

## ORIGINAL CONTRIBUTIONS

MENTAL AND NERVOUS STATES IN CONNECTION WITH THE  
WAR AND THEIR MECHANISM.

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IT has been customary to state, that an analysis of one's own mind by introspection enables one to affirm that the elements of consciousness may be conveniently arranged into three categories, viz.: cognition, under which comes knowledge; feeling, which includes pleasure and pain; and thirdly, the will, or conation, which is the tendency to act. These may be illustrated by a person approaching a picture, who, on becoming conscious of it, perceives it to be a composition of a certain color and form. This is cognition. He then experiences certain feelings, either of gratification, if the picture is a masterpiece, or of the opposite feeling if it be of indifferent merit; thirdly, there would be the desire to possess the picture if it pleased, and the will would tend toward its acquisition.

These three groups of elementary mental units have been compared to the red, yellow, and blue rays of the solar spectrum with their three separate special qualities: the red associated with heat, the yellow with light, and the blue with the chemical effects. Although each of these acted its part, yet it was the unified whole that operated as active light. The red rays are at one end of the spectrum, the blue are at the other, whilst the yellow is in the middle; and the analogy may then be carried further, giving feeling as predominant at one end of life and during the period of childhood; desire, with its impetuosity and passion in middle youth; whilst intelligence, tended to control and direct the autumn of life. Such an analysis recognizes that the building up of the mind from these elements occurs through the laws of mental association, and much stress was formerly laid upon this law by its discoverer Hobbes, as well as by Hartley, who was the first to make use of the law by its application to the whole intellectual system. Thus the varied operations of the intellectual life, of memory, of imagination, of the emotions, and under the law of association.

It is held that these various ideas group themselves into "complexes," some of which conflict with others and tend to become repressed, when they may become opposed to the personality or ego finding an outward expression, being thus sublimated, as the term is, into a sensory, motor,