

THE ENERGIES OF MEN

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WILLIAM JAMES

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INTRODUCTORY.

THOUGH it would seem that the sane and simple message of this essay could not be misconstrued, the fact that it has been wholly misunderstood in newspaper comment warns us that it is necessary to preface it by stating that it does not counsel all persons to drive themselves at all times beyond the limits of ordinary endurance, that it is not a gospel of overstrain nor an advocate of the use of alcohol and opium as stimulants in emergencies.

It states that "second wind" is a reality in the mental as in the physical realm and that it can be found and used when needed—nothing more.

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EVERYONE knows what it is to start a piece of work, either intellectual or muscular, feeling stale—or *oold*, as an Adirondack guide once put it to me. And everybody knows what it is to “warm up” to his job. The process of warming up gets particularly striking in the phenomenon known as “second wind.” On usual occasions we make a practice of stopping an occupation as soon as we meet the first effective layer (so to call it) of fatigue. We have then walked, played, or worked “enough,” so we desist. That amount of fatigue is an efficacious obstruction on this side of which our usual life is cast. But if an unusual necessity forces us to press onward, a surprising thing occurs. The fatigue gets worse up to a certain critical point, when gradually or suddenly it passes away, and we are fresher than before. We have evidently tapped a level of new energy, masked until then by the fatigue-obstacle usually obeyed. There may be layer after layer of this experience. A third and a fourth “wind” may supervene. Mental activity shows the phenomenon as well as physical, and in exceptional cases we may find,

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beyond the very extremity of fatigue-distress, amounts of ease and power that we never dreamed ourselves to own,—sources of strength habitually not taxed at all, because habitually we never push through the obstruction, never pass those early critical points.

Getting One's Second Wind.

For many years I have mused on the phenomenon of second wind, trying to find a physiological theory. It is evident that our organism has stored-up reserves of energy that are ordinarily not called upon, but that may be called upon: deeper and deeper strata of combustible or explosible material, discontinuously arranged, but ready for use by anyone who probes so deep, and repairing themselves by rest as well as do the superficial strata. Most of us continue living unnecessarily near our surface. Our energy-budget is like our nutritive budget. Physiologists say that a man is in "nutritive equilibrium" when day after day he neither gains nor loses weight. But the odd thing is that this condition may obtain on astonishingly different amounts of food. Take a man in nutritive equilibrium, and systematically increase or les-