ON AUTO-SUGGESTION

and some aspects of

HYPNOTIC SUGGESTION

with six cases

by

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INTRODUCTION.

In the whole of modern Therapeutics there are few branches which have shown such remarkably sudden and rapid growth as that which was called originally by the general name Hypnotism, in more recent times Hypnotic Therapeutics, and now in modern times Suggestive Therapeutics. The change in nomenclature has progressed pari passu with the knowledge of the processes involved. Whether or no we have even now arrived at a designation which is of such scientific accuracy as to procure its final acceptance by the Medical World is of course a question to which at present no answer can safely be given. At any rate it is agreed that the term Suggestive Therapeutics forms a distinct and useful advance upon the terms formerly employed. It more nearly expressed the significance of the method employed, the processes involved in, and the results obtained from, the treatment of disease by Hypnotic Suggestion, or suggestion acting upon a patient in Bernheim's Etat de Suggestibilité.

When we take into consideration the fact that it is little over half a century since Braid investigated with a happy mixture of native caution and admirable broadness
of mind the claims of the Mesmerists and when we remember that the scientific basis which his researches provided for the study of Hypnotism was not utilized to the full advantage for many years, we can understand how extraordinarily rapid has been the progress made within recent years.

At the present moment it is not our intention to treat of the history of Hypnotism a subject which has already received much attention from several able writers amongst whom must be ranked numerous distinguished authors on the Continent, in America, and also in England.

Only in so far as is necessary to show the greatness of the transformation which has come over the scene must we refer to the early Magicians and Sooth-sayers, the Crystal Gazers and Fakirs, the Omphalopsychics and Montanists. To Maxwell in the Seventeenth Century who revelled in his Sympathic cures in which the excrements played an important if somewhat unpleasant part. To Mesmer the Great, for he was great notwithstanding his pseudo-mystical and theatrical leanings. Mesmer who, after a brief triumph, was ignominiously hounded out of Paris by his Professional brethren, branded for all time as an adventurer and a Charlatan. In looking back now at the History of Mesmer and the intellectual attitude of the times in which he lived /
lived we are constrained to form an opinion of him which is much more tolerant; to ascribe to him less and less of the wilful practice of base deception, and to credit him more and more with what good he actually accomplished, not only in the way of cures which he effected—by whatever means—but also, and this is more important, by attracting men's attention to the subject of Magnetism. This latter deed he accomplished most effectually, and the strenuous support of his pupils on the one hand no less than the vigorous opposition of the Medical Profession on the other, served to focus a bright and necessary light upon the influence of Mind upon Matter.

It was this influence of Mind over Matter which was called by the Commission of the Academy of Science in one part of their Report "The Influence of the Imagination". This part of the Report read as follows:—Finally they "have demonstrated by decisive experiments that imagination "apart from magnetism produces convulsions and that Magnetism "apart from imagination produces nothing". Thus was Mesmer condemned and yet it never seemed to occur to any one that this power of the imagination which could produce con: :vulsions must be a notable something.

After Mesmer's abrupt and none too honoured exit from the scene his pupils—and their name was legion—con: :tinued his work more or less systematically and with more or less, generally less, success. Of greater importance
is James Braid who came next in the development of the History of the subject and who made the first step to:

wars the scientific explanation of the mechanism of the peculiar magnetic states, and by his observations swept away quantities of circumstantial Charlatanism which had thoroughly obscured the subject previous to his time.

Before proceeding further I wish personally to acknowledge at this point great indebtedness to the late Professor Rutherford for first drawing my attention to the work of James Braid. It was he who in one of his last if not actually his last introductory lectures to his class of Physiology dealt with the necessity for the appreciation of Hypnotism and dwelt upon the work of Braid in such a manner as thoroughly to engage the attention in this most interesting of studies. Than Rutherford surely never had any subject of interest a more enthusiastic partisan more a more able and convincing exponent.

To resume then, Braid established several important facts concerning induced states of sleep. He made innumerable experiments and obtained striking and successful results. His work remains as the foundation of all that is modern in treatment by Hypnotic Suggestion. This I say with due diffidence from knowledge of the fact that many nay /
nay most excellent authorities are of an entirely different opinion, and consider that little or no credit should be allocated to any one who preceded the School of Nancy founded by the great Liebeault. In reply to them it must be said and said with the sincerest conviction that James Braid has never received a fraction of the credit which is by rights due to him and I hope in dealing more extensively with the work which Braid actually performed and his comments on his cases, to prove that very much of the credit for the advance of knowledge of Hypnotism, which is ascribed to Liebeault and the School of Nancy could have been and should have been properly ascribed to James Braid of Manchester.

After Braid came an interval when little was done in England. In America Grimes gave origin to the theory of Electro-biology in the year 1846. In 1859 Asam introduced Braid's method to Bordeaux, and subsequently to and this consequently upon it, came Liebeault of Nancy in 1866 with his now Classic "Du Sommeil" Liebeault who firmly established and greatly expanded but did not, as many claim, actually discover the rôle played by suggestion in Hypnotic phenomena. The School of Pansis with Charcot at its head was remarkable in many ways but its chief value apart from its historic interest is to serve as a warning against the /
the danger of starting with a theory readymade and compelling nature to conform to it willy-nilly. That a man of the intellectual calibre of Charcot should have had such amazing views upon Hypnastics and have been so tenacious of them in spite of every contrary proof demonstrates most conclusively the tendency of even the greatest minds to be swayed by auto-suggestion.

In Bernheim, Liebeault's illustrious pupil, the Nancy School found a worthy successor to its great founder and his work "De la Suggestion" will remain for succeeding generations. This brings us to the present day when we have hosts of writers of merit practically all of whom profess and teach the method of Nancy.

Medical men all over the world are interesting themselves in the vast problems which the study of Hypnotic Phenomena may assist in solving and today in England we have a recently formed Medical Society for the study of Suggestive Therapeutics which has already a large and growing membership after a very brief existence.

Here then we have a rapid sketch of the growth of the study of Hypnotic Phenomena and that portion which we know as Suggestive Therapeutics, which has become separated off to a certain extent from the main body. Suggestion in Therapeutics has become a matter of considerable importance.
importance.

Contemporaneously with the growth of the theory of suggestion there has sprung up as its counterpart and complement the theory of auto-suggestion which Bramwell names Self-suggestion. It is with this term Auto-suggestion or Self-suggestion which I wish to deal first of all showing how it is described under many diverse forms by different writers and trying to ascertain exactly what the terms imply.

I shall endeavour to put forward my views as regards the extent of the influence of Auto-suggestion in Suggestive Therapeutics and in cases to draw attention to examples of its action. The word deserves attention if for no other reason on account of its popularity. It has obtained an enormous vogue and has sprung mushroom-like into an all prevailing existence. The next part of this work is to make a defence or rather a polemic on behalf of the rightful claims of James Braid and his work against certain prevailing ideas regarding the scope of his researches—ideas which are embodied in the works of more than one eminent author, and which are indicative either of lack of acquaintance with Braid's own writings, or of unwillingness to accord him his proper historical position in the evolution of the theory of Suggestion.

The next question I propose to treat is the highly important and extraordinarily difficult one of Crime in its relation to Hypnotic suggestion.

Finally /
Finally we shall have to consider the justice of some attacks made upon the Medical profession because of their alleged claim that the study and practice of Hypnotism should be relegated to them and to them solely, a claim concerning which considerable misunderstanding has arisen.

Further in appending a few typical cases of my own I shall draw attention to points of interest of difficulty. In those cases in which either temporary or permanent failure resulted I shall endeavour to indicate the probable causes of such failure and any facts which in parallel cases might militate against success. By so doing I feel persuaded I shall be more effectually advancing the study of our subject than by choosing out only successful cases for demonstration. For most men have felt more puzzled over a single failure than elated by many successes, and the process of reflection which a check aroused tends towards the acquisition of a rational and successful method for subsequent use in similar cases.
ON AUTO-SUGGESTION

Macbeth.

Cure her of that.
Canst thou not minister to a mind diseased,
Pluck from the memory some rooted sorrow,
Raze out the written troubles of the brain,
And with some sweet oblivious antidote
Cleanse the stuffed bosom of that perilous stuff
Which weighs upon the heart?

Therein the patient

Must minister to himself.

I have referred to the term Auto-Suggestion as a mushroom growth. It has arisen in a night and spread in a day. It is every-where and exists in all conceivable modes of acceptance. Let us endeavour to trace a little its origin and its growth and see what exactly is implied in the term. Every modern author who deals with the subject of Hypnotic Suggestion makes free use of the word as we shall see in the course of discussion and we shall observe that the name Auto-Suggestion is applied to very many conditions met with in the region of Suggestive Therapeutics.

For /
For the purpose of preventing mistakes, I have, in dealing with Auto-suggestion, adopted the method of quotation in extenso which, although infinitely laborious, is eminently more satisfactory than casual reference.

Albert Moll mentions cases in which the idea of the appearance of an effect is not aroused by a second person but generated by the subject himself. The corresponding effect very often appears even against the subjects will. Under pathological conditions we find this process very common. A stammerer, for example, can often speak quite well when he does not think about his stammering: as soon as he thinks of it and as soon as the conviction that he will not be able to speak takes possession of him, that moment he begins to stammer. Now as the idea of stammering is here generated by the person himself this process is called Self-Suggestion or Auto-Suggestion. Such Auto-Suggestions are not very uncommon as pathological incidents. Dread of open spaces (agogaphobia) is nothing but an Auto-Suggestion. The patient in this case is possessed by the idea that he cannot step across some open space; no reasoning is of avail here. The patient acknowledges its justice without permitting it to influence him because his Auto-suggestion is too powerful. As a rule logic is for the most part powerless over these Auto-suggestions. Many hysterical paralyses and likewise Auto-suggestions (thus /
thus a patient cannot move his legs because he is convinced that movement is impossible. If this conviction can be "shaken movement is at once practicable."

"Auto-suggestion may be called up by some external cause; this may effect the person from outside and thus induce an Auto-suggestion. Charcot referred some isolated traumatic paralyses to some such originating mechanism though this point is still in debate. According to this view a violent blow on the arm following on certain disturbances of sensibility may produce in the person concerned a conviction that he cannot move his arm. As the conviction was called up by the blow this case stands somewhere between external suggestion and Auto-suggestion. We will call all cases in which the Auto-suggestion did not arise spontaneously but was the secondary result of some thing else such as a blow, indirect suggestion, as opposed to direct suggestion, which aroused a certain idea immediately.

It is besides not always necessary that there should be a conscious mental act in Suggestion: individuality and habit sometimes replace this and play a great part in the training of the subject of which we still have to speak. For example if some external sign such as a blow on the arm has several times by means of a conscious mental act produced the /
the Autosuggestion that the arm is paralysed then the auto-
suggestion may repeat itself later mechanically at every
blow without any conscious thought about the effect of the
blow.

As regards this point of view it deserves notice
that in a case of this kind the development of the Auto-
suggestion passed through a state of direct and indirect
suggestion. The blow on the arm was at first a direct
suggestion to the patient who practically said to himself
each time he was struck" now my arm is paralysed". Later it
is quite possible that the effect followed automatically
as in a tendon reflex but still it should be noted that
there was a time when consciousness entered into the matter
and permitted, as it were, the paralysis to take place to
order.

"Every body" writes Moll" will here remember the
stigmates of the Roman Catholic Church. Bleeding of the
skin is said to appear in them generally in spots which
correspond to the wounds of Christ. It was first observed
in Francis of Assisi on whom Bournet has lately written at
length. Bournet asserts that the opinion of the phenomena
as not a matter of deception of or miracle but as the result
of heightened imaginative power is by no means new; even in
the thirteenth century Jacobus de Voragine so regarded it.
The best known is Louise Lateau of Bois d'Haine near Mans who was much talked of in 1868. It appears from the literature concerning her that the anatomical process was rather a complicated one in her case. (Virchow, Lefebvre). Blisters first appeared and after they burst there was bleeding from the true skin (corium) without any visible injury. I will not enter into the question of simulation which a Belgian Doctor, Warlomont, decided was impossible after personal investigation. Delbeouf and others believe that the phenomena were caused by auto-suggestion. Lateau directed her own attention continually to those parts of her body which she knew corresponded to the wounds of Christ and the anatomical lesions resulted from this strain of attention as in other cases from external suggestion. Virchow as is known thought that fraud or miracle were the only alternatives.

In this connection we may mention the remark of John Hunter who said he was confident he could fix his attention to any part of his body until he had a sensation in that part. In the case of Louise Lateau and the stigmatics it has been considered that if we accept the statement of Mantegazza that ecstasy and hypnosis have many points in common, and perhaps identical conditions, there should be no difficulty in explaining the effect produced. For an auto-suggestion in ecstasy may have the same effect as an auto-suggestion in hypnosis, and Mabilles observations showed that /
that a person in hypnosis can cause these bleedings by Auto-suggestion e.g. (after rubbing the part with a blunt instrument).

"Forel" continues Moll" wished to watch this experiment in vesication in a nurse from beginning to end. But the subject was made very angry and excited by the words and gestures which showed that she was distrusted. In Forel's opinion this caused the non success of the experiment. Forel holds the very plausible view that the subjects mental excitement was prejudicial to her later suggestibility.

We find a similar condition spoken of by Hudson where he mentions how difficult it is for mediums to produce their so-called spiritistic phenomena in the face of an audience of avowed skeptics. We proceed further to the consideration of the various forms and phases of auto-suggestion and we find in Moll still a considerable number of important remarks.

"One phenomenon which I have often observed depends on the memory of the later hypnosis. If a whole series of scenes is suggested to a subject in hypnosis a very slight impulse suffices to cause the whole panorama to pass before him again in a later hypnosis. A Hypnotic imagines himself hunting a lion; he kills the lion and cuts it to pieces; and then by suggestion he is turned into a General and then into a child. In a later hypnosis he hears an unexpected..."
unexpected noise which he immediately believes to be the roaring of a lion. In consequence he goes through all the scenes again without omitting the slightest detail. This incident may be counted among the indirect suggestions since the Auto-suggestion was aroused by an accidental circumstance. The case observed by Mabille and quoted above in which a person induced haemorrhage by Auto-suggestion belongs to the same category. The subject separated herself so to speak into two persons one of whom made the suggestions to the other as is proved by the conversation she carried on with herself.

"If a suggestion is often declined there is apt to arise in the subject the Auto-suggestion that he is refractory to this suggestion or perhaps to any suggestion."

"I should like to mention some slight accompanying ailments which are sometimes found after hypnosis, though they cannot be thought a real danger and are often the result of auto-suggestion or of a bad method. There may be fatigue and languour and heaviness of the limbs after waking."

"Berillon and Jennings hold that Auto-suggestion is a great factor in producing the difficulty of treating morphinism the Auto-suggestion that he cannot do without morphia leading the patient to desist from treatment."

"To the obsessions belong also cases of Nosophobia in/
in which the patient is dominated by fears of disease. It is well known that the symptoms of serious illness may be produced by Auto-Suggestion: Mavroukakis has lately shown that attacks closely resembling epilepsy may thus arise as well as a phenomenon which recalls disease of the spinal cord.

"What are the counter-indications against hypnotism i.e. what conditions forbid the use of hypnotism? In particular cases it may be that when certain phenomena produced by Auto-Suggestion cannot be avoided the use of hypnotism is counter-indicated."

"If the subject accepts the Suggestion (e.g. that headache is gone) we may be sure that in the Hypnotic state he does not feel the pain. But now we have to prevent the return of the pain after waking. Either external post-hypnotic suggestion or Auto-suggestion will do this. Auto-suggestion is the second plan. The patient finding himself without pain in Hypnosis may convince himself that pain is not a necessary consequence of his state, and this idea may under some circumstances be strong enough to prevent the return of the pain."

"Some diseases become incurable simply because they were not rightly treated at first. The illness develops into an Auto-suggestion more and more difficult to overcome."

"From other sides we also hear it asserted perhaps with /"
with some exaggeration that Auto-suggestion may produce disease. I may recall here the traumatic neuroses which Charcot and others explained by Autosuggestion a view which Meynert has opposed. Kraft-Ebing attributes great importance to Auto-suggestion in hysteria neurasthenia and Traumatic neurosis. Bruegelman shows that many asthmatic attacks only occur because the patient believes he cannot breathe: he awaits with anxiety the moment for the attack to appear and thus anxiety brings on the attack. A powerful diversion of the attention may suffice to prevent the attack".

"Education is only good when what is taught grows into an Auto-suggestion: i.e. when in particular cases the well-taught person must consciously do the right he has been taught to will. But hypnotic suggestion is also only good when it turns into an Auto-suggestion. (Forel) That is when the same thing happens as without hypnosis".

"Children frequently tell un-truths in Law Courts The same has long been observed of the hysterical. This is partly due to Auto-suggestion and partly to external suggestion leading to falsification of memory".

"A Bavarian Medical Officer Wetzler in 1883 treated himself with medicines ordered for his rheumatism by a somnambulist and with good results. We may perhaps trace here also the action of Aut-suggestion."

"When we consider the history of Animal Magnetism
We see that commissions always find what they wish to find; the result is always what they expect; in fact commissions are much influenced by auto-suggestion.

For the present we make no comment upon the extracts which have been given. They, together with all others which deal directly with Auto-suggestion, will be classified as far as possible before coming to the conclusion as to the extent and scope of the term.

We pass now to a Psychologist's work for quotation.

"The rather crucial experiment of Braid in this matter is worth quoting. A Hypnotizer had claimed that he could induce mesmeric sleep in his subjects without her knowledge or consent. Braid doubted it and brought the man to his house and afterwards brought the subject who had no knowledge of the man's presence. She sat within a few feet of him in another room the door between them being slightly open. The Mesmerist worked for some three quarters of an hour to induce hypnosis but he failed. As soon as the subject learned that he was present and trying to hypnotise her - that is as soon as she was conscious of the man's presence and efforts, she at once went into the mesmeric sleep, proving that her own mind was the chief instrument in the result."

This /
This experiment shows several interesting features. It reveals for instance Braid's painstaking search after the actual truth in any claim that was made upon his credulity. He was willing to test any possible experiment frankly and carefully. Further it shows that he was conversant with the modes of producing the Hypnotic state not dependent upon his own method of fixed gaze but upon purely mental action on the part of the subject. To this we shall have occasion to refer more fully at a later period. Meanwhile the case is an excellent one as an example of a kind of transition stage between hypnosis induced by suggestion and hypnosis induced by Auto-suggestion.

Professor van Renterghem in his "Psychothérapie dans ses différents modes" gives a case in which a girl whose mother was in an Asylum, devenue aliénée par suite de l'infidélité de son mari, acquired so strong an Auto-suggestion of impending insanity that for fear of her fate she attempted to commit suicide. She was relieved of her terrors by hypnotic suggestion.

Dr Lloyd Tuckey in his "Hypnotism in Chronic Alcoholism" says: "As I have already said, I look upon the possession of the good-will and co-operation of the patient as the most important element contributing to success. Without them we have such opposing Auto-suggestion that /
That our efforts are rendered useless or if successful for the moment the effect of Suggestion soon wears off.

From a somewhat different and independent standpoint the late Guiseppe Lapponi, Physician in Chief to His Holiness Pope Pius the IX, approaches the subject in his "Ipnotismo e Spiritismo". "The author of the suggestion may be either the individual who is the victim (Vittima) of it or a different individual. In the first case the suggestion is called accurately speaking Auto-suggestion or suggestion by oneself: and may be voluntary and conscious as, for instance, when it occurs in a waking state and in conditions of normal health: or it may be unconscious and involuntary as when it arises in a dream during sleep or in the midst of a delirium or under the influence of illusions or hallucinations of a more or less transitory kind. In the second case the suggestion is called ordinary or external (estrinseca) and for the most part is not availing unless it originates from him who had induced the Hypnotic state of from one who has been placed by him in "rapport" with the subject".

He denies the existence of Suggestione puramente mentale which seems the equivalent of the telepathy of the English Authors.

Milne /
Milne Bramwell in his excellent treatise on hypnotism gives accounts of numerous experiments which he has conducted in self-suggestion. Subjects could when awake suggest to themselves that muscular rigidity, local and general analgesia, hallucinations etc., should appear during hypnosis; they then hypnotised themselves at will when the phenomena duly appeared. These subjects were healthy people who had been hypnotised for experimental purposes. He refers also to the fact that a person can by taking thought, as it were, prevent himself being hypnotised. The failure is due here to conscious self-suggestion by the patient. He gives instances of dipsomaniacs who only consented to treatment under pressure by their relatives and who resisted any attempt to induce Hypnosis.

As regards one set of cases he says: "The conditions just referred to give rise to various forms of self-suggestion antagonistic to the operator. Thus the failure of other forms of treatment excites the self-suggestion that Hypnotism will also prove unsuccessful. The patients who are constantly analysing their own sensations are also self-suggestionists who are only interested in themselves. One of my patients for example who had suffered from Hysterical neurasthenia for twelve years finally regarded all her symptoms as the result of Medical treatment. Thus pain in the head was due to Galvanism in another part of the body to /
to massage in fact a number of localized painful regions were labelled with the names of the Medical men who had attended her. Hypnotism was not more fortunate. Not only did fixed gazing produce headache and nausea but passes made behind the patient's back at a distance of twenty feet- though with her knowledge- frequently excited actual vomiting."

Bramwell refers also to the establishment of the condition called rapport in somnambulistic states in which condition the patient responds solely to the wishes and commands of the operator and no one else. He considers that this may be attributed to two causes namely training of the patient by the operator to this belief or else an Autosuggestion on the part of the patient that he can only hold communication with the outer world via the operator.

"Waking self-suggestions of the subject differ widely in their results from those of the operator given in Hypnosis. This does not show a difference in the suggestions themselves but in the conditions under which they are made." Bramwell frequently instructs patients to hypnotise themselves and to evoke the phenomena of hypnotism by self-suggestion. "I can only recall" he says "one instance in which muscular changes took place in an untrained subject without direct suggestion. Deep Hypnosis was obtained at the first attempt and the condition known as flexibilitas cerea appeared. This subject however had seen /
seen others hypnotised in whom muscular changes had been induced and probably in her case the **flexibilitas cerea** was the result of self-suggestion.

A further important remark is made by Bramwell re Auto-suggestion:- "the results obtained by the patients self-suggestions are worthy of note particularly considering the slight amount of Hypnosis which had been in use. One patient says what he aims at is to produce a stage in which he is sleepy enough to be suggestible and yet sufficiently wide awake to make suggestions to himself".

Vincent in his **Elements of Hypnotism** describes the Illusion of Resistance in the hypnotic state. "When I am asleep" said a patient" I feign automatism although I believe that I might act otherwise. I begin with the firm determination not to simulate but as soon as I am asleep it seems that in spite of myself simulation begins."

Professor Bernheim mentions Auto-suggestion as an obstacle in the way of the cure of some of his patients. One case that he mentions was that of a girl suffering from tibio-tarsal sprain"I tried to Hypnotise her" says Bernheim. She gave herself up to it with a very bad grace saying that it would do no good. I succeeded however in putting her into a deep enough sleep two or three times. But the painful contracture continued: she seemed to take a malicious delight in proving to the other patients in the service that it did no good but that she always felt worse - the inrooted /
inrooted idea the unconscious suggestion is such that no; 

thing can pull it up again. When the treatment was begun 
she seemed convinced that Hypnotism would not cure her. 

Is it this idea so deeply rooted in her brain which neutralizesthe efforts and her own wish to be cured?"

In regard to this case I wish to point out that 

here the Auto-suggestion was in reality anything but un-
conscious; it was on the contrary most definitely conscious 
though perhaps not voluntary.

In consideration of Auto-suggestion 
as we find it presented by Hudson in his popular Psychic 

Phenomena. This I do for several reasons the first of 

which is a desire to embrace as many views of the subject 
as possible, the second is because the views of this writer 
are unusual to a degree, and the third is that he makes some 
reflections and criticisms about the Medical profession 
which are many of them, to say the least of it, not pertinent.

The popularity which this book has enjoyed makes 

it essential to draw attention to a few of the more glaring 
of the mistakes contained in it - mistakes which are all 

the more dangerous and damaging in as much as they are 
couched in fluent and apparently logical periods: for these 
reasons it is proposed to enter a little fully into his views. 

Although I do not share those views to any great extent and 

although I disagree entirely with his method of argumentum ad 

hominem in dealing with what he terms the Medical Monopoly 
such /
such criticisms as I shall be compelled to make must not be considered in any way urged by a spirit of vindictiveness or by party leaning but solely as frank exposure of his arguments and a setting forth of a few facts upon the opposite side. In consideration however of the fact that his opinions are shared by not a few writers and in as much as he appears to overstep the limits of legitimate argument in his attack upon the Medical Monopoly, as he calls it, it is hoped that these few arguments of mine may serve however in adequately for a defence of the position of the Medical Profession in their relation to Hypnotism.

In order to understand more clearly the position of Professor Hudson we quote directly and at length.

"Hitherto no successful attempt has been made to define clearly the nature of the two elements which constitute the dual mind nor has the fact been recognised that the two minds possess distinctive characteristics. It is a fact nevertheless that the line of demarcation between the two is clearly defined that their functions are essentially unlike that each is endowed with separate and distinct attributes and powers and that each is capable under certain conditions and limitations of independent action.

I shall distinguish the two by designating the one as /
as Objective and the other as Subjective. The Objective mind takes cognizance of the Objective World. Its Media of observation are the five senses. It is the out-growth of man's physical necessities. It is his guide in his struggle with his physical environment. Its highest function is that of reasoning.

The Subjective Mind takes cognizance of its environment by means independent of the physical senses. It perceives by intuition. It is the seat of the emotions and the store-house of memory. It performs its highest functions when the Objective senses are in abeyance. In a word it is that intelligence which makes itself manifest in a Hypnotic subject when he is in a state of somnambulism.

"The following propositions therefore will not be disputed by any intelligent student of Hypnotism vis:\ :

(1) That the Objective Mind or let us say man in his normal condition is not controllable against Reason, positive knowledge, or the evidence of his senses by the suggestions of another.

(2) That the Subjective mind or man in the Hypnotic state is unqualifiedly and constantly amenable to suggestion.

That is to say the Subjective mind accepts without hesitation or doubt every statement that is made to it no matter how absurd of incongruous or contrary to the Objective experience of the individual.

There /
There is another principle however which must be mentioned in this connection which apparently not so well understood by Hypnotists generally, I refer to the phenomena of Auto-suggestion. Professor Bernheim and others have recognised its existence and its power to modify the results of experiments in one class of Hypnotic Phenomena but have apparently have failed to appreciate its full significance. It is, in fact, of co-extensive importance with the general principle or law of Suggestions, and is an essential part of it. It modifies every Phenomenon and sometimes seem to form an exception to the general law. Properly understood however it will be seen not only to emphasise that law but to harmonise all the facts which form apparent exceptions to it.

The two minds being possessed of independent powers and functions it follows as a necessary corollary that the subjective mind of an individual is as amenable to the control of his own objective mind as to the objective mind of another. This we find to be true in a thousand ways. For instance it is well known that a person cannot be hypnotised against his will. As the Hypnotic condition is usually induced by the suggestion of the Operator his failure is due to the contrary Auto-suggestion of the subject.
subject. Again if the subject submits to but resolves before hand that he will not submit to certain anticipated experiments the experiments are sure to fail. Again if a Hypnotic subject is conscientiously opposed to the use of strong drink no amount of persuasion on the part of the operator can induce him to violate his settled principles. And so on through all the varying phases of Hypnotic Phenomena, Auto-Suggestion plays its subtle rôle, often confounding the operator by resistance where he expected passive obedience. It does not militate against the force of the law that suggestion is the all controlling power which moves the subjective mind. On the contrary it confirms it demonstrated its never failing accuracy. It shows however that the stronger suggestion must always prevail. It demonstrates moreover that the Hypnotic subject is not the passive unreasoning and irresponsible automaton which Hypnotists ancient and modern have believed him to be. As this is one of the most important branches of the whole subject of Psychological phenomena it will be more fully treated when the various divisions of the subject to which the principle is applicable are reached. In the meantime the student should not for a moment lose sight of this one fundamental fact that the subjective mind is always amenable to the power of suggestion by the objective mind, either that of the individual himself or that of another who has for the time being assumed control. 

Again just here Lebeault's discovery of the Law
of Suggestion comes in and shows that the subjective mind is constantly controlled by that power. It is true that Liebeault and his followers have applied the law only to the elucidation of Hypnotic Phenomena, and in that have not always carried it to its logical conclusions. But it has seemed to me that if the law is applicable to one class of Psychic Phenomena it must be equally applicable to all, as Nature's Laws admit of no exceptions. I have therefore declared as the second proposition of hypothesis that the subjective mind is always controllable by suggestion".

"Now what is an Auto-Suggestion? It its broad signification it embraces not only the assertions of the objective mind of the individual addressed to his own subjective mind, but always the habits of thought of the individual, and the settled principles and convictions of his whole life: and the more deeply rooted are those habits of thought principles and convictions the stronger and more potent are the Auto-Suggestions and the more difficult they are to overcome by the contrary suggestions of another".

From the above we see clearly what Professor Hudson means by the Objective and Subjective Mind their relative and individual powers and the way in which they are affected by Suggestion and Auto-suggestion. But he now proceeds to extend the range of Auto-suggestion still further to embrace what are commonly called instincts.
"Now there are three primary functions or let us say instincts of the Subjective Mind which are common to men and the whole Animal Creation. The first pertains to the preservation of the individual and is called in common parlance the instinct of self-preservation. This is admittedly the strongest instinct of Animal nature. The second in the order of strength and universality is the instinct of re-production. The third pertains to the preservation of Human life generally and of one's own offspring particularly. Each pertains to perpetuity of the Race. The first and second are universal and the third practically so the only exceptions being in rare cases of individual idiosyncrasy or in a very low order of animal life. The potency of these instincts is too well known to require comment. These are all of them instinctive Auto-Suggestions."

Again" As has been said before, the belief of the Subjective mind in the verity of a suggestion made to it is the essential and never failing law of its being. If the suggestion made to it is not counteracted by an Auto-suggestion proceeding from the Objective mind of the individual it will always be unhesitatingly accepted. If it is counteracted by Auto-suggestion the strongest suggestion must prevail. It frequently happens that a Therapeutic suggestion is counteracted by Auto-suggestion. The latter may arise from intense prejudice or from natural scepticism regarding phenomena not understood".

Further" the general principle of Auto-suggestion is /
is recognised by all Scientific Hypnotists of the present day: but they fail to recognise its extreme importance as a Therapeutic agent. Properly understood and applied Auto-suggestion supplies a means of enabling everyone to heal himself or at least to hold himself in the proper mental attitude to make permanent the good effects of Hypnotic treatment by others."

"It might not be unprofitable in this connection to enter into a general enquiry as to how far it would be possible to control our dreams by Auto-suggestion and thus obviate the discomforts incident to unpleasant nocturnal hallucinations".

"The most important branch of Psycho-therapeutics is however still to be discussed. It has been shown in this and former chapters that Auto-suggestion plays its subtle rôle in every Psychological experiment. It has been shown that the subjective mind of an individual is constantly controlled by the suggestion of his own objective mind. This is the normal relation of the two minds and when that control ceases the person is insane just in proportion to the degree in which the objective mind has abdicated its functions. This control is ordinarily exercised unconsciously to the individual. That is to say we do not ordinarily recognise the operations of the two minds for the simple reason that we do not stop to philosophize on the subject of /
of their mutual relations. But when we once recognise the fact we have not only arrived at the principle which lies at the foundation of all true Psychological Science, but we are prepared to accept the subsidiary proposition which underlies the science of Mental Self-healing.

That proposition is that man can control by suggestion the operations of his own Subjective Mind even though the suggestion be in direct contravention of his own Objective belief. This is unqualifiedly true even though the suggestion may be contrary to reason experience or the evidence of the senses. A moment's reflection will convince anyone of the truth of this proposition. It is Auto-suggestion that fills our Asylums with Monomaniacs. That long continued and persistent dwelling upon a single idea often results in chronic hallucinations is a fact within the knowledge of every student of mental science. That it often happens that a Monomaniac identifies himself with some great personage, even with the Deity, is a fact within common knowledge. What gives rise to such hallucinations is not so well known but every student of the Pathology of Insanity will verify the statement that Auto-suggestion is a primary factor in every case. The patient who is usually a monumental egotist to start with begins by imagining himself to be a great man and by long continued dwelling upon the one thought he ends by identifying himself with some great historical /
historical character whom he specially admires. If he is afflicted with some nervous disorder which causes him to pass easily and habitually into the Subjective state the process of fastening the hallucination upon his mind is easy and rapid and he is soon a fit subject for a lunatic asylum. But whatever physical condition may be a necessary factor in producing such hallucinations the fact remains that Auto-Suggestion is the primary cause.

The subject is introduced here merely to illustrate the potency and power of Auto-suggestion even when the suggestion is made against the evidence of reason and sense. It must not be forgotten that Auto-suggestion which produces an hallucination such as has been described operates on the lines of strongest resistance in nature. If therefore such results can be produced when opposed by the strongest instinct of our nature how much easier must it be to produce equally wonderful results when operating in harmony with those instincts and hence on the lines of least resistance."

These quotations put us in possession of the basis of many of the arguments which Hudson puts forward and they are necessary to our consideration of them as they come up. Without them we cannot appreciate what he means when he draws conclusions in regard to Auto-suggestion and many other problems concerned with it.
In the above series of quotations we have found the term Auto-Suggestion used to express conditions as interesting as they are numerous and varied. It will be an advantage at this stage to recapitulate and analyse the conditions to which this name is applied and endeavour to find out what is the real essential meaning of this very comprehensive term. If we are then in a position to draw any conclusions of value it will be so much gained, and at any rate the attempt to investigate will have done some little good. First of all then, let us go over the quotations in order and pick out each reference to Auto-Suggestion and note it down. After that we shall classify as much as possible the applications of the word. Finally we shall endeavour to find out the actual significance of it.

1. Moll
   Spontaneous generation of the idea of standing
2. ..
   Dread of open spaces (a pathological incident)
3. ..
   Many hysterical paralyses are Auto-suggestions
4. ..
   An outside agency may call up an Auto-suggestion
5. ..
   Stigmatic phenomena produced by Auto-suggestion in trance or ecstasy
6. John /
6. John Hunter
7. Mabille
8. Moll
9. ..
10. ..
12. ..
13. ..
14. ..
15. ..
16. ..
17. Forel
18. ..
19. Moll
20. Moll
21. ..
22. Lloyd Tuckey
23. Lapponi
24. ..
25. Bramwell
26. ..
27. ..
28. ..

Sensation produced in body by Auto-suggestion.
Stigmatization produced in Hypnosis by Auto-suggestion.
Repetition of events of a previous Hypnosis on a false premiss (i.e. the noise taken for a lion's roar) indirect Auto-suggestion.
Auto-suggestion of refractoriness to suggestion caused by repeated refusal of suggestion.
Ailments accompanying Hypnosis due to Auto-suggestion.
Difficulty of treating Morphinism due to Auto-suggestion.
Symptoms of serious illness produced by Auto-suggestion.
Phenomena produced by Auto-suggestion are contra indications to Hypnotism.
Auto-Suggestion prevents return of pain expelled by Hypnotism.
Illness develops into an Auto-suggestion.
Auto-Suggestion may produce disease (Kraft-Ebing - hysteria neurasthenia and traumatic neuroses Bruegelman- Asthmatic attacks).
Education only good when it grows into an Auto-suggestion.
Hypnotic suggestion only good when it turns into Auto-suggestion.
Untruthfulness in children and hysteric s due to Auto-Suggestion.
Somnambulists prescription cures by Auto-suggestion.
Commissions are influenced by Autosuggestion.
Auto-suggestion by patient causes failure of treatment.
Auto-suggestion voluntary and conscious in waking state.
Auto-suggestion involuntary and unconscious in dreams and delirium.
Rigidity and analgesia follow auto-suggestion in a subsequent Auto-hypnosis.
Auto-suggestion voluntarily prevents hypnosis.
Auto-suggestion a cause of existence of rapport./
Waking Auto-suggestion has different results from external suggestion.
Flexibilitas cerea result of auto-suggestion
Results of Auto-suggestion obtained even in very light hypnosis
Auto-suggestion an obstacle to cure of patients.

Auto-suggestion of co-extensive importance with principles of law of suggestion and is an essential part of it.
Auto-suggestion is the amenability of the subjective mind to the objective mind of the same person

Autosuggestion embraces :-

(a) The assertion of the objective mind addressed to the subjective mind of the same person.
(b) The habits of thought of a person.
(c) The settled principles and convictions of his whole life.

Instinctive imperative Auto-suggestions are the three instincts

Auto-suggestion counteracting Therapeutic suggestion may arise from intense prejudice or from natural scepticism

Auto-suggestion a therapeutic agent

Control of dreams by Auto-suggestion

Auto-suggestion fills Asylums with Monomaniacs

These are the uses of the term Auto-suggestion which we find and they are sufficient in number and variety to give us an idea of how wide is the application of the name. All the more striking does this become when we recall the fact that these are a very few quotations from a small number of Authors.

If we now consider the word Auto-suggestion as applied to the single condition of disease we see that we have it used in the following senses.

As :-

1 A Symptom of disease
2 A cause of disease
3 A disease
4 A Concomitant of disease
5. A cure for disease
6. A source of difficulty in treating disease
7. A producer of symptoms of disease
8. A late development of disease

Besides this we have it used to mean:
1. A state of mind
2. A cause of moral delinquency
3. An instinct
4. A relation of the subjective to the objective mind
5. Settled convictions and principles
6. A cause of physical phenomena (stigmata)
7. A good result of education
8. A good result of Hypnotic suggestion

It may be classified to some extent.

Thus we have (1) Congenital (Hudson)
(2) Acquired

Or (1) Voluntary and conscious
(2) Involuntary and unconscious
(3) Involuntary and conscious (Stammering)

Thus we can see what a very wide area of the total of human experience this word Auto-suggestion can be made to cover. It is that which causes some diseases, cures others, is a symptom of others, and so on. It is the cause of the condition of the Monomaniac and the contra indication to Hypnotism. It appears that it can be almost anything. And in fact that is exactly what it can be, and it was as the readiest means of proving this fact that quotation has been adopted in this Section.

Autosuggestion is apt to be taken as a label for some /
some pathological agency at work in producing functional disease and it has been freely used in this sense and in many other limited and as it were local senses for the purposes of the writers convenience. One point of view has not been in my opinion sufficiently dwelt upon by writers and it is one which materially aids in making one avoid the tendency to consider Auto-suggestion as a definite limited entity.

It is this. Suggestion or hetero-suggestion as soon as it is applied successfully to any person at once becomes converted into an Auto-suggestion for the individual who has been affected. Whenever any person accepts as it is termed a suggestion, whether in the waking state, or in the hypnotic state, or in any kindred state, he becomes the subject of an Auto-suggestion. The process of mark, learn, and inwardly digest, has converted the hetero-suggestion into an Auto-suggestion. The Hetero-suggestion of today is the Auto-suggestion of tomorrow. To take an instance. The well known hoax of telling a person he looks ill commences with a series of statements by various persons. These statements or hetero-suggestions are in turn accepted by the person concerned and by this acceptance are converted into Auto-suggestions with an effect with is cumulative until he really does become ill. The Hetero-suggestions in this case /
case have become converted duly into Auto-suggestions and then the result follows. If however the person concerned has a strong conviction of his own excellent health he declines to accept these Hetero-suggestions. In that case the word Auto-Suggestion would be given to quite a different condition viz:— the person's resistant conviction of good health which he successfully opposes to the given suggestion.

We can deduce from this that suggestion and Auto-suggestion are not two fixed quantities, which is rather apt to be the way of regarding them in Suggestive Therapeutics, where the Hypnotist is endowed with the first quantity, Suggestion, and the patient is endowed with the second quantity, Auto-suggestion. In that case the term Auto-suggestion generally means resistance to success of treatment.

Not only is there no fixed boundary line between Suggestion and Auto-suggestion but also I maintain that they merge into one another so completely and with such fine gradations as to be but one and the same thing regarded in two slightly different phases of existence.

It may argued that this is so obvious that it was hardly worth while going to such lengths to prove it and I should readily accede to the justice of such a criticism. I am of opinion however that the clear recognition of the gentle gradation of suggestion into Auto-suggestion is of great practical value in treating disease by means of Hypnotic suggestion and for this reason it was necessary to dilate upon the subject. For in keeping this idea before us /
us there will be less doubt as to the exact limitations of
the value of Hypnotic suggestion in treating disease. I
venture with considerable reserve to put the matter axiomati
cally thus: "Auto-suggestion is the most important causa-
tive factor in all disease curable by Suggestion".

In making this axiom the word Auto-suggestion has
been used advisably to include also assimilated Hetro-sugges-
tion because I feel convinced that no external suggestion
can cause symptoms of disease until such time as it has become
Auto-suggestion.

If this axiom be true it follows that organic disease
cannot be cured solely by Suggestion although some of its
symptoms may be. It does away with numbers of cases, such
as cancer said to be cured by Suggestion, locomotor ataxy
cured by Hypnotism, and so on, of which, at times, one hears
so much. It is quite true, say in a case of severe inoperable
cancer with great pain, relief may be afforded by Hypnotic
Suggestions. In fact I have heard of a case in which so
great was the relief from pain that the patient firmly
believed he had been cured of a cancer of the rectum in
spite of the fact that other symptoms remained. The
modus operandi of Suggestion in such cases is simple. Let
us recall the very pertinent observation of John Hunter
quoted above that by concentrating his attention for a
considerable time upon any part of his body he was able to
produce /
produce sensation in that part. This is a perfectly correct observation and we see how a person who is afflicted with any serious disease, and spends his whole time in thinking miserably over it, accentuates the pain by the addition on a kind of unearned increment. It is this unearned increment of pain and this alone—frequently it amounts to a great deal—which can be successfully removed by Hypnotic suggestion.

Similarly take a case of haemorrhage into the motor tracts of the brain in paralysis. Many cases are on record where recovery progresses steadily and to a great degree of completeness. Some cases never seem to recover at all. A third class of case—and this is the one in which we are at present interested—show no recovery at all for a long period, even for years, and then quite suddenly begin rapidly to regain a large part of their power. In these patients the idea had taken root that their condition was essentially hopeless, that the destruction of nerve cells and fibres was complete, and nothing could ever help them. The result was that when the nervous zone surrounding the organically destroyed area, and suffering only from functional derangement was prepared to resume its functions the patient never gave it the opportunity. Then something exceptional, such as a vigorous course of electricity or massage or some striking innovation in treatment broke down the /
the patient's Auto-Suggestion about the permanence of the
paresis and lo, and behold the patient began to recover.
Cases like these are very suitable for Hypnotic Suggestion
and their treatment is as essentially simple as their
results appear unnecessarily miraculous. Here again it
is the unearned increment of paralysis which is alone
affected by treatment.

In the treatment of Alcoholism too it is the patient's
Auto-Suggestion that is over-thrown by Suggestion. It may
be an Auto-Suggestion that he cannot prevent himself drink
ing or an Auto-Suggestion which is much more difficult to
deal with that he has no urgent necessity for trying to
abstain.

Another very important practical result which
a proper appreciation of the gentle gradation of Suggestion
into Auto-Suggestion has, is that we are thereby able to
more accurately gauge the criminal possibilities; a subject
about which the greatest confusion has arisen from a com
plete disregard of the existence of this gradation.

As an example of resistance by Auto-Suggestion a case
I had of a working man who was to be treated for Alcoholism
may serve. He was pressed into it by his relatives and
only came for treatment in order to satisfy the conventional
idea that he must either want to be treated or be a very
wicked man. As a matter of fact he did not in the least
want /
want to be treated. This I discovered after a few efforts to Hypnotism him which entirely failed. Having explained to him that there was obviously something more than appeared on the surface behind all this and that he had better tell me the truth after much pressing he admitted he was resisting Hypnosis as hard as he was able. Asked how he did it he said "When you tell me to look steadily at your eyes I just keep looking at them and I say to myself No you don't Jimmie, No you don't Jimmie"

This struck me as quite an excellent, as it was quite a successful method of conscious Auto-suggestion. Happily the mutual explanations resulted in a better and more appropriate state of mind in the patient because by their means the adverse Auto-Suggestion was replaced by a Suggestion favourable to Hypnosis and to final cure.

Further I lay down that no disease is cured by suggestion until that suggestion has become an Auto-suggestion either consciously or unconsciously to the patient.

Suggestion becomes more easily converted into Auto-Suggestion in the brain of one who is under the influence of Hypnotism and this is employed as the surest and quickest way of effecting our patients.

In the deep stages with amnesia this Auto-suggestion is unconscious in so far as it is not remembered. Where amnesia does not ensue the Auto-suggestion is conscious
I maintain then that the cure of disease by Suggestion is always effected by the elimination of an Auto-suggestion.

Perhaps the most important practical deduction which I have been able to make from the throwing into line of Suggestion and Auto-Suggestion has been this. Where a case comes which has every appearance of being a case suitable for Hypnotic treatment and where the condition does not quickly show marked improvement, I make it a rule to discontinue treatment for a short period and ask the patient to reconsider his attitude towards the treatment. I act therefore on the assumption that there exists some adverse Auto-suggestion which I have not discovered. This method has the satisfactory effect of making patients ask themselves whether they are really truthful in their protestations and sincere in their attempts to be cured. It prevents disheartening failures, from endeavouring the impossible. These patients reconsider the matter and return to confess the cause of their resistance. In all cases for treatment by Hypnotic Suggestions it is a case of 'cherchez l' Auto-suggestion'.

Auto-suggestion is an extremely useful term and very convenient for our purposes in description of cases and for this reason its popularity will rather tend to increase or diminish. I wish however to draw attention to the fact that it is simply a particular stage and character of Suggestion and that so understood it has been in...
my experience simplified. In any given case there may be a dozen Auto-suggestions each acting adversely to treatment and the removal of one after another of these is essential to the cure of the case. The neurasthenic, who believes he has cancer of something, who wonders if it is the same as he had last week somewhere else, and who knows that he only got his Will made in time, and who does not believe that he can be hypnotised or cured even if he were Hypnotised, and who thinks he prefers cremation to old-fashioned burial as more sanitary, and who does not from the bottom of his heart like to believe he can be either hypnotised nor cured because he would thus lose his claims upon the patience and sympathy of his long suffering fellow men, he is the case in which Auto-Suggestion tumbles over Auto-suggestion to resist the effects of treatment by Suggestive therapeutics.

Although they are a form of case that is disheartening to many people at first, they prove finally if persevered with most successful cures, and they repay the process of digging down to the kind of queen-ant Auto-Suggestion at the bottom of the condition.
JAMES BRAID AND HIS WORK

"Braid is entitled to great credit for the discovery that the Hypnotic state can be induced independently of the presence or co-operation of another person. Further than that his work is practically valueless for the simple reason that he never understood the power of influence of Suggestion" Thus writes a Psychologist and in thus writing he voices an opinion so wide-spread and so tenaciously adhered to that it seems only fair to examine its truth a little exhaustively.

With the first part of the statement no dispute is necessary. Braid undoubtedly did prove that the Hypnotic state could be induced independently of the presence or co-operation of another person. This he did partly on the Historic occasion when he hypnotised himself in the presence of two friends for the purpose of relieving himself from some severe Rheumatic pains in the neck and shoulder, on which occasion being wakened up after nine minutes he found himself quite free from pain and remained so. By this experiment he proved that the state could be induced without the co-operation of another person. The presence of another person was on this occasion a precautionary measure and was not for the purpose of securing the success of the operation. Subsequently he and others proved /
proved the other part of the proposition that the presence of other persons was non-essential and this by numerous experiments. Herbert Mayo bears witness to the effects produced by following out Braid's method on himself. Braid proved also by the very first experiments which he made that the hypnotic state could be induced apart from Suggestion altogether. This fact is carefully pointed out by Hudson and he deserves credit for making a special mention of its importance. In those first experiments of Braid's he carefully chose for his subject a person who, had, as far as Braid knew, no knowledge of mesmerism and its effects and who certainly could not have expected anything in the form of mesmeric effects to follow on the simple process of gazing attentively at a chemical experiment for a specified purpose, which was the means adopted.

Even in this first experiment Braid carefully excluded the action of Suggestion, which strikes one as a very happy accidental precaution to have taken, if, as is said, he did not know that it might alter the value of his experiment in any way. A very interesting case bearing upon this question is that of Mr Walker Braid's friend who one day while attempting to Hypnotise a patient by Braid's method hypnotized himself instead, the patient remaining awake, which proved that a person may hypnotize himself unintentionally.

Thus /
Thus far then these points are established:

1. That the hypnotic state can be induced in a person by himself without co-operation or presence of another.
2. That the Hypnotic state can be induced in a person by purely mechanical means apart from suggestion.
3. That a person can hypnotise himself unintentionally.

Let us now pay attention to the second part of the statement quoted above, by which Braid's work is voted valueless in as much as he never understood the power or, influence of Suggestion.

For the complete refutation of this statement we have only to turn to the examination of Braid's own writings. In this connection Bramwell has done a good action in drawing attention to the importance of the later works of Braid. In his Hypnotic Therapeutics Braid says "Moreover inasmuch as words spoken or other sensible impressions made on the body of the individual by a second party act as suggestions of thought and action to the person impressed so as to draw and fix his attention to one part or function of his body, and withdraw it from others, whatever influence such suggestions and impressions are capable of producing during the ordinary waking state should naturally be expected to act with correspondingly greater effect during this nervous sleep when the attention is much more concentrated and the imagination and faith or expectant ideas in the mind of the patient are so much more intense than in the ordinary waking condition."
Again" Not only so but there are even cases recorded in which we have the best authority for the fact, where patients who were previously in perfect health have actually died from the powers of the imagination excited entirely through the suggestions of others. Nor are the suggestions of others of the ideas of health vigour hope and improved looks less influential with many people for restoring health and energy, both of body and of mind. Having such a mighty power to work with the great desideratum has been to devise the best means of regulating and controlling it, so as to render it subservient to our will for relieving and curing diseases. The modes devised both by the mesmerists and hypnotists for these ends I consider to be a real solid and important addition to practical therapeutics, and not the less curious and important that it is done simply through appeals to the immortal soul to assert and demonstrate its superiority and control over the mortal body".

Even the most ardent supporters of suggestion do not in these modern days claim for it a greater power nor advocate for it a more careful use than Braid himself. We might easily rest content with the above testimony of the originator of the name Hypnotism were it not that by a little further examination of his works we unearthed still more remarkable evidence of his accurate conception of the scope of Suggestion. Here is Braid's description of a minor operation /
operation on his friend Mr Walker to whom we have already made reference.

"Mr Walker called upon me stating that he had been suffering from a violent tooth-ache said he was anxious to have the tooth out, but that he suffered so much pain from the operation on former occasions that he could not make up his mind to submit to it, unless when hypnotised. He had been frequently hypnotised and was highly susceptible of the influence. I told him I should be most happy to try but that unless he could restrain his mind from dwelling on the operation I might not be able to succeed in extracting the tooth entirely without pain. He sat down and speedily became hypnotised but I could not produce rigidity of the extremities nor insensibility to pinching. I therefore roused him and told him the fact. He stated he went on a usual to a certain point but then began to think "now he will be putting the instrument in my mouth". after which the Hypnotic effects went no further. The pain was gone and he left. In the evening he again called upon me when I tried him once more with the same results. I now aroused him told him it could not be done with him reduced to a state of total insensibility, and that I should therefore extract it now that he was awake. I now extracted the tooth He was conscious of my laying hold of it but had felt so little pain that he could not believe that the tooth had been extracted /
extracted. Nor would he believe it till he had the tooth put into his hand. I now requested him to be hypnotised once more when he became highly rigid and insensible in a shorter time than I had ever seen him before. From this and other cases I infer that if it is intended to perform a surgical operation entirely without pain whilst in the Hypnotic condition, the patient's consent should be obtained for it to be done sometime, but he ought on no account to know when it is to be done otherwise in most cases it would foil the attempt).

The above carefully recorded case with its conclusion, betrays the fact that Braid observed and recognised and noted the very great importance, not only of suggestion but of its interesting phase Auto-Suggestion, and drew attention to it in remarks which leave as little doubt of his appreciation of it as do those rather less convincing ones made by the great Bernheim in his experiment before alluded to. The only thing Braid omitted to do was to label the condition Auto-Suggestion a process which we have no doubt he was perfectly capable of performing had he considered it advisable or in any way essential.

Furthermore Braid cites numerous instances in which Hypnosis itself and its Phenomena were entirely the result of Self-Suggestion although they were supposed to be due to other causes.

A glance at the list of important sources of error drawn /
drawn up by Braid is instructive:

No. 6 is "the vivid state of the imagination in Hypnosis which instantly invested every suggested idea or resemblance of past impressions with the attributes of present realities".

No. 7 is "Deductions rapidly drawn by the subject from unintentional suggestion given by the operator".

In view of these recorded facts how was it possible for Hudson to write "Braid has been accorded a great deal of credit for his original researches and discoveries but it is questionable whether he has not been the indirect means of retarding the true progress of Science". Surely Braid is not to bear the blame for the fact that he spoke to unheeding ears?. The lack of grasp evinced by those (Psychologists be it noted no less than others) who failed for years to see the truth preached by Braid must not be visited upon him. The undoubted credit which belongs to Liebeault and his School is not for discovering a thing unknown to, or unobserved by, or even unrecorded by, Braid, but for following in his footsteps where others had failed to do so, and applying more widely the principles he laid down.

Therefore to the list of facts established by Braid I feel compelled for the sake of justice to add the following:

4. That suggestion by others is a factor and a very important factor in Hypnotic Therapeutics.

5. That Suggestion by oneself (Now called Auto-Suggestion) has /
has great importance both in inducing Hypnosis and in effecting either cure or resistance to cure.

I have paid some attention to the part played by Braid in the modern development of Hypnotism and Suggestion not from any desire to claim for my own Country-man more credit than he is entitled to, but because it has passed current in the Books for a considerable time that Braid stumbled, as it were, on an important discovery and did not sufficiently investigate its bearings or make proper deductions.

Whatever may have been his faults, lack of patient observation cannot justly be laid at Braid's door. Nor yet can want of openness of mind as we see in those experiments which he did to observe the results of fixed attention upon parts of the body in different people. Still less can he be accused of making undue personal claims, claims which would have been far from unreasonable by such a pains-taking careful and successful investigator as he proved himself.

I consider therefore that the time has arrived when erroneous ideas of Braid's work should be dispelled. Without in any way desiring to detract from the greatness of Liebeault, Bernheim and the School of Nancy I consider that Braid should be permitted to take that high place in the historical development of Suggested Therapeutics which he undoubtedly /
undoubtedly deserves, and which up to the present he has not been given.
Iago

Trifles light as Air
Are to the jealous confirmations strong
As proofs of Holy Writ: this may do something
The Moor already changes with my poison:
Dangerous conceits are in their nature poisons
Which at the first are scarce found to distaste

But with a little act upon the blood
Burn like Mines of Sulphur.

Perhaps there is no single question which is more frequently and more justifiably asked by patients about Hypnotism than this "Is it dangerous?". Dangerous, not in the sense that there is danger to the life of the individual as in the case of general anaesthetics, but dangerous in the sense that the patient may be dominated by the Hypnotist and induced to perform criminal actions. It is perfectly natural that the general public should be anxious about this question because it is really an extremely serious one. My reply to patients who ask this straight-forward question is emphatically in the negative, because in regard to the treatment of disease by proper methods of Hypnotic Suggestion there is no danger of any kind. It is not our business as Medical men to /
to enter with patients into an abstruse discussion as to whether or not, given certain circumstances, a prescribed drug or treatment could possibly be dangerous. My point of view is that in treating patients in any way whether by drugs or Suggestion the same rule applies. As duly qualified men we are not supposed to prescribe remedies which if taken as directed will do our patients harm and a patient who on receiving a prescription asked: "If I take the medicine according to your directions will it "kill me?" would be very properly answered by the counter question: "If you do not trust me what brings you here?" Is it at all likely that a Doctor who is treating patients by means of Hypnotic Suggestion is going to give them Suggestions which are dangerous. We can properly give our patients the assurance that they will derive nothing but what is useful for their case, and further that the mere fact of having been treated by Hypnotism for some disease will not lay them open to danger of Hypnotization at the hands of others.

Therefore the right and proper answer is that Therapeutic treatment by Hypnotic Suggestion is absolutely devoid of danger when properly applied by persons who are qualified. The question should in my opinion be answered in this way as by far the simplest means of ensuring the confidence /
confidence of the patient and adjusting his point of view towards the treatment.

When we turn however to the much larger question as to whether Hypnotic Suggestion has been or could be utilized for purposes of a criminal nature in any cases or under any given circumstances, we are faced by a serious problem, the real bearings of which should not be obscured by optimistic assertions which owe their origin to some what limited point of view being adopted. Before venturing to give my own views on this subject I wish to discuss the opinions of some Writers of Authority.

As is usual in all cases we find a representation of expert opinion on each side. There are those on the one hand, who maintain positively that criminal actions could be and are produced by influencing an individual by means of Hypnotic Suggestion. There are on the other hand those who maintain equally positively that no man ever is or could be so influenced by another by means of Hypnotic Suggestion. The World of Hypnotists is divided into two Camps and the Public in Sections take one side or the other according to their convictions.

Taking first of all the supporters of what I may call the Criminal Possibility Theory, let us spend a little time in considering some of their views. Albert Moll notes the fact that people who have been frequently Hypnotised can be hypnotized against their will and without their intentional compliance /
compliance with the ordinary conditions. He further observes that in case of Hypnosis, the normal consciousness is not preserved and that without normal consciousness free will is not conceivable. He will not, however, go the length of admitting the possibility of inducing the subject to commit a crime because he says that a subject always dimly realizes his situation, and although he will readily murder a man in a laboratory experiment he will refuse to do so in real circumstances. Very few people, he contends, can be Hypnotised against their will and attempts to induce people in the state of Hypnosis to reveal secrets have failed. Lombroso has recorded an attempt of this kind.

For the moment I cannot recall any specific declaration on this subject by Lapponi whose point of view might have been of interest. He does however refer to the very curious case of Cardinal Donnet who fell into a state of catalepsy on one occasion in his youth and was unable to speak, in spite of every effort of Will, and was consequently within an ace of being buried alive. Lapponi considers the hypnotised subject unable to oppose his will to the operators.

James Braid in his Neurypnology proclaimed that while there was the use and abuse of everything in Nature it was only the judicious use of Hypnotism which he advocated.
advocated.

Binet and Féré in their Animal Magnetism describe a case where a woman in a lethargic state fell and knocked her head against the floor. She was not awakened by this excitement nor for sometime afterwards, and she was then awakened by breathing on her face. On coming to herself the subject was astonished by the pain in her head: she had the sensation of a violent blow or shock and could not understand whence it came. They conclude from this that they are justified in the assertion that a subject of profound Hypnotism may under-go all sorts of violence without retaining any recollection of consciousness of it unless the violence has produced permanent lesions such as the attrition of the tissue resulting from violent shock etc. They ever think it possible that a subject might be violated in the Hypnotic state in which she would be unable to offer any resistance. They deduct from experiments also that the Hypnotic subject may become the instrument of terrible crimes the more terrible since immediately after the act is committed all may be forgotten the crime, the impulse and its instigator. As regards criminal investigation they consider the hypnotists can be of service in proving the susceptibility of a particular person /
person to hypnosis and the possibility that criminal acts might be initiated by suggestion in that case.

A somewhat widespread view of the case from the lay stand-point is found in the following pamphlet: Mesmerism "considered in connection with personal responsibility." Its writer considers the will of the subject entirely subordinated to that of the Hypnotiser while the bodily power and action remain intact and can be directed by the latter for either good or evil purposes and he implies plainly that they are more usually applied for evil.

Liegeois considered that four per cent of the population might be influenced by Criminal Suggestion, an enormous number when we reflect upon what it means in the total.

In 1865 one Castellan was upon the charge of committing an assault upon a woman condemned to twelve years imprisonment. There are several cases of convictions for assaults upon a person cited by various Authors.

Let us now proceed to take the other side of the question namely what we may term the Criminal Impossibility Theory.

Van Renterghem does not believe in the bondage of subjects of Suggestion to the will of the Operator. He remarks however rather inconsistently that with Dr Van Eeden he has condemned the unnecessary repetition of experimental
experimental suggestions which tend to weaken the normal functions of the organism either physically or morally. This seems to be rather an admission of fear that Bondage would result in time if the Will went on getting weaker. He found patients who expressed their fears of this Bondage to him.

In his Elements of Hypnotism Vincent says that in all hypnotic illusions there is a moment when, though the subject knows it not, the brain recognises the truth. I must confess to a little difficulty in understanding this except in the sense that the subject on waking does not remember the fact that he was, during the Hypnotic state, aware of the Suggested appearances being unreal.

Moll, while admitting as we saw, absence of freedom of Will yet considers it a mistake to think of the subject as an automaton set moving only by the experimenter. On the contrary he says the Will of the patient expresses itself in manifold ways and this expression of the Will presupposes consciousness since without consciousness there can be no Will at least as he understands it. He gives instances of resistance and of the patient's consciousness of his ability to resist. In one particular case the patient, having been given a Suggestion which displeased him, requested to be awakened.

Milne Bramwell asserts that he has never seen a Suggestion /
Suggestion accepted in Hypnosis which would have been refused in the normal state. Ever in the lethargic state resistance is perfectly easy. Further he claims that there is increased refinement in Hypnosis and that subjects have refused suggestions which they would have refused in the waking state. He shows how a hypnotised patient successfully resisted a certain movement suggested by him, because she had been told by someone else to resist it before Bramwell entered the room to Hypnotise her. A similar resistance appeared in another patient owing to external persuasions.

Foveau de Courmelles considers that a patient will readily accept anything in the way of suggestion that does not affect his personality, and which conforms to his own ideas, but that resistance at once commences when a thing is suggested which is repugnant to the patient's ideas. Thus one patient declined to be converted into a priest and wear a cassock. He affirms that to admit criminal suggestion is to deny the existence of Free will. Charcot, he notes, denies that there is a single example of a crime committed under the influence of hypnotic suggestion. De Courmelles considers laboratory crimes as of no practical value as tests and tells how one subject of his clearly told him that even if he were ordered to throw himself out of the window, he would go and do it, so sure would he be that there would be somebody under the window to catch him, or that he would be stopped in time.
Hudson strongly maintains that the Hypnotic subject is not the passive, unreasoning, and irresponsible automaton which hypnotists ancient and modern have believed him to be. He says it is impossible for a Hypnotist to impress a Suggestion so strongly upon a subject as to cause him actually to perform an act in violation of the settled principles of his life. He claims that only a criminal operator in charge of a criminal subject could so succeed in producing acts of crime by suggestion and in such circumstances the resort to hypnotism would be superfluous.

Vincent points out that in the case of a hypnotist making Suggestions of a criminal character to a person he runs the risk of the person waking up, and considers that even in deeply influenced subjects there is no likelihood of crime following suggestion.

These and similar opinions represent fairly accurately the general attitudes towards the question of crime and Hypnotism. The latter view, that successful Suggestion of crime is an impossibility has at the present day most supporters and some of the reasons for this have to be explained. There are two camps arrayed one against the other and the Causes are championed by strong defenders on each side. In endeavouring to sum up the pros and cons I shall point out some considerations which seem to have been entirely over-looked in dealing with this question of crime, and draw additional attention to some others which may serve /
Laboratory experiments: The evident gusto with which the supposed criminal in Laboratory experiments, generally a most mild individual, stabs his victim in the middle of the back to order of the Hypnotist, is merely a proof that he knows that he is playing an amusing game. Of value this so called result of Criminal Suggestion has little or none. The subject as a rule is perfectly aware before hand that some experiment is going to be tried, as the slightest alteration in his environment will put him on the alert long before the Hypnotic state is induced at all. Even in cases where a subject has been frequently Hypnotised in the past, and in which such precautions are taken in preparing the séance that the subjects know nothing about the impending tragedy or comedy, the results have little weight.

For in the first place it happens most frequently that where Medical Men are concerned they have at the beginning of a case informed the patient that there is no danger and that he could never be forced to commit any crime. Therefore when, at a moment's notice the Hypnotist by way of testing the criminal possibilities of Hypnotism suggests some outrageous or criminal act the patient generally refuses entirely, or does the act in question smiling in his sleeve. And this is quite what should be expected to occur from a study of the Law of Suggestion, and an appreciation /
appreciation of the relation of Suggestion to Auto-suggestion as I have represented them. I do not believe that a patient in a Hypnotic state is incapable of criticising Suggestions made to him. On the contrary I believe that the very acceptance of a Suggestion is the result of a rapid weighing up and decision on the part of the patient. The patient is most certainly no Automotum in the Hypnotic state although he is much more amenable to Suggestion then in a waking state. He goes on accepting Suggestion after Suggestion with a complacent facility which is apt to be deceptive and to lead to the idea that any suggestion, however crude, might be accepted. As soon, however, as a suggestion is made which is out of tune with previous Suggestions, the patient pauses. He has received a shock and declines to accept the suggestion. The more sudden and more jarring the Suggestion the more acutely is the patient's critical faculty aroused and he takes the Suggestion estimates what it involves and instantly rejects it, or, as we said before, makes up his mind that as it is not a real Suggestion he may accept it or pretend to accept it, just to avoid the trouble of resisting or because it really amuses him. I wish however to emphasize carefully the fact that the very same criminal suggestion which is put by a Doctor to his patient experimentally and fails, or succeeds only in the manner mentioned, might quite conceivably have /
have been accepted and acted upon as a real earnest Suggestion by a Subject in whom the ground had been carefully prepared by preliminary and cumulative Suggestion. *Natura non facit saltum* is a dictum which might very justly be applied to suggestion. Success in Suggestion in the Hypnotic state depends upon gradation, cumulativeness, and additiveness. A Doctor who is treating a patient by Suggestion, and in the midst of his treatment suddenly makes a jump to a criminal Suggestion gives the patient a shock which focuses his attention upon the Suggestion instantly and critically. It proves nothing whether the patient accepts acquiesces or does not acquiesce; or does not accept. The conditions appropriate for proper Suggestion have been destroyed by the sudden change: the progression has ceased.

2. **The Free Will of the Subject:** Moll, in dealing with this question undoubtedly contradicts himself. For in one part of his work he expressly states that some patients can be hypnotised against their Will and adds that in Hypnosis the normal consciousness is not retained, without which Free-will is not conceivable. In another part he declares that the subject is not only not an Automaton nor passive, but on the contrary expresses his Will most definitely and that this expression of Will pre-supposes consciousness. Now if Moll is using his terms in the same sense in each of these two statements and we see no reason to /
to doubt this it follows that a subject of Hypnotism in
the Hypnotic state both has and has not normal consciousness
and both has and has not Free-will.

It appears to me that if Moll had said there are
times when the patient seems to have abnormal consciousness,
and times when he seems to have normal consciousness, we
should have no argument against his view. For this would
accord with the idea which I have that the patient goes
on accepting Suggestion after Suggestion no matter how
absurd, if only the ground has been properly prepared, in
which state he appears to be in a condition of abnormal
consciousness, whereas a sudden jarring Suggestion may at
any time cause a strong resistance, a condition which appears
to one of normal consciousness.

Moll's patient who asked to be wakened when a
Suggestion was made which was displeasing belongs to the
latter category. In this case the patient got a shock by
an unpleasant Suggestion which was mentally considered,
criticised and found unacceptable. It was therefore refused
and the form of the refusal was to ask to be awakened.
This was simply another, if politer, way of saying" I won't
do it".

3. The **cui bono** argument

We must now further consider
the likelihood of persons being, however slightly, biased in

the /
the direction of what is to them an advantageous attitude to adopt. For this reason it may be we are apt to find protestations of the innocuousness of hypnotic Suggestion made by those who intend to make use of it to the greatest extent, and as we have seen at the present these are Medical Men Psychologists and Public Hypnotisers. Medical Men have been of late years, in spite of Hudson's contrary views, the prominent supporters of the Criminal Impossibility Theory and we have such able men as Bramwell and others who assert their adherence to this theory. Now as pointed out, I consider this point of view perfectly justifiable when qualified in the way I stated and limited to the extent indicated viz:-- that proper Therapeutic use of Hypnotism by duly qualified men could never be productive of resultant crime, for the simple reason that a conscientious practitioner would not endeavour to use Suggestion to this end. But this does not alter in any way the greater question at issue, as we shall see later.

Besides Medical men Psychological experimenters may have a certain interest in proving that the power of Suggestion under Hypnotism can have no value as a producer of crime and this is a view to which as we have seen considerable support has been given.

Although we hear less expression of the views of the /
the professional Stage Hypnotiser there is a certain number of them who make their voices heard in the same strain. As to the sincerity of the opinions of these groups of observers we cannot entertain the slightest doubt but we may have to consider whether or not it might be possible that the wish is father to the thought.

4. **The Automaton Theory**

The word automaton is a favourite one with the detractors, no less than with some of the supporters of Hypnotism. The old representation of a stage subject was the cause of the origin of the word, the familiar press-the-button kind of subject, who wept, and laughed, and orated, and sang as bidden, each effort more ludicrous than the last for the delectation of an awe-struck audience and the handsome remuneration of a few shillings nightly. This was the Public ideal of the 'victim' of the Hypnotist.

Of late years however circumstances have sprung up which have somewhat damaged the status of these performances and the pendulum has swung. Now-a-days we find it strenuously upheld that the subject of hypnosis is no Automaton and no puppet, and we generally find it added that he is, as a matter of fact, quite able to exercise his will consciously and freely. The discrediting of the Automaton point of view has lead to a revulsion of feeling towards an opinion which /
which is doubtless more consoling and acceptable, but which is, in my opinion, hardly warranted merely because the Automation conception has vanished.

It is a far cry from being on the one hand an automation to having on the other a conscious power of complete free-will.

The criminal Hypnotist - plus - criminal subject instance of Hudson perhaps indicates as well as any other the conclusions which are apt to be jumped at in the rebound from the Automation idea. To imagine possible the production of a crime by Suggestion we must have, he argues, both a criminal hypnotiser and a criminal subject, and in that case resort to hypnotism would be unnecessary. Certainly one must agree with him in the latter part of his argument. It would be a remarkably foolish waste of time for a criminal hypnotist who wanted a crime committed to go to the trouble of hypnotising a fellow criminal who was already anxious and willing to commit the said crime. But as regards the first part of his argument, although a very pleasant and satisfactory view the truth of which might well be desired, I think it bears evidence of the bias of a temperament too sanguinely optimistic.

I shall now put forward tentatively a few points which I consider require further attention. Here is a patient - a strong vigorous man of 40 years whom I Hypnotise
Hypnotise. The first time I tell him he cannot move his arm. This is a very simple and elementary experiment but sufficient for our purpose. On waking up the patient smiles at the idea that he could not move his arm. It strikes him as humorous that I should believe that he could not do as he liked, he certainly has no such belief. Next day I hypnotise him again and suggest that he cannot move his arm. He makes an effort and does it slowly. I tell him that he will be able to raise it only twice after which it will be paralysed completely. This occurs the arm become motionless. "Now" I say to him "Make the very greatest effort you are capable of to move that arm, you cannot do it". The patient breathes quickly his pulse becomes rapid, he holds his breath as if he were lifting a huge weight but in vain, he collapses and has to give it up; his arm does not move. The simplicity of this experiment is its great attraction. We see from it that the patient exercises every atom of Will-power he is capable of to move the arm and yet fails. In the waking state he can move his arm perfectly at Will.

Now what is the difference between the two states? It is a difference in Will. The difference is brought about by simple suggestion. He Wills to make a movement when awake and does it. He wills to make the same movement when hypnotised and fails to do it. The physical apparatus retains /
retains its old power, therefore it is the amount and success of the power of willing which is altered. This time on being awakened the patient says "It's funny, but though I "tried my level best I couldn't budge that arm, I don't know why".

Now it does not matter whether we regard this as a weakening of Will-power or as a lessening of the resultant action of the exercise of Will-power the fact remains that the patient in the hypnotic state has lost control of his physical self to a very obvious extent in a very limited time.

Turning now from the physical considerations to the moral. A man has a marked tendency to alcoholic excess. He says he wants to, but cannot resist the offer of a drink. He comes for treatment. After three treatments by Suggestion he has no difficulty in refusing to drink with people. He has now not only the Will not to drink but the Will has become so strengthened that he is successful in refusing to drink. This is also a simple experiment, but it shows that a man who had not control over a certain desire can acquire it by the aid of Hypnotic Suggestion. This man has therefore gained what we may call Moral Control to an obvious extent in a very limited time.

Bramwell in his excellent work has led the way boldly and has at one with him a large number of writers in
in declaring that there is increased refinement in the Hypnotic state. He finds that patients refuse suggestions which they would not refuse in the waking state. At the same time he has, it must be observed, no reluctance in admitting the possible impairment of physical functions by Suggestion. His attitude therefore is this. That while there may be, and oftener is, impairment of physical functions, there is not only no lowering of moral ones, but a heightening. This is an extremely interesting condition of affairs, and if it should prove to be a universal Phenomenon, it will be very reassuring though somewhat strange.

Is it not possible that here again something may be over-looked? Before concluding that there was any necessary concomitant change in the moral functions in Hypnosis, whether for better or for worse, it is necessary to ascertain whether the patient had not either at the commencement of treatment, or at some later time, been led to understand that Hypnotism is not dangerous and could never induce him to do anything unusual or wrong from a moral point of view. If, as is very often done, the patients had been so informed it is not surprising that they should decline Suggestions which seem to them to even border upon the morally questionable. This is exactly what we should expect from an examination of the Law governing Suggestion and Auto-Suggestion. The heightening of refinement would be caused, in such a case, really by Suggestion.

We /
We shall see that an analogous condition may be induced in regard to physical phenomena, by Suggestion. If patients are told that not only can they never be compelled to do anything morally wrong or accept any Suggestion to such an effect, but also that they can never be forced to move their right arm in the Hypnotic state, we find that they will not move that arm unless they like. This I have tried successfully many times.

Casual experiments in Crime Suggestion made by Medical men in the course of treatment of Patients for disease can certainly not claim acceptance as evidence in discussing the question of criminal possibilities. To find out what Therapeutic Suggestion can do we appeal properly to Medical Men but to find out what Criminal Suggestion can do we should have to appeal to the Criminal Suggestion Specialist and he is not at all likely to inform us. If during a course of ordinary Therapeutic Hypnotic Suggestion a doctor were suddenly one day to say to his patient "Now as soon as you awake you will go "home and kill your Mother", it would be absurd for any one conversant with the Laws of Suggestion to expect such a Suggestion to be obeyed. But on the other hand, the fact that the patient stoutly repudiates any intention of carrying out this particular Suggestion, is by no means a proof that /
that Hypnotic Suggestion cannot be used for Criminal purposes. It merely shows that this crude form of Suggestion is un-
-availing.

It seems to me that very few of the experiments which have been reported, deserve even the appellation of Criminal Suggestion. It is well recognised that even the Physical Phenomena of Hypnosis, which are the most elemen:

tary in their mechanism, that with some subjects, careful grada-
uation of Suggestion is absolutely necessary for success. A process of training is necessary in these cases, slow accumulative Suggestion finally effecting the desired result. But Experimentalists in Criminal Sugges-
tion pursue no such cautious tactics. As a rule they plump out a Suggestion which the patient there and then de-
clines to accept, and they conclude from that refusal far more than what is justifiable.

I believe the proper understanding of the Law of Suggestion and its phase Auto-Suggestion will alone tend to prevent rash conclusions being drawn about the question of Crime. In the waking state Suggestion to be success-
ful must be adroit, and I hold the same to be true of the Hypnotic state. The difference between Hypnotic Suggestion and waking Suggestion is one of degree not of kind. If Iago had gone to the Moor of Venice and said "Sir, your wife has annoyed me: will you kindly strangle her" he would not /
not, in all probability, have lived to chuckle with fiendish glee:

Nor poppy nor mandragora
Nor all the drowsy syrups of the World,
Shall ever medicine thee to that sweet sleep,
Which thou owed'st yesterday."

and he would, by the crudeness of his Suggestion, have deprived Shakespeare of the opportunity of presenting to us his Master-piece of Criminal waking Suggestion.

It is easy for Hudson to use the word 'Criminal', in the way he does when he speaks of Criminal Hypotiser and Criminal Subject. But it proves nothing. It all depends upon the meaning attached to the word. A Criminal may be looked upon either as a man who has committed a crime or as a man who has been tried for, and found guilty of a crime, or again as a man who, not having committed, nor been found guilty of, a crime yet has it in him to commit a crime, given the opportunity or, as he would prefer to call it, the necessity. Hudson simply begs the question. His argument simply means this. If you can cause a man to commit a crime it is because you are both criminals.

Now not every man is a criminal, but I humbly submit that there are enormous numbers of men who are potential criminals

"How oft the sight of means to do ill deeds

Makes ill deeds done"
We have only to remember that suicide is a crime and glance at the number of excellent men who end their own lives. Or we can recall that murder is a crime, and reflect how many apparently harmless members of Society suddenly shock their friends and horrify themselves by violent homicidal outbursts.

The artifice of branding the suicide as a madman does not materially relieve our minds. If it is correct so to brand him, it merely proves what an enormous number of our estimable fellow-men are mad, or likely to go mad. Morelli in his book on Suicide says that the criminal man, who has not wherewith to satisfy his wants, will kill and rob the other man; he, on the other hand, in whom education instilled the sentiment of duty, will cut the thread of existence with his own hands rather than make use of those homicidal and harmful weapons. Here we observe the word 'criminal' used to describe the murderer, but not apparently the suicide. Legally they are both criminals. Schopenhauer regarded suicide as an experimental question which a man puts to Nature and compels her answer and remarked that it was an awkward experiment to make, for it destroyed the very consciousness that awaited the answer.

My view of the Criminal possibilities of Hypnotism necessitates the drawing attention to suicide. My view /
my view is this. There must be around us on all sides and amongst all classes of people, men who are not criminals in the sense that they have been convicted of crime, nor yet in the sense that they have committed a crime, but certainly in a sense that they are, or may be rendered, capable of committing a crime. Of this number of potential criminals, and it must be a very large one, some will be so near the border-land that only a hair’s breadth prevents them crossing into the Criminal land by actually committing a crime. These men would require small assistance from even waking Suggestion to make them do a criminal act. Others will be a little more remote from actual commission, but the idea will have occurred to them frequently. These would be less easily influenced by waking Suggestion but the existence of the Hypnotic state might make just the differential weight in the balance, and a little plain Suggestion in the Hypnotic state will suffice. Still others might have hardly ever thought of crime and its advantages, and to them I am sure that waking suggestion, or straightforward Hypnotic Suggestion, would appeal in vain, where as Hypnotic Suggestion of a gradual, accumulative, kind, and of an Iagonian subtlety, might train them up to it. But—and this is the crux of the whole matter, the Suggestion to succeed must be, in its qualities, Iagonian.
It is obvious that the young man who, like Felix Drinkwater, has been brought up by his Mother as a Hooligan, does not require training nor Suggestion of any kind to make him a criminal.

In finally weighing the whole matter I feel reluctantly compelled, notwithstanding the opinion of so many able practitioners and experimenters, to abandon the optimistic view. I consider that a Hypnotiser who was of criminal (i.e. potential or actual) character could, in a large number of cases by cautious and tactful Suggestive training induce to commit criminal acts people who but for such Suggestion would never have committed such acts. I believe that this could be done by the skilful administration of cumulative doses of false premises to a subject, and the unscrupulous playing upon his passions. I consider that we are not justified in making a hard and fast dividing line between an impairment of Will as regards physical on the one hand, and moral on the other. If instead of saying to an Alcoholic who desired to give up Alcohol "you will now be able to stop drinking alcohol" we were to say "My dear sir, believe me alcohol is the only thing that will keep you alive; you have a very weak heart, the more Alcohol you drink the better, you can't possibly overdo it" it seems to me there could be no two opinions what the /
the result of such Suggestion would be.

Crude Suggestions to commit crime will fail in the Hypnotic state just as they would in the waking state, but I am convinced that the wily hypnotic suggestions of a crafty Iago would always succeed.

Charcot's objection that there never has been a case where Suggestion has produced crime is similar to Hudson's that no secret of any Secret Society has ever been divulged under Hypnotism. All I can say in reply to these criticisms is that we are by no means assured of their truth. For it is one thing for a reputable physician to make laboratory experiments of a too often bizarre type upon a patient who has the most implicit confidence in him, and it is another for a criminal hypnotiser to hypnotise people first of all, it may be, for their mere amusement, on much more intimate terms than those of Doctor and Patient, and then later presumably with intent to abuse the confidence gained. If even Doctor Moll can get a patient of the most fastidious politeness to call him "donkey" by a post hypnotic suggestion, it is no great affair certainly, but if it means anything, it is obviously a loss of control on the part of the patient, who would not of his own free-will do so, and who tries also to resist the Suggestion with all his might. In the investigation of this subject we are /
are repaid more by observing exactly the minute things which indicate incipient loss of Will-control on the part of the subject during unimportant Suggestions, than by being distracted by the more dazzling results obtained in trained subjects in Séances.

My experience of Hypnosis leads me to the conclusion that it would be an excellent thing to regard the criminal impossibility theory with some reserve. One does not conceive of the Criminal Hypnotist as a person who would publish his results in the Journals. A man who is going seriously to endeavour to gain some advantage from another by unfair means does not announce the fact either that he intends to do so nor yet that he has succeeded. We cannot imagine an Hypnotiser, who wished to get a subject into his power by taking advantage of the Hypnotic state in order to induce him to commit some crime, as taking the World into his confidence. Consequently the arguments in the lines of Charcot and Hudson referred to, are of no weight or value.

Still another point has been neglected. The results of experiment even are varied to a great extent by the amount of ignorance of the person experimented on, and his own conceptions of what Hypnotism involves. Let us put it that an ignorant person went to a Hypnotiser and said "Is Hypnotism dangerous, do I fall into your power for "good /
81.

"good or evil" and the Hypnotiser replied" Yes you do, once "I have hypnotised you you are my slave". If then that person subsequently thought it over, permitted himself to be hypnotised, he would fancy he was delivering himself up body and soul, and we see no reason to suppose that he would make any serious resistance to any kind of Suggestion if he was convinced that he could not resist there would be certainly no resistance. This case being extreme must be very rare, not because there are lacking people who hold beliefs like the person in the case given above, for there must be many such, but because few Hypnotisers would give such an answer, and if given, fewer people who believed the truth of it would submit to the experiment except at the hands of persons whose good faith they implicitly trusted.

For those very reasons I regard it as more than ever essential that hypnotic Suggestions should be strictly reserved for use for Therapeutic purposes or experimental purposes only, and in both cases only in the hands of qualified men. Regarded as a Therapeutic Agent alone it has established itself on a firm basis, and as time goes on it will be additionally valuable from the more accurate understanding of the laws underlying it and from a clearer conception of its exact limitations as regards application in disease. In its use we shall be much indebted for any
any assistance the psychologists may render us, and it is certain that they should be able to render us a great deal. I hereby subscribe myself with a feeling of great diffidence, in face of so much excellent support to the contrary belief, as a believer in the Criminal Possibility Theory on the grounds and for the reasons I have mentioned, given suitable circumstances. If it should happen that one day in view of more definite experience to the contrary I shall be able to look back upon this belief as erroneous, no person will be more content than I myself.
"Now I hold it is not decent for a Scientific gent
to call another man an Ass, at least to all intent
Nor should the individual who happens to be meant
Retort by heaving rocks at him to any great extent
Bret Harte.

83. Until it is shown" writes a Psychologist" that
physicians never take advantage of their confidential
relations with their patients; until it is shown that
Physicians are exempt from human passions and frailties:
or at least until it is shown that physicians are more
platonic in their emotions than the ordinary run of
human beings, the World will continue to regard their
demand that the Study of experimental Psychology
shall be restricted by legislation to the Medical Profession
as an exhibition of monumental impudence". This is
merely a sample of the many criticisms some more and some
less dignified which appear in "Psychic Phenomena and
kindred works. I might in this connection cite references
in a work to the fact that medical men are seldom trained
in Psychology either of the Analytical or experimental
type and are tempted to concentrate attention upon the
"Physiological connections of Hypnotism. In reference
to certain classes of experiments incriminal Suggestion,
Hudson remarks sarcastically, that in order to give the
experiments an undoubted scientific value, a few Doctors
of Physic are invited to be present— not because they know anything about Psychology or hypnotism,— but because it is well known that they have heard something about the latter Science, particularly that it has been found to be a great Therapeutic Agent, and they are just now deeply interested in proving that Hypnotism in the hands of any one outside of the Medical Profession must necessarily be employed for the perpetration of crime.

It appears from this that as a Profession we stand condemned before the tribunal of certain learned Psychologists as not merely inadequately provided with intelligence and training requisite for the study of Hypnotism, but also as endeavouring, for our own ulterior motives, to exclude from that study those of more able and enlightened intellect. In order to meet to the best of my ability these charges I shall treat them in detail. And in the first place let us consider the allegation that Medical Men desire to restrict the practice of Hypnotism to themselves. Hudson resents the assumption that Medical Men are more moral and more platonic and so forth than any one else, an assumption which he conceived to be involved in a claim which is put forward, pa: tently, solely in the interests of humanity. Personally I have never heard of the Medical Profession laying claim to any such extraordinary quantities of virtues of any kind as he declares it does. It is not a part of their calling to make such claims. Nor yet have I heard of them assuming that they monopolised the Olympus of intellect. I do however seem to have heard of them /
them as desirous of being treated with common respect and a certain amount of elementary justice.

Turning then to this claim of the Medical Profession for the restrictions of Hypnotism, I consider that in the first place it does not exist in the form in which he represents it. It is not directed against a certain class as he would have us believe, neither against the Magnetisers nor Stage Hypnotisers nor any other class of men who make their living by the practice of Hypnotising. Still less is it aimed at the experimental Psychologist. On the contrary the Experimental Psychologist has always had the support and assistance of the Medical Profession for the simple reason that our cause is to a certain extent a common one. No! what this 'exhibition of Monumental Impedence' means is, that Medical Men recognise that the Public, who are protected as far as possible by Law against their irresistible tendency to fall into the hands of the unqualified and very often unscrupulous, in whatever walk of life; from the unqualified practitioner of Medicine, from the unqualified Dentist, from the unqualified Lawyer, from the unqualified Banker, and so on should also be protected against the danger of the unqualified Hypnotiser. If this effort to protect the Public results in dissatisfaction on the part of the Stage performers and so on, it cannot very well be avoided and their only remedy should be to become /
become qualified.

When next we come to consider the question of who shall be considered qualified to practise Hypnotism we fall back almost instinctively upon the Medical Profession, and that for the very excellent reasons given below which I recommend to the notice of the talented Author of 'Psychic Phenomena'.

1. The fact which I hold to be true that the indiscriminate use of Hypnotism is dangerous.

2. The fact that the number of people who are interested in the Study of Hypnotism from the point of view of personal experiment in Psychical Research is very limited. Where as the number of persons who are afflicted with diseases curable by Hypnotic Suggestion and who are interested in it as a Therapeutic Agent is an exceedingly large one.

3. The fact that the above being true the treatment of this large number of persons can be undertaken by one Profession only with safety. Medical men are the only ones who are trained in the Diagnosis and observation of disease. Hypnotic Suggestion as a Therapeutic Agent - its most widespread use - can therefore only properly be utilised by Medical men. Otherwise we shall have numbers of cases of perfectly undiagnosed disease, being assiduously treated by Hypnotism, whereas it might be more suitable to save the patient's life by a surgical operation, for instance.

4. The fact that the Medical Profession is a well organised and /
and responsible one whose members may be made accountable for their actions.

5. The fact that no one would seek to exclude the responsible Psychological Experimenter nor ever has done so so far as I am aware. The Psychologists are not prevented from forming a responsible Society for legitimate experimentation even should restrictions be happily imposed upon the practice of Hypnotism.

These reasons are the ones which make it exceedingly natural for the Medical Profession to claim that the practice of hypnotism should be restricted and entrusted mainly to them. There is nothing in the least "Monumental" and nothing in the least "impudent" about such a claim. The argument put forward by this same writer cannot be said to have any weight in this question, the argument I mean, that Hypnotic Suggestion can never be successfully employed for criminal purposes. The argument is by no means a useful one: it is a mere assertion, the truth of which I humbly but strenuously decline to admit. Even if it were undeniably true it would still not alter the propriety of our claim. The important consideration would still remain even if the possibility of crime were entirely eliminated. I refer to the fact that we should have a hundredfold worse that we have at present the evil
evil of Hypnotisers undertaking the treatment of disease wholesale in cases where Hypnotic Suggestion could certainly effect no improvement, and where delay in adopting proper treatment either by drugs or by surgical interference might have most serious consequences.

Let us now in the second place consider the statements that Medical men know nothing of Psychology and nothing of hypnotism. Of Psychology we shall speak presently, but of Hypnotism let us speak now.

It is not perhaps surprising that we should have such a very moderate estimate of our intimacy with Hypnotism entertained by one who regards the Therapeutic aspects of it with such unveiled contempt as our critic. Being a Psychologist he can glance somewhat obliquely and considerably downwards at the efforts of physicians untrained in accurate logical methods. With barely concealed impatience can he listen to the recital of case after case brought forward by Medical men in their slow and aimless groping after truth. But here again I must detain his kind attention, while I jog his elbow and indicate to him a few somewhat important facts, which are easily over-looked by one who adopts the method of gaze alluded to above.

1. That Hypnotism was established as such by Braid in 1841

2. That Braid drew attention to its Psychological possibilities
3. That Liebeault in 1866 established more widely the Theory of Suggestion.

4. That Bernheim in 1884 continued and advanced his work ably.

5. That both these men drew attention to the possibilities for the Psychologists contained in the Theory of Hypnotic Suggestion.

6. That in spite of all this the Psychologists did not betray any alertness in grasping the significance of the said possibilities.

7. That each of the men named was a Medical Man, unskilled presumably therefore, in the "proper Psychological methods".

8. The fact and this I beg to emphasise, that no great step has been made in the knowledge of Hypnotism from first to last, which has not been directly due to Medical Men. Even Mesmer was a Viennese Doctor.

There is no doubt that the attitude taken up by Hudson towards a profession which has afforded the Psychologist most valuable aid is, to say the least of it, not nobly generous. What it the fault of the Medical Profession that the psychologist totally failed to see the advantages offered him by us? Was it the fault of our Profession that its members had to go on stumbling on one discovery after another while the logical psychologist discovered nothing? Certainly not, it was the fault of those who having been given a great chance which they failed to app...
appreciate console themselves by resort to undignified 

invective. We regret, perhaps and sympathise with their 

obvious want of success, but we cannot encourage them 
in their habit of returning evil for good. We have done 
what we could for them willingly, and if ever the Medical 

profession becomes indebted to the psychologists for the 
same extent to which the Psychologists are now indebted 
to the Medical profession, let us hope for our own self 

respect, to express our gratitude in terms other than those 

which appear to be the stock-in-trade of politeness and 
thankfulness with Professor Hudson.

My standpoint is perfectly clear as regards the 

question of restricting the practice of Hypnotism to the 

Medical Profession. I think it would be an excellent 

thing to do so. I repeat that so far from being an 

'impudent Claim' it is a most proper and just one and one 

which if carried into effect would be of estimable service 

not only to the students of Hypnotism, but also to the great 

mass of the general public. And while I am perfectly 

aware of the fact that experimental psychology and its 
exponents enter largely into the further study of Hypno 
tism as it is only right and natural they should, I do 

not in any sense agree with the Professor and those who 

think like him that Stage and Public Performances are a 
desirable /
desirable thing, nor that any irresponsible person should be permitted freely to experiment upon his fellow men.

Let us consider next the alleged disadvantage under which the Medical profession labours, from lack of that "psychological training", which alone could give them sufficient skill even to discuss Hypnotism intelligently. Professor Hudson has adopted this somewhat supercilious view.

Having made a defence and shown my position as completely as possible, let me now pass, with the unterrified effrontery of an untrained Medical Man, to examine a few of the results which Hudson obtains by means of the application of the methods of his own School. He is a Goliath who fights with Syllogisms. Let us fearlessly invite him forth book in hand, to defend himself while David-like I endeavour to sling a Syllogism or two at him to test his armour.

We have already seen the basis of his argument in relation to the subject of Auto-suggestion and I shall not go beyond the secure basis laid down by himself in trying to refute his deductions. Take as an example the subjective state, which we have seen described by him in detail. He desires to show some of the powers of the subjective mind as evidenced by its operations in that passive condition known as The Hypnotic State, and still better in the state of natural sleep, which he claims is manifestly the most perfectly passive condition attainable.
Here are three quotations showing his position:

1. "As before observed the condition of natural sleep is Manifestly the most perfectly passive condition attainable"

2. "Passivity simply means the suspension of the functions of the objective mind for the time being, for the purpose of allowing the subjective mind to receive impressions and act upon them."

3. "History is full of instances going to show that man in the subjective state is always free from harm by wild animals."

From the material thus provided let us construct Syllogism No. 1. as follows:

- Man in the Subjective Condition is always free from harm by wild animals
- Man asleep is man in the Subjective Condition
- Therefore man asleep is always free from harm by wild animals.

Now in criticism of this I say that I have talked with a man over whose sleeping body a lion walked in order to carry off a Kaffir servant, also asleep, who was lying near him under the waggon. This lion at any rate did not betray any alarm at the Subjective state of sleep. If it were an exceptional thing for lions to carry off men it might be said that there was some special cause, such as excessive hunger, which induced this particular lion to so far forget itself as to break a rule of professors. But unfortunately /
unfortunately we know that such occurrences are extremely common, and furthermore that lions grow so fond of men that they will walk miles to eat them, and that their appetite does not seem in the least impaired by finding them asleep. In this particular case it was obviously not sheer hunger that urged the lion on, because if that had been the case it would have seized and carried off the first man it came to. Instead of which it went and took the negro thereby proving that it was searching for a tit-bit, it being well known to intelligent lions with a delicate palate, that negroes are much more savory than white men.

If further instances are required to disprove Hudson's theory as regards the state of sleep in man, and its relation to wild animals, I recommend to his notice the mortality among Railway Construction Workers in the Regions of Central Africa, the Reports from Out-lying Police Stations and so on, or again the Tigers in India whose human victims taken when asleep are to be reckoned not in tens, nor in hundreds, but in tens of hundreds. As a matter of fact the lion I spoke of seems to have taken a special delight in disproving every contention of the Professors and it appears to me that so far from being dismayed by the alarming circumstance of finding its prey /
prey asleep, it must have congratulated itself upon the convenience in the method of seizure, which was afforded it by what we learn as students to know as the decubitus "of the patient".

My next example is taken from the subject of premature burial, a matter which has given Professor Hudson, perfectly reasonably, some anxiety. I am as ready as he to acknowledge that there might be some danger of such a painful occurrence in a cataleptic state resulting from prolonged and exhausting disease, but the ideas which he is prepared to support vigorously in this connection by no means harmonise with another set of ideas, equally vigorously supported by him, on the subject of the Criminal Possibilities of Hypnotism.

I quote him "The main point which it is desired to enforce is first, that the strongest instinct in Man-kind is that of Self-preservation, and second that this strong desire to preserve the life of the body constitutes a Subjective or an instinctive Auto-Suggestion of such supreme potency, that no suggestion from another, nor any Objective Auto-Suggestion, could possibly over-come it."

Let us make up our Syllogism:

The instinctive Auto-suggestion of self-preservation cannot be over-come by any Suggestion.

Hypnotic Suggestion is some Suggestion.

Therefore /
Therefore instinctive Auto-Suggestion of self-preservation cannot be over-come by Hypnotic Suggestion.

So as to leave us no doubt however, about the conclusion he says "The inevitable conclusion is, that "suicide is certainly not a crime which can be successfully instigated by means of Hypnotism." When we come to speak of premature burial this is how he argues" Every "hypnotist knows that a Suggestion to a deeply hypnotised "subject that he is dead, will produce a condition of such profound lethargy or catalepsy as closely to simulate death, and were the impression not removed, it would doubtless end in death".

Hence we see that a patient who is possessed of an instinctive Auto-Suggestion of self-preservation of such imperiousness as to defy Suggestion of any kind, will yet calmly permit himself to be Suggested to death in a hypnotic state, which seems, and is, absurd. If Hudson argues that this is not a case of suicide but of murder, we shall then see that Hypnotism can be used for criminal purposes to even additional advantage.

I regret I have not more space in which to multiply our instances. The game of making syllogisms grows upon one, and one would become, in time without doubt quite expert /
expert at it especially with such suitable material as the above to practise upon. But meantime let us ask the Professor with all possible good humour, and not a shade of malice does he really recommend to any man that he should adopt the rules and methods by which he arrives at his own conclusions? In themselves the conclusions are sufficient:ly remarkable to have given pause to any but a most courageous person. A study of the means by which the conclusions are arrived at while by no means lessening our respect for the Writer's courage, make us wish that for his own sake he was possessed of even a rudimentary sense of humour.

I decline to admit that Hudson or those who write like him have shown any just cause why the practice of Hypnotism should not be restricted mainly to the Medical Profession, and I further volunteer gratuitously the opinion that such psychological radiance as has been shed upon the study of hypnotism by "Psychic Phenomena" is not likely to over-illuminate the subject.
GENERAL CONCLUSION

Having now finished the consideration of the four Sections into which I divided my work it may be well at this point in concluding to recapitulate a little before appending the cases selected.

In the first section I explained my views as to the relation of Auto-Suggestion to Suggestion, which two terms include the whole of Suggestive Therapeutics. I have drawn attention to what I consider are some practical advantages of a clear conception of their gradation one into the other in their relation to:

(1) Suggestive Therapeutics
(2) The relation of Crime to Hypnotism.

In the second section I have shown reasons why a greater amount of consideration should in justice be paid to the work of James Braid, a consideration which can hardly fail to enhance his reputation.

In the third section I have dealt at length with some aspects of hypnotism in relation to crime and I have tried to show that while the use of Hypnotism for specified Therapeutic purposes is of service and devoid of danger in the hands of conscientious & qualified men, I am very far from believing that we should consider hypnotism generally a harmless weapon, or one that should be entrusted to the careless or unconscientious or unqualified.

In /
In the fourth and last section I hope that I have effectually disposed of the alleged 'impudence' of the claim that the practise of Hypnotism should be restricted chiefly to Medical men making of it a Medical Monopoly.
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Case (1) **Severe Neuralgia in head and neck**

Patient a young woman of 24 of pale complexion.

**History.** Had suffered from headaches frontal and occipital and from severe pain in neck extending at times down to between the scapulae. The condition commenced at the age of 13 and patient said she had never been entirely free from it for more than 8 or 9 days at a time. She was always a victim of insomnia.

Treatments of the most varied kinds had been tried drugs proving useless courses of massage and electricity meeting with little success. The eyes had been carefully tested and examined and glasses prescribed by an oculist with the result of aggravating the condition and after a suitable trial, the oculist permitted the glasses to be dispensed with. The condition was not affected by reading nor the Menstrual periods appreciably influence it.

Examination did not reveal any abnormal condition except a painful keloid of large size in the neck the result of an old operation wound. This was painful and tender to touch. The patient naively enquired whether hypnotic treatment would put away the scar and was considerably disappointed at the reply.

Treatment was begun and continued daily for six days; The patient went into a Cataplectic state from the first and anaesthesia was developed. There was no amnesia on waking the first two days, but by suggestion it was developed completely.
completely the third day. During the first sitting which was three quarters of an hour, the patient’s headache disappeared and she felt comfortable. Post-Hypnotic Suggestions were given and carried out, which served as an indication that success would follow. The patient was treated daily by Suggestion in deep Hypnosis for six days; for the next week she was treated every second day, and in the middle of the third week I dismissed her. She was then free from any pain. She had had no pain since the first treatment and her sleep was excellent.

An interesting phenomena was the disappearance of all pain and tenderness in the keloid scar a point to which no attention had been given in Suggestion. This I have observed in other cases also that where Suggestion is directed against one nervous symptom it frequently cures other co-existing nervous symptoms at the same time.

This was a simple and straightforward case.
Case (2)  

Choromic Alcholism

Patient K. T., aged 40 of good physique and independent means.

History. A family history of Alcoholism including Grandfather and two uncles may have had an influence. From age of 20 the patient had been a hard drinker but for several years he says he could never drink much at a time without being knocked over. His longest period of abstinence in that time was four months. He spent a great portion of his life in Homes and Cure Resorts. His favourite cures were the Strychnine and Atropine one which he had at several different times, an Apomorphine cure and a gold cure. His Cycle came every six weeks or so.

Examination Showed a slight enlargement of the Liver and acardiac murmer aortic systolic which was audible more clearly when the patient was half intoxicated.

Treatment I commenced treatment by attempting to Hypnotise the patient when half recovered from a drunken attack. The attempt failed. Having therefore put patient under definite control, treatment was continued for a month daily. After the inducement of the Hypnotic state had been accomplished on his return to a normal state. The patient fell into a light state of Hypnosis. Control of Motor functions was obtained by Suggestion but amnesia was never established. Post-Hypnotic Suggestion was successful to some extent but the patient remembering the instructions was able sometimes to /
to refrain from carrying out Suggestions.

Result. For two years patient has been well and able to travel alone with safety on the Continent. He has had only one relapse which took place at the end of the tenth month induced in the following way. Patient was able to resist any pressure to drink with comparative strangers, and his own friends did not of course urge him to drink. One day however an old School friend who knew him before his condition had developed seriously, and was ignorant of this development, came from abroad. Having been in the Wilds for many years he was full of enthusiasm for excellent meals and he took my patient with him to various most expensive dinners and suppers. He drank Champagne and my patient drank Ginger-pop in spite of great pressure. But as much dropping of water will wear away a rock finally one night, the fifth of the series, my patient, flattering himself that he could stand just one glass of wine for the sake of Comrade: ship drank some Champagne. That caused his outbreak. Treatment was given for ten days and the balance was restored. This relapse is an excellent example of the effect of continued Suggestion in wearing down resistance.

Points of interest.

(1) The fact the lightness of the Hypnotic state reached by the patient was no impediment to the Success of Suggestion

(2) The fact that the patient was not Hypnotisable when /
when he was inebriated.

(3) The fact that before commencing Hynnotic Treatment it took the patient over a month to make up his mind that he personally really wanted to be cured of his habit. This resolution was of course the first essential step to success in treatment, as I pointed out in dealing with Auto-Suggestion.

(4) The fact that the continual living with the patient had a serious effect upon my own nerves. Hypnotising a patient is not tiring as a rule, but I discovered that living with a patient makes the task of Hypnotising much more trying. This may be an idiosyncrasy.

(5) The fact that the patient has developed, in regard to other things as well as Alcohol, a much stronger will. His whole bearing is more determined and his actions and thoughts more decisive. Previously he was weak in the extreme, even in trifles he had no will of his own.
Case (3) **Acute Nervous Depression.**

Patient D.J.M. Aged 50 a brilliant scholar of sedentary habits and stout. Hypnotic treatment advised by Dr Savage.

History. Suffered from periods of severe depression and insomnia at 37 years of age, and again at 42, and various phobias chiefly concerned with disease. Present attack came on after a prolonged period of extra work. The condition of insomnia was serious and patient had in sequence the following symptoms and ideas.

1. A severe headache which he was convinced was due to a tumour on the brain
2. Severe indigestion which meant cancer of the stomach
3. Aperineal heaviness and pain which was certainly cancer of the rectum.
4. Bladder irritability with frequency of micturition which he knew was caused by calculus.
5. A conviction that he was going insane.
6. An absolute incapacity to think for a single moment of anything except himself or to stop groaning over his miseries and his hopeless incurableness
7. Pains in the region of the heart.

He had for some months been using sleeping draughts of various
various kinds each of which in turn lost efficacy. His thoughts were directed towards cancer because of the fact that a relation had been operated on for cancer and had succumbed, while another relation had been advised to have an operation performed.

Examination Circulatory: Discovered no Cardiac Lesion.

Treatment Treatment commenced and continued twice daily directed chiefly towards during insomnia. The patient said he wished to "play the game" but he felt he could easily resist. Suggested acts if he wished. After the fourth treatment he reconsidered his ability to resist.

Interference with the functions of speech was readily procured by Suggestion as also was control of movements. Post-Hypnotic Suggestions were carried out completely. After three weeks treatment patient was sleeping well and in addition was free from all ideas of disease. At this time it unfortunately because necessary for me to leave /
leave him.

In a few days I was sent for again the patient meanwhile having developed an intense perineal tenderness and pain. In my absence so great was his apprehension that he had called in a Surgeon who had forwarded to London a specimen of his urine for further examination. This involved a delay awaiting the report during which time the patient worked himself up to a state of frantic nervousness in spite of assurances that there was nothing pathological contained in his urine. Apart from the tenderness I could discover nothing in the perineum, and observing the intensity of his anxiety I suggested a consultation with a Specialist in London to put his mind at rest. Examination in London revealed a gouty inflamed area in the urethra and this discovery at once made the patient feel easy about his urethra. In a few days however he began to feel that his brain was going and he desired to go abroad which he did in the company of a friend. In the course of a month he returned feeling somewhat better and slowly recovered.

Points of interest This case was to me an exceedingly interesting one. It presented all the symptomatic features which are emphasized by Professor Gilbert Ballet in his able work *L'Hygiene du Neurasthenique*. The points of value I derived from its study were (1) The success which resulted /
resulted from Hypnotic Treatment in rapidly removing the insomnia and one after another of the Auto-Suggestions of disease. (2) The treatment was suspended at a particularly critical moment owing to which relapse occurred. If the treatment could have been continued uninterruptedly I have no doubt that the speedy and complete amelioration which resulted would have been rendered permanent. (3) As noted before being in the company of a patient of this kind so reacted upon myself as to make Hypnotic treatment additionally exacting (4) The astonishing facility with a neurasthenic patient may jump from one symptom to another. This patient on a day when for example cancer of the rectum was his phobia was perfectly convinced that he had had all the symptoms and the pain straight on for several weeks without intermission. The next day, having forgotten about his cancer of the Rectum, he would say the same about his headache and tumour of the brain (5) In treating patients of this kind with quickly moving pains and ideas of disease I now make them note down on the first day of treatment every pain and trouble they have. Then I retain this list as evidence against them when they discover in a few days a new disease which has been worrying them "continuously for months". This makes it easier to deal with in turn the various Auto-suggestions of disease. (6) The extreme importance of having expert opinion /
opinion in order to eliminate all chance of diagnostic error before commencing Hypnotic treatment. (7) The intensity of the mental suffering endured by these patients. This patient's face flushed crimson with the intense vaso-motor effects of worry. I could tell by the colour of his face whenever he was in the throes of one of his worries.
Case 4  

**Opium Habit**

Patient woman of 27. Recommended by Dr O'Flaherty.

History. Menstrual history showed severe pains at each period from the first at the age of 13. Irregularities as to occurrence had always been frequent and cessation had also taken place for several months at different times. At 17 years of age patient had severe anaemia and amenorrhoea. From 19 to 21 condition was better at 21 periods began to be accompanied by swelling of legs and aleucorrhoea commenced which has continued since. At 23 years severe pain in right ovarian region and several hysterical attacks. The pain persisted. At 25 years after four months amenorrhoea discharge of a membrane of which description suggests uterine cast.

Patient began taking opium in four-hourly quarter grain doses prescribed for the severe pre-menstrual pains at 23 years. As the pain began to be constant also in the right side she increased dose up to one grain and so on until in a year's time she was taking irregularly 20 to 25 grains a day.

At 26 years of age patient attempted to stop drug and got down to 5 grains daily for 2 months. After this the dose went up again rapidly. Patient was making this attempt on account of the fact that she had become engaged to be married but failing her attempt to break herself of the habit she renounced her engagement.

**Examination**

Appearance of face pale and flabby. There was /
was a great development of adipose tissue which gave the patient a heavy and ungainly appearance. Shortness of breath. The patient walked with considerable difficulty she was exceedingly troubled with pain in the precordial region but no heart lesion was discovered. Patient was however exceedingly troubled with constipation.

I sent patient to a gynaecologist for examination. He reported chronic catarrh of uterus some enlargement of right ovary lucorrhoea.

Treatment for the drug habit was commenced and continued. Patient fell into a deep state of Hypnosis with complete amnesia. She was lethargic and responded slowly to suggested movements. Anaesthesia was developed. Treatment was continued for a month three times weekly. The dose of opium was at first diminished by the patient and remained down at 1 1/2 grains daily for three days then rose to 3 grains and then increased more rapidly. It being impossible for the patient, owing to her occupation, to place herself in such circumstances as were necessary I was not surprised at this result. Having failed by simple straightforward suggestion it occurred to me that the plan of inducing emesis when the patient took opium might prove more successful. She always took the opium in the powder form. I Hypnotised /
hypnotised the patient in the presence of my colleague and having supplied myself with six one grain powders I proceeded to administer them to her one by one. I announced to her my intention of giving her the powders until such time as she became sick and vomited. After the first powder even she began to appear uneasy. After the second she made some convulsive movements so I woke her, when emesis at once took place. The result was sufficient to show the great sensitiveness of the patient to Suggestion, but when away from me she recovered her power of retaining opium in spite of the Suggestion that it should always make her sick. Therefore I explained to her that the present state of affairs was not satisfactory but that when-ever she could place herself under the charge of an experienced nurse so that I could personally supervise her during the intervals of treatment I should be happy to resume. She hopes soon to have an opportunity of confirming to more suitable conditions.

The causes of failure here, which I consider temporary only were

(1) The peculiar strength of the Auto-Suggestion of patients as regards Morphia habit mentioned by and before alluded to.

(2) The unfavourableness of the occupation of the patient she having access to drugs freely.

(3) The want of actual supervision during the whole time of treatment.
When we recall Wetterstrand's rules we see that they are directed against these very points. There is a great likelihood that if the patient will conform to what I consider the necessary conditions her cure will be effected. The pains and depression symptoms resultant from the cessation from the drug will be controlled by hypnotism with some ease, as she is a very suggestible subject. Her suggestibility extends to delusions of sense, to anaesthesia, and to post-hypnotic phenomena.
Case 5. Melancholia with mutism

Patient a woman aged 70

History

After a very exciting and adventurous life in

India patient settled in this Country. She was well until serious

after a family rupture. She at 65 years of age, developed

a condition of great excitability talking rapidly and

gesticulating violently. This existed for a few weeks when one day she suddenly ceased entirely to speak and no pressure nor persuasion could make her utter a word. From her excitable condition she passed into a state of deep melancholia weeping silently and sighing. She had been examined at various times to discover whether there was any lesion of the vocal chords but none was found. The only words she was ever heard to whisper for six years were occasionally when she was being put to bed and her nurse was leaving her alone the expression "Oh Christ". These words were never uttered aloud, and were the only ones she made use of.

Examination

Patient was very stout, sitting a chair, could not walk unaided, looked continually at her lap and picked nervously and unceasingly at her dress which she tore in exactly the same place over her right knee, time after time. Tears rolled down her cheeks. On being spoken to she showed increased distress. Patient's appetite was good and her sleep fair.

Treatment

The patient having been given a little time to become /
become accustomed to the presence of a stranger I suggested to her that if she would allow me to Hypnotise her she would derive no harm from it, and might derive some good. She was greatly distressed when I tried to persuade her to raise her eyes and fix them and she could not do it. For a week daily the same routine went on the patient getting more and more resentful of my interference. When I was present she would have a very dogged appearance, and when I was gone she burst into paroxysms of weeping.

After a week I commenced to treat her after she had gone to bed at night. I made attempts to induce the state of Hypnosis by various methods. Fixed gale and oral Suggestion had little effect, because she could not or would not keep her eyes fixed for more than a few seconds, and oral Suggestion aroused violent opposition which she expressed by angry gestures alternating with tears. Mesmeric passes however, had a very soothing effect. The patient becoming in a short time placid and reposeful. Suggestion on the subject of her voice and speech was now commenced I told her "You will be able to speak, your voice has come back it is now getting stronger daily. You can now speak quite clearly!" The patient made no effort to speak. I continued Suggestion by saying "Your daughter has promised always to stay in the room with you because she knows you are extremely frightened of me." Now I am going to ask your daughter /
daughter to leave us and she will do so unless you call her loudly to come back. Look there she is going." The patient, seeing that it was really true, and that her daughter was leaving us, making a desperate effort, called her daughter loudly by name. Immediately there was a violent and apparently angry outburst of weeping. In a few days the patient was repeating after me as I read, columns of the daily paper in a loud voice. She would, however, never speak voluntarily to us and never at all to strangers. After the third week she began under persuasion to ask for what she wanted and could walk alone. Being unable to continue treatment I gave her Post-Hypnotic Suggestion that she must keep on trying to talk and that in six months she would be able to speak and would speak with great fluency.

Reports of her condition after leaving her showed a gradual diminution in the amount of speech for about four months. The fifth month she fell into practically the same state of silence as when I first saw her, but she could walk alone and she no longer gazed at her lap all day long and wept. The sixth month she varied considerably sometimes speaking more and sometimes less. In the seventh month she began with apparent effort to speak again, and rapidly regained complete power of her own initiative. Now a year after treatment /
treatment she is a garrulous and reminiscent old lady who recounts with apparent enjoyment everything which she heard and saw during the period of her dumbness. She announces that she was very greatly afraid of hypnotic treatment.

Points of interest. This case shows certain important facts about the peculiar action of Suggestion. The treatment in this case was partly Suggestion in a waking state partly Suggestion in an Hypnotic State and partly Suggestion in a post-hypnotic state. It was sometime before even the slightest hypnosis was obtained and the Suggestion in a waking state went on overcoming her resistance for sometime before the Hypnotic state was reached at all.
Case 6.

Hystero-neurasthenia.

Patient girl aged 23. Italian

History. For five years had suffered from "nervousness and anaemia" attributed to frights on successive occasions in 1902 and another fright in 1908. The first was that her father fell in the Theatre and broke his leg. Immediately after this burglars broke into their house at night. These frights first caused the patient to become exceedingly nervous and the climax was reached when her father committed suicide. Patient had been in bed for practically the whole of five years. She had complaints of irregular menstruation loss of appetite indigestion and loss of weight. She suffered from severe headaches and weakness, and frequent palpitation. Marked constipation.

Family History. Father suffered from nervous attacks was alcoholic. Committed suicide.

Mother alive and two brothers well.


Circulatory System. Nothing noted in heart. Pulse feeble but regular.

Alimentary System. Teeth Six gone four decayed. Stomach outline not extended. Peristalsis is continuous with borborygmi. Liver slightly below costal margin

Urinary. Right kidney moveable. No pain no tender ness

Genital uterus retroverted.

Nervous /
Nervous knee jerks exaggerated, no ankle clonus, no patches of anaesthesia discovered. Patient made the statement that she suffered from eructation flatulence and she made the curious observation that when she made efforts, flatus sometimes passed via the vagina. There was no recto vaginal fistula. Patient's manner is very nervous and she felt that she had no interest in life as she could not gain courage to recover her spirits.

Treatment. Treatment was commenced and the patient became slightly hypnotised. The difficulty of speaking in a foreign language has exceptional disadvantages in Suggestive work because the patient's sense of humour is apt to be tickled which is fatal to the success to the Suggestive method of inducing Hypnosis. Resort was therefore had in early cases to writing down each Suggestion and reading them off, a principle which is excellent as it tends to uniformity and proper gradation of Suggestion.

In a week after daily treatment the patient was moving about outside in the sunshine, although still quite hopeless of ever recovering. She was however eating more and sleeping better. Her temper was extremely irritable. Treatment went on daily for three weeks with steady improvement. At present ten months from treatment patient writes to say she is quite strong and extremely well and much stouter than she ever was. She no longer thinks of dying.

END OF CASES