

COMMON MIND TROUBLES

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649523535

Common Mind Troubles by J. Mortimer Granville

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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BY
J. MORTIMER GRANVILLE.



LONDON:
HARDWICKE & BOGUE, 192, PICCADILLY, W.
1878.

151. 0. 463.

TO THE READER.

I AM encouraged by the reception which has been accorded to my previous papers on the subject of mind troubles, by the press, the public, and the profession, to adventure a further selection. I would only ask the scientific reader, if any such should honour this little volume by his notice, to remember that these essays, like those which have preceded them, were not written for persons who have professionally investigated the phenomena of which they treat. The sole purpose has been to seize on a few salient difficulties and grapple with them, in the interests of *self-help*. The key-note of the theme is the presumption that

there is often—if not generally—a stage of conscious embarrassment preceding mental derangement or mind weakness, and while this condition exists there is hope in the power of repair and self-recovery which exists in the mind not less than in the body. To this belief I must adhere.

J. MORTIMER GRANVILLE.

Oct., 1878.

CONTENTS.

	PAGE
"FAILINGS"	1
DEFECTS OF MEMORY	13
CONFUSIONS OF THOUGHT	25
SLEEPLESSNESS FROM THOUGHT	37
HESITATION AND ERRORS IN SPEECH	48
"LOW SPIRITS"	59
TEMPERS—GOOD AND BAD	68
THE "CREATURES OF CIRCUMSTANCE"	81

“ FAILINGS.”

“ WE all have our failings,” and for the most part we regard them tenderly. They do not count as offences, scarcely are they held to be faults. It is always probable that an error of omission may have been unintentional; not unfrequently it seems possible it was unavoidable. A sentiment of pity for, and even sympathy with *weakness* overpowers the sense of grievance; the voice of the inward monitor is silenced, and the self-excused conscience sleeps. Meanwhile failings are the worst and most mischievous, the deadliest and least curable of the ills to which the moral nature of man is heir. They are the sources of evil whence spring the blackest vices of human character, the false roots that nourish and sustain its parasites, and steal the sap of its inner life. A failing is not merely negative; its sinister aspect is one of positive wrong-doing, wherein some behest of the will is disobeyed, a measure of power wasted, a rebel habit formed or fostered.