

acknowledge even these systems have some truth in them. Then come and let us sift the true from the false, and incorporate that which is good and true in these systems with our own.

I will not go into the history of hypnotism as time will not allow, but would call your attention to the fact that the term hypnotism is a misnomer, as the phenomena of the suggestive condition have proved the fact, that even the suggestive somnambulist is never in a condition analogous to natural sleep.

I would like to ask your attention to a few definitions as follows :

*Hypnotism* or *suggestion* in its broadest meaning may be said to be an impression consciously or unconsciously received through any of our senses. A few moments' reflection on this definition reveals the fact that one's whole education is created by suggestion, and that the effect of any suggestion is influenced entirely by those preceding it.

*Somnambulism* may be natural or induced; it is the act of walking in one's sleep.

An *active somnambulist* is an individual who has little voluntary attention, and whose ability to associate his old impressions with new ones is so limited, that when in the suggestible or concentrated condition, a state of mental laziness is present, and the patient finds it easier to acquiesce in, rather than refute, any statement made by the operator.

A *Passive somnambulist* is an individual who will accept suggestion only when the eyes are closed, but who refuses to accept an absurd suggestion the instant the eyes are open.

*Auto-suggestion* arises entirely within one's own mind, from some thought or some bodily sensation either real or imaginary.

*Voluntary auto-suggestion* is a suggestion with which one voluntarily tries to impress oneself.

*Therapeutic suggestion* is a suggestion conveyed to a patient through some one of the senses and so directed that it will assist in overcoming disease.

*Suggestive condition* is a condition in which a suggestion has a concentrated or exaggerated effect upon the mind of a patient.

*Effect of suggestion* is dependent on and limited by the previous education of the recipient.

In the light of the above facts concerning suggestive somnambulism we are compelled to draw the following conclusions :