

sympathetic, or even a menal outlet. Normally, the complexes balance each other and tend to equilibrium, or if an emotion is prominent, it tends in a normal person to become neutralized by the varied and complicated associations of the daily life. Not so with the susceptible person, who is disposed to break down from overstrain; the emotions then become motives to action, and bring new ones in their train, each connected with some of the natural instincts or some new desire. The strongest desire in human beings, and therefore the most forceful as motives to action, are those based upon the instincts, and the most dominant instincts are those of self-preservation, which help to avoid danger; those related to the feelings of hunger and thirst, to the search for warmth, and to that of sex. Associated with these deep-rooted instincts are special feelings and emotions which are themselves springs to action. It is a fact that foreign psychologists tend to base all human action upon those emotions that are connected with sex, a view which is contrary to general experience in this country.

In the normal person the development of the Will is acknowledged to be a process of great complexity, yet of growing definiteness. It probably begins with an act of attention, and extends gradually so as to exercise a control over bodily movements, and side by side with its growth is that of the reason and the imagination, so that acts may be brought into rational order, and in this way the individual comes to exercise his conduct for permanent ends, and to act from fixed principles, thus developing his definite permanent character. In disease or under some great overwhelming strain, or through a stress of lesser severity if long continued, from fatigue or exhaustion there may be, and often is, a tendency for groups of ideas or "complexes," as they are called, to become dissociated, such a dissociation or repression tending to occur chiefly and mainly in connection with some past painful idea. These ideas tend to carry with them certain definite emotions, which, however, cannot be ascertained, because it is believed that they are only unconsciously active, never themselves arising into consciousness, but being transferred or "sublimated" into some other form of expression, the difficulty experienced in identifying these causative emotions being due to what has been described as the mental "resistance" of the individual, which prevents the hidden links between conscious and unconscious processes from being reached.

One special method of discovering these hidden links of association is stated by its advocates to be by "psycho-analysis," which discovers, through the free association of ideas in the mind, what the hidden emotion may be and whence it proceeds. This is practised by presenting a series of words to the patient, such as the word *Europe*, for example,