



# **Complete Hypnotism, Mesmerism, Mind-Reading and Spiritualism: How to Hypnotize: Being an Exhaustive and Practical System of Method, Application, and Use**

*A. Alpheus*

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"Hypnotism is an established scientific fact; but the claim that the hypnotizer has any mysterious psychic power is the invariable mark of the charlatan." "There is no doubt that hypnotism is a very old subject, though the name was not invented till 1850. In it was wrapped up the "mysteries of Isis" in Egypt thousands of years ago, and probably it was one of the weapons, if not the chief instrument of operation, of the magi mentioned in the Bible and of the "wise men" of Babylon and Egypt. "Laying on of hands" must have been a form of mesmerism, and Greek oracles of Delphi and other places seem to have been delivered by priests or priestesses who went into trances of self-induced hypnotism. It is suspected that the fakirs of India who make trees grow from dry twigs in a few minutes, or transform a rod into a serpent (as Aaron did in Bible history), operate by some form of hypnotism." Written in 1903, just sixty years after the word 'hypnotism' was coined, this book explores the contemporary understanding of the nature, uses and dangers of the technique. Hypnotism has been practiced for many centuries, but it was in the mid-to-late nineteenth century that it became a particularly fashionable way to explore the human mind. Although understanding of the subject has evolved considerably over subsequent years, this book remains a fascinating insight into a technique once thought to be at the forefront of medical science.

INTRODUCTION--History of hypnotism--Mesmer--Puysegur--Braid--What is hypnotism?--Theories of hypnotism: 1. Animal magnetism; 2. The Neurosis Theory; 3. Suggestion Theory CHAPTER I --How to Hypnotize--Dr. Cocke's method--Dr. Flint's method--The French method at Paris--At Nancy--The Hindoo silent method--How to wake a subject from hypnotic sleep--Frauds of public hypnotic entertainments. CHAPTER II --Amusing experiments--Hypnotizing on the stage--"You can't pull your hands apart!"--Post-hypnotic suggestion--The newsboy, the hunter, and the young man with the rag doll--A whip becomes hot iron--Courting a broom stick--The side-show CHAPTER III --The stages of hypnotism--Lethargy-Catalepsy--The somnambulistic stage--Fascination CHAPTER IV --How the subject feels under hypnotization--Dr. Cocke's experience--Effect of music--Dr. Alfred Warthin's experiments CHAPTER V --Self hypnotization--How it may be done--An experience--Accountable for children's crusade--Oriental prophets self-hypnotized CHAPTER VI --Simulation--Deception in hypnotism very common--Examples of Neuropathic deceit--Detecting simulation--Professional subjects--How Dr. Luys of the Charity Hospital at Paris was deceived--Impossibility of detecting deception in all cases--Confessions of a professional hypnotic subject CHAPTER VII --Criminal suggestion--Laboratory crimes--Dr. Cocke's experiments showing criminal suggestion is not possible--Dr. William James' theory--A bad man cannot be made good, why expect to make a good man bad? CHAPTER VIII --Dangers in being hypnotized Condemnation of public performances--A commonsense view--Evidence furnished by Lafontaine; by Dr. Courmelles; by Dr. Hart; by Dr. Cocke--No danger in hypnotism if rightly used by physicians or scientists CHAPTER IX --Hypnotism in medicine--Anesthesia--Restoring the use of muscles--Hallucination--Bad habits CHAPTER X --Hypnotism of animals--Snake charming CHAPTER XI --A scientific explanation of hypnotism--Dr. Hart's theory CHAPTER XII --Telepathy and Clairvoyance--Peculiar power in hypnotic state--Experiments--"Phantasms of the living" explained by telepathy CHAPTER XIII --The Confessions of a Medium--Spiritualistic phenomena explained on theory of telepathy--Interesting statement of Mrs. Piper, the famous medium of the Psychical Research Society

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