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FOREWORD.

A FEW years ago, the term "Mental Hygiene" was almost unknown; to-day it denotes a wide field of practical effort in dealing with some of humanity's most difficult tasks. The significance of the term is, in large part, due to the founding, in 1909, in the city of New York, of the (United States) National Committee for Mental Hygiene. The purpose of this Committee as stated in their Journal, "Mental Hygiene," was "to work for the conservation of mental health; to promote the study of mental disorders and mental defects in all their forms and relations; to obtain and disseminate reliable data concerning them; to help raise the standards of care and treatment; to help co-ordinate existing agencies, federal, state and local, and to organize in every state an affiliated society for Mental Hygiene."

We, in Canada, for many years have been confronted with problems similar to those in the United States, which led to the founding of the United States Committee, but it is only very recently that we have become aware of the importance of mental factors that must be considered in the solution of these problems. For years, we have been puzzled as to how to deal effectively with our criminals, our juvenile delinquents, our prostitutes and our moral degenerates. To-day, it is becoming generally recognized that mental factors play a great part in this problem and that human behaviour can be neither successfully studied nor effectively directed without taking into account the facts of mental life.

The judge, the school teacher, the employer, the social reformer and the parent have long been asking why certain individuals cannot adjust themselves to the laws of society. To-day, as a result of psychiatric clinics and trained social workers, considerable information has been amassed regarding this problem. True, much of the work done is tentative and most of it has been carried on