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# **Hypnotism, Or Sugestion and Pyschotherapy**

**Forel Auguste**

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## HYPNOTISM AND PSYCHOTHERAPY



# HYPNOTISM

OR

## SUGGESTION AND PSYCHOTHERAPY

**A Study of the Psychological, Psycho-Physiological  
and Therapeutic Aspects of Hypnotism**

*Dr. August Forel*  
BY  
DR. (MED.) AUGUST FOREL

DR. PHIL. (H.C.) ET JUR. (H.C.), CHIGNY, SWITZERLAND  
FORMERLY PROFESSOR OF PSYCHIATRY AND DIRECTOR OF THE PROVINCIAL LUNATIC  
ASYLUM, ZÜRICH

Translated from the Fifth German Edition

BY

H. W. ARMIT, M.R.C.S., L.R.C.P.



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## PREFACE TO THE FIRST ENGLISH EDITION

IN recommending a very careful study of Professor Forel's book to the English-reading medical public, I can confidently promise that both from an academic and also a practical point of view much benefit will thereby be gained. Professor Forel is a true philosopher, and treats his subject consistently in a logical spirit; Professor Forel is a psychologist and physiologist of no meagre description, and his utterances for this reason deserve careful consideration.

The importance of studying the functional aspects of thought and of other psychical exercises has become an urgency, more especially since this is not taught in our medical schools; and the impressions which the practitioner gains depend greatly on accident, and on the particular trend of his mental reasoning.

While it is obviously impossible for anyone to be in a position to criticise a subject like hypnotism by the mere perusal of a volume, I feel sure that the enthusiasm which this book is capable of awakening for this subject is of such a nature that future opportunities of acquiring personal practical acquaintance with hypnosis will be grasped by all intelligent students. For myself, I would say that medical practice without suggestion is an im-



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possibility. Furthermore, I am convinced that this holds good universally, although it is not widely recognised.

In offering this translation to the English-speaking reader, I must apologize for having introduced a few new or changed technical terms when these appeared to me to correspond more exactly to the original text than already existing terms. For the rest, I trust the reader will find the English edition of Professor Forel's work an interesting book, and one from which much knowledge may be acquired.

H. W. ARMIT.

WEMBLEY,  
*September, 1906.*

## PREFACE TO THE FIRST EDITION

THE chief part of the present little work appeared as an article in the *Zeitschrift für die Gesamte Strafrechtswissenschaft*, under the title of 'Der Hypnotismus und seine strafrechtliche Bedeutung' (Hypnotism and its Forensic Aspects).

The wish, which has been expressed to me from many quarters, that I should place this article, in a short, comprehensive form, before the whole medical profession, and give the chief facts about hypnotism and the up-to-date theories, impelled me to publish the work in book form, with a number of supplementary data. My days were so taken up with other work that I found it exceedingly difficult to find time for this. Perhaps the imperfections of the present sketch may be excused on these grounds.

Those who wish to take up this subject ought to read Bernheim's classical work 'De la suggestion et de ses application et la thérapeutique' (Paris : O. Doin).

Like everything else which is brought freshly to the notice of the public, hypnotism has also been severely attacked by some, greeted with derision and scepticism by others, judged with exaggerated sanguinism by others again, and, lastly, decorated with all sorts of various exaggerations.

Some regard it as humbug, and call all hypnotized

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persons malingers. This view, I may explain in passing, has been refuted as absurd to the mind of every unbiassed person by the very number of the so-called malingers. Some believe that the world is being turned upside down and the law endangered, and they wish the police to interfere, to drive hypnotism away like a plague.

I shall be glad if I can help, by means of this work, to disperse the various outgrowths arising from this irrational human mental excitement, and reduce the facts to their actual measure and importance. I believe that a fairly wide experience, extending over two years, will enable me to succeed in doing this.

I would say to the scoffers and sceptics, 'Test before you judge.'

One can only judge hypnotism if one has practised hypnotizing for a considerable time.

DR. AUG. FOREL.

ZÜRICH, 1889.

## PREFACE TO THE FIFTH EDITION

THE fourth edition appeared in 1902, when this work had already increased considerably in size. Since this date only a few new data and new views have been brought to light, and therefore I have found it necessary to make only a few additions and alterations in the book. The most important publications on this subject have appeared in the *Zeitschrift für Hypnotismus* (now called *Journal für Psychologie und Neurologie*), edited by Dr. Oscar Vogt (Leipzig : Amb. Barth). In recent years practically nothing has been done which has directly furthered the development of the doctrine of suggestion. On the other hand, Semon's theory of the 'Mneme' is of importance. Dubois' views have created a considerable sensation. I shall return to this in Chapter VII.

Chapter I. and § 16 of Chapter IV. are of theoretical nature. They require more effort and psychological deliberation than the rest. They are, however, not absolutely indispensable. Still, those readers who will expend the energy in carefully reading and understanding it will grasp hypnotism, not only half or superficially, but fully.

In the fifth edition a new chapter (No. X.), on 'A Case of Double Consciousness,' has been added. Chap-