

fair trial are entitled to express an opinion, or to condemn the use of hypnosis.

Dr. Wetterstrand of Stockholm, in his works on Hypnotism, gives the history of 128 patients. Amongst the diseases treated, were insomnia, habitual headache, neuralgia, chorea, paralysis, stuttering, neurasthenia, hysteria, alcoholism, morphinism, and other drug habits. As a result of suggestion during hypnosis, there was improvement in almost all cases, while in the majority a permanent cure was established. Bernheim of Nancy, and Peterson of Boston, report like successes.

The particular kind of diseases adapted to treatment by psycho-therapeutics may be classed under one heading,—functional nervous diseases. These represent a large number of the ailments met with in general practice; they are usually difficult to cure with drugs, hence it follows that if suggestive therapeutics can be advantageously applied, there is here a wide field of usefulness.

With regard to the dangers and disadvantages of hypno-suggestion, I will quote one or two opinions on the subject. Dr. Eskridge of Denver says,—“He who resorts to hypnotism is dealing with a potent agent and he should use it as carefully as he would a deadly poison.”

“Hypnotism,” writes W. J. Morton in the *N. Y. Medical Journal* of 1897, “is a pernicious practice in that it lessens one’s power of resistance and so degrades the patient both morally and intellectually.” So far as I have been able to ascertain, the exact opposite of the latter view is held by the leading hypnotists of Europe. Compare for example, the statement of Wetterstrand when he says, “I have induced hypnosis about sixty times and I have never seen or heard that anybody suffered any bad effects afterwards.” Such testimony as that is most convincing.

Charcot and his disciples employed a partially physical method, to which it seems probable, many of the bad effects attributed to hypnotism, may be traced. Prolonged staring at bright objects, the use of a loud sounding gong, and of a powerful electric spark, are some of the means which he employed. Any hurtful impression that may be left in the mind of the patient is generally due to the ignorance or inexperience of the operator.

There is a tendency on the part of some to overestimate the value of suggestive therapeutics. “It seems to me,” says Eskridge, “that much injustice has been done hypnotism as a therapeutic agent by the extravagant claims made for it by some physicians, whether it has or should have a place in therapeutics, we must decide after giving it a fair trial. So many of the results alleged to have been obtained by hypnotism seem so exaggerated that one is led either to doubt the honesty of the physician or to suspect that his judgment has been