

THE JOURNAL OF *Hypnotism*

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HERBERT CHARLES

IN THIS ISSUE

**INSTANTANEOUS HYPNOSIS
THE THERAPEUTIC VALUE OF THE HYPNOTIC SITUATION
HYPNOTISM AND SPORTS
MENTAL MAGIC**

The Story of

HYPNOTISM

ROBERT W. MARKS

As entertaining as a seance and sound as science can make it, this lively book covers every aspect of hypnotism: its lurid history, from Mesmer's magnets to Freud's psychoanalysis; its role in the realm of spiritualism and mass hysteria; its practical medical use today.

What is hypnosis? A magic spell, sleep, dangerous trance, or simply hyper-suggestion? Can anyone hypnotize or be hypnotized? Could a Svengali enslave you, make you act against your will, endow you with talent, change your personality, cure fears and diseases? What's the latest word of science on this most mysterious of psychic processes?

The author answers these questions with data from recent psychological experiments, but always his emphasis is on the human side of hypnotism. Entertaining case histories illustrate the power of hypnosis to anesthetize the subject and make him do crazy things by post-hypnotic suggestion. Biographies of pioneering hypnotists point up the professional persecution and popular adulation that followed their sensational feats. The history of hypnotism, with its weird origins in the ecstasy cures of Dr. Mesmer, is packed with human drama right up to the time Freud abandoned hypnosis for reasons which for the first time are fully described here.

After explaining the nature of hypnotic phenomena and their effects on the individual, Robert Marks turns to the extra-ordinary influence of mass suggestion on society in general. Chapters titled "The Secret of Faith Cures," "Mysticism and Ecstasy," "Hypnotism and the Spirit World," "Mass Suggestion, Hypnotism, and Hysteria," abound with amazing stories of the mass manias that since the dawn of civilization have worked to turn sober citizens into hysterical beasts.

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Hypnotism Comes Of Age

**By BERNARD WOLFE and
RAYMOND ROSENTHAL**

In the psychiatric emergency created by the Second World War hypnotism made a spectacular comeback as a medical technique. Thousands of "combat fatigue" cases—mental and neurotic casualties—were cured by psychiatrists using hypnotism as a central feature of their therapy. Reading these medical front headlines, the layman found himself asking a host of exciting and age-old questions.

Can the "average" person be hypnotized? Is it a sign of weakness of character to succumb to hypnosis? It is true that the hypnotic subject might never wake up? Will a person carry out a hypnotic suggestion that runs counter to his whole way of thinking and acting in normal waking life? Can he be made to commit a crime while under hypnosis?

Bernard Wolfe and Raymond Rosenthal answer all these and many other questions. They have summarized the latest results achieved with hypnotism in both the psychologist's laboratory and the psychoanalyst's consulting room. As a result of this scientific teamwork, the nature of hypnotism is being subjected to a microscopic investigation. Some theorists call it an altered physical condition; others see it as a unique interpersonal relationship. Perhaps it is both.

In particular, the book explores the new partnership which has sprung up between hypnotism and psychoanalysis. Illustrating their points with a wealth of fascinating case histories taken from the daily practice of psychiatrists, Wolfe and Rosenthal present the first popular account of the new hypnotic therapies—hypnoanalysis and narcosynthesis—and show how these techniques provide a short-cut cure for neurotic illness.

Finally, in a roundup survey of the most recent research projects, the authors indicate the wide-open future of modern hypnotism. Psychological experimentation, anesthetics, psychosomatic medicine—these are some of the varied fields in which hypnotism can be expected to develop in the coming period.

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Vol. 1 January 1952 No. 5

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Editorial

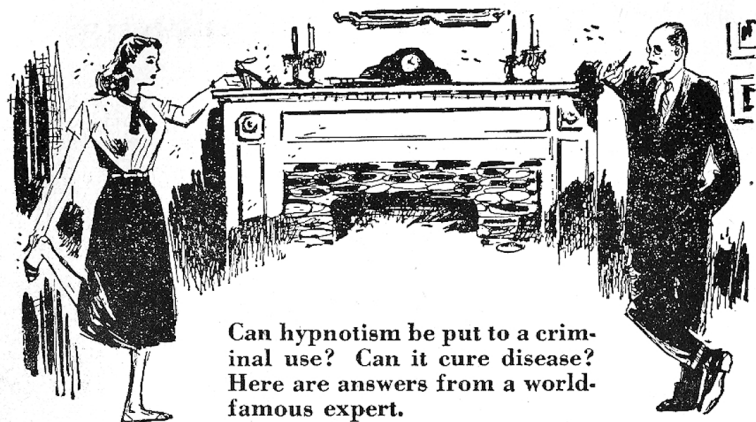
With this issue we go into 1952. We are planning many improvements for the JOURNAL. We have an artist at work on a new two color cover and the entire magazine is being redesigned. These last few months have proven that we have the support of thousands who are interested in hypnotism and who want a magazine devoted entirely to the subject.

As this is being written we are installing new automatic addressing equipment. The names of all subscribers are being cut on stencils and these will be arranged geographically and alphabetically. This will speed up our mailing and lower our cost. (Note: When notifying us of change of address please be sure to tell us your OLD as well as your NEW address). We are also getting ready to apply to the post office for second class mailing entry. This will lower our postage costs quite a bit. The savings on the above will permit us to give you a much larger magazine. Little by little we are building up a back log of material and will start increasing the number of pages very soon.

The new DIRECTORY OF HYPNOTISTS starts with this issue but we do not yet have many listings. This DIRECTORY can be of vital service. No day ever passes without our getting letters from readers asking how they can locate a hypnotist near them. Use this DIRECTORY to let people know where they can contact you. We are also getting many letters from people who are seeking instruction in hypnotism. This morning's mail brought in letters from readers in Boise, Idaho; Galveston, Texas; several from Pennsylvania, another from Oklahoma asking who teaches near them. We simply do not know of instructors near these people though there may be someone. Moreover, we are so swamped with mail we find it difficult to cope with these inquiries. It is easy for people to contact the instructors who are listed in the JOURNAL. If YOU teach hypnotism, why not let interested prospects know about it?

Actually, the established schools have all been reluctant to cooperate in the distribution of the JOURNAL in spite of the fact that such distribution would help them since the Journal is certainly

(Continued on page 22)



Can hypnotism be put to a criminal use? Can it cure disease? Here are answers from a world-famous expert.

MENTAL MAGIC

By JUAN H. McBROOM

Note: This fascinating article is being reprinted, with permission from FATE MAGAZINE, 1144 Ashland Avenue, Evanston, Ill. FATE has shown a very genuine interest in hypnotism and almost every issue has an article on the subject.

Although it sounds ridiculous to say it, many people even today believe that hypnotism is allied to the Devil himself; that a man who hypnotizes has some intimate relationship with his Satanic Majesty. The incredible mass of misinformation which exists in the mind of the public may be largely laid at the doorstep of uneducated and misinformed writers on the subject whose only desire is to create a sensation.

Among these most popular and misconceived prejudices is the belief that the brain power is destroyed and the intelligence is weakened by hypnosis. Others believe that a good hypnotic subject must necessarily be of lower intelligence than the hypnotist. There is no evidence to support these viewpoints. In many cases I myself have been able to increase subjects' will power and to develop talents which heretofore had been dormant. Many of my best subjects have been persons of high intelligence.

Among other popular misbeliefs is the idea that a hypnotist in some cases may take advantage of his subject and cause him to perform an immoral or dishonest act. Many sensational stories and articles have been written and based on this theme. Years of investigation by

competent medical men and psychologists have shown that it is very difficult, if not impossible, in spite of the tremendous power of hypnotism, to change a person's fundamental moral viewpoints.

Statements have been made to the effect that hypnotism may be put to criminal use; that the subjects may be compelled to do things that they would not do in their ordinary waking state and that later they will forget that they did these things. It has also been stated that people may be hypnotized and told that some time in the future they will perform a certain deed; that when the time comes, the deed will be carried out without the subject knowing why he did it.

It is true that many subjects may be made to perform certain actions following their awakening from hypnosis without remembering or knowing why. This is known as post-hypnotic suggestion. Herein lies much of the effectiveness of hypnotic therapy. However, this phenomena has its limitations and the accumulated data of experiments made over the past 100 years indicates that it cannot be used to injure the subject either mentally or physically.

One or two illustrations will illustrate post-hypnotic phenomena. In one case a young woman was hypnotized and told that, after she had been

(Continued on page 19)

Hypnotism by Telephone



The above photo shows Jini Shea, Boston model, in a deep trance, having been hypnotized over the phone by Dr. Rexford L. North. Tom Riley, feature reporter on the Boston American, is shown pinching her right arm which has been made completely anesthetic through Dr. North's suggestion. Miss Shea and Mr. Riley were photographed in the offices of the BOSTON AMERICAN while Dr. North was several miles away at the other end of the phone in his office at 30 Huntington Avenue. The experiment was especially remarkable because Dr. North is totally deaf and could not hear what was going on at the newspaper office. He talked over the phone to induce the trance and gave Miss Shea all suggestions for experiments in anesthesia, amnesia and a positive hallucination while someone else had to give him written notes to keep him informed on what was going on and what was being said over the phone from the newspaper office.

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Somnambulist Resists Improper Suggestions

By Libbie Volpie, Assistant at Dewey Deavers Studio

(This is a factual account of a genuine, non-laboratory hypnotic test, which may help to answer some questions in Herbert Charles' article, *Man Loses Savings—Hypnotism To Blame?*, in the July issue of the Journal of Hypnotism).

By a coincidence, at about the time this article was published, we had at the Dewey Deavers Studio in Pittsburgh, an attempted abuse of hypnotic power, to cause a subject to act contrary to her own interests. This attempt was unsuccessful. The conditions of this were so extraordinary that I think Mr. Charles' requirements will be more than satisfied. Everything can be substantiated by several independent witnesses.

This is what happened: A young woman, in the deepest stage of somnambulism, was approached by an unscrupulous hypnotist, without the knowledge of the operator in charge. The suggestion was given, "Whenever you look into my eyes, you will do whatever I tell you to do." A few minutes later, she was awakened from the trance. The unscrupulous operator then approached her again, told her to look into his eyes, and commanded her to get into his car. She refused to do so.

I will give a detailed report of how this occurred. But first let me point out the remarkable factor in this case. Here an unscrupulous hypnotist had an opportunity to reach a somnambulist **who is already in a deep trance**. Yet his suggestion is rejected because the subject senses that it is undesirable.

Here is the story:

On June 16, 1951, Mr. Dewey Deavers gave a demonstration of somnambulism for his students and clients. The subject, Marjorie Antonini, has been hypnotized by Mr. Deavers before, both for therapeutic purposes, and for demonstration. Her husband, Robert Antonini, has performed in shows staged by Mr. Deavers. He is hanged, using a genuine gallows and rope, but prevents any injury by a post-hypnotically induced catalepsy of the neck muscles. Even the four year old son of the Antoninis has been hypnotized by Mr. Deavers. I mention this to show that the subject has absolute confidence in Mr. Deavers, and no inhibitions whatever against hypnotism. She is normally a deep somnambulist, completely responsive.

On this occasion, one stranger was present. He is a professional man in good standing, who is an ardent amateur hypnotist. He had just recently come to Pittsburgh, and was eager to meet hypnotists here. As a courtesy, he was invited to this demonstration, which invitation he was soon to abuse.

Mrs. Antonini was hypnotized, and put through all the somnambulist routines: - catalepsy; automatic motion; anaesthesia; hallucinations - both positive and negative - of sight, sound, touch, temperature, etc.; regression to the age of four, and many other phenomena. Then the climax suggestion was given: - That we were all going to a restaurant and that she would go along, remaining in a trance. Her behavior would be normal in every way. The pupils of her eyes would be normal, she would watch out for traffic, take care of her child, order her own food, and carry on conversation in a normal way with members of our party.

The entire group then went to a nearby restaurant, Mrs. Antonini in a profound trance, but acting and talking normally. While we ate, members of the group tested Mrs. Antonini in various ways, and were satisfied both as to the depth of trance, and the normalcy of response.

Mr. Deavers then circulated among the group, to be sure that all had had an opportunity to test Mrs. Antonini for themselves. In the few minutes that this was going on, the unscrupulous operator, Mr. sat down next to Mrs. Antonini, and asked several personal questions, such as where she lived, where husband worked, etc. She became very disturbed, although she had answered similar questions freely to others. Apparently, she sensed a sinister motive in this man. Mr. then made the suggestion: "Whenever you look into my eyes, you will do exactly what I tell you to do." He then told her to wake up. We learned later that he believes a post-hypnotic suggestion cannot be remembered if the subject awakens immediately after it is given.

Mr. Deavers returned to find Mrs. Antonini very agitated, while Mr. was giving contradictory suggestions to

(Continued on page 16)

Behind the Curtains

By FRANK GRAHAM

We have been getting many many letters from readers indicating that hypnotism is becoming more popular daily. We wish that we could print all of your photos and news but space limitations hold us back. Keep sending your news in and we'll use as much as we can.

Orville Meyer (above) is very active presenting lectures on hypnotism around Arlington, Virginia. He just recently moved East from Colorado. Mr. Meyer has been active in the field of hypnotism for almost 20 years. Here's hoping he'll be active for many, many more years.



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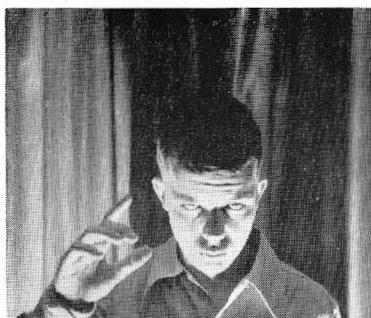
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Recently we mentioned Tom Kilpatrick as the youngest hypnotist. We've had a lot of letters asking more about Tom. Well, here is his photo. Tom is 16 years old, the son of a prominent attorney in Washington, D. C.

BACK ISSUES

A limited number of back issues of THE JOURNAL OF HYPNOTISM are still available. You can have a complete file by ordering those you don't have at 50c each. Please order by date.

MAY, 1951

This was Vol. 1, No. 1, and will soon be a col-Hypnosis, How To Make Money With Hypnotism, Anyone Can Develop Hypnotic Ability, etc. Supply is limited.

JULY, 1951

This issue featured Hypnotism and Sexual Frigidity In Women, Breaking Bad Habits With Hypnotism, Man Loses Money—Hypnotism to Blame?, etc.

SEPTEMBER, 1951

This issue features Medical Hypnosis, The Challenge Of Hypnotism, At Nancy With Bernhelm, What Is Hypnotism?, etc.

NOVEMBER, 1951

This issue featured Hypnotic Conditioning For Childbirth, The Case For Stage Hypnotism, Hypnotism and Crime, Herbert Charles Tells The Kefauver Committee, etc.

Send 50c for each issue wanted to: THE JOURNAL OF HYPNOTISM, 26 St. Botolph Street, Boston 16, Mass.

The Facts About Hypnotism

A brand new folio just written by Rr. Rexford L. North. Although written primarily for the layman who is still wondering what hypnotism is all about, the advanced student and active hypnotist will find much data here that will help him in answering questions at lectures and demonstrations. Per copy \$1.00 (Lecturers will find this folio an excellent sales item. Wholesale prices on request.) Book Department, THE JOURNAL OF HYPNOTISM, 26 St. Botolph Street, Boston 16, Mass.

Hypnotism in the News

George Hardy who operates the WASHINGTON HYPNOTISM CENTER, in Washington, D. C., has crashed both the Washington News and the Washington Times-Herald recently. Hardy is promotion minded and these illustrated stories prove again that it IS possible to get a story past the editor if you work at it. These are by no means Hardy's first news breaks since he came to Washington.

The January issue of MR. Magazine has an article titled "THE DANGERS OF HYPNOSIS" by Robert Van De Castle. The magazine goes in for the sensational and naturally this article is luridly illustrated with a sexy looking girl on a bed and the hypnotist giving her suggestions "she wouldn't do while awake". (Posed by Professional Models it says here in small type.)

Pvt. Bernard Haag who has been doing many hypnotic demonstrations at various service clubs was recently the POST PERSONALITY in the Bel Aire Post (a newspaper). Mr. Haag apparently demonstrates the possibilities of hypnosis in his lectures in such a way that he has attracted quite a bit of attention. Haag studiously avoids the hocus pocus.

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INSTANTANEOUS HYPNOSIS

By HARRY ARONS

Numerous inquiries, from practicing hypnotists as well as from beginners, have led to me to the conclusion that the underlying principles of inducing hypnosis speedily or instantaneously are but little understood. A dearth of information on this phase of the subject in standard books and courses accounts partly for this lack of understanding. But I feel that the main reason is the fact that those writers and instructors who are masters of this art are reluctant to divulge the true secrets involved. In line with the Journal's policy of giving its readers really worthwhile information, I now propose to set forth as clearly as I am able not only the basic principles behind instantaneous hypnosis but also a good deal of the *modus operandi*.

Hypnosis and Interpersonal Relationship

Probably the most important principle, and the least understood, is that hypnosis is an interpersonal relationship of the utmost delicacy. It is not an artificial state of mind that you induce simply by following a rigid formula, or a set of prescribed rules; it is not a condition that invariably occurs with a variety of subjects upon the application of the same or similar methods. Upon analysis, it is found that all hypnosis have but a single common denominator: all types and degrees of trance, with all types of subjects, have in common the one condition of **exaggerated suggestibility**. And even this condition is not exclusively a property of the hypnotic state, as it is present, though in milder forms and to varying degrees, in our everyday normal waking lives.

Hypnosis may therefore be conceived as a quasi-normal condition, with the transition from waking to hypnosis very vague and often fleeting. In fact, with some subjects hypnotic phenomena may be elicited without recourse at all to hypnosis in the usual sense, while conversely, it is often reported that a subject in profound somnambulism will suddenly, for no apparent reason cease to react in the expected manner. Also, many hypnotists admit that at least 90% of the hypnotizing is done before the operator even begins the induction process. I would go a step further, and say that under certain conditions, to be discussed later, the subject to all intents

and purposes is already hypnotized before the operator even approaches him. The astute hypnotist, recognizing the symptoms, simply puts the clincher on the situation by employing one of the speedy methods of hypnotization. Thus, by snapping his fingers like I do, or by twisting his head slightly as Slater does, or by shaking his hands *a la Polgar*, or by snapping the command of "Sleep", the operator simply **punctuates** the sentence which has already been written by adding the **period**!

It may help to think of hypnosis as a delicate mental state produced by the interplay of two personalities. The peculiar and unpredictable nature of some hypnotic behavior is due in large part to affinities or antagonisms between the two personalities. The truly successful hypnotist is one who understands hypnosis as an interpersonal relationship, one who can skillfully minimize the effects of the natural antagonisms and put to maximum use the existing affinities.

Once the operator understands the true nature of the hypnotist-subject relationship, the production of instantaneous hypnosis becomes more easily conceivable. He must now study the important factors that contribute toward creating the favorable conditions mentioned above.

Expectation

The most important of these is probably a high degree of expectation or anticipation of the desired effect on the part of the subject. In ordinary hypnotization, the operator is constantly telling the subject what to expect: "When I count 'Twenty' you will fall fast asleep", "When I say 'three' you will be unable to open your eyes"; he describes the sensations the subject is to expect to feel as he approaches sleep, that his arms and legs will get numb and dull, that his eyes will get tired and bleary, that his head will nod and fall forward, etc. The operator describes in minute detail what the subject will feel as each step in the induction process progresses. He leads him gradually to the point where he expects to lose contact with the external world and enter the realm of subconscious.

Thus, in ordinary hypnotization, expectation is built up gradually and
(Continued on page 25)

GUILD NEWS

Thank you . . . The GUILD is really rolling now with almost 600 members and applications are coming in daily. All sections of the country are represented as well as Canada and South America. If YOU are not yet a member, send the application below right now.

The New England chapter had their first monthly meeting Thursday, November 8th at THE HYPNOTISM CENTER in Boston. A new method for inducing a very deep sleep was fully explained. Everyone was very enthusiastic and the crowd is all set for the next meeting on Thursday, December 13th when another new method of induction will be explained.

We are now pushing a national advertising campaign for more members. Do your share in telling other hypnotists about it. Send us your ideas for the confidential bulletins that go to members only.

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The Therapeutic Value of the Hypnotic Situation

By ORMOND MCGILL

PART ONE: Prelude To A Cure

As in dealing with all human situations, the therapist in endeavoring to cure his patients faces a varying factor in the treatment of each individual. However, despite this individual variant, a tentative routine of procedure can be of value to the practicing hypnotherapist, if only from the standpoint of systematizing his work.

Provided the patient presents a case amenable to hypnotherapeutic methods, the therapist can do well to recognize that the actual cure commences the moment the patient turns his attention to the seeking of the therapist for help, and continues after the consultation (or treatment) is completed. The actual time spent with the therapist being only a small fraction of that spent "pre" and "post" of the cure; however, that time spent with the therapist must stand out in value as the motivating influence of the entire cure if the therapist is to render aid to his patient; it must provide the set as it were.

For the moment, suppose the hypnotist releases himself from interest in personal hypnotic therapeutic modus operandi and observe a hypothetical situation from the standpoint of the patient.

Obviously, the patient's difficulty, being largely psychological in nature, must be of such type and proportion as to warrant his earnest desire to affect its cure, hence his seeking out of the hypnotist as the possible means to such ends. **THIS PATIENT'S INTEREST IN HIS CURE AND HIS SEEKING OUT THE HYPNOTIST AS A CURE SOURCE THUS CONSTITUTES THE REAL BEGINNING OF THE CURE.** As:

- (a) from the standpoint of directing his attention toward his own cure.
- (b) from the commencing of expectancy that the hypnotist may effect the cure—which expectancy the hypnotist can either shatter after the first consultation, or can build up until it motivates the patient's own desires to such an extent that a complete cure is effected.

The patient next approaches the hypnotherapist's office with uncertainty

that the hypnotist can solve and correct his situation. Through his mind run a host of thoughts of hope and doubt, yet among them lie most strongly the desire for correction and the hope that the power of hypnotism can provide such correction . . . and this hope the hypnotist must amplify.

Once in the office and the consultation in progress, it is the hypnotherapist's duty to adjust to his patient. It seems odd advocating such a procedure, but it must be remembered that the patient is already, to a greater or less degree, maladjusted; hence the adjustment lies largely in the hands of the therapist; it is only thus that the maximum in confidence, understanding, and help can possibly be achieved.

Hypnotherapy always involves a human situation, and the hypnotist must always realize that his is essentially a selling situation, and that he must sell himself to his patient: **SELL HIMSELF TO THE PATIENT SO THOROUGHLY THAT HE CAN CURE HIM (OR RATHER, MOTIVATE THE PATIENT TO CURE HIMSELF).** In actual practice, this "selling process" must be handled with extreme delicacy. All too often the patient becomes over sold and develops an attachment for the hypnotist that may have difficult and annoying consequences. This "attachment" may take many forms (possible father or mother substitutes and such psycho-analytical likes), but for our purposes, enough is to merely cite it as an attachment that must be carefully controlled both from the standpoints of the patient and the therapist; the patient from tending to develop too much dependence on the hypnotist, and the hypnotist out of consideration to his future conservation of time.

On paper this sounds verbose, but in actual practice it implies only the building of that intimate physician-patient relationship so desired (and necessary) in the treating of any malady . . . and its value in a psychological situation is infinitely increased.

The hypnotherapist having "sold" himself to the patient; his next procedure is to **sell the patient on himself.**

Then follows the consultation in which case history may be laid bare, and into

this torrent of revealed maladjusted pattern of life can be stretched a clear road to possible correction; above all the patient must be made to realize that while his case is decidedly worth curing, and that he, as an individual, is a definite asset to humanity; he stands only as a mite in the cosmos, and that while this cure is important to himself, as a situation in itself its magnitude is so insignificant as to scarcely amount to a grain of sand on the great seashore of the universe.

Such psychological handling is important, for although it is important that the patient have an intense desire to be cured, at the same time he must not give such concern to his condition as to lead to a condition of **intense anxiety to be cured**. Such anxiety for cure may well stand in the way of the ultimate cure in much the same manner as the observable fact that a person too anxious to be hypnotized is seldom hypnotizable. Further, in the event of his failing to be cured, too much concern over his cure might well lead to an even more serious maladjustment than was originally his problem.

On first thought, this building up and letting down of the patient's ego appears a paradox, but in actual practice it is a most straight forward and essential procedure. Divided into parts it constitutes; first, that the hypnotist build up the patient's confidence in himself (ego) and set strong desires for perfection in himself (the cure), and secondly, denounce the patient's ego by denouncing its very unimportance in the "ultimate scheme of things".

The above statements cover the more obvious results of such a procedure, but from a more theoretical consideration it will be noted that this swinging of the ego from one extreme to the other has therapeutic value of itself: **a static mental attitude being most detrimental to a personality**. To put the matter into other words, the patient must be made to believe in himself and believe himself worthy of curing, while, at the same time, realizing that his cure is not of infinite importance to either himself or society—and is only of value in proportion to its actual worth. Expressed prosaically: **the patient must not take himself too seriously; for a mind that spends too much time brooding over itself is a mind heading towards disease**.

Most all forms of psychological maladjustment can find at their roots a

fear of ridicule; or, to express it positively, a longing for **social approval** that unwinds itself into a fear of ridicule (in some form) from other persons.

If the patient can thus be made to realize that every man, big or small, at times has just such concerns as himself, and that each man is so largely wrapped up in his own ego and its social establishment that in actuality he has little time to note, much less be concerned, over the condition of his neighbor; if the patient can thus be made to conceive that he is only fooling himself at the expense of his happiness by inflating his ego on the warped belief that his deviation from his conception of the normal is a source of undue criticism from his associating humans, and that the only way he can get away from such "criticism" is to cringe within himself—resulting in an unhappy adjustment to life; if the patients can be sold on such ideas . . . then the hypnotist has struck home a most vital spark for his psychological correction and cure. **IN SUMMARY: THE PATIENT MUST GET OVER HIS INTROVERTED ATTITUDE OF EGO CONVICTION THAT HIS LIFE IS AS IMPORTANT TO EVERYONE ELSE AS IT IS TO HIM, AND THAT HIS FAULTS WARRANT UNDUE ATTENTION FROM OTHERS: IMPLICATION IS NOT MEANT THAT HE IS CONSCIOUSLY SEEKING ATTENTION, ALTHOUGH UNCONSCIOUSLY THIS COULD WELL BE THE CASE.**

Next, in logical line of procedure to the incoming patient is the relieving of his immediate difficulties (symptoms), and the building of an impression that establishes firmly confidence and belief that the hypnotist is an individual, **or rather is the individual** who can effect the desired cure.

Valuable as is the discussion with the patient (with its accompanying psycho-analytical effects) to many a person "talk is cheap", and no matter how wise the words, no matter how moving its context, the patient can well expect and desire more concrete proceeding than mere oration. After all, his psychological maladjustment has resisted change, and is, to himself at least, of formidable proportions, and if it is to surrender its place of accendency in his personality to the cure of the hypnotist it deserves something rather "special". To that end: **HYPNOTISM!**

PART TWO: The Hypnotic Situation, (To follow in the next issue of The Journal of Hypnotism.

COMING!

"It's Fun to Hypnotize"

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NEW BOOK

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Sensationally Illustrated

HYPNOTISM and **C**HIROPRACTIC

By Herbert Charles

Here at last is a book that covers the subject of hypnotism in the practice of chiropractic. Herbert Charles, world-famous authority on the subject of hypnotism, lecturer and contributor to leading periodicals shows exactly *why* and *how* chiropractors should use hypnotism to increase their practice, their scope and their income. This valuable contribution to chiropractic is fully illustrated. Price per copy: \$1.00.

Dr. Rexford L. North, Publisher

26 St. Botolph Street

Boston 16, Mass.

HYPNOTISM AND SPORTS

By HERBERT CHARLES

A Statement By Barney Ross

Pine Hill Lodge,
Mt. Freedom, N. J.

August 9, 1951

"I have discussed with Herbert Charles the feasibility of the usage of hypnosis in sports in general and boxing in particular. Paranormal strength under hypnosis is an established fact but the question of heightened skill in that condition is still open. I have seen Herbert Charles operate many times and I believe this remarkable hypnotist is well qualified to carry on this delicate experiment."

Barney Ross

(The liberal and progressive attitude shown by Dr. North in printing my article concerning anti-social acts in the July issue deserves the highest praise. The article I submit herewith concerning the unconscious motivations of the hypnotee, I therefore gratefully dedicate to him.—Herbert Charles.)

The schoolboy stares vacantly out of the window. His flights of fancy know no boundaries. He may be Joe DiMaggio standing at the plate at Yankee Stadium. Or he may be Joe Louis or Glenn Cunningham or whoever the current hero may be. Such identifications and grandiose delusions must be considered normal since they are so common unless carried to the extreme where reality and fantasy mingle indistinguishably. The fervor, the unswerving loyalty that fans (derived from fanatics) show for their team or favorite is indicative that an emotion is evoked that evinces more than normal expression of feelings. The same self-indentification with heroic figures is shown in many ways, in many activities. We weep with the tragedian and laugh with the comedian.

In experimentation in sports, the possibility exists of physical injury to the subject. It must be remembered that any extra energy used is always at the expense of the body's physical reserve

strength and a command to exceed that limit may be obeyed by the subject even at the expense of serious physical injury. The last statement is made in direct opposition to the oft-repeated statement that the subject will do nothing that threatens his safety.

Most hypnotists say this to their audiences (they may not secure subjects otherwise) but he certainly should be aware if it is the fact. Many points seem to substantiate this premise. The hypnotist may produce anaesthesia in a prizefighter and he would not feel the piercing pain of a broken rib jabbing at a vital organ and so would continue fighting until perforation of that organ would bring death. Or a football player is told that when he carries the ball nothing will stop him and when the sheer weight of numbers bears him to the ground he continues striving to move forward even if it means the tearing of muscle or the breaking of bone.

A saner approach to experimentation in sport is one the writer recently undertook with an amateur boxer. BARNEY ROSS, former lightweight and welterweight champion of the world, was the referee. Ross, a keen student of hypnology, was intensely interested in the experiment. The fighter was hypnotized once before entering the ring. Suggestions were given as to speed, weaving, ducking, blocking and countering. No anaesthesia was suggested. A signal for re-hypnotization was given for the between rounds period and in that moment fatigue removal suggestions were given and re-iteration of the original suggestions. Suggestions were made at the beginning of each round that it was the first round of the fight and amnesia created for the previous round thereby reinforcing the fatigue removal suggestions. The greatest of precautions were taken. Note that the entire bout was only of three rounds duration of two minutes each. Note also that control was retained post hypnotically during each round for possible emergency usage and that an efficient hypnotism-wise referee in Barney Ross was officiating. The subject's opponent had witnessed the hypnosis of various subjects preceding the bout and at first objected strenuously to meeting a 'superman' and desired to be the sub-

(Continued on page 23)



If you have any questions about
Hypnotism . . .

Ask the Answer Man

(Note: Address all questions to Harry Arons, in care of this Magazine. Questions of general interest will be answered in this column. All questions with their answers, will be compiled in a special folio, mimeographed, and made available to readers at a nominal price. Questions of a medical nature, if received on the professional stationery of qualified physicians, together with stamped, self-addressed envelopes, will not be answered in this column but sent directly to the inquirer.)

Q. I have not as yet attempted to hypnotize anyone, but I would appreciate it greatly if you would answer this question which has been puzzling me. When the subject is under hypnosis, how do you go about making him open his eyes? When his eyes are open will he be able to see everything unless I say otherwise?

Gary Fox,
Philadelphia, Penna.

A. You simply tell your subject to open his eyes, that he is able to, etc., but be sure to stress that he will remain asleep nonetheless. He will be able to see everything unless you tell him otherwise. But even if you tell him otherwise, he will still be able to see everything unless he is in a sufficiently deep stage for negative hallucinations to be effective. (See page 55 of my course).

Q. I have by using your instructions put over fifty people under the influence of hypnosis in my line of work. Up to this date I have been unable regardless of how many times I tried to put a person into a sleep deep enough for post-hypnotic amnesia.

Dr. W. A. Bailey,
South Daytona Beach,
Fla.

A. Frankly, I cannot understand the reason for your trouble. Out of 50 subjects, at least five should have been somnambulists, by the law of averages alone. But since you took instruction by mail, perhaps you failed to understand something of critical importance, and are having this difficulty as a result. I have this suggestion to make: Anytime that you have occasion to come north, drop in at my place in Newark on any Wednesday evening, when I conduct a class for advance students. You will be my guest. I am sure that I can straighten you out without any trouble if I see you personally.

Q. As a matter of research, I want to experiment with the possibilities of increasing the rate and ease of learning while under hypnotic influence. I believe this is a field which may eventually revolutionize education.

Robert Duncan,
Beverly Hills, Calif.

A. Dr. Clark Hull conducted numerous experiments along this line with college students and reported his findings in his book "Hypnosis and Suggestibility". The increase in the rate of learning while under hypnosis did not exceed 15%, which is not a very staggering increase. However, Hull's experiments were conducted quite a number of years ago, and I don't know of anyone else who has done much work along this line under really controlled conditions. I would say, therefore, that there is a real need for much more work with this phase of experimentation before any conclusions can be drawn regarding the possibilities in the field of education.

Q. I am interested in hypnotism and would like to know whether you sell the hypnotic ball that is made in France, the hypnotic turning mirror, or any mechanical hypnotic object.

Raymond Meloche,
Montreal, Canada

A. I don't know what you mean by the hypnotic ball that is made in France, but you can obtain small crystal balls from Dr. North at a very nominal price. By the turning Mirror I assume that you mean Luy's Revolving Mirror; I know of no one who manufactures these. It has long been my feeling that an expert hypnotist gives up all mechanical aids to the induction of hypnosis, and uses only the equipment that has been

endowed him by nature. However, hypnodisks of various kinds are helpful to beginners. It would perhaps be a move in the right direction if some enterprising persons would start manufacturing hypnotic aids. But in the meantime, most of the better courses give information on the construction of simple but effective hypnodisks by the students themselves.

Q. A friend who is very dubious about hypnotism put this question to me. He asked, when you hypnotize a person are you not doing something to his soul? Working on the premise that the soul is that part of a man which thinks, feels, desires, etc., what would your answer have been? As this question falls in the region of religion, you may not want to answer it in your column.

— Al Scott, Stamford, Conn

A. Had you simply asked a question relating to the soul, I certainly would not have felt qualified to answer it. But when you refer to that part of man which "thinks, feels, desires", you are referring to what in the field of psychology is called the "psyche". Of course hypnotizing a person does something to his psyche: it can straighten out his thinking, it can reorganize his disordered feelings, it can control his perverted desires, all, of course, to varying degrees. Is that bad? But suppose we go a step further and think of the soul as a sort of ineffable power within us (God-given, if you will) which some fortunate persons can tap in order to do good to themselves and others. And suppose further that hypnotizing a person can bring some of this power to the forefront, to be used for his benefit—is there anything wrong, then, about tapping this soul-power for the good of the individual?

Somnambulist Resists Improper Suggestions

(Continued from page 6)

wake up and to go back to sleep. He did not know of the post-hypnotic suggestion that had been made, and was annoyed at what he thought was simply meddling by an incompetent amateur.

Mr. Deavers woke the subject, and the group dispersed. Mrs. Antonini, now completely awake, walked toward the street car stop, with her small son. Suddenly Mr. appeared out of a side street. He commanded her to look

into his eyes, then told her to get into his car, as he would drive her home.

Mrs. Antonini became confused and disturbed. She did not remember or respond to the post-hypnotic suggestion that she would go into a trance when he commanded. It took another trance to get her to recall consciously that such a suggestion had been given. But she resisted the suggestion. She pretended to acquiesce, until she saw her street car coming. She then broke away from him and boarded the street car.

When she arrived home, she called Mr. Deavers. She was disturbed by "something unpleasant" that had happened. She remembered the incident on the street, but could not recall what had led up to it. Mr. Deavers hypnotized her over the phone. She then recalled being given the post-hypnotic suggestion by Mr. Everything she said was verified by investigation.

Mr. Deavers, of course, took steps to prevent Mr. from ever doing this again, but handled it discreetly, to avoid reflecting public discredit on hypnotism.

I think this should satisfy Mr. Charles' requirements for genuine evidence that a hypnotic subject can not be induced to do anything against his own best interests.

Hypnotists!

Make Extra Money!

Many hypnotists are finding it profitable to sell copies of the JOURNAL OF HYPNOTISM to their audiences when doing shows and lectures. Remember, when you do a good demonstration your audience becomes interested in hypnotism and the people want to know more about the subject. Offering them copies of the JOURNAL will help in building up their interest and it means EXTRA DOLLARS for you. I sell many, many copies this way.

Write to me personally for full details. You do not invest a penny and you can't lose.

Dr. Rexford L. North
26 St. Botolph St, Boston 16, Mass.

Book Reviews

The Psychologist at Bat

by Dr. David F. Tracy

The author, Dr. David Tracy, is a well known New York celebrity who recently made the newspaper headlines as psychologist to the St. Louis Browns during one of their recent playing slumps. Although not always a national news personality, Dr. Tracy has done much in helping the development of hypnosis during his years as a successful and prominent consultant.

Among the doctor's many achievements he is best known as author of such books as; "HOW TO SLEEP WITHOUT PILLS", "DENTAL HYPNOSIS", "CONTROLLING THE UNCONSCIOUS", and "MODERN METHODS OF HYPNOTISM". These books are all informative and to the point which makes his latest book slightly different.

"THE PSYCHOLOGIST AT BAT", is not a collection of facts and figures, but an absorbing resume of Dr. Tracy's experiences as what the newsmen call a "whammy man" for the St. Louis Browns baseball team. Although written in very easy style the contents do show how suggestion, which is the basis of hypnosis, plays an important part in our everyday living.

Never cloaking himself in mystery, Dr. Tracy shows from the beginning of the book his warm, human personality with his favorite illustration of the difference between psychologist and psychiatrist: "In Penn Station in New York you've seen the pigeons flying around overhead. Well, one flew through the tunnel into the Hotel Statler, where a convention of psychologists was being held. It was three hours before any of the hundreds of psychologists would admit he saw a pigeon. Now if that had been a convention of psychiatrists, all of them would have seen a dozen pigeons if there hadn't been one."

It was this friendly manner that helped Dr. Tracy work his way into the players' confidence and assured him of considerable success in helping these individuals with their problems. Although held back many times by the management and staff of the team his first few individual successes soon won the confidence of all he was associated with.

Ball players, their wives and even newspapermen were learning more about hypnotism and suggestion. Not only were they finding how it could help them individually, but were seeing how they could hypnotize themselves and others by following the directions of their own "Svengali". This was an important factor in building up the self confidence of many veteran as well as rookie players on the team.

Dr. Tracy demonstrates how hypnosis and auto-suggestion can make the difference between success and failure in business and sports, such as baseball in particular. To quote from the publishers' note—"THE PSYCHOLOGIST AT BAT shows every reader how to "relax", overcome nervous tension, and improve skill in sports."

Published at \$2.50 by Sterling Publishing Co. This book may be purchased from the Book Department The Journal of Hypnotism, 26 St. Botolph Street, Boston 16, Mass.

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By
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PAINLESS CHILDBIRTH

By DR. WALTER SEILER, Caracas, Venezuela, Suth America

(Editor's Note: Since the publication of articles on "Hypnotic Conditioning for Childbirth" by Harry Arons we have been flooded with letters of commendation and praise. Because so much interest has been aroused we will attempt to bring you several different articles, so as to provide you with a suitable file on Childbirth. This month our South American correspondent, Dr. Walter Seiler will present his views and experiences concerning conditioning for childbirth.)

Because of the over use of hypnotism as an entertainment there have been many misconceptions formed in the public mind as to the therapeutic value of this amazing art. Relief from pain and abnormal conditions which do not respond to drugs has not been outstanding because of this public idea of hypnosis as a plaything.

I am firmly convinced that the use of hypnotism as a scientific method of drugless healing will someday prove to be a universal Godsend to expectant mothers the world over. The elimination of pain by this simplified method coupled with suggestions of well-being and peace of mind will make a happy and satisfying experience of childbirth.

During my years as an hypnotic consultant I have heard of remarkably few cases of childbirth with hypnotic aid in contrast with regular procedure the world over. Recently, however, I was asked to aid in the case of a personal and family friend who was soon to be ready for the hospital. My success with this subject was snapped up by the local press and soon my office was flooded with requests for information and assistance at a large medical hospital in this vicinity.

Although I had never before specialized in this particular phase of therapeutic practice I worked on several practice cases before the staff of technicians and doctors at the hospital. As a direct result of all this newspaper furor I was besieged with appointments and consultations with expectant mothers. Soon, to better help my patients I worked hand in glove with a well known doctor here in the city.

In the hospital demonstrations the first patients were two women not yet in labor and experiencing only light

pre-natal pains. During the induction I made passes from the head to feet and gave the suggestion for mental and physical relaxation. I then suggested a sound sleep and once they were entranced they were told that during labor they would keep smiling and feel no pain. This was repeated many times and six hours later the subjects were re-hypnotized and again give the suggestions.

During the labor which followed my third session with them, the subjects remained very calm, happy and smiling. They felt comfortable and smiled during the entire procedure. It was not until the actual birth was over that they stopped smiling, according to previous suggestions that had been given. It was possible for both patients to leave the hospital soon after the operation was finished.

Now that I have started in this gratifying phase of hypnotherapy I plan to continue extensively, and although it is not possible to use hypnotic conditioning in all cases of childbirth, I highly recommend it to those expectant mothers who are good hypnotic subjects.

Where drugs can abolish pain only, hypnosis creates a positive, healthy, happy state of mind also. And it gives one great satisfaction to know a young mother is looking forward eagerly and without fears or misgivings to her confinement and labor in truly painless childbirth.

Directory of Hypnotists

The hypnotists listed in this directory are available for demonstrations, auto-suggestion, etc. The rate for having your name, address and phone number listed here is \$1.00 per issue or \$4.00 for a full year.

ADAMS, H. R., Box 78, Pittock, Penna.
CHARLES, HERBERT, 1060 Broad Street, Newark, N. J.

HARDY, GEORGE, 1225 19th Street, N.W., Washington, D. C.

NORTH, DR. REXFORD L., 26 St. Botolph Street, Boston 16, Mass.

ROGERS, GEORGE, 48 Harlem Street, Dorchester, Mass.

REASOR, ED. J., 728 Pershing, Davenport, Iowa.

STOKES, DR. A. LAWRENCE, 3408 West 60th St., Los Angeles, Calif.
Phone: Thornwall 9221.



Ormond McGill demonstrates some group hypnotic experiments under the quizzical eye of Art Linkletter. People are interested in other people, and hypnotism expertly provides that warm human entertainment so popular with audiences. Art Linkletter, too, makes use of similar entertainment appeals in his famous radio show, "People Are Funny."

Mental Magic

(Continued from page 4)

awakened, when she saw me light a cigarette she would have an irresistible desire to remove her shoes and to place them upon the mantelpiece. She was awakened and after a few minutes time I lit the cigarette. She arose, seemed a bit confused, then sat down again and quickly removed her shoes. She again got up, started into the next room with them and then turned around and put them on the mantel as previously instructed under hypnosis. Her explanation to us was that her feet were very tired from standing at her work all day and that she simply had to remove her shoes; that she had placed them on the mantel so that she would remember to take them to the shoe repair shop in the morning.

In another case, a young man was instructed under hypnosis that, after he awakened, when a handkerchief was dropped on the floor he would develop an irresistible thirst and ask for a glass of water, and when he had drank half of the water the remainder would taste

bitter to him and he would spit it out. When awakened and given the proper signal he proceeded to do and to react exactly as instructed under hypnosis.

From such phenomena as described above have come many of the wild and sensational tales concerning instruction given to hypnotized subjects. Too often these stories are the product of an uninformed imaginative writer and are completely unsubstantiated by careful investigations made by experienced hypnotists.

It should be pointed out that, except in the case of a subject who has been repeatedly hypnotized over a long period of time, it is extremely difficult to obtain post-hypnotic phenomena beyond a period of several hours. A hypnotized person is in a highly sensitized state as far as his perceptions are concerned. The instinct of self-preservation is one of those most deeply buried in his subconscious mind and therefore, although he may acquiesce in a laboratory experiment which indicates harm to himself or to someone else, he will in every case stop short of any injurious

action. Most investigators of the past century disagree completely with the few so-called authorities who have stated that a person under hypnosis can be induced to commit a crime.

However, many will admit that it is quite possible to persuade a subject to commit what is known as a laboratory crime. It must be remembered that the experimental crimes are surrounded by circumstances which convince the subject, in his extra-sensitive state, that the act is nothing but an experiment. Although he may be deeply hypnotized, there still remains an indistinct idea of where he is, what he is doing, and that he is in the hands of friends and the circumstances surrounding him are not those of a real crime.

Sydney Flower in his book, "Hypnotism Up to Date," gives a pertinent description of a laboratory crime tried by Dr. Parkyn of Chicago some years ago. The subject was hypnotized and told that a certain man was his enemy and would probably injure him unless put out of the way. The subject was told, "He is there behind you now; kill him. If you don't kill him he will have your blood. Kill him now!"

A stage dagger, an instrument weighted exactly like an ordinary dagger and so arranged that the blade will go up into handle when a blow is struck, was handed to the subject, who with a cry of rage, sprang forward and twice struck viciously at his enemy's back. The man fell to the floor.

"I have killed him," cried the subject. "Why did you kill him?" asked the doctor. "Because I wanted to," was the reply. "He was my enemy." It was impossible to make the subject say anything but that he wanted to kill the man, even if he hanged for it, and that he was glad that he had succeeded. The doctor was rather surprised at the result. He knew that so-called crimes had been committed with pasteboard daggers, but he believed that the subject would not strike with a real knife, and in this case it seemed certain that the subject believed he had in his hand a genuine dagger.

However, it was established by the testimony of several other physicians present at the time that as he struck the blow he turned his hand so that the blade pointed away from the victim. The subject believed that he had a real dagger in his hand and his instinct for self-preservation prevented him from

committing what seemed to him to be a real crime.

In my own experiments with post-hypnotic suggestions the results have been almost exactly similar to those obtained by Dr. Parkyn. Many times I have succeeded in causing subjects to commit "laboratory crimes," but I have never yet been able to compel them to perform a criminal act under circumstances which to them seemed absolutely real. Always there has been some hesitation, some changing of conditions or some excuse. In some cases an abrupt awakening resulted from such a suggestion, although the subject had been commanded to remain asleep regardless of what happened or what was suggested to him. In my own experience with hundreds of subjects I have never found one whom I could influence to commit a crime by means of hypnotic suggestions any easier than I could persuade him to commit the same crime in his normal state.

It would seem a logical conclusion, that although many subjects will commit laboratory crimes or perform acts which in themselves show that they are for experimental purposes, very few, if any, will perform real criminal acts. There is some slight difference of opinion regarding this matter, but generally scientific men in this field accept the view I have just stated. With few exceptions the leading students of hypnotism in Europe during the past century also subscribe to this viewpoint.

The most important things to remember, in discussing the possible mis-use of hypnotism, is that the caliber of the men practicing and using this science at the present time is considerably above the average. There is no reason to believe that they would be more apt to mis-use this power than would a physician be apt to take any advantage of a patient who was befuddled by drugs—not as much, perhaps, for the subconscious mind remains alert under hypnosis and acts as a guardian against possible injurious action. With proper safe-guards, the danger in using hypnotism is no greater than in using drugs; and there is no reason why it should not be employed by men who have the necessary background and experience.

Hypnotism is not unreal or mysterious. Yet it is very difficult to convince people of this fact. The few men of science who have attacked the use of

hypnotism during recent years have been those who knew little or nothing about the subject from an experimental point of view. The universal testimony of men who know most about hypnotism is that it is not injurious to health, either mental or physical.

Pioneers in hypnotism such as Dr. Bernheim and Dr. Liebeault said that in over 30 years of using this type of treatment they had never seen one case where it had been detrimental. Dr. Hamilton Osgood, another leader in the field, said, "I have seen many nervous diseases cured; I have never seen one caused by suggestion. I have seen the intelligence restored; I have never seen one enfeebled by suggestion."

What is hypnotism and why does it offer so much in the treatment of the human mind? Briefly, it is a method whereby one person can put another's conscious mind to sleep and make direct contact with the subject's sub-conscious mind. Within this sub-conscious mind dwell all of his thoughts, talents, ambitions and desires. Everything that he has ever seen, heard or done is stored away within the files of his inner consciousness.

Unlike the orthodox Freudian psychoanalyst who requires hours of random conversation from his patient and then must himself analyze the meaning of this mass of information, much of it immaterial and meaningless; the experienced hypnoanalyst makes direct contact with his subject's subconscious mind and learns from it what fear or trouble it contains. This direct method of procedure is not subject to faulty interpretation on the part of the analyst. At the same time suggestions may be made to correct the trouble or to eliminate the fear; suggestions which, backed by the tremendous influencing power of hypnosis, may be as effective on the mind as is the surgeon's knife on the ills of the body.

Few persons realize the great part suggestion plays in their everyday life. From the cradle until death habits are formed, fears, likes and dislikes instilled, all through the medium of suggestion. The child is influenced by his parents and surroundings, the adult by the endless propaganda of advertising, radio and rumor.

Is it any wonder that sometimes this accumulation of fears and prejudices within the sub-consciousness bubbles up

like an over-heated kettle and disturbs the conscious, reasoning mind? Our inhibitions stand like sentinels on the threshold of our sub-consciousness and change and alter these inner disturbing thoughts beyond all conscious recognition. Here then is where modern hypnotherapy and hypnoanalysis are working mental miracles. Using a method as simple as putting one's head on a pillow and going to sleep, more and more psychologists are utilizing hypnotism to treat mental ills.

This mode of treatment is not new. From the days of the ancient Egyptians to witch doctors in Africa at the present time, faith healers have accomplished cures through the power of suggestion—cures which were often hailed as miraculous. In every case, however, where investigation was made by competent observers, the existing trouble could be traced to maladjustment in the sub-conscious.

In both of the recent great wars it was brought forcibly to the attention of both physicians and psychologists that amnesia, nervous condition such as palsy, headaches, stuttering, even paralysis and hysterical blindness could be caused by the shock of experiences too horrible to be borne by the human mind. The sub-consciousness, in an effort to shut out the experience, created a condition of the conscious mind and often of the body that would prevent further such experiences or prevent memory of the experiences.

Even in the stress of normal life continued suggestions or bad experiences may cause the subconscious mind to rebel and withdraw. In ever-increasing numbers of cases hypnotism is being used to treat and to diagnose such ills.

How effective is this modern yet ancient magic? I have hypnotized hundreds of people during the past 20 years for the express purpose of treating them for some condition. In every case where deep hypnosis was obtained (approximately 80 per cent), and the condition was the result of a mental disturbance, some improvement was observed. This was especially true where it was possible to give treatment over a period of time. Just as with medicines, it often requires more than one dose to effect a cure.

Often pain can be relieved. Even teeth may be extracted with the assurance that the patient will feel no pain. Legs

have been amputated without the use of an anesthetic but with the suggestion that no pain would be felt; and after the operation the patient was not even aware that the limb had been removed. In many cases of childbirth pain has been entirely eliminated; in one case in which I assisted, a difficult posterior delivery was accomplished by muscular control through hypnotic suggestion.

Not only is it possible to use suggestion in such cases, but pain caused by disease can often be relieved. It is rare to find a headache which cannot be alleviated immediately through the use of hypnosis. Cases of chronic headache have been found to be purely psychological, caused by mental disturbance within the subconscious mind of the sufferer. Using hypnoanalysis the experienced operator can ferret out the underlying cause and eliminate it by use of the proper suggestions.

Every physician knows that in many diseases the mind influences the body to a great extent. This we know to be true from the many remarkable cures brought about by Christian Science and other types of faith healing. Even awake the mind is quite susceptible to suggestion. Under hypnosis the power of the suggestion is increased many times. The mass of testimony from outstanding psychologists and physicians, whose statements cannot be doubted, leaves no doubt that the intelligent use of hypnosis or suggestive therapeutics will in many cases assist in the cure of disease.

Unfortunately the use of hypnosis fell into general disrepute, particularly in the United States, largely due to the questionable exhibition practices of stage hypnotists and others who had no concept of the power for good they held within their hands. Reputable medical schools and physicians were hesitant to teach or to endorse the use of hypnosis. Even today, with the increasing favor of an enlightened public opinion, there are few schools that offer modern courses in hypnotherapeutics.

It is to be hoped that in the next few years physicians and psychologists experienced in the use of hypnotherapeutics will organize to carry on research and to put hypnosis on a more scientific footing. Then we can look forward to accomplishing more than is possible at present in improving, repairing and mending the most complicated machine ever created—the human mind.

Editorial

(Continued from page 3)

designed to increase interest in the subject. The schools seem to feel that we are competition because we teach in Boston. They overlook the fact that Boston is just one area and that we do not and cannot take their business away. But once in a while a progressive school does see the advantages in co-operation. One of these is GEORGE HARDY, 1227 Nineteenth Street, N.W., Washington 6, D. C. Mr. Hardy teaches and lectures in the Nation's capitol and we recommend him to our readers in the Washington, D. C., Maryland, Virginia area.

We still need photos. Send yours in. We get many letters from readers on "MY FAVORITE METHOD OF INDUCTION" but few send clear photos that actually illustrate the method.

Don't miss the March issue of the JOURNAL. We have some new writers set for this issue. At the present time Dianetics is very much in the public eye. Hypnotists who have read Ron Hubbard's theories are well aware that even though Hubbard decries hypnotism he has borrowed considerably of hypnotic technique. "HYPNOTISM AND DIANETICS" by Lewis Roberts, (See "MY FAVORITE METHOD" in this issue) is a carefully documented article that should be read by everyone who is interested in hypnotism. It will be featured in the March issue. Ormand McGill will be back with the second article of his series. Harry Arons will continue with his highly detailed explanation of "INSTANTANEOUS HYPNOSIS". Plus many other features and articles.

By the time that this issue reaches our subscribers I'll be in Florida combining business with vacation. For four weeks I'll be lecturing in the Sunny South with headquarters in Miami. I hope I'll be able to meet some of you while I'm there. I hope to get together, while there, with Ormand McGill who has left his California abode to tour the South. We are publishing Ormand's new book "IT'S FUN TO HYPNOTIZE". This book is scheduled for release in February and the many photographs used to illustrate it are positively sensational. McGill's "ENCYCLOPEDIA OF STAGE HYPNOTISM" published at \$10.00 has become a MUST for those who want to present hypnotism before

the public. His new book will establish him even more firmly as an authority in the realm of hypnotism.

Herbert Charles, one of our regular contributors and featured on the cover of this issue has coined what he believes to be a new word—"HYPNOTEE". He uses this term in describing hypnotic subjects in his article "HYPNOTISM AND SPORTS" in this issue. He would welcome letters from our readers about the word. Incidentally, Charles' article for the March issue will be "HYPNOTISM AND CHIROPRACTIC". This will be a condensation of his new folio with the same title, prior to publication. The folio will be released in book form late in January and will be published by the JOURNAL OF HYPNOTISM at \$1.00.

I want to take this opportunity to wish all of our readers a very Merry Christmas and a Happy, Prosperous New Year.

Rexford L. North

Hypnotism and Sports

(Continued from page 12)

ject of the experiment himself. The psychological effect on this opponent was not overlooked. In reporting the results of this experiment it is admitted that complete measuring devices could not be devised and absolute control was impossible. In a weight lifting contest experimental results could be measured against waking performance. In running, jumping and similarly measured and timed activities evaluation would be more productive of presentable conclusions.

In the experimental bout the subject seemed to do everything that was asked of him and the result was sensational. He appeared to have endless stamina, fought at a terrific pace and seemed to start each round as if it were the first even going so far as to extend his glove in the traditional first round handshake. Expert observers who had seen the subject in previous bouts, stated that his entire style was different and improved beyond comparison. Careful evaluation of the judgment of the observers must be made. No generalization can be made from one experiment but it must be noted that the witnesses had no convictions in advance that the experiment would be successful. However those experiments which do not lend themselves to exact measurements must, perforce, be evaluated on the basis of observation. Although eas-

ing of tension, relaxation and conservation of strength is beneficial in all sports and such conditions may be induced under hypnosis, some fields of sport are better suited for hypnotic aid than others. An infielder on a baseball team might be told under hypnosis that he would play all balls hit into his area perfectly but the control hypnotically of each individual play would be well nigh impossible. A better result would be obtained with a pitcher who lacked control being told that he would throw the ball where he wanted to. Similarly a batter told that he would hit any ball for a base hit would not respond as well as if he were told that he would hit only at balls thrown within the strike zone. In some sports a two mile race for instance, if a runner were told that he would feel only the fatigue engendered by a hundred yard dash and that he was running such a dash, would firstly fail in running the two mile distance at a hundred yard pace and secondly might rupture vital organs in the attempt to perform in accordance with the suggestion.

Not only are some sports better fitted for hypnotic appliance but rather particular phases of those sports are more adaptable. In basketball hypnotizing the whole team and suggesting speed and accuracy en masse would bring lesser results than suggesting specifically foul shooting precision. In football suggested passing accuracy would be more likely to be successfully achieved than deceptive field running. In tennis the serve would be the best phase for suggestion to produce positive results. Finally then, it is the specific act in sports that lends itself best to hypnotic suggestion.

The possibilities of hypnosis in sports are unlimited in scope and variety but the greatest delicacy in making suggestions is required. The hypnotist should make notes as to the specific wording of his suggestions beforehand and a recording should be made of the actual suggestions for protection.

It might be thought that with all the warnings contained herein hypnotism would do well to avoid experiments in sports entirely. However if hypnotism is to take its rightful place as a recognized science it must be prepared to go wherever research takes it.

Experimentation in sports may lead to a possible answer to the highly controversial subject as to whether a hypnotee commits acts detrimental to his

physical safety. Our experiments tend to show that a hypnotee will exert greater energy than he could and/or would in the normal state. This despite a drain on his bodily reserve strength and a consequent danger to his health and well being. The answer may lie in that his unconscious drives are brought into action and his desire to satisfy them outweighs his normal conscious protective inhibitions. In psychoanalysis it is found that in order to allay anxiety and insecurity feelings and for other reasons, functional ailments are manifested. These illnesses are clung to indefinitely despite the fact that the sufferer is deprived of a normal life by them. The secondary gain, partial relief from anxiety plus the care and protection that illness brings outweighs the benefits derived from good health. To say then that athletes are drawn into sports to release their aggressive unconscious drives in a culturally acceptable manner (sublimation) is not far fetched.

Their fans and rooters release their

aggressiveness by identification with their heroes. Athletic programs to combat juvenile delinquency are attempts to direct the child's aggressiveness into socially acceptable channels. We can surmise that the hypnotist gives the subject from whom he extracts more than normal ability and physical output a secondary gain that outweighs the hypnotee's desire to maintain his own safety. Since the secondary gain varies with the individual better results would obtain with the better understanding of that individual subject. Basic drives which seem to be common are twofold: a paternal substitute figure whose esteem (love) the subject desires and his regressive desire for omniscience.

We may almost derive a working formula from the above thusly: give satisfaction or release to the unconscious desires and drives of the subject and there are no limits he will not attempt to reach to please the hypnotist even if those limits are beyond the boundaries he consciously and normally sets for himself for his self-preservation.

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Instantaneous Hypnosis

(Continued from page 9)

reaches its peak when the hypnotists feels the time is ripe to state authoritatively that the subject IS asleep and under his hypnotic control. In instantaneous hypnotization expectation is built up indirectly, before the actual induction process begins. The subject is keyed up to a high pitch of expectancy by the action and interaction of several other factors, to be described below, so that when the operator approaches him he needs but to deliver the coup de grace at the best psychological moment and the subject is hypnotized to outward appearances as well as in actuality.

Expectation can be aroused through the medium of fear as well as through the medium of pleasurable anticipation. A subject may be in great awe of the hypnotist and fears that he will easily succumb to his influence. Experience will best teach you how to recognize the symptoms of fearful expectancy in a subject. Or a person may be fascinated by the idea of being hypnotized. Thus his suggestibility is accentuated and he volunteers in full anticipation of an experience from which he expects to derive pleasure, benefit or satisfaction. Whether a subject reacts with fear or pleasure depends on his individual personality make-up. Either reaction is definitely favorable to instantaneous hypnosis.

Prestige of the Operator

Another almost indispensable factor in instantaneous hypnotization is the prestige of the operator. Let us suppose that a certain well-known hypnotist is booked to play your home-town's largest theater. His reputation precedes him. Many suggestible persons are drawn to the theater on opening night as if impelled by some inner urge beyond their control or comprehension. A sizeable percentage of these will volunteer to be hypnotized when the call is made. They regard the hypnotist as a person of unusual power and talents. Moreover, stage conditions particularly conducive to raising the subjects' susceptibility to the maximum degree. They are often actually hypnotized before they mount the stage. Thus instantaneous hypnosis becomes a fairly simple matter for the stage hypnotist.

The laboratory or clinical psychologist commands considerably less prestige than the stage hypnotist, mainly because he usually works with individuals rather than groups, thus missing the advantages derived from mob psychology. Moreover, being a scientist he does not employ embellishments in order to lend the proceedings a mysterious or awe-some influence. His prestige is derived principally from the fact that he is a professional psychologist and may be an authority on the subject. He too can use instantaneous hypnotization, but he must rely on the most suggestible subjects and must really be a more capable operator than the stage hypnotist.

Mass Suggestibility (Mob Psychology)

Man is a gregarious animal. He likes to "travel with the crowd", to be "one of the boys", to "follow the leader". Herd instinct is very strong with the human animal. His reactions while in a crowd are very different from his reactions in individual situations. "We have all heard of what happens in mass "revival meetings", in lynchings and in various types of mass hysteria. Man's suggestibility becomes peculiarly enhanced when he finds himself (or rather loses himself) in a crowd, so that he becomes capable of a type of behavior that would be foreign to him as a thinking individual. The hysterical panic following Orson Wells' radio broadcast depicting an invasion from Mars is an example of one type of mob behavior; Hitlerism is another example, where an entire nation fell under the influence of a strong but depraved leader who understood mob psychology.

Man's mind, in mob situations, loses its individuality; it becomes a part of the mass mind, seems to lose its ability of critical reasoning and moves helter-skelter with the tide of the mob. The skilled stage hypnotist makes ample use of mass suggestibility. Thus we find that group hypnotization is much easier than the individual kind. And instantaneous hypnosis becomes child's play in the hands of the operator who understands mob psychology as well as the previously mentioned factors of prestige and expectation. Subjects who would otherwise be difficult or altogether refractory often fall into hypnosis speedily if not instantly in situations where these important factors prevail.

(The second installment in the next issue will deal with a number of the best methods of Instantaneous Hypnotization.)

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