

sorrow or joy or anger. Take the latter emotion; imagine yourself angry, — immediately the jaw becomes set and the lips draw back in a semi-snarl, the fists clench and the muscles tighten, while the head and body are thrust forward in what is, as Darwin pointed out, the preparation for pouncing on the foe. Even if you mimic anger without any especial reason, there steals over you a feeling not unlike anger.

In a famous paragraph James essentially states that instead of crying because we are sorry, it is fully as likely that we are sorry because we cry. So with every emotion; we are afraid because we run away, and happy because we dance and shout. In other words he reversed the order of things as the everyday person would see it; makes primary and of fundamental importance the physical response rather than the feeling itself.

This has been widely disagreed with, and is not at all an acceptable theory in its entirety. Yet modern physiology has shown that emotion is largely a physical matter, largely a thing of blood vessels, heartbeat, lungs, glands, and digestive organs. This physical foundation of emotion is a very