

and prosperity of the household; fear that magnifies anything that has even the faintest possibility of being direful into something that is almost sure to happen and be disastrous. This constant worry over the possibilities of the future is both a cause of neurasthenia and a symptom, in that once a neurasthenic state is established, the liability to worry becomes greatly increased.

Second, there is a special form of worry called by the old authors hypochondriacism, which essentially is fear about one's own health. The hypochondriac magnifies every flutter of his heart into heart disease, every stitch in his side into pleurisy, every cough into tuberculosis, every pain in the abdomen into cancer of the stomach, every headache into the possibility of brain tumor or insanity. He turns his gaze inward upon himself, and by so doing becomes aware of a host of sensations that otherwise stream along unnoticed. Our vision was meant for the environment, for the world in which we live, since the bodily processes go on best unnoticed. The little fugitive pains and aches; the little changes in respiration; the rumblings and movements of the gastro-intestinal