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NOTES ON A CASE OF SPONTANEOUS SOMNAMBULISM

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THE case here reported is one of spontaneous somnambulism in which the patient reached a condition ordinarily not distinguishable from waking life. A full history of the case is had for the period of its greatest aggravation, and close observations were made for several months. The general features of the case are simple. A young man, in his Senior year at college, is subject to passing frequently into secondary states in which he performs all the acts of normal life but concerning which there is no memory when he wakes. In the secondary states, however, he has a full memory of his waking life.

PRELIMINARY ITEMS REGARDING THE CASE

Our subject, "Fred," is twenty-three years old, about 5 ft. 10 in. high, weighs in ordinary clothing about 167 lbs., is of robust physique, hearty address, and a brunette with brown curly hair. At first sight he presents no unusual appearance. On closer inspection, however, he is seen to have central opacity of the lenses, known as congenital cataracts, of both eyes, a not very clear skin, rather thick coated tongue, and not the best of teeth. A further study of his case leads one to think him affected by a grave neurosis, probably hysteric.

Fred was raised on a farm in Central New England and lived as does an ordinary farmer lad up to the time of entering an academy to prepare for college. Not much of his family history has been ascertained. His father is in good health,

mother probably nervous. He has maternal cousins (young ladies) who are nervous. One of these, about Fred's age, is melancholic and for a while was almost insane. A maternal grandmother, past eighty, has recently had cataracts removed. With two kinsfolk there have been acquired cataracts. A maternal aunt suffered with convulsions as a child.

It is probable a full knowledge of Fred's case would show neurotic symptoms dating from an early age. He has long been *somnambulist*. He remembers waking up one night half a mile from home, stark naked, and his dog biting at his feet. This happened about the age of twelve. His life at the academy and during the first part of his college course was not disturbed by any special disorders. He took part in ordinary sports, rowed on the Freshman crew, but gave it up on account of an attack of *la grippe*. During this time, however, he slept much during the day time, talked in his sleep, had vivid dreams and was off and on *somnambulist*.

When a child Fred had an accident that might lead one to suspect a traumatic origin for his epileptiform attacks. He was thrown out of a buggy and struck upon his head. The injury at the time was considered serious but he seemed to recover properly.

THE STAGE OF AGGRAVATED SOMNAMBULISM

About a year ago, the symptoms of Fred's disorder became more aggravated and began to attract attention. This was in the spring of 1896. His *somnambulism* became more acute. At this period also there began to develop attacks of an epileptiform nature. It does not seem that he was subject to strong convulsions or injured himself in these attacks. Shortly after the first attack he went home for a little rest. While at home he had two convulsions in which he fell to the ground. Another attack which he felt coming on once when alone he thought he averted by resisting. After returning to college, he had at intervals other slight spasms or convulsive seizures. Some of these came on him while lying on a couch; others which he had while on his feet were not severe enough to throw him to the ground.

There probably were not more than a dozen of these seizures all told. Some of them seemed more severe than the petit mal of epilepsy but did not reach the stage of the cry and severe convulsions of grand mal. He probably had auditory auras, and in one of the first seizures involuntary micturition. The attacks happened when awake and seemed to have no direct connection with his somnambulism.

About January, 1897, the case was complicated by somnambulism in the day time, becoming frequent.

To understand this phase of the case well, one must know how college boys live together in the dormitories around a large campus. Since most of the students are in excellent health, slight ailments are made light of, and one must become seriously ill before giving up and going home. In this way Fred's case has run a rather remarkable course without attracting the attention of any besides his student acquaintances. In fact his abnormal actions have been the occasion of much sport both to himself and to his friends. But the matter has been so prolonged that he is becoming more sensitive and concerned about it. He is also rather humorously afraid of attracting the attention of some psychological "shark" (college slang for a great enthusiast or expert at anything). He speaks of himself as Dr. Jeckyll and Mr. Hyde and will talk freely and joke about his case to one who has gained his confidence. The writer of this was a graduate student in psychology at the time of becoming acquainted with the case.

The transition to a state of secondary consciousness was apparently the outgrowth of somnambulism. I shall speak of alternating states when referring to the two psychological conditions which characterize Fred's life, although in strictness the alert, somnambulistic, *secondary state seems to include [remembers] most of the consciousness of normal life.* It seems to be a distinct secondary consciousness in the following respects, however; *that his mood and disposition are different in the secondary state, that he ordinarily knows and feels himself in a different state from waking life, and that what he does in the secondary states forms a closed consciousness which is wholly forgotten when he is normally awake, but which is remembered and the old life resumed when*

he enters the secondary state again. There are suggestions of his remembering some happenings of the secondary state when he is awake, but this practically never occurs. Also there have been times when it was hard for him to tell whether he was "asleep," that is in the secondary state. It also seems that the secondary state has different gradations and depths. This is most indicated by disposition and mood. I have not been able to discover any systematization of memories which shows directly more than the alternating sets of consciousness.

I shall also speak of the secondary state as being "asleep." This use of the word "asleep" to designate the actions of what a stranger would call a vivacious and wide-awake young man grew up naturally among Fred's friends on account of the course his somnambulism took. For a long time Fred has been subject to great drowsiness. He would throw himself down on a couch and sleep at most any time of the day. He was troubled with sleepiness when studying and would be overtaken by drowsiness in frequent and peculiar ways. All this was before he began to go about in the daytime with his eyes closed. He would often exhibit somnambulistic suggestibility while in these drowsy states. The fellows got to suggesting things to him and anything uncommon which happened when he was not his ordinary self was called being "asleep."

About January, 1897, Fred began to go about in the day time *with his eyes closed*. There was a remarkable acuteness of senses which his friends could not understand. He could play checkers without apparently seeing the board. There probably was hyperaesthesia and acuteness of the sense of touch amounting to what is called "transposition of the senses" — touch enabling him to see. When lying on a couch, with closed eyes, he was able to tell what was going on, could make jokes, smoke a cigarette, reach for it if it fell on the floor, and seemed practically awake only that he kept the eyes closed, and evidently was in a secondary state.

The stage of somnambulism, with closed eyes, gave way to a sort of "vigilambulism," or going about "asleep," yet *with eyes open* and in full command of his faculties.

The transition to this fully alert somnambulism had a period during which his eyes were only partly open, his actions not yet normal, giving a rather ghastly appearance to his face and to what he was doing. As nearly as I can find out about this stage it was similar to the cataleptic somnambulism of hypnosis, which some French writer says needs only to be seen to be remembered.

Formerly it was possible to tell by Fred's appearance, mood and speech when he was "asleep." Now one usually has to ask him whether he is asleep or awake to find out which state he is in. There have been times when he, himself, was in doubt as to what state he was in. He might say to a friend, "Am I 'asleep' or awake now?" and the answer would be, "Wait a minute until I see whether you get into a 'fight' with me." Fred usually can tell the difference in the way he feels and in what he remembers. If he remembers as a real fact some episode which he knows happened in the secondary state, he concludes that he is "asleep," *i.e.*, in the secondary state. In the waking state he could only remember what he had been told about it, and might be really anxious to know more than he had been told.

It is quite common for him to cry to his room-mate or a friend, "Wake me up, I am going to sleep," or, after having been "asleep," "Wake me up, I don't want to sleep any longer!" The early method of waking him up was to rub his face with the fingers, or tap his nose. He could wake himself up in this manner, and on waking up would fling his arm out in a comical manner and utter some ejaculation as he came to himself. These methods of waking him becoming ineffectual, more violent physical methods became necessary, such as spanking him with a book. The mere threat to do this was sometimes sufficient and he would wake, going through the playful agony of having been spanked. Once when rubbing his face with the fingers would wake him Fred went to sleep an incredible number of times in a few minutes, dropping off almost the moment the fingers left his face.

As a rule Fred seems unable to wake himself from the secondary state, but he probably could bring it on at any

favorable time by placing himself in a drowsy attitude. Either the waking or "sleeping" may come on him spontaneously and suddenly. He has been known to go to "sleep" between two sentences. It is a common thing for him to rise in the somnambulistic state, go to wait upon his eating-club (it is the custom for students to help out expenses by waiting upon a table of class-mates), and wake up with a lot of dishes in his hand, yet wholly unaware of the persons to whom he was bringing the orders. The frequency of such happenings has taught him great skill in concealing the perplexity of waking in a strange situation.

The relative amount of time which Fred passes in the two states is hard to ascertain. There seems to be no rule about it. There seems to be no rule about when he goes to "sleep," the depth to which he goes "asleep," or the length of time he remains "asleep." He says a short "sleep" will sometimes feel as if he had been asleep a long while, or in waking out of a long "sleep" it may seem as if what he was last doing in the primary state was only a few minutes before. At times he feels as if he could almost remember what happened when he was "asleep." He may of a morning wake up "asleep" — in the secondary state — and stay in it from a few minutes to all day. Sometimes he alternates between the two states several times in the same day. He has even remained several days in the secondary state, or he may go days without any somnambulism. His friends think him more disposed to sleep if he has studied hard or exerted himself, and it seems that he is almost free from these attacks when he takes a vacation.

There is another point to which I will only refer here but speak of later on. Fred is sometimes, though not always, quite a different person when "asleep." This feature of his case has probably given him most concern. He may quarrel with his friends, be boisterous, clownish, or talk in a way not his wont when awake, or he may do rash or ill-advised things. When he is "asleep" he *remembers all these unpleasant things* and often does not like to be "asleep" on this account. At other times he is at outs with everybody and will not let himself be waked at all.

In some respects Fred is the better man when "asleep."

He then remembers more — both states — and is often skillful and acute in a way which surpasses his waking life. It is said that he can get his lessons easier, reads Hebrew better at sight, and is often a more able, but also more easily angered or offended person.

The changes in disposition produced by the secondary states vary greatly. I have frequently seen Fred in the secondary state without being able to note any difference in mood. On his passing into a "sleeping" state his roommate thinks he can sometimes detect a difference in the quality of the voice. At other times the change is apparent and he may become either sober, clownish, comical, exalted or angry.

In normal life Fred is a rather pleasant, interesting fellow. He has done good work in his studies — considering the handicap of his eyes — and has been at least the average college boy in ability to get along. He is a young man of good character, sensitive about his reputation, and has been planning to enter the ministry. This probably is more from a desire to rise above the calling of a farmer than from any marked devotional vein in him.

Dreams play an important part in his life. He has many pleasant and vivid ones and also unpleasant ones. It has several times been observed that external happenings became incorporated into his dreams, as for instance when lying near a warm radiator he dreamed he was at a fire and when someone sprinkled water in his face he dreamed the hose had been turned on him. He finally became so amenable to suggestions in his sleep that the fellows had him performing all sorts of histrionic feats and could produce actual hallucinations. It is quite a common thing for Fred to repeat a dream, or on succeeding nights to take up and continue a dream. Once he dreamed in detail of an event which happened when he was "asleep." Waking up ordinarily he surprised his room-mate by telling him of a peculiar dream he had had, not suspecting that he was narrating an actual event of which his room-mate knew.¹

¹ This may have been a memory of the secondary state similar to those recorded by Sidis in the Hanna Case. — Editor.

DISTURBANCES OF ORDINARY LIFE CAUSED BY THE ALTER-
NATING STATES

The inconveniences arising from Fred's dual existence are principally from two sources. First, *the loss of memory* of what happens during the somnambulistic state. Second, *an altered mood* or disposition which often attends the secondary state. These outworkings can best be seen from illustrations.

Loss of Memory. As regards studies, Fred may prepare a recitation when "asleep," and of course, be unable to benefit by it, if he happens to be awake when called to recite. He has notebooks which he finds contain notes taken by him, but concerning which his waking self knows nothing. He made an appointment with one of his professors for an examination. This happened when he was "asleep." Shortly afterwards, while awake, talking to his friend C., he remarked that he must arrange for this examination with Professor X. C. knew that he had already been assigned a date for it, and, that he had already arranged the matter. Fred, accustomed to such predicaments, readily accepted the statement of his friend, and remarked that he would have to go to work at once preparing for the examination. One examination in Biblical Literature he passed quite satisfactorily when "asleep." He may attend classes and recite while "asleep," but on the whole, he complains that he does not feel the responsibility of keeping up his work properly when "asleep." Owing to the college physician having granted him certain dispensations, it is easy for him to be irregular in attendance and recitations without being called to account for it.

He is more venturesome and careless with his finances when "asleep" than when awake. He borrows money from the fellows and of course forgets to pay it when awake. He smokes more, is at times tempted to drink and be quarrelsome. For quite a while his waking self knew nothing of this. He has indulged in liquor only a few times but seems very easily affected by it. In the secondary state he subscribed for a paper, bought on credit an expensive pipe, and undertook a canvassing agency; none of which he

probably would have done while awake. At another time, during a snowstorm, he bought a snow-shovel for forty cents, and by cleaning off sidewalks with it earned sixty cents. The next day, in his room awake, he complained of his arms feeling sore, and wondered what was the matter with them. A few moments later dropping off to "sleep," he suddenly asked what time it was. He was told it was 10.30. Then he said he had lost a job, for he had promised to clean off a sidewalk for one dollar. He said he now knew what was the matter with his arms, and explained how he had been working hard shoveling snow.

He sometimes gets a letter, reads it, wakes up, and is on the point of getting mad at someone for having opened his letter. Later on such a possibility is made into a joke by exclaiming: "I tell you what, old man, it is lots of fun. Get a letter from your sweetheart, read it and enjoy it; then wake up and read it all over again as if it were a new one."

Alteration of Mood. The second point of being of a different temper during the secondary state deals with the more serious aspects of the case. It is a well-known and common thing for neurotics to be subject to pathological changes in disposition, sometimes no more than a slight irritation, but in extreme cases, amounting to dangerous outbreaks. Often the temperamental changes with Fred are slight, and at times unnoticeable. During the earlier stages of his somnambulism, shortly after the period of his convulsive attacks, however, he was so affected that his friends feared the matter might become serious. Also there have been a few recurrences of this troublesome mood. It is impossible to tell just to what extent this tendency developed because Fred really never did anything, and there was a sort of feeling all along that much that he was threatening was not in earnest. Boys often do this in fun, so that it is hard to tell when earnest begins. This much seems certain, however. He was more suspicious, boisterous, careless of language, "touchy" and quarrelsome when "asleep." I do not know of any special moroseness or attacks of hypochondria to which he seems subject. At one time he was going to quit living with his room-mate but got over his spell. He often recurs to this theme when "asleep."

His room-mate is a noble fellow who has put Fred under no end of obligations by his kindness and forbearance, and all this Fred acknowledges when awake, and even shows more than ordinary regard for him. Once his room-mate stopped his exit from the room when he was minded to "lay someone out" with whom he had quarreled. Fred threatened to strike him with a chair in order to get past, but, when his room-mate did not yield, he laughed and said he was only fooling. At another time he was going about the campus with a hatchet hunting for some one. One acquaintance he surprised by calling him a "sponge," said he came around his room borrowing tobacco and other things; turning to his water demijohn he continued, "Won't you have a drink of water now?" He also called him an onion, and said he made him (Fred) go to "sleep" every time he saw him. Speaking for himself, Fred has told me that he does not like to be "asleep" because he "makes more breaks then." Fred often smokes more when "asleep," not being a great smoker ordinarily.

There is something of a compensating nature in the secondary state coming from a quick and keen intelligence. At times memory seems to be better, over and above having at command the items of ordinary waking life, and becomes exalted in a remarkable way. He can read Hebrew better at sight and memorize a passage quicker. He surprised his friend C. the other day by quoting the first two chapters of Genesis which he had memorized in preparing for a sight translation. Once his room-mate was going to wake him in order to read over to him some history notes. Fred told him to go ahead as he was because he could grasp the matter easier.

About the time of Fred's transition from somnambulism with closed eyes to somnambulism with open eyes he was very boisterous. One day he said he was going to choke somebody who happened to be in his room. This was apparently not in anger but just to be doing something. Two fellows doubled forces on him, threw him down and pounded him vigorously in order to wake him up. Nothing would awake him, however, and he lay there "bellowing like a steer." One of his friends speaking of this period

said he even used to "howl" after he went to bed at night. The value of all this as symptoms must be read in the light of the scuffling and "talking" which college boys indulge in ordinarily.

The graver changes in Fred's character gave his friends considerable concern and even caused some hard feeling until the case began to be better understood. It was hard to tell that they were not dealing with a wholly responsible antagonist. Happily these unpleasant features have been reduced to a minimum. How completely this quarreling at times depended upon his secondary state is illustrated by the fact that, upon waking up, he has in a friendly manner dropped in on the same fellow with whom there had been an unpleasant scene a few minutes before; this of course being due to a complete forgetting of his secondary state. At other times Fred could tell from bodily feelings or in some way, that he had been angry. He was not conscious of the details of the matter, however.

Fred is often a rather clownish or comical person in the secondary state. He is given to making doggerel verses and hitting off the peculiarities of professors and acquaintances. He is also clever at reciting.

EXALTED SENSIBILITIES AND HISTRIONIC SKILL IN THE SOMNAMBULISTIC STATE

There are many respects in which Fred's somnambulism has taken a form similar to the hypnotic trance. First, the almost instantaneous passing into it or out of it. Second, the loss of memory of what happened in the somnambulistic state. Third, a marked amenability to suggestions, going to the extent of producing hallucinations. Fourth, histrionic skill. Fifth, exaltation of the power of memory and hyperacuteness of the senses. Along with this must be borne in mind the close relation that all bears to drowsiness, sleep and dreams.

November, 1896, he came to Bru's room to be coached on a lesson in German. After some preliminary dallying he took a seat and Bru. began to read to him. Presently Fred's book fell from his hand and Bru. saw that his eyes

were closed. This he had not noticed before, probably on account of the spectacles. Bru. stopped reading, but Fred cried out, "Go on!" Bru. read wrongly or words not in proper connection. Fred would notice it and interpose objections again. A little later the fellows got him to recite "How Ruby Played." This piece is an exaggerated description of the wild playing of an artist on a piano. It ends with a great hubbub, clamor and crash. Fred recited it with fervor, jumped high off the floor at the "crash bang" ending, and as he came down woke up and did not know what he had been doing. The last thing he remembered was being downstairs, probably an hour previously.

Suggestibility. The beginnings of suggestibility go back a long way. When a Sophomore in the Spring Term, about April 1895, Fred would be asleep on a couch and the fellows would jingle their keys near him. At this he would sing the sleighing song, "Jingle bells, jingle bells, jingle all the day," etc. They would sing a college song which is associated with punishing the Freshmen. Fred would join in it and lay about him thinking he was helping initiate the Freshmen. He would talk in his sleep and thrash about in bed considerably. He seemed to have a great many dreams as has been already narrated.

In the spring of 1896 Fred used to go to sleep several times in an hour while studying Lucian — Greek Prose. At that time he exhibited an abnormal exaltation of memory in the following way: Fred would be reading the text and his room-mate and others would be looking up words in their dictionaries. While reading aloud to the fellows he would drop off "asleep." The boys would call to him to go on and he would continue the text accurately for a short while without looking at it. They made sure that he had had a chance to glance ahead in only the slightest way. To remember the text as he was doing, it seemed necessary for his eye to photograph and hold a part of the page or for his memory to be abnormally exalted. The drowsy state evidently had sharpened his abilities. With closed eyes in the half somnambulistic state he could repeat accurately at least six lines ahead. If asked to go further he would continue with nonsense Greek. The glancing at and remembering

six lines of Greek Prose would ordinarily be impossible for Fred.

The giving of "suggestions" to Fred grew up out of the way he would respond to jingling keys and the singing of the fighting college song while dozing. The fellows got to suggesting to him situations, usually episodes with which he was familiar, and he would carry them out with great fervor and histrionic skill. He would change instantly from one situation to another upon their telling him that something else was happening. It seems that he acted in these states very much like a good somnambulist under hypnosis. Without any direct or conscious hypnotism, he was made to perform hypnotic feats. It appears that he was amenable to suggestions from most any one who happened to be enjoying the performance, and could be made to go through all sorts of antics like a stock hypnotic subject. It is probable that actual visual and tactual hallucinations were produced. Most of these things took place when he would be dozing on a couch in somebody's room.

Fred has a sensitive stomach. The fellows would tell him of some stale chicken he had once eaten at which he would show such disgust that he actually vomited. In this somnambulistic state they could bring him to the point of vomiting and then turn him suddenly to something else by merely suggesting it. When Fred began to have convulsive attacks, the fellows began to think something serious was the matter and gradually discontinued the histrionic seances.

Exaltation of Sensibility. The matter of exalted sensibilities was not investigated as thoroughly as it should have been. What we know of it is rather incidental and from observations made without scientific precautions. Owing to its spontaneity, however, I narrate it as given me. It is certain that Fred could go about with his eyes apparently closed and suffer no seeming inconvenience. He apparently could see even when his eyes were fully closed. Fred is an excellent checker player and would beat the other fellows no matter what state he was in. On one occasion they were playing checkers, but had to use chess men for the pieces. Fred's eyes were closed, but he went through the game as if he saw and knew everything. After the game they tested

him regarding what he could see. They arranged different chess men on the board and put some of them behind a tobacco box. Fred made a mistake in telling what men were on the board until he touched one of the men. Then he seemed to see the whole board and rapidly told where certain pieces stood. While playing a game Fred's opponent had tried to slip a piece off the board, but Fred detected him and cried, "There is a man missing there!" Once when his eyes were closed, the fellows introduced him to one of their number saying, "Here is so and so," but giving the wrong name. As he shook hands with him Fred replied, "No, it isn't; it is——" and gave the young man's correct name. The person was not a familiar acquaintance whom he should have recognized by a mere hand shake.

The most remarkable feat he seems to have performed was one day while lying on a couch in his room across from a board where two men were playing checkers. His eyes were closed, he had not been following the game, and he was not situated where one could ordinarily see the board. Suddenly he cried out, "You can jump two men!" They all laughed at him but he got up and went over to the board and showed them a place where Bar. could take two men, but which nobody had noticed. The fellows tried to explain this as mind reading, but they could not imagine whose mind had been read, for nobody knew of the move.

Fred himself, has no explanation to offer of his abilities. He does not know of it at first hand when awake, and when "asleep" he just does it. The question of simulation has scarcely been raised in this case. I have met only one of his acquaintances who believed Fred to be "shamming." He could give no reason for being skeptical, however, except that he did not know how any authenticated cases could exhibit the marvels of Fred's actions. The general feeling among the fellows is that the secondary states are genuine and that Fred does not try to deceive with regard to them. Fred may show a trace of that love of recognition so common with hysterics, but on the whole he is usually free from it. Outside of a certain waggishness, I think Fred has not complicated matters to an appreciable extent by simulation.

THE EFFECT OF HYPNOTIC SUGGESTIONS

On account of the grave nature of the case, I have refrained from disturbing Fred by experiments and from using hypnotism except in the simplest way and when intending it as a therapeutic agent. Fred has been placed in slight hypnosis by me only 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. Fred had never been formally hypnotized and knew practically nothing about the subject. In actuality autohypnosis and somnambulism had often taken place. I base what I now write on notes taken at the time.

March 30, 1897. About 9 P.M. Fred and his room-mate B. called on me. Fred was "asleep." Early in the morning I had told him that I was going to teach him to wake himself. We noticed nothing in his demeanor specially characteristic of a secondary state. He showed a little reserve but only what would be natural on a first visit. Once I remarked that it seemed he was a better man when he was "asleep" because he knew more. Since this is the case why did he not want to be "asleep" all the time? He looked quizzical and replied that he "made more breaks when he was asleep." Asked in what way, he said, "Go upstairs and fight with Bi. and such things."

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 inch square) which I pinned on my breast. My orders were about as follows:

"Look steadily at this white spot until your eyes feel drowsy, and 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 go to sleep. Go quietly and soundly to sleep now."

After three or four minutes Fred's head was drooping forward, and with closed eyes he seemed quite somnolent. Judging him ready for "suggestions," I spoke to him about as follows: "I am going to have you wake yourself up. Count 'One, Two, Three' and then clap your hands together, and at that you will wake. All ready now; count 'One, Two, Three,' clap your hands and wake up!" 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. To break a somewhat awkward silence, I reached to him a plate having on it a banana and the skins of some we had been eating when he first came, saying, "Won't you have another banana?" This remark brought to light how complete was his lapse of memory. He looked puzzled and hesitatingly said, "One of those (skins) is mine?" and stopped at this conjecture, with 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 about 6.30 P.M. (Earlier in the day he had been asleep from 1 to 6 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 about 9 P.M.) I explained to him that I had taught him how to wake himself; but that he did not now remember how it was done. I then told B., in his presence, not to tell him how he was waked.

Two days later he found out how I had waked him. 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. It grew seemingly harder to work, however, and he resorted to trying to go sounder to sleep before using the formula. While at his eating-club on the morning of April 1st, he waked himself 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 during which he went downstairs. While there he woke himself up by the recipe, but after he was awake he found himself repeating, "One, Two, Three,"

"One, Two, Three," and clapping his hands several times unable to stop it. After coming up to his room and telling of his experience, Fred soon went to "sleep" again, and had a slight quarrel with A. 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, "One, Two, Three" and clapping. He again had to repeat and finally broke off with the interjection, "Oh——, 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 moments, except his tongue and hands which kept repeating "One, Two, Three" and clapping.

This repetition was probably a special case of the tendency to continue induced actions which is found so peculiarly in some subjects. The following from experiments on hysterics will make clear my meaning. Pierre Janet, treating of catalepsy, writes:

"Une autre modification que l'on peut imposer aux membres cataleptiques, c'est le mouvement. Au lieu d'abandonner le bras dans un état d'immobilité, on le fait osciller deux ou trois fois et on le lâche au milieu du mouvement: l'oscillation persiste comme tout à l'heure la position persistait. On peut aussi communiquer aux bras, aux jambes, à la tête de ce mannikin, un mouvement que ne s'arrêtera pas avant le fin de l'attaque. Le même caractère se retrouve encore, quoique moins souvent signalé peut-être, dans les descriptions de la catalepsie naturelle."¹

Monday, April 5, 1897. About 10 A.M. Fred and his room-mate called at my room. Fred was "asleep" and wished to be waked up. He had gone to "sleep" Saturday afternoon and had been "asleep" and awake several times since. He had waked himself up by my recipe, but had to repeat, "One, Two, Three, clap" too many times. He was in a comical humor rather than showing signs of ill-temper. I then hypnotized him as before. The suggestion was given that he should wake at a given signal and remain awake during the remainder of the week (five days). This succeeded so far that he remained awake till April 9th, or four days.

¹ *L'Automatisme Psychologique*, Paris, 1889, page 17.

Friday, April 9, hypnosis as before. It was suggested that he wake himself by the original method but without "repeating" the words "One, Two, Three," etc., after waking and that he would stay awake. He did not repeat after waking and he remained awake thirteen days.

Fred's natural sleep, dreaming, talking in his sleep, and somnambulism are all intimately connected with the "sleep" of the secondary state. It is a common thing for him to rise of a morning "asleep" and also to go to "sleep" as above after lying down on a couch. Early one Sunday morning recently he found himself on the campus in his night robe, calling out to his room-mate. When Fred was "asleep" again he was asked what was the matter that time. He replied that he had dreamed that ruffians were after them both, showing that in this state he remembered his somnambulistic dreams. It seems also that Fred sometimes in his natural sleep dreams of events that took place in his secondary state, and that the memory of these dreams may be carried over to a regular waking state.¹ This would be a very peculiar way of partially escaping the amnesias.

The following incident gives an idea of the surly mood sometimes exhibited by the secondary state and characterizing the change of personality. To one studying the case, the pathological nature of this anger seems certain. When a "quarrel" or "fight" is actually on, however, it is hard to convince yourself that you are not dealing with a clever, acute and responsible antagonist. As was said before, Fred is often "asleep" without being surly. He may be in an exalted, comical or clownish mood, or he may be like his ordinary self. What I now describe was Fred's first face-to-face unpleasant words to me. I would not narrate the incident except to emphasize the lesson I learned by it. In dealing with these cases we are dealing with human beings, and any invasion of the privacy of their lives except when carried on with the utmost delicacy and from the highest motives will ultimately be resented.

Thursday, April 29, 1897, Fred came to my room

¹ Prince found that this was the case with Miss Beauchamp. ("The Dissociation of a Personality.")

alone at 2.30 P.M. I could see at once that he was in a surly and unaccustomed mood and judged him to be "asleep." His remarks soon left me in no doubt. He took a seat in the usual armchair in a fairly polite manner, but began conversation by saying, "I came up to tell you, Mr. L., that we'd better play quits. I don't want any more of you; German or anything. (We had been reading some German together two days before, and at the time he was extremely pleased to get the assistance.) You have been kind to me in some things, but I can get along without you." I replied, "Well, Fred, I judge you are 'asleep'". He retorted, "Yes, I am 'asleep' and bad 'asleep' too, and I can stay 'asleep' until I get awake." I asked him if he remembered my talking to him Sunday night when he was going to bed. (I had asked him about this once before when he was awake and he did not remember seeing me at all.) He replied sarcastically, "Yes, you said I had been disobeying orders." All this time Fred was sitting in the armchair rather restless but making no demonstrations. At no time did he go beyond sharp and often clever retorts. His general attitude was surly, but at times he seemed to agree wholly to what I said, would smile and seem appeased. He could not be kept so and would relapse into the first surly strain, saying that he wanted to play "quits" with me. There was a peculiar contraction of the brow and at times a look of concern or trouble in the face. I assured him that he could play "quits" with me whenever he wished but that I wanted him to do it in a good humor. I had a friendly interest in him and had subordinated scientific interest entirely to this. He said that I had been making inquiries among the boys. (I had talked to his acquaintances about the case simply to get the interesting things they had seen. I felt free to do this because he himself told me everything about his case and had his room-mate do the same.) He replied that he did not want me to "pump" anybody about him, that what he had himself told me was enough. He was not wanting any psychological "shark," Prof. L., or anybody studying his case. It did not make any difference whether or not he was a "freak." I replied, "You, perhaps, are not nearly as different from other people as you think you are. There

have been plenty of cases of spontaneous somnambulism. Somnambulism is not so bad, is it? You know the Latin—walk around in sleep.” He retorted, “I studied Latin once and I studied German.” Then with a smile, “But I don’t want any more lessons with you.” Then after a moment’s pause, trying the surly attack again, “You tire me.” I replied, “Well, Fred, I am sorry, I often tire myself. If I have been making too many inquiries, that can easily be remedied. You are ‘asleep’ and cross now, but it will be all right when you wake. I sympathize with you. We can make every thing all right. I shall not get angry at anything you say.” At this point he seemed to accept what was said and, with a normal man, I believe good nature would have been immediately restored. There was a morbid clinging to his first train of thoughts; however. I do not believe there was any well-defined purpose in his mind other than giving expression to the ill-feeling that had taken hold of him. Having “had his say” he was ready to go. He bade me good afternoon all right, but when I offered to shake hands with him he refused. I rather insisted, but he said that I shook hands with him too much. I watched him go down the street. He moved rather slowly and had the appearance of a man in a morose or abstracted mood. His appearance would almost suggest somnambulism.

I was turning to enter my room when Dr. S. passed. I told him Fred was going down the street “asleep,” and that he had just visited me for a “fight.” We caught up with Fred and Dr. S. tried to persuade him to go over to his office in order to be waked up. Fred replied, “No, I won’t let L. wake me.” I said, “Dr. S. will wake you then.” Dr. S. joined in “Yes, come over and I will try it.” Fred would not go, said he did not want to be waked up, could wake himself up. Before this he had told Dr. S. that he was tired of my hand shaking; that I had shaken hands with him four times in one day. I explained that this was a habit I formed in Germany. Dr. S. said it was the way I did with everybody. Upon Fred saying he could wake himself, I had said, “Oh no, you can’t,” trying to get him to go over to Dr. S.’s office. He replied warmly, “Yes, I can. You have no power over me.” I began to see that he was

working up a theory that I had some "power" over him and that hand-shaking had something to do with it. He and Dr. S. went down the street, but Dr. S. could not take him to his office and Fred went back to the campus. He quarreled with his room-mate and was going to move out into a room he had rented. The threat of moving out he often made. Fred stayed "asleep" all evening. He attended a physiology lecture and had another talk with Dr. S. He was still at outs with me. Dr. S. tried to wake him by tapping his nose but it did not succeed. As a compromise he told him he would wake up all right in the morning.

The next day, Friday, April 30, he was awake and perfectly normal in mood. Having been informed of his condition the previous day, he called to apologize. He was entirely free from his ideas of the day before, but I took no further risks in doing anything which would arouse antagonism.

On Monday, May 3, he was "asleep" but in an exhilarated, comical mood; there was no desire to quarrel. He joked and laughed and exhibited what I have called the clownish mood. After being awaked this was gone.

Thursday, May 6, while "asleep" he was again in a quarrelsome mood. Came to his room at 2 P.M. under the influence of liquor; said he had been put out of a saloon (the knowledge of this was a cause of grief to him when awake); had "fights" with several people, threatened a friend with a chair and struck him in the mouth with his fist, etc.

Soon after this the subject of these observations left college and since then has been lost sight of.