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...mesmerism (continued)

John Shenk, a Lancaster hypnotist, astounded and amused the women of the Mount Joy Business and Professional Women's Club at their meeting several weeks ago.

Shenk's demonstration included:

—several people losing their balance and falling through the power of suggestion;

—hallucinations on the part of several women whom he talked into a deep trance;

—the unconscious acting out of "post-hypnotic suggestions," that is, the following of commands after being awakened from the trance.

Shenk is a thin, engaging, pleasant man, who likes to talk—a big plus for a hypnotist, who relies entirely on words to achieve his effects. After his introduction, he spoke in his rapid manner on the history of his skill, and briefly described its uses in medicine; for example, as a safe and effective pain killer. He himself uses hypnotism to cure people of bad habits like smoking and nail-biting.

Shenk asked for 8 volunteers, and got seven. A few women stepped forward only after obvious and anxious hesitation.

"If you talk in your sleep, you're a good hypnotic subject," he told the group. "Hypnosis is merely a form of sleep."

[This is not really true: hypnosis is totally different than sleep. Shenk told the group this as part of his suggestion—the hypnotist hypnotizes by saying, "you are falling asleep," but the hypnotized person has none of the physiological signs associated with slumber].



Carol Lambert, left, isn't fooled, but Molly Hart, right, thinks her water is orange juice—she's picking out the seeds.

Before the actual mass hypnosis, Shenk demonstrated the power of suggestion: merely by telling a standing subject that she was falling, she did indeed fall into his ready arms. Mr. Shenk, who is also interested in haunting, clairvoyance, and the like, asked the audience to use their telepathic power to encourage the subjects to fall.

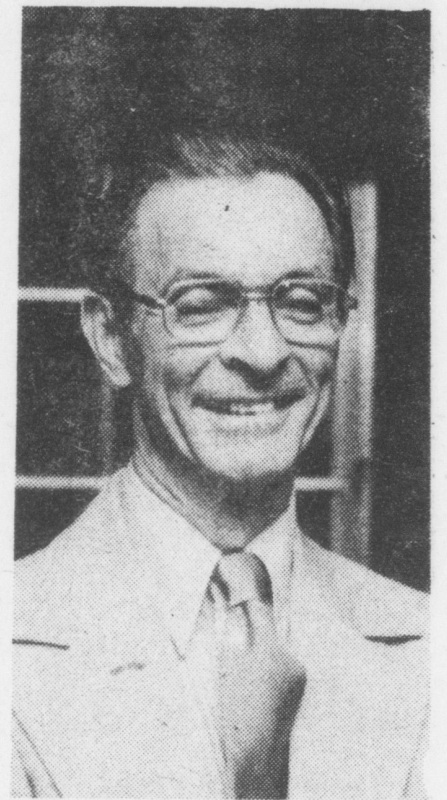
The actual hypnosis was conducted this way: he asked the seven to gaze at a point on the ceiling and listen to him, and then, checking his watch every few minutes, began telling them that they were getting drowsy, feeling fine, relaxed, going to sleep, and so on, for about five minutes.

When he judged them to be ready, he began suggesting to them that they were at the circus.

The subjects were at varying levels of trance, and some stayed aware of their surroundings while others saw, heard, and felt what Shenk suggested, which included eating popcorn, blowing up balloons, dogs, babies with wet diapers, a flea attack (the hypnotized women didn't need to be told to scratch), John Wayne riding past, clowns, etc.

Shenk threw in some directions to the indicated subjects: you will stop biting your nails, for instance.

A person in a deep trance will not only see and hear whatever the hypnotist suggests, but will carry out orders given during hypnosis after being waken up. Two women were told to complain about the menu to Yvonne Koser once out of the trance, and did.



John Shenk

Boy of the Month



Jim Johnson

Donegal High's Boy of the Month for June is Jim Johnson, the son of Mr. and Mrs. James Johnson of 546 Terrace Avenue, Mount Joy.

Jim, who is in the academic course at DHS, plans to attend Penn State next fall. He has worked as a busboy at the Host Town and as a lifeguard at the Mount Joy Pool. A church

choir and youth group member, he was part of the Kiwanis production of **Carousel**.

His high school activities have been:
dramatics 9-12 (president the last two years)
Spanish club 9-12
Booster Club 12
class president 10-11
vice-president 9, 12
concert choir 9-12
Rhythm Singers 10-12

county chorus 10-12
Marching and Concert Band 9-12
junior and senior class plays
played in **Camelot**, **Mirth of A Nation**, **No No Nanette** received a Pa. Governor's School for the Arts scholarship
student council
Veteran's Day celebrations
PUFA productions

Girl of the Month

Kathi Shelly is Donegal's June Girl of the Month.

The daughter of Mr. and Mrs. Herbert Shelly of 117 So. Harter Street in Maytown, Kathi is headed for Indiana University of Pennsylvania to study business administration. She will work this summer in the office of the Armstrong Ceiling Plant (previously she has worked at the

Harvest House Coffee Shop and Sue Trostle's Beauty Shop).

Kathi is a member of Glossbrenner U.M. Church in Mount Joy.

Her DHS activities have been:
senior class play
No No Nanette
dramatics club 12
junior class play

yearbook staff 12
commencement speaker 12
National Honor Society 12
FBLA 12
Spanish Club 9-12
Hispanic Honor Society 9-12
boy's basketball manager
Girl's basketball team 9, 10
hockey 9
Who's Who 11
county science fair winner
NEDT certificate 10



Kathi Shelly