

durance and may formulate it as follows: Emotion may act as a great bodily disturbance, affecting every organ and every function of the body. What we call nervousness is largely made up of abnormal emotional response, of persistent emotion, of the blocking of energy by emotion.

Now people differ from the very start of life in their response to situations. One baby, if he does not get what he wants, turns his attention to something else, and another will cry for hours or until he gets it. One will manifest anger and strike at being blocked or impeded in his desires, and the other will implore and plead in a baby way for his wish.

In the face of difficulties one man shows fear and worry, another acts hastily and without premeditation, a third flares up in what we call a fighting spirit and seeks to batter down the resistance, and still a fourth becomes very active mentally, calling upon all of his past experience and seeking a definite plan to gain his end.

A loss, a deprivation, plunges one type of person into deepest sorrow, a helpless sorrow, inert and symbolic of the hopeless frustration