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**Helps lick problems**  
**Hypnosis refreshes**

By PHYLIS WEST

In a quiet room the lights are dimmed. The soothing voice of the experimenter persuades a student to relax in a reclining chair. The student concentrates, staring at a silver tack on the wall, eventually hearing only the monotone of the experimenter.

The student feels as if he is sleeping but is really under hypnosis. When awakened, he is drowsy for a few minutes but soon feels refreshed and relaxed. The student

may not remember what he's been told, yet follows the instructions of the experimenter throughout the day.

The above example is hypothetical. But it illustrates the use of hypnosis in some of the Texas A&M University psychology experiments being conducted on volunteer students and Bryan-College Station residents.

Hypnosis can't make an individual do anything against his will, practitioners say. But if a subject wants to lose weight, stop smoking or alleviate stuttering, hypnosis can help, said Logan Chamberlain, a graduate student in psychology, in a recent interview. "I'm conducting these experiments to determine the susceptibility of different groups to hypnosis," Chamberlain added.

"We're trying to help others to lick some of their problems."

"Not everyone can be hypnotized. There is no known reason why some people are more susceptible than others," Chamberlain said. "About 20 percent of the population can be very easily hypnotized."

In his own experiments, Chamberlain found that most students respond to hypnosis. In one class at A&M, he gave some students a "waking suggestion" to close their eyes. Chamberlain found that many had difficulty in reopening their eyes. "Out of a class of 100 students, 15 couldn't open their eyes," he said. Chamberlain had to tell the students to open them.

"Generally the more a person is hypnotized, the more susceptible he becomes," Chamberlain said. "People practicing transcendental meditation are also more easily hypnotized because they know how to relax and concentrate better."

But before a person can become hypnotized, the person must trust the experimenter and at the same time must be willing to be hypnotized, Chamberlain said.

"The students must be reassured that you'll bring them out of the hypnosis," said Connie Swartzwelder, a senior assisting Chamberlain in the experiments.

Chamberlain is conducting a weight loss experiment on two women. One person has lost 22 pounds. "She has reported that she feels very calm and has lost her desire for sweets," he said.

The woman also had insomnia. "She craved food — all kinds of pies, cakes and sandwiches — at 3 a.m.," Chamberlain said. She sleeps well now that she isn't hungry in between meals, he added.

Another woman is currently being hypnotized to break her smoking habit. Describing the feeling she has when reaching for a cigarette, she said, "It was like a little voice inside me that tells me not to smoke."

Chamberlain also includes a behavior modification program to construct habits. "You do hypnosis on the subject frequently — about twice a week until their goals are reached."

"But it is often very hard to change the cause of their bad habits. Overeating could result in anxiety release, had self-loathing from just a love of food, he said. Chamberlain said he was working with individuals on psychological basis."

In the behavior modification program for weight loss, subjects are strict eating to one location, eating to the same place every day, he said. Chamberlain said he tells a person when he is hypnosis to exercise after he has home from work.

Hypnosis also can help students who stutter, Chamberlain said. These students have a great anxiety, he explained. "After marriage, the tensions in their vocal cords which produce speech, become overworked."

David Ousterhout, a senior psychology, described how he was when he was under hypnosis in experiments.

"It's a very increased state of concentration that is very deep sleep," he said. "There is a heaviness. You are in a state of intense concentration and a very relaxed state. You are aware of everything except the experimenter's voice."

No drugs are used. The pendulums that dazzle the eyes for the entertainers or stage hypnotists, said Swartzwelder.

"The key to hypnosis is getting him to concentrate on an object, such as a tack on the wall or to stare at the block in a wall," she said. Concentration blocks all noise and interference except for the voice of the experimenter."

"You must train your voice to be relaxed and soothing, she said. "Your voice may start out as a tone of a normal conversation. Gradually you de-elevate the tone of voice — more and more monotone. Since everyone has a certain amount of anxiety, the effect of the voice is to make the subject relax enough to be hypnotized."

There are usually no side effects, she added, explaining that hypnosis is a form of sleep. If no one is present, the subject out of the hypnosis would bring himself out of hypnosis.

People should not worry about being hypnotized, Chamberlain said. "While hypnosis is done in very controlled environments, ethical experimenters, it is a pleasant experience," he said. "You can't be under for long months because it is a natural, like sleep," Swartzwelder said. "It's not something bizarre, not a game."

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**Pre-Law Society Pictures**  
Nov. 16 7:30  
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**The Battalion Classified**

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Students who will not be on campus when the yearbooks are published, usually by September 1, must pay a mailing and handling fee. Yearbooks will not be mailed, nor will they be mailed without the necessary fees having been paid.  
This policy took effect on October 22, 1976.

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**SENIOR RING ORDERING PROCEDURE**  
For Students Completing 92 Hours at the End of the Fall '77 Semester  
To be eligible to order the Texas A&M Senior Class Ring, an undergraduate student must have at least ninety-two (92) semester hours, with 30 hours at A&M and be in good standing with the University. To order at mid-semester using mid-semester grades to fulfill the above requirements, please note the following instructions:

1. Leave your name, major and I.D. number with the Ring Clerk, Room Seven, Richard Coke Building, prior to November 10th. THIS MAY NOT BE DONE BY PHONE.
2. Bring mid-semester grade report along when ready to order to verify eligibility.
3. All rings must be paid for in full when the order is placed. Senior Ring loans are available through student financial aid in the YMCA Building.
4. Anyone having failed to leave their name in advance and fail to bring their mid-semester grade report when ready to order will be asked to return later to allow time for records to be checked.
5. Mid-semester orders will be taken only from October 26th until November 30th, 1977.
6. Students who do not place their order during this period may order after final grades are posted.
7. The Ring Clerk is on duty from 8 A.M. to 5 P.M. each day, Monday through Friday. However, in order for other duties to be carried out, absolutely no orders will be taken between 11:30 A.M. - 1:30 P.M. or between 4:00 - 5:00 p.m.
8. All rings ordered, regardless of whether on October 26th or November 30th, will be delivered on the same day which will be approximately January 31, 1978.

(This November 30th ordering deadline does not apply to those students who completed 92 hours prior to the beginning of the Fall '77 semester. After a student has 92 hours on record there is never a dead-line, except a monthly mailing date on which we send ring orders to the factory.) 3430

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Final Examination for the Doctoral Degree Name: Edgerley, Dennis Arthur Degree: Ph.D. in Chemistry Dissertation: COSMIC RAY PRODUCED NOBLE GASES IN MESOSIDERITE METEORITES.  
Time: 1:00 P.M. on November 21, 1977 Place: Chemistry Building, Room 1024 G. W. Kunze Dean of the Graduate College

**Weight Watchers meets in College Station Thursdays, 5:15 P.M. Lutheran Student Center 315 College Main. For further information call 822-7303.** 30127

**ATTENTION DECEMBER GRADUATES!**

You may begin picking up your Graduation Announcement Orders November 21st in the Student Program's Office, Room 216 A&B from 8:00 to 5:00, Monday thru Friday. Also — Extra Graduation Announcements will go on sale November 28th in the Student Finance Center, Room 217, MSC at 8:00 A.M. on a first come, first serve basis. 48123

**NOTICE Biomedical Science Majors**

Preregistration for the Spring Semester 1978 will be conducted during the week of November 28 - December 2, 1977.

All Biomedical Science majors must have Course Request Forms approved by their respective Faculty Advisor for use at preregistration. Each student is responsible for getting this done. The Spring Schedule of Classes will be available on or about November 15. You can avoid long lines and excessive waiting by scheduling an appointment with your faculty advisor and having your Course Request Form approved prior to the week of preregistration. Following the conference with your advisor, deliver your approved Course Request Form to the Biomedical Science Office, Rm. 332, Veterinary Medical Administration Bldg. prior to November 24. Return to the Biomedical Science Office to pick up your registration packet and complete registration during the week of November 28 through December 2.

See your faculty advisor as soon as spring semester schedules are available!! 5218

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