

in respiratory activity. Breathing becomes quicker and deeper. The temperature-regulating mechanisms are activated. The hair stands on end and there is profuse sweating.

All these changes assist in preparing the animal for battle. As if by magic, they instantly banish fatigue and make large amounts of energy available for the anticipated physical struggle for survival. The blood is pumped vigorously to the sites where it is most needed -to the brain, for quick thinking, and to the muscles, for violent action. The rise in blood sugars increases muscular efficiency. The speeding up of coagulation processes means that any blood spilled as a result of injury will clot more quickly and reduce wastage. The stepped-up release of red blood cells from the spleen, in combination with the increased speed of blood circulation, aids the respiratory system to boost the intake of oxygen and the removal of carbon dioxide. The full hair erection exposes the skin to the air and helps to cool the body, as does the outpouring of sweat from the sweat glands. The dangers of over-heating from excessive activity are therefore reduced.

With all the vital systems activated, the animal is ready to launch into the attack, but there is a snag. Out-and-out fighting may lead to a valuable victory, but it may also involve serious damage to the victor. The enemy invariably provokes fear as well as aggression. The aggression drives the animal on, the fear holds it back. An intense state of inner conflict arises. Typically, the animal that is aroused to fight does not go straight into an all-out attack. It begins by threatening to attack. Its inner conflict suspends it tensed for combat, but not yet ready to begin it. If, in this state, it presents a sufficiently intimidating spectacle for its opponent, and the latter slinks away, then obviously this is preferable. The victory can be won without the shedding of blood. The species is able to settle its disputes without undue damage to its members and obviously benefits tremendously in the process.

Throughout the higher forms of animal life there has been a strong trend in this direction-the direction of ritualised combat. Threat and counter-threat has largely replaced actual physical combat. Full-blooded