

THE PSYCHOLOGICAL REVIEW.

THE CASE OF JOHN KINSEL. I.

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This case is here presented in the hope that it will be an addition of some value to the small number of cases of like nature which have been already published. For obvious reasons, the principal in the case wishes to have his identity unknown, and hence all possible precautions are taken to that end. To assist in this purpose, the name used here is fictitious, and even those to whom the writer is indebted for help in the preparation of this paper are unnamed, in order that the object may not be defeated. The appropriate portion of this article is to be used in the writer's 'Psychology of Alcoholism,' shortly to be published, and there due acknowledgment will be made in connection with the names of many others to whom he is indebted. The writer wishes, however, to acknowledge here his obligations to the subject, Mr. Kinsel, who recognizing the scientific value of the case, has given his consent to the publication of this article, has furnished all available data, and made some valuable suggestions, assisting in every way possible.

PART I.

The writer wishes to insert another foreword. The presentation of this part is purely descriptive, and carries with it no theory whatever. It is necessary to use certain terms in order to be understood, but these terms are used simply to aid in the description, and do not carry with them any theoretical implications. For example the term 'double personality' does not imply any theory, not even the theory of a double personality,

but is simply descriptive of a state or states, concerning which this is the common term.

John Kinsel was born in one of the most beautiful and healthful country districts in New England. His parents are kind, hospitable and intelligent people, highly respected in the community in which they dwell, and living as would be expected of the better class, well-to-do farmer, residing some distance from the railway or any town. On both sides of the family the diathesis is unfavorable for a sound nervous and mental life, showing insanity, alcoholism and other tendencies to nervous degeneracy. The father is a large land owner, possessing over five hundred acres, not all of which is under cultivation. This has and still does entail considerable responsibility and labor on his part, and yet to-day at sixty-six years of age, he is in good health, active, hardworking, capable of doing his full proportion of work. He was able to give his son a common school education, a high school training, and to assist him in his college course. Like the New England farmer of years ago, he makes every fall from twelve to fifteen barrels of cider, which before spring gets strong and intoxicating. Of this he drinks eight or ten glasses every day, but was probably never intoxicated in his life, and would consider a man weak indeed who would become intoxicated on cider however strong it might be. Beside the regular beverage of cider, the old custom of a jug of brandy for haying time was rigidly adhered to, and frequent indulgence was the rule. While all the male members of the Kinsel family drink, only two carry it to excess, viz., John's uncle and cousin.

His father's sister was insane and died in a retreat. In her youth she was morbidly sensitive, but not until the age of thirty-three did she have the first outbreak of insanity. She at first refused to see anyone, and would do nothing else but read her Bible. From this she recovered without being sent to a retreat, but five years later when she suffered from a second attack, she was admitted to an insane hospital for treatment. The diagnosis was mania, and she was discharged as recovered after six months' residence there. The third outbreak occurred six years after the second, when she was again sent to the hospital for

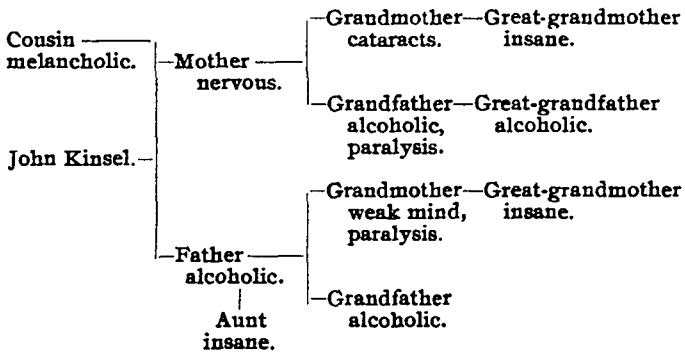
the insane; but between these two attacks there is a history of irritability extending over several years. Upon her admission at this time she was noisy, violent and excited, the form of her trouble again being diagnosed as mania. She remained in this condition about two years, difficult to manage and taking offense at trifling things. She gradually became demented, more quiet and less frequently violent, but retained her irritability which took the form of scolding. She died at the hospital, of typhoid fever, at the age of fifty-nine, without recovering her reason.¹

John's paternal grandfather drank moderately as do all the Kinsels, but otherwise, as far as can be ascertained, was normal. His wife (John's grandmother) died in a 'fit,' her mind was slightly affected, having had a 'shock' when seventy years of age. One of John's paternal great-grandmothers, his father's mother's mother, died insane; but no particulars concerning her case could be ascertained. In tracing the Kinsel side of the family, we find insanity in two different generations, alcoholism in all the male members, and paralysis.

Turning now to the maternal side of the family we find the record quite as unfavorable. John's mother is neurotic and far from strong. When warm there are noticed urticarious blotches on her throat, probably of nervous origin. Apart from her general nervousness there appears to be no specific trouble. One of John's maternal cousins, his mother's sister's daughter, a young lady of about his age, became quite unsettled mentally when twenty-five years old. She became nervous, ugly, hypochondriacal and pessimistic. She had a special antipathy to her mother, and scolded considerably. She finally refused to work, and resigned a good position as teacher. After three years she completely recovered, and accepted another position as teacher. Mrs. Kinsel's father, John's grandfather, drank heavily all his life, and died of paralysis at the age of seventy-two; but none of his children (John's uncles, aunts or mother) drank at all. John's maternal grandmother was operated on for cataracts of the eyes, after her eightieth year. One great-grandparent, his

¹The writer is indebted to the superintendent of the hospital for the account of this case. The early records of the hospital being incomplete, they have no history of heredity in her case. The fragmentary history of heredity here presented has been obtained from other sources.

mother's father's father, drank heavily as did all of his children ; and one other, his mother's mother's mother, died insane, but there have been no particulars of her case gathered. So, here on the mother's side we find insanity in two generations, alcoholism direct for several generations, excepting the mother, and one death by paralysis. The case of cataract is also interesting, as we find John suffering from the same trouble. We have here on both sides a characteristic epileptic family history. We give it below in outline.



Mr. and Mrs. Kinsel were married at the ages of twenty-eight and twenty-four respectively. A girl was first born to them, but she lived only about twenty-four hours. There have been no other children except John, who was born in 1873, nine years after their marriage. His birth was normal, no instruments being used. He was a nervous child, but healthy and happy, seldom crying. When four years of age, he had a very severe attack of dysentery. He went from one convulsion into another for over twelve hours, and for three weeks afterwards was dangerously ill. The same year while out riding with an old lady, the horse became unmanageable, and running up the side of a steep bank, threw out both occupants of the carriage. The lady fell upon John, the latter striking his head against the edge of a small wooden box. He was unconscious when first picked up, but recovered before long, and immediately inquired for the old lady whom he feared had been killed ; he said that he was not hurt except a little on his forehead. Upon examination it was found that the box had come in contact with his

forehead, about a half inch above his eye; the physician who was called said it had made a 'dent' in his forehead. The skin was not broken, but his forehead became much swollen, and all that side of his head, black. He speedily recovered, and apparently with no serious consequences. We might find a traumatic origin for his epileptiform condition here if it were necessary, but his family history would make this superfluous; for not only are we able to charge it to heredity, but given such a heredity we would look for it in his life.

John's life on the farm cannot well be differentiated from that of other children in like circumstances; he assisted about the work and attended the district school. From his earliest recollection he has been nervous. He stuttered badly from the age of four until he was twelve, but gradually outgrew it, so that it was scarcely noticeable when he was in high school. But even yet, if in the company of those who stutter or stammer, it is impossible for him to talk normally. While in college, during a recitation, the professor in charge called upon three students in succession to recite, all of whom stuttered; he then called upon John, who upon trying to recite stuttered so as to be unable to respond, and not until after class when the professor received an explanation of his former habit and present nervousness, was John clear of the censure of both professor and class on the ground of mocking the others. Even now when he talks about his childhood stuttering, he is unable to proceed without perceptible trouble.

During childhood and youth he had very vivid dreams, which continue to the present time. Very early he became somnambulistic; on one occasion when about nine years of age, after having gone to sleep in his bed at home, he awoke to find himself out in the fields. His little dog had followed him, biting at his heels. When he was able to orientate, he discovered that he was a half mile from his home, it being about two o'clock in the morning; he having traversed this distance without accident, and on the journey crossing some very difficult places. He returned to his home and bed. He has always required an excessive amount of water to drink, quite frequently exceeding one gallon in twenty-four hours; he is correspondingly troubled

with polyuria. As a child his father tried to limit him in his drink, and later he himself endeavored to lessen the quantity, but without success. He has since required less, but at the present time drinks more than normal.

All his life, up to the time of the operation upon his eyes, he has been subject to violent headaches, continuing sometimes for days. For a day the headache may not be very severe, then becomes almost distracting. It started over his eyes, then worked back until it apparently crowded the whole head; then sometimes he would become 'light-headed,' and would be finally relieved by an attack of vomiting. These headaches were more frequent and more violent during his high school course than while he was in college; and since the operations for cataracts have taken place, the headaches are much less frequent and severe.

It was decided that John should study for the ministry, and to this end he entered high school to prepare for college. This decision was probably reached, not because of any special religious fitness on John's part, or because of what the older theologians would designate as a call, but for the same reason that so many choose one occupation rather than another, viz., the way was opened more towards the ministry than any other profession, and both the parents and John were ambitious concerning his future, desiring him to enter some profession. Further, the farm life was very distasteful to him, and notwithstanding that he is the only child and must come into possession of this large farm, he still dislikes the occupation of farming.

He entered the high school, and considering the disadvantage of poor eyesight did good work. On account of cataracts, he had not more than two sevenths normal vision in his best eye. The irritation must have been great, nevertheless his health seems to have been good, except for the headaches, and at this time he overcame his stuttering habit. At the age of twenty he entered college, having as a room-mate one of his classmates, who faithfully served him and loyally remained with and assisted him all through his course, even at the expense of a high stand, for which he was ambitious and capable of attainment. It was largely through the help and self-sacri-

fice of this room-mate that John was able to finish his college course; not that John did not work and maintain a fair stand, but his sickness and poor sight were great handicaps to him.

During the freshman year John continued his work like all the other members of the class. He indulged in athletics to some extent, trying for his freshman crew, but did not succeed in making it. He was ill twice during this year; first, from an attack of mumps which was sufficiently severe to affect one testicle seriously for a time, but from this he recovered. After this he had quite a severe attack of la grippe, but after a short illness his recovery was rapid, with no serious consequences. There appears to have been no abnormal mental or nervous trouble during this year, with possibly two exceptions. There were strange swellings of the hands at night, accompanied by neither pain nor inflammation nor disability of any kind. No remedy was used but the swelling went down spontaneously and quickly. This may have been of nervous origin. The other possible exception was the great tendency to sleep, often much of the day being spent in this way. He could sleep any time and anywhere, but he attributed this state to his tired eyes. The summer vacation following the freshman year was spent at his home on the farm, assisting in the haying, and in the autumn he returned to college to take up the work of the sophomore year.

It was in the sophomore year that the somnambulistic states began to show positively. There were four stages in his abnormality, viz., first, asleep, with eyes closed, lying down; second, asleep, with eyes closed, sitting up; third, asleep, with eyes closed, walking around; fourth, asleep, with eyes open, walking around and carrying on the ordinary duties of life. The first of these periods corresponds in time to the sophomore year; the second to the greater part of the junior year; the third to the last part of the junior year and the first half of the senior year, and the fourth to the latter half of the senior year, and for nearly a year following graduation. The term 'sleep' will be used to designate the abnormal state in all its forms, for it was thus named by John and his friends on account of the way in which the state originated, but it is hardly appropriate for the last stage of the abnormality.

At the beginning of these states in the sophomore year, John was sleeping considerably in the daytime as he had done during the freshman year. His class-mates who came into his room noticed that he was suggestible at these times but this was discovered quite by accident. Frequently he would talk when he seemed asleep and when a bunch of keys was shaken near him or a similar noise was made he would start to sing quite lustily, 'Jingle bells, jingle bells, jingle all the day,' etc. The fellows began talking to him and he would answer quite brightly, showing a keener display of wit than when he was normal. Of course his friends did not realize the seriousness of his trouble and it was considered a great joke, furnishing amusement for all his associates. Later another accidental discovery of suggestibility occurred; some of his friends came into the room and found him asleep; they began singing, in a way common among students, a college song concerning the initiation of freshmen into secret societies. The chorus is rendered loudly and with great spirit, and when this was sung John would arise and beat about the room in a very amusing pretence of initiating the freshmen. It became quite common for those who knew about it to sing this when John was asleep in order to enjoy the sight of the initiation which frequently changed according to the circumstances. It was also noticed at this time that in some ways he was very bright if he talked while 'asleep,' but that when he awoke he failed to remember anything that was said or done while he lay on the couch with his eyes closed, but from his actions and words apparently awake. Most of his companions refused to believe that he was not awake, nor would they accept the statement that he could not remember what had happened, but thought that this was carrying the joke further, such as frequently happens among college boys.

In April of the sophomore year five students including John went out for a sail one Saturday afternoon, intending to return within a few hours. They got becalmed outside the harbor, and when a breeze did spring up they were driven to the opposite shore. It was so dark that they could not see to land, so they anchored as soon as they heard the breakers. Cold and hungry,

they remained in this position all night, and the following morning after landing to obtain something to eat, returned home, reaching the college town Sunday afternoon. Their friends, being much frightened, had given them up for lost, and were about to charter a tug-boat to search for the remains. On the sail home, just before entering the harbor, John lay in the bow and went to 'sleep.' He then began to compose and recite doggerel rhyme as fast as he could talk, greatly to the amusement of the others. He described the different incidents of the trip in his rhyme, and soon afterwards awakened. When next he went to 'sleep' they suggested the trip, to which he responded by reciting this rhyme and adding the incidents which occurred after his awaking on the boat. This became very popular among his friends, and seldom was he found 'asleep' for some time after this without being asked to recite the doggerel. It was found impossible to obtain a copy of the poem as it was first spoken, but through the memory of one of the party, assisted by a process to be explained later, nearly the whole poem was reproduced. It exhibited a quick and spontaneous power of rhyming, together with a change of character quite characteristic of the second state. We see here a young man studying for the ministry, of generally good conversation in his normal state, when abnormal producing low, vulgar rhymes. We present the first four lines to show the general style :

"H—b— A—g— had a scheme, a wild, fantastic, fevered dream ;

He thought if westward he should sail, before a strong, propitious gale,
That he would find a wondrous land, where gold lay sparkling in the sand ;
Green bank-notes grew on all the trees, and rustled there in every breeze."

During the sophomore year his friends discovered that he could be awakened by running their fingers over his face, but this did not always suffice to keep him awake. At one time his room-mate kept account of the number of times he would awake and go to 'sleep' again during a certain time. The exact results have been forgotten, but it was oftener than once every minute for several minutes in succession. In this year not only were his dreams very vivid, but he began to have serial dreams in his normal sleep. He would dream of some person or thing, and the next night, or for several nights following, begin and

continue the dream where he had concluded it on the preceding night. The most important serial was that of a young lady whom he met in his dreams for several years. She was usually playing the piano and her name was Edith. John told of his dreams to his friends, and thus the name Edith became a common one in conversation and joke. During the latter part of this year, while lying on a couch with his eyes closed, he would talk, joke, smoke and move around on the couch as a waking person, but remember nothing of it when he awoke.

The summer following sophomore year was spent home on the farm assisting in the various duties about the farm, especially in the gathering of the hay. He returned to college in the fall encouraged concerning the prospective year's work, on account of the almost total absence, during the summer, of somnambulism so characteristic of the latter part of the sophomore year. The expectations were not realized, for no sooner did the study and the regular term's work begin than the somnambulism again became prominent. He did not sleep so well at night, and began to walk around the college grounds in his sleep. His room-mate would sometimes miss him and go in search of him. He was found at one of the other dormitories at times, where some of his friends roomed. There he rapped on the windows where he could reach, or threw small stones to the windows of those who roomed in the upper stories. They were awakened and took it good-naturedly at first, thinking it was done for a joke, but finally began to resent the frequent repetition of it. He would generally be reported to his room-mate, who would go after him and bring him home, noticing that when he was walking along or going up stairs he never stumbled. For fear that some mischief would befall him, not from his inability to take care of himself in these sleep-walking experiences, but from some pranks of his friends who did not comprehend his real condition, the plan was conceived of his room-mate's locking the door at night and retaining possession of the key. This was done, and, as far as the room-mate knew, never once did he try to get out; but after two months' success they got lax, the key was left in the door and the sleep-walking again started.

In the sophomore year the abnormal states began when he was lying on a couch with his eyes closed, but at times this was succeeded by his sitting up with his eyes closed and taking an active part in some of the affairs about the room. This began about the time of his returning to college in the fall, the beginning of his junior year. At this same time it was found that rubbing the fingers over his face did not suffice to awaken him, and a new expedient was resorted to, viz., spanking him on the buttocks with a book or some flat and heavy article. This was very successful for a time, and not infrequently John would request his friends to awaken him thus. Sometimes the very threat or posture of spanking him was sufficient to awaken him, and the suggestion that his friends were spanking him was frequently taken and resulted in his awakening. This method was finally ineffectual, and at one time a class-mate spanked him at intervals all the afternoon with a large Latin lexicon, but notwithstanding the physical pain and his shouting and crying, he remained asleep the whole day.

He continued to be very suggestible and dreamed a great deal. During the year while sleeping near a radiator, his friends sprinkled water on his face to try to awaken him. When he awoke he told them of a dream he had had. He dreamed that he was at a fire and was very warm (suggestion from the heat of the radiator) and that the firemen had turned the hose on him (suggestion from the water sprinkled on his face).

In the 'sleeping' state he seemed at times to be much brighter, wittier, and in many respects more intellectual. His friends delighted to find him 'asleep' when they went to his room, on account of the fun in his retorts and conversation. Sometimes he would start up with an exclamation and his friends would carry on a conversation with him from this beginning. One day while sleeping on the couch, with his friends conversing in the room, he suddenly started up saying, "H—l—'s dead and gone to hell." Someone replied, "Tell us about it." He then began and gave a description: "Prexy D—— preached the funeral sermon. He took his text from the second chapter of Colliseums—He hath grinned what he could." This was very appropriate, for H—l—'s smile was a

standing joke among the boys. John then composed and repeated some doggerel as fast as he could talk, commencing: 'H—l—'s dead and gone to hell.'

During this year he showed a wonderful exaltation of memory. The best example is that of remembering several lines of Greek prose while studying with some class-mates. John was reading while the others were finding the unfamiliar words in the lexicon. In the midst of the preparation John went to 'sleep.' When the time came for him to read again, with but a glance at the book, he turned away so that he could no longer see the book, and then repeated six lines of the Greek as though he were reading it, a feat entirely beyond his ability in his normal state; in fact, to but glance at a book and then repeat six lines of Greek prose, would be an accomplishment out of the range of almost any one, especially a student none too familiar with Greek. Some of the classmates attributed this to some telepathic or clairvoyant power, but it was noticed that when he went beyond the sixth line, he still continued with Greek, not according to the text, but he repeated a combination of Greek words that he remembered, the words being put together regardless of the sense. This shows that memory accounted for all, not only that he had no clairvoyant power, but because he did not go beyond the sixth line, that he was not reading. This trait of substituting other words and composition for the original, when memory failed, will be spoken of again when we come to deal with his experience in the hypnotic condition.

During the last part of the junior year the third stage of the somnambulism developed. Before this he had gone to 'sleep' on the couch, with eyes shut, responded to suggestions and talked considerably; next he had sat up with eyes open and participated in certain actions about the room; but now he commenced to wander about the college grounds, with eyes shut, yet without receiving any harm. Probably, as frequently happens in the hypnotic and other somnambulistic states, the eyes were not entirely closed and admitted of some vision. Near the latter part of this year (May, 1896) he had a slight attack of jaundice. He went home for a few days and upon

recovery returned to college. During this time there appeared a bloody sweat upon his forehead, caused evidently by the strain incident to a violent attack of vomiting.

In the spring of the junior year there developed some epileptic attacks. The seizures were only slight, but some were sufficient to throw him to the ground, and during some of them he was unconscious. The first one known of happened after he had come down stairs from his room. The last that he remembered was arriving at the foot of the stairs. When he came to himself, he was in the closet, the place for which he started. He did not know how he got there or what had transpired since he left the foot of the stairs, but from the fact that his lip was cut, his face bruised, and his clothes dirty, he concluded that he had fallen down. When he came to himself he was still dazed and felt peculiar. Shortly after this at the advice of the college physician he went to his home for a few days. Here while harrowing he fell to the ground in an unconscious condition. The third was seen by his room-mate. They were in the room together, John being in his normal condition. He felt the attack coming on and moved over to the couch on which he fell. Immediately there appeared tonic contractions of the extensor muscles, his head was thrown back, his eyes rolled up, his legs, arms and fingers rigidly extended so that it was impossible to bend them. There was no foaming, no blood, no clonic contractions, and he did not hurt himself in the least. His room-mate put water on his forehead and he returned to his normal condition, not having been totally unconscious. There were some other attacks of which we have no definite account, but probably all less severe than these three, and not numbering more than ten or twelve all told. When alone at one time he thought that he felt one coming on, and by resisting it, he considered that he had prevented it. It will be noticed that these came invariably when he was in his normal condition. Besides this 'grand mal,' there were numerous attacks of 'petit mal.'

The summer vacation following the junior year was spent on the farm, as previous summers had been. During the three months, he was 'asleep' not more than two or three times, and then not for very long. In the fall he returned to college to

complete the last year's work. It was during this year that the somnambulism became most aggravated, and showed itself in the most vivid and interesting form. Immediately on his return, the trouble came on again very much as it had been at the end of the junior year. He walked about with his eyes closed, presenting a rather ghostly appearance, yet making his way about without any harm to himself or others. At this time there were some feats performed which some of his friends thought almost superhuman. On one occasion he was lying on the couch in the corner of the room, with his eyes closed while two of his class-mates were playing checkers. The table on which the checker-board was placed was some distance from him, and at least two feet higher than his head, so that normally it would be impossible for him to see the board. He did not appear to be paying any attention to the play, when suddenly he cried, "You can jump two there!" Both those playing and those looking on laughed, thinking that he intended it for a joke; but he got up, went over and showed them where the two men could be jumped, a move which none of those around the board had noticed. Only in one way can this be explained normally. Of course we know by experiment with hypnotic subjects, that when the eyes are apparently closed, there is an opening sufficiently large through which to see; and the fact that John's eyes were apparently closed does not mean that with the hyperæsthesia so common in cases of this kind, he could not see. But according to the normal laws of vision, it was impossible for him to see when the board was at least two feet above his head. John was an excellent checker player and usually took a lively interest in the contest; it is barely possible that being very familiar with the game, he had watched the hands and arms of the players without being able to see the board itself, and thus kept the game in mind before him. No other explanation occurs to the writer without resorting to clairvoyance, for telepathy it was not, as no one knew of the move except John.

On another occasion John played a game of chess with a classmate when his eyes were closed, and in addition to this he was blind-folded. He played through correctly and won the

game. Any attempt on the part of his opponent to move out of turn, or to remove a man from the board was immediately detected. He did not feel all over the board, but put his hand on the man which he wished to move and put it in its appropriate place. One thing that would assist him in detecting moves out of turn was his excellent hearing. This was more acute on account of his poor sight, a feature that we see illustrated in the case of the totally blind. At another time he was tested by his friends after the game. His eyes were closed and different chess-men were placed in various places on the board, some of them being behind a tobacco box. He made mistakes in naming the men until he touched one of them, when he appeared to see the whole board, and rapidly told where the different pieces stood. Another feat frequently performed was the recognition of persons introduced by the wrong name, when his eyes were closed. When they spoke, his acute hearing would account for this, but the hyperæsthesia and slight opening of the eyes would be sufficient explanation of the mystery.

In November of this year he went to the room of a class-mate to be tutored in German. He would not study at first, but finally sat down. The class-mate began to read and continued until he noticed John's book drop from his hand and on looking up discovered his eyes closed. When the reading stopped, immediately John said, "Go on, damn it." The reading continued and as a test, words were omitted or put into improper connections. Whenever this was done John objected and demanded a proper reading. Not long after this his friends asked him to recite, as he frequently did for them when 'asleep.' He chose a reading quite popular among the boys, entitled 'How Ruby played.' This purported to be an account of a rustic who went to hear Rubenstein, the great pianist, play, and is written in an appropriate style. It is an endeavor to show the effect of music upon the emotions. It ends very boisterously as follows :

"—P-r-r-r-r-lank! Bang!!! lang!
perlang! p-r-r-r-r-r!!! Bang!!!"

At the last word he jumped off the floor as high as he could, and when he alighted he awoke, looked around at the laughing

fellows, and was utterly at a loss to know what had taken place. The last thing that he remembered was being down stairs about an hour previously. Instead of reciting he would sometimes entertain his friends by imitating the professors in lecturing, bringing in their idiosyncracies with considerable skill.

Before January of his senior year there developed the fourth and last stage of his somnambulism, that of going about in a secondary state with his eyes open, what Binet¹ calls 'vigilambulism.' At this time he was very boisterous, and his first appearance to his room-mate with open eyes was quite exciting. John entered his room to find his room-mate there alone. He was 'asleep,' and had evidently been drinking; but told his room-mate that he was going to call on his cousin who was in town for the day. His friend being afraid that he would disgrace himself in his partially intoxicated condition, tried to dissuade him. This he was unable to do, so stood against the door and prevented his exit. John was apparently very angry, threatening all manner of injury, but finding this of no avail, he grasped a large bottle used for holding spring water, and lifting it in the air he started for the door, threatening his room-mate with assault. As he came toward the door with upraised arm and bottle, his room-mate saw his eyes open for the first time when he was 'asleep,' and he looked very wild. The room-mate did not stir, and John gave up the proposed visit.

Another class-mate with whom he was quite intimate, describes the first time that he saw him with open eyes, which was a few days later. While 'asleep,' John had gotten into an altercation with a class-mate across the hall, who had little patience with him. John's room-mate succeeded in getting him into his own room, but John wanted to get out and continue the quarrel, threatening great bodily harm to his opponent. The room-mate, as before, placed his back against the door to prevent his going. John took down from the wall an old revolutionary sword, which was one of the decorations of the room, and ran at his room-mate with the sword, jabbing first on one side, then on the other, the class-mate being almost paralyzed with fear for the safety of the room-mate. John seemed to know that he

¹ 'Alterations of Personality,' p. 3.

was acting a part, so was careful not to strike anyone. Finally the room-mate grasped hold of John, they clinched and fell with the room-mate on top. This seemed to take all the spirit out of John, and he arose whimpering like a child, and saying, "Where is my cigar?" he had lost this in the struggle. He had his eyes open at the time and looked vicious. The excitement seemed to cause his eyes to open in both of these cases, and thereafter they remained open when he was 'asleep.'

This last stage was the fully developed 'double personality,' and now let us give as full a description as possible of this secondary state. In the secondary state John remembered all of his past life, but when he returned to the primary state he could not remember anything that had taken place during the secondary state. His memory of the details of his primary state was frequently more acute in the secondary state than in the primary state. There is only one incident of which we know which shows any memory of the secondary in the primary state; it is as follows: when in the secondary state at one time, John was boisterous, partly on account of his natural temperament when in this condition, and partly through the influence of some alcoholic beverage. He became so violent that he was arrested and taken to the station-house. As soon as his friends heard of his predicament they applied to the authorities, who upon hearing of his infirmity, very kindly and courteously ordered his immediate release. His room-mate took him home and he went to bed and to sleep. He awakened in his normal state, and began to relate a dream which he had—the dream was an exact account of his arrest and the subsequent events. He asked his room-mate if it were so and he was quickly assured that it was not. This is the only trace of any memory of the secondary state by the primary.

Apart from the memory, there is frequently a great difference between the two states, which is shown not a little in the character. Naturally, John is good-natured, kind-hearted, generous, sympathetic, — in short a good fellow and a kind friend. When 'asleep' he became very surly. To some persons he appeared to take a special antipathy in this secondary state. With a few of these it was evidently nothing more than a letting loose

and displaying normal feelings toward them. He would not like them when 'awake,' but of course would not show it; when 'asleep' there was no attempt at control. There were two class-mates in particular with whom he was never pleasant, showing his dislike to them by every means in his power. He would call them by mean and ungentlemanly names, and in his doggerel rhymes would go out of his way to say some unkind thing.

But these were never confined to any particular persons; it was characteristic of him to be surly and disagreeable. Even to his room-mate, to whom he was under such great obligations and whom he normally liked very much, he was usually surly. It was a common thing for him to say that he was going to move out of his room because his room-mate was so 'grouchy'; and he would frequently blame others for being in this condition. John and the writer were always on the best of terms when he was normal, but a few times when 'asleep' he tried to engage in a quarrel. While in his room on one occasion near the end of the senior year, he ordered the writer to leave the room, stalked energetically to the door, opened it and said, "Do you see the door? Well, go out and do it damn quick." His command not being obeyed, he seized a chair and raised it over his head in a threatening attitude, but no attention was paid to him, and before long he lowered it. Finally both went out together, and he continued his abuse and after walking along a short distance, he seized the writer by the neck with one hand and hit him on the mouth with the other, but not hard enough to do any injury. Only on one other occasion did he try to engage the writer in any altercation.

Not only would he endeavor to quarrel with various persons, but he would frequently show his surliness by mean acts. The writer has seen him enter the room of a class-mate where there were three or four persons sitting, walk up to the desk, and with one sweep of his arm knock from the desk on to the floor a whole pile of twelve or fifteen books, then turn around and walk out of the room. The least word frequently sufficed to anger or offend him. With this he was often boisterous, shouting so as to be heard some distance, or again he might be puerile or clownish.

He appeared to have little judgment of the fitness of things ; his speech might be nonsensical or improper, and his acts rash and precipitous. Along with his judgment of ordinary things went his ethical judgment. He seemed to be almost entirely different from the normal in this respect, which fact was shown by his language, temper, and his partaking of intoxicating liquors when 'asleep.' The latter is just mentioned here and will be taken up later in detail. He smoked when normal, but smoked most when abnormal. He was careless about money matters when 'asleep,' borrowing indiscriminately and not caring to pay back when 'asleep,' and knowing nothing of the debt he had incurred when he awoke. Some of his classmates thought ill of him on this account, for which of course he was not responsible. Even when he had money of his own he would wake up and learn that he had been intoxicated, yet upon examination find that he had as much or more money than when he went to sleep, and of course he would be unable to tell from whom he had obtained it.

He did not consider the cost, his judgment seemed weak here, and frequently he contracted debts which he would never think of doing if normal. On one occasion he purchased an expensive pipe for which he did not pay. On awaking he enquired concerning it, and when he ascertained the circumstances from his room-mate, returned it to the store. He at another time subscribed for a paper which he had refused to do when awake, and again he contracted with a firm to canvass, but on awaking he was enabled to have the contract annulled. While in his room one day he complained before the writer of being sore and stiff, especially in the arms. His room-mate questioned him when next he went to 'sleep' and found that while 'asleep' he had purchased a snow-shovel, gone a few blocks above the college and shovelled off a sidewalk for which he had received sixty cents. He engaged to come next morning and do further shoveling for one dollar, and left his shovel there during the night. In the morning he was normal, but before noon he went to 'sleep' and asked what time it was ; he was told that it was half past ten, and then he related his yesterday's doings, saying that he had lost his job for he had

promised to be there early in the morning to shovel. Although told where the shovel was he would never go and get it.

His will appeared to be weaker, and physically he was weaker when 'asleep.' His room-mate is a slight fellow, and when awake John, who is strong and muscular, could handle him, but when 'asleep' the conditions were reversed. His room-mate also thinks that when John was 'asleep' a slight difference could be detected in the quality of his voice. While his eyes were closed any one could tell when he was in the abnormal condition, and at first when he opened his eyes it was comparatively easy to distinguish the two states. His whole appearance was different and the change in his character showed very plainly. As he came to be more and more in this abnormal state it became correspondingly difficult to determine, and finally no one except his room-mate could tell, and even he at times was unable to detect the difference. It was not only so with others, but with John himself. Frequently the writer has accosted him in the morning with, "Well John, how are you this morning?" to which he would reply, "I'm asleep, been asleep since eight o'clock," or "Woke up asleep," but later on it was difficult at times for him to tell which state he was in. One evening he and his room-mate were sitting before the fire, when the latter said to him, "John, are you awake?" John thought for a moment and then was unable to tell. He was asked if he remembered certain circumstances, and in this way it was found that he was 'asleep,' for memory was the final test. There were certain stock questions, which his room-mate asked him; if he remembered, so that he could answer them, he was 'asleep'; if not, he was awake, for the circumstances occurred when he was 'asleep.' When it was difficult for John to tell his true state he would test himself by these questions, but it is obvious that this would be when he was 'asleep,' for he could not remember the questions when he was awake. He could sometimes tell by the way he felt, and his friends could as often tell by his mood. The latter was not always an index, for the writer has seen him 'asleep' when he was pleasant and apparently perfectly normal as far as mood was concerned, but this was very exceptional. If when 'asleep' he had been very

angry, or in a serious altercation with any one, he would know it when he awoke by the way he felt. He did not know any of the details, however, the cause, the place, or even the person with whom he had quarrelled.

John was liable to go to sleep at any time; there seemed to be no rule about it with this possible exception — he was more disposed to be abnormal after studying hard, or exciting himself; therefore he was more liable to be ‘asleep’ in the afternoon than in the morning. He would go to ‘sleep’ between two sentences and continue the conversation so that no one would notice the change. His friends naturally attributed his abnormal states to his eyes, and considered that the strain caused by the eyes upon the nerves was not only the occasion of the individual attack but the total cause of his trouble. They noticed that he was almost always ‘asleep’ for Hebrew class, which came in the afternoons, and attributed this to the strain on the eyes, caused by deciphering the Hebrew points which he would study in the morning. It was also noticed that if he would take a vacation for a few days or weeks he was almost if not wholly free from attacks, and in the summer vacation only two or three attacks would occur during the four months, and these for not very long at a time; while in college they came to occupy quite half of his time. This supposition was reasonable from the standpoint of a layman, but expert testimony contradicts it. The opinions of two oculists and two eminent neurologists were obtained on this point, and they agree in affirming that the eyes were neither the predisposing nor the exciting cause of the trouble. To explain the ‘post hoc’ they say that while using his eyes he was also using his brain, and that this was the cause rather than the strain on the eyes; and that when he was home on the farm he not only did not use his brain so much, but that he was also in better general health. The strain of the eyes would have no more effect than the tiring of the arm, or any of the muscles of the body. The cause of the trouble as given by one of the neurologists was the epilepsy, in fact, that the abnormal state was epilepsy, the abnormal state being the equivalent of an epileptic seizure. This accords well with the diathesis and the history of the case. One physician

mentions the possibility of a self-hypnotization, on account of the peculiar nature of the cataracts. When he looked at anything, he tilted his head forward and looked up, as it was found out later, looking over the top of the cataracts. This is a condition favorable to hypnosis, in fact is the Braid method of hypnotizing and a method in common use to-day. This would be valuable if we were at a loss for a cause; the epilepsy is so evident that this explanation is superfluous, as a *predisposing* cause, but it will be referred to later as the exciting cause.

Besides the liability of his going to 'sleep' at any time, he was as uncertain about waking up. The length of time in these states ranged all the way from less than a minute to several days. Above, we spoke of his waking and 'sleeping' several times in less than as many minutes. This was the shortest time. The longest time was during the latter part of his senior year. He went to 'sleep' on Wednesday morning at half-past nine, and that afternoon he, the writer and several other students went to a symphony concert. For the rest of the week he continued to go about his work as usual, attending classes and performing his regular duties, and in the middle of a sermon Sunday morning he awoke at a quarter of twelve. This makes his longest known 'sleep' four days and two hours. When he would awake he was unable to tell how long he had been 'asleep,' and had to look at his watch to find out the time of day, and find out in some way, usually by asking his friends, what day it was, in order to carry on his work.

In hiding his ignorance of time and other circumstances he has become very skillful. This he has tried to cultivate on account of his desire to keep the knowledge of his condition from the public. By adroit questioning he is able to discover the time and circumstances without betraying his ignorance of them. He has told the writer of his greatest predicament of this kind. John acted as a waiter in a students' club, a custom quite common among students trying to contribute to their expenses. He awoke at one time when coming from the kitchen with his hands and arms piled with filled dishes. He had not the least idea where any of them belonged, but very skillfully found the right places without betraying his confusion. Many incidents

of this kind taught him to hide successfully the embarrassment caused thereby.

There were different depths to his "sleep," as shown by his different moods, but concerning this there was no rule either. During the latter part of his senior year all efforts to awaken him on the part of his friends were futile; when he awoke it was spontaneously. When 'asleep' one day John threatened someone, and two fellows seized him, threw him down, and pounded him some time in an endeavor to awaken him. He shouted and screamed, but with all their efforts they were unable to succeed, and had to allow him to go. On one occasion, though, he was awakened by a blow. He went to the door of a class-mate's room and demanded admittance; this was denied him. He then broke open the door, grasped an alarm-clock near by and threw it at the class-mate. Then he came over, sat on the knee of the class-mate and demanded twenty-five cents. On not receiving it he tried to obtain it by force. The class-mate could not stand any more, and being considerably the smaller, he struck John as hard as he could on the solar plexus. John immediately awoke, saw where he was, and on turning around perceived a number of fellows in the doorway, who were attracted there by the noise of the encounter. When he realized his position he was so chagrined that he went down to his room crying like a child. This episode occurred with one of his class-mates against whom he entertained a great dislike when 'asleep,' but, as with many others, if he awoke two minutes later he would be on the best terms and very agreeable.

He suffered considerable inconvenience from his trouble as one could imagine, the chief cause being the lack of memory of the events which occurred in the abnormal state. When we consider that during the last part of the senior year, fully one half of his time was spent in the abnormal state, we can see what a handicap it was. For instance he might prepare a lesson while 'asleep' (as he frequently did), and when the time came for recitation he would be awake and unable to remember a word of it. He took notes which were entirely foreign to him in his normal state, borrowed money and made purchases of which he knew nothing, and made engagements which he did

not keep. One day he said to the writer, "Well, I must go over and make arrangements with old D. (Prof. D.) for an exam." He had already made an appointment for the examination of which the writer knew. John continued talking about it for some time until the writer felt sure that he knew nothing of the arrangements, when he was told concerning them. He accepted the matter as settled on account of his knowledge of like situations, and said, "Well then, I guess I'll get to work at it; I haven't much time."

His examinations were difficult for two reasons, first, because probably half of the class work would be prepared and recited when 'asleep,' and he always had to reckon on being awake when the examinations were taken; and second, he could not well prepare for them when he was 'asleep'; for if awake during the examination the preparation would be of no use to him. If he could plan on being 'asleep' during examinations, well and good, he could remember all, and probably remember it better when 'asleep,' for in this abnormal condition he was the better man, not only because he remembered more of his life, but because in many ways he was quicker, keener and more intelligent, and his memory for the events of normal life was better than when awake. The writer remembers going into his room one day when there was to be an examination in sight translation in Hebrew, in which both were interested. John, as usual, on Hebrew days, was 'asleep' and recited from memory the first two chapters of Genesis without a mistake. He read Hebrew much better at sight when 'asleep,' but this was no doubt because he was 'asleep,' so much on Hebrew days that few words were familiar to the normal self. He passed one examination in Biblical literature when 'asleep,' and got along very well with it. In talking with him recently, he said that because he had most of his Hebrew when he was 'asleep,' he had requested the writer to hypnotize him in order that he might the better pass the examination. This was done, and he passed it quite successfully. Of this the writer remembers nothing, but would rather trust John's memory than his own in regard to it.

Notwithstanding the obvious advantages of being 'asleep,' he never liked to be in this condition. Whenever he would tell

the writer that he was 'asleep,' it was always in a voice showing disgust and disapprobation. He did not feel the responsibility for his work, and complained of making many mistakes, and got into more awkward positions. Where he thought that there was any possibility of success he made requests to have his friends try to awaken him. The only time that he ever courted 'sleep' was when he wanted to pass an examination.

The young lady John so frequently met in his dreams was named Edith, and when he had a fiancee his friends transferred the name Edith to her, this of course not being her real name. She was entirely ignorant of John's trouble and was purposely kept so, and quite frequently it was difficult to make explanations. When 'asleep' he would write her certain things, and on receiving an answer when awake, he would not know to what things she referred. When he first had this trouble he would, when awake, find a letter addressed to him which had been opened, and would accuse others of opening his letters and reading them, but he soon became accustomed to this situation and jokingly said: "I have double pleasure out of my letters; I get them when asleep, read them and enjoy them, and then when I wake up I read them and enjoy them again."

But more serious trouble was in store. One day when awake he started to see his fiancee, who lived about seventy miles from the college town. He went to 'sleep' on the train and awoke in a depot. He had no idea where he was, although he remembered starting in the morning. He went out and read the name on the depot and found out that he was still en route, being in a depot where he had to change trains, and was awaiting the second train. He arrived at his destination all right, remained awake until the second day, when he went out in the woods with the small brother of his fiancee, to teach him to snare rabbits. There he went to 'sleep,' and returning to the house endeavored to embrace his sweetheart in the presence of other members of the family. This she resented, and on returning to college the regular letter from her did not appear. He was awake and did not know the cause, but suspecting that something was wrong he requested his room-mate to question him when next he went to 'sleep.' This was done, the trouble

ascertained, apologies sent, and peace restored. One incident which caused some surprise at the time was apparently of telepathic nature. One evening while 'asleep' he told his roommate that he knew what his fiancée was doing, and thereon related an account of her going to some social affair and the incidents which occurred there. The next day he received a letter confirming all that he had said. Although at the time some known connection, such as reference to the event in some previous letters was looked for, none such could be discovered.

In the latter part of the senior year John met a graduate student, Mr. X,¹ who endeavored to help him through the agency of hypnotism. John was not very well pleased to have his case examined, for this was what he feared someone would try to do, and naturally he did not wish his infirmity to become a public affair. However, his desire to be awakened overcame his fear of publicity, and he submitted. The writer quotes from Mr. X's thesis :

"On account of the grave nature of the case, I have refrained from disturbing (John) by experiments or from using hypnotism except as a therapeutic agent. Up to date (John) has been placed in slight hypnosis by me three times. The first occasion was an attempt to teach him to wake himself from the secondary state so as to escape the rough handling which was being resorted to. I will describe his visit to my room and the method employed. (John) had never formerly been hypnotized and knew practically nothing about the subject. In actuality auto-hypnosis and somnambulism had often taken place. The boys had been having him perform all sorts of feats and he was really a very suggestible person. I base what I now write on notes taken at the time.

"March 30, 1897. — About 9 P. M. (John) and his room-

¹ Mr. X wrote a fragmentary account of the case and presented it as an appendix to a doctor's thesis to one of the large universities. He confined himself, however, almost entirely to the events of the latter part of the senior year. Some of the incidents related here were also in his account, but the writer was in no way indebted to Mr. X for them. In fact some of these incidents were obtained from the writer by Mr. X, and the remainder were known by the writer or obtained from independent sources. The work of Mr. X should not be minimized, as it was extremely important, and the account of his hypnotic treatment is copied verbatim from his thesis.

mate called on me. (John) was 'asleep' and his room-mate said they had come over to get me to try my method of waking him. This morning in conversation with (John) I told him I was going to teach him to wake himself. I did not say I was going to hypnotize him; he did not know what to expect; but the sequel showed that he was very susceptible to suggestion.

"We sat for a few minutes talking and eating bananas. * * * After a few minutes I asked (John) if he was ready for me to try my method of waking him. He replied that he was. Up to this time he had sat rather quietly in my arm-chair but speaking heartily when he took part in the conversation. I noticed nothing in his demeanor specially characteristic of a secondary state. * * *

"Without telling him or his room-mate what I was doing, I had him settle comfortably in his chair and asked him to look steadily at a small square of white paper (about 1 in. sq.) which I pinned on my breast. I was standing directly before him and the spot was about a foot and one half from his eyes in an easy position. No attempt was made to fatigue his eyes but only to fix his attention a little. My orders were about as follows:

"'Look steadily at this white spot until your eyes feel drowsy, then close them. Think of nothing else but become drowsy and sleepy. You will have no headache or pain but go right to sleep.' After about a minute his eyes closed. At the same time I held my watch to his ear and continued: 'Listen only to this watch and my voice. They will help you to go to sleep. Go quietly and soundly to sleep now.' At about this stage I asked him if he were asleep. He seemed partly confused by the question, slightly opened his eyes and said, 'I guess so.' Questioning him some days later, he told me it seemed as if the world got dim and my voice sounded far away when I was having him go to sleep. To make sure that he had reached a suggestible state, I held the watch to his ear a little longer and continued, 'Listen to the watch and go to sleep. Go soundly and easily to sleep now, and then do what I tell you.'

"All this had not taken more than three or four minutes. (John's) head was slightly drooping forward and, with closed

eyes, he seemed quite somnolent. Judging him ready for suggestions, I spoke to him in an easy, but firm, voice about as follows: 'I am now going to have you wake yourself up. I am going to tell you to count "One, Two, Three," and then clap your hands together. You understand now it is to count out loud to yourself, then clap your hands sharply together, and at that you will wake. You see I am teaching you to wake yourself. All ready now; count "One, Two, Three," clap your hands and wake up.'

"(John) had remained quiet, though apparently attentive, until I gave the last command and paused. Then he at once counted in an energetic voice 'One, Two, Three,' clapped his hands sharply together, then opened his eyes and looked about at his room-mate and myself in a surprised way. He probably would have betrayed more confusion had he not already become used to waking in unexpected places. As it was he only murmured something like, 'It has worked, has it?'—probably echoing his room-mate's exclamation, 'Well that worked fine!' To break a somewhat awkward silence, I reached to (John) a plate having on it a banana and the skins of those we had been eating previously, saying, 'Won't you have another banana?' This was an unfortunate remark in one way, but brought to light how complete was his lapse of memory. He looked puzzled and hesitatingly said, 'One of those (skins) is mine?'—and stopped with this conjecture, rising inflection, waiting for me to corroborate it. I told him he had eaten one banana while 'asleep' a few minutes before. He said he now remembered nothing since before 6:30 P. M. (Earlier in the day he had been asleep from one to six P. M., at the end of which time he had been awakened in the room of one of his acquaintances; then had stayed awake perhaps half an hour; then had been 'asleep' until this visit to me at about nine P. M.) I explained to him that I had taught him to wake himself; that he did not now remember how it was done, but that he would remember all the next time he was 'asleep;' and that he must then wake himself; I told his room-mate in his presence not to tell him how he was waked. After a few minutes both went home apparently highly pleased.

“After the above I did not see (John) for two days; then I called at his room. He told me that he had found out how I waked him. This came about in a peculiar and amusing way. Going to ‘sleep’ in his usual off-and-on manner, he had tried my recipe several times with great success and much to his pleasure in thus having some control over his states. He found it seemingly harder to work, however, and resorted to trying to go sounder to sleep before using the formula. While over at his eating club on the morning of April 1, he waked himself up and was surprised to find himself repeating ‘One, Two, Three,’ and feeling as if he had clapped his hands. After his breakfast he came to his room and stayed awake until about 10 A. M. Was ‘asleep’ five or ten minutes when he went down stairs. While there he woke himself up by the recipe, but repeated ‘1, 2, 3; 1, 2, 3; 1, 2, 3;’ and clapped his hands several times after he was awake and could not stop it. (John) soon went to ‘sleep’ again and had a slight quarrel with (a friend). He remained ‘asleep’ only a few minutes when he woke himself again by seating himself in a rocker, swaying to and fro until he went sounder to sleep, then saying ‘1, 2, 3,’ and clapping. He again had to repeat and finally broke off with the interjection, ‘O damn, can’t I stop this!’ Telling me of his experience later, he said it seemed as if his whole body was paralyzed for a few minutes, except his tongue and hands, which kept repeating ‘1, 2, 3,’ and clapping.

“After my visit of April 1st (John) did not go to ‘sleep’ until April 3d. This was staying awake more than usual and it is possible he took as a ‘suggestion’ my merely telling him that I not only was going to stop his repeating, but should keep him from going to ‘sleep’ at all. I had laughed at what he had told me and assured him that it could soon be stopped. I felt certain that it was a special case of the tendency to continue induced actions which is found so peculiarly in some subjects. * * *

“Monday, April 5, 1897. About 10 A. M. (John) and his room-mate called at my room. (John) was ‘asleep’ and wished to wake up. He had gone to ‘sleep’ Saturday afternoon and had been ‘asleep’ and awake several times since. He had waked himself by my recipe, but had to repeat ‘1, 2, 3, clap’

too many times. He thought he had repeated it fifteen times; his room-mate had seen him repeat about eight times. * * * When I got ready to hypnotize him he kept on talking and would not fix his eyes as I directed. I left him alone a few moments till he became quiet, then I placed him in a slight hypnosis as on the first day, only cutting the time shorter. I gave him suggestions about as follows:

“I am going to wake you myself this time. Then you must stay awake for the rest of the week. Do not go to ‘sleep’ when you see A, or anyone. If you should accidentally go to ‘sleep’ come to me to be waked up. Now when I say ‘1, 2, 3,’ and clap my hands, you will become wide awake and stay awake for a whole week. Have you understood everything? Nod your head if you have. (He immediately nodded.) All ready now: ‘One, Two (I think he woke at the word ‘Two,’ at least he then opened his eyes), Three, Clap’ — clapped my hands. He aroused more, looked around puzzled and said, ‘Well, I came up to your room again.’ I watched for any tendency on his part to ‘repeat’ as if he had waked himself, but there seemed none. * * * His pipe was lying on the table where he had put it a few moments before. He looked at it and said, ‘Have you a pipe just like this?’ He thought it was his pipe but did not remember putting it there. As he arose from the chair his back twitched and he started to tell me about having hurt it in the gymnasium. He seemed to have no idea that he had explained all this fully a few minutes before.

“After (John) awoke, I threw the little square of paper at which he had been looking in my open fire. He saw the action and I remarked, ‘There goes what we did it with.’ He immediately asked, ‘Did you have me sign a contract?’—thus unconsciously illustrating how complete was his lapse of memory, and how he was trying to piece it out with conjecture.

“Friday, April 9, 1897. —(His room-mate) saw me in the Library at 11 A. M. and told me (John) had just gone to ‘sleep.’ He seemed to linger in a sort of half-sleep a few minutes before going fully over. Soon (John) said he had gone fully to ‘sleep.’ I immediately went over to see him and found him in the room above. He was trying to hypnotize Z. in the manner in which I

treated him. He was not having good success with it, however, and there was considerable fun over it. (John) had remained awake the prescribed length of time lacking one day to finish out the week. It seemed, however, that he had irritable spells which ordinarily went with his 'sleep,' but at the time he would declare that he was not 'asleep.'

"After a little conversation I took him over to (the college physician's) office. In the presence of the doctor I placed him in a slight hypnosis and gave him the following suggestions: 'I am going to have you do three things. 1. You will wake up and stay awake. 2. You will not fight or quarrel with any of the boys. 3. You will wake yourself by counting "1, 2, 3, clap," but not repeat it at all.' I repeated these suggestions to him and had him nod that he understood them. At my saying that he would not fight with the boys he smiled. When all was ready I had him wake himself. He did so in a moderate manner and did not in the least repeat * * *.

"After getting waked up in (the doctor's) office April 9, (John) stayed awake thirteen days. On the morning of April 22 he went to 'sleep' on the train on his way back to college. (He having gone home on his Easter vacation on April 14.) * * * During the week after his return to college (John) went to 'sleep' twice."

Besides the above records taken from the thesis of Mr. X, John was awakened hypnotically three other times; once again by Mr. X in the presence of the writer, once by the writer, and once by the college physician. On May 3, the writer met him on the college grounds, and was told that he was 'asleep.' The suggestion was immediately made that he go to Mr. X to be wakened. He at first refused and began to speak of Mr. X in a very disrespectful and antagonistic manner. After considerable persuasion and argument, and the writer's agreeing to accompany him, he consented to go. But after getting started he did not seem to be real anxious to continue his journey, for he stopped as frequently as he could find any pretext for so doing, and in one instance making a pretext by going into a store and purchasing some maple-sugar. This was partially eaten on the remainder of our way.

At length we arrived at the house and found Mr. X at home. After being seated Mr. X said, "Well how is everybody?" John jokingly replied, "Cutten has gone to sleep." Mr. X then asked how long 'Cutten' had been asleep, to which he replied, "I can't tell very well, but I think since sometime this morning." John offered Mr. X some maple-sugar and they talked for some time, when finally the latter said, "I suppose the best thing for Cutten is to get waked up, isn't it?" to which John replied, "That is what I came up for, but I do not believe your method will work. I tried to wake myself by saying your '1, 2, 3,' twenty times but it would not work." An appropriate answer was given and John was told to lie back in his chair. This he did and after some difficulty, for John would persist in talking, he went off to sleep. The following suggestions were then given: "Now I am going to wake you up in a new way. It is a simple, easy way, but just as good as any. You will snap the fingers of your right hand and then you will wake up. All right, snap your fingers and wake up." At once he obeyed the commands, and looking up to Mr. X he said, "I came up to your room, did I?" then looking around and seeing the writer he said, "Hello Cutten, are you here? Did you bring me up?" He then started to help himself to the maple-sugar, but quickly excused himself for what he considered a breach of manners due to his confusion. The writer then explained that he had bought it on the way up and therefore it was his to do what he liked with, and then he passed it around to Mr. X and the writer. The writer and John then left Mr. X and went to John's room, he asking on the way the circumstances attending his going to Mr. X.

Three days later again the writer met John on the college grounds, and as before, on enquiry was told that he was 'asleep.' John was again advised to go to Mr. X to be awakened. The resistance was stronger than at the other time, very uncomplimentary remarks were made concerning Mr. X, and in addition to this he said that he thought Mr. X had power over him. He resisted every effort to this end, and finally said, "You come and wake me up Cut., you can do it as well as that little pimp." His request was finally complied with and

we went to his room. He was told to look at a thimble held before his eyes and to listen to the ticking of a watch held to his ear. He soon went to sleep and he was told to say 'Presto,' clap his hands together and wake up. This he did with great vigor and awoke. He looked up and said in a pleased tone, "Did you wake me up, Cut.? Bully work." Later in the day he was 'asleep' and ordered the writer out of the room as recorded above.

One evening after the class in physiology John followed the college physician into his office and told him he was 'asleep' and then requested that he be awakened. The doctor put him in a slight hypnosis and told him to slap his knee when he heard the doctor count up to three and awake. This he did and said that he knew how he had been awakened, his knee tingled so that he thought he must have slapped it pretty hard. Besides being awakened these six times his room-mate awakened him once or twice.

On the seventh day of May John went to his home and remained for the rest of the month. During this time he had very few attacks and returned to college on the first of June to take his examinations, feeling comparatively well. From then until commencement he was 'asleep' a number of times, but not so frequently as before his visit home. One thing which has not been recorded and which was quite severe at the latter part of the senior year, as well as all through that year, was the frequent bleeding of the nose. This he has been more or less troubled with all his life.

(To be concluded.)