

HYPNOTISM

OR

MESMERISM.

BY

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Society of Psychological Research.*

BOSTON:

ALFRED MUDGE & SON, 24 FRANKLIN STREET.

1888.

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OR

MESMERISM.

PAGE 12, LINE 1. — For “sensitive” read “sensitives.”

PAGE 12, LINE 2. — For “becomes” read “become.” For “is” read “are”

PAGE 12, LINE 10. — For “they become” read “she becomes.”



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CONTENTS.

	PAGE
HYPNOTISM	7
THE MIND CURE AND CHRISTIAN SCIENTIST .	15
DEDUCTIONS SUGGESTED BY THE STUDY OF	
HYPNOTIC PHENOMENA	18
THE THERAPEUTIC VALUE OF HYPNOTISM . .	40

P R E F A C E.

THE several papers contained in this work were written and read at different times during the past four years. They were collected together and given in book form at the request of several of my friends, who were kind enough to imagine they might be of interest to the general public. During the time mentioned the writer has experimented with many hundred subjects of both sexes, representing various conditions of life, and in different parts of the world, and his deductions are such as were suggested by many and careful experiments.

Many people associate hypnotism with spiritualism, or at least attribute the ability of one person to hypnotize another to some unusual power possessed by the operator. It is hoped that after reading the following pages they will recognize it for what it is, viz., a condition which may be induced in some people by perfectly natural means, and which is now recognized and accepted as worthy of careful study and investigation by the leading medical authorities of the world.

C. B. C.

HYPNOTISM.

FOR many centuries traditions have existed of the supposed power of certain individuals to produce sleep in others by placing their hands upon them, looking at them, or touching them with sticks or wands, pieces of metal, etc. These stories have been so changed by repetition that they are worthless to more than simply refer to at the present time; but there is no doubt that many of the magicians and conjurers of ancient times were acquainted with the possibility of producing illusions and hallucinations by the aid of suggestion. It is probable that they really believed that they possessed some peculiar power in themselves whereby they were able to affect certain people, and by its aid they succeeded in performing many of their wonderful bits of jugglery, and produced effects which we know could only have existed in the imagination of their dupes.

As far back as the sixteenth century, we hear of people being put to sleep with the aid of

magnets, but it was not until the time of Mesmer* that any systematic attempt was made to hypnotize people, or mesmerize them, as it was then called. Mesmer claimed to be able to cure all diseases by the aid (as he supposed) of his magnetic power. He does not seem to have understood that it was at all due to the constitutional peculiarity of certain people. His methods of hypnotizing were peculiar and sometimes very objectionable, especially with women,† often exciting severe hysteric attacks in his subjects.

This so-called power of causing people to sleep has been known under different names, such as mesmerism and animal magnetism; but it is now known to be not a power at all as we generally understand that word. No one can hypnotize another without that other being told, or in some way made to suspect, that he is about to be made the subject of an experiment; and if any person is so constituted that he can be hypnotized, he may be hypnotized by almost any one; or he could hypnotize himself, if he wished to do so.

* Anthony Mesmer was born in Germany in 1734. Most of his work was done between 1766 and 1784.

† See Binet and Féré, *Animal Magnetism*, pp. 11-15.

Of course it is necessary to understand how to induce this condition, and certain methods are used much more successfully than others; but any one who cares to try may easily learn these methods, and if he is able to find a person who is susceptible of being easily hypnotized, or a sensitive, as it is generally expressed, he may prove for his own satisfaction the actuality of the hypnotic state.

I wish to say that, in my opinion, nothing could be more deplorable than indiscriminate experimenting, especially by people who are not experts, as there is actual danger connected with some experiments when attempted by an inexperienced person; but while advising you to abstain from practising what I shall explain to you, I wish to remove the veil of mystery which surrounds hypnotism as it is generally understood.

There are several methods of inducing the various stages of the hypnotic sleep. The best way to hypnotize any particular person can only be determined by actual trial.

In my own experiments I have usually employed three somewhat different methods, according to the sensitiveness of the person. Most of my subjects were hired wherever we

could get them. Fully two thirds of the number were women and girls, many of them of questionable character; but, as a rule, girls of the latter class seldom proved to be good sensitives.

Let us suppose that I have several persons here whom I wish to hypnotize, all of whom are perfectly willing to submit to the experiment, but who have never been tried before. Now, if I wish to succeed in hypnotizing any of them, I must make them believe by my manner that I am perfectly confident of succeeding.

If possible, I would first hypnotize a former subject in their presence, so that they may see for themselves that I am able to do what I claim, and so remove all lingering doubts as to my ability. I would then ask them all to close their eyes, resting their heads in an easy position against the backs of their chairs or against the wall. Placing my hand upon the forehead of the first subject, I would rub gently downward, often allowing my fingers to rest softly on the eyelids; continuing this for a few seconds, I would tell the subject sharply that he could not open his eyes. If he could not do so, or if it evidently required an effort for him to succeed, it is probable that he is, or will be, a

good sensitive, and only requires the experiment to be repeated to become entirely tractable to the will of the operator.

Sometimes subjects will fall at once into a deep sleep. To wake them it is only necessary to reverse the movement of the fingers, and to tell them in a loud voice to "wake up." Do not get nervous, and be afraid you cannot wake them, for, even if you do not succeed in waking them, they will gradually pass from the hypnotic sleep into a natural sleep and wake in a few hours without your help. Do not imagine that the passes you make have anything to do with causing the sleep otherwise than by constantly fixing the attention of the sensitive and causing them to expect sleep. There is no magnetic fluid or any such nonsense passing from your fingers into the body of the subject; a low steady sound would do fully as well, if the sensitive was told that the noise would make him sleep. In fact, merely sitting still and expecting something unusual to occur is sufficient to induce the hypnotic state in some people.*

Do not lose your presence of mind, if the

* Dr. Lyman mentions this fact in his interesting work on *Insomnia and other Disorders of Sleep*, p. 216.

sensitive, in coming out of the hypnotic sleep, becomes violent and is evidently not fully awake; talk to them quietly and firmly, and if you do not succeed in calming them, it is often well to rehypnotize them, allowing them to sleep for a few minutes, when, upon again awaking them, you will, in all probability, have no more trouble. Very often a subject will complain of some pain or peculiar sensation, as soon as they become apparently fully awake: she "has no feeling in her left arm"; or she has a headache; or she is cold or warm. All these things are, of course, imaginary, or very temporary, and may be entirely relieved by partially rehypnotizing her for a moment, telling her that upon again awaking the unpleasant sensation will have gone.

Very many good sensitives cannot be hypnotized the first time in the manner described. Suppose, when told that he cannot open his eyes, the subject opens them at once, and smiles at you, saying he felt no sense of drowsiness or nervousness. What then? It is evident that he cannot be put to sleep in that manner, at least without a large number of trials, and perhaps not at all. We must try another way, before we can say that he is not a good sensitive. We

will now place him in a low chair, and I will seat myself directly in front of him, but somewhat higher, so that he has to raise his eyes somewhat to look into mine. I now tell him to look fixedly into my eyes; at the same time I gently rub his forehead, telling him that in a few minutes he cannot keep his eyes open. In a little while, if he can be hypnotized at all, his eyes will close slowly, and he will sleep. The first sleep is usually not very deep, and the subject soon wakes of his own accord; but with a second or third attempt, the sleep is usually so profound as to induce anæsthesia; that is to say, the subject would be entirely insensible to pain, and one of his teeth might be extracted, or a surgical operation performed upon his body, without his feeling it in the least.

Always remember that while in the somnambulic state the sensitive is governed entirely by the suggestions of the operator. It is therefore most important that great care should be observed as to what suggestions are made to the sensitive while in that state. If I hypnotize a person, and command him to jump from a window, he would probably do so without question. The subject is the absolute slave of the operator, for the time being. This being

the case, it is evident that young people, especially young girls, should not permit themselves to be hypnotized, except in the presence of their parents or intimate friends.

Unnatural and contradictory suggestions often affect an hysterical person unfavorably. For that reason a sensitive should never be needlessly excited. For example, if the operator suggests that it is very cold, and the sensitive apparently feels cold, he should not suddenly tell him that it is very warm; he (the operator) should make the transition from imaginary cold to warmth much more natural and gradual.

Above all, never suggest that the sensitive is in any danger or very ill.

Many people are able to hypnotize themselves by looking fixedly at some bright object raised slightly above the line of vision. Such experiments are not to be recommended, however.

Indians and negroes are not usually good sensitives; and I have yet to find the Chinaman whom I could hypnotize. I have experimented with but few of the latter, however.

Before closing my paper I wish to say a few words about what is called

THE MIND CURE AND CHRISTIAN SCIENTIST.

I should not do this did I not know how very few people begin to appreciate the effect of imagination and superstition upon many nervous organizations, especially in women.

That real results have been obtained by those who practise the so-called mind cure cannot be denied without doubting the statements of a large number of honest people; but much of the evidence is negative, and the beneficial results are evidently due to the induction of a phase of hypnotic somnambulism more or less pronounced, and caused by the emotional expectancy of the subject.

But what do these alleged cures consist of? We know that with a little mystery and nonsense the protracted expectation of an hysterical subject may be the cause of inducing in such a subject a phase of hypnotic somnambulism; or, in other words, by various methods and effects, they are partially, or even wholly, hypnotized, which might result in benefiting a patient troubled with certain forms of nervous or imaginary disorders.

A patient tells all her friends that she has

been cured (it is quite probable that there was nothing whatever the matter with her); her story is repeated and enlarged, and before long we hear ridiculous stories of broken bones being healed in a day, and much nonsense of the same character.

That such stories should even be repeated illustrates most forcibly how far the credulity of a non-thinking public may be imposed upon when the pill given them to swallow is coated with an air of mystery and novelty. .

Let me give you an idea of the methods employed by the so-called "doctors," for example. I once called upon one of them and complained of pain in my arm. I was asked to sit down in a chair placed in the middle of the room, while the operator stood just behind me. In a few minutes, he said, "It is feeling better; the pain is leaving you"; he then commenced to walk about, repeating constantly, "It is going," "It is going," and at last he stopped directly in front of me, and said, sharply, "It is gone." I told him that the pain was as bad as ever; and he then informed me that he could not do any more for me at that time.

I am informed that some of those who practise the mind cure walk about the room praying

aloud and calling upon God to alleviate the patient's suffering through them.

It is not improbable that, under such conditions, many women, especially those of a highly nervous temperament, might be positively injured both mentally and physically by the continued repetition of such emotional excitement.

The spectacle of a person striding about and invoking the aid of an unknown power reminds us forcibly of the methods used by the Indian medicine-man, when, decked in skins and horns, and armed with his tin pan, he leaps about the patient's tent, howling and yelling, to drive away the evil spirits which he believes have entered the body of the sick man. We smile at him and his methods. But are the principles involved so very different? Besides, among the North American Indians hysteria and cases of nervous prostration are practically unknown. If he does no good, he at least probably does no harm, and his patients, if they recover, do not in after life need to be sent to an insane asylum for the treatment of a somewhat different malady.

DEDUCTIONS SUGGESTED BY THE STUDY OF HYPNOTIC PHENOMENA.

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THE phenomena of the somnambulistic state are spontaneous during ordinary sleep; but in some people a similar state can be artificially induced by what is known as hypnotism.

Unfortunately, until within a very few years, most people considered the hypnotic state to exist only in the imagination of its supporters, and, when convinced of the fact that such peculiar conditions did undoubtedly exist, immediately attributed them to supernatural agency, or at least to the possession of some unusual power, whereby the mind of the subject was controlled or influenced. Modern investigation has shown the fallacy of such conclusions.

Only certain people can be affected to such a degree as to cause entire insensibility, but many are more or less susceptible; although

some so slightly that they are unwilling to admit being affected at all. In Heidenhain's experiments upon his class it was found that only one in twelve was capable of being affected. Charcot found the average much larger; but his field of investigation was confined in a great degree to women; and the proportion of good subjects is greater among females than among males. My own investigations have shown that about one eighth of the female subjects experimented with were susceptible; but many of these were not what is called good sensitives.

During the past three years the writer has experimented with one hundred and seventy-three persons, and of that number twenty-four were found to be sensitives. Of these one hundred and forty-eight were women and girls, and twenty-three men or boys. Of the former, twenty-two were found to be good subjects, and only two of the latter.

It is not improbable that the antecedent condition favorable to the development of the hypnotic state is an unstable condition of the nervous system. It is well known that continual repetition of experiments with the same subjects renders them still more susceptible.

Very many different methods are used in pro-

ducing the hypnotic state.* A well-known method is that of gently passing the hand downward, smoothing the forehead and temples with the tips of the fingers or with the palm of the hand. Gazing steadily at a bright object placed considerably above the line of vision is sufficient to produce this condition in many people. It is claimed that by merely sitting still, closing the eyes, and thinking steadily that an ailment is about to disappear, or a pain to pass away, is sufficient, in some cases, to produce the desired condition. Here we have an example of what may be known as the mind cure, which, it is claimed, has been so successful with many people, and which, acting entirely upon imagination, produces a state analogous to the higher phases of hypnotic somnambulism. In many cases hysteria, so common with women, can be relieved immediately, if the subject can be hypnotized, by causing her to sleep a few moments. Upon awaking the nervous excitement has entirely passed.

An extreme case, showing the effect of imagination, came under my own observation. A lady who was often afflicted with severe head-

* Several interesting cases are given by Dr. W. B. Carpenter in his *Principles of Mental Physiology*, p. 621.

aches went to a so-called mind doctor, and, according to her statement, was entirely relieved. Several visits followed, whenever the headaches returned, and in each case it is claimed the cure was immediate. On one occasion this lady, being absent from the city, was taken with one of her usual headaches, and telegraphed to the so-called doctor to inquire what she should do to alleviate her sufferings. She received an answer, stating that five minutes after reading the telegram she would be entirely cured. The headache almost immediately left her. Here is a case where the subject has been so used to being influenced, as she supposed, by a certain person, although she would not admit that it was at all due to the imagination, that the mere reading of a telegram stating that she would be cured produced the same effect that concentration of attention would have done in the presence of the operator under different circumstances. This is somewhat analogous to the experiments which I have tried with those sensitives who were thoroughly under control, of telling them that at such and such an hour they would enter the hypnotic state, and impressing upon their minds that I would surely cause them to sleep at the hour mentioned, although at the time I might

be occupied with some other work, and nothing was farther from my thoughts than the person to whom I had made the statement, yet, upon the occasion of our next meeting, he would tell me that the experiment had been perfectly successful, and that he had gone to sleep at the time mentioned, and remained insensible for several hours. Here we have imagination producing all the effects which could be induced by the presence of the operator.

The religious excitement produced in many people at camp-meetings, salvation-army gatherings, etc., is probably another analogous manifestation of an influence due to hypnotic suggestion.

The duration of the hypnotic sleep is very variable in different subjects : some wake within a few moments of the time of being put to sleep, others remain insensible for hours, passing into the natural sleep before awaking.

When it is desirable to wake the subject of an experiment, a reversion of the movements by which the sleep was induced is usually sufficient ; that is to say, let us suppose we have put a person to sleep by a downward movement of the hand, producing a gentle friction on the forehead ; now, to awaken this person, an upward

movement of the hand is sufficient. Here we have a most interesting condition of the mind : sleep was suggested and impressed upon the mind of the individual during the downward passes of the hand ; sleep was associated with the downward passes of the hand. At the moment the upward passes have commenced the mind of the sensitive recognizes something not associated with sleep. In many cases it is sufficient to perform the upward passes without suggesting to the person that he is to wake. Some will not awaken without being told to do so ; but it is not necessary, in producing the hypnotic sleep, to use these upward or downward passes. Generally, after a subject has been repeatedly hypnotized, the simple statement that he is to sleep or that he is to wake will be sufficient.

The hypnotic state is commonly recognized as being separated in to three rather broad types,—the cataleptic, the lethargic, and the somnambulic. In the first the limbs of the subject will remain in any position in which they are placed by the operator ; the skin becomes insensible to feeling, but sight and hearing are sometimes partially present ; while, in the so-called cataleptic state, there is often great rigidity of the

limbs and body. In this condition, if the head of the subject is placed in one chair and the heels upon another, the entire weight of the body will be supported much the same as if it was a wooden figure placed upon two chairs.

The lethargic is represented by apparent insensibility, relaxed muscles, and slow respiration.

In the somnambulic state the senses are exalted in a wonderful degree in certain sensitives. I say *certain* sensitives, because it must be understood that not all hypnotics are capable of entering this state. Many whom I have experimented with are totally unable to remain in the intermediate state between coma and their normal condition; upon being awakened they would immediately come to full possession of their senses, and could not be induced to enter the state desired, but would immediately become insensible upon again being hypnotized.

A number of experiments which have been tried show the exalted sense of temperature, sight, and hearing in a most interesting manner. Take, for example, a dozen coins placed upon the table: the operator takes one up and holds it a moment; then, placing it among the others, the sensitive is told to pick from among the coins

the one which has been held in the operator's hand. He approaches the table, takes each coin in his fingers singly until he holds the one which has been selected by the operator. In three cases out of five, when the experiment was tried with thirteen coins, the subject selected the right one. Here we have a sense of temperature so delicate that the difference in the warmth of the coins was easily appreciated. When four or five of the coins were handled by the operator the subject was at fault, but generally selected one of those five; when one of the coins was picked up by the operator, and four or five others by people in the room, the subject would select any one of the coins touched; when all the coins were picked up by different people, the one held longest, no matter by whom, was selected in one case, and the subject was at fault in two other instances.

Experiments showing delicacy of what is probably visual discrimination in the somnambulic condition are especially interesting. A series of volumes in a bookcase was shown for a moment to the subject, not sufficiently long, apparently, for him to study in any way the arrangement of the volumes. Upon one of these volumes being slightly changed, the sub-

ject was able to distinguish the difference, and point out the volume which had been moved. This experiment succeeded seven times in thirteen attempts, although the change in the position of the book was very slight.

Again: a blank sheet of paper is shown, with one pencil-mark drawn upon it, and the subject is told that there is no line on the paper, but that the operator is about to draw some lines upon it, and wishes him to count them; here the slight irregularities in the line already drawn upon the paper are seen and fixed in the mind of the subject, who, upon being told that it does not exist, associates it with the paper, and, upon the other lines being drawn around it carelessly, will invariably count all the lines except the one originally drawn upon the paper. But if the original line is perfectly ruled, and half a dozen other lines afterwards ruled as nearly as possible to exactly resemble the first, so that the difference between the lines is so slight that it is impossible for the subject to distinguish them, he immediately counts all the lines, including the one originally drawn. Another experiment of similar character was tried with a Mr. R. S. : twelve new lead-pencils were selected apparently alike; one of these

was slightly nicked with a knife near the end, and placed upright upon a marble mantel-piece from which everything else had been removed. Mr. S., who was in a somnambule condition, was told that there was nothing upon the mantel-piece, and to look carefully to satisfy himself that this was so. He replied that he saw nothing upon the mantel-piece. Eleven other pencils were then placed in a row beside the nicked pencil already there. Upon being asked to count the pencils, Mr. S. counted eleven. A ruler was then taken and held in front of the pencils so as to conceal the ends, covering the nick. Mr. S. was again asked to count the pencils, and counted the entire twelve.

Again: if a red wafer be placed upon white paper in sunlight, and the subject told to look fixedly at the paper at the spot where the wafer is, but told that the paper is blank, and that there is nothing upon it, upon being asked if he sees anything upon the paper, the response will always be, "No." Now, snap the red wafer from the paper, and ask if anything can be seen; in most cases the answer will be, "Yes," and the subject will assert that he can see a greenish or a "bluish spot." Here we

have an experiment in which the complementary color, which was not originally associated, as the red wafer was, with the paper, is easily distinguished by the subject, while the suggestion that the red wafer did not exist was sufficient to associate it in the mind of the subject with the paper itself.

All these experiments tend to show the need of suggestion in some way by the operator before any result can be obtained from the sensitive ; that the suggestion may be conveyed by some slight action or manner, so slight, in fact, that it may be entirely involuntary on the part of the operator, is not only possible but probable ; but there must be suggestion.

In some cases the sensitive imagines that such and such an experiment is about to be tried, and the result is the same as if the operator himself had suggested it.

The writer proposes to give his deductions under different headings, which will be followed by a short account of one or more experiments, which are selected from a large number to illustrate what the writer assumes to be reasonable ground for his hypotheses.

(A.) That the peculiar condition which in some people admits of the induction of what is

known as the hypnotic state may be attributed to an abnormal constitution of the nervous system, possibly representing a form of disease.

(B.) That only a comparatively small percentage of people can be hypnotized.

(C.) That the condition is produced entirely by suggestion or association, and that no one can be hypnotized without being first informed, or in some way made to suspect he is about to be made the object of an experiment.

(D.) That the condition may be self-induced.

(E.) That some people, in certain phases of the hypnotic state, are insensitive.

The following experiments are selected as examples of many, which led to the foregoing conclusions : —

Experiment (C, 1). Miss Z., a young lady I had often hypnotized, was introduced to Professor A., and told that he had never tried to experiment with any one, but would like to do so. Miss Z. expressed her doubt as to the ability of Professor A. to make her sleep. Professor A. tried and failed. I then told her that I would draw a glass of water in another room, which, being handed to her, would immediately cause

her to sleep. Professor A. and myself went to another room, where Professor A. drew a glass of water and carried it to Miss Z., telling her I sent it to her. Upon drinking it Miss Z. almost immediately fell asleep.

(C, 2). The same experiment tried with Miss H., except that in this case the brother of the young lady assisted me. Later the brother tried to hypnotize Miss X., but failed; she asserted that he could not do so.

(C, 3). Same experiment, except that I drew the water and took it to Miss X. myself, telling her it was sent to her by her brother, who said that it would make her sleep in the same way as that which I had sent to her previously. Miss X. laughed, and drank the water; no effect.

(C, 4). Miss L. is requested to go into another room and sit down, being told that within five minutes she will go to sleep. At the expiration of five minutes, upon entering the room, Miss L. is found to be asleep.

(C, 5). Miss L. is told by her sister, Miss A., the next day, that I am in the parlor downstairs, and desire to try the experiment of putting her to sleep without seeing her. In a few moments Miss L. sleeps, although I am not in

the house at the time and did not know when the experiment would be tried.

Miss A. tries to hypnotize her sister the following day in my presence, but fails. Tries again when alone with her sister, and fails again.

(C, 6). I called on Miss A. and secreted myself behind a screen in the parlor. In a few minutes Miss L. enters, and seats herself about ten feet from the screen, with her back towards me. She remained about fifteen minutes and then left the room, showing no signs of being sleepy.

(C, 7). A repetition of the last experiment. I waited nearly twenty minutes. No success.

(C, 8). Mr. R. has a servant whom he had repeatedly hypnotized, and invited a number of his friends to see his supposed powers. The girl had been made the subject of an experiment so often that the presence of a stranger in my friend's study when she was called into it would naturally suggest the idea of being hypnotized. Mr. R. claimed that he could make the girl sleep when she did not know that he was trying to do so. Upon being asked to prove this, Mr. R. willingly agreed.

Mr. R. called the girl, whom we will call Mary, into his study, I being present. The

girl entered, and stood near the door, and Mr. R. told her to sit down while he finished a note which he wished her to mail. In a few minutes the girl closed her eyes and became apparently insensible. Upon being questioned, Mr. R. admitted that it was not the usual duty of the girl to mail his letters, and that customarily he would not ask her to sit down. He also admitted that he always tried his experiments with the girl in that room, and generally invited some friend to assist him.

(C, 9). On another occasion Mr. R. was hidden behind a large screen, and Mary was sent for. I asked her to wait until Mr. R. returned, as we desired to try some experiments, and in the mean time to assist me in sorting some colored worsteds, which we intended to use in our proposed experiments; this she did, sorting the colors correctly, and then walked to the window and stood looking out. At the expiration of ten minutes from the time she entered the room she asked me if she could not go and attend to her duties, and be sent for when Mr. R. returned. Mr. R. then came from behind the screen, but accounted for his failure by the fact that Mary's attention was occupied by looking out of the window.

(D, 1). Miss L. was given a silver-plated pencil-case, and told to look at it fixedly for five minutes. She stated that, after looking at it steadily for a short time, it seemed, as she expressed it, to "go away" from her, and she went to sleep, usually sleeping from twenty minutes to three hours.

Similar results were obtained with nine other "sensitives," using coins, the pencil-case, and a pearl-handled pocket-knife. In several of these cases the hypnotic state was not actually self-induced, being, perhaps, the result of suggestion; but in three cases the subject tried the experiment alone, merely from curiosity, having seen or heard of others trying it.

(E, 1). Miss L. was hypnotized and the points of a coil battery applied to her hands, with apparently no sensation and no effect beyond the usual reflex action. Strong ammonia was then held beneath her nose, and a slight contraction of the muscles of the throat was perceptible. Upon waking, Miss L. remembered nothing of what had taken place, but complained of her eyes smarting slightly.

(E, 2). Mr. J. R., being apparently insensible, the lighted end of a cigar was suddenly applied to his left hand, slightly burning the

skin; no apparent discomfort was experienced at the time; upon being awaked he mentioned a smarting sensation in his left hand, and became very indignant when told that he had been burned.

Numerous surgical operations have been performed upon hypnotized persons, perhaps the most interesting of which are some of those described by Dr. Esdaile as having been performed in India, and others recorded in the "Zoist."

It is well known that in those people who are termed "sensitives" the hypnotic condition may be induced by any one whom they believe capable of inducing it.* In many cases people cannot be hypnotized by their relatives, because

* Great care should be taken to avoid being deceived by the subjects into the belief that they are asleep when they may only be in the lighter stages of the somnambule condition, or even entirely simulating. This is especially to be guarded against in paid subjects; and no experiment should be considered of value with any person who has not been thoroughly tested to prove the genuineness of the condition. The battery seems to be the most convenient test, although it is claimed that the apparatus invented by M. Richet for testing the breathing of the subject is the most positive. The points of the wires being placed upon the moistened hands of the subject produce a pain too great to be borne easily, and it leaves no after ill effects.

they believe it to be impossible, and do not concentrate their minds upon the idea that they are about to be put to sleep. I have known a gentleman to fail repeatedly when trying to hypnotize his sister (who was a fine sensitive), but who was perfectly successful with a young lady who did not know him, and believed in his ability to perform the experiment.

In another article, the writer proposes to treat of experiments in producing local anæsthesia, the possibility of benefiting insane people, and investigations concerning post-hypnotic suggestion, which are of too great length to be included in the present paper.

Numerous experiments of much interest have been tried illustrating peculiar phases of the so-called post-hypnotic suggestion. Several of the most interesting cases are given below, without attempting to comment upon the results obtained.

1. Having hypnotized Miss B., she was told to remember three cards, the ace of clubs, queen of diamonds, and four of spades, and when asked to name three cards to mention those in the order given. Upon being awaked, and asked if she remembered what I said to her, she replied that she remembered nothing after

hearing me tell her to go to sleep. An hour later, when the father and mother of the young lady were present, I said I should like to try an experiment in thought-transference, and requested Miss B. to write the names of three cards, and to show them to her father while she stood at the other end of the room. I then told her that the three cards which she had written were the ace of clubs, queen of diamonds, and four of spades. This was correct, except that Miss B. had reversed the order, writing four of spades, queen of diamonds, ace of clubs. Miss B. assured her father that I had never mentioned a card to her, and she was apparently as much surprised as any one at my success.

2. I hypnotized Miss B., and told her to take a key which I gave her, and secrete it somewhere in the house. After she had hidden it she was to return, seat herself in the same chair which she then occupied, and immediately go to sleep. Miss B. took the key, and, rising, walked slowly to the door, and went up the stairs to the floor above. In a few minutes she returned, and, seating herself in the chair, sighed, and almost immediately became apparently insensible. I then awoke her, and asked if she

knew where she had hidden the key. She remembered nothing, and refused to believe she had gone up the stairs. Several days afterwards I hypnotized Miss B. in the same room, and told her to get the key which she had hidden. She rose, and went up the stairs. We followed her and saw her enter a room, and go directly to a small table on which stood a case of cut-glass perfume bottles. One of these she turned upside down, and out dropped the key into her hand. Miss B. again descended and seated herself, holding the key in her hand, and almost immediately went to sleep.

3. Miss M. and Miss B. were hypnotized, and told that upon the following day at five o'clock they would write letters to each other. This experiment failed, as neither wrote to the other; but Miss M. went to Miss B.'s house at about that time.

4. Miss E., after being hypnotized, was told that when I seated myself in a chair she would see her sister enter the room and would say to her, "Why, Bertha! how did you come here?" After waking her I stood for some time leaning against the mantel, conversing with Mr. R. H. and Miss E. Upon eventually seating myself in a chair, Miss E. started, and

looked fixedly at the door. She then rose, and moved slowly towards the door, saying, "Why, Bertha!" she said no more, but staggered, and would probably have fallen had I not assisted her. For some time after she was again seated she seemed to be terrified at something, covering her eyes and trembling. She was made thoroughly awake, and asked what was the matter. Miss E. remembered nothing of her sister Bertha, but distinctly remembered a dreadful dream, in which she thought she saw her sister's child being run over by a railroad train.

5. Miss E. was hypnotized, and told that when she awoke, after I had turned over eleven pages in a book, she was to cross the room and light a candle which was upon the mantel-piece. Shortly after I awoke her, and she conversed with Mr. R. H., while I looked over a book at the other end of the room. I turned the pages slowly, and upon turning the eleventh Miss E. partly rose, but reseated herself, seeming not to notice what was going on about her, and with her eyes fixed upon the candle. She sat for more than a minute, clasping and unclasping her hands and looking furtively at the candle. I asked her what she was thinking of, and she blushed and hesitated, but finally said that she

could not imagine what made her think of such a silly thing, but that she had had when she partly rose a great desire to light the candle opposite to her, and, although she knew we must think her crazy, she still had the desire stronger than ever. Would we mind if she lighted it? The candle was taken to her, and she lighted it, laughing as she did so.

THE THERAPEUTIC VALUE OF HYPNOTISM.

[READ BEFORE THE SECTION OF NEUROLOGY OF THE NEW
YORK ACADEMY OF MEDICINE, OCT. 12, 1888.]

It gives me much pleasure to come before you this evening to present to you my views on the therapeutic value of hypnotism, and also to make a few remarks regarding its forensic aspects.

Unfortunately I received the invitation of your chairman at so late a date that I am unable to discuss the question as fully as I could have wished, as the time was too short to allow me too look up and refer to many cases I should have liked to have cited in support of my arguments. I shall, therefore, in the brief paper which I bring before your consideration this evening, make no attempt at any exhaustive treatment of the problems that arise in those groups of the hypnotic phenomena to which I may call your especial attention.

I will not concern myself here directly with the commoner aspects of the so-called hypnotic

trance, with their many practical methods of production, or with the various hypotheses offered in explanation of the phenomena. We know that certain groups of facts are well established,—the actuality of the hypnotic trance, the existence of strongly marked different phases, such as the cataleptic, the lethargic, and the somnambule, the occurrence of anæsthesia, entire or local, the subsequent loss of memory, partial or complete, of what transpires in the hypnotic state, the exaltation, in some cases, of the ordinary senses, the susceptibility of illusions and hallucinations, the so-called post-hypnotic suggestion, etc.

But it is hypnotism as a therapeutical agent that we have in the first instance to consider, and I may begin by referring to the opinion which I expressed in a brief article published in No. 3 of the Proceedings of the American Society for Psychical Research, viz., that "it is not improbable that the antecedent condition favorable to the development of the hypnotic state is an unstable condition of the nervous system" (p. 236); or, in other words, "that the peculiar condition which in some people admits of the induction of what is known as the hypnotic state may be attributed to an abnor-

mal condition of the nervous system, possibly representing a form of disease."

If a subject is healthy except for the liability to pass into the so-called hypnotic trance, and if this liability represents an unstable constitution of the nervous system, it would seem as if it were wise to refrain from experimenting with him, on the ground that every subjection to the trance intensifies that instability of the nervous system which originally made the trance possible; for "it is well known that continual repetition of experiments with the same subjects renders them still more susceptible" (p. 237).

It does not, however, seem to be the general opinion of experts that the mere occasional hypnotizing of an otherwise healthy person is injurious to such person; and this introduces a first question that meets us, and suggests at the same time a division from the point of view of which we may most conveniently consider the therapeutical value of hypnotism.

Assuming, for the present, that the mere hypnotic sensitiveness is not in itself a derangement, we have to deal with, —

1. The effect of the hypnotic trance pure and simple upon sane and healthy persons.

2. The effect of the hypnotic trance upon persons who are in some abnormal state, who are unhealthy, in the broad sense of the word, or insane. Here we may have to distinguish between the direct effect of the trance as such and the effects indirectly wrought by *suggestion*.

As regards (1) the effect upon some healthy persons of ordinary experiments in the hypnotic trance, my own experience has been that no harmful results accrue, as far as I have been able to discover, unless the time for experimenting is protracted and the experiments are made daily. Thus, one of my subjects, after being hypnotized several evenings in succession, my experiments lasting from two to three hours each evening, complained of insomnia during one or two subsequent nights. The same result followed on other similar occasions, and appeared to be due to the too frequent induction of the hypnotic coma. No unpleasant results were experienced by the same subject when hypnotized one evening each week. Whether the same effect would have followed if I had merely hypnotized the subject, and waked her from the trance without trying special experiments, I cannot say. I may remark here that we should expect the indiscriminate experiment-

ing, if such a word is not too dignified, which may sometimes be seen on the public platforms of travelling "mesmerists," to be productive of harm; but cases have come under my notice of sensitive subjects who have been repeatedly, night after night, the chief actors of the most ludicrous performances, obeying the suggestions of their hypnotizer, to the amusement of crowded audiences, and yet to all appearance they have suffered no ill effects in consequence.

As regards (2) the effect of the hypnotic trance upon persons in an abnormal state, we might say generally that, so far as we know at present, it may be beneficial in cases of nervous disorder where there is no material lesion. As a temporary relief and as a possible permanent restorative, the artificial sleep produced by the hypnotizer would, in some cases, be of value in medical practice. I have used it with success in different forms of neuralgia; but it is difficult to disentangle the results depending on the artificial sleep itself and those indirectly due to *suggestion*, which is the key-note of hypnotic effect, and upon which the therapeutics of hypnotism must chiefly rest.

In cases of hysteria, epilepsy, with contractions and paralysis, dipsomania, and allied

habits, and even of insanity, beneficial results appear to have been obtained by suggestion. The primary difficulty, of course, is that of hypnotizing the subject. People suffering from sea-sickness may be entirely relieved if they can be induced to enter the hypnotic state.

I have experimented with insane subjects in several instances, but in only one case was I able to produce any signs of the hypnotic trance. The patient in this case was a woman of about twenty-five years of age, who refused to eat because she believed she was commanded by a spirit not to do so. She was affected to the extent only of becoming sleepy, and there were no clear indications that the sleepiness was of a hypnotic character. She was commanded, however, in that state to be willing to take food. This command was productive of some result, with corresponding benefit to the patient.

The following case I quote from an article in Part XL. of the "Proceedings of the English Society for Psychical Research," by Mr. Myers (p. 505), taken from the *Annales Medico-Psychologiques*: —*

* *Annales Medico-Psychologiques*, 1884, Vol. II., p. 289, *sqq.* The case was rediscussed at the last meeting of the French Association for the Advancement of Science.

"In the summer of 1884, there was at the Salpetriere a young woman of a deplorable type. Jeanne Sch—— was a criminal lunatic, filthy in habits, violent in demeanor, and with a life-long history of impurity and theft. M. Auguste Voisin, one of the physicians on the staff, undertook to hypnotize her on May 31, at a time when she could only be kept quiet by the strait-jacket and *bonnet d'irrigation*, or perpetual cold douche to the head. She would not, indeed, she could not, look steadily at the operator, but raved and spat at him. M. Voisin kept his face close to hers, and followed her eyes wherever she moved them. In about ten minutes a stertorous sleep ensued; and in five minutes more she passed into a sleep-walking state, and began to talk incoherently.

"The process was repeated on many days, and gradually she became sane when in the trance, though she still raved when awake. Gradually, too, she became able to obey in waking hours commands impressed on her in the trance, — first, trivial orders (to sweep the room, etc.), then orders involving a marked change of behavior. Nay, more: in the hypnotic state she voluntarily expressed repentance for her past life, made a confession which involved more evil

than the police were cognizant of (though it agreed with facts otherwise known), and finally, of her own impulse, made good resolves for the future. Two years have now elapsed, and M. Voisin writes to me (July 31, 1886) that she is now a nurse in a Paris hospital, and that her conduct is irreproachable. In this case, and in some recent cases of M. Voisin's, there may, of course, be matter for controversy as to the precise nature and the prognosis, apart from hypnotism, of the insanity which was cured. But my point is amply made out by the fact that this poor woman, whose history since the age of thirteen had been one of reckless folly and vice, is now capable of the steady, self-controlled work of a nurse at a hospital, the reformed character having first manifested itself in the hypnotic state, partly in obedience to suggestion, and partly as the natural result of the tranquilization of morbid passions.

"M. Voisin has followed up this case with others equally striking, into some of which a committee of the *Société Médico-Psychologique* is now inquiring.* And M. Dufour, the medical

* I have myself seen Dr. Voisin successfully hypnotize a melancholic patient who was in a state of extreme — it might have seemed of hopeless — restlessness. (Myers l.c.)

head of another asylum, has adopted hypnotic suggestion as a regular element in his treatment. 'Des a present,' he says, 'notre opinion est faite : sans crainte de nous tromper, nous affirmons que l'hypnotisme peut rendre service dans le traitement des maladies mentales.' As was to be expected, he finds that only a small proportion of lunatics are hypnotizable, but the effect produced on these, whether by entrancement or suggestion, is uniformly good."

In the *Revue de L'Hypnotisme* for May, 1888, M. Voisin gives, among other cases, instances of amelioration of a patient suffering from *lypemia with ideas of suicide*, and of the cure of a patient suffering from *lypemia with hallucinations*, by means of hypnotic suggestion. The command given in the hypnotic trance, to sleep naturally, to be calm, not to become angry, to put on a special costume, etc., is fulfilled in the waking state. Other analogous cases are reported in the same review, but I should occupy too much of your time were I to include them in the present paper. Cases like these are enough to show how profound must be that susceptibility to impressions which takes up the commands of a moment, prolongs them through the subsequent

waking state, and revolutionizes the habits of years.

Not less striking as an illustration of the persistent power of hypnotic suggestion is the following case* (Part XL., Proc. English S. P. R., 508) :—

"An hysterical patient in the hospital of Bordeaux suffered recently from a malady which was certainly not imaginary. She had a 'phlegmon,' or inflamed abscess, as big as a hen's egg, on the thigh, with excessive tenderness and lancinating pain. It was necessary to open the swelling, but the screaming patient would not allow it to be touched. Judging this to be a good opportunity for testing the real validity of deferred hypnotic suggestion, Dr. Pitres hypnotized the woman, by looking fixedly in her eyes, and then suggested to her that *after she had been awakened* she would allow the abscess to be opened, and would not feel the slightest pain. She was then awakened, and apparently resumed her normal state. M. A. Boursier proceeded to open and squeeze out

* First given in the *Journal de Medicine de Bordeaux*, and cited in length in Dr. Berillon's *Revue de L'Hypnotisme* for September, 1886. Professor Pitres's name, I may add, carries great weight in the French medical world.

the abscess in a deliberate way. The patient merely looked on and smiled. She had no recollection of the suggestion which had been made to her during her trance, and she was not a little astonished to see her formidable enemy thus disposed of without giving her the slightest pain."

It would truly be hard to assign the limits to this power of suggestion, and doubtless whatever of remarkable fact may be found in the alleged *mind cures*, or in the miracles of healing wrought by the relics of the Holy Cross, or at the tombs of saints, is traceable to a sensitiveness to suggestion parallel to that which we find so fully developed in the hypnotic state.

But now, it will be said, if this power is so potent for good, will it not also be potent for evil? Should not steps be taken to prevent its use by the inexperienced or the malevolent? And how are we to detect the principal in a crime accomplished by the instrumentality of an unconscious subject who has merely obeyed the injunctions of his hypnotizer?

Take, for example, the cases described by Mr. W. A. Croffut in the *North American Review* for August, 1888 ("The Open Gate of Dreamland," by W. A. Croffut, *North Amer-*

ican Review, August, 1888): "I filled out a check on the Lincoln Bank of New York City with the sum of one hundred thousand dollars, and then, producing a genuine signature of Cornelius Vanderbilt, I induced him to imitate it with great accuracy in a signature at the bottom of the check, my arrangement with him being that he should have one half of it when collected. I suggested that I would collect it and then rejoin him; but he was too shrewd and suspicious for that." I do not see why a depredating person might not thus make use of an innocent accessory to complete a felony.

"At another reception I was more successful in the matter of burglary. I made private arrangements beforehand with a neighbor half a block off, who concealed a plethoric pocket-book in a bureau drawer up-stairs, then locked the bureau, the room, and the house, and brought me the three keys. When I had mesmerized my agent, I told him he was the famous robber Dick Turpin, and that I had a job for him. I called his attention to the fact that he was on the earth, and must look out where he stepped. I told him where the house was, and described it minutely. I made a diagram of the interior, of the stairs, the room, and the bureau, gave him

the keys, and introduced to him a 'pal,' who would keep watch. He asked if there were any dogs. I reassured him on this point, gave him an imaginary revolver, and started him off. I requested some gentlemen to follow him, to see that no harm befell him, among whom were General Greely, Senator Renna, and W. E. Curtis, the well-known journalist. He went to the house, skirmished slyly about it, and finally unlocked the door, groped his way up the front stairs, unlocked the room and the bureau, and got the wallet. Then he began to exceed his instructions, by plundering the house. His accomplice argued the matter with him, and finally induced him to desist from his purpose and start to return. But when once on the street, he resolved to run away and enjoy the whole of the booty himself. "What's the use of going back to divide?" he petulantly asked. Only after another argument and some show of force was he got back to my house. He came in noiselessly, but with triumphant air, and demanded three quarters of the spoil, which I gave him on the spot, — at least to his satisfaction. He left the bureau open, but locked the doors on leaving. On being restored to himself he knew nothing of his adventure."

Page 203 : "I have seen a mesmerized man driven to despair by the suggestions of the operator (Dr. George M. Beard), seize a revolver, which he could not have known was unloaded, utter a frantic prayer, aim the weapon at his heart and fire, dropping to the floor an inert mass. He recovered after a while, but it was a perilous experiment."

Or take the following cases, which I quote from Part X. of "Proceedings of the English Society for Psychical Research" (pp. 9, 10) :—

"Professor Liegeois, whose specialty is medical jurisprudence, has taken much pains to induce Dr. Liebeault's patients to commit a number of crimes, as murder, theft, perjury, etc., and has made them give him receipts for large sums of money which he has never really lent them. I abridge a passage from his careful and conscientious tractate :—

"I have spoken of my friend M. B., a former magistrate. I must accuse myself of having endeavored to get him murdered, and this, moreover in the presence of the *commissaire central*, of Nancy, who witnessed the occurrence.

"I provided myself with a revolver and several cartridges. In order to prevent the subject—whom I selected at random from among the

five or six somnambules who happened to be at M. Liebault's house on that day — from supposing that the thing was a joke, I charged one of the barrels and fired it off in the garden, showing a card which the ball had pierced. In less than a quarter of a minute I suggested to Mme. G. the idea of killing M. P. by a pistol shot. With perfect docility Mme. G. advanced on M. P. and fired at him with the revolver. Interrogated immediately by the *commissaire central*, she avowed her crime with entire indifference. 'She had killed M. P. because she did not like him. She knew the consequences. If her life was taken she would go to the next world, like her victim, whom she saw (by hallucination) lying before her, bathed in blood.' She was asked whether it was not I who suggested to her the idea of the murder. She declared that it was not so, that she alone was guilty, and that she would take the consequences." (It had not been suggested to her that her act was due to *suggestion*.)

"Similarly, Mlle. A. E., a very amiable young person, was made by Professor Liegeois to fire on her own mother with a pistol, which she had no means of knowing to be unloaded. She was also made to accuse herself before a *juge d'in-*

struction of assassinating an intimate friend with a knife. When she thus accused herself she appeared to be in a perfectly normal waking state. And even the most *bizarre* actions, performed under suggestion, *look* perfectly spontaneous when the subject carries them out. The action may be *deferred* for hours or days after the suggestion is given. Professor Liegeois gave to M. N. a paper of white powder, informing him that it was arsenic, and that upon his return home he must dissolve it in a glass of water and give it to his aunt. In the evening, a note from the aunt arrived as follows: 'Madame M. has the honor to inform M. Liegeois that the experiment has completely succeeded. Her nephew duly presented her with the poison.'

"In this case the culprit entirely forgot his action, and was unwilling to believe that he had endeavored to poison a relative to whom he was much attached."

Professor Beaunis cites an instance of deferred hypnotic suggestion which was fulfilled at the appointed time, five and a half months later. It is, in fact, clear enough that hypnotic subjects—some of them at least—can be induced to perform criminal acts, not only while in the

hypnotic trance, but long afterwards. As an instance where crime was deliberately perpetrated upon a hypnotic subject, I may refer to a case which occurred in 1865, cited by Bernheim (*de la suggestion et de ses applications a la therapeutique*), from Despiue, where a beggar named Castellan, crippled in both legs, hypnotized an irreproachable young woman twenty-six years of age, took advantage of her, and induced her to follow him. The beggar was soon afterwards tried, confessed his guilt in detail, and was sentenced to twelve years' hard labor.

I have no doubt that violent crimes might be perpetrated on hypnotic subjects without their knowledge or conscious participation, that hypnotic subjects might be induced to commit crimes, — either in the hypnotic state, or afterwards, owing to post-hypnotic suggestion, — from perjury up to murder. The medico-legal questions which arise are, as you are aware, the subject of much discussion in Europe, and an interesting chapter — "Hypnotism and Responsibility" — is devoted to this in Binet and Féré's book on "Animal Magnetism." The ways there touched upon "in which hypnotism might come into contact with the criminal law" are well

epitomized by the late Mr. Edmund Gurney, as follows (Part XL., Proc. English S. P. R., p. 554) :—

"(1.) Some one may profess to have been subjected to injury while in the hypnotic trance, a profession which may be true, or deliberately false, or due to a deluded imagination, or the result of hypnotic suggestion, which has either caused him to see something which was not fact, or to fail to see something which was fact. (2.) Some one may have been subjected to injury in the hypnotic trance, but, owing to post-hypnotic oblivion, may be unable, in a normal state, to bear witness to the fact. (3.) Some one may have been instigated to commit a crime, either during the hypnotic trance or afterwards, by a command impressed during a trance. (4.) Some one may make a false confession of a crime, under the influence of a previous hypnotic command."

It is significant that Dr. Liegeois has made experiments to show that by suggestion, persons can be induced to commit crimes both during the hypnotic state and *afterwards*, to forget what they had done, and also to forget the instigator, and in perfect good faith to accuse others of the crimes.

It may be said that the person who pleads hypnotization can be hypnotized again, in which case the memory of preceding hypnotic states, if any, would revive, and the truth be extorted by questioning. This might be so in ordinary cases. But it may be that the criminal hypnotizer suggested to his subject not to pass into the hypnotic state again, to forget that he was ever hypnotized, and to forget the hypnotizer; and such an injunction, so far as I yet know to the contrary, *might* take effect.

An instance which came under my personal observation is, perhaps, worthy of mention in this connection. I had been in the habit of occasionally hypnotizing a young lady of my acquaintance. One evening a gentleman who was present desired to try the experiment. I suggested to the young lady while she was in a somnambulic state that no one could ever hypnotize her again. I then awoke her, and several people attempted to rehypnotize her, but failed, and I myself tried for several minutes, with only partial success. I succeeded in hypnotizing her a few days afterwards, but only after repeatedly saying, that, as I had made her sleep before, I could, of course, do so again. As Binet and Féré remark (p. 370) : —

"The expert has not to decide upon the reality of a fact of suggestion, but on its possibility, and in order to do this he must establish by experiment the fact that the phenomena under dispute can be reproduced in a given subject by means of a hypnotic suggestion."

But in the case which I have supposed, the expert might be entirely baffled by the impossibility of producing the hypnotic state at all in the subject on whose behalf hypnotization has been pleaded; or, the hypnotic state may be produced, but the subject, owing to command of the previous hypnotizer, may answer untruly. In brief, to make our knowledge on questions of this kind reliable, much experimental work needs to be performed, which must be regarded as venturesome, and which will require very careful manipulation.

Should knowledge of the practical methods of hypnotism become common, it is not improbable that suggestion will frequently be used for criminal purposes; and this leads me to say that popular exhibitions of hypnotism are likely to be injurious, and should be condemned; so, likewise, should any indiscriminate hypnotizing which springs out of mere idle curiosity. If it should ever be found advisable to legislate on

the subject, the right of hypnotizing should be restricted to experts. Doubtless the time will come when a detailed knowledge of hypnotic phenomena will form a part of the regular medical curriculum, though at present there is so much dispute concerning them among specialists themselves. In the mean time, while the possible misuse of hypnotism is to be dreaded, its beneficial effects ought to be recognized and utilized much more widely, and I should go still further in recommending its investigation by physicians than Binet and Féré, who say ("Animal Magnetism," pp. 376, 377) : —

"Since the possibility of curing a certain number of nervous diseases by means of hypnotism is established, it cannot be disputed that physicians are justified in making use of it, under the same reservation as any other methods of therapeutics. The physician's responsibility is diminished if he has to treat an affection which would not yield to other measures, if he has obtained the consent of his patient and the concurrence of the patient's friends, and, finally, if he can show that he has acted prudently, with due consideration of the danger incurred by the patient, and with proper precautions against these risks."

In closing my remarks, I wish to express my thanks to Mr. Richard Hodgson for much kind information and assistance in the preparation of the present paper.