

**SCIENTIFIC
MENTAL HEALING**

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Scientific mental healing by H. Addington Bruce

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H. ADDINGTON BRUCE

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BY

H. ADDINGTON BRUCE

AUTHOR OF "THE RIDDLE OF PERSONALITY," ETC.



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PREFACE

THE chief aim of the present volume is to provide the general reader with a brief, yet it is hoped sufficiently comprehensive, account of the principles underlying scientific psychotherapy; and to afford some idea of the methods by which it is applied in the treatment of disease, and also of the maladies to which it is applicable. For this reason the use of technical terms has been avoided as far as possible, and there has been a liberal citation of illustrative cases for the purpose of bringing the principles and the methods concretely to the reader's mind, and in order to emphasize the fundamental differences between psychotherapy of the scientific type and the psychotherapy of "faith healing."

The book is thus of the nature of a "popu-

lar" manual, and may perhaps be described as a primer in scientific psychotherapy. But the writer trusts that it will not on that account be found devoid of usefulness to the physician and psychologist, and that it may be the means of stimulating in some measure a broader interest in investigations that are unquestionably of tremendous importance to humanity, particularly in this age of hurry, unrest, and "nerve strain." There can be no doubt that functional mental and nervous diseases, as well as the true insanities, are increasing in civilized countries; and statistics such as those gathered, for instance, by the United States Census Bureau, would seem to indicate that they are increasing most rapidly in the countries of highest economic development. Scientific mental healing affords a means of coping with this growing evil, as it will be one of the writer's main objects to make clear.

The three essays, "Psychology and Everyday Life," "Half a Century of Psychological Research," and "William James" are in-

cluded because, while they relate only indirectly to the subject of mental healing, they contain information bearing on it in several important respects. Thus, the "Psychology and Everyday Life," though primarily concerned in setting forth possible applications of the results of psychological experimentation in other than a medical way, also surveys methods of mental analysis that are helpful to the physician; the "Half a Century of Psychical Research" emphasizes the debt which modern medical psychology owes to the scientific investigation of the phenomena of spiritism; and, finally, the essay on the late Professor James is included by way of appreciation of the notable services rendered by this eminent American psychologist to both medical psychology and psychical research.

In preparing the various essays, aid has been sought from and generously rendered by leaders in psychological and psychopathological investigation, and to these gentlemen grateful acknowledgment should be

made. The writer's thanks are also due the editors of *The Outlook*, *The American Magazine*, *The Cosmopolitan Magazine*, and other publications in which the essays originally appeared. Each essay, it should perhaps be added, has been revised for present publication.

H. ADDINGTON BRUCE.

CAMBRIDGE, MASS., June, 1911.

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