

Errata to May 9, 2022, iHeart Podcast

During the first 9 minutes of warming up some incomplete statements and minor misstatements were made by Lankton. These are clarified, corrected, and elaborated below.

Hypnos and Thanatos in Mythology:

Nyx is the father of Hypnos (god of sleep) and Thanatos (god of death).

Hypnos' duty was to bring peace and sleep to troubled souls.

Incidentally, Morpheus was the god of dreams and son of Hypnos.

Van Helsing in the Dracula Novel:

In Bram Stoker's 1897 original novel, *Dracula*, the fictional doctor who used hypnosis was named Abraham Van Helsing. Dr. Van Helsing used hypnosis for "good:" finding Dracula's lair by hypnotizing Mina.

Mesmer's Downfall:

In 1778 Mesmer relocated in Paris. He was considered a threat by some and, consequently, Louis XVI appointed commissions to investigate him. One was headed by Ben Franklin and the other, Dr. Guillotine. Eventually, an experiment which took place in Franklin's garden resulted in a decisive incident that marked the downfall in Mesmer's career. It came when Mesmer sent a colleague Dr. Charles Deslon to Franklin's garden to demonstrate how animal magnetism worked. Deslon prepped one of several trees so it would be (in his opinion) magnetized. Then he directed a 12-year-old blindfolded boy to hug the trees, voice his experiences, and discover which tree had the magnetic energy. The boy failed at that task dramatically (he fainted embracing the wrong tree). This illustrated that there was a lack of supporting evidence and that Mesmer's cures were probably either natural remission or a form of what we would call placebo effect or even delusion.

Once the commissions concluded that Mesmer's success was due to directing imagination and not his deceptive claims of animal magnetism, Mesmer lost popularity. Mesmer left France and, in 1815, died in obscurity in Switzerland.

Despite the fact that Mesmer steadfastly maintained that his therapy had nothing to do with the manipulation of imagination he has often been credited as the father of what has come to be called hypnosis. (However, the term 'Hypnosis' was first coined decades later, in 1842, by James Braid).