

the work that he brings to achievement. Difficulties are challenging, stimulating to the choleric, but admittedly he is an uncomfortable fellow to live with. His energy will keep others on the march often against their will and he is crusty and uncompromising enough. "Gey ill to live wi'" was old Mrs. Carlyle's criticism on her famous son and she probably referred rather to the choleric aspect of his character than to the melancholic in him. It is to be remembered, too, that while great achievements are possible to the choleric, there is another side to the question, a side which makes for degeneracy, and for the choleric who has not worked upon his temperaments consciously or unconsciously (and remember that the circumstances of life are often a good school in this respect) there is a tendency to adopt an attitude of stupid fanaticism or sometimes of malice. In connection with the choleric temperament, as it affects child psychology, the object must not lie in an effort to suppress this temperament. Locke said a very true thing in his "Thoughts concerning Education"—"Natural propensities will not be cured by Rules" and neither will they by opposition. Force only rears up force. The characteristics of temperament are strongly marked in childhood and there is nothing to be gained by trying to force a choleric child to become more gay as in the case of a sanguine, or more calm as is the phlegmatic, more lethargic and thoughtful as is the melancholic. In fact in many instances, before he has had to struggle with the world, there will be practically nothing but the choleric temperament as yet to work upon; if you have not got, say, the sanguine element yet present you can do nothing by forcing gaiety upon him, you cannot work upon what is *not* there, and so take advantage of what *is* there and lead that into right directions. In any case such a child will inevitably seek out ways whereby his predominating temperament can function; he will seek for difficulties, therefore, within limits of common sense, leave him to his choice of energetic amusements and play. Then will his special tendencies work themselves out without the risks that arise from repression and the over-stimulus of more delicate aspects of temperament that lie in the three as yet not strongly marked and which should not therefore be subjected to a forced development. Much of what has been said in regard to this child psychology applies to the invalid also. In the latter the powers of inhibition are low and the predominant temperament in his make-up will tend to come to the surface. The lecturer here related two incidents to show that, as far as possible, the nurse should adjust herself to the patient's predominating temperament rather than try to introduce its opposite. The position is quite different in a normal healthy adult, for the will of the person then comes more into play, it is free to function and ought to work upon the temperaments. A person should then become *master* of his temperaments; if he understands the importance of this he can quite consciously work upon them and thereby will tend to remain younger, more versatile, will retain longer his interests in all aspects of life and so will protect himself from becoming hardened into his own tendencies.

The man of sanguine temperament cannot be said to live in the strength of his own individuality as does the choleric. On the contrary his impulses and activities arise from the objective world—the world around him and not from his own inner being. He will be worked upon by his environment while the choleric will work upon it. The sanguine temperament is always ready to look on the bright side, he is lovable, his memory is prompt, and he inclines to live almost in a world of imagery and thereby his imagination gives its colour to every situation. Very rarely on the whole do the purposes and ideas of the sanguine person reach their fulfilment. He cannot remain interested in them sufficiently long and generally ends

in getting nowhere in particular, but he spreads the sunshine of a cheery optimism wherever he goes, brings something of the perspective of his own radiant vision into the outlook of others. Yet his talent for seeing the bright side so colours his outlook that often he will embark on a scheme which, to the average common-sense, spells failure from the start, and often he is in the quicksands before he has a suspicion of failure. Yet he is ever popular, never lacks for friends and if there are those who have been led astray by his rosy visions they blame not him but his temperament. Probably the worst criticism you will hear of him is that his wish bone lies where his back bone should be. Let the sanguine child be placed with those of his own type and the inevitable reaction will call the other temperaments into activity. We welcome such a temperament in illness and regard it as one of the factors which will lead to recovery. The danger of the sanguine character if not balanced and controlled is that it may grow towards instability and even reach a condition of mental disease that causes the person to live in a world of phantasy.

Now for the phlegmatic temperament. The man possessed of this as the predominating feature in his "mental physiognomy" is fairly satisfied with himself, and he remains little impressed by the sorrows and struggles that go on in the world around him. Yet should he not be accused of lack of sympathy. Rather he is of the type that will bring balance into a difficult situation; all unintentionally perhaps, his will be the influence that will prevent discussion from passing beyond the realm of common-sense, from him often will come the keynote that will bring calm and courage to the hearts of his fellows in the face of grave and sudden disaster or anxiety. From him it is that we will get the viewpoint of a calm unprejudiced onlooker; he may lift a question from the narrow view of the individual to that of the world outlook. He is often the person most alive to impressions although he may feel their effects less in a personal way. His reasoning powers are good, he is usually straightforward, well informed and is persistent if not ardent. One need hardly point to the dangers of a phlegmatic temperament. Although indirectly it may help other people to take decisions, a person possessed of it is often incapable of making them himself and is apt to be dull and even feeble. It will not serve to put a phlegmatic child in the company of, say, people possessed of the choleric temperament; let him as far as possible be among those of his own kind and he will be bored and will try to use initiative to overcome his propensities. Treat him with the indifference he shows to others and he will be stimulated thereby to draw attention to himself. Much the same applies in cases of illness when inhibition is weakened, and the will is not there in its full strength to drag, without other impulse, the weaker temperaments forward. Treat the phlegmatic patient with a judicious indifference and such counter-irritation, as we might call it, may stimulate him into interest in his conditions and surroundings; he will try to force your attention to him and so overcome his lethargy.

It is difficult to find much use for the melancholic temperament *as such* but very great possibilities sometimes lie within this temperament. Usually a pure melancholic is a trial to himself and to his neighbours. Unlike the choleric he is inclined to be lethargic, unlike the sanguine he is hopeless and depressed and looks with a grudge on his neighbour's prosperity. Unlike the phlegmatic he feels no inner contentment but rather he is dissatisfied with his physical body. A child with those tendencies should be shown something of the sorrows of the world, sorrows greater in their justification for melancholy than any of his own and the chances are that seed will be sown whereby he may overcome his tendencies although the

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