

**THE MIND AT WORK; A
HANDBOOK OF
APPLIED PSYCHOLOGY**

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The mind at work; a handbook of applied psychology by Various

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VARIOUS

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APPLIED PSYCHOLOGY**

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THE MIND AT WORK

A HANDBOOK OF APPLIED
PSYCHOLOGY

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1914

PREFATORY NOTE

I CANNOT send this book to press without a brief word of thanks to the eminent scientists who have directly and indirectly assisted in its production.

I am specially indebted for help to Dr. Hyslop, late Superintendent of Bethlem Hospital, Professor Max Meyer, and to my contributors, Dr. Buttar and Mr. E. J. Foley. The latter, who is responsible for nine chapters, asks me to print the following note :

"It would have been perhaps impossible, and certainly tedious, to give, in the part of this book for which I am responsible, the authorities for the statements made. In a few instances the source is stated ; in most, not ; and it is not to be assumed that where no obligation is acknowledged, none exists. The words are usually mine, but to students of the subject it will be clear how much of this groundwork of Psychology is taken from William James, Dr. Ward, Professor Stout, and

other well-known workers in the field. The aim has been to give a condensed but lucid and sufficient statement of the generally accepted elements of the science. At the present stage of psychological enquiry this could hardly be original, and save to some extent for the arrangement and generally for the expression, originality is not claimed."

G. R.

LONDON,

January, 1914

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THE MIND AT WORK

INTRODUCTION

PSYCHOLOGY has been defined as *the description and explanation of states of consciousness as such*. I prefer to state simply that it is the study of *personality* in all its aspects ; and its subject-matter is grouped under the heads of thoughts, feelings, and volition, or will. To speak quite popularly, one might say that it is concerned with the working of the human mind.

The study of the mind cannot properly be separated from the study of the body, for the two are most intimately related. We all know that when tired and hungry the brain refuses to work. We cannot think clearly. A glass of wine and a biscuit and a short rest restores to us our mental faculties. Or to put the case the other way, good news stimulates appetite, while shock or anxiety gives a distaste for food. These are simple and obvious illustrations ; but there are much more remarkable ones that we shall have to discuss later on.