

**PRACTICAL  
LESSONS IN  
HYPNOTISM**

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Practical Lessons in Hypnotism by Wm. Wesley Cook

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**WM. WESLEY COOK**

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This young lady thinks she is Mme. Patti singing before the king.



This young gentleman believes himself to be once again a nursing infant while the young lady thinks she is a nurse in a foundling asylum.

PRACTICAL LESSONS IN  
**Hypnotism**

CONTAINING COMPLETE INSTRUCTIONS IN  
THE DEVELOPMENT AND PRACTICE OF  
HYPNOTIC POWER, INCLUDING MUCH  
VALUABLE INFORMATION IN REGARD  
TO MENTAL HEALING, MIND READING,  
AND OTHER KINDRED SUBJECTS

BY

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## AUTHOR'S PREFACE.

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This book has been written for those who are anxious to know the truth concerning hypnotism and who desire to learn the best methods of hypnotic practice. It is written in plain language for intellectual people, and all its statements are absolute facts and its illustrations are actual occurrences. Nothing has been exaggerated and the sensational has been strictly avoided; for the truth of hypnotism is more wonderful than the fruits of imagination.

The reader is asked to dismiss the thought that hypnotism belongs to the field of legerdemain or sleight of hand; for that is far from the truth. It is a natural science, dealing with mental and physical actions; and the exercise of its power is the result of a natural endowment which all are capable of developing.

Those who study hypnotism and become acquainted with its laws and phenomena cannot help but realize the great benefits to be obtained from it in social, intellectual and business life. It broadens the scope of thought and banishes from the mind false notions of "the mysterious relationship of soul and

body." It helps to destroy bigotry and superstition and to establish truth.

From the pages of this book many facts may be gleaned that will explain the power of the mind over the body that has become such an important factor in the treatment of disease. Many hundreds of thousands of people, realizing the great benefits to be derived from the exercise of "faith" or will power, have completely discarded the use of all material substances when endeavoring to cure their bodily ailments; and to the influence of what is in reality hypnotic suggestion they trust their lives.

A celebrated medical writer once said: "It is the mystery surrounding the use of poisonous drugs that prompts human beings to blindly swallow whatever their physicians administer, and as knowledge increases, this mystery is being swept away." The philosophic mind cannot realize how poisons, with inherent characteristics to destroy life, can be physiologically utilized in restoring health, and consequently many thinking persons have joined the Christian Scientists, Faith Curists, and various other organizations opposed to medical treatment.

All revolutions are early characterized by extreme actions; and it is inevitable that both of the extreme factions that are so antagonistic in their views concerning the treatment of disease, shall finally unite upon the golden medium of truth. Proper foods, pure air, pure water, and very many harmless remedies may be judiciously administered with wonder-

ful benefit in the treatment of disease; and when used in conjunction with "faith" or "mental healing," which are hypnotic suggestions, results may often be obtained that are little short of miraculous. Let these facts be realized by those who depend upon the use of drugs and those who discard the use of all material substances; then the ideal practice of medicine may be scientifically established. The proper study of hypnotism will hasten such a consummation, which the author devoutly hopes to realize.

There is nothing trifling in the science of hypnotism. Its truths, like the truths of all other sciences, are simple and easily understood; but it is their simplicity that renders them of such great value to all mankind.

Knowledge in any branch of science may be used for frivolous amusement or questionable purposes; and hypnotism is no exception. But it is sincerely desired that those who read this book, will read it for the good that they can acquire—the good that a knowledge of hypnotism always brings to those who possess it and the good its power enables them to extend to others.

DR. WM. WESLEY COOK.

Evanston,  
Chicago, Ill.