

"no"; and that he never actually saw, heard or felt what he feared. He then spontaneously declared "I reckon my imagination gets away with me." I then asked him, "Why do you not look around each time you fear the animal behind you?" He said, "It does not give me time to think of it; it comes so quickly sometimes, and I shout and run before I can recover myself." When asked, however, he said he was not easily startled as a rule.

*Diagnosis and Prognosis.*—Familiarity with the mechanism of terrors of children enables one to interpret this boy's case as a phobia against being alone, produced by the foolish anxiety of his mother. This affective state was an induced one therefore, produced by the idea of some "dreadful consequences" which might occur to a little boy when not protected by his elders. But the morbid reaction had become a habit, so that even though the initial cause were suppressed, training would be required to overcome the facile inductibility of the terrors. Inhibition of his undue impulsivity should also be undertaken.

*Treatment.*—Accordingly the following procedures were outlined and the reason for them clearly explained to the boy and his father. Firstly, he must gradually accustom himself to go out alone, first for half a block, then for a whole block, and finally around the corner. While doing this, he could hold himself in hand, his attention fully awake to the need of manly behavior and the importance of recovering from his timidity. Secondly, he must learn to go to sleep without any one else in the room, remembering what a nuisance is a boy who cannot forego keeping one his parents constantly at home in the evening. Thirdly, he was shown exercises in slow movement and mobilization by which he could suppress the wriggling tendencies of his limbs and body. His mother should be dealt with rationally too.

Wishing to obtain more precision as to the psychic mechanism, I wrote to the boy asking him to tell me whether he seemed to be in a dream-like or in an absent condition when the fears assailed him. I also, of course, wished to stimulate the practice of the reeducative procedures I had prescribed. The following replies were made, and I have recently heard from Dr. Tynes that the boy remains well.

"Dear Doctor: I have your letter. I do not see any animals since I saw you. I never did hear or feel them, but used to see them. It is not like a dream. I hope I can soon write you I am well—Your Little Friend."

"My Dear Doctor: I beg to thank you for your letter of yesterday to John, Jr., and at the same time report favorable progress in his case. He is now going all about the house and yard alone, and has made a couple of trips to the store where I am employed (about seven minutes' walk) alone. He is certainly very much better than he has been since