

stopped and had an imaginary meal, with the patient subsequently expressing regret that she hadn't let her husband have steak when she learned I was going to pick up the check!

My patients have gone through pain-free labor and delivery hallucinating, among other things: a night of roller skating ("Was I tired!"), wandering in a garden, canoeing, swimming in Lake Michigan, fishing, sunbathing, drinking a soda in a drugstore, preparing a banquet, sewing a child's dress ("Wait until I finish this sleeve, Doctor. I waited for you!"), singing and playing the piano, teaching Sunday school, envisioning the child's future (even unto its daughter's pregnancy!), and—the court of last resort—watching a television show.

Mine is an emotion-fraught calling, but I have seldom been more deeply moved than to hear a hypnotized but fully aware mother sing Christmas carols or Brahms' *Lullaby* to her newborn baby as I held him up for her to see for the first time.

#### Are there other useful applications for medical hypnosis?

Yes, indeed, especially in my field. We have found it helpful in controlling weight, for example. There is even some contention that it can enhance bust development, but I have not seen this. On the other hand, we know that it can assist fertility by easing tubal spasm, which is an involuntary natural contraception.

One husband and wife shared an amazing experience with me when she was being tested for trance induction. I asked the members of her group to raise alternately their left and right arms. In doing so, I overlooked the thorough personal history we had taken which revealed that the woman had been unable to raise her left arm for years because of polio. But, as a result of hypnotic suggestion, she did it!

Another patient, blind from birth and down from 113 to 89 pounds because her pregnancy kept her from retaining food, after a single hour of hypnotherapy enjoyed—and, more important, retained—a meal of hamburgers, onions, and French fries. Overhearing me express amazement to my nurse that a woman with so many problems should be so courageous, she said, "I don't have any problems, Doctor!"

#### How does medical hypnosis differ from sleep?

In two ways: (1) the depth of sleep cannot be regulated, whereas we can readily control the levels of a hypnotic trance, and (2) sleep is lack of awareness, while hypnosis is heightened awareness. For example, husbands at a group session with everyone's eyes closed could not hear me drop a calling card on my desk, but the hypnotized wives heard it clearly.

#### Does it take long to induce hypnosis?

Not usually. I have been called in as consultant on emergency deliveries and, with the patient's consent, have helped achieve in a few minutes a trance entirely adequate for painless childbirth. Many patients do not need much if any training. Also, the imminence of delivery helps render a woman more cooperative.

### It Pays to Be Methodical When Buying Periodicals

Get Sister set with fashion stuff,  
Buy "Bold Adventure" mag for Bobby.  
Have Father sign for "Outdoor Rough,"  
And cater to each member's hobby.

Then armed with every reading lure  
From the "Art of Cooking" to "Voodoo,"  
On rainy days you can be sure  
They'll dive for the same issue you do.  
—Betty Billipp



## Quips and Quotes

The psychiatrist greeted his long-time patient enthusiastically. "I have good news for you," he said. "You need no more sessions with me. You're completely cured of your delusions now."

"Big deal," the patient sighed. "Yesterday I was Napoleon—today nobody."  
—Genny Blackwire

A rather prim and proper aunt was visiting the family, and at every opportunity she corrected the children's habits. "It is very bad manners to throw food under the table," she told little Bobby during dinner.

"Only sometimes," Bobby corrected his aunt. "It's okay if the dog is under there."  
—F. G. Kernan

The physician was frankly surprised to learn that the stout woman he had just examined hadn't weighed herself in some 10 years. "Just didn't want to know your weight, eh?" he said smugly.

"It wasn't that," the lady replied. "But when a friend asks you how much you weigh, it's so much more refined to say, 'I don't know,' than to say, 'None of your business.'"  
—V. D. Palat

#### Sport Is Not My Forte

I always exercise  
When told I've got to—  
And what I exercise  
Is my right NOT to!

—Selma Raskin

A cold is something everybody has a cure for—  
except the doctor.  
—D. O. Flynn



"Is this something new—  
wearing an eyeshade when you travel?"