

**PRACTICAL  
INSTRUCTION IN  
ANIMAL MAGNETISM**

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Practical Instruction in Animal Magnetism by J. P. F. Deleuze & Dr. Foissac

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**J. P. F. DELEUZE & DR. FOISSAC**

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IN  
ANIMAL MAGNETISM.

BY  
J. P. F. DELEUZE.

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WITH  
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Wilson and Ogilvy, M, Skinner Street, Bowhill, London.

### TO THE MARQUIS OF PUYSEGUR.

SIR,—Permit me to place your name at the head of a work intended to make more generally known the principles announced in your writings, and the consequences of the facts you have observed. Without you, Magnetism would have been forgotten after Mesmer, as it was after Van Helmont. No one would have engaged in it, if the most active charity had not given you the courage to sacrifice your time, to despise criticism, and finally to brave all obstacles, to establish a truth that enlightens us in relation to the faculties of our own soul, and upon the means of employing these faculties in curing or in soothing the distresses of our fellow-men. To you I owe the knowledge I have acquired, as well as what I have imparted, and the little good I have had the happiness of doing.

Accept, my Lord, this offering of gratitude and respectful attachment, from your disciple,

DELEUZE.





## INTRODUCTION.

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SEVERAL persons have requested me to publish, upon the subject of Magnetism, plain and simple instructions, free from all theory, and proper in all cases to direct those who are convinced of the reality of the agent, and who are at a loss how to make use of it. I am now going to fulfil this task, solely with the view of being useful.

It is not the object of this work to convince men who, otherwise well informed, still doubt the reality of Magnetism; it is intended chiefly for those who are not engaged in medicine, physiology, or physics, who believe upon oral testimony, without having seen any person magnetized, and who, being persuaded that I know more than themselves upon the subject, wish to try my method in order to succeed, as I have had the happiness of doing, in healing and ameliorating the ills of their fellow-creatures. I shall lay down principles which I believe true, without entering into any discussion to prove their truth. I shall avoid pronouncing upon that which appears doubtful: and if I err in the mode of explaining things, my errors, appertaining solely to the theory which I have adopted to connect the phenomena by referring them to the same cause, will not affect the indica-

tion of the means to be taken to produce these phenomena, and derive advantage from them. I shall not stop to detail facts in support of my doctrine: I shall limit myself to the citing of a few of those which I have myself observed, whenever examples shall appear necessary to the better understanding of my subject.

For the purpose of obtaining a more orderly arrangement, I shall divide this instruction into chapters.

I shall first lay down certain principles, in order to make my instructions more plain and simple. If my manner of announcing these principles be somewhat hypothetical, there can be no change in the results. Thus, I shall employ the expression *magnetic fluid*, because I believe in the existence of a fluid the nature of which is unknown to me; but those who deny the existence of this fluid, who compare the action of magnetism in living beings to that of attraction in inanimate bodies, or who admit a spiritual influence without a particular agent, cannot, on that account, contradict the consequences to which I shall arrive. The knowledge of the processes and of all the conditions necessary for the efficient use of magnetism is independent of the opinions which serve to explain the phenomena, and of which, up to the present time, none are susceptible of demonstration.

My first chapter shall contain an enunciation of the principles which are general and applicable to all cases.

In the second chapter I shall teach the various processes which are employed in magnetizing, when somnambulism does not take place.

In the third, I shall speak of the indications which the first perceivable effects afford for the choice of processes.

In the fourth, I will give information concerning the auxiliary means by which the force of magnetism may be augmented, either by communicating the magnetic virtue to certain bodies, or by putting magnetism in motion and circulation, so that several persons may at the same time experience the action, under the direction of one magnetizer.

In the fifth, I shall treat of somnambulism, and of the manner of proceeding with somnambulists.

In the sixth, I shall speak of the precautions which the patient ought to take in choosing a magnetizer.

In the seventh, of the application of magnetism to various diseases, and of its association with medicine.

In the eighth, of the dangers of magnetism, and of the means of preventing them.

In the ninth, of the methods of developing and fortifying in oneself the magnetic power, and of drawing from it all the advantages possible.

In the tenth and last, I shall speak of the studies which are appropriate to those who wish to acquire a profound knowledge of magnetism.

Persons who read these ten chapters in course, will observe that some things said in the first are repeated in the others, in almost the same terms. I would have avoided these repetitions, if I considered my work as a literary production: I have left them thus, that those who consult only one article, may find all the advice relative to the subject