

THE PSYCHOLOGY OF MEDICINE

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The psychology of medicine by T. W. Mitchell

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OF MEDICINE**

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PREFACE

THIS book is intended primarily for those readers who have had no professional training in either Medicine or Psychology, but who are anxious to keep themselves abreast of modern thought in these departments of knowledge. At the same time I hope it may prove serviceable to professional students of these subjects as a preliminary survey of the ground they will have to cover should they desire to specialize in psychotherapeutics or in the psychology of the abnormal.

The topics discussed have been dealt with only in outline. My endeavour has been to state the general principles on which modern conceptions in the Psychology of Medicine are based, and to avoid as far as possible all detail which is unnecessary for the comprehension of these principles.

The greater part of the contents is now published for the first time; but Chapter IV, on "The Unconscious," was largely drawn upon in a paper entitled "Psychology and the Unconscious," read before the Medical Section of the British Psychological Society and published in the *British Journal of Psychology* (Medical Section), Vol. I, Parts 3 and 4, July, 1921. Various paragraphs in the earlier chapters have appeared in articles contributed to the *Proceedings of the Society for Psychical*

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Research. I desire to express my thanks to the Councils of these Societies for permission to make use of these contributions.

My grateful thanks are due to Miss Elsie L. Reynolds for much assistance in preparing the book for the press.

T. W. M.

HADLOW,
KENT.

October, 1921.

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THE PSYCHOLOGY OF MEDICINE

CHAPTER I

INTRODUCTION

WE use the word Medicine in a broad sense as a term which includes everything pertaining to the science and art of healing. The practice of medicine is the making use of all and every means whereby those who are sick in body or in mind may be restored to health. From the earliest times it was observed that all bodily disease has a mental aspect, such as the subjective experience of pain, of mental depression or of excitement, and that such mental experiences as sorrow or anxiety are accompanied by some loss of bodily well-being.

Although in primitive medicine the interdependence of body and mind was accepted as self-evident truth, and the possibility of mental and occult influences affecting bodily disorders was widely believed in, with the rise of the scientific era men readily inclined to the view that both the cause and the cure of disease were to be sought for in the physical world. When the