

wide recognition for centres like those established in Montreal, Toronto and Vancouver, which provide treatment on a "9 to 5" basis or in the evening after working hours.

"Mental health services for children have also been widely developed in the last few years. For example, here in Ontario at Thistle-town we have the first provincial hospital entirely devoted to the care of emotionally disturbed youngsters. On a broader basis, we have special children's wards in certain of our general hospitals as well as a fair number of residential treatment centres in various communities across the country.

"The problem of mental retardation has been tackled to an extensive degree. Hundreds of community day schools supported by parent groups and designed especially for the trainable retarded child have sprung up throughout Canada. Provincial training schools have also been improved and the advantages of sheltered workshops for older youngsters explored. In Stratford's neighbouring community of London, a new assessment centre has been set up to assist in providing improved methods of diagnosis and planning for retarded children.

"As you can see, therefore, Canada's mental health programme is a 'going concern'. Mental hospitals are not what they used to be, but are moving into the mainstream of medical and social progress. Community effort is coming to the fore and helping to prevent the isolation of victims of mental illness. Capping this whole development is the growth of a 'citizen's movement' in support of mental health activity.

#### GROWTH OF ORGANIZATIONS

"In the last decade, the Canadian Mental Health Association has increased its membership from about 70 to well over 100,000, and has no less than 115 separate branches in different parts of the country. The Canadian Association for Retarded Children -- established only two years ago -- now boasts a membership of some 12,000 active workers in 118 local branches across Canada. And besides these groups there are numerous local organizations working in the field of rehabilitation and on behalf of emotionally-disturbed children. All of this is purely voluntary effort and indicates the mounting importance which individual Canadians are attaching to the conquest of mental illness and the promotion of mental health.

"Looking back over the past twelve years, it would appear that Canada's mental health programme has made notable progress. In summary, this would seem to have been due to perhaps five main factors:

1. Realization that the mentally ill or retarded can be helped.
2. The conviction that during treatment, patients should remain as close as possible to their home and community.

3. Research and particularly the discovery and improved use of tranquilizing and other drugs.
4. Increased government support through the National Health Grants.
5. Mounting public interest as expressed through the Canadian Mental Health Association and other voluntary agencies.

"What then of the future? One question which naturally suggests itself is whether or not mental illness is increasing. As with the nature of the problem itself, the evidence here is far from precise. A study of admission rates to mental hospitals covering the ten-year period 1946-56 indicated an increase of 116 per cent. But this may not be too meaningful, since it does not take into account such factors as increased facilities for treatment and the changing public attitude towards mental illness, which has encouraged more and more patients to seek early and adequate treatment. In view of this and other considerations, the consensus appears to be that while the problem of mental illness is substantial, its exact dimensions are not yet clearly defined. In other words, we simply do not know at present whether mental illness is in fact on the increase.

"And there are other questions which need more precise answers than we now have. For example, what do we mean by 'positive' mental health and how valid is our understanding of prevention? How effective are the various treatment procedures and how many patients be selected in order to ensure the maximum effectiveness of existing facilities? Finally, what can we do to meet more adequately the challenges of emotional disturbance and mental deficiency in children?

"These are issues that can be settled only through continuing research and study. Of another order is the present need for more highly trained professional and technical personnel. In many places, shortages of staff constitutes a very real obstacle to effective progress. But this and the other problems I have mentioned are not insurmountable. They can be solved as have been many which confronted us during the past decade...."

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#### FLOUR FOR CAMBODIA

The Department of External Affairs announced on March 18 that an agreement had been reached between Canada and Cambodia for the delivery of \$100,000-worth of wheat flour to Cambodia as part of Canada's Colombo Plan contributions for 1959-60. This flour is being supplied at the request of the Government of Cambodia, and will be shipped as soon as arrangements can be completed.

The agreement calls for the use of the counterpart funds generated by this grant in a project for the economic development of Cambodia.