

Medical Hypnotism and Suggestion

BY
ALEXR. VERNER, F.A.I.P.



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PLATE VII. EXAMINATION OF THE HEART AND LUNGS BEFORE BEING MAGNETISED

PREFACE

My object in writing this work is to give a brief but accurate description of Hypnotism and Suggestive Therapeutics, as practised by the most advanced schools of the present day; and also to enlighten the public mind on the great advantages of Hypnotism and Suggestion in the treatment of disease, as compared with the drug method now used in this and other countries.

Having studied the subject for a number of years, and also witnessed a large number of experiments and treated numerous patients, I am convinced that it could be successfully applied not only in the realm of Medicine, but also in Surgery, as Hypnotism, judiciously applied for the production of anæsthesia in the performance of minor as well as major surgical operations is very successful, for by its use no objectionable after effects are experienced as with cocaine, ether, chloroform, etc.

The criminal classes could be benefited by the use of Hypnotism and Suggestion, as by its means weak organs or faculties could be stimulated and strength-

ened to overcome evil tendencies; bad habits can also be checked and eradicated.

I have studied under some of the greatest exponents of Hypnotism now living, including Dr. Parkyn, of Chicago, who has the largest clinic in the world; Dr. Drayton (of the Eclectic Medical College), Drs. Sizer, Holbrook, Brandenburg, Ordroneux, etc., all of New York; and also in the Insane Asylum on Ward's Island, New York). By what I have seen, I have come to the conclusion that a great deal of good can be done by the application of Hypnotism and Suggestion, intelligently applied.

ALEXANDER VERNER.

CHAPTER I

BRIEF HISTORY OF HYPNOTISM

Mesmer is entitled to the credit of having first brought the subject to the attention of the scientific world, although probably his attention was attracted to it by the writings of Paracelsus and Van Helmont. Friedrich Anton Mesmer was a German Physician, born near Constance in 1733. He was bred for the Church, but abandoned it for the study of medicine. He discovered a force which at first he thought was electrical, but afterwards referred it to magnetism.

At that time he performed a number of cures by stroking the diseased bodies with artificial magnets. He achieved considerable success by such means, and published a work in 1766 entitled "De Planetarum Influxa." In 1776, however, he met Gassner, a Catholic priest, who had achieved great notoriety by curing disease by manipulation, without the use of any other means.

Mesmer then threw away his magnets and evolved the theory of "animal magnetism." This he held to be a fluid which pervades the universe, but is most active in the human organization, and enables a man charged

with the fluid to exert a powerful influence over another. Two years after meeting Gassner he went to Paris, and at once threw the capital into the wildest excitement by the marvelous effects of his manipulations. He was treated very badly by the medical profession, who were jealous of him, but the people flocked to him, and many wonderful cures were effected. So popular did Mesmer become that the Government ordered a commission of inquiry, composed of physicians and members of the Academy of Sciences. The report admitted the leading facts claimed by Mesmer, but held that there was no evidence to prove the correctness of his magnetic fluid theory. Soon after this Dr. Mesmer was driven into exile, followed by the execrations of a majority of the medical profession, and died in 1815. He left many disciples, a majority of whom were shallow empirics, and mesmerism was brought still further into disrepute. There were a few able and scientific men, however, who still pursued the investigation, among whom were the Marquis de Puységur, Deleuze, and others.

These gentlemen revolutionized the art by first causing their subjects to sleep by means of gentle manipulation, instead of surrounding them with mysticism in dimly lighted apartments filled with sweet odors, and the strains of soft and mysterious music, as was the practice of Mesmer. They developed in their sub-

jects the power of Clairvoyance, and demonstrated it in a thousand ways.

They caused them to obey mental orders as readily as if the orders were spoken. They healed the sick, caused the lame to walk, and the blind to see.

A few years later, Dr. Braid, a Manchester surgeon, found a name for the new science; he called it "Hypnotism," from the Greek word *hypnos* signifying sleep. Dr. Braid made a great number of experiments, but he differed from Mesmer in a number of ways, but nevertheless his cures were almost miraculous. He also published a book dealing with the phenomena of hypnotism.

For some years after the appearance of Braid's book there was but little, if any, progress made in the science.

His methods, however, were generally adopted, but the value of his discovery was not appreciated by his own countrymen, and it was not until the Continental scientists extended his researches that he obtained substantial recognition.

Liebault was the first to confirm his experiments, and in 1866 he published a work in which he advanced much that was new in fact and in theory. He was, in fact, the founder of what is now known as the Nancy School of Hypnotism. Many prominent scientists have followed him, and many able works have been produced, prominent among which may be mentioned,

"Suggested Therapeutics," by Professor Bernheim, and "Hypnotism," by Albert Moll, of Berlin.

Professor Charcot, of the Paris Salpêtrière, is also the founder of a school of hypnotism, which is generally known as the Paris School. Charcot's great reputation as a scientist obtained for him many followers at first, prominent among whom are Binet and Féré, whose joint work, entitled, "Animal Magnetism," has been widely read both in Europe and America.

THE THREE SCHOOLS OF HYPNOTISM

These three schools differ widely, both in theory and practice, their only point of union being their utter contempt for the theory and practice of what must still be known, for want of a better term, as the mesmeric school.

The leading points of difference between the three schools may be briefly stated as follows:

1. The theory of the Nancy School is that the different physiological conditions characterizing the hypnotic state are determined by mental action alone; that the phenomena can best be produced in persons of sound physical health and perfect mental balance; and that this mental action and the consequent physical and psychological phenomena are the result in all cases of some form of suggestion.

2. The Paris School holds that hypnotism is the

result of an abnormal or diseased condition of the nerves; that a great number of the phenomena can be produced independently of suggestion in any form; that the true hypnotic condition can be produced only in persons whose nerves are diseased; and that the whole subject is explicable on the basis of cerebral anatomy or physiology.

3. The mesmerists hold to the fluidic theory of Mesmer; that the hypnotic condition is induced, independent of suggestion, by passes made by the operator over the subject, accompanied by intense concentration of mind and will on the part of the former; that from him flows a subtle fluid which impinges upon the subject wherever it is directed, and produces therapeutic or other effects in obedience to the will of the operator; that these efforts can be best produced by personal contact, but that it can be produced at a distance and without the knowledge of the subject, and independently of suggestion.

In discussing the merits of these several schools, it is that neither school can be entirely right. Each presents a number of facts which seem to support its theory, but as the theories are irreconcilable, and the facts contradict each other, it follows that some fundamental principle underlying the whole subject-matter has been overlooked, and that principle is that hypnotism acts quicker on some temperaments than

others, and that suggestion plays a very important part in the production of the phenomena.

At the present time, in America, some of the best Medical Practitioners use suggestion in the treatment of disease. Dr. Parkyn, of Chicago, holds large clinics daily at the Chicago School of Psychology, as also do Dr. Pitzer, of California, Dr. Sahler, of New Jersey, and Dr. Drayton, of the Eclectic Medical College, New York. To see the above gentlemen treat patients by suggestion is marvelous.

In England, also, there are many physicians employing Suggestive Therapeutics, and it is a subject that ought to be understood by all who practice medicine. Dr. Alfred Russell Wallace, Sir William Crookes, and the late Professor Myers were all great devotees to Hypnotism and Suggestion, and have made valuable contributions to the literature of science.

CHAPTER II

WHAT IS HYPNOTISM?

Hypnotism is the art of making the intellect passive to a limited degree, and still maintaining the activity of the sensorium. This condition is known as "Hypnosis," or the hypnotic state; and it may be either self-induced, or induced by external causes. As examples of self-induced Hypnotism, we mention "absent-mindedness" and somnambulism; the acts unconsciously and impulsively committed through fear, love, passion, etc.

THE MIND

Voluntary motion in living animal bodies is regulated and controlled by the mind through the nervous system. The mind may be divided into two parts or faculties—the intellect and the sensorium. From the former we get memory, perception, judgment, reason, and will; from the latter arises sensation. The intellect works through the superior brain—the Cerebrum; the sensorium through the inferior brain—the Cerebellum.

Through the sensorium we become cognizant of sensations only; through the intellect we perceive the qualities of the sensations. To illustrate, let us suppose we hold in our hands a flower; through the sensorium we become acquainted with the form, color, and size of the flower, its odor, etc.; but we perceive the qualities of these facts through the intellect only. In other words, through the sensorium we deal with facts as facts, while through the intellect we deal with the qualities of the facts.

THE NERVOUS SYSTEM

The nervous system consists of the brain, nerves, and spinal cord. The brain is divided into hemispheres, lobes, convolutions, and cells; and is composed of grey and white matter.

The Cerebrum, or large brain is the seat of the intellect; the Cerebellum, or small brain, is the seat of the sensorium.

Afferent nerves (motor nerves) are those that convey impressions to the sensorium; efferent nerves (sensory nerves) are those that convey impressions from the sensorium.

The brain is not the mind any more than the eye is sight; it is the organ of the mind—the medium through which the mind works.

The nerves ramify throughout the body. We cannot

prick the skin with a pin without coming in contact with some part of a nerve. If we take hold of a piece of hot iron or coal we feel a sensation of pain; this we become conscious of through the sensorium. When the fact is presented to the intellect, other records are recalled, comparisons made, and the conclusion arrived at that the sensation is unpleasant, and that it may be stopped by taking our hand away from the hot iron or coal.

This conclusion is presented to the will, and through the sensorium and the efferent nerves the hand is removed.

The more facts there are recorded in the intellect, and the more definitely they are recorded, the better will be the comparison, the more accurate the conclusions arrived at, the stronger the will. The more passive the intellect, the weaker the will.

CHAPTER III

HOW TO PRODUCE HYPNOSIS

Hypnosis may be produced by gazing steadily at a disc (a piece of zinc about the size of half-a-crown, with a small piece of copper inlaid in the center) for several minutes without blinking the eyes; or by staring at a bright light about twelve inches away from the eyes; or by looking at the tips of the fingers of the operator, held about three inches upwards from the nose; and also by staring at the root of the subject's nose.

MAKING DOWNWARD PASSES

In making passes, the operator should be seated in an easy chair a little higher than the subject, or he may stand up and make passes. There are various kinds of passes, viz., downward passes, upward passes, transverse passes, circular passes, long and short passes, etc. Passes should always be made with the arms at full length and the fingers a little open.

The subject should be passed down very slowly from the head to the stomach, and then from

stomach to the knees, then from the knees to the feet.

When you touch the subject in making passes, that

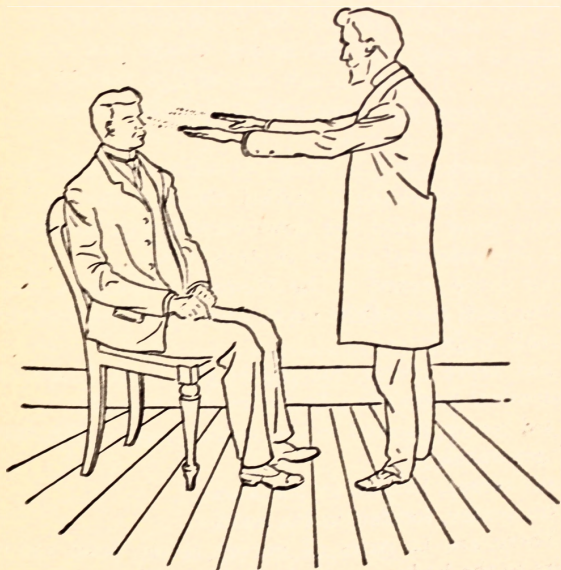


PLATE I

is called "with contact;" when you pass the patient down without touching him, it is called "without contact."

It is not necessary for a person to go to sleep to be hypnotized, but it is better if the subject does go to sleep, because the suggestions that may be given will have a stronger effect.

The subject should be hypnotized two or three times a week, and the sitting should last about half-an-hour. If you do not succeed in putting the subject to sleep the first time, you must persevere until you do.

The person that is being hypnotized is called the subject; the hypnotist is called the operator. The operator must make the downward passes according to the five principal nerve centers, viz.:

1st nerve center, in the Medulla Oblongata, situated in the back part of the neck, just under the Cerebellum (small brain).

2nd nerve center, located in the Solar Plexus (the abdominal brain) in a line with the stomach.

3rd center, located in the sexual organs (the organs of generation).

4th center, located in the knees.

5th center, located in the ankles.

There are 12 pairs of nerves to the brain and 31 pairs to the body.

MAKING THE SUBJECT FALL BACKWARDS

To make a subject fall backwards you must make him stand with his feet close together, and also to

close his eyes; tell him you will not let him fall, and that he has no need to be afraid. Then begin to make downward passes from the head to the feet; make

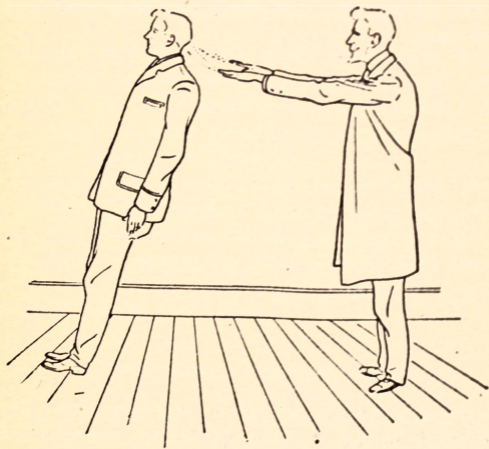


PLATE II

the passes very slow and *will* it in your mind that he will fall backwards. After making 30 or 40 slow passes you must pull, and you will make the subject fall backwards.

You may make the subject fall forward by making passes in front of him instead of the back.

To make the subject come to his normal condition it is best to speak in a loud voice, "You are all right; you are all right." You may also snap your fingers in his face.

CHAPTER IV

STAGE HYPNOTISM

In stage hypnotism the chief object is to entertain and amuse people; the drawing-room will do just as well. You may practice on your friends. Sensitive people are more suitable for experimenting upon, as better results are obtained.

Let a number of subjects be seated (about 12), and give them a disc each to gaze at for a few minutes. Then you must notice which are affected most; some will begin to quiver in their eyelids, then they will go to sleep. Those are the best subjects, and you will get good results from them.

THE VARIOUS HYPNOTIC STATES

The first state into which the patient passes is called the lethargic, or sleepy state, in which there is not much use in the limbs. Then the next is the cataleptic, or rigid state, in which they go quite stiff. Some patients pass into the trance, or deathlike state, in which they often possess the power of Clairvoyance, and see some strange things. There is also the som-

nambulistic condition, which is produced in some subjects, and when in that state they can be made to do various things, such as saying prayers, repeating poetry, acting, speech making, singing, and playing various musical instruments, which they seem incapable of doing when in their natural state.

THE CATALEPTIC STATE

It is not wise to keep the subject too long in the cataleptic state. When you have made him do what you want you must rouse him by making upward passes, and also stroking the stiffened limbs, and speak loudly to wake him up.

In the cataleptic state, if you look at the eyes you will notice the eyeballs in an upward position, as in death.

In the somnambulistic state the subject can be made to do various things. You may tell him that he is a preacher, and that he must deliver a sermon; he will then begin to preach. When you wish to stop him you should take hold of his neck at the back of the head with your right hand and press the arteries on either side of the neck and tell him to stop preaching, then tell him he is all right, pointing your first finger of the right hand at his face as he begins to come round; then let him go back to his place.

It is very important to know how to stop them when

doing anything, such as fishing, singing, dancing, riding chairs for bicycles, making speeches, etc. They are all stopped in the same way. You can touch dif-

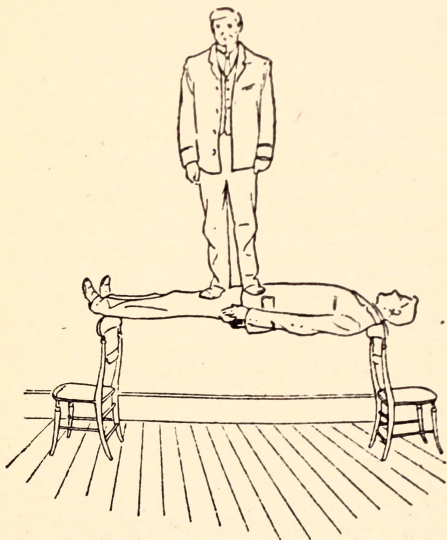


PLATE III

ferent parts of the subject's head or face to make him do various things—that is called Phreno-Hypnotism. You have to suggest the pictures to the subject, such

as "You are fishing in a beautiful stream of water"
(handing him a stick for a fishing rod).

He will see any imaginary picture you may suggest
to him, and it causes much fun and merriment to the
audience.

CHAPTER V

HOW TO PUT A MAN IN A TRANCE

To put a man in a trance for a week is a very remarkable thing, but it can be accomplished by getting a good subject. It is the best to find a man that is strong, one that has a good share of the motive and vital temperaments, so that he will be able to endure the ordeal without suffering a great deal. You must hypnotize the subject frequently to get him under control, then practice keeping him in the hypnotic state for a few hours, then a day, after that two days. You must suggest to him that he will not awake until you tell him.

There are a few secrets in connection with this performance, viz.:—Keep the patient warm, avoid draughts, let him lie in a comfortable position, turn him over about twice a day. Before commencing, the subject must be in a good state of health; he must walk a few miles two days before he is put in the trance, and he must take two ounces of Epsom salts, so as to have a good purging. The Epsom salts have a constipating effect on the bowels after they have acted, and therefore he will not want to move the bowels while he

is in the trance. (A person with weak bowels will not do for this test.)

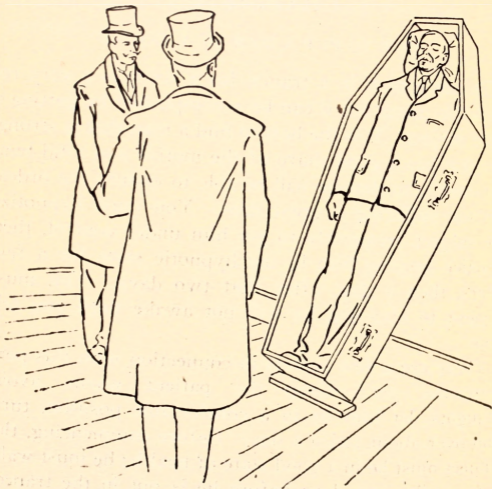


PLATE IV. MAN IN A TRANCE

Hypnotize the subject, put him to sleep (the deep sleep), and suggest to him that he will not awake until you tell him.

HOW TO AWAKEN THE SUBJECT

To awaken the subject, make long upward passes and throw the magnetism off, blow your breath in his face, slap the palms of his hands, and speak to him in a loud voice, saying "You are all right, you are all right." The subject or patient will then begin to come round. Do not let anyone touch him, because it crosses the magnetism and retards the awakening process.

CHAPTER VI

AUTO-SUGGESTION

THE ERADICATION OF BAD HABITS

In this lesson I shall give rules for the cure of bad habits, such as swearing, smoking, drinking (alcoholism), lying, stealing, gambling, jealousy, envy, hatred, bad temper, etc.

There are a large number of people, both young and old, addicted to some of the above bad habits, and in most cases they have tried hard to avoid them, but have not been successful, simply because they have not tried the right remedy.

All the above can be cured by Auto-Suggestion and Will-Power. In the first place, Auto-Suggestion means "suggesting something to yourself that will help to make you stronger in resisting the temptation, no matter what it is." I have seen a large number of people that have tried in vain to overcome bad habits by praying, but when the temptation has confronted them they have given way to it. We must remember, the more a bad habit or secret sin is indulged in, the easier it becomes and the more difficult to eradicate. Of

course praying is a good thing, but it must be backed up by our own will-power and we must be firm and determined to conquer it.

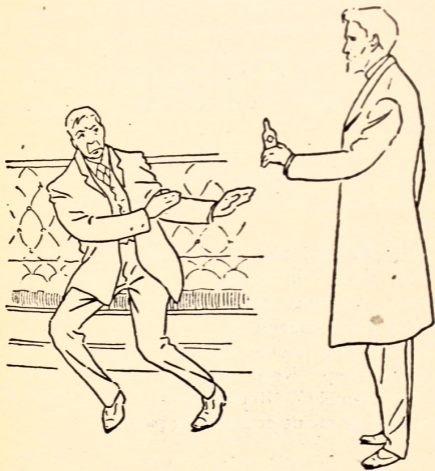


PLATE V. REFUSING DRINK

Our will-power can be developed just the same as any other organ or faculty.

CURE FOR DRUNKENNESS

To overcome intemperance you must practice Auto-Suggestion by saying to yourself, "I have no desire to drink intoxicating liquor; it will do me more harm than good." Repeat the above every morning and night, and at any other time when you feel the craving coming on. Some people drink more than others, because they have a larger development of the brain near the temples.

In a case where the subject or patient feels thirsty he should drink distilled or filtered water, soda water, lemonade, milk, or any other beverage that does not contain alcohol.

Easily-digested foods should be taken, with plenty of fruit that is in season. The patient must avoid smoking, swearing, and gambling; bad temper can be cured by Auto-Suggestion.

The best time to give yourself a suggestion is before you go to sleep. Keep repeating "I have no desire to swear or gamble." Repeat about a dozen times, and avoid reading racing or gambling papers.

CHAPTER VII

SURGICAL OPERATIONS

A great number of minor and major surgical operations have been performed by the aid of Hypnotism, but since the introduction of chloroform, ether, cocaine, etc., the use of Hypnotism as an anæsthetic has fallen; but nevertheless, if it is intelligently applied it is better than chloroform, as the patient does not feel the after effects the same.

Some people wonder how it is that it does not bleed when three or four needles are pushed into the biceps muscle of the arm. I will tell you.

While the needles are in the muscle they form a plug, and no blood can escape: that is the secret. Of course, you may put the subject to sleep, and then into the cataleptic or rigid state, then you may push two or three needles into the biceps muscle of the arm. You may let the audience feel the needles, to see that they are properly in the arm; after they are satisfied you may withdraw the needles and press your thumb tightly on the punctures; there will be no loss of blood. Fingers, arms, and legs have been successfully amputated in this way, and midwifery and obstetric cases have

also been successfully treated. Hypnotism and Suggestion are also very useful in dentistry for the extraction of teeth.

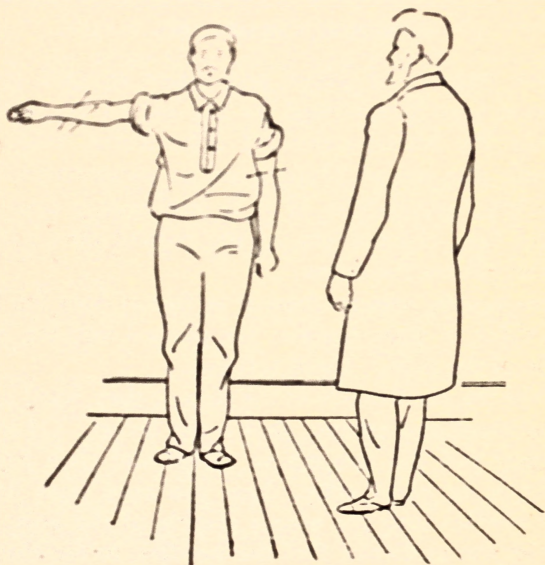


PLATE VI. NEEDLES IN THE ARM

There are a number of dentists that advertise the painless extraction of teeth, but Suggestion plays a very important part. In some cases they will give the patient a hypodermic injection with some harmless

solution, at the same time telling him that he will feel no pain. The patient believes the dentist and takes the Suggestion, with the result that the operation is very successful, and no pain is experienced.

CHAPTER VIII

MAGNETIC HEALING

In this lesson I will show you how to treat headache, bronchitis, enlarged glands, indigestion, constipation, rheumatism, epileptic fits, etc. Many other diseases can also be successfully treated.

The room where you treat your patients should be kept at one heat, as near as possible about 60 degrees Fah. Avoid all draughts. The patient should be seated in an easy chair, and the operator should be seated in a rather higher chair opposite the patient. The patient should be told to be passive, and to try and think about nothing. Then make a few long passes from the head to the stomach. There are various kinds of passes, viz.:—Downward passes from the head to the stomach, or from the stomach to the feet; upward passes from the feet or legs to the head; transverse passes from one side to the other, as from the left shoulder to the right, or from the left hip to the right. It is best to make slow passes with the arms at full length and the fingers a little open, so that the fluid will be able to operate better on the patient. Gain the confidence of the patient and nothing will be impossible.

HEADACHE

To cure headache, place the hands upon the patient's head for several minutes; continue the long passes and make repeated passes over the limbs. The feet will then become warm, and the head will be free from pain. If the headache is accidental, it will not return.

A trial of various processes may be made, and the fluid drawn from the head, by conducting it towards the sides of the body. If the pain has existed for years, or is caused by a blow or a fall, it will take longer to cure, necessitating a number of sittings. The patient is called the subject, and the person that magnetizes, the operator.

BRONCHITIS AND ENLARGED GLANDS

In treating bronchitis and enlarged glands it is best to make downward passes over the painful part, and direct the blood to some other portion of the body away from the affected organ. In bronchitis, asthma, and all diseases of the respiratory organs, the patient ought to keep as near as possible at one temperature, so as not to breathe cold air, as it irritates the lungs. The patient ought to practice deep breathing by taking about one hundred long, deep breaths daily, that is the best exercise for developing and strengthening the lungs. He should breathe slowly and through the nostrils, keeping the mouth closed. Enlarged glands can be cured by making upward and downward passes,

and by slightly pressing the gland from one side to the other. Persons suffering from goiter can be greatly relieved by following the above instructions.

INDIGESTION

In the treatment of indigestion (dyspepsia), give the person an emetic—a teaspoonful of mustard in a tumblerful of warm water, or salt and water may be administered till the patient vomits freely. Let the patient have a rest for one hour, then make passes over the stomach for about ten minutes. Let the patient have another rest for an hour, then let him partake of a cupful of boiled milk and some biscuits. All fatty, greasy, sloppy, and heavy foods, such as ham, bacon, pork, black puddings, sausages, pickles, and cheese, must be avoided, and in a short time the patient will be completely cured. A few magnetic treatments will be enough for ordinary cases of indigestion. The patient must eat light foods, such as white fish, fruit, nuts, thin brown bread, and not much butter. He may drink milk and soda water, barley water, toast water, and weak tea, coffee, or cocoa, in small quantities.

CONSTIPATION

In constipation, upward passes should be made on the right side of the patient; transverse passes from the right to the left side, just above the hip bones; then

downward passes on the left side. As that is the way in which the ascending, transverse, and descending colon (large intestines) lie, repeating a few times will greatly benefit the patient.

EPILEPTIC FITS

Some very bad cases have been cured by the aid of Magnetism and Suggestion. You must ask the patient how often she is attacked by them. If she says "About three times a week," tell her that she will only have two fits next week. Impress that thoroughly on her mind. Let the patient sit down in an easy chair, place both hands on her head for about three minutes, then make slow passes down the spine about twelve or twenty times. Tell the patient not to trouble or worry about things. Advise her to eat light foods, and get out as much as possible into the fresh air, but not to go alone, as sometimes the patient has a seizure outside and falls, and meets with a serious accident. They are not safe to be left alone. When she comes again to be magnetized, tell her that she will only have two fits a month, then one, and finally they will go. In a short time your suggestions will operate on the patient's mind, and she will be permanently cured.

RHEUMATISM, SCIATICA, ETC.

In rheumatism, sciatica, and all diseases of the nerves and blood, the pains are sometimes greatly

relieved and even carried off at the first sitting; at others they are merely dislodged, and become gradually soothed after being treated a few times.

If the person has rheumatism in the knees or feet, downward passes should be made for a time, then a few upward passes. It takes time to perform a cure, but if you persevere your labors will not be in vain. Of all the diseases treated by Magnetism and Suggestion, rheumatism is one in which the most success has been obtained.

TUMORS, CANCERS, AND GROWTHS

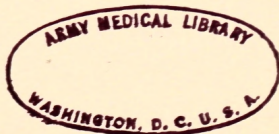
In treating tumors, cancers, and growths you must first make an examination of the patient. If the tumor is in the neck, it will be necessary to make circular passes with contact; after that make about twenty long passes, and tell the patient it will keep going less every sitting, and that you are making it disappear through the circulation of the blood. The patient should have about three sittings per week. Cancers and growths are treated the same way. A cancer in the breast may be removed by making circular passes with and without contact, and by blowing your breath on it, and speaking in a loud voice, "That cancer shall die." After that make the long passes downwards, and direct the blood away from the cancer. In a short time the cancer will begin to decrease in size and will die, and

new skin will begin to form and take the place of the cancer.

ADVICE TO PATIENTS

All patients must partake freely of the life essentials, viz.:—Breathe plenty of fresh air, practice deep breathing through the nostrils, drink pure water (distilled or filtered), eat good, wholesome food, avoid smoking, drinking intoxicating liquors, and late hours; exercise moderately and have plenty of rest and sleep, and keep the body clean, as cleanliness plays a most important part in the treatment of disease. If the above rules are rigidly adhered to, a cure may reasonably be expected.

Sometimes the operator contracts aches and pains from the patient. In that case he should wash his hands in hot water with some salt in it after the sitting has terminated, and then pass each arm and hand down for a few minutes, and throw the magnetism off. That is the best method to dislodge any vitiated magnetism.



Vol. 4 (Complete).

CLAIRVOYANCE AND CRYSTAL GAZING.

As St. Paul points out, man has a natural (or material) body and a spiritual body. There are also a material world and a spiritual world. At death (so-called) the spiritual body leaves the material body and goes to the spiritual world.

With the eye, we can only see material things. To see the spiritual world we must cultivate the spiritual sight. Seeing spiritual things with the spiritual sight is called Clairvoyance (or "Second Sight").

You can, if you choose, cultivate your Clairvoyant faculty. If you do, you will be able to see places and persons in the spiritual world. You will be able to describe to your friends people in spirit life that they have known here.

Further, you will be able to see what is going on at a distance in this world. You will also be able to see into the past and the future. You will be able to obtain information, and to give advice, of the utmost value. You will be able to trace hidden treasure; to find lost friends, animals, and property; and so on.

With Clairvoyance can also be often developed Clairaudience (or Spiritual Hearing).

Crystal Gazing means looking into a crystal (a glass egg) or into something else of a like kind. If you have developed the faculty, you will, after a short time see form, apparently in what you are looking into, a picture. This picture will in all probability have reference to the past, present, or future either of yourself or of the person for whom you are practising. Presently the picture will dissolve and disappear; when another will take its place; and so on.

"CLAIRVOYANCE AND CRYSTAL GAZING" gives you full particulars as to how you may develop these marvelous and invaluable powers.

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Vol. 5 (Complete).

TABLE RAPPING AND AUTOMATIC WRITING.

"If a man die, shall he live again?" Does death end all; or is it merely "the gate of life?" And if there be a next world, can we communicate with those that are in it?

These are questions that have agitated the minds of millions.

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