

**KNOW YOUR OWN MIND;
A LITTLE BOOK OF
PRACTICAL PSYCHOLOGY**

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Know your own mind; a little book of practical psychology by William Glover

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WILLIAM GLOVER

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BY
WILLIAM GLOVER

Cambridge:
at the University Press

1915

PREFACE

MR H. G. WELLS, in *Mankind in the Making*, says that only thoughts which can be expressed on the meanest commonplace will ever, under present conditions, reach the minds of the majority of the English-speaking peoples. If this be so, it is a bad look-out for the popularity of Psychology.

Personally, I think Mr Wells too pessimistic; and in the following pages I have tried to interest the man in the street—not the man at the street-corner—in the study of a subject vital to his welfare. I have, moreover, been encouraged in my project by the words of that eminent authority, William James, who tells us that “the elements of the mental machine can be clearly apprehended, and their workings easily grasped.”

As these elements and general workings are just the parts of psychology most directly applicable to everyday life, and as this is intended to be a practical manual, it follows that the *matter* is confined mainly to first principles and their practical application.

The *manner* gave me some trouble. One likes to be up-to-date, and my first intention was to write a kind of Psychology-by-Cinematograph. When I came to try this, however, I found that it wouldn't quite work. Nevertheless, though I had to modify my plans, I tried to catch some of the cinema spirit, and to be as illustrative as the subject allowed. Of course there is danger in such a method of treatment; for metaphor, simile, and allegory are kittle cattle to handle, and no material figure can satisfactorily stand for facts of mind; but I trust I have not led the reader into any, at all events grave, misconceptions. A treatise for philosophers would necessarily make use of a different diction, a different Universe of Discourse.

In writing my little book I have been greatly indebted to Adams' *The Herbartian Psychology applied to Education*. I have also consulted Ufer's *Introduction to the Pedagogy of Herbart*; Lange's *Apperception*; James's *Text-book of Psychology*, and the same author's *Talks to Teachers on Psychology: and to Students on Some of Life's Ideals*; Titchener's *Primer of Psychology*; Hayward's *The Secret of Herbart*, and *Education and the Heredity Spectre*; Findlay's *Principles of Class Teaching*; Welton's *The Logical Basis of Education*; Hamilton's *Lectures on*

Metaphysics; and Falckenberg's *History of Modern Philosophy*.

To those who are specially interested in the subject of my Postscript-Chapter I recommend: *Eucken*, by Abel Jones, published in Jacks' series of *People's Books*; *Eucken and Bergson: Their Significance for Christian Thought*, by E. Hermann (James Clarke & Co.); Boyce Gibson's *Rudolf Eucken's Philosophy of Life* (A. & C. Black); and Eucken's *The Truth of Religion*, translated by W. Tudor Jones (Williams & Norgate).

W. G.

PLASNEWYDD SCHOOL

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January 6, 1914

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