

W. Beers, author of a book which doubtless many of you have read—"The Mind that Found Itself"—was in a large measure responsible for the formation in the United States of a body known as the National Committee for Mental Hygiene. This organization in the original conception was probably intended to improve the facilities for caring for the insane and to do away with many of the irregularities and abuses depicted by Mr. Beers, but its scope was speedily widened to take in the advancement of all measures calculated to improve the mental life of the people, individually and collectively, as well as the improvement of the methods of caring for the insane.

This organization had begun its work when war came. A similar organization has within the past two years been set on foot in our own country and its activities have been most notable. Already much has been done and the plans laid down will result in much good to the whole country. As a matter of fact, our own province of Manitoba was the first of the provinces to take advantage of the investigating facilities of the National Committee. Dr. C. K. Clarke and Dr. C. M. Hincks, Medical Directors of the Committee, made a survey of the care of mental defectives and mentally diseased in Manitoba and made recommendations that are embodied in the report of the Public Welfare Commission and that we hope to carry out in full. Other surveys have been made throughout Canada and the United States, and undoubtedly much useful work is being done in the discovery and elucidation of the facts of defective mental adjustment.

During the past few years much has been done to investigate and draw practical lessons from the facts of physical disease. The epidemiology of infectious diseases, the disposal of sewage, the provision of pure water and food, the limitation of the hazards from occupational disease and industry are familiar to us as notable landmarks in a progressive and life saving program of what we might call Physical Hygiene. The medical profession are well acquainted with the tenets of this science and the laity are being speedily informed of the terrors and dangers and the numbers of victims of physical disease.

Now, we have developing a new department of Hygiene tending to serve a similar purpose with regard to mental disease. Heretofore the facts relative to the development and progression of mental disease have been allowed to lie as things remote from our lives and efforts. This period of inaction seems now to have come to an end and a new period of steady development entered upon.

We must not get the idea that mental hygiene is concerned only with the lives of the people who fill our Hospital for Mental Disease. They form but a fraction of the cases in which mental abnormality is evident. We must recognize that besides those actually psychotic and