

mental health. This, unfortunately is a rather difficult term to define with any precision. Most of us I imagine, have at least a general idea of what mental illness means. But even here, the picture is somewhat vague except in pronounced cases. One definition which has some merit is that mental illness involves 'a breakdown in living that may vary in degree from mild and temporary ineffectiveness to severe and complete incapacity'.

"If this be true, it would imply that most of us have been 'mentally ill' at one time or other in our lives. It would also imply that mental health should be the reverse -- that is, a level of well-being that enables an individual to operate efficiently through the 'ups and downs' of existence and which helps him develop to the full of his potentialities. You may say that all this is just words -- and, in a sense, you would be right. The fact is that we do not yet have sufficient knowledge to come up with a precise answer to the question of what is mental illness and what constitutes positive mental health. This is an area which merits a good deal of further study.

"Nevertheless, we are faced with cases that can be classified as mental illness. It is these on which we make our basic assessment of the extent of the problem in Canada. For example, we know that there are more than 73,000 Canadians now under the care of mental hospitals. This at least is clear. A recent study carried out in Ontario suggests, moreover, that one out of every 15 Canadians will spend some part of his life in mental hospitals of one kind or another. Other authorities have thrown the net even wider and maintain that a large proportion of people seen by their family doctor suffer from some degree of emotional disability. Summing up the situation not only in Canada but in other countries, the Director-General of the World Health Organization, Dr. M.G. Candau has this to say:

'If the amount of bodily disease in the world reached the proportions of many of the existing social ills ... with their mental and emotional causes, not to mention classical mental disease itself, an epidemic state would be declared....'

"Health authorities in Canada have more or less agreed with Dr. Candau's assessment. Considering all the evidence -- precise and otherwise -- they have come to the conclusion that mental illness is the 'largest special medical and hospital problem in Canada today, if not the greatest public health challenge of our time.'

"What then are we doing about it? Perhaps the greatest stimulus to mental health work in Canada was provided back in 1948 with the introduction of the National Health Grants. These are made available on an annual basis to assist the provinces in developing and expanding their health services and facilities. One

of the largest of the Grants was set aside for mental health purposes. Amounting originally to \$4 million a year, this Grant has gradually increased to the point where in the present fiscal year it totalled about \$7,250,000. As a result of changes in the Grants programme announced for 1960-61, the Mental Health Grant will be further increased to about \$8,750,000 annually.

"In the past twelve-year period, federal expenditures under this Grant have totalled approximately \$54,500,000. How has this money been spent? What has it accomplished? First of all, roughly half of the money has gone for the support of services in mental hospitals across Canada. This has had a substantial impact on the financing of these institutions and on the cost to patients of mental hospital treatment. In 1957, for example, it was estimated that federal and provincial governments met over 90 per cent of operating costs of mental hospitals, leaving less than 10 per cent to be raised from patients,

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"In addition to supporting mental hospitals, the Grant has helped spark the development of a new approach in facilities for the treatment of mental disorders. I am referring to psychiatric units in general hospitals. There are now over 40 of these units, as against less than 10 when the Grant was first introduced. Even more impressive has been the stimulus provided to the setting up of a widespread network of community mental health clinics. In 1948, there were less than 20 of these clinics. Today, the number has risen to nearly 150 -- more than half of which are attached to out-patient departments of general hospitals.

"The Mental Health Grant has had an important impact on two other areas -- training of personnel and research. Thanks to bursaries provided through the Grant, some 1,800 professional and technical workers have received training in various specialties. On the research side, the number of projects receiving support has risen from 13 in 1949-50 to over 60 in the current fiscal year, with federal expenditures for the whole period amounting to over \$4,500,000. For 1960-61, it is expected that an additional \$750,000 in Mental Health Grant funds will be used to carry forward research.

"But the Mental Health Grant is not the only revenue of federal assistance in this field. Through the Hospital Construction Grant -- which was more than doubled in amount and extended in scope in 1958 --, substantial support has been afforded to the expansion of mental hospital facilities. In the last 12 years, more than \$29 million has been allotted for the construction of over 20,000 new beds in these institutions.

"A third area of federal support of mental health activity has been opened up with the

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