

Then there is the genuine hypochondriasis, a morbid fear of disease affecting one's body, which is a mental disease *sui generis*. It may develop, as Freud¹⁰ has explained, out of an anxiety neurosis, or a more permanent state of hypochondriasis may issue out of a temporary neurasthenia or physical breakdown.

Further, we recognize the influence of nervous and physical emotions in the causation of physical symptoms. According as an emotion is pleasurable or painful, we find respectively increase of the heart's action, increased muscular energy and a sense of well-being, or inhibition of the gastro-intestinal functions, a keen sense of fatigue, and a decrease of muscular energy.

The effect of an emotional influence upon the physical condition has been ingeniously shown by the experimental researches of Pawlow¹¹ on the salivary secretion of dogs.

In the course of his experiments it appeared that all the phenomena which were seen in the salivary glands under physiological conditions reappeared in exactly the same manner under the influence of psychological conditions. Thus when he pretended to throw pebbles into the dog's mouth or to cast in sand, or to pour in something disagreeable, or when it was offered this or that kind of food, a secretion either immediately appeared or it did not appear, in accordance with the properties of the substance, which he had previously seen to regulate the quantity and nature of the juice when physiologically excited to flow. If he pretended to throw in sand a watery saliva escaped from the mucous glands; if food, a slimy saliva; if the food were dry, a large quantity of saliva flowed out, even when it excited no special interest on the part of the dog. When a moist food was presented, less saliva appeared, however eagerly the dog may have desired the food.

When this subject is viewed more especially from the clinico-neurological standpoint, it becomes evident that many depressive states, characterized by hesitations, doubts, scruples, anxiety, apprehensions, and morbid fears, are associated with derangements of the bodily functions, such as dryness of the mouth, furring of the tongue, flatulence, constipation, and the like.

Owing to the lessened vascular tone of the emotional depressive states, the body also is more prone to physical disorder and more ready to receive the encroachments of infective organisms.

Mental influences may so modify the appearance of disease that a wrong impression sometimes may be conveyed to the physician's mind. Most of us may recall occasions when it has seemed as if a fatal termination were imminent, when in reality the gravity of the