

# LUCIDITY LETTER

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This is the fifth issue of a quarterly newsletter which is provided free of cost and is designed to serve as a professional forum for discussion on dream lucidity. Past issues are available upon request. As editor, I reserve the right to change or omit parts of submitted material in order to clarify. Extensive copy changes will be cleared with the contributing author.

-- Jayne Gackenbach, Editor, Lucidity Letter

## Lucidity Letter Financial Status

Production, postage and personnel costs for the first four issues of this newsletter were paid in full by the Department of Psychology at the University of Northern Iowa. However, increases in readership and production costs have necessitated the solicitation of contributions from the readers. The last issue cost about \$100.00 for mailing and production costs only. For this issue, these costs have been covered by a total of \$101.00 in contributions from the following:

1. Sue Blackmore, England
2. Barbara Honegger, Virginia
3. Earl Vickers, Illinois
4. Boyce Batey, Connecticut
5. William Braud, Texas
6. Ben Cohen, England
7. Roger Ripert, France
8. Paepe Peter, Belgium
9. Mark Peth, Pennsylvania
10. Judith Malamud, New York
11. Jack Elrick, Illinois
12. Gary Robinson, Oregon.

The University continues to pay personnel costs associated with putting out this newsletter. I will produce Lucidity Letter on a contributions basis as long as it is financially feasible. Should subscriptions become necessary, past contributions will be deducted from the first years subscription fee. I'd like to extent a special thanks to the

dozen contributors who made this issue possible.

-- Jayne Gackenbach, Editor  
Lucidity Letter  
University of Northern Iowa

## An Historical Note on Lucid Dreaming

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By way of introduction, I am Director of the Parapsychology Sources of Information Center. One of our activities is to collect and index articles or chapters on or relevant to parapsychology and altered states. (The data base now numbers some 34,000 items.) In reading an article from the last century preparatory to assigning index terms for it, I found I had in my hands an interesting account of self-training in lucid dreaming dated 1886. Because of its possible historic interest, I would like to bring it to the attention of readers of Lucidity Letter. The article was primarily about suspended animation and was written by one Francis Gerry Fairfield and published in Scribner's Monthly, 1886, 21, 240-257. In a discussion of conscious control of so-called unconscious processes, Fairfield notes: