

"Though much special work along many of these lines has been done in various individual groups in Canada, it is to Doctor Clarence M. Hincks, of Toronto University, that we owe the co-ordination of effort which has resulted in our new Canadian National Committee for Mental Hygiene . . ."

"The task and aims of the Canadian Committee cannot be better expressed than in the words of Doctor Llewellys F. Barker, President of the American Committee. 'The Committee hopes by investigation, by education and by organization steadily to improve the brain-power of the nation. It is striving to hasten the time when our people will be so begot, so reared, that their minds will develop normally and harmoniously; when society will have less need than now for sanatoria, asylums and prisons; and when all but an irreducible minority of those born to membership in the nation may think, feel and act in a way that will make them desirable citizens of that Better State which is our goal.'"

PERIOD OF DEVELOPMENT (1918-1923)

Military Work.—The Department of Soldiers' Civil Re-Establishment requested and obtained the co-operation of the National Committee in a survey of mental hospitals caring for returned soldiers. Better treatment for the returned soldiers resulted.

The National Committee brought to the attention of the Canadian Army Medical Corps and the Department of Soldiers' Civil Re-Establishment the desirability of having adequately trained workers give home supervision to soldiers who were discharged cases, and to assist the Medical Boards. The value of such a service having been demonstrated by workers under the direction and supervision of the National Committee, arrangements were made to provide, in co-operation with the University of Toronto, a two-months' training course for such workers. The Department of Soldiers' Civil Re-Establishment sent thirty-four of their nursing staff to take this course. The course was not repeated as the need was met through the establishment, at the universities, of regular courses in Public Health Nursing.

A further demonstration of social work was made at St. Jean de Dieu Hospital in Montreal. This had to do chiefly with obtaining histories from the family and preparing the home to receive the patient upon discharge. The National Committee paid the salary of the worker during the period of the demonstration.

IMMIGRATION

The National Committee, together with other organizations, were alive to the fundamental importance of the proper examination of immigrants in order to ensure a better selection of newcomers, and to prevent Canada from becoming a dumping-ground for defectives and degenerates from other countries. The results of an inadequate system of medical examination—physical, but particularly mental—were well known to all hospital, health, social and other workers.

The National Committee, shortly after its organization, arranged with Professor W. G. Smith to make a study of the problem of