IN THIS ISSUE
HOW TO HYPNOTISE YOURSELF
BUILD YOUR PERSONAL HYPNOTRON
AVOID HYPNOTIC LAWSUITS
HYPNOTISM AND MEMORY (III)
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THE HYPNOTISM CENTER

The Journal of Hypnotism

Dr. Rexford L. North, Editor
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Len Leonards, Art Director

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BETWEEN OURSELVES

Well, it looks as though we are getting back on schedule. With the Jan. edition we will be issuing the Journal a full month before date. Many improvements are being planned. You will probably notice that our photos look better. Finer halftone screens are being used.

If you are interested in collector's items—contact Mr. Will Lindhorst, 716 Pine Street, St. Louis 1, Mo. Mr. Lindhorst is a magic dealer who recently bought a magician's collection from an estate and tells me there were more than 50 rare books on hypnotism which he wishes to sell. Write to him for further details.

With this issue we are publishing an editorial page. We feel there are many things to editorialize upon. We feel that men like Riley should be exposed. We are going to continue the campaign against dishonest dealers and others who are putting the profession into disrepute.

You will find the announcement on the Hypnotic Awards elsewhere in this issue. Get into this contest. Do not wait until the last minute. You will note that the contest closes on December 31st. This contest is sponsored by The College Of Applied Psychology, Miami 44, Florida.

Incidentally, I was recently in Florida on a visit to the College Of Applied Psychology and discussed the future of hypnology with Dr. Milford Ellison. We agreed that the profession is on the threshold of its greatest era.

What makes the skeptics tick? I imagine that all of you have at times met skeptics. They all seem to run along the same pattern. The average skeptic is a blow-hard who uses wind instead of logic. In this business I naturally get them all the time. Just recently I had one here in the office. A small-time racing-result broadcaster on a local radio station came in and claimed he did not believe in hypnotism but would pay money to be convinced. Since he is on the radio, I pointed out to Mr. Wer-

(continued on page 24)
AN EDITORIAL

As the only American magazine published that is devoted wholly to the interests of hypnotism, I feel it is about time that the JOURNAL carry an editorial page to highlight ideas, events, facts and personalities. I have allied myself so closely to hypnotism and its future that I naturally want to see the good things in the profession go forward. Yet, I know only to well that not all is good. I see the abuses, the chiseling, the misleading ads, the rantings of the hocus-pocus operators, the frauds and the deceptions. These should be eliminated so that the future of hypnotism may be built upon a solid and firm foundation.

A typical example of the abuses to which the profession is subjected may be found in the case of the National Institute of Hypnology, 235 South Brevard Street, Charlotte, North Carolina. This operation is owned by a Dr. W. T. Riley. It operates under a Delaware charter. (As far as we have been able to find to date, this foreign charter has not been filed in the state of operation, North Carolina, as required by law.) Riley offers various courses and issues various diplomas. Oddly enough, his main course of instruction seems to be my own MODERN HYPNOSIS! (Riley some time ago ordered these texts from me at wholesale. Not unusual since we wholesale to many book stores and schools.) I had no reason to think that he was using them in any way other than for resale at the regular $5.00 price. However, a subscriber recently sent us Riley’s literature and there I found that he used our description of the course word for word. He did not, however, use my name nor the name of the book. The literature implied it was his course. He sold my regular $5.00 text for as much as $150 with a diploma thrown in. (Those who received his diploma may as well throw it out.)

And who is Dr. Riley????? According to our investigation he has operated schools with such improbable names as THE COLUMBIA COLLEGE TEMPLE OF OSCULAR SCIENCE, THE WASHINGTON PROFESSIONAL COLLEGE and now the NATIONAL INSTITUTE OF HYPNOLOGY!

He practiced what he termed “Pedopрактиcs” in Washington D. C., without a license though the Commission of Licensure stated that they consider he was required to be licensed and had he returned before the statute of limitations expired, he would have faced arrest and trial.

His WASHINGTON PROFESSIONAL COLLEGE operating at 235 S. Brevard St. was closed by court order. This school claimed to teach practical nursing. Two warrants were issued and he was found guilty and given a 30 day jail sentence on one charge which was suspended upon payment of a $50.00 fine and court costs. He also received a 30 day jail sentence on the second charge and this was suspended upon three conditions. (1) That he make certain restitutions to students, (2) that he pay court costs, (3) that the school be dissolved.—That’s Riley. Take him away!

REXFORD L. NORTH
BUILD YOUR PERSONAL HYPNOTRON

by Byrne L. Perkins

Extreme, small size, easy portability, and self-contained power unit are the features of this new spiral-disk adaptation.

For quite some time, there has been a latent desire on the part of many hypnotists, to whom I've talked, to have a mechanical means of trance induction for use with certain difficult personalities oftentimes encountered. Being somewhat mechanically minded, the idea intrigued me no end. So—I set about finding what basic materials were to be had for such a purpose.

Top Overhead View Parts Stripped
From Flash Unit

Methods of motivation, the final product, which you see in the photos, was reached.

First of all, tearing away its ominous, electronic look, it is basically a motor-driven spiral-disk in a completely new form.

One of the new miniature hobby motors and a gear-reduction box to cut down the speed, motivates the disk. Power is supplied by two 1½ volt batteries in the black plastic foundation box, which is actually the stripped-down battery case from a Brownie Reflex Camera flash unit. These are obtainable at any camera store for about

Hypnotron—Front View

Complete high-frequency units, which would induce drowsiness, were to be had, but there were objections such as: Expensive to build; too large and bulky in size for portability, and definitely not what one would call a "handy item".

One item now in use, which seems to be most effective, is the spiral hypnotodisk. The disk has been used handheld and with a phonograph motor, but neither are entirely satisfactory, for when handheld, a complete rotary motion was absent and when used with the motor it did away with the easy portability. This, of course, also required either a large battery pack or an electric outlet. A combination of both uses seemed to be the answer and after experimenting with various me-
$3.50. The entire unit will cost about $7.00 to build.

After you obtain the flash unit, remove the reflector, the bulb ejector knob, and the side mounting bracket, by loosening the proper screws. In taking off the metal bracket, you’ll have to remove the tiny rivets holding it in position. Do so carefully, for the case will crack easily if much pressure is put upon this. Next, pry out the yellow metal bulb holder inside the bulb socket. This will clear the socket completely except for two metal strips coming from the battery case proper. Now if you will obtain one of those white, recessed, chime push-buttons from your hardware store, (there are two sizes,—get the small one,) you’ll find that it will fit perfectly when pushed into the hole from the front. A little testors cement will keep it firmly in position.

Now clip short those two metal strips and solder them to the push-button terminals so that when the button is pushed, it will complete the circuit, electrically connecting the two strips. Next strip the heavy rubber cable coming out of the side of the battery case, down to the two wires, which you see coming out towards the motor. These are easier to keep in position than the heavy cable supplied.

Go to your local hobby supply store and buy a Dyna-Mite miniature motor 1.98 and the Gear-Reduction Kit (.98) The kit will show you how to put the gear-box together, so it won’t be necessary to enlarge on this.

After you have the gear-box finished, you’ll find left over, some small rubber tubing, which is to connect your operating shafts. Connect your motor and key gearshafts with a piece and you’re ready to mount your assembly on the battery case. Just before you glue them into position, cut a small square of cardboard (shirt variety) and glue this to the base of the motor. This will place your motor and key gear-box shaft on a level and will allow your motor to operate more freely.

Now glue your motor and box down and when dry, solder the ends of the stripped-down battery cable wires to the motor terminals. Most of the work is now accomplished! You may test the motor now, and if you have made good electrical connections, it will operate when the button is pushed. If there should be any hesitancy in the motor turning over, turn the shaft with a flick of the finger and it will start. (This occurred in my first model, but my second works perfectly.)

Either draw or have an artist make for you, a spiral-hypnodisk three inches in diameter. For a shaft, to attach the disk to the proper gear. (the slowest is recommended,) obtain one of the tiny bits used in hobby motor tools, at your hardware or hobby shop. Mine originally, held a little grinding wheel which was fastened by a tiny screw in the end of the shaft. This is the best type to use. Cut off the long portion of the shaft so that the end piece with the screw-holder will be about three-eights to half an inch in length. Fit this to your disk and attach to your slow gear by a small piece of tubing. You’ll notice now, that when looking at the apparatus from the front, almost the entire mechanism is concealed by the disk itself.

Now comes the psychological part of the apparatus, which you’ll find to be an effective piece of hokum. You may make this addition to your machine if you wish, or leave it as it is. I personally have had good results with it. In my scrap-box, I located one of those miniature radio tubes, a tube socket, a small red phone jack, and a length of

Illustrating Palm-Of-The Hand size

continued on page 27
HOW TO HYMN\NO\IZE YOURSELF
FOR SELF-IMPROVEMENT
by Harry Arons

(Reader's Note: In line with the Journal's policy of bringing its readers the best and latest information on hypnotism, we begin in this issue the serialization of Harry Arons' forthcoming book HOW TO HYMN\NO\IZE YOURSELF FOR SELF-IMPROVEMENT; which is scheduled for release by Power Publishers late this year. We are fortunate indeed in having been able to obtain permission to do this serialization as we are constantly deluged by requests on self-hypnosis and autosuggestion.)

From the very dawn of time man, in his attempts to gain succor from pain and fear, has sought to harness the power of what we now know to be the human mind. In the beginning, he achieved his results by appealing to a mysterious, omnipotent force which, through the centuries, assumed various shapes and guises, and different names; it was a man in some parts of the sphere, and animal in others, in still other areas it was the sun or the moon, or dwelt within idols built by man. The strange manifestations and the fearsome cataclysms of nature were ascribed to the machinations of these gods; both good and evil that befall man was explained on the basis of divine reward and punishment.

The stronger of the earth's inhabitants arose from the masses and became the leaders or chieftains. The more intelligent became the priests. It became the special job of the latter to interpret the awesome and often inexplicable manifestations of the gods, and to transmit to them the prayers and desires of the people. These priests were the first hypnotists of history.

Whereas today we direct our suggestions or autosuggestions to the subconscious mind, in primitive times religion—faith in a supreme being—became the soil in which the seeds of suggestion were sowed. The exhortations and incantations of the priests were, unwittingly or unwittingly, the "sleep formulas" of the modern hypnotists. The prayers of the common people were the autosuggestions of those who hypnotize themselves. Whether or not the prayer suggestions of primitive man "took" depended on the credulity or implicit faith of the individual in the power of his particular god. The priests, with their ornate temples, rites and ceremonies and attendants mumbo-jumboed, created an atmosphere of awe and mystery which served to arouse the supplicants to the fervor which even then was recognized as helpful for the successful "acceptance" of prayers (or suggestion).

As man's mind slowly developed, he began to see more logical answers to many of nature's riddles. He was vaguely dissatisfied with the idea that an evil spirit simply "took possession" of an individual and that a witch-doctor's ridiculous artifices were responsible for the exorcism or expulsion of the troublesome spirit from the organism. He began to seek the "natural" causation of disease, and looked about for ways of bringing about cures by other than religious means.

The "laying on of hands" by kings was possibly an early attempt to get away from the idea that only God could effect cures. Even so, the idea persisted that kings drew upon the very source of divine power and, like the priests, were appointed by God to carry out his designs on earth. The same may hold true not only for the miraculous cures of Jesus Christ, but also for those of his disciples. Buddha, Confucius and others who became leaders of religious sects probably achieved their goals because of their ability of draw upon "divine healing power." The simple truth is that all these men were natural hypnotists, whose influence, enhanced by their prestige in the eyes of their sug-
tive subconscious mind of the masses, very much like the suggestive subjects in a modern theater audience fall under the spell of a famous visiting hypnotist.

The versatile Cagliostro represents a distinct cleavage between the healing influence of God and man. A notorious rascal, Cagliostro made no pretense of possessing God-given therapeutic qualities. His fame as a healer nonetheless spread far and wide and he wielded both a beneficial and nefarious influence over royalty and common people alike.

By the time Mesmer entered the picture, numerous healing systems, based on as numerous theories, were in existence. The healing influence was ascribed to God and to the devil to man and to beast, to the elements and to both animate and inanimate things; complete confusion reigned in the infant scientific world.

The peculiar properties possessed by magnets had been known for quite some time. Many believed that there was a connection between magnets and the moon, which in turn controlled the tides. Mesmer, a scientist who had been born one hundred years too soon, formulated the theory of the “animal magnetism,” which he described as a universal, all-pervading, invisible fluid. He believed that a disturbance in the balance or distribution of this fluid was responsible for disease in man, and that “a magnetic readjustment” of this fluid was possible through the application of magnets, magnetized objects, or his own hands, which of course exuded magnetism profusely. Animal magnetism marked a definite split from all religion-based systems, and though theories were fallacious, mesmerism is credited with being the forerunner of modern scientific hypnotism.

Mesmer's spectacular cures eventually resulted in a number of investigations. Benjamin Franklin, who participated in one of these, was probably one of the first to hit the nail on the head, albeit inadvertently, when he reported to the Academy of Sciences that Mesmer's cures were due to “imagination”. He used the word disparagingly, but we know today that there is little in life that is stronger and more powerful than imagination. Thereafter animal magnetism fell into disrepute, as both Mesmer and his theories folded up.

A scant fifty years after Mesmer, in 1841, James Braid, an English physician, coined the word “hypnosis” and the scientific era of hypnotism began. Thanks to such men as Braid, Liebenau, Berheim and Charcot, the erroneous ideas of the past were discarded and suggestion became the basis of the new theories. Thanks to Sigmund Freud and his followers, it now became clear that every human being was possessor of incalculable power all his own, right in his own mind. And thanks to such men as Emile Coué and Charles Baudouin, we now know that IMAGINATION is the vehicle on which the power of the unconscious can be reached, and that autosuggestion and self-hypnosis are the methods that can be employed to activate the forces within us for our benefit.

**Suggestion the Common Denominator**

It can readily be seen even from a superficial study, that the basis of all the systems of the past is suggestion. Today's systems too have the same common denominator.

Yoga, which, though dating back for centuries, is still practiced widely today, is based on deep breathing, probably profound meditation and extremely strenuous exercise, conditions which are exceedingly conducive to the attainment of the hypnotic state.

The success of the Indian Fakirs, who are known to be able to sleep on beds of nails, walk bare-footed across beds of glowing coals and endure other tortures without flinching, is due undoubtedly to self induced hypnosis.

Christian Science condemns hypnotism violently, but nonetheless uses its principles, perhaps unwittingly in effecting whatever cures it claims. Their bible, Mary Baker Eddy's "Key to the Scriptures" is the most ridiculous, incoherent, raving document imaginable. What are the endless repetitions of their biblical quotations but indirect, continued on page 19.
AVOIDING HYPNOTIC LAWSUITS

by Ormond McGill

Ever since "The Slater Story" hit the newspapers, hypnotists have been concerned that they might experience a similar situation and have a similar knick made in their bank accounts. So potent is this concern that numerous hypnotic enthusiasts have even expressed the sentiment that this probably marked the end of their attempts at hypnotic experimenting and demonstration.

The dynamite of such suit-publicity lies obviously in the making of an already suit-minded public conscious of the fact that the hypnotist is vulnerable prey to lawsuits. Many people go out of their way to find causes on which they can slap a suit on the gambler that they can collect a cash settlement either in or out of court. Now, with this news-worthy example of a successful collection on a hypnotic suit before the public, the hypnotist is literally asking for it when he invites all who will to volunteer upon his stage to experiment with the phenomena of trance... for, as sure as the sun rises in the east, eventually will join his group that person who has the hope and plans of making a fast buck by claiming mental injury.

About all of abnormal psychology that the average person knows is to fear insanity and to realize that the mind can become damaged. Hence, when a person who has been subject in a hypnotic experiment reports him, or herself, as behaving abnormal as the result of mental tampering by the hypnotist, jury sympathy is spontaneously with the "abused" subject.... which verdict is all the more fostered by the misinformed and superstitiously conceived viewpoint with which many people still tend to regard hypnotism. Yes, truly the cards are stacked against the hypnotist faced by lawsuit charges. What then is the hypnotic operator to do if he insists on continuing his professional practice?

The most logical answer is for the hypnotist to take out an insurance policy protecting himself against subject charges of injury and possible suit. However, premium rates versus the percentage of chance of suit are so closely in balance that the operator might almost be better off financially in taking the occasional risk of lawsuit than in meeting continually the costly rates of such insurance.... thus, this hardly provides an answer to the problem.

As a practicing hypnotist who while on tour must daily be concerned with the very issue raised in this paper, I have adopted a number of rules of conduct to my presentation that may possibly be of use to other operators in protecting their interests from the currently popular lawsuit threat.

RULE ONE. Avoid hypnotic tests that in the eyes of the law could cause the subject pain or bodily harm.

Experiments such as passing a pin through the subject's flesh or burning him with a match are examples of such tests that are wisely omitted if the hypnotist wishes to stay clear of possible charges. As hypnotists, we know the subject can be rendered immune to pain sensations, but from the standpoint of the courts, the operator's "guts" in deliberately puncturing or burning a volunteer's flesh, without even so much as bothering to get the person's permission first, scarcely builds sympathy to his side of the case in the jury's eyes. Better leave alone such tests in stage performances if you wish to safely stay in business.

RULE TWO. Avoid hypnotic tests that produce in your subjects symptoms of psychological abnormality.

Causing deliberate amnesia, producing neurotic and psychopathic behavior are examples of the abnormal-behavior type of hypnotic experiment it is best to leave alone. Such tests leave open
ground for suit charges. Justified or not, it would take very little persuasion on the part of a lawyer to convince the jury that his client suffered a continuation of mental lapses if he had been subjected to a test of having all memories of his identity removed by the hypnotist. Mental injury is unquestionable, so stay clear of all experiments that lead in that direction if you wish to operate safely.

RULE THREE. Temper your routines with common courtesy and avoid rough-house tactics.

Experiments where you stand on the rigid subject or cause the volunteers to drop onto the stage and mop up the dust are examples of the rough-house type of hypnotic demonstration that you would do well to avoid if you wish to stay clear of criticism. As the hypnotic show gets rolling, with both the subjects and the audience responding to your presentation, there is always a great temptation to go the limit and build the laughs, but such may also build grounds for suit.... and that wouldn't be so funny. The volunteers who come on the stage in response to your request show an implied trust in your courteous treatment of them that you will do well to heed if you desire to continue profitably functioning as a hypnotist.

RULE FOUR. Keep your hands off your subjects.

Scrupulously avoid any head snapping, neck twisting, nerve pressing, or rough handling of your subject if you wish to stay out of trouble. And, if you happen to be a stage operator who employs such devices as the "Bulldog Method" or similar tactics to knock 'em out, you'll probably save money in the long run by closing your show right now. Hypnotizing in a genteel manner, with not even so much as touching your subjects, is your best insurance for protecting your bank account.

RULE FIVE. Make use of waking-suggestion experiments in your presentation.

It is only in the deeper stages of trance hypnotic experiments that a person would stand much chance of collecting on a claim of "mental injury"... thus the entire gamut of waking-suggestion experiments is open to the operator with perfect safety. Many hypnotists tend to slight off such demonstration as not being dramatic enough to interest an audience. With this viewpoint I most heartily disagree; from personal experience I can definitely state that audiences find such experiments exceedingly interesting and entertaining. I recall years ago witnessing the performance of a Danish hypnotist named DeWaldoza, who, while conducting his presentation in a city which had an ordinance against hypnotic shows, operated safely on the grounds that his show demonstrated only the power of suggestion and did not include any experiments dealing with hypnosis. For the full length of his show he demonstrated each test in the waking state without once mentioning hypnotism or sleep in any way: to say that his performance was successful from the standpoint of entertainment and audience enthusiasm would be putting it mildly.

RULE SIX. Minimize individual hypnotic tests: Concentrate on group hypnotic experiments.

In a court of law it is extremely unlikely that a case would stand up if a person claimed harm from an experiment that had also been indulged in by other people at the same time without causing harm to the latter. The hypnotist can make good use of this principle and protect his interests by minimizing his individual tests, and getting his sensational and dramatic emphasis through conducting his experiments on his entire committee of volunteers all at the same time. True, this cannot be applied to a great many, and is an excellent way to dodge around any possibilities of lawsuit involvement from the slick volunteer who is looking for the opportunity of being "victimized" in the hope of finding a chance to sue.
RULE SEVEN. Slant your presentation along the lines of self-hypnosis rather than operator-subject domination.

You're taking the "teeth" right out of hypnotic lawsuit charges when you place the emphasis for the phenomena in the subject's laps by stressing the fact that you are teaching them how to perform the various hypnotic feats themselves through showing them how to master the skill of self-hypnotism. A lawsuit charge of "harmed by the hypnotist" becomes obviously ridiculous and trumped-up were a person to make such a charge who had been specifically informed that every experiment presented was done entirely through their own choosing and personal accomplishment. And does such presentation undermine the entertaining value of hypnosis? Far from it! Modern audiences, in general, are far more interested in what they may and can be able to do for themselves than in witnessing the exclusive "power" of an outsider. In many ways, the slanting of your demonstration of hypnotism in the direction of teaching the volunteers the art of self-hypnosis will insure your safety of operation...while, at the same time, modernize your presentation.

RULE EIGHT. Make your subject important in the audience's eyes.

There is solid psychology here that will go along ways in insuring you against the possibility of lawsuits by any volunteer...for if a person is made to feel that he has accomplished something important, it is psychologically unlikely that he will deliberately go about undermining his own self-esteem. The hypnotist is in an excellent position to thus build up the subject's importance by stressing the enviable ability of mastering such and such an experiment, and then publicly complimenting the subject on his mastery after the successful completion of the test. Not only is this a safety valve from possible lawsuits, but it is also sound showmanship in making your subject want to successfully accomplish each hypnotic experiment you suggest.

RULE NINE. Let you subject take the bows.

Directly related to the above rule of conduct for today's hypnotic presentation is this one of letting your subject take the bows at the conclusion of each successfully demonstrated experiment. Follow the rule for all it's worth, even to the extent of deliberately commenting on the remarkableness of the subject's accomplishment and in the leading of the audience in the applause directed at the subject for what he has achieved. True, this may not bolster the operator's ego as much as the old way of himself taking the bows at the end of each experiment, but what he may lose in ego boosting will be more than compensated for by what he may be able to retain in his bank account. And, just between ourselves, a good subject actually deserves the applause more for a successfully and entertainingly performed hypnotic experiment than does the hypnotist anyway.

RULE TEN. Avoid lawsuits in hypnotic publicity demonstrations

Performers who indulge in such sensational hypnotic demonstrations as "The Window Sleep", "Hypnotism via Radio", and similar publicity stunts will do well to make it a religious rule to always have the subject in the feat sign a release to the effect that he (or she) enters into the demonstration of his own free will, is fully informed of the nature of what is involved in the demonstration, is to receive a predetermined amount of compensation for services in performing the feat, and that he will not hold the hypnotist or any other parties involved in the demonstration in any way responsible. Such a release will probably be all that will ever be required to safeguard against suits resulting from such publicity stunts, but, if it is wished, the form may even be made stronger in having the party definitely agree (on paper) not to sue. And be sure that the subject in such a demonstration is of legal age when he signs such a release, or else get the parents of the subject to sign the re-
THE HYPNOTIC AWARDS
OF 1952
by Prof. Myles Wynn

(Editor's note: We are proud to bring to our readers the following information concerning the history-making contest described by Professor Myles Wynn, Professor of Hypnotology at the College of Applied Psychology at Miami, Florida. It is indeed an honor to earn that one of these awards has been named for me, and that the Board of Trustees of The College of Applied Psychology has authorized a full scholarship for its recipient. It is to be hoped that this contest shall bring forth the great wealth of talent still to unfold in the field of hypnosis and hypnotism, causing even greater strides in the future. The winning essays shall be published in the Journal of Hypnotism by permission of the College of Applied Psychology.)

The cover of this issue of the Journal of Hypnotism features one of the attractive awards, a beautifully engraved plaque, donated by one of our most illustrious graduates, Dr. Arthur J. Schanke, of St. Paul, Minn., whose graduation carried the highest possible scholastic honors, the distinguished summa cum laude recognition, one of only two such issued in our history. Five such awards are to be presented in the first international contest ever held in this field. Two awards will be determined by the contest, the other three by decision of the judges. The rules are as follows.

The Dr. Milford J. Ellison award. This award shall be given to the contestant submitting the best essay on any theoretical aspect of Hypnotology. The essay is to be 2500 words in length, and should treat of a particular or general project of research in the field of research or clinical work.

The Dr. Relford L. North award. This award shall be given to the contestant submitting the best essay on any general method of hypnotic induction. The essay is to be 2500 words in length, and should treat of a particular or general project of stage or show technique of induction, with emphasis towards reliability, simplicity and the time factor.

Essays for both awards must be sent to the Contest Department, P.O. Box 146, College of Applied Psychology, Miami 44, Florida. All entries must be postmarked no later than midnight, December 31, 1952. Essays are to be type-written on 8½ x 11 paper, double-spaced. The winners shall be announced in the March, 1953 issue of the Journal of Hypnotism. The winners of each award shall receive a full scholarship towards the doctorate in the field of Hypnotology at the College of Applied Psychology. Winners may study at residence in Miami or by correspondence, or at nearest branch school.

The Dr. Arthur J. Schanke award. This award shall be presented to the individual having made the greatest contribution towards the field of hypnosis during the year, 1952. The winner of this award shall receive a lifetime membership to the National Guild of Hypnotists.

The Mr. George Rogers award. This award will be presented to the individual having made the greatest contribution towards the field of hypnotism during the year, 1952. The winner of this award shall receive a lifetime membership to the National Guild of Hypnotists.

The ACHIEVEMENT IN HYPNOSIS 1952 AWARD. This award will be presented to the individual who, in the opinion of the judges, has achieved the greatest success in hypnosis during the year 1952. The winner of this award will receive a lifetime membership to the National Guild of Hypnotists.

continued on page 29
WHAT DO YOU KNOW ABOUT HYPNOTISM?

by Melvin Powers

(A quiz by Melvin Powers, Director of The Wilshire School of Hypnotism, Los Angeles, Calif, and the author of “Hypnotism Revealed,” “Mental Power Through Sleep Suggestion” and numerous magazine articles.)

Test your Hypnotic Quotient. What is your score on the following? Cross out True or False.

1. Only people with weak wills can be hypnotized. (T F)
2. Everyone can be hypnotized. (T F)
3. A person can be hypnotized against his will. (T F)
4. Only certain gifted people are able to hypnotize others. (T F)
5. A person can be hypnotized in a well lighted room just as easily as in a dimly lighted room. (T F)
6. A person can be hypnotized in 15 seconds. (T F)
7. A person can hypnotize himself. (T F)
8. Immoral or criminal acts are possible to induce in a deep stage of hypnotism. (T F)
9. A person’s ability to sing or play a musical instrument can be aided by hypnotism. (T F)
10. Hypnotism has been attributed to the success of a certain former world champion boxer. (T F)
11. Amnesia victims often regain their identity by the medium of hypnotism. (T F)
12. Hypnotism has been used in conjunction with childbirth and surgical operations. (T F)
13. Anaesthetics, paralyses, and blisters can be produced in a hypnotic state. (T F)
14. Smoking, nail-biting, stuttering, alcoholics and insomnia can be cured by hypnotism. (T F)
15. Hypnotism was used by the Army and Navy during World War II. (T F)

AVOID LAWSUITS

continued

lease in agreement also.....otherwise, you may find the parents swooping down on you with the charge that you intimidated a minor, and find yourself involved in a defamation of character suit.

On first consideration, it may seem that the rules of conduct here suggested in order to steer clear of hypnotic lawsuits rather cut into the scope of the hypnotic performance. Very possibly this is true to some extent, but if today’s hypnotist is interested in keeping in business without being “victimized” by lawsuits he will simply have to make the concessions. Actually, however, with a little creative thought, the practical operator will find that the entertainment and instructive aspects of his program have not been much undermined by these more rigid tightening of the laws governing modern hypnotic demonstrating.....and that the lawsuit-free presentation of hypnotism actually increase the dignity of his art.

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by Ormond McGill

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THE JOURNAL OF HYPNOTISM

26 St. Botolph St., Boston 16, Mass.
The above photo of Harry Arons, a reprint from an earlier issue of the JOURNAL, is again presented for the benefit of new readers in connection with this series on memory. It was chosen, after long and careful study, by Herbert Charles, as best fitted for integration with the method given in this article.
HYPNOTISM AND MEMORY

by Herbert Charles

PART III

It has already been stated that auto-hypnosis would be the agency used to enhance the memory. It is necessary to examine the technique of this method as distinguished from the heterohypnotic process.

Auto-hypnosis as the name implies, is induced by suggestions given by one's self whereas heterohypnosis is brought about solely by the suggestions of the subject. After all, it is argued, while the subject is giving the instructions and suggestions to himself he is actually following instructions and suggestions which have been taught to him directly or which he has studied. Meticulous authorities therefore contend that auto-hypnosis is only another form of hetero-hypnosis. Whether this fine point is decided one way or another is not of importance in this work. It is sufficient that the method outlined herein will work when the procedure is followed as described.

Most commonly auto-hypnosis is taught to an individual while he is in the hypnotic state which has been induced by another (herohypnosis) and this knowledge is retained as a post-hypnotic phenomenon. Indeed some operators give the hypnotee a post-hypnotic signal which he can give to himself to induce instantaneous hypnosis.

Since heterohypnosis is not possible in a personalized sense in a written work the best features of various methods have been combined in a definitive methodology (the eclectic procedure). The closest approach to heterohypnosis in the non-personalized procedure is by the usage of what we will call the FIXATION IMAGE. Every detailed description is necessary.

In choosing the hypnotist in the Fixation Image there was a world-wide choice and HARRY ARONS was picked as best suited for that purpose. Look at the picture which Mr. Arons calls a subject's eye-view. Note Mr. Arons wide eye spread, his high brow and professorial appearance. His expression is strong but not stern and severe. His entire mien shows character and feeling without weakness. His appearance is confidence-inspiring. One suspects that Mr. Arons phenomenal success as a hypnotist and instructor is in great part due to his studied bearing.

It is scarcely credible but a note of reassurance seems necessary in view of the fact that the question is constantly raised as to whether there is any danger that the subject may not be able to awaken himself. Instruction will be given as to the correct method of arousing one's-self but the student need not worry even if he should forget the instructions because it is a well known fact that the hypnotic state will change into ordinary sleep if his subject is not aroused. In such cases the duration of the natural sleep is generally of a few minutes duration.

Now to the procedure. It will be necessary to learn how to induce auto-hypnosis first and later learn how to enhance and train the memory under such hypnosis. Since the student will not be able to refer to the procedure after he actually starts self-induction it is necessary to go over the procedure and instructions in the next section many times.

A WARNING!!! FOLLOW INSTRUCTIONS! WHEN TOLD TO GO BACK TO PREVIOUS SECTION OR TO READ FURTHER DO NOT FAIL TO DO SO!

Mount the FIXATION IMAGE on a cardboard background. Sit in a comfortable chair with head erect but relaxed. Extend feet with soles and heels flat on the floor. Take at least three deep breaths and as you slowly exhale you should feel your back sink heavily against the chair. Hold the Fixation Im-
age in both hands with arms extended. The elbows are not bent but there should be no rigidity. Hold the picture so that Mr. Arons' eyes are about 3 inches above your eye level. Note that you will tilt your head slightly backwards in this position. Look steadily into the eyes of the picture and do not move your eyeballs. As you look steadily at the eyes you will feel an increasing heaviness in your eyelids. Soon you will go into a deep hypnotic sleep. As you look steadily into the eyes all thoughts except the idea of sleep will leave you. You will feel your legs getting heavy, more and more heavy and your arms will get heavy, very heavy. Your whole body will get heavy, you will be heavy all over your body. Now you feel yourself getting sleepy, sleepy and your eyes may begin to water and blink. Your eyes are about to close and just before they do and you go into a deep sleep you will know that even though you are going into a sound sleep that when you count to three, 1, 2, 3, slowly, you will become completely awake and alert and all the heaviness will be gone. You will feel rested and relaxed but as soon as you count to three you will be completely awake.

Now re-read the instructions carefully and then fix firmly in your mind the THIRTEEN STEPS. Here is what you should have in your mind. 1. Comfortable chair. 2. Feet extended and flat on floor. 3. Deep breathing. 4. Fixation Image in both hands. 5. Arms extended with eyes of picture 3 inches above the level of your own eyes. 6. Gaze steadily at the Eyes—do not move your eyeballs. 7. Your eyes will grow heavy. 8. Your arms and legs will grow heavy, heavy. 9. Your whole body will get heavy. 10. Your eyes may water and blink (not always manifested by all subjects). 11. You grow sleepy, sleepy, sleepy—you are going to sleep and nothing can stop you. 12. Before your eyes close say to yourself, "When I count to 3 when I wish to awaken—I will awaken completely feeling alert and normal." 13. Your eyes close and you go into a sound sleep (hypnosis). At this point, when your eyes are closed and you wish to deepen the trance merely say to yourself, "With every breath I take I will go deeper and deeper asleep." It must be mentioned that the counting and the giving of the auto-suggestions are NOT said ALOUD. Merely THINK the words.

AFTER reading this paragraph you may go back and actually do it. Notice that in this initial training section there have been no suggestions for memory training or therapeutics. Now go back and put yourself in the trance state and awaken yourself. Do it over and over. Make sure you do every one of the THIRTEEN STEPS. DO NOT READ ANY FURTHER UNTIL YOU HAVE HYPNOTIZED YOURSELF SEVERAL TIMES.

It is presumed that you followed the thirteen steps to autohypnosis. Those who were most successful found a strange phenomenon occurring. When their eyes closed their arms remained extended and did not drop to their laps. This does not mean that those whose arms did drop were not in the trance state but unquestionably the first type were in a deeper stage. It is the author's opinion, which has not as yet been verified by controlled experimentation, that the first group will be found, to be natural somnambules.

Now let us proceed to the next stage. It is far too cumbersome and lengthy a procedure to use the Fixation Image as a means of inducing autohypnosis. You might be somewhere and not have the picture available. You might be in the company of people who you do not wish to know about your practise of auto-hypnosis. Furthermore it is a rather lengthy procedure; a short cut is needed and there is one available.

Read this paragraph thoroughly before doing anything. You are to put yourself into the trance state by the original THIRTEEN STEPS and before counting to awaken yourself say to yourself (think to yourself), "Whenever I wish to go into the trance state I will merely visualize (picture) the Fixation Image in the original position and I will go instantly into a deep trance, deeper than the one which I am in now." Awaken yourself by the continued on page 29
HYMNOSM IN THE NEWS

It seems that every day more and more newspapers are carrying stories about hypnotism. This is good, when the reports are factual. In some cases much harm is done by dishonest stories. One of the cheap sex photo magazines recently carried a story that is certainly an out and out fraud. (We are not giving the name of the magazine at this time as our attorney is considering the possibility of our filing suit against the publication to bring the deception into the open.) They ran a story that was presented as a confession type yarn by a female in which she claimed that she became a man's love slave through hypnotism. The story was fully illustrated with a sexy wench with pins stuck into her body, eating a phonograph record, doing catalepsy supported only by her shoulders (no supports under her ankles!), etc. In real small type which was hard to read it said, “posed by a professional model.” The whole story was ridiculous and could be proven a fraud. Of course, the morons who read this type of magazine will accept it as fact.

TIME Magazine recently devoted over a full column on a story from England about a British physician who relieved a case of fish skin (ichthyosis) through hypnotic suggestion. According to the story, other methods of treatment had failed. It is a fact that people usually try hypnotherapy ONLY after all else has failed. This story was also carried over the Associated Press wires.

A story that originated in several California papers and was later carried over the wire services was about Dr. Melvin Campos, a dentist from Hanford, Calif. Dr. Campos has been using hypnosis in his dental practice for many years. However, the highlight of the story centered upon the fact that Dr. Campos hypnotized the patient by telephone. He was in his Hanford office while the patient was in the Fresno office of Dr. Marino Raimondo. The latter did the extraction while several other dentists looked on. The patient, Miss Nadine Hart is Dr. Raimondo’s dental nurse. As far as is known, this is the first instance of a subject being entranced by phone for dental work. The hypnotic suggestion was the sole anesthetic used.

E. V. Durling, King Features columnist, mentioned hypnosis on two different days recently. In one column he reported that Norman V. Lee, British hypnotist, has been successful with diet enforcement through hypnosis. That is hardly red hot news. Edwin Baron has had world-wide publicity on his work. Dr. Rexford L. North is currently conducting groups in both New York and Boston for diet enforcement. In Durling’s second column he mentioned Joan Brandon the beautiful blonde hypnotist. Miss Brandon is considered a very good operator, proving that even pretty girls can master the art of hypnosis. Or is that news????????

The November issue of MAN’S LIFE Magazine has an article titled “Supermen For Supersonics.” This is a fascinating account about how hypnosis can be used for pilots of jet fighters. It would seem that Korea is proving to be a test for the possibilities offered by hypnosis. We urge you to get a copy of this magazine and read the article in full.

The November issue of FATE magazine has some items on hypnosis, including a quote from an article by Herbert Charles in a previous issue of the JOURNAL. FATE carries many articles on hypnotism throughout the year.

ATTENTION ALL HYPNOTISMS!

Do you want a photograph of yourself in action to appear in Harry Arons’ forthcoming book INSTANTANEOUS HYPNOSIS? If so, send us your best photo, preferably illustrating your favorite method of hypnotizing instantaneously or rapidly. Please be sure to include a release written and signed permission to publish your photo and your name in this book. Mail to:

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790 Broad St. Newark, N. J.
BOOK REVIEW
THE MASTER METHOD OF HYPNOTISM
by Ormond McGill

(As reviewed by Dr. Arnold Levison)

This, the second edition of The Master Method of Hypnotism by Ormond McGill, is by far the finest reading matter on the subject I have yet reviewed. It is concise and clear in all its aspects, and is an enlarged edition of the original text.

Mr. McGill relates, in a down to earth manner, his very successful technique of induction; taking in all the finest details so that nothing is left to the imagination of the reader. He is a very prolific writer in that he is easy to understand and he gives a step by step routine that anyone can follow with ease after reading it over once. May I say now, in digressing from the subject at hand for a moment that I have personally used Mr. McGill’s induction method exactly as given in the book, on many intractable and refractory subjects. Where no other technique gains successful induction or sufficient depth for therapy, I have resorted to this method and have never yet found a subject who would not go under and go under deeper as a result of it. Since my work is basically therapy, it is important, as you can readily understand, that I achieve great depth; and this is the method with which I have had my greatest success. But enough of my use of the McGill method and down to the work of outlining his book for your interest.

Mr. McGill begins with a very interesting and important feature of hypnosis. Namely, the interview previous to induction. All those proficient in the art realize how important the pre-induction interview is and will be interested in reading this chapter since it covers the psychological handling of the interview. The second chapter gives a completely detailed description of the actual induction, and makes the reader feel that he is present and listening to Mr. McGill put someone under. It is not only well written to hold the interest of the reader but is fully illustrated with pictures to further show and describe the point at hand. The bulk of the pictures in this text are inserted in this second chapter to illustrate the important points of the induction so that the reader cannot go astray and make a mistake. Mr. McGill not only covers the induction using his popular and successful method but also gives a detailed description of how to test for depth and how to deepen the trance; with the idea always present that he is developing a somnambulist. This is also a good procedure for the serious minded reader to follow in his general practice, since it will also develop the subject for subsequent settings.

Chapter three is devoted to the Awakening, and may I say, is just as important as the induction for a successful session. The writer shows just how to awaken the subject so that he will not have any discomfort or ill-effects from the trance. There is a short but very complete chapter on Rehypnotization and is worth not only reading, but studying as well.

At this point, Mr. McGill goes into the second section of the text and calls it Experimental Hypnotism. It introduces the reader to the subject and gives him an explanation of hypnotism in the world today. Practical uses for hypnotism are elaborated upon anything the reader could have read to date and opens up new vistas for us all that have been heretofore lying dormant. The characteristics of the hypnotized subject are explained so that the hypnotist can sense and know what sensation the subject can expect at each depth of the trance. Psychological research as a powerful tool in hypnotism and its use in this field is fully explained. Hypnosis and personal efficiency is touched upon and explained. Training in self-
HOW TO HYPNOTISE YOURSELF

continued

gestible followers, caused their utterances to the “accepted” by the collector—
“sleep formulas”?

Many contemporary systems are based on “metaphysics”. One of these, Rosicrucianism, purports to teach self-
mastery through the esoteric wisdom of the ancients. The operator of another system proclaims in full-page magazine
ads that he has “talked with God” and offers to teach all comers how to do
likewise. Another calls his system “mental physics,” which he claims have learned from the wise men of Tibet.

It is significant that most of these systems require that the student go into a state of reverie, or meditation, or deep concentration. Perhaps he is supposed to listen for a “small, still voice” or visualize certain things. All the while he keeps repeating prescribed formulas that help the attainment of the necessary state of mind. What is all this... but hypnosis?

What is the mental condition required in Dianetics but hypnotical reverie? Why are chiropractors able to cure cer-
tain psychogenic conditions which have no connection with the spine? (Why are so many chiropractors taking up the study of hypnosis?) Why do progressive medical men sometimes administer
cure pills, saline injections and other placebos with good results?

Why, to this day, do hopelessly sick people make long and expensive pil-
grimages to Lourdes and other shrines? And what is behind the near-miracu-

What indeed explains all these things ...

... if not hypnosis and self-hypnosis?

(The second part of this series will be published in the January issue of
the Journal of Hypnotism.)

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(The following are approved instruction in hypnosis. Write for details to the one nearest you. The rates for listing in this department are $2.00 per issue, payable in advance. Listing is confined to name, address and phone number.)

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BEHIND THE CURTAINS WITH
THE NATIONAL GUILD OF HYPNOTISTS
by George L. Rogers

Meet Charles Reid, chairman of the Los Angeles chapter of the Guild. He resides at 1333 41st Place. Mr. Reid's latest manuscript is now in the hands of the publishers and should soon be ready for the public.

Everyone who reads the Journal of Hypnotism is a potential member of the National Guild of Hypnotists. If you are curious, drop a line to the above address. If you would like to join or rank there is an application blank this Journal.

FOR GUILD MEMBERS ONLY. "Indirect Induction." The true secret of Indirect Induction has long been a mystery to most hypnotists. Herbert Charles gives a practical workable method in his book titled, "Hypnotism and Chiropractic." This book retails for $1. We have secured a limited number of a book that is now a collector's item. This book is Coué's, "Self Mastery Through Autosuggestion." This famous book is now out of print but we have a limited number on hand. We will supply Guild members with copies at fifty cents each. Or we will give a copy of Coué's book free with every copy of Charles' book at $1.00. This offer is limited to Guild members. Send order to Guild, 48 Harlem St., Dorchester, Mass.

A. J. Schauke, 482 Holly Ave., St Paul, Minn. To Dr. Schauke we owe thanks for his generous contribution to the Science of Hypnology.
We have been receiving many favorable comments from members regarding Dr. Milford J. Ellison and the College of Applied Psychology. This school is the only institution endorsed by the Guild.

The following are the officers of the Los Angeles Chapter of the Guild. Charles S. Reid, Chairman. Robert Dameron, Secretary. Billie Hall, Treasurer. Walter Bleier, Asst John Gray, Chairman. Public Relations Ernest Park, Asst.

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1324 Wilshire Blvd., Hollywood 17, Calif.
WHAT DO YOU KNOW ABOUT HYPNOTISM?

(Here are Melvin Power's answers to the quiz on page 13)

1. Only people with weak wills can be hypnotized. (False)
   This is a very popular belief without having true justification. On the contrary, the success of hypnotism depends upon a person with a strong will as the individual being hypnotized must concentrate and direct all his thoughts to the relaxation of the mind while eliminating any thoughts that do not concern themselves with the induction of sleep.
   The best hypnotic subjects are college students because they are trained to concentrate and are able to direct their mental processes more readily than the average person.

2. Everyone can be hypnotized. (False)
   Every normal person can be hypnotized; however, we can not hypnotize the insane, imbeciles, idiots and morons.
   In order to be hypnotized the person being hypnotized must be "en rapport" with the hypnotist. The Subject must exert a special effort to follow the directions of hypnotist and concentrate on his voice.
   The insane are living in a world of their own. Their psychological escape mechanism, escape from reality, will not permit you to penetrate their kingdom and subsequently hypnotism of the insane is impossible.
   In the case of the imbecile, idiot, and moron, the subject can not follow the hypnotist's thoughts coherently and thus hypnotism will fail.
   The higher the "I. Q." of the subject, the easier it is to be hypnotized. The ability to be hypnotized is positively correlated with intelligence.

3. A person can be hypnotized against his will. (True)
   A person under normal circumstances can not be hypnotized against his will by the power of suggestion alone. However, we can hypnotize a person using drugs.
   In fact, "The Truth Serum" was used quite successfully during World War

II. A captured enemy was given an intravenous injection of sodium amytal or drugged with tincture of cannabis. This would induce sleep and from that point on a skillful hypnotist would take over for the interrogation.

4. Only certain gifted people are able to hypnotize others. (False)
   Ever since the days of Svengali, hypnotism has been associated with men having a wild look in their eyes, sporting a long black beard and usually wearing a turban.
   It must be clearly recognized that any intelligent person can learn to hypnotize. A layman can get a good basic conception of hypnotism after seeing it done once.
   If I may add a personal note at this time—I have hypnotized thousands of people, yet I have no beard, neither do I wear a turban and I am not endowed with supernatural powers. And yet when friends buy me a drink at a cocktail lounge, they don't know if they do it voluntarily and being a bachelor, young ladies of my acquaintance are actually afraid to look me in the eye.

5. A person can be hypnotized in a well lighted room just as easily as in a dimly lighted room. (True)
   The success of hypnotism is not dependent on either a well lighted room or a dimly lighted room. However, since the darkness holds a certain air of mystery, the room is usually dimly lighted to set the stage, so to speak, for the induction of hypnotism.
   The subject expects to be hypnotized in a dimly lighted room because of his misconception of the science and so the hypnotist knowing this gains the first step and turns down several lights to create the proper atmosphere for the mental attitude of the prospective subject. However, a subject will go into a hypnotic state just as fast in either case.

6. A person can be hypnotized in 15 seconds. (True)
When hypnotism was in its infancy in the days of Mesmer, the induction of hypnotism took between thirty minutes to one hour. Today, with our extensive knowledge of this science, hypnotism can be induced quicker than you can recite the poem of "Jack and Jill."

As soon as the proper mental attitude has been formulated in the subject's mind, the skillful hypnotist can induce hypnotism within 15 seconds. It is an established scientific fact that once a person has been hypnotized, the hypnotist can put the person to sleep again at the snap of a finger. This is accomplished by the medium of a post-hypnotic suggestion. While the subject is under hypnosis, the hypnotist suggests that when the subject wakes up he will fall asleep immediately whenever the hypnotist snaps his finger.

This is often done in psychotherapeutic work to save time for the psychiatrist from going through the process of hypnotizing the subject for each visit.

7. A person can hypnotize himself. (True)

Self-hypnosis or auto-hypnosis has been practiced for centuries by the devotees of various religious cults in Europe and Africa. Here in America, religious groups specifically founded on the basis of auto-suggestion are increasing with rapid momentum in size.

The father of auto-hypnosis, Emile Coue, was the sensation of Europe and America not more than a quarter century ago. His cures are legendary. His world renown theme, "Day by day, in every way, I am getting better and better," is still practiced by thousands of followers.

Self-hypnosis, explains the ability of Hindu fakirs and Moslem dervishes to endure excruciating pain.

The ability for certain people to make up at an exact time is a matter of training in self-hypnosis whether it be done on a conscious or subconscious plane.

8. Immoral or criminal acts are possible to induce in a deep stage of hypnosis. (False)

A person under hypnosis will do nothing that is against his moral or religious code, neither will he commit a criminal offense. Experiments to prove contrary have failed.

There has never been an authentic case of anyone doing anything immoral or criminal while under hypnosis.

If you tell a young lady under hypnosis to disrobe, she will wake up immediately. Or if you give a hypnotized subject a gun with live ammunition and suggest that he kill someone, he will wake up from the hypnotic state. A person under hypnosis maintains his ego and will not allow himself to deviate from his code of ethics.

These pulp magazines having bizarre stories dealing with hypnotism have done a great injustice in giving the public a false conception of this science.

9. A person's ability to sing or play a musical instrument can be aided by hypnotism. (True)

A person trained in hypnotism or under hypnosis will give a better performance than in his waking state because the fears that inhibit the display of an ability can be controlled by hypnosis. His entire being can be directed to the task of giving a better performance without distractions.

Hypnotism is excellent for those artists who are troubled by stage-fright.

10. Hypnotism has been attributed to the success of a former world champion boxer. (True)

Emilio Bettina, former world light heavyweight, was trained under hypnosis. Hypnotism gave him increased stamina and drive. It also gave him insensitivity to his opponent's blows. Another champion boxer, Joe Baski, heavyweight, was trained in a similar manner.

11. Amnesia victims often regain their identity by the medium of hypnotism. (True)

Hypnotism today is the key that unlocks the doors of amnesia victims. Hypnotism has been repeatedly used with great success in the treatment of amnesia victims.

A person suffering from amnesia is hypnotized and while in this state is told to remember his name, address and events leading up to his condition. From this point, the psychiatrist has the foundation to eliminate the possibility of the reoccurrence of amnesia.

continued on page 26
BETWEEN OURSELVES

mont that I wasn't interested in his few dollars but would convince him if he could guarantee publicity. He, of course, claimed he had all sorts of contacts and agreed to get me publicity if he were convinced. To be convinced he wanted to put the lighted end of a cigarette against a subject's arm, have the subject drink 3 ounces of pure alcohol, etc. I made only one stipulation: I insisted only that he bring in his own M.D. and that the M.D. had to approve of each test. During our conversation Wermont pointed out that he did card tricks and mindreading, both of which were based on trickery and that he couldn't believe hypnotism was really possible. Wermont's reasoning, of course, was as typical of the racing fraternity as the yellow shoes he wears. So...after making a definite appointment, then I paid cab fare for some subjects to come in—Yellow-Shoes Wermont simply didn't show up. Wermont is not important. What is important is the type of thinking he represents as the typical skeptic. There are thousands of others just like Yellow-Shoes Wermont who talk big about how anxious they are to be convinced but back down when the cards are on the table.

We are now nearing Christmas. Have you thought of giving your hypnotist friends a Journal subscription this year? We will accept gift subscriptions at the rate of $3.00 for the first subscription and $2.00 for each additional subscription. These gift subscriptions we'll start with the January issue (in circulation early in December) and we'll enclose a Christmas card, in your name, upon request. Be sure to send them early.

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Questions

If you have any questions about Hypnotism...

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

QUESTIONS AND ANSWERS

Q. I would like to purchase a hypnotic recording on tape that will run about an hour. This is to be used in trying to put an acquaintance to sleep who is a very difficult subject; in fact four excellent hypnotists have failed to do the trick.

C. W. P. St. Petersburg, Fla.
A. In the first place, such recording would have to be made up special, by an expert, and would cost more, I'm quite certain, than you will be willing to pay. In the second place, if four excellent operators have tried to hypnotize this person without results, an impersonal recording certainly would fail. My advice is to forget the whole thing and hereafter pick on easier subjects.

Q. I should like to contact a reputable hypnotic consultant. Can you name one in this area?

H. P., Los Angeles Cal.
A. I can recommend most highly Dr. Jean Bordeau, a hypnotic consultant who is co-author with Leslie LeCron of the excellent book HYPNOTISM TODAY. You can probably find his name in the local telephone directory.

Q. I have seen Dr. Clark Bellows make a hypnotized person obey his commands and suggestions by mental telepathy? I have been a pupil in his classes and was very impressed by these feats. Are you able to direct your subjects by mental telepathy?

H. M. New York N. Y.
A. No, I cannot—not by mental telepathy. But I can direct some of them by indirect suggestions, and some hypnotists who are also versed in magic can also direct them by trickery. I believe that is how Bellows does it. Don't forget, nobody has as yet devised a system by means of which mental telepathy can be experimentally produced at will, though there is voluminous evidence that such a faculty does exist.

Q. Can you advise me where I can obtain a copy of SOMNOPTHY by Sidney Harold, and the price?

L. M. H., Jeffersonville, Ind.
A. Sorry, I cannot, but perhaps one of our readers can help. I shall appreciate hearing from anyone who can supply this information.

Q. Your articles regarding Instantaneous Hypnosis are very well written and they are interesting and informative. You have an easy, understandable style of putting over a point and I enjoy your articles immensely.

The "Sway Back" Method which you credit to Bellows appears in HYPNOTIC SUGGESTION, copyrighted in 1900 by the New York State Publishing Co., under the name of E. Virgil Neal, A.M., LL.D.

A. Thank you for the compliment as well as the information. I was not at all certain that Bellows deserved credit for the Swayback Method.

Q. Whom do you consider the best stage hypnotist in this country? How do you rate yourself in this regard?

N. R., IRVINGTON, N. J.
A. I believe that Polgar is by far the best stage hypnotist. I don't consider myself a stage hypnotist at all, but a hypnotic consultant.
WHAT DO YOU KNOW ABOUT HYPNOTISM? continued

12. Hypnotism has been used in conjunction with childbirth and surgical operations. (True)

During the nineteenth century, the anesthetic properties of hypnotism were used as an aid to minor and major operations. It was also used as an anesthetic to aid in childbirth and still is today in certain cases.

With the introduction of the anesthetic properties of ether and chloroform, in the later part of the century hypnotism was gradually pushed into the background.

It is not uncommon today, to hear of a case where a dentist hypnotizes his patient and then pulls his teeth without the patient feeling the slightest pain.

13. Anesthesias, paralyses and blisters can be produced in a hypnotic state. (True)

Various physiological conditions that are indirectly controlled by an individual can be induced by hypnosis. A hypnotist can produce a blister on a subject’s hand by giving a penny and telling him that it is a red hot piece of coal.

You can put needles through various parts of the hypnotized persons anatomy and he will be insensitive to any pain.

In fact, the study of hypnosis was of tremendous importance in understanding the nature of hysteria where physical symptoms are manifested the same as under hypnosis.

Hysteria refers to the development of physical symptoms where there is no demonstrable pathology. Under hypnosis we can duplicate all of the various characteristics of persons suffering from hysteria.

14. Smoking, nail-biting, alcholics and insomnia can be cured by hypnotism. (True)

One of the important uses today of hypnotism has been in the elimination of nervous functional disorders such as smoking, alcholism, stuttering, nail-biting and insomnia.

However in the treatment of any nervous function disorder, it is imperative to realize that the symptom is an indicator of maladjustment of the personality. It may be likened to a clock. When the hands stop running, we know that there is something internally wrong with the clock mechanism and not necessarily the hands of the clock.

In all cases, it is necessary to remove the cause of the anxiety before a real cure is insured. Merely removing the symptom does not constitute a cure.

15. Hypnotism was used by the Army and Navy during the World War II. (True)

Hypnotism has been used with tremendous success by the Army and Navy in the treatment of shell-shocked victims, battle fatigue and war neurosis. It has also been used successfully in the rehabilitation of personnel in the armed forces.

It was Sigmund Freud who first used hypnotism in his striving to better understand the nature of disorganized personalities.

The study of psychotherapy has been greatly enhanced by the application of hypnotism. Cures in psychiatric therapy are achieved by harping on the causes of anxiety rather than avoiding or skirtsing around them. The sooner the patient meets his anxiety with objectivity the quicker the cure. Hypnotism is a tool of psychiatry to reach into the subconscious mind to locate these anxieties.

There is nothing black magic or mysterious about the science of hypnotism. The advancement of hypnotism has been hindered by prejudices and misconceptions. Hypnotism is not a miracle worker or cure-all, but it definitely has its place in the field of medical science. The public can gain a wealth of knowledge and happiness by realizing and taking advantage of the potentialities of the science of hypnotism.

If you got the score of 1—5
You could read a good book on hypnotism.

If you got the score of 6—10
You have a good general knowledge of hypnotism, but could stand a little brushing up on the subject.

If you got the score of 11—15
You have a super knowledge of hypnotism and could make a good hypnotist.
BUILD HYPNOTRON

rubber-covered wire.

I mounted the tube socket with cement alongside the motor and drilled a small hole in the side of the case. In this hole, alongside the main motor wire, I cemented the small phone pack. (Note photo) Now by inserting the tube and plugging the wire into the jack, (attach a phone tip to the wire,) your mechanism is complete. There is actually no electrical connection to either the tube or the jack, however, this can't be seen.

When using the hypnotron, I explain that by holding firmly to the wire, the subject will receive an ultra-high frequency signal which will cause drowsiness. I further explain that it works on the principle of the silent dog whistle with a pitch too high for human ear to detect. Therefore, they won't actually expect to feel anything, but will know something is there working on them just the same. Many subjects have declared to feel a sensation along the wire, which I attribute to individual suggestibility and to vibrations caused by the motor, which can be felt along the wire at certain times.

Because of the palm-of-the-hand size you can easily slip the machine into your pocket and carry it with you for that opportune moment. The disk easily slides off because of the rubber tubing attachment and you may change speed or rotating direction of the spiral in a few seconds by placing the disk of the next highest speed shaft.

Hypnotron—bottom view

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Age ______ Sex ______ Citizen ______

Please state your reason for wishing to join this organization.

_____________________________________________________________________________

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HYPNOTISM AND MEMORY

continued

regular counting method. You will be by-passing most of the THIRTEEN STEPS. This procedure is done by means of the posthypnotic suggestion which you have auto-suggested to yourself. The posthypnotic suggestion is the strongest force of all the hypnotic phenomena. CAUTION: DO NOT ENTER INTO THE TRANCE STATE UNLESS YOU ARE SEATED IN A SAFE PLACE. Now go back and do it. Do it several times until you can go into a deep trance instantly.

You should now be able to put yourself into a trance state instantly. It is fortunate that the face of the Fixation Image is that of the handsome, pleasant looking Harry Arons. You will find that face in your mind a great deal but it will only appear as a trance inducing signal when you wish to go into the trance state. You need not worry that you will merely think of the Fixation Image and you will go into the trance. No, you must desire to go into that state otherwise it will NOT work.

In the next section we will take up the correlation of the mnemonic system and auto-hypnosis.

Continued in the Jan. issue.

HYPNOTIC AWARDS

continued

hypnosis and autosuggested post-hypnotic automatisms are fully covered and is, probably, the most interesting and complete chapter of the book, and will be found to be of a tremendous value to those of you who use and aspire to use auto-suggestion. A newly disclosed section of conscious self-hypnosis with complete autonomy is a wonderful addition to this already worthwhile text. Multiple personality by auto-hypnosis is another subject that has remained in the way back sections of our minds until being brought out now by the writer. Hypnotism and physical research is explained for those of you who are therapists and are interested in doing research work along these lines in order to further the study and knowledge of hypnotism.

This text was read by me in its manuscript form and will be on the market by the fifteenth of October in its final form and will retail for only $2.00. I am personally assured and can assure Mr. McGill that this is, without a doubt the most complete, concise, and detailed text on the subject as yet sold for that ridiculously low price. Orders are being accepted now for shipment when they are ready, by the Book Dept. of the Hypnotism Center at 26 St. Botolph St., Boston, Mass. I personally suggest that you get your order in early so as to assure yourself of a copy, as the first printing of any book is always limited.

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