent of all patients who seek medical assistance. It is obvious that hypnosis, which is a direct pipeline to the unconscious mind where these mental disturbances originate and fester, is a tremendous force in treating such illnesses. Despite these imposing statistics, there remain today a great many practitioners so psychologically naive, so lacking in psychiatric understanding, or so fearful of mentioning mental disturbances to their patients that they treat them only for their physical symptoms. Their only consideration for the emotional aspect of the illness may be some such admonition as, "Pull yourself together. Relax." Such practitioners treat patients with ulcers, for instance, by medication and diet alone. Ulcers do require medication and diet but, since it is commonly accepted that emotional disturbances are the prime cause of the condition, any treatment which ignores these factors cannot be considered complete or even adequate.

Let us take an impossible example to emphasize the inadequacy of purely physical treatment for a psychosomatic disorder. Suppose a child's vision is dimmed by tears engendered by an emotional storm. The condition could be corrected in several physical ways: by injecting large doses of atropine into the lachrymal ducts; by cutting certain facial nerves; by extirpating the lachrymal glands entirely. Certainly the tears would be eliminated by any one of these methods and the vision would be restored to normalcy but this is obviously the most drastically foolish treatment. Treating ulcers or other psychosomatic illnesses by medication alone, without treatment for the underlying emotional disturbances, is just as ridiculous.

Tears are external and visible but the autonomic nervous system, by which the internal workings of the body are automatically governed, cannot be seen. It is this system which is abnormally activated or inhibited and upset by nervous tension. If the emotional disturbance is severe and constant it will lead to functional disturbances of the body; constipation, diarrhea, palpitation of the heart, migraine headaches, lower backache, shortness of breath, etc. Since any part, whether of the body or machinery, eventually will break down if continuously overworked, such constant stress can lead to actual organic disease, to ulcers, colitis, hypertension, circulatory diseases, etc. Because most psychiatric treatment is long

and expensive or because treatment for mental disturbance may carry a stigma in the layman's eyes, many practitioners hesitate to mention the need for such treatment even when they recognize its necessity. Hypnosis is a rapid means of correcting or alleviating some mental conditions and possibly with the new technique of hypnotic induction whereby the individual is hypnotized without his knowledge, more practitioners will employ hypnosis, perhaps without mentioning mental disturbance to over-sensitive patients.

An extensive discussion of mental illness is beyond the scope of this article but perhaps a simple, almost oversimple description will be helpful. All infants, of whatever culture, are born with instinctual, primitive drives and impulses. When these drives come in conflict with the mores of the society in which he lives, they must be restricted. Restriction sets up tension and tension is energy which seeks an outlet. The individual who can release the tension in acceptable patterns will not become neurotic. Others may find their control inadequate and the undischarged energy will be converted to neurotic symptoms. Neurosis, then, is the result of inadequately handled conflicts between instinctive drives and inhibiting forces. Most such conflicts and the method of handling them originate in earliest childhood and although the original conflict may be repressed (forgotten), the tension may persist through an entire lifetime and cause breakdown in stress situations.

Just such a breakdown may be seen in the war neuroses. A soldier under fire may have the instinctive desire to run away but he is restricted from doing that. He may break down, go berserk, become a victim of war neurosis and another battle casualty. He may forget the entire incident but his condition will remain. No better example of the rapidity with which hypnosis works in bringing back forgotten material and in the relief of tension can be shown than in the treatment of war neuroses (shell shock). Formerly such men were sent back to base hospitals for long psychiatric treatment. Today such men may be treated in the forward areas and restored to normalcy and duty very shortly. The soldier is hypnotized and the forgotten material brought back to consciousness. In the protective atmosphere of the therapeutic session, the soldier relives the traumatic (shocking) incident and the emotional content is discharged, the tension is released. Note that a traumatic incident may occur in ordinary civilian life too, especially in childhood, and produce a neurotic condition in later life. Many a neurotic individual may be suffering

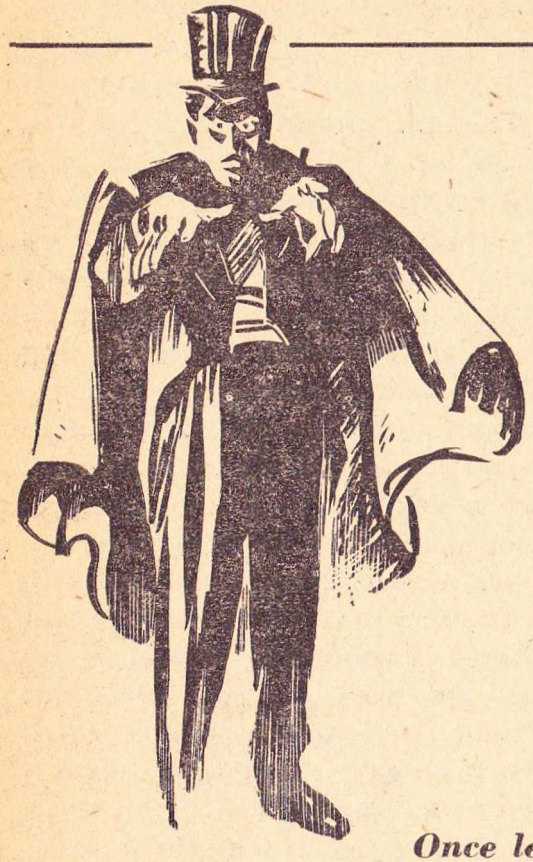
from a trauma which occurred in childhood and which is completely forgotten but whose pent up impact is causing his illness. In civilian life too, hypnosis is employed with benefit.

There is unquestionable evidence that hypnotic cures in purely organic diseases have been accomplished. Such prominent physicians as Wetterstrand and Benheim have affirmed such cures. Bernheim claimed cures in cases of diabetes and multiple sclerosis, diseases which are considered incurable. No one doubted that these patients were free of the disease after treatment by Bernheim but doubt was thrown on the original diagnosis, that is, whether they ever had had the diseases. Still it is hard to see how such a distinguished physician could have been mistaken about diseases which are easily diagnosed. It may be that, since his suggestions did not differ materially from those we employ today, his success was due to the fact that he kept his patients in a prolonged hypnotized state and this rather than the suggestions produced his cures. In the deepest state of hypnosis there is a cessation of normal bodily functions almost amounting to suspended animation. In such a state the body might have the strength to combat physical diseases which it does not have in the normal waking state. This theory deserves extensive examination.

So far we have discussed only the scientific factors concerned in hypnosis. However, certain things occur in practicing hypnosis which are not based on any present day, scientific understanding and which puzzle us all.

Sometimes the subject seems to anticipate what we are about to do or say. It is as if some intangible, ephemeral force were operative. We seem, hypnotist and subject alike, to have an awareness of things beyond the normal senses and we grope vaguely toward it. Freud tried to put it into words when he gave examples of mental telepathy. Reiker called this sense "listening with the third ear." Many such experiences are unexplainable by any scientific means. A fellow psychologist speaking recently to a group who had been discussing this intangible "something" said, "You know Christ told his disciples to go forth and heal as He did and perhaps we hypnotists are the descendants of those disciples and have been endowed with their powers."

Everyone, figuratively, backed away from him. To the scientist such ideas smack of the delusions of grandeur—but who knows?



# HYPNOTISM Comes Out of Moth-balls

By Alson J. Smith

***Once left to quacks, hypnotism today is undergoing a widespread revival of scientific interest.***

SINCE the turn of this century hypnotism has been the almost exclusive province of the quack and the theatrical performer. Flashy vaudevillians followed dog acts on stage to hypnotize stooges or members of the audience, sticking pins in their victims and suggesting absurd activities which were, more or less promptly, carried out while audiences howled with laughter.

Today, however, the science and practice of hypnotism are being recovered from the charlatans and put to serious use by a medical profession which is slowly disentangling itself from the preoccupation with *materia medica* that led it to discard hypnosis as a therapeutic aid more than 50 years ago.

A look at today's popular magazines (circa 1954) provides striking evidence of this recovery. "Trance for Tosspots," cries *Newsweek*, having discovered that hypnotism can cure alcoholism. "Hypnosis For Hips," heralds the *American Magazine*, trumpeting

the advantages of hypnotic suggestion to diet as an aid to reducing. Other publications headline articles alleging that hypnosis can restore sexual virility, eliminate sexual "fears," do away with feelings of inferiority, and insure painless childbirth. Astonishingly enough these claims are true.

The writers of these articles have picked up the trail by combing the learned medical and psychological journals. There they have discovered that hypnotism, an early victim of what Professor William McDougall called the "pan-sexualism" of Freud, is being resurrected from the grave to which the pan-sexualists and the materialists consigned it and once again is taking the place it held a half-century ago as a primary diagnostic and therapeutic technique.

Hypnosis came to world attention with Anton Mesmer in the 18th century. Mesmer, in Paris, tried to erect a psychopathology based on disturbances of what he called "universal fluids" in which man and all the planets are immersed. His cures were mediated through the power of "magnets" —iron rods which his patients grasped. The term then used to describe hypnosis was "animal magnetism." But Mesmer's experiments were blasted by the French Academy of Medicine and it was not until a Manchester, England, physician named James Braid took Mesmer's theories and combined them with his own that the modern technique of hypnotism was born. This was in 1843. Braid's work with hypnotism was so successful that the entrancing of patients and treating them by suggestion became a common practice in the medical offices of Harley Street.

Later, on the continent, Bernheim, Charcot, Janet, Breuer and Freud all experimented extensively with hypnotism, although Freud finally rejected it in favor of psychoanalysis. Boris Sidis later made extensive use of hypnosis and in the United States Dr. Morton Prince of Boston and Prof. William McDougall of Harvard, and later of Duke, both advocated hypnosis as the chief weapon in the therapeutic arsenal. Dr. Prince's world-renowned cure of the famous "Sally Beauchamp," a particularly intriguing case of multiple personality, was achieved through hypnosis. At the Royal University of Graz, in Austria, Dr. Richard von Krafft-Ebing, Professor of Psychiatry and Nervous Diseases, used hypnosis in treating the patient Ilma S. whose case is a classic of psychiatric literature.

If hypnotism was such a valuable technique why was it discarded? The answer is that hypnotism, a non-material phenomenon, simply did not fit into the uncomprisingly materialistic system of late 19th and early 20th century medicine. If hypnotism were accepted 300 years of scientific materialism would have to be thrown out and a beginning made based on an entirely new and radically different conception of the nature of man and the universe. The accomplishments of scientific materialism were too impressive to be thus discarded. It was much easier to put hypnotism in moth-balls until some further scientific development opened the way for a revised estimate of man in which there was a place for it. At the same time the development of psychoanalysis provided an acceptable substitute for hypnosis and one which, while raising some disturbing questions of its own, did fit in with scientific materialism much better than did hypnosis. So hypnosis was handed to the quacks who played with it for 50 years.

Two events combined to take hypnotism out of the moth-balls. The first of these was the virtual disintegration of scientific materialism in the face of the discoveries of nuclear physics which produced atomic energy and nuclear psychology which produced parapsychology, extra-sensory perception and a concept of man welcoming hypnosis. The second was World War II, where the necessity for improvization under combat conditions brought hypnotism to the fore first as a quick, safe anaesthetic under which surgery could be performed in the absence of hospital facilities, and second as a therapeutic technique much faster than psychoanalysis. The Army Medical Corps performed almost 300 operations under combat conditions with hypnosis as the only anaesthesia. Army psychiatrists used hypnotic suggestion as a short-cut for restoring battle-shattered minds and nerves. Dr. Andrew Salter, a leading exponent of what is now called *hypnotherapy,* insists that through the use of hypnosis one out of every five soldiers can be taught to make themselves immune to pain.

Today the hypnotherapists are treating and curing a great variety of diseases, ailments and disabilities—nervous breakdown, inferiority, epilepsy, stammering, dysmennorhea, alcoholism, childbirth pain, skin disease, obesity, hypertension. They are proving the truth of the words that J. B S. Haldane wrote in 1924, that "Anyone who has seen even a single example of the power of hypnotism and suggestion must realize that the face of the world and the possibilities of existence

will be totally altered when we can control their effects and standardize their application." (In Daedulus, Science and the Future, Dutton and Co. 1924, p. 75.)

One of the principal functions of hypnosis today is its use in anaesthesia. It is safe, complete and leaves no harmful or unpleasant after-effects. Dr. Foster Kennedy and author J. P. McEvoy performed an interesting experiment not long ago in which Dr. Kennedy anaesthetized (hypnotized) a patient and McEvoy, a jiu jitsu expert, bent and twisted the patient's arm in a way that would have been excruciatingly painful if the anaesthesia had not been deep and complete. The cracking of the joints in the arm could be heard plainly, but the patient suffered no pain whatso ever. His arm could have been *broken painlessly*.

Dr. S. Irwin Shaw of Detroit is a leading hypnotherapist. He is a dental surgeon, so well known and respected that physicians and psychiatrists frequently refer patients to him for hypnotherapy even where no dentistry is required.

Dr. Shaw is particularly known for his work in preparing women for childbirth. In these cases the patient reports to Dr. Shaw 10 or 11 weeks before the birth is expected. For six weeks she visits him every two weeks. During last month she comes once a week. On each visit she is hypnotized and given suggestions of calmness, tranquility and freedom from pain. During labor she is hypnotized for the last time and given a post-hypnotic suggestion of freedom from pain. In one case, that of a woman about to bear her third child, there were no pains of any sort, neither preliminary nor labor, the only sign of the imminent birth being the contraction of the uterus. At the beginning of labor the patient was hypnotized for the last time and remained in light hypnosis during the birth. After the birth the doctor counted to seven to awaken her; she was relaxed, calm and had experienced no pain. The baby was perfectly normal. No drugs had been used. There were no after-effects and the patient's recovery was quick and uneventful. Another patient, having her first baby, experienced no pain at all until four hours before the baby was born when relatives crowded into her hospital room and kept asking her if she "felt any pain yet." When Dr. Shaw hypnotized her she again felt no pain and the birth itself was painless.

Dr. Shaw uses hypnosis regularly in his dental work. On one occasion he removed a lower third molar horizontally impacted, under hypnosis. In this case two preliminary treatments were nec-

essary in which Dr. Shaw stroked the cheek of the patient and also the forehead, giving suggestions of freedom from tenseness and pain. On the day of the operation itself the doctor told the patient to imagine himself at a movie and to concentrate on the "movie" during the operation. Then he placed the patient under a light hypnosis and worked steadily for 35 minutes, cutting, drilling, and finally extracting. With the operation completed Dr. Shaw counted to seven and brought the patient out of the hypnosis; the patient had not only felt no pain but was able to give the doctor an interesting résumé of the "movie" enjoyed during the extraction!

These operations under hypnosis are all the more intriguing when it is recalled that at no time did the patients lose consciousness. Their consciousness was limited and concentrated by the hypnotic suggestion, but it was not eliminated. Hypnotized subjects do not lose consciousness; they merely surrender the direction of it temporarily to someone else.

Three methods are employed in hypnosis today. The first and best known is heterohypnosis, where the therapist hypnotizes the patient. The second is autohypnosis, in which the patient hypnotizes himself, achieving a state very much like the samhadic trance of yoga. This method is preferred by Dr. Andrew Salter, who describes it saying: "You have merely to lie down as comfortably as you can at the moment, and let the thought flash through your mind that you wish to hypnotize yourself. You will take five deep breaths, and on the fifth breath you will be in the deepest possible trance and then you will give yourself whatever suggestions you wish and wake up whenever you want to. Every time you awaken from a trance you will feel fine—splendid.

"Don't worry about waking up. It won't be a problem. Your subconscious is never asleep."

The "suggestions" that the patient gives himself while in trance, of course, are suggestions of health, well-being, calmness, poise, etc. And, as Dr. Salter says, the patient need have no fear that he will be unable to come out of the trance. Whatever will awaken a person from a normal doze or light sleep will awaken him from hypnotic trance — a doorbell, alarm clock, unusual sound or baby's cry.

The third method of inducing hypnotic trance is through the use of drugs, usually sodium amytal, the so-called "truth serum." "Narco-analysis," as this method is called, is useful chiefly in treating unusually nervous patients or those who for one reason or another find it difficult to respond to the hetero or auto-hypnotic methods. Aldous Huxley's discovery of the

drug mescal (peyote) as a "door to perception" will probably interest a lot of people in narco-analysis.

Regardless of which method is used, the technique is always suggestion. If alcoholism is the problem, the suggestion is that one will not take a before-dinner cocktail that night. If it is excess weight, the suggestion is that one will not feel hungry until breakfast time the following morning. If a localized pain is the problem, the suggestion is that the offending area will be free of pain. Along with these post-hypnotic suggestions go general suggestions of health, happiness and well-being.

Hypnosis also is being used today in diagnosis. The most recent procedure of this type is known as *hypnography*—the analysis of handwriting under hypnosis. In this combination of graphology and hypnosis the patient's normal handwriting can be compared with his handwriting while in hypnotic trance. For instance: the patient can be given a suggestion of depression. He is told, "You are unhappy. You are in a bad way. Nobody likes you." Then he is told to write something. His handwriting will slant downhill, the lines will sag and he will write slowly. Or he will be told, "You are fine. Everybody loves you. You are secure." The writing will then be more rapid and will slant jauntily upward. When these samples of the patient's writing are compared with his normal writing, the diagnostician can get a pretty good idea of the patient's state of mind and emotion. Also, in hypnosis the patient can be regressed to childhood and samples taken of his writing at various periods in his life. In this way the traumatic event can be located. Sometimes hypnography will disclose the existence of two personalities, or more, each with its distinctive handwriting.

The most significant thing about hypnosis is that it seems to be fundamentally a psychic phenomenon, cut from the same cloth as clairvoyance, telepathy, precognition and psychokinesis. The ability of one mind to control another would seem to be based on psychokinesis. Certainly at some point in the process mind-force is transformed into kinetic force which acts upon the nervous system of the patient. This is true in autohypnosis as well as in heterohypnosis. The process begins with an immaterial thing—a thought, a desire, an idea. There is no measurable "wave" or other kind of kinetic energy until the thought triggers the nervous system's conditioned reflexes.

It is this psychic element in hypnosis which has kept science from accepting it wholeheartedly.

It is the rather grudging acceptance of the findings of parapsychology today that is responsible for a revival of scientific interest in a technique that was commonplace in medicine and psychiatry 75 years ago.

"Trance for Toss-pots?" Certainly. "Hypnosis For Hips?" Absolutely. In medical practice, in surgery, in analysis, in diagnosis and in therapy the almost-lost art of hypnotism is once again in good repute.

## FOOTSTEPS IN THE NIGHT

ON November 28, 1919, Mrs. Betty Furman moved into a two-room cabin which she had purchased a few miles from Anderson, Calif. With her were her brother, Charles Root; an adopted son, Alfred Furman, 15; and her son, George, 2.

During the first week in the house Mrs. Furman was repeatedly waked at night by the distinct sound of footsteps. Her brother Charles also heard the footsteps and each time an inspection showed that no one had been out of bed. The front door was found wide open and it continued to be found open even though Charles forced a wedge between it and the cabin floor. Snow fell nightly during the week but an examination of the grounds around the house revealed no footprints of a nocturnal visitor.

At the end of the week Mrs. Furman learned from a neighbor that the former occupant of the house, a man who owned a sugar plantation in Hawaii, had died on the Island in a smallpox epidemic while on a business trip. He wrote a letter home before his death and shortly after the arrival of the letter his two boys, aged seven and nine apparently contracted smallpox from the letter and died.

According to the neighbor, the father kept returning to the house in his grief over having caused the deaths of his sons. Mrs. Furman was advised to visit the graves of the sons on a hill near the house and to pray so that they would know their father had returned in his sorrow over their deaths. Only then would he find peace.

Mrs. Furman, who made her story public recently, reported that after she did this the footsteps never were heard again.

# PSYCHIC PANEL



Do you have a question about FATE subjects? State it briefly, include your name and address, and mail it to FATE's Psychic Panel, 806 Dempster Street, Evanston, Ill. The Panel cannot answer personal questions and will answer only those selected for this column. Besides FATE staff members, the panel consists of Marie Elene, secretary of the American Psychical Institute; Edmond P. Gibson, psychical researcher and popular FATE contributor; and Alson J. Smith, noted author of books on parapsychology.

## A CALLING VOICE

*I wish someone could tell me why I keep hearing a voice calling my name. The other night about 12 o'clock the voice sounded as if it were outside my bedroom window. It called, "Lillie, oh, Lillie!"*

*I went to unlock the door but found no one there.*

*The same voice calls me every time and always says, "Lillie, oh, Lillie!" This often happens in the day time.*

*Sometimes when just sitting I seem to feel hands touching my arm or shoulder. I look up but no one is there. Not long ago I was waked in the night by something pressing down on my feet. Nobody was there. I wish to know what that meant.—Lillie Brown, Modesto, Calif.*

■ Hearing one's name is one of the commonest types of subjective experience. Nearly all such experiences are of this type.

The feeling of hands, etc., are tactile forms of the same subjective impressions, as a rule; however this explanation does not exclude the possibility of genuine psychic experience. In order to do justice to this question I should have to know more about this person and her environment. Such questions as: Is one developing for mediumship? Has anyone recently passed away? Is one undergoing any experience of an unusual nature? Etc.—Marie Elene.

■ To know what is meant I would have to know Lillie Brown. Spiritualists might say that the caller was a spirit, a friend or loved one from the other side. Psychiatrists might insist that Lillie Brown was hallucinated. The "hands touching" and

"something pressing" might be explicable as poltergeist.

The hearing of voices is an old and oft-recorded phenomenon — one thinks immediately of the monitory "voices" of Joan of Arc, or the "daemon" of Socrates. As to just what is involved in this instance it would be impossible to say without knowing more about what actually happened and also more about the reporter herself. —Alson Smith.

■ Sometimes the hearing of voices is an incipient emergence of the mediumistic faculty, still in a more or less formless state. As you state the case, the manifestations to date seem somewhat purposeless and the voice is unidentified.

If you know of a good psychic in your area, he might be able to discover what is going on. If the phenomenon persists and develops in a constructive way, it is undoubtedly of value.

If at any time the phenomenon seems to be of a threatening nature or a continued nuisance, a psychiatrist may be able to dissipate its activity.—E. P. Gibson.

## THE RHINE APPROACH

*Does the scientific approach to psychic phenomena of Dr. J. B. Rhine of Duke University differ substantially from the approach of layman psychic researchers?—Anne B. Hills, St. Louis, Mo.*

■ Yes, Dr. Rhine and the parapsychologists use a scientific, experimental method based on statistics. They devise, or try to devise, repeatable experiments which will establish certain definite laws of cause and effect. The lay researchers, like the men and women who founded the Society for Psychical Research, London, examine and analyze phenomena that already exist, as Myers, Podmore, and Gurney did in *Phantasms of the Living* and *Census of Hallucinations*. They do not create laboratory experiments which will stand mathematical analysis. The scientific researcher is an experimenter, the lay researcher is an observer and reporter. Both are necessary.—Alson Smith.

## PUZZLED BY PLANES

*In books I've read which described the "after-life," the spirit world seems to be divided up into planes. However, I haven't found any clear explanation of just what the planes are or why they should be necessary. Can someone explain them to me?—Annette Hawley, Des Moines, Iowa.*

■ The early Spiritualists thought of these planes as semi-physical—that is, space-occupying.

Modern Spiritualists, as well as Theosophists, today refer to these planes as mental spheres, with their colors, music, vibrations, etc., so that these various planes would denote stages in the devel-

opment of consciousness.—Marie Elene.

## SIMILAR RESULTS

*Is dowsing the same as radiesthesia? I've read of how dowsers find water on a map with a forked twig and radiesthists seem able to do the same thing with a pendulum. — Ronald Van Brockton, Washington, D. C.*

■ Radiesthesia implies a radiation from the object sought for. Generally it is believed that the successful dowser receives his information by clairvoyance, by ESP, and externalizes it by means of muscular automatisms produced by the unconscious mind. There is little doubt that the movements of the forked twig or the pendulum are automatisms of the unconscious. I know of no tests to date that prove a radiation from the object, and the successful dowsing of Henry Gross from a map implies that in his case at least, ESP is the probable factor.—E. P. Gibson.

## OUIJA MYSTERY

*What actually does control the operation of a Ouija board, spirits or the subconscious mind of the user? — Velma Jorgensen, Houston, Tex.*

■ There are two parts to this question: first, the actual movement of the board; and second, what the board writes.

As for its movement, there is usually no problem: it is unconscious muscular action; however, there are rare cases where it seemed to be genuine "telekinetic" action—i.e., when the hands were taken off the board and it still continued to move.

However, even assuming one *does* push the board, another problem presents itself—namely, what the board writes, or the "contents" of the message. If supernormal information is given, it must be tested and proved to determine whence it comes. — Marie Elene.

■ The immediate control is the subconscious mind of the person operating the Ouija board. Where evidential material is obtained, the question is not whether the subconscious mind is at work, but how the evidential material got into the subconsciousness. Did it get there normally or paranormally? That is the crux.

In the celebrated case of "Patience Worth," psychologists like Dr. Walter Franklin Prince came to the conclusion that the spirit of "Patience Worth" had indeed come through the subconscious mind of Mrs. Curran, who was operating the Ouija board. In other words, the material that came from the board was in Mrs. Curran's subconscious mind paranormally. It was *put* there by "Patience Worth." It was not composed of forgotten childhood

experiences, etc. but represented an actual invasion of Mrs. Curran's subconscious mind.

In many other cases, however, the material which appears to be evidential is actually in the subconsciousness normally, as a result of repression, association of ideas, memory, etc.—Alson Smith.

■ The question oversimplifies a complex problem. The movement of the Ouija board pointer seems certainly to be caused by motor automatisms, directed by the minds of the sitters. In many cases we do not have to posit anything more than the conscious minds at work. Less frequently the unconscious minds of the sitters seem to drive the pointer. At times the unconscious minds appear to be influenced by a spirit entity. In most cases, this idea does not need to be advanced, but certainly it seems very compelling in the work of Mrs. Dowden and in the Patience Worth productions. — E. P. Gibson.

## TIME TRAVEL?

*Is psychometry a form of time travel? The psychometrist seems able to concentrate on an object and to tell what the person associated with it was doing in the past or will be doing in the future. — Gerald Browne, Springfield, Ill.*

■ I would not say that psychometry is a form of time travel, even though there is an element of prediction in some psychometrizing. Psychometry seems to be a mixture of several "psi" capacities —clairvoyance, precognition and others about which we know very little. Plus, I would guess, some shrewd psychological insights on the part of the psychometrizer.—Alson Smith.

## BILOCATION

*How is it possible for the phenomenon of bilocation to take place? — Milton A. Ruppert, Trenton, N. J.*

■ Some writers wrongly identify bilocation with astral projection.

Bilocation really means the appearance of the physical body in two places at the same time. The only cases put forward seriously are Catholic — in reference to Saints, etc.

Bilocation, if true, has not been explained as yet.—Marie Elene.

## ANSWER TO A PRAYER

THOMAS E. BELLINGHAM of Windsor, Conn., was backing his truck off a railroad crossing when a speeding train approached. He realized he would not be able to back away in time to escape being hit and for this reason, he told police later, he just "sat and prayed." The train struck the front of his truck and swung it around. Bellingham escaped without a scratch.

# True MYSTIC EXPERIENCES

*FATE will pay $5 for each True Mystic Experience published. Stories should be less than 300 words and typed (double-spaced) on one side of the paper. They should be sent to the TME Editor, FATE Magazine, 806 Dempster Street, Evanston, Ill. They must be signed by author and the author's address must be given. Manuscripts will not be returned unless accompanied by a stamped, self-addressed return envelope.*

## THE LEVITATING WOOD

**By Dorris Hudgins**

My father, his two brothers, two sisters, mother and neighbors all vouch for the authenticity of the following story:

The family lived on a fairly prosperous farm in Mathews County, over 60 years ago.

When my father was about seven years old, a series of psychic incidents occurred in the house. First the tramping of heavy feet was heard throughout the house, usually when the family was gathered in one room for the evening.

The house stood on the ground with no basement and it was impossible for a creature of any kind to get under it. We had to discount the possibility of animals.

Sometimes there was a heavy pounding on the walls or ceiling. One day after Father brought in an armful of wood for the kitchen cook stove, he, his mother and father stood wide-eyed when each piece of wood rose without visible means into the air and sailed out the open kitchen window.

My grandfather, for want of anything better to say, told Father to go straight out and bring the wood back again. Father did so, stacking it carefully behind the cook stove in its box. As soon as the wood was in the box each piece again rose into the air and flew out the open window where it dropped with a thud.

Grandfather now felt that he must take some other action so he sent one of the older boys down the road to get the neighbors.

The neighbors came right over and gathered solemnly in the kitchen while Father went out to fetch in the same armful of wood from under the window. It is said that he hardly had time to back away from the woodbox before the wood rose, piece by piece, into the air and for the third time sailed through the open window.

There was no supper that night. A state of awe hung over the house.

As days passed and the story got around the county, many farmers and their families drove over to witness the "wood phenomenon" and to hear the tramping of heavy boots in the house. These good, country folk tied their horses and buggies in the large yard, tiptoed into the house and stood solemnly waiting for the performance to begin. They were never disappointed.

The farm work suffered because Grandfather felt that he had to be on hand to receive visitors. Also he was disturbed by this thing which was "visited upon him," as he put it.

Finally he decided that the only thing was to move to another farm or to build a new house on some other site on his own land. This decision was no sooner made, however, than all phenomena ceased completely.

The house has been peaceful all through these years as though nothing unusual had ever happened there. But old-timers often point to it and shake their heads as they now whiz by in their cars. —*Portsmouth, Va.*

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## "FIND MY BODY"

**By Maud Johnson**

On February 6, 1942, we had a severe rainstorm in San Francisco which caused a huge landslide at the side of Mt. Davidson. Five homes were swept several hundred feet down a hill. One was completely covered with mud, while an entire block of homes nearby were buried in sand to the top of their windows.

Neighbors dug from a buried cottage an elderly man who lived just long enough to say that his sister had been in the kitchen when the disaster occurred. Workers continued to dig in and around the ruins of the house but the woman's body was not found.

Three days later I heard over the radio that men still were searching for the body. I then went down to the basement of my home to do my washing. The windows above the washtubs looked out on the blank wall of the house next door. Suddenly when I glanced out of the windows I saw, instead of the blank wall, the place of the landslide although I had not been there in person.

Then there appeared at my side the spirit of an elderly woman who looked as real as a living person. I could see the pattern of her house dress. She looked at me pleadingly and said, "Won't you please go up there and tell them where to find my body?" She pointed to a spot in the center of what had been a road, a considerable distance from the demolished house.

I told her I would go the next morning if I found someone to drive me there. She vanished.

The next morning the old lady came again and told me my next

door neighbor was driving in the direction of the landslide and that if I got ready at once I would be able to go with her. I was reluctant to tell my neighbor, Mrs. Dull, why I wished to be driven to the landslide as she might think me deluded. So I did not hurry and as a result Mrs. Dull was just driving away when I left the house. I was secretly glad for I feared, among other things, that the police would laugh at me.

However, my spirit visitor returned and said, "Wait here, my dear, she will be back in a minute or two. You see, when I saw you were not hurrying I made her forget something she needs to take along."

True enough, Mrs. Dull came back for her bag.

When we reached the location we found the road had been roped off. A steam shovel was removing the mud around the cottage of the missing woman. A policeman stopped me at the barricade and told me I could not go any further unless I lived in one of the homes.

I explained my mission and was pleasantly surprised that the officer knew the word clairvoyant. He told me to go up the hill and report to him if I found the location shown me by my spirit visitor.

I climbed over the now hardened, uneven mud for more than a block when another policeman further up the hill called out an order for me to go back. However, I was now facing the road to the left and could see the ruins of the buried cottage half a block up on the right. It looked like the place the old lady had shown me except that there were two small porches which I had not noticed and which had been swept up on an embankment across the road.

As I stood in doubt the old lady returned. Pointing at two shacks she said, "Tell them to start digging about five feet from them in a straight line toward where the lumber from my house is and about six feet deep. They will find my poor body in the center of the road."

I returned to the friendly, helpful police officer and told him what my spirit visitor had said. The next morning, five days after the storm, the men dug in the spot indicated and found her body.—*San Francisco, Calif.*

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## TELEPATHIC HEALING

By Edga Kinne

On Thursday, September 4, 1947, I received a letter from Edward Schappert who was employed as an electrical engineer on a government project near Fairbanks, Alaska. Except for mentioning that he felt out of sorts, his letter sounded rather cheerful. It was dated August 30, 1947.

I was unable to read the letter



Edga Kinne

until bedtime. Consequently Edward was foremost in my mind as I turned off the light to go to sleep. I am in the habit of turning onto my left side. But that night as I turned some strange force pulled me over onto my right side into an unusual position. My hands and arms extended in perfect parallel toward the edge of the bed with the palms of my hands facing each other about six inches apart.

I felt completely detached. My hands and arms stretched as if pulled by a powerful magnet. Suddenly my palms seemed to touch something firm, like the palms of another pair of hands, and were held for about 15 minutes. I felt a vibrant sensation which disappeared so gradually that I did not know when it ended. My hands and arms began to draw back as if the magnet had been reversed.

The phenomenon left me feeling very drowsy and I fell immediately into a very deep sleep.

In the morning I felt remarkably refreshed. The incident of the previous night was vivid in my mind and I was puzzled over it. Why did I have to turn over? Considering the position of my bed, I realized I had faced north. I recalled also that my hands and arms had seemed to travel a long distance. "North" and "long distance" suggested Alaska and Edward. I wondered if he were in trouble and had drawn on me for strength.

I wrote him a letter describing the incident and inquiring what he knew about it. My letter was in the mail before 11 a.m. on September 5 and on September 9 I received an answer.

Edward wrote: "Well, in my last letter I mentioned that I was feeling out of sorts. That was on Saturday evening. After mailing the letter I turned in but woke early Sunday morning deathly ill. I was rushed to the hospital along with 20 other men. Food poisoning!

"I evidently got the worst of it because by Thursday evening I went into a delirium, causing great concern to the hospital staff. But when I woke up the next morning (Friday) I felt so well that I could have gone right back to work. It was most puzzling to the doctor and nurse who promptly asked a lot of questions, one of which I was rather reluctant to

answer. You see, they wanted to know who 'Edga' was.

"But here's the part which seemed so trivial at the time, yet which has become most significant —as a matter of fact it's now on hospital records along with your experience. According to my nurse, it is my reaching for something with outstretched hands and arms while delirious. I guess curiosity got the better of her because she asked me if I remembered what I was so desperately reaching out for.

"I astonished everybody. I was on the critical list Thursday night and within 24 hours, by Friday night, I was released from the hospital to be back at work the next morning, Saturday, while the other men, not nearly as sick as I was, are still hospitalized and will be for a while yet."—*Hollywood, Calif.*

## GET OUT OF HERE!

By Claire M. Young

A FEW years ago, either in 1951 or 1952, my husband and I were about to climb into our car after attending a movie. It was around 11:00 o'clock, in an almost empty parking lot, and light as day because of the moon.

Suddenly, without any reason, panic came over me and a voice seemed to say, "GET OUT OF HERE FAST." I felt like an utter fool, but I was too scared to think about my pride.

I just blubbered to my husband, "Hurry, hurry, get going, get going." The awful urgency in my voice, scared him—ordinarily that's hard to do.

We had just driven around the block when we were startled by a terrific explosion.

My husband said, "The car has been struck." The impact did make a THUD against the car.

Next morning, we read in the Detroit *Free Press*: "The concussion, caused by the bomb, rocked the neighborhood and could be heard a mile away, tore off 4 doors and damaged six stores across the street."

We had passed this bombed store a split second before the explosion occurred.

WHAT warned me? My subconscious mind, or some loved one in the spirit world?—*Detroit, Mich.*

## CLAIRVOYANT BIRTH

By F. R. Noble

ON February 14, 1950, at five a.m., I woke from a dream that my son (whose expected child was then three weeks late in arriving) had telephoned me, saying, "Mother, I am the happiest man. Our son was born at 5:15 on February 14 and weighs seven pounds, 13 ounces."

My son lived in Pennsylvania and I was in New Jersey.

At 10 a.m. I called my daughter in New York City and told her of

the dream. We both laughed at it.

But at three p.m. my son called me and reported the birth. It was, as to time, sex and weight, exactly as I had dreamed of it. — *East Orange, N. J.*

## FORECAST OF A WOUND

By Marguerite K. Herrin, R. N.

IN 1928, about a year after I was graduated from nurses' training in Indianapolis, Ind., I was staying at the home of relatives about a mile west of Connersville, Ind. Here the local hospital, named the Fayette Memorial Hospital, called me when a private duty nurse was required.

One morning at breakfast I told my cousins, Frances and Cecelia, that I'd had a strange dream during the night. I dreamed that a constable in nearby Cambridge, Ind., had been killed by a robber. I described how the bullet had entered the chest and emerged from the back right under the scapula. And I dreamed that I was called on the case.

We laughed and wondered why one dreams such things.

About 11 a.m. that morning the hospital telephoned me to report on a case. I asked no questions and went straight to the hospital.

I stepped into my patient's room and there, to my amazement, lay an old man with a gunshot wound in his chest. Dr. Spillman who was in attendance looked up and said, "This man was shot last night. The bullet went in here at the chest and is near the surface at the scapula in the back. We will take it out right now."

The patient was a constable from Cambridge named John Ingerman. He had been shot by a robber in an attempted holdup during the night. He died that same day.—*Columbus, O.*

## SONG OF THE STARS

ASTRONOMERS at Jodell Bank, England, using a 250-foot parabolic radio antenna as a telescope, are investigating invisible stars which hiss. About a hundred of these stars have been discovered but there are evidently millions more in space. The stars are detectable only because they emit radio waves which are converted into sound by a loudspeaker and are heard as a hiss. The radio waves originate in hydrogen, the most abundant gas in the universe. The hydrogen atom has a nucleus called a proton around which revolves a single electron. As the electron revolves it leaps from orbit to orbit, emitting light or radio waves according to the size of the leaps — big for ultraviolet light and very small for radio waves.

# MYSTERY OF THE EPIPHANY WATER

By N. Mamontoff

IN 1902 the Russian biologist Illia I. Metchnikoff puzzled members of the Imperial Academy of Science in St. Petersburg (now Leningrad) with an experiment involving—water.

Prof. Metchnikoff pointed out to colleagues at the Academy that it is generally known water becomes stagnant when allowed to stand for a certain time, especially in a covered vessel. However, he said, he had made a long study of the water blessed at the Epiphany (January 19) and had come to the conclusion that it does not.

Every year in the Greek Orthodox Church, on the day of the Epiphany (Three Kings day of the Roman Catholics), a procession goes from each church to the nearest river or other local water source where after a special ceremony a priest submerges a crucifix in the water three times. After that the water is considered blessed and protected against spoiling.

Since several of Prof. Metchnikoff's colleagues were skeptical of his claim regarding the virtue of Epiphany water, he proposed that they obtain some water from the Neva River and seal it in a container. He himself would obtain some Epiphany water, also taken from the Neva River, and have them seal it too. Afterward both containers were to be locked away and the key given to the president of the commission, Prof. Mendeleev. The proposal was accepted.

A year later the containers were taken from safekeeping and unsealed. The unblessed water gave forth a stagnant odor while the water blessed at the Epiphany was as fresh as if just taken from the river. None of the scientists gave a satisfactory explanation.

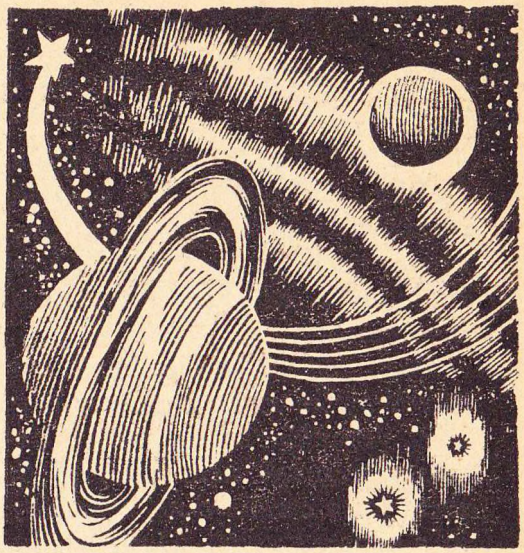
In 1946 I was in a DP camp in former "Wehrmacht" barracks at New Ulm, Bavaria. Among the 2000 Ukranians at this camp was an Orthodox priest named Jacob Kravchuk. He conducted religious services in a little church converted from a former tank garage. On Epiphany Day, January 19, 1946, the water in two big vats was blessed because a procession to the Danube was forbidden by UNRRA. Water in one vat was blessed by Jacob Kravchuk, water in the other by Bishop Plathon.

People at the camp took water from both vats and kept it for several months. Then a disturbing rumor spread through the camp that water from Jacob Kravchuk's vat had become stagnant while water from Bishop Plathon's remained fresh. My wife had water from Jacob Kravchuk's vat and my mother from Bishop Plathon's and my wife's water was stagnant while my mother's was still fresh.

In 1948 Jacob Kravchuk suddenly left our camp and went to Munich from where he went to the Soviet Union. Later we learned that he was never a priest but an agent of the Russian secret police.

*By John Phillip Bessor*

# SOME STRANGE METEORS



***Amazing things fall from the sky. Among them is the six-foot purple globe that landed in a Philadelphia field. When touched by a policeman it dematerialized.***

REMARKABLE things have, from earliest times, fallen from the sky. There is substantial evidence that floating masses of substance exist in space, parts of which become dislodged, perhaps by meteors and, entering the earth's field of gravity, fall upon its surface. There are authentic accounts of ground, ice chunks, icicles (long before the advent of the airplane) and even metallic and stone artifacts having come from the sky. Do these floating islands of earth, rock and ice support life? Perhaps they do. From the many accounts of "frog falls" recorded from time to time and glibly explained away the most logical conclusion we can reach is that they originated on an area exterior to the earth's field of gravity. If frogs, why not other species of life—human beings? True, there are no known instances of humans having fallen from the sky but there are reliable accounts of human artifacts — stone crosses, stone and iron "thunder-axes" and other objects having fallen to earth.

It was Charles Fort's cautious opinion that such falls of axes, blood, flesh, silk, hair, stones,

manna, etc. were the contents of cargo ships cruising in space and that great blocks of ice and icicles were dislodgements from glacial territories floating above our sphere. Such a theory appears less unreasonable when we consider that a great number of such falls are accompanied by "fiery meteors" and strange aerial noises. Isn't it within the realm of reason to suppose that gigantic spaceships, struck and ripped asunder by speeding meteors, strew their cargoes upon the surface of our earth; that dislodgement of ice from aerial ice-fields by the impact of meteoric bodies occasionally does occur?

Further evidence for "things" from the sky exists in the "saucer" described by United States Air Force Lieutenant David C. Brigham. He saw it play tag with a Thunderjet plane over Japan, on March 29, 1952. Lieut. Brigham described the speedy, highly maneuverable object as "about eight inches in diameter, very thin, round, and as shiny as polished chromium. It had no projections and left no exhaust or vapor trails."

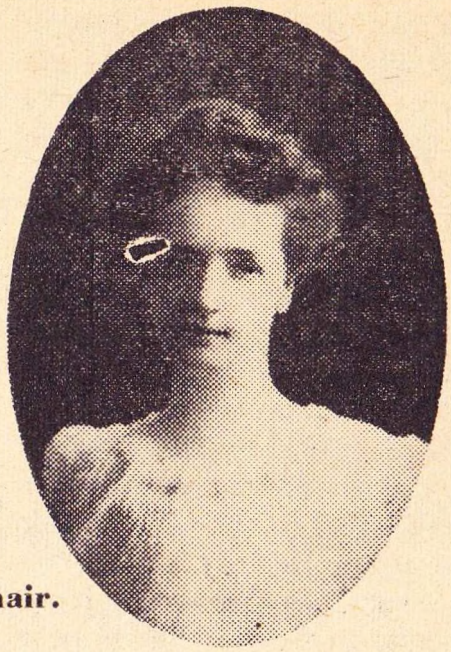
In October, 1950, during the period of the (as yet unexplained) lavender sun, a purple-glowing, six-foot globe settled lightly onto a field in Philadelphia, Pa., scarcely bending the grass with its weight. One policeman who observed its fall from the sky touched it with his finger, whereupon the weird object commenced to dematerialize. Within an hour or so it was a shapeless, gelatinous mass. The Federal Bureau of Investigation was called in but their conclusion (or lack of conclusion) was not released to the public.

Whatever these strange aerial objects are and wherever their origin may be, they certainly merit the objective attention and study of men of science, whether stationed in universities or in the Air Force's "Project Saucer." They are definitely *NOT* hallucinations, misinterpretation of conventional aircraft, mass hysteria or mirages.

## APE BOY OF FORMOSA

A 13-YEAR old boy who resembles a hairless ape, climbs trees with monkey-like ease and eats snakes and insects, was discovered in Formosa recently. A Formosan newspaper described him as under four feet tall with abnormally large feet and the walk of an ape. The boy utters only meaningless sounds and is fascinated by the color red.

# 10 *years with a* —GHOST—



**My cat stared as an invisible person walked into the room and stopped behind my chair.**

*By M. Daly Hopkins*

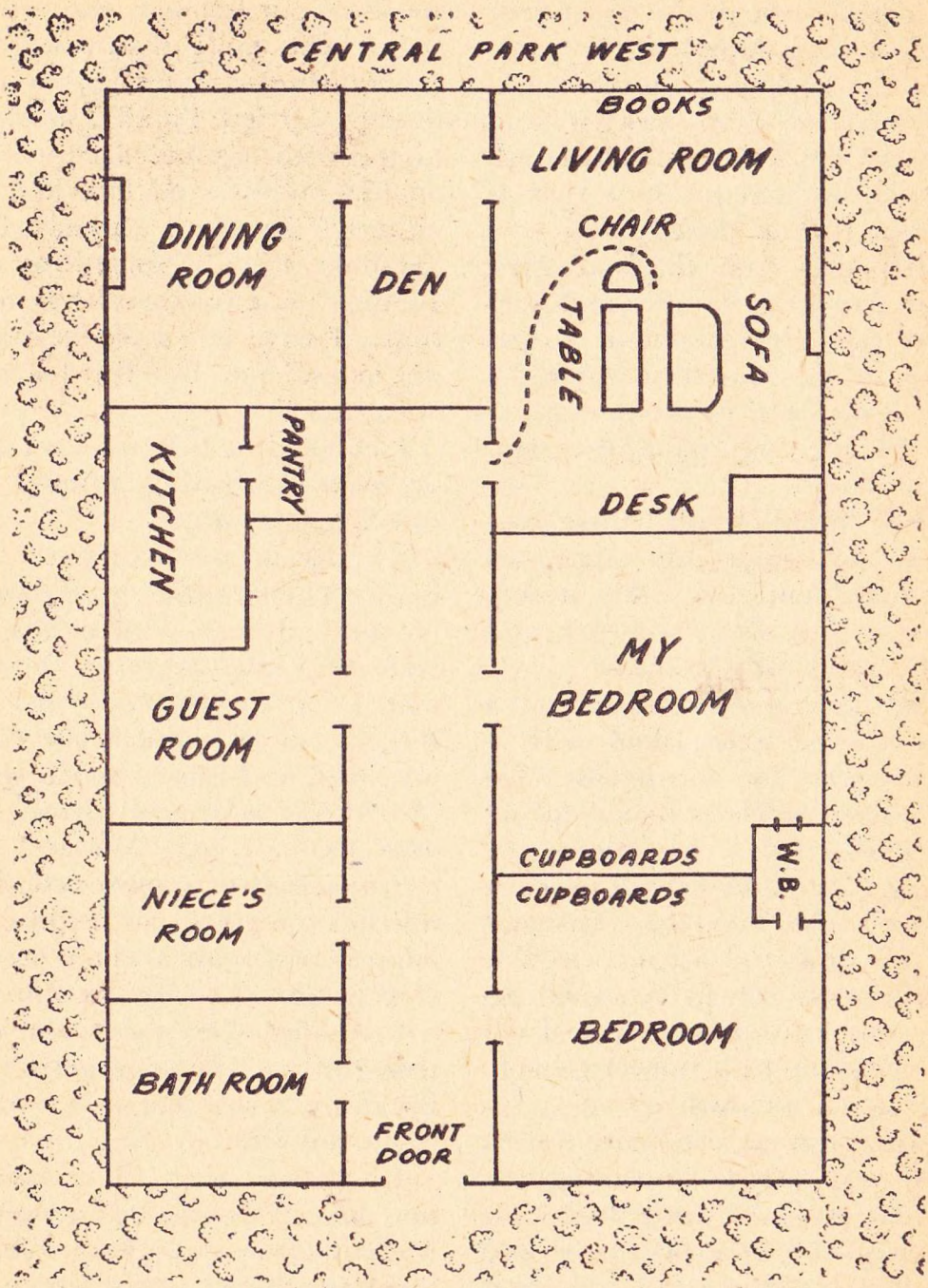
I ONCE lived for 10 years in a New York apartment that was haunted.

My husband and I rented the apartment late one fall. Central Park West seemed most convenient for our small son and his Nanna and my husband and I walked north on Central Park West that lovely sunny morning. We had looked at several apartments before I noticed a superintendent hanging up an old sign near the front entrance of a corner house—one of three five-story gray stone houses, all alike, facing the Park.

The superintendent explained that, although the eight-room apartment on the top floor was for rent, he did not have a key but the lady living below would show her apartment. The rooms in both apartments were identical.

I asked whether the former tenant had lived alone. The superintendent replied, "Oh no. He took his wife with him. They only left about 10 minutes ago. Going out of town for a few days." Then he added, "They have lived here for several years. Our tenants are all old-timers."

As my husband and I were




Dotted lines show route taken by ghost in author's New York apartment.

conducted through the apartment on the fourth floor I was entranced by the view of the upper Park, the sunshine — an eastern and southern exposure—and the fresh air and decided at once that it was our future home.

After we had thanked Mrs. Foran for her courtesy and had asked the superintendent to remove the sign, my husband and I went downtown to the real estate firm where we paid the first month's rent.

The middle of November found us comfortably settled in the apartment; the walls freshly papered and the woodwork and floors beautifully polished.

The apartment consisted of a large corner living-room with a fireplace on the south side. We had 40 feet on the east side, facing the Park,—the living room, the dining room, and a small room in between the two. My husband had his desk and a couch in this middle room which he called his den. The kitchen was back of the dining room with one large window facing an open court.

There was a nice pantry with many cupboards connecting the kitchen and the long hall that ran past the four bedrooms and the two bathrooms to the front door. Two of the bedrooms — mine and our small boy's, with a lavatory in between, were on the south side of the house.

Nothing happened the first few weeks of our tenancy, except that I did hear, more than once, our general houseworker exclaim as though startled. Finally, she came to me with a puzzled expression on her middle-aged face and announced without preamble, "Madam, there is something odd about this apartment. So many times, I have felt someone standing behind me. But there was no one there."

I laughed at her, told her that she was imagining things. She shook her head.

This went on for nearly two years. Then Annie gave notice. As she had been with us for several years, she regretted leaving and I regretted having her go. But, as she explained, she could not work and lose so much sleep. "Some one is always turning my door knob. I feel, Madam, that the apartment is possessed by a mischievous spirit. Such things do happen although I am not what you would call, 'superstitious.'"

I replied, "It does seem odd that you are the only person living in the apartment to be bothered in this way."

Josephine came in answer to my advertisement for a colored woman to sleep at home. There was something special about Josephine and I loved her. Things went along smoothly for a number of weeks, although I did hear Josephine exclaim the way Annie had when she was startled.

Then one morning, Josephine came into the living room where I was sitting at my desk writing a letter and asked if she could have a little talk. I nodded and waited.

Josephine said, "Please Ma'am, this apartment is haunted."

She and I gazed at each other for a few moments, finally I asked, "Josephine, do you believe the Bible?"

"Yes Ma'am" was the explosive reply.

"Well," I said, "You remember what the Bible says about us being surrounded by unseen witnesses?"

Josephine answered more quietly, "Yes Ma'am."

"Well," I said, "don't you think that now and then a spirit is earth-bound? And furthermore," I said with emphasis, "I do not intend to give up this lovely apartment. And Josephine, you have too much pride to leave."

Josephine laughed, "Well, Ma'am, if you can live with a ghost I is shore that I can. But I'm glad that I don't sleep here. How long has she been bothering you?"

I asked, "Do you think it is a woman?"

Josephine replied, "Only a woman would be so mean."

Many, many times during the next seven and a half years that Josephine was with us I heard her say, as though she were remonstrating with someone, "Why is you so troubled, Miss Flossie? Did you kill anyone? Why don't you rest quietly in your grave?"

One morning Josephine came to me looking elated. She said, "Please Ma'am, I understand Miss Flossie. It just popped into my haid. Shore as shore, Miss Flossie killed herself."

I asked, "Have you ever seen her?"

Josephine shook her head, "No Ma'am, no matter how quick I turn, Miss Flossie is always quicker."

But my small son, when he was four years old, did see her once. He had been asleep for several hours when he called me to his room. Nanna was out. I found him sitting up in bed. He complained, "Your lady visitor waked me up when she kissed me."

I replied, "Why darling, you've been dreaming. Father and I are alone in the living room."

"I saw her, Mother," he insisted.

I asked, "What did she look like?"

"Like one of those dolls little girls play with."

Up until that time, I had not broached the subject to my husband. However, after the lad had dropped off to sleep and I returned to the living room he asked why the boy had been disturbed. I told him. I told him, too, why Annie had left.

When I finished my husband exclaimed, "For Heaven's sake.

Snap out of it or you'll go crazy."

The next day, thinking things over, I became convinced that the apartment was troubled by an earth-bound spirit.

Several years passed and I was busy with outside interests. Then, I had two experiences which I shall never forget.

The first occurred the only night I had ever been in the apartment alone all night. My son was at boarding school, Nanna had returned to England, while my husband was out of town on business. Josephine begged me to spend the night with friends or go to a hotel. I had promised her that I would but it rained during the evening and, as Miss Flossie had not been active for sometime, I decided to stay home.

I was waked by someone calling my name, "Mrs. Hop—kins! Mrs. Hop—kins!" in clear, ringing tones with a note of urgency in them.

I called out, "Yes! Yes! What is it?"

By that time I was wide awake. Glancing at my little clock with the illuminated dial I found it to be one o'clock. At the same time, I heard a queer shuffling noise on the roof over my head. I knew instantly that it was a burglar.

I wondered if the door was locked. Some friends had been in for tea that afternoon and I had walked out with them. I jumped out of bed and dashed down the hall to the door. All three locks were off—the Yale lock; the Segal lock which we had put on when we moved in, and the ordinary house lock. *All three locks had been turned off by me that afternoon.*

I tried to telephone the superintendent but found the line had been cut. I looked out of the open window but failed to see a policeman; if I had, I would have shouted to him. Then I locked my bedroom door and went back to bed.

The next morning, the superintendent came up to tell me that all three houses, except ours, had their top-floor apartments burglarized during the night. He showed me where a chisel had been used on our door but the Segal lock, together with the Yale lock and the house lock, held safely. The superintendent also found two burlap bags that the burglar had apparently tied on his feet.

I always felt it was Miss Flossie who called me that night. And I have always been grateful.

However, the second experience was my undoing. About two weeks before my husband and I, returning one night from the theatre, found a small black kitten crying piteously on the front doorstep. I picked it up thinking that it belonged to one of the tenants and locked it in the maid's room over night.

Inquiries the next morning

failed to find an owner for the little cat. We kept it. Several times in the days that followed, Josephine and I watched the kitten rushing through the rooms, looking like a terrified ball of black fur.

Josephine would laugh and say, "Miss Flossie shore hates that kitten," or "Please Ma'am, let me find a home for the little cat; Miss Flossie will shorely kill it."

About a week later, I was alone one evening while my husband attended a class dinner. I sat in a high-backed, comfortable chair at the end of the table, reading. The kitten was curled up under the lamp on the table fast asleep. I had been reading for some time when the small cat lifted its head and gazed toward the doorway leading into the hall through the pantry into the kitchen. Thinking that she had heard a mouse, I watched her. Finally she stood up, her fur began to rise as she arched her back and stared with wide-open eyes and mouth, at someone coming into the room, at someone who passed in front of me, around my chair, and stood directly behind me. The little cat slowly turned her head until she was staring at something back of me.

As I watched the kitten a queer tingling sensation ran up and down my spine. I seemed unable to speak for some time. Then I managed to say, "Kittie, don't be afraid of Miss Flossie." That seemed to break the spell, for the cat's fur slowly subsided as she crept down into my lap and hid her head under my arm. I proceeded to have a frightful, nervous chill.

I was still sitting with the kitten in my lap when my husband came in. As he came into the living room, he exclaimed, "What in Heaven's name has happened? You look as though you'd had a bad shock."

I nodded and burst into tears. I cried for a long time. Then I managed to stammer, "We'll have to give up the apartment. I can't go through another ordeal like that."

The first of November, less than two weeks later, we moved across town. Shortly afterward, one night at dinner, my husband told me that he had lunched that day with one of the old tenants of our former apartment house on Central Part West.

He continued, "There's quite a story attached to that apartment. You remember the morning we rented the apartment? It seems, we arrived about 10 minutes after the funeral. The former tenant's wife committed suicide in our living room."

"Josephine was right," I gasped.

The next morning, in a telephone chat with Mrs. Foran, I invited myself over for tea. I asked Mrs. Foran what sort of woman

had died in our living room. Mrs. Foran said that when the husband came in to thank her for showing us the apartment and to remove his household furnishings, he talked with her. He and his wife had lived together for several years before they were married. Then, deciding to make a fresh start, they got married and left their old neighborhood. They came to this house three years ago. But the wife was not happy. She imagined that the tenants were gossiping about her when, as a matter of fact, no one in this house knew a thing about them and cared less. "She was not the type who belonged here."

I asked why?

Mrs. Foran answered "Because she bleached her hair."

I thought that Josephine had not been far wrong in calling her Miss Flossie.

I firmly believe that our *consciousness* lives on after death. That those of us who die suddenly through accidents or suicide are earth-bound until our time is up.

## THE HAUNTED TREE

A GERMAN traveler, Hugo Boltze, F.T.S., who lived for some years in Africa during the latter part of the 19th century, reported the following strange occurrence involving a tree:

"During my time in Kolwe, East Africa, a report was brought to the government that a certain tree had the dreadful property of provoking the homicidal impulse in anyone who should lay his hand on, or bring any part of his body into contact with it. A soldier, having touched it, went mad and at once murdered three or four persons by shooting them and fled into the jungle. Several soldiers were sent in pursuit, and then one who professed absolute incredulity concerning the story, out of sheer bravado, went and touched the trunk. No sooner had he done that than he too went mad and, leveling his rifle, shot several men, after which, in a foaming fury, he also escaped to the cover of the jungle. Being hotly pursued, he kept up his firing and it was only after he had emptied his cartridge belt that he could be captured and executed.

"I do not know how many unfortunates in all became murderers after coming in contact with this tree of crime, but certainly it was a considerable number. The government at last put an effectual stop to the tragedies by causing a great quantity of straw and dry wood to be placed around the trunk and set on fire. The fuel was replenished until the tree was entirely consumed. After that the murders stopped." — *John P. Bessor.*

# My PROOF of Survival

FATE will pay $5 for each story published in this department. Stories should deal with an actual experience proving spirit survival. They should be less than 300 words and typed (double-spaced) on one side of the paper. They should be sent to "Survival" Editor, FATE Magazine, 806 Dempster Street, Evanston, Ill. Manuscripts must give author's name and address and include a stamped, self-addressed return envelope.

## MESSAGE FROM MIKE

By Frances Conrad

MANY years ago I kept company with a young man named Mike. He was working his way thru college and I was earning my living in another city about 150 miles away. Our meetings were not frequent, so we made holidays out of our precious hours together.

Upon graduation Mike was offered a good position out of the country. I urged him to take it. Our happiness could wait. There was a strong bond, a "oneness," between us that few people experience.

Our letters were voluminous at first but youth holds little patience. I moved to the East Coast and took a good position. The years slipped by and the letters stopped.

Suddenly persistent thoughts of Mike broke into my consciousness. I would be deeply engrossed in work at the office and, out of the blue, thoughts of Mike would interfere. I would be waked in the middle of the night by the memory of an incident that Mike and I had shared. I would see his face in the crowds on the streets. But upon coming closer he would vanish.

These intrusions went on for about a month until one day I decided to solve my problem. I wrote the following letter to Mike, in care of his mother.

"Mike dear: Thoughts of you have been haunting me for over a month. Today I realized that you were on the East Coast trying to locate me. I'm now living in a hotel and have a post office box number for an address. I can understand your difficulty in finding me. You telepathic message came through to me. You see, I haven't forgotten. Love, Frances."

In a short time I received the following letter: "I took the

privilege of opening my son's letter from you. I'm sorry to tell you that he passed away about six weeks ago."—*Los Angeles, Calif.*

## MY AUNT'S VISIT

By Jennie Insall

My twin brother Bud and I were born in the country near Bonham, Tex., in 1884. A sister of our mother, Sarah Stewart, lived with us. Since twins were a lot of trouble in that time of no conveniences, Aunt Sarah took almost complete care of my brother and Mother took care of me.

When we were about five years of age Aunt Sarah took sick one morning and died that same afternoon. The doctor did not know just what was the matter with her. Naturally, we all missed her, particularly Bud. He began to mope and although he did not talk about it and little attention was paid to it, he did not feel well.

About two weeks after Aunt Sarah died Bud and I were playing out by the side of the house at twilight one evening. I happened to look up and saw a cloudy, swirling vapor. It became Aunt Sarah, standing there by the house.

She had on a dress I had seen her wear many times and looked just as she always did, except that she never moved; did not even bat her eyes. I looked quickly at Bud, who had not seen her, and said, "Oh, look, Bud! There's Auntie!" When I looked back at Aunt Sarah, I could not see her any more. Bud looked up and saw Auntie and then he began to cry. He ran into the house and told Mother that we had seen Auntie and she said she had come after him.

In two days Bud became violently ill and in three more days, died. The doctor said it was "congestion of the brain."—*De Leon, Tex.*

## THE LAST LAUGH

By Betty Hall

In the early 1930's I was married at 15 to a man 17 years older than my father. Later because of jealousy and mental cruelty on his part I divorced him. I married again and heard nothing about my first husband, Walter, for a year.

My second husband and I slept in an upstairs bedroom and late one night I had a vision. The wall became transparent and I saw Walter running up the stairway. He entered our bedroom, came to the bed and stood looking down, shaking his head at both of us. He said nothing but kept laughing at something he evidently found very funny. After a few seconds he turned and ran back down the steps.

I was frightened and spoke to my husband. Before I could tell him what had happened he told

me. He had seen the same vision.

Next morning we read in the papers that Walter had died. A short time later I found out why Walter laughed. My husband confessed to me that he was in love with someone else and asked for his freedom. A divorce followed. Walter, indeed, had had the last laugh.

Five years later I married again. This time I have been happy for 21 years—perhaps because Walter was resting in peace, knowing that I had at least one heartbreak. It is a mystery that some day I may solve.—*Lomita, Calif.*

## LITTLE SPIRIT VISITORS

By Mary Rinehart

WHEN I was 10 years old, in 1883, we lived on a farm 10 miles north of Knoxville, Ia. One winter morning a strange thing happened just as we sat down to breakfast. We had company at the time, a friend of my mother, Mrs. Ruth Carr, and her daughter, Myrtle, who was my age. Also present were my older sister, Fannie, and my two younger sisters, Esther and Grace.

Mother had not yet sat down and was pouring coffee. Suddenly we all heard the stamping of little feet outside the door, as if children were shaking snow from their boots. We sat waiting for a knock on the door but none came.

Mother said, "I will go and see. It must be the neighbor's children



Mary Rinehart

and they are afraid to knock." She opened the door and to our surprise there was nobody outside. A light snow had fallen in the night and there were no tracks in it.

Mother said, "That's a warning; we will hear bad news."

An hour later we were visited by one of my uncles who lived three miles away on another farm. He told us that two children of my mother's other brother had died that morning from diphtheria.—*Seal Beach, Calif.*

## GRANDMOTHER CAME BACK

By Edith Simpson

IN October, 1926, when my husband and I lived in Ada, Okla., my four and a half-year-old daughter, Mary Ernestine, fell ill with diphtheria. One morning after my husband went to work I sat rocking Mary Ernestine in the front room. She asked me to

sing to her. I can hardly carry a tune but I tried to sing some of the hymns I often had heard my grandmother, Mrs. R. R. Mitchell, sing.

The front room, or living room, looked through the dining room into the kitchen. As I sang I turned and saw Grandmother standing in the kitchen door as clearly as if she were really there. We had buried Grandmother on October 4, three weeks before.

If I had thought of Grandmother returning from the dead I am certain I would have thought of her in a white robe or looking like an angel. She was so distinct to me that I noticed even the blue dress she wore and the gray checked apron. She looked just as she did when alive, working in her kitchen.

I was frightened as nothing like this ever had happened to me before. I ran out into the cold, October air with my sick baby. I screamed but my neighbor had gone to town and there was nothing to do but take Mary Ernestine back into the house where it was warm.

I phoned my husband at the office and said, "My baby is going to die."

"Why did you say that?" my husband asked.

"Because Grandmother has come after her," I said.

I was so uneasy I made my husband drive me to Sulphur, Okla., about 30 miles away, where my mother lived. The car was warm and we carefully bundled up Mary Ernestine.

One week later I sat up with her while the others were asleep. Around midnight I heard a rapping on the wall behind me. There was a series of three raps which were repeated twice. I looked outside but saw nothing. I woke the family—and a few minutes later Mary Ernestine was dead.—*Oklahoma City, Okla.*

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## THE BLUE SWEATER

By Mrs. James W. Everett

ONE afternoon in July, 1953, I went upstairs to take a nap. The heat was oppressive. I heaved a sigh of relief as I kicked off my shoes and stretched out on the bed.

I think I dropped off to sleep almost at once. I seemed to be in another world. I walked up a winding path and found my mother, Mrs. Sarah G. Vandegrift, waiting for me. I recall that I rushed to her and embraced her warmly.

We sat down together and I noticed that she seemed to be knitting a blue sweater. As we sat there she finished her knitting and held it up for me to see. I thought it was lovely and told her so. It was a beautiful blue sweater with two white flowers at the neckline on the left side.

She handed it to me saying, "It

is for you, dear," and gently pressed it into my hands.

The feel of the sweater was so real that when I waked I immediately sat up and looked down at my hands. I expected to see the sweater and was surprised when it was not there.

The next day the postman delivered a package from my sister, Ruth Vandegrift, who lived many miles away. It was sent for no special reason, she said later. She had gone shopping and had seen a lovely, blue sweater with two white flowers at the neckline and on impulse had sent it to me.

Mother couldn't have told her. She died in April, 1945.—*St. Petersburg, Fla.*

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## A BROKEN STEP

By Grace Stone Coates

As she read a story to her three children one day in 1885 my mother paused to describe to me, four years old and the youngest, a lighthouse. I interrupted her to say I knew. She reproved me quietly for pretending to know more than I did (we lived on a farm 18 miles southwest of Wichita, Kans.) and resumed her explanation. Again I interrupted her to say I did know about lighthouses and had been in one.

This time Mother rebuked me sharply. But under a compulsion that overrode discipline, almost in tears, I insisted that I had been in a lighthouse. "The steps went



*Grace Stone Coates*

round and round," I said, "and one was broken. You were frightened and Papa lifted you over the broken place and carried you."

Mother, agitated, tried to silence me with questions. Did Father lift me too? Didn't I see how silly it was to think I could go where she couldn't? Did they go on and leave me? My answer to these questions was that I was there but they didn't know it.

The episode broke up the reading session. I was discredited and in disgrace—the earliest of many such uncomfortable experiences.

That evening from an adjoining room I overheard Mother tell Father what I had said. Mother didn't seem angry any more. She and Father spoke as though everything I had said was true—the way the lighthouse looked, the way the walls smelled, the broken step.

"A pre-natal memory," Father said.

"Four years before she was

born?" Mother asked. — *Martinsdale, Mont.*

## GHOST ON THE BED

By Mary Rosener

IN the summer of 1930 my husband and I lived in Fort Totten, N. Dak., where he was employed as a painter on a new government hospital being built there. One evening in August as I was clearing away the supper dishes I noticed a white object at the window. It looked like someone covered with a white sheet.

I went outside to see who it was but found no one. I went back into the house and again the apparition appeared. I went outside and again no one was there.

All the while I tidied the kitchen the white form stood at the window. At nine o'clock I retired and shortly after lying down I felt a weight press on the foot of my bed. I felt a hand on my ankle and when I looked I saw the white form sitting there.

I don't know why I wasn't frightened. I watched it until I fell asleep. I had the impression that it was my cousin, Emil Wilkie, who was 21 and lived about 100 miles from Devil's Lake, N. Dak.

The next morning we received news of Emil's death. He had been killed at the time I first saw the white figure at the window. He was coming home from Cando where he worked, his brother was driving, when a drunken driver ran into them. Although Emil was killed instantly, his brother was unharmed. — *Los Angeles, Calif.*

## SCHOOL DAYS OF THE SOUL

"I THINK immortality is the passing of a soul through many lives or experiences; and such as are truly lived, used and learned, help on to the next, each growing richer, happier, and higher, carrying with it only the real memories of what has gone before. . . . I seem to remember former states, and feel that in them I have learned some of the lessons that have never been mine here, and in my next step I hope to leave behind many of the trials I have struggled to bear here and begin to find lightened as I go on. This accounts for the genius and great virtue some show here. They have done well in many phases of this great school and bring into our class the virtue or the gifts that make them great or good. We don't remember the lesser things. They slip away as childish trifles, and we carry only the real experiencs."—*Louisa May Alcott.*

# COSMIC WAVES and GHOSTS

***Soils which reflect or absorb cosmic waves may account for some spots having more ghosts than others.***

*By John Pendragon*

Reprinted from PREDICTION

IN my recent article "Haunted Soil" I endeavored to trace the relationship between ghosts and the subsoil on which they manifest. In a brief geological survey I showed that the south-eastern area of England—East Anglia and Essex in particular—were the most ghost-ridden, and mentioned that clay predominated as a subsoil in these districts.

I did not, however, hazard why such subsoils might be more conducive to the production of phenomena than any other geological formation in this country.

Much, I believe, may be learned from the action of cosmic waves when they strike the earth's surface.

The astro-physicist, Millikan, discovered that certain soils absorb cosmic waves more readily than others. Some soils were conductors, and others were insulators.

Conducting soils included clay, marl, iron ores, etc., whereas insulating soils were predominantly

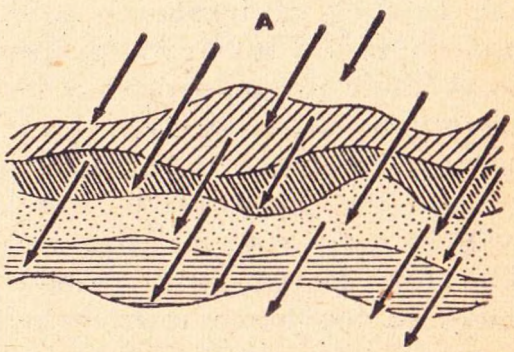



Fig. 1. Few hauntings occur on sandy insulating soil which absorbs cosmic waves.

sand, sandstone and gravel, etc.

Conducting soils were found to deflect or "reflect" cosmic waves and to cause a field of "interference radiations" at the earth's surface.

These two types of soil, insulating and conducting, might be expressed in diagrammatic form—see Figs. 1 and 2—and the behavior of cosmic waves indicated by arrows.

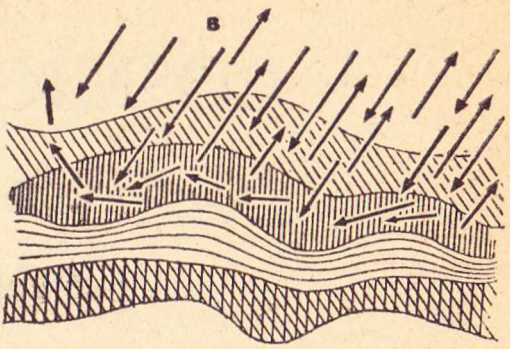


Fig. 2. Numerous hauntings occur on conducting soil which reflects cosmic waves.

Variation of penetration is much more marked in the case of short waves than long ones, but it seems conclusive that clay is definitely the most efficient conductor when considering the matter from a geological standpoint.

As previously stated Essex, as statistics of haunted areas show, is definitely the most ghost-ridden in England, and the subsoil of that county is clay. Therefore may we not deduce that cosmic rays or the deflection of them by soils predominantly of clay does, in some way yet unknown, act as an aid to the production of phenomena?

Conversely, sand comes under the heading of insulating soils, and so far as my investigations show, there are comparatively few hauntings on sandy soils. I can speak particularly for the area in which I live—an area rich in sand.

The only case of haunting known to me within 20 or more miles of my home town occurs where there is a belt of clay close to a river. The manifestation recently received the attention of psychic researchers and the press.

The French physicist, Georges Lakhovsky, in his investigations into the causes of cancer, noted that the highest incidence of the scourge occurred on clay soils and soils rich in ores, and that the lowest incidence was to be found where the soil was sand or gravel.

He attributed this fact to the deflection of cosmic waves by the conducting soils causing a "disequilibrium" in the cells of the body which, he maintained, are miniature oscillating circuits.

There is, of course, far more in his opinions and findings than can be summarized in a sentence or two.

Incidentally, those readers who happen to possess a copy of *The Geographical Distribution of Disease in Great Britain,* by Alfred Haviland, published in 1892 by Swan Sonnenschein and Co., will see that the colored maps in that work which show the distribu-

tion of cancer cases in various areas of England, bear a remarkable likeness to the distribution of haunted sites which I drew in map form in "Haunted Soul."

While on the subject of waves, I wonder if anyone has ever attempted to find any relationship between psychic phenomena in the form of ghosts, and the cyclic period of sun-spots? It seems that sun-spots have, of late, been made to answer for so many terrestrial events and phenomena, that they may well affect the manifestation of ghosts — as far as the perception of our senses are concerned!

Clearly there is an enormous field for research on this fascinating subject.

## THE LIMPING GHOST

MYSTERIOUS sounds were heard by workmen one day in April, 1953, as they began the job of renovating a 13th century house in Guildford, Surrey, England. The men heard a thud and then footsteps behind a bricked-up part of the upstairs rooms. The wall had not yet been torn down and none of the men knew what was behind it.

The footsteps were irregular as if made by a cripple. They seemed always to start from the same point behind the wall and to follow the same route across the floor. The workmen said that occasionally they were accompanied by the sound of a woman's voice.

In connection with their work the men finally removed the bricked-up wall, uncovering a fine Tudor room with a huge recessed fireplace and a lead-paned window. There was nothing in the room to explain the footsteps or the woman's voice.

Since the men were working against a deadline, they slept in the house. They reported that although the doors had been removed from the floor above, they heard the sound of a door swinging open at night. The sound could not have been made by any of the downstairs doors, since these were firmly wedged shut at night and a check in the morning showed the wedges had not been disturbed.

When the men removed the old stairway to the upstairs rooms, the footsteps were heard ascending non-existent stairs. The noises so upset the men that they discussed stopping their work on the house. The strange manifestations then ceased.

# Fingers of FATE

Glenna Dean Hess, of Memphis, was born on the seventh floor of a hospital at 7 a.m. on the seventh day of the seventh month. She weighed seven pounds and seven ounces at birth.

* * *

Wethersfield, Conn., prison inmates took up a collection with the idea of buying their departing chaplain a television set. Then they feared the Rev. Thomas M. Londregan might not want a set and gave him the money instead. He took the money and bought—a television set.

* * *

Gil Torres, Cuban ball player, hit a foul line drive in a game in Havana which killed a little boy—his own.

* * *

The maiden name of the wife of Judge Kaufman, the New York magistrate who sentenced the Rosenberg atom spies to death, was—Rosenberg.

* * *

Logan H. Kline, Washington, D. C., boatman, drowned in the Potomac River, in almost the same spot where the river had taken the life of his daughter 14 years before.

* * *

Making a routine check on the local fire station in Huddersfield, England, a newspaper reporter decided he might as well accompany the fire truck as it went dashing out. He found that his own house was on fire.

* * *

Angelo Dursi, a slaughterhouse worker at Carpi, Italy, was skinning a calf he'd killed two hours earlier when a post mortem contraction caused the animal's hoof to kick Mr. Dursi in the face. Two hours later the man was dead.

* * *

Jack Murphy, 14, of Monroe, Mich., watched a hanging depicted in a cowboy thriller over television and told his parents he didn't see how anybody could die that way. When his mother returned from a shopping trip, she found his body hanging from a belt over the bathroom doorway.

* * *

Nobody in Newsham, England, wanted Darkie, the black dog with the sad face. Nobody, that is, until the McGuire family felt sorry and decided to take him in. A few weeks later the dog repaid them. When the baby of the family, Alan, fell into the water-filled cellar of a demolished building, it was Darkie who leaped in and rescued the child, gripping Alan's

sweater in his teeth and holding him above the surface of the water until some people could come and pull him out.

* * *

John Holt, Salt Lake City, was born on March 23; his wife was born on March 23; they first met on a March 23; they got married on a March 23 and their baby was born on a March 23.

* * *

There's a Chinese superstition that it's bad luck to move a coffin through the doorway of the deceased. In Hong Kong recently, to avoid the taboo, a bamboo shed was built to receive the coffin from a first floor window. The shed collapsed on a throng of mourners, killing a woman and injuring 13 others.

* * *

In Boonville, Mo., Mrs. Lena Doyle became a grandmother four times in less than a week. Her daughter had twins on June 15 and on June 20 her daughter-in-law followed suit.

* * *

Keeping track of their children's birthdays isn't much of a problem for the Haviland family of Davenport, Ia. Linda Christian was born on March 31, 1949, Sherill Ann on March 31, 1951, and Kathleen Sue on March 31, 1953.

* * *

Helmuth Gensen, Aarhus, Denmark, farmer, sawed through a tree branch and fell to his death from a ladder. He cut the branch against which the ladder rested.

* * *

When he married pretty Saletta in Rome in 1908, Tommaso Pastore was a strapping young farmer but he turned into a wandering beggar after she ran away with another man. One day recently, Pastore, now 78, came as an ailing pauper into the charity ward of a hospital in Bari, Italy. In a nearby bed was a sick woman beggar. It was Saletta.

* * *

A couple of years ago a Pittsburgh priest, Father Patrick J. Mullen, crawled beneath the twisted wreckage of an overturned trailer and administered the last rites to Loraine Popies. But Loraine miraculously recovered and the other day Father Mullen was asked to perform another rite for Miss Popies—this time at her wedding.

* * *

Two Mrs. Anthony Valencics gave birth to two babies at the same time in a Cleveland hospital. The women are not related.

* * *

R. L. Irwin, Sr., of Memphis, became a grandfather and a great-grandfather simultaneously. His daughter-in-law and his granddaughter both had babies at the same hospital on the very same night.

*— Harold Helfer.*

# The Ship That

*By Valentine Dyall*

Reprinted from EVERYBODY'S MAGAZINE

A SURPRISING number of mysteries have as their setting the vast, lonely and inscrutable ocean; and one of the strangest of these is the disappearance of the steamship *Waratah*. After 44 years it still defies explanation—except in terms of the supernatural. . . .

Completed at Clydebank in 1908, the *Waratah* was designed as a combined passenger and cargo vessel for the Blue Anchor Line's Australia run. She had twin screws, three decks fore and aft and a displacement of 16,800 tons, but her up-to-date equipment did not include wireless, at that time



***The phantom figure held a sword and a bloody rag. Had it come to warn that the steamer was in danger?***

# Vanished

still in its infancy, and not yet widely used by shipping. Her maiden voyage was completed without mishap, and her commander, Captain Ilbery—commodore of the Blue Anchor Fleet and a sailor of 40 years' experience—expressed himself well satisfied with her performance.

The first half of her second voyage appears to have been equally successful, and on July 7, 1909, she put out of Adelaide homeward bound via Durban and Capetown. But on this trip some of the 92 passengers on board did not share Captain Ilbery's confidence in her; particularly when, three days out, she encountered strong winds and a heavy swell.

On the afternoon of the fourth day a middle-aged Australian solicitor named Ebsworth ventured on to the promenade deck. The conditions did not worry him. In his youth he had run away to sea and served for about ten years on windjammers, tramp steamers and coasters.

Ebsworth found the deck deserted save for one other passenger. Claude Sawyer, a young Englishman he had spoken with once or twice in the saloon, was standing at the rail, clinging to a stanchion with both hands, staring down into the angry waters.

Under the impression that Sawyer was suffering from sea-sickness, he went over and started a conversation, in the course of which he chanced to mention his seafaring experience. Instantly the young man began to fire questions, and it became abundantly clear that his face was white and drawn not because of sea-sickness, but through fear; a constant, gnawing fear which had haunted him for three days and three nights — a premonition of disaster.

"Don't you think she ought to stand up to it better than this?" the Englishman asked as the vessel heeled over and the deck shuddered.

"You're right, that roll really *is* nasty. To be honest, I didn't realize she was going over at such an angle."

Ebsworth's face set grimly: Sawyer bit his lip and looked wildly about him—at the crazily tilted deck, the circling mastheads and the endless expanse of heaving grey sea.

"I'm going to speak to the captain!" he blurted.

The Australian nodded gravely. "I'll come with you."

In reply to their message, Captain Ilbery sent word that he would be pleased to talk with them in the saloon after dinner.

When the Cockney steward, Nicky, had brought them drinks, and some polite conversation had passed, Ilbery looked from one man to the other and said: "Well now, gentlemen — there's something I can do for you?"

Ebsworth started to explain their concern, but Sawyer interrupted: "This was my idea, Captain. I don't mind admitting— I'm frightened.

"I don't know much about ships —this is only my second voyage. But it seems to me the *Waratah* is . . . well, I can't help feeling she's top-heavy."

Ilbery sighed and rubbed his chin, "I'll be quite honest with you. The *Waratah's* not as steady as my last ship — the *Geelong*. Don't ask me why, for I don't know. She's not much different in design. But there's nothing to worry about. Put it right out of your mind that she's top-heavy."

Sawyer thanked him and left it at that. They fell to discussing generalities, and after a few minutes the captain excused himself.

"I feel rather foolish," the Englishman confessed. Ebsworth laughed.

"I'm afraid I'm partly to blame —trying to show off professional knowledge. After all, I've been a landlubber for thirty years—haven't caught up with things.

The steward came over and began to gather the empty glasses from the table.

"If the truth were known," Ebsworth went on, "this is probably one of the safest ships in the world."

One of the glasses fell.

"Is anything the matter, steward?" the Australian asked.

Nicky looked fearfully about him, then bent towards Ebsworth.

"What you said just now, sir— about the ship. . . ."

"Yes?"

"If you knew some of the things I know, you'd soon change your mind!"

"Oh? What do you mean?"

The Cockney voice thickened with excitement.

"Every time she rolls, the promenade deck moves about on its beams. It's the God's truth, sir— the bolts that are supposed to 'old the planks down are nearly all broken. One fell on the baker's 'ead this mornin'." Sawyer's eyes were wide: "That awful shuddering . . . so that's what causes it."

Nicky wheeled to face the Englishman, — "Listen, sir — you can stick your finger between the planks and the beams. God knows what'll 'appen if we 'it a *real* storm."

Reconstructing that shipboard conversation from the documentary evidence, we can imagine the torment Claude Sawyer must have experienced, alone in his cabin that night — lying awake in the dark, listening to the howl of the wind, the furious hiss of driven spray and the buffeting of giant waves; feeling the vessel lurch and slew and shudder convulsively.

Had the steward told the truth —or was he a neurotic man, a habitual grouser and trouble-maker? Looking back, we wonder that nobody bothered to check Nicky's story. Even Sawyer seems to have made no attempt to verify the allegations of "loose deck planks." Perhaps he was discouraged from doing so by a sudden change in the weather, for the *Waratah* now passed out of the stormy zone and cut her way through calm seas under a clear sky. Day after day there was neither rolling nor pitching, and no undue vibration as Captain Ilbery pushed her up to top speed (around 13 knots).

Very little is known of this period; so we may assume that life aboard the liner was pleasant and uneventful. The records of the voyage contain nothing of special interest, until we come to the strange happenings on the night of July 23-24. For Claude Sawyer it was a night of horror. . . .

Let us imagine the scene: below decks all is silent save for the faint, regular creaking of beams and the muffled throb of engines. Corridors are in semi-darkness, for all but the low-powered "pilot" lights have been extinguished. The night steward lounges in his little booth, reading a magazine, a kitten dozing on his lap. And in his cabin Ebsworth sits in bed, studying documents on the law action which has brought him on this journey across the world.

Shortly after one a.m. a dreadful scream shatters the stillness. An excited hum of voices. Lights going on. Doors opening. Startled faces, surmounted by tousled hair. The steward asking questions, trying to decide where the cry came from, eventually halting outside Sawyer's cabin.

Repeated knocks on the door. The steward calling the Englishman's name. The others hovering tensely. No answer. The steward's nervy hand fumbling with the pass key. He opens the door and switches on the light.

Sawyer is cowering in a corner, eyes glazed, moaning and mumbling incoherently. They lead him to the bed and make him lie down. They can find no wound on him—not even a slight scratch or bruise.

A doctor arrives and makes a brief examination.

"Shock," he says. "Extreme shock. This man has gone through some terrible experience. . . ."

After breakfast next morning, Ebsworth went to the sick bay. The patient seemed normal, though haggard and fidgety.

"You look fine again. Had a nasty nightmare, didn't you?"

Sawyer nodded, lay back and closed his eyes.

"I saw a man. He was standing in the corner of the cabin, just by the port. There seemed to be a strange light surrounding him. He had peculiar clothes—I couldn't make them out. And in his right hand there was a sword—a long sword. He seemed to be holding it between us.

"I sat up and tried to switch on the light. But before I could reach it he started toward me. He came right up to the foot of the bed and I saw he had something in his other hand. It was a rag—drenched in blood."

"Good Lord! No wonder you got the wind up. A thing like that would scare anyone."

"He didn't make a sound. But somehow I knew he was warning me. He lifted his arm and I seemed to feel the blood from the rag dripping on my face. I suppose it was then that I started to scream."

"I don't blame you, old man."

"Ebsworth — I'm leaving this ship." He was sitting bolt upright. One hand shot out and gripped the Australian's wrist. "I'm getting off at Durban, and I want you to come with me. We can easily get another ship."

"Sorry. Can't be done." The Australian spoke curtly. "I can't afford to lose a day. This is an important case I'm on."

"Don't be a fool. Durban's our last chance." Sawyer's voice was high-pitched with hysteria. "Listen to me, I *know*. Stay on this ship, Ebsworth, and you'll never see London."

The Australian shook his head and gently but firmly freed the grip on his wrist.

"I'd come if I could," he said, "but it just isn't possible. Now be a good chap and try to forget all about this."

Sawyer was still a sick man on July 24 when the ship docked at Durban, but he insisted on going ashore.

On July 25 the *Waratah* left for Cape Town. Sawyer did not come down to the quay; he spent most of the day resting in his hotel. Two mornings later he walked into the offices of the Union Castle Line and asked to see the manager.

"I want to book a passage to England," he explained, "but it must be on a ship with a good reputation—one that's . . . er . . . stable, if you know what I mean. You see, I've just come from Sydney in a—well, in a bad ship."

Intrigued, the manager began to ask questions. Piece by piece Sawyer told him the whole story. He related it all in a flat, unemotional voice.

"She's on her last voyage," he said. "She'll never reach Cape Town."

"You believe that dream of yours was a warning?"

"Yes. And last night, in my hotel, I had an even worse dream. I saw the *Waratah* battling through dreadful seas. Suddenly a great wave swept over her bows. She rolled over to starboard and disappeared."

The manager coughed, then reached for a batch of forms.

"Well now, I'm sure you'll soon get over all this worry," he said. "We'll try to find you something on one of our most . . . er . . . dependable ships. Would you like to complete this form?"

Sawyer took the proffered paper and pen and began to write. After a little he looked up and asked: "What is today's date?"

The manager glanced at a wall calendar.

"July 27."

July 27, 1909. . . .

Somewhere off the Cape of Good Hope early in the morning a small, sturdy steamer is driving through ugly weather. A larger, faster vessel comes up from astern and signal lamps begin to blink.

*Good morning. What ship?*

Waratah, *for London.*

Clan MacIntyre, *for London. What weather did you have from Australia?*

*Strong south-westerly to southerly winds, across.*

*Thanks,* Waratah. *Good-bye. Pleasant passage.*

*Thanks. Same to you. Good-bye.*

"Good-bye. Pleasant passage." That brief conversation across the angry waves was in the nature of an epitaph. Both ships were on the same course, but the *Waratah* soon left the smaller steamer far behind. When her hull slipped over the horizon, and the last thin wisp of her smoke faded away, she vanished, not only from view of the *Clan MacIntyre,* but from the sight of all men for all time.

In mid-afternoon the rising winds lashed the sea into a frenzy. For perhaps 36 hours one of the worst storms ever known in that area raged and roared, then it grew calm again.

The days passed. The *Waratah* became overdue at Cape Town. Other, slower ships came in which had started from Durban long before her, sailing by almost identical routes. They had seen nothing. Neither had those which had followed after her—no distress signals, no lifeboats, no timbers or deck chairs or lifebelts. Nor had anything been washed ashore between Durban and Cape Town.

One of the greatest sea searches of all time began. Three warships scoured the area, and the Australian government paid the expenses of a fast vessel, the *Severn,* which hunted for over a month and covered 2,700 miles. The Blue Anchor Line sent the *Sabine* on

the most thorough search of all: she cruised for 88 days, traveling more than 14,000 miles, but with no more result than the others. At the end of it all not so much as a spar had been found. The *Waratah* had vanished from the seas as if she had never existed.

Can a great ship of nearly 17,000 tons with well over 100 people on board disappear without trace? What about the flotsam — the loose deck fittings and innumerable objects of all sizes which should have marked her grave?

A shocked and startled world clamored for an answer to the mystery. Newspapers everywhere put forward theories, but nothing —not even fire, nor a tremendous explosion — could explain such complete destruction.

A Board of Trade inquiry opened at Caxton Hall, London, on December 16, 1910, presided over by Mr. J. Dickinson, a stipendiary magistrate. A long succession of expert witnesses were able to show that the *Waratah* had passed five separate inspections — by the builders, by the owners, by Lloyd's underwriters, by the emigration authorities and by the Board of Trade itself. None of these parties had reported the smallest defect.

Sir William White, formerly chief constructor to the Royal Navy, and other marine designers testified that the *Waratah's* stability figures proved beyond all doubt that she was *not* top-heavy. He was emphatic in declaring that her rolling and pitching could have had nothing to do with the disaster, and utterly convinced that no violence of wind or sea could have capsized her.

Many non-technical witnesses followed the experts: seamen and passengers who had sailed in the ill-fated vessel on her maiden voyage, or on her last outward trip. Claude Sawyer, of course, was a key witness: his testimony— introducing an occult element, and fully corroborated by the manager of the Union Castle Line's Durban offices — caused a sensation, but offered no fresh hint as to the fate of the *Waratah* and the hundred-odd aboard.

The court sat for two months. On February 23, 1911, it delivered its findings.

1. The ship was lost in a gale of exceptional violence, the first great storm she had encountered, and she capsized.

2. The vessel was supplied with proper and sufficient boats and life-saving appliances, in good order and ready for use.

3. Upon the evidence, the court was of the opinion that the cargo was properly stowed, that she had sufficient stability as laden, was in proper trim for the voyage, was in good condition as regarded structure, and was in a seaworthy condition.

4. There was not sufficient evidence before the court to show

that all proper precautions, such as battening hatches, securing ports, coaling doors, etc., had been taken.

5. The court expressed regret that when the *Waratah* returned from her maiden voyage Captain Ilbery was not asked to make an official report on her stability or behavior at sea.

It is difficult to see what other conclusions the court could have reached, yet they left the central mystery quite unsolved: how, when, where and why did the *Waratah* sink?

By the end of the proceedings Claude Sawyer was under treatment for a nervous complaint. He went on worrying, theorizing, searching constantly for any explanation which would bring him some measure of peace. And he could never get away from the idea that his shipboard dream held the key to the riddle.

So far as we know, he searched in vain. And yet, had he come across a certain old volume he might have found an explanation which, though not in *natural* terms, would have been better than none at all.

"Scenes de la Vie Maritime," by Jal, contains the original version of that most famous of sea-myths, *The Flying Dutchman.* Jal tells us that there lived in the seventeenth century a certain Dutch sea captain renowned for his wickedness and cruelty. One day he was caught in a great storm, but refused to reduce canvas or alter course, despite the pleas of his crew.

The terrified seamen prayed for help and a Divine form appeared on the vessel. The Dutchman picked up a pistol and fired at it —but the ball, instead of reaching its target, turned in the air, came back and pierced his hand.

For this blasphemy the Dutchman was condemned to sail the seas forever, feared by all other mariners as a harbinger of death. Even today many sailors—ever a superstitious race—believe that all who meet the *Flying Dutchman* are lost.

Does the myth of the *Flying Dutchman* form a background to the mystery of the *Waratah?*

Firstly, we have clear evidence that the figure which appeared to Claude Sawyer in his cabin wore strange clothing which the frightened Englishman could not make out. It is therefore logical to suppose that the uncanny visitor was attired in the garments of a past age.

Secondly, Sawyer testified that the figure held in one hand a "blood-stained rag." We cannot avoid linking this with Jal's account of the pistolball which "boomeranged" and pierced the Dutchman's hand.

Lastly, Jal—and many other writers—are in no doubt regarding the area where the Dutchman

met his doom, and was cursed by Heaven. Without hesitation they give it as *off the Cape of Good Hope.*

Faced with the inexplicable, unable to find a natural solution, many investigators have come to accept that the weird figure Claude Sawyer saw on board the *Waratah* was indeed the Dutchman. There is no point in seeking to debunk this explanation unless we have a more practical one to take its place.



## PATRICE MUNSEL'S GHOST

IN March, 1952 Patrice Munsel, opera and motion picture star, was staying in the 75-room mansion of a friend near Manhasset, Long Island. One night she woke from sleep with the feeling that someone was in her room. In the darkness she saw a floating mass of luminous vapor about five feet long. It moved slowly across the room to the bathroom door which was slightly open, oozed through the gap and disappeared. Miss Munsel went to the bathroom and turned on the light but found nothing.

When she told of her experience at breakfast the next morning Robert Schuler, TV producer who later became her husband, admitted that he had seen the ghost on two different occasions.

Two weeks later Schuler again saw the ghost. Miss Munsel was away on tour and he was staying at the house in Manhasset. The ghost previously had seemed friendly but this time, Schuler said, it appeared evil and hostile. It moved around to the head of his bed and a moment later a heavy landscape painting two feet long crashed to the floor between the headboard of the bed and the wall. Schuler was certain that the painting had been removed from its hook, since the hook and the wire were both intact.

The ghost subsequently was seen by another guest, Janet Forbes, and by the owner of the mansion. Miss Munsel considers it unusual that when she and Schuler left the mansion, the ghost left also and has not been seen there since.



## LIGHT TOUCH OF LIGHTNING

IN Detroit, Mich., lighting struck the home of Jack Snyder, knocking down the chimney and crackling across his glasses. He was thrown to the floor by the shock but he suffered only a slightly burned ear.

# REPORT FROM THE READERS

### NOISY SAUCER

A very sincere friend who is well known as the Desert Traveler saw a flying saucer on July 4, 1951. He was in the Plomora Mountains of Yuma County, Ariz., to take pictures of the Big Horn Sheep that live there.

He had climbed to the highest peak of the mountain range and was watching a band of Big Horn Sheep that had been to Dripping Springs nearby for water and shade. They were returning to the high country to feed and bed down for the night.

About 4 p.m. as my friend sat under an overhanging ledge of rock, facing the east, he was startled by a loud noise directly overhead. He saw a disk-shaped object, not more than 50 feet above him, traveling at terrific speed.

It was shiny and almost flat, with an edge perhaps two feet thick. As it passed my friend saw a tub-like affair with several portholes or windows, almost six by eight feet in size, and not revolving. The saucer itself was about 20 feet in diameter.

The saucer went in the direction of Dripping Springs and seemed to hover there for a short time. Then it accelerated and disappeared.

The Desert Traveler told me he would have made a report of the incident at the time but thought people would not believe him. He has given me permission to send this account of the saucer.—*Edna A. Ward, Los Angeles, Calif.*

### ANACHRONISTIC SAUCERITES

May I, through the medium of FATE, answer Waldo B. Richards' comments in the April, 1954, issue regarding my letter in the January FATE?.

His views as to why flying saucer occupants may refrain from mass landings and personal contact with us Earth-folk were interesting. As he pointed out, our atmosphere and Earthly conditions, differing radically from their home planet may prevent this.

But consider that the disks have appeared in our skies for centuries —check the works of Charles Fort. One can even go back to Biblical times for more ancient accounts. Flying saucers, then, appear to have spent thousands of years in an investigation of Earth confined strictly to the air.

When Earthmen reach Mars I am confident that actual landings will be attempted at once. No matter how difficult Martian conditions may be, our science and technology will solve all problems and enable Man to set foot on the red planet within a comparatively short space of time.

In the event that Mars is found to be inhabited by intelligent life and it is for some reason impossible for us to land, we would certainly make some attempt to communicate via radio, light-signals, etc. Thus if Saucerites cannot meet us face to face, why do they not communicate with us? Surely some method could be found by a race as advanced as they appear to be. It may be that they regard us as too war-like and do not wish to communicate until we have matured emotionally and spiritually.

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But if the theory I expressed in the January FATE happens to be true (that the Saucerites live at a different time rate from us—their day equalling our month, or year), then the reason for their not meeting us openly is explained. — *Alex Saunders, Toronto, Ont., Can.*

**ARE SAUCERS FROM RUSSIA?**

I have read every issue of FATE since the first copy came out and have been interested in flying saucers since 1944. Much has been written about their possible sources—other planets, etc. I was told by Spirit teachers long before anyone reported them that they would come from Russia.

A few weeks ago, and I have the clipping from the San Diego *Union*, datelined Washington, the Air Force admitted that the saucers are from Russia and said all pilots were alerted to be on the lookout for new types of flying objects other than the round and cigar-shaped ones known to have been seen over this country.

We were told by Spirit that this government would admit a little and then make denials, then admit more and then make denials again as if the source of the saucers were not known for certain. They have been seen over Sweden and in the Baltic Sea area and are called Russian Robos — which means robots. We also have clippings of reports from Finland which tell us that they have been

observed for many months near the Finnish border, undergoing maneuvers at night with many powerful lights spotlighting the whole area. Many types of discs and cigar-shaped craft are reported to have been observed.

It is a pity that so much has been written to deceive the public concerning the saucers. They will most assuredly be used against us before many years. I do not write this to frighten anyone since when we know the truth we have no fear. The information I have is available to all who will seek it, but most persons do not seek whole-heartedly. — *Joseph Garinger, St. Helena, Calif.*

### APPLAUSE FOR ASTROLOGY

Sydney Omarr has done those of us who believe in astrology a real service in presenting to the readers of FATE the attitude of a real scientist, John J. O'Neill, regarding astrology as "one of the most important fields of scientific research today, and one of the most neglected."

As one who has made continuous use of the accepted conclusions of present-day astrology for the past 24 years, not only to direct my own successful newspaper career but to guide another life immeasurably more important than mine, such completely unscientific replies as were made to Mr. O'Neill's letter by Dr. Roy K. Marshall make us wonder just what degree of investigation

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would be thought necessary by an astronomer such as Dr. Marshall before he condemns as "superstitious belief" what was really the parent of astronomy. His comment that the "backward countries" of the world are the ones which believe in astrology seems typical of Dr. Marshall's scientific comprehension of astrological strongholds. The serious acceptance of astrology in England, Germany and the United States is indicated by the fact that more publications on astrology are sold in these countries than on any other theme.

Dr. Marshall thinks astrologers' conclusions are drawn from such limited source material as the solar biology from which he drew his one argument against astrology (in which it is stated that among artistic professions ruled by the planet Venus is lyrical melody, therefore musicians may also be born in the Libra period — along with lawyers, judges, artists — since Libra is a sign which causes those born with the sun therein to prefer balance of line and color and opinion to discord and unbalance). Perhaps scientific interest will cause him to read completely the scholarly volume *Astrology, Its History and Influence in the Western World* by the late Ellen McCaffery, published in 1942 by Charles Scribner's sons.

Obviously, unlike Mr. O'Neill,

Dr. Marshall looks for source material in the most completely unscientific and inadequate report ever issued—that of the American Association of Scientific Workers, issued in 1941 and in many ways the most glaring disclosure of prejudice and ignorance ever put out in the name of science.

I am reminded of the speaker from the New York Chamber of Commerce who in 1928, upon the basis of this same solar biology, told an audience in the Museum of Science that there was absolutely nothing to astrology and read from a single volume for beginners giving the general characteristic of those born during 12 solar periods. After he had finished he presumed himself qualified to answer questions from the audience. He got only one. Amused laughter came from the audience when a woman stood up and asked if the speaker had read anything on astrology before denouncing it without qualification. In answer to his somewhat embarrassed reply that he had read only the one book on which he had spoken for some two hours, she said, "I thought not."

That, I think, must be the reply, of all those who have spent years in the study and use of astrology, to Dr. Marshall. A little knowledge, as Dr. Marshall writes, is in his case a dangerous limitation indeed upon one who considers himself a true scientist. —

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*Leonora K. Luxton, Cochituate, Mass.*

### WE GOT "TOOK?"

You sure got "took" by astrology (FATE, April). Each time the earth has rotated to place it between Mars, Venus, Jupiter, *et al,* how can the rays or vibrations affect? We have good authority to countenance astrology as of the devil (a lie) from Scripture. Why try to give it credence in this age?

Same goes for these evolution crackpots. How the most-learned (?) persist in trying to locate their ancestors! Among the tons of scientific data find a better explanation than Genesis. Let's accept it and be done with it.

Now you've had a little about telepathy. Before you hit a few fouls in this category, be informed that telepathy and how it operates also is explained in Scripture. Here also is the answer to the "I dreamed it before it happened" mystery you often report.

Wherefore accumulate knowledge when it composes so much that just ain't so? — *Lin Clark, Abington, Conn.*

### LIGHT ON A DARK SUBJECT

In regard to the articles by Germer and Omarr in the April issue of FATE, I would like to state that more articles of this calibre will be most welcome. No doubt most readers of FATE are of the same mind as I.

These two articles on astrology

are sane, intelligent discussions of a most debated and difficult subject; that is, from the standpoint of science. They speak common sense which is sadly lacking in most articles dealing with the occult; and are not too long and intricate for the average reader who does not care to go deeply into the subject and who at the same time wants to know some facts about the subject, either for or against. —*Charles Koehler, Bronx, N. Y.*

**"AN AMAZING REVELATION"**

I very much enjoyed the article by Sidney Omarr on the astrological debate. In fact, it was an amazing revelation.

It left me with a conviction that I may progress better in my understanding of the universe by following the writings of astrologers, which I habitually discounted for overstating facts, rather than place my confidence in the learned understatement of astronomers who may be completely wide of the fact at the moment.

If this exchange of opinions is any criterion of the attitudes existing between science and pseudoscience, then I must cast my vote for leadership with the latter. A person can become unorthodox in his orthodoxy to the point of sacrificing his qualifications for leadership. — *Harold Claborne, Gardena, Calif.*

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pro and con, in your April issue I came across the following in a new book by Dr. Wilfred Funk (Funk & Wagnalls), titled *Word Origins and their Romantic Stories,* page 58. Perhaps you will be interested.

"In their investigations of the cycle theory, scholars seem to have proved that our lives are influenced by such things as the climate, sun spots and the stars. Apparently the ancient astrologers had an idea by the tail."—*Robert Whiteman, Jeannette, Pa.*

### MYSTICAL "6"

Mother believed "6" was her number in life. She was born on April 6, 1866 and was married on September 26, 1886. She was 36 when I was born. My father died in 1926, Mother then was 60 years old. She had a serious stroke (which led to her death) in June (sixth month), 1949—*Mrs. G. W. Galbreath, Tuttle, N. Dak.*

### MYSTICAL "13"

On October 13, 1929, I met a young man with whom I went steady for 13 months. We were married November 15, 1930, and lived together for 13 years, during which time he became a fireman. All of his equipment coat, helmet and boots were marked with the number 13.

However, the marriage was not a success and we were divorced after 13 years.

He then joined the Navy and was given the number 13 on



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everything during his 13 months overseas. Upon his return to this country he was again given number 13 in the fire department.

After being divorced for 13 months I married a business-man with 13 years experience in the florist trade. — *Mary Carlson, Grand Rapids, Mich.*

### DREAM OF A CINDER

While walking home one day I got a cinder in my eye. I used all the home remedies but could not get it out. I could not even see it in a mirror. I went to bed early, hoping it would work its way out during the night.

I dreamed I saw my eye with the lid turned back and the cinder in the corner, embedded in the lid. It was very plainly visible. I could see the flesh sort of mounded up around it.

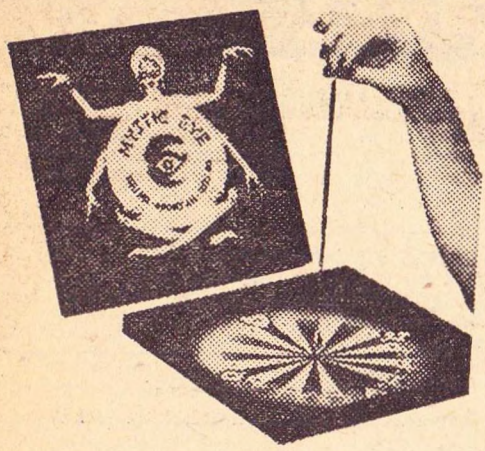
I woke and it was just daylight. I went to the window with my magnifying mirror and turned the lid back, a ray of sunshine acting as a spotlight.

The lid looked exactly as I had seen it in my dream. I got the cinder out with the aid of a quill toothpick and returned to bed. When I got up my eye was quite normal.—*Alice M. Porter, Long Island, N. Y.*

### MYSTERY VOICE

One day when I was a young girl several of us were blocked by a freight train from crossing the tracks on our way to the railroad station. My mother and step-father had left the night before to visit my grandmother, but I wanted to stay for a party and told them I would join them for dinner the following day.

One man in the crowd waiting to cross the tracks said that we might as well crawl under the cars and urged me to follow a woman and her daughter. When the daughter reached the other



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side this man said to me, "You're next."

Just then I heard my mother's voice call me. It sounded terrified as though she meant I should not risk crawling under a train.

I said to the man, "No, I am not going that way. I'll walk around the train even though it seems like a half-mile long." As I finished saying this the train gave a jerk and started. Had I gone under the cars I would have been caught.

The train moved on and I reached the station in time to catch my train. When I reached my grandmother's home my mother was helping with the dinner. I related my experience to her and asked if she had felt that I was in danger. She said she scarcely had thought of me at all. My mother had a very clear, high voice and I certainly heard her voice and no other call me.—*Blanche F. Long, Kingston, O.*

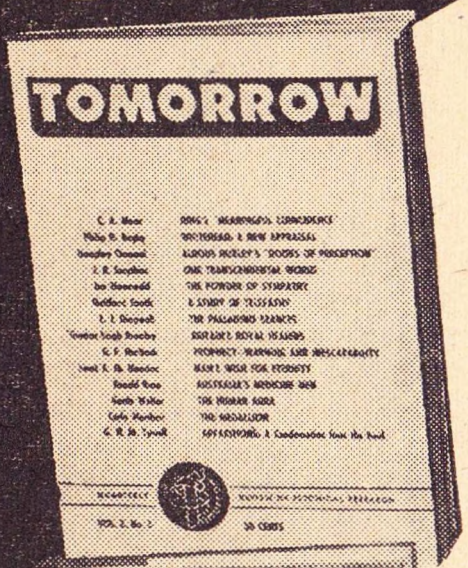
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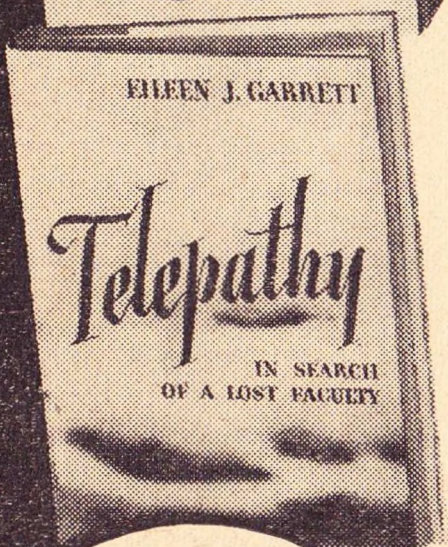
**WHAT STOPPED THE WATCH?**

I am writing you of an incident that happened to my mother at the time of her mother's death. I hope you will find it interesting. Your magazine brought this incident to my mind.

In 1941 my grandmother entered a hospital for a minor operation. Mother had come to the small town where Grandmother and I lived to be near us at this time. Seeing that we didn't have enough money for a day and a

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night nurse, Mother took one of the shifts.

One evening as Mother dressed to go to the hospital to be night nurse she looked at her watch to check the time and noticed it had stopped at eight o'clock although she had wound the watch the night before as was her habit. Mother hurried to finish dressing as she feared she would be late. She was about to leave the house when the phone rang. It was the hospital calling to tell her that Grandmother had died at seven o'clock.

Now you may wonder at the point of this story. You see, Mother lived and still lives in Detroit and her watch was set for Detroit time. Grandmother and I lived in Indiana where the time was one hour earlier. So Mother's watch had stopped at the time Grandmother died. A few hours later the watch started again of its own accord. — *Merry Kiligian, Detroit, Mich.*

### THE SUPPRESSED APPORTS

I am in a jam and hope you can help me by publishing this. Yesterday, upon visiting Stanford University library, I was met with a storm of reproval and abuse.

It was caused by my article, "Through Solid Walls," in the July, 1949, issue of FATE. The last paragraph seemed to contain an inference, inadvertently used, that the apports referred to in the article were on public view at

Stanford University. The offending paragraph reads: ". . . by that big box you can see in the museum at Stanford University."

But the trouble is that *you can't see that box nowadays.* There was formerly such a box. For years, however, it has been sedulously concealed. Several persons, however, have told me of seeing it formerly, as well as the apports which it contained. These apports were sent from Australia where they were produced from spiritual sources by Thomas Welton Stanford. He sent instructions that they were to be placed on display in the Stanford museum, but his wishes were disregarded. For many years they remained boxed-up in the museum's dusty cellar. When this museum was damaged by the earthquake of 1906, Mr. Stanford promptly sent $150,000 to have it repaired as a receptacle for his apports and other Stanford collections.

It will be noted with regret that the university authorities are averse to giving any attention to psycho-spiritual fields, the nearest approach being circumspect studies on parapsychology. This, notwithstanding the bequest of one million dollars by Mr. Stanford for scientific investigation of the psychical field and immortality, and in disagreement with Gladstone's dictum that: "This is, by far, the most important subject for study in which humanity could



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### WHAT COUNTS

I am writing to give you my opinion of your FATE Magazine. I never have been interested in reading because I couldn't find a book good enough to interest me. This summer in an ocean resort town I noticed the cover on FATE. I bought a copy and was pleased to find the first magazine I ever have read completely. I have been reading it ever since. You have a good book and that's what counts. — *Ronald Confair, Hanover, Pa.*

### WEIRD EXPERIENCES

After reading my March copy of FATE I feel I must write about some of my weird experiences. Although I am not a strong believer in the supernatural. I have had many things happen to me that I cannot explain.

When I was 18 I was in college in Florida. My father was dead


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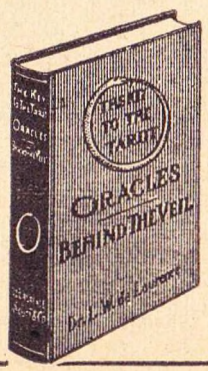
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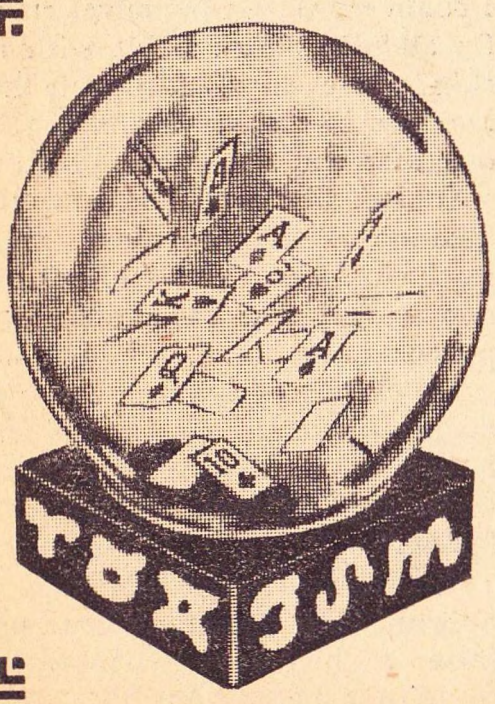
and my mother was in Chicago. One evening I had the feeling that great danger impended. I roused my roommate and insisted that she sit up with me and read the Bible. Although I am not particularly religious I sat up that Friday night and read the Bible until four a.m. Then I felt satisfied and we went to bed, my roommate grumbling the whole time.

At noon the following Monday I received a telegram from my aunt stating that my mother had suffered a stroke at 10 p.m. Friday night and had been out of danger at four a.m. the next morning.

My next experience took place while walking along a street in downtown Tampa, Fla. Without being aware of having entered, I suddenly found myself in a hat shop. I had just finished telling the clerk I wanted to buy a hat to wear to two funerals. I never wear a hat and have not had over three in my entire life.

At that time I knew of no one who was ill or in danger of dying —yet within two weeks my next-door neighbor died and within 13 days my father-in-law also died. I wore the hat to both funerals and it remained on the shelf from then on.

I remarried and came north but for several years have been unable to keep the front or back door closed wherever we have lived—

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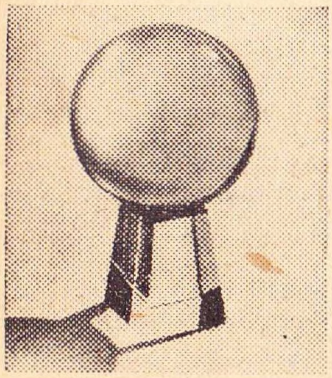
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about eight different places. The door swings open at odd hours and then closes as if someone had entered. One night as we watched television with a friend in our home the screen door opened and the knob of the door turned. Thinking someone was there, I rose and opened the door. I saw nobody but the screen door stayed open until after I had opened the door and then swung shut as if someone had entered the room. Our friend, who had heard about these incidents, witnessed this and was so startled that he left at once.

Several weeks ago as we watched television I looked back over my shoulder and was startled to see the figure of a nun (we are not Catholic) standing by the couch near my husband's left shoulder. I could see clearly her silver crucifix and her black habit with its thin white edge. Although her face was in shadow I could make out that she was quite old and wrinkled. She vanished into the bedroom after giving me a searching look. I have not seen her since nor has any untoward thing happened at our house.

My children have seen the door open on numerous occasions and it is a standard joke that we always say, "Come on in, Mr. Spook."

The doors open when there is no wind blowing and we live away from a highway so vibration could not be responsible.—*June*

*E. Weidemann, New Athens, Ill.*

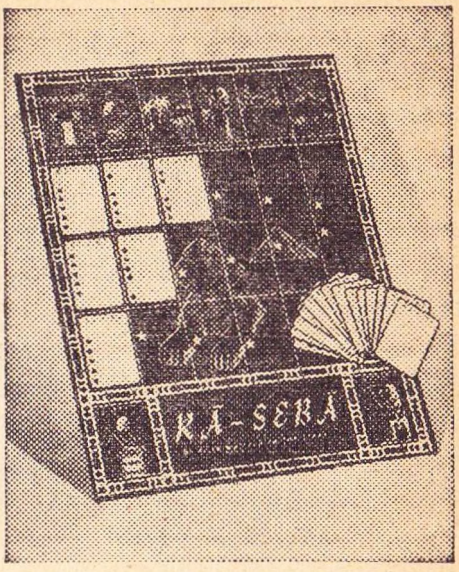
**WHAT IS A SPIRITUALIST?**

Recently I have read of two prominent writers on psychic phenomena (including Arthur J. Burks in FATE) stating that they are not "Spiritualists" even though they have experienced contact with spirit entities.

After all, what is a Spiritualist? There is no general creed of Spiritualism, or any accepted Spiritualistic dogma or liturgy. There are a few churches that call themselves Spiritualistic but there is no representative church of Spiritualism like Christian Science.

Therefore, Spiritualism is more of a philosophy of survival of the human spirit and communication with the spirit world. And millions in all walks of life accept that philosophy. So how can a man who believes in such, like Burks, say he is not a Spiritualist? To me it isn't consistent and borders on expediency. He could at least qualify his statement by saying: "not a registered Spiritualist." Then we will know he has not been scared off by the orthodox and skeptics into a shell of expedient denial like Saint Peter.

I'm not ashamed to say that I am an unregistered Spiritualist even though I am vice-president of a five-million-dollar corporation. I lecture in my spare time on Spiritual Healing in orthodox churches for the philosophy of


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Spiritualism is in every Christian church. There has to be if Christ is to be accepted.

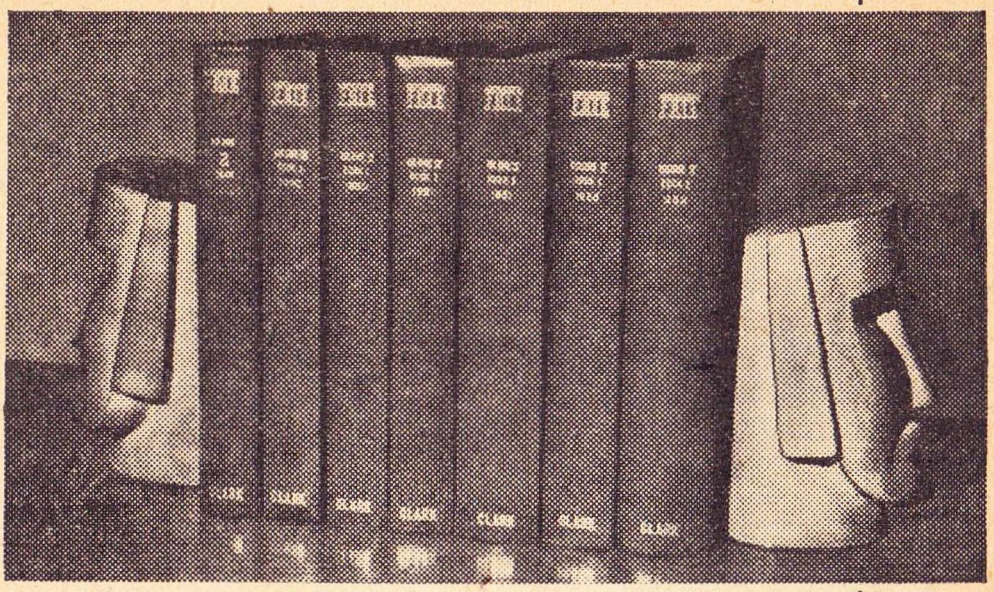
Too many people think that Spiritualism began with the Fox sisters in 1848. My first researches into the history of modern Spiritualism led me to feel that it didn't begin in 1848 but merely got its first newspaper publicity in that year. There were many mediums throughout the world who had demonstrated greater phenomena than the Fox sisters.

Christian Spiritualism, to my mind, is 1,921 years old. It began in the year 33 with this event as recorded by St. Matthew, Chapter 27, Verses 50 to 53: *"Jesus, when he had cried again with a loud voice, yielded up the spirit. And behold, the veil of the temple was rent in twain from the top to the bottom; and the Earth did quake, and the rocks were rent; and the graves were opened, and many (spirit) bodies of the saints who slept, arose, and came out of the graves after His resurrection and appeared unto many (mediums)."* — *Ed Bodin, New York, N. Y.*

### CHANNEL FOR MONITORS

Regarding Arthur J. Burk's article, "Through the Barrier," in the December issue of FATE, it was interesting and stimulating and worthy of consideration on the part of every serious thinker. An article of this nature, of course, always will meet with a

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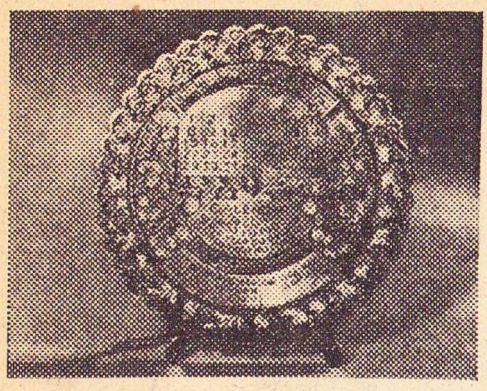
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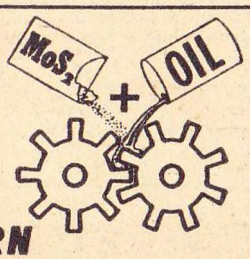
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certain amount of resistance from the more skeptical among us, as evidenced by the letter of protest to FATE's editors written by Miss Frey of Woodhaven, N. Y., in which the lady used the word, "Bunk," to describe her reaction to the article.

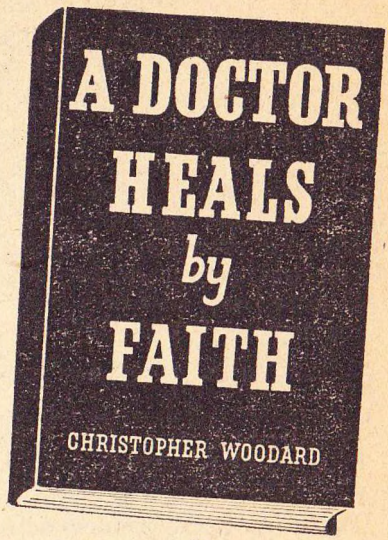
But reading closely what Miss Frey had to say I felt a longing in her to be convinced, though the violence of her denunciation might be otherwise construed. She is not alone in her desire; all of us want to be convinced — convinced that we are something more than the poor and failing flesh and bone we seem.

If, however, we are ever to attain such sweet assurance, we must look away from what is presented as evidence by the physical senses and probe deep into the intangible something called the subconscious. Here lie the really vital forces of our lives, which a moment or two of serious reflection will reveal. It is the subconscious portion of us, for instance, which regulates the important functions of this fleshly vehicle we call the body, renewing the used up and worn out cells, rebuilding where necessary. Perhaps the subconscious is the seat of the "Monitors," too, or the channel through which they work.

According to Mr. Burk's article, "DB," his wife, agreed to give up her physical life in order to help others. This was the part of the

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article which Miss Frey found hard to accept, and which wrung from her the word, "Bunk!" Her violent reaction is understandable for such self-sacrifice seems foolish to most of us. Yet each of us knows instinctively that fleshly life is but a fleeting and momentary experience at the longest, and that the real life force within us is somehow a thing apart.

So if "DB" felt that in giving up part of her fleshly journey she could raise herself to a higher plane of existence and understanding — well, why not! For no matter how much we prize this fleshly existence the journey is short and pretty barren, too, of the peace and happiness we seek unless we use the experience wisely by raising ourselves to higher mental and spiritual levels. For this is the purpose of our experience here and an edict of the evolutionary law. — *Martin J. Toohey, Los Angeles, Calif.*

### VERY FORCEFUL POINTS

I have just finished reading the letters by Miss Frey and Mr. Burks in Report from the Readers. Both of them have some very forceful points.

I agree with Miss Frey, "the Spiritualist does not know enough to come in out of the rain." That is not because the Spiritualist is dumb. I would say rather it is because he or she is busy most of the time, helping other people, and the "rain" is not so damaging.

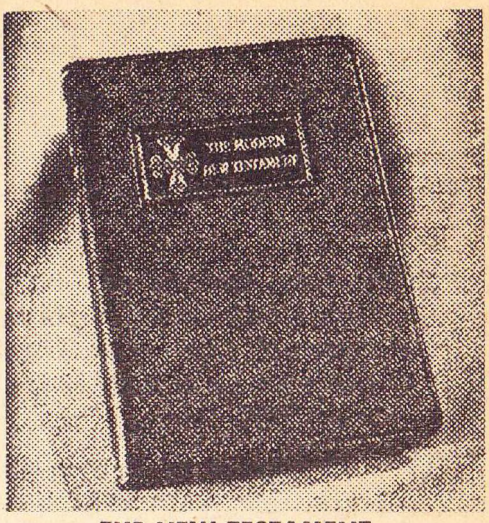
I do not call myself a Spiritualist. I do know that there are times when persons guided by spirits miss the significance of some little point. This, I think, is due to the distractions of modern life.

If Miss Frey has any doubts about this, let her read a short account of some happening, memorize it and then give what she thinks is an accurate account three days later.

About rising to the level of our Monitors, what good is a teacher who knows no more than his pupil? When we do reach the level of our present Monitors we can be certain there will be a "promotion." We automatically lose that Monitor and gain a new one.

We serve a God of progress and advancement. Consider the progress of man from primitive times to the present. The wonders we take for granted are the products of Divine Inspiration. Inventors and others have their Monitors too.

As for Mr. Burks, his experience should be reason enough for him not to become incensed at the criticism of others. He has had the experience. It is his to refer to and to find encouragement in. If Mrs. Burks was able to enjoy as little as two days of perfect health through Spirit healing, I say rejoice and thank God. To have offered to die in order to help others was wonderful.—*Helene B. East, East St. Louis, Ill.*

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