

our hands, the fleetness of our feet, the joyous vigor of our love-making, the embrace; it is the noble purpose, the long, hard-fought battles of any kind. It is all that is summed up in desire, purpose, and achievement.

Now all these things may be impeded by actual reduction of energy, as in tuberculosis, cancer, or in the lassitude of convalescence. In addition there are emotions, feelings, thoughts that energize, — that create vigor and strength of body and mind. Joy rouses the spirit; one dances, laughs, sings, shouts; or the more quiet type of person takes up work with zeal and renewed energy. Hope brings with it an eagerness for the battle, a zest for work. The glow of pride that comes with praise is a stimulus of great power and enlarges the scope of the personality. The feeling that comes with successful effort, with rewarded effort, is a new birth of purpose and will. And whatever arouses the fighting spirit, which in the last analysis is based on anger, achieves the same end.

There are *deënergizing emotions and experiences* as well, things that suddenly rob the victim of strength and purpose. Fear of a