

cause of childish anger. Tommy was not only suffering with the anger of jealousy; he was being checked by his nurse in his instinct of self-assertion, and similarly by his teacher.

"It was necessary to explain to his mother how valuable this instinct of self-assertion is to the formation of a child's character, how it gives him independence and self-reliance, and saves him in after-years from a sense of inferiority and from all the unhappiness of too great humility and sensitiveness and inability to face the hard realities of life. It was necessary to show her, also, how this instinct of self-assertion might without injury be deflected into useful channels—as the sheep-dog, forbidden its wolfish tendency to kill, satisfies its instinct by running round the flock and herding it.

"I had to warn her particularly—as all mothers should be warned—against appealing to his instinctive love for her to check his self-assertiveness. One instinct can wholly block another, and such conflicts and indecisions in the child are certain to be reproduced in his later life with ruinous consequences.

"I found that Tommy had had no trouble with his first teachers. He had had none until he came under a teacher who attempted to break him, as the nurse had. The figure two had become a symbol of this tyranny, just as the five symbolized the freedom and happiness which he enjoyed with his mother. The all-powerful wish to escape from tyranny into happiness was expressing itself in the substitution of fives for twos. It was easy enough to persuade Tommy that he should not impose on his beloved fives all the work that his twos ought to be doing, but it was also necessary to have his mother check the nurse's oppression and remove Tommy from the Teacher's control—at least until he could be cured. The real work of healing came in the effort to con-

nect again with his instinctive emotions the manifestations of them which had been split off.

"Although an instinct compels some form of physical expression, it will accept a lesser expression for a greater one. In Tommy, the sniff accepted the duty of expressing anger the more readily, because in many animals the sniff serves to denote angry disgust.

"It was necessary to teach Tommy to say to himself, 'I am jealous of my brother' instead of saying, 'I hate him.' It was also necessary to teach him not to repress his anger but to vent it in some innocent way—to go into another room, for instance, and kick a chair instead of striking his brother. And, as he was so young, and his repressions were so near the surface, the whole thing worked like magic. On his third visit to me, his ties were almost gone. He handled his twos and fives without confusing them. And his fear of automobiles was no longer a phobia. The rest was in his mother's hands, and she managed beautifully.

"To-day, Tommy is a normal boy again. I warned his mother against indulging his affection for her to such a degree that he might become too dependent on her, and he seems to be growing up a natural little savage, as a boy should."

The blocking and repressing of our instincts takes place chiefly in childhood. It is then that our parents, our teachers, and our companions undertake to educate and mold us—and our rebellious instincts—in accordance with the precepts and social practises that we call "civilization." That molding is done, at present, blindly. Without any knowledge of the subconscious mind—without even a realization that it exists—the attempt is made to govern and direct it. The result, according to Doctor X's list of patients, is lamentable.