

LAYING BARE THE SECRETS OF HYPNOTISM



Dr. John D. Quackenbos.

NEW YORK.—Dr. Jekyll drank a chemical reagent and became the bad Mr. Hyde. He changed himself back to the good Dr. Jekyll by the same means. Eminent scientists to-day are experimenting with a reagent for which they claim the power to perform the miracle of converting Mr. Hyde into Dr. Jekyll. By this mysterious power they are making bad men good, weak men powerful, mediocre men talented.

And the beautiful thing about this reagent, they say, is that every one has it in his own possession, to command at will. Only when he lacks the will to use it, after learning the simple processes of its application, need he employ others, skilled in the art of handling it, to administer it to him.

This is the claim now made for hypnotic suggestion, that it is the one reagent by which a man can transform himself into the ideal of what in his best moments he aspires to be.

For 25 years Dr. John D. Quackenbos, former professor of psychology in Columbia university, has been studying and practicing the art of curing and reforming persons by this process. He has treated 7,000 cases by suggestion given during hypnotic sleep.

What he has accomplished, often seeming to approach the miraculous, and the exact processes by which he and other skilled suggestionists operate, Dr. Quackenbos is now to make public, in a book to be issued from the press of Harper & Bros.

Dr. Quackenbos gives to the New York Sunday World, in anticipation of his forthcoming exposition, the revelation of his discoveries and remarkable experiences.

As a few instances of the power of hypnotic suggestion, as he has proved it, Dr. Quackenbos cites the following:

A leading lady in a Broadway theatrical company owes her rise to fame to inspiration given during hypnotic sleep. "At the time of her visit to me she was adjudged to possess but a slender mediocrity of talent," says Dr. Quackenbos. "Two treatments evoked the realistic touch of Bernhardt. It was in her. She was only inspired to express it on the instant, and the people of New York have for months given singular evidence of their wonder and delight."

A woman artist who has recently painted a portrait from life of King Edward VII., and previously had portrayed many other royal personages, owes the inspiration to do the work that has made her famous to suggestion given to her during a few sessions of hypnotic sleep.

A private ambassador representing President McKinley on an important diplomatic mission was enabled to utilize talents he had never before shown that he possessed because of an idea of power implanted in his mind during one hour of hypnotic sleep.

Other cases are cited to show that a dying person—one who has even passed beyond the realms of consciousness back to life, and in instances to health, by such words as were spoken to the apparently moribund Adele: "Adele, where are you going? You cannot die! Come back, you have work to do on earth. Come back at once."

Came Back to Life.
Of the girl Adele, Dr. Quackenbos says: "In answer to the summons the upturned eyes resumed their natural angle and became riveted on mine. Gradually the mental mist cleared away, the physical strength

returned and to-day the young lady is perfectly well, filling an important position in the musical world."

"Numbers of men and women with musical gifts have applied to me," said Dr. Quackenbos, "for the translation of latent into actual talent. In such cases an appeal is made to the self-regnant along the lines of fearless utterance, without thought of extraneous criticism, with force and feeling and dramatic power.

"Of all the good work possible to a suggestionist, that which is inspirational in its nature is by far the most thrilling—the evocation of genius from the subconscious to the conscious life in response to the dynamogenic voice of him who is in rapport."

"Leaders of thought are becoming conscious of superphysical world," said Dr. Quackenbos, "which men have sought to apprehend since man began to think. Every human being is now conceived of by students of mind as existing simultaneously in two worlds, described as the objective, supraindustrial, or world of waking life—in which he communicates through his senses with the phenomenal universe—and the subjective or transliminal, the world of sleep, of an all-comprehensive, extra-planetary or outside existence, of which the earth-life is but a fractional expression.

The Process Explained.
"In a state of sleep, natural or induced, the objective consciousness is in shadow, and the individual is practically excarnate by reason of suspended sense-activity. Hence he is transliminally focussed in all the phases of his personality and all the infinity of his powers. It is then that the dynamogenic touch that may work a miracle of healing or reform or inspiration to the quick development of hidden genius may be imparted—

"I. By a fellow being who, owing to the existence of mutual sympathy and confidence, is in rapport with the sleeping subject. This is Suggestion.

"II. By the man objective to his own subjective self. This is Auto or Self Suggestion.

"Various methods are in vogue of inducing the suggestible state. The technic adopted by myself involves arrest of the visual attention by a brilliant jewel or some object in the room, the concurrent establishment of the patient's confidence in his desire and ability to extend aid (rapport must be consensual), and monotonous sleeping suggestions as an accompaniment of impression by his personality—the several steps being relaxed eyes, vacant stare, indolent audience, passive brain, blank objective mind, reverie, sleep.

"Inspiration communicated in this negative state of animal being calls forth adequacy dormant in the ego, to regulate physical function, enhance faculty, or modify character.

"The directions imparted by emphatic declaration may not be objectively heard by the sleeper; but in some mysterious way they pass the sentinels of his world-consciousness unchallenged, to rivet the attention and launch the spiritual energies of the transliminal man.

Employed by Physicians.
"Reputable physicians in this country and abroad are employing the suggestional appeal extensively in the relief or cure of functional disorders of digestion, absorption, and circulation; of nervous conditions represented by hysteria, hystero-epilepsy, pseudo-meningitis, petit mal, chorea, habit spasms, occupation neuroses (like telegrapher's arm, writer's, violinist's and ballet dancer's cramp), psychogenic cardiac arrhythmia, pseudo-asthma, speech defects, intractable insomnia and neurasthenia or nervous exhaustion; even of diseases characterized by severe pain, like sciatica and other forms of neuritis, locomotor ataxia, tuberculosis and carcinoma. Indeed, there is no rational sufferer who may not be benefited in some degree by such treatment.

"In treatment of moral diseases truly awe-inspiring results of transliminal domination are manifested.

"A moral defective may be compelled to take upon himself a changed nature in response to appropriate suggestions. The bad may be made good even in the face of their deliberate determination to continue in the clutches of sin.

"As a rule, however, the success of suggestional methods depends largely on the desire of the subject to be cured and his faith in the power of the suggestion selected.

"Dipsomania are generally easy

subjects, in that they yield readily to the hypnotic influence, and accept unconditionally the suggestions communicated by the operator.

Morphine Habit Cured.
"All the great suggestionists have successfully treated morphinomania by inducing hypnosis and implanting a fixed idea against the use of the drug in question either by hypodermic syringe or mouth. Morphine cannot be suddenly cut off from the patient, as there is danger of collapse in such heroic treatment; it must be gradually withdrawn. Hypnotic suggestion renders such reduction absolutely painless to the subject.

"The method pursued with confirmed cigarette smokers has been to deprive them gradually of the dele-

HOW TO CURE YOURSELF OF DRUNKENNESS.

By Dr. John D. Quackenbos.
An alcoholic addict, actuated by a sincere desire to break the shackles of the despotism and go forth with capacity for the higher joys of life, is urged to think persistently as he is falling asleep in lines like these:

"Whisky is unnecessary to my physical well-being; it is creating structural changes in vital organs; it is destroying my mentality and blunting my moral sensibility. I do not need it, and shall no longer use it either in mere bravado or to hide from my vision conditions that are insufferable. I shall depend absolutely on the units of energy legitimately manufactured out of nutritious food, good air, exercise, and sleep. I am done with alcohol once and forever. The appetite for it is destroyed in my being, and I no longer admit capacity for temptation. From this hour it shall be impossible for me either to desire or to take a drink for any conceivable reason. I do not want it. I do not need it. I shall not miss it."

terious gas. Suggestions are first given to smoke fewer cigarettes each day; secondly, to detest tobacco and drop the practice.

"Kleptomania, habitual falsehood,

er will always be forthcoming to resist temptation, to destroy unworthy motives and impulses, to flood the earth-life with currents of prompting to sublime action. The unprincipled man is he who never defers to his transliminal self.

"Inspiration comes from the inner self, the spiritual personality, in response to spoken commands uttered in the approaches of sleep, and the propulsion of supernormal faculty grows easier with practice.

"By auto-suggestion before sleep, Robert Louis Stevenson obtained material, through immediate dream representation, for his most impressive romances.

"For centuries," said Dr. Quackenbos, in conclusion, "science has been seeking to fathom the real connection between mind and matter. It has but just reached an explanation in the philosophy of a transliminal control of the material by the immaterial man, for the good of the human complex."

EUROPE IS GROWING COLDER.

Temperature of the Continent Constantly Becoming Lower.

Some months ago there appeared in these columns some tables worked up by Camille Flammarion to show changes of a meteorological character which seem to have taken place in Europe, says the Philadelphia Record. Writing again, he states that from actual figures obtained within the past six years he has become certain that the temperature of Europe has been falling. France has been suffering for a long time from an excess of cold weather; the thermometrical readings at Paris having been one degree below the normal height.

Other readings show even less favorable results. The fall is more noticeable during the spring than during other periods of the year. Similar phenomena are recorded in Great Britain, Belgium, Spain, Italy, Austria and Germany. In the days of Philip Augustus, in the thirteenth century, the wines of Etampes and Beauvais were the favorite beverages at court. Henry IV., a pronounced bon vivant, frequently expressed his fondness for the product of the Suresnes grape. At the present day there is not a vineyard

GIRL "TREADED" ALL NIGHT BY A BEAR

FORMER PET TAKES TO WOODS AND TRIES TO HAVE PLAYMATE STAY WITH HIM.

BRUIN FOND OF OLD KEEPER

Seemed Satisfied So Long as Companion Did Not Endeavor to Leave Him—Rescue Effected by Shooting of Animal.

Marble Falls, Tex.—The strange story that Miss Maggie Calme and her friends have to tell concerning the conduct of a black bear will only tax the credulity of those who are familiar with the human-like intelligence often displayed by Bruin.

Miss Maggie Calme of Zavilla county, Texas, has always been very fond of pets, and for a long time she was passionately attached to a fine black



The Bear Did Not Intend That She Should Have Her Way.

bear that she had raised from a small cub. She called the bear Nigger, and he would answer to his name and come running the moment his mistress commanded him.

Nigger was very intelligent and for a long time he was as playful as a kitten and regarded as perfectly harmless. As he grew older he began to show considerable temper and he often got so angry that he looked dangerous and his mistress would consider it prudent to chain him to a tree for awhile—at least until he got in a good humor. He never tried to harm Miss Calme and nothing pleased him better than to follow her from place to place. She alone fed him and he appeared devotedly attached to her.

Finally he began to show that he disliked all the other members of the family. In the absence of Miss Maggie he would sulk and refuse to eat. Nigger's ugly traits grew so pronounced that Maggie's brothers talked about killing him. One day he scratched one of the boys and tried to break his chain. The boy was angry and ran and got a gun. Maggie barely prevented him from ending Nigger's career.

Bruin saw it all, and with his head turned to one side he listened to the threats made against him. "I believe he knows what you are saying, brother," said Maggie. "Look how he is listening."

"Well, I'll kill him yet," said the boy.

Nigger evidently understood the situation, for he sulked all the evening, and that night he broke his chain and disappeared. No trace of him could be found.

Months passed and Nigger was still a lost bear.

A few evenings ago Miss Calme was returning from a visit to a neighbor. It was nearly sunset and the girl was hurrying along a lonely path through a forest only a short distance from her home when she suddenly encountered Nigger. He was standing in the path directly in front of her. He had evidently waylaid his mistress and he did not show himself until she was close to him. Maggie's heart fluttered a little, more from surprise than fear. She recognized the bear when she called his name and he grinned with satisfaction.

Maggie went toward him holding out her hands. He sat on his haunches in the path and would not move. When the girl attempted to pass he instantly got in front of her. Finally he showed signs of anger, and when she tried to pass he growled and raised his paw. In vain she tried to pet him. He continued to bar the path. Finally Maggie concluded to return to the house she had visited.

Nigger trotted along behind her until she came to where the path forked. Again the bear threw himself in front of her. The girl now began to be alarmed. Finding that Nigger would not let her follow the path that led to the house of the neighbor Maggie fled along the other path, hoping soon to turn toward home.

The bear did not intend that she should have her own way. He followed close, and whenever she tried to leave the path he would throw himself in front of her and growl. Maggie was now badly frightened and began to shout for help. This angered the bear and he began to growl and gnash his teeth. She became convinced

that he would spring upon her if she did not keep quiet.

"Well, what am I to do?" whispered the poor girl, trembling with terror. Finally she decided to walk slowly along the path, thinking that she might induce the bear to follow her home.

After going a short distance she came to a pile of logs and brush, which she soon discovered was Nigger's lair. The bear now appeared pleased. He walked about the place, sniffing, and he finally came and laid down at Maggie's feet.

During the whole of the long night the bear laid and watched the terror-stricken girl. The slightest movement attracted his attention and he would raise his head and look at her. Miss Calme's people thought she had remained over night with the neighbor she had visited and she was not missed until next morning.

When it became known that the girl was missing the whole neighborhood was aroused and soon the woods were full of people searching for her. It did not take long to locate her, but the bear heard voices and the barking of dogs and he got very angry. Bristling with rage he ran about the girl growling and gnashing his teeth.

Maggie fully realized her peril, and when she saw her friends she called to them, warning them not to come nearer. She explained the situation and her friends concluded to shoot Mr. Nigger from where they stood. Aiming well, three fired together, and Nigger rolled lifeless at his captive's feet.

GIRL IN POND CLINGS TO ICE 15 MINUTES

STICK WITH LINE, FINALLY GLIDES OUT TO HER AND SHE COOLLY DIRECTS RESCUE.

St. Louis.—Myrtle Harris, the ten-year-old daughter of Mr. and Mrs. E. F. Harris of Glendale, St. Louis county, clung for 15 minutes to the ice through which she had fallen, while her body swayed in water 75 feet deep, in the private lake at the country home of C. W. Barstow the other day. She was rescued by a rope thrown from shore, 75 feet away, after her remarkable case seemed hopeless. During the time, which to her seemed interminable, she followed minutely the instructions of J. P. Evers, who finally pulled her ashore. She kept her senses despite the excited shouts of men and screams of women ashore.

Myrtle was returning from school with Harold Lester, her neighbor and little sweetheart. As they passed the lake, covered with ice, Myrtle could not resist the temptation to demonstrate to her little friend how gracefully she could glide over the smooth surface. Laughingly, she slid out to the center of the pond. Her weight fell on the ice directly over a deep well, around which the lake was created, the fresh waters of which had partially melted through, and she went down.

She called to her companion for help, but he was dumbfounded. The lake is close to the store of Mr. Evers, who heard her cries and hastened to the scene with two lengths of common clothesline. When he saw her predicament he told her to keep quiet and not attempt to raise herself above the water, fearing it would break



The Brisk Wind Blew It Aside.

the ice, which gave her all the support needed while her body was submerged. Time after time Mr. Evers tried to throw her the life line, but the brisk wind blew it aside.

In the meantime residents of the neighborhood and other school children gathered. After many unsuccessful attempts to get the rope to the little girl, and after some of the light weights ventured on the ice until it cracked and threatened two lives, a heavy stick was tied to the rope and it was slid out to her.

But by this time the girl was too weak to tie it about her body, and the frantic crowd was about to give up hope when she wrapped the line about her arms, and, gripping it, as best she could with her benumbed fingers, shouted to Mr. Evers to pull.

Slowly she was taken to shore, where neighbors took charge of the chilled child. She was taken to the Evers home, where dry clothing was provided and restoratives administered.

The strength and happiness of a man consists in finding the way of duty and walking therein.—Becher.



"Two Treatments Evoked the Realistic Touch of Bernhardt!"

hopeless dishonesty, mania for swindling and gambling all yield to suggestional treatment.

"Every mother in the land can make her children what she wishes them to be, provided she is a woman of high moral principle, gentle and patient, apprehensive of the power of transliminal appeal, possessed of courage to apply it with intelligent persistence, and having ardent faith in its effectiveness."

Asked to state the care of auto-suggestion and the process by which a person applies it to himself, Dr. Quackenbos said:

"The transliminal self of an individual is as amenable to suggestion by his own objective mind as by the objective mind of an outside person. Self-treatment of this kind, or auto-suggestion, is open to all who would enable their lives by cultivating a closer relationship between the supraindustrial and the transliminal nature.

"The state of mental abstraction called 'reverie,' immediately preceding natural sleep, is most appropriate for self-suggestion. As one is about yielding to slumber for the night, let him say to himself, for instance, that he will no longer be a slave of the imperative conception or the evil habit that is crippling his best expression—that he will develop talent along specified lines—that he will draw spontaneously upon the resources treasured in his higher being for creative work in the normal sphere.

Prerequisite of Success.
"Lapse into sleep with the transliminal thus invoked, to employ itself as instructed, is all but equivalent to suggestion given by another. The prerequisite of success is earnest, intelligent, persistent application of the self-given suggestions.

"It is in accordance with psychological law, now well tested and proved, that if the active intervention of one's own richly endowed spirit be honestly and earnestly invoked, adequate pow-

er of importance north of Paris, and as for the petit vin now made at Suresnes, it has become the drink only of the poorer classes.

In the middle of the sixteenth century Macon was celebrated for its muscated wines, whereas the muscated grape at this moment can scarcely be made to thrive there. Ancient chronicles mention the cultivation of the vine in northern Brittany, where now even apples are not plentiful. Again, it is to be remarked that trees which once flourished in the north of France are at present found in the extreme south, and a considerable number have disappeared altogether.

Languedoc no longer grows the lemon; there is not an orange left in Roussillon. The Lombardy poplar, so familiar and picturesque in old French line engravings, is now nowhere to be found on French soil. These are facts which, putting statistics out of the question, serve to illustrate the changes wrought by temperature in the great fruit-producing country of France.

Life in Kentucky.
Drummer (at Moonshineville, Ky.)—Good morning, Mr. Crossroads; how's business?

Storekeeper (disconsolately)—Mighty poor, mighty poor. You see, a new store started up in opposition to me, and of course I couldn't stand that, so I just gave my friend's th' wink, and they commenced killin' off his customers; but he had more trade than I kalkulated on, an' w'en his customers began to shoot back it made a purty even fight, an' both sides killed each other off so fast that now there ain't either of us got any customers.—N. Y. Weekly.

The Trouble with Some People.
One trouble with some people is that a very small effort enables them to keep their self-respect.

DR. JOHN D. QUACKENBOS, FORMER COLUMBIA PROFESSOR, SAYS—

THAT HE HAS Hypnotized an Ambassador and Enabled Him to Succeed in an Important Diplomatic Mission.

THAT HE Hypnotized a Mediocre Actress and Made Her a Broadway Star.

THAT You Can Cure Yourself of Drunkenness by Self-Hypnotism.

THAT Hypnotism Can Cure Seasickness, Locomotor Ataxia and Other Maladies of Mind and Body and Call Back the Dying from the Edge of the Grave.