

A STATEMENT OF AIMS

Its aims were extraordinarily wide. They were:-

- (1) the encouragement, and the correlation and organization, of means of communication between the various societies and associations concerned with mental hygiene;
- (2) to join with the other national councils to form an international league, for combined action and the interchange of knowledge;
- (3) to study the causation and prevention of mental disturbances, which were extremely common in this and other countries and had been increasing since the beginning of the war; including the study of environment, heredity, and various poisons, such as alcohol and lead, the dangerous trades, and the important subject of syphilis;
- (4) to include the subject of mental hygiene permanently in medical education;
- (5) to further the establishment in general hospitals of special clinics for the early treatment of mental disorders, in such conditions as would remove the public prejudice against the word "mental", which implied that the person was not stable;
- (6) to improve the conditions of the treatment of mental disorders, particularly in the early stages, when a great deal of good could be done at home by the institution of social service; and
- (7) judicious propaganda.

It was then unanimously agreed "That the National Council for Mental Hygiene be formed," and on the motion of Sir Frederick Mott, seconded by Dr. Farquhar Buzzard, Sir Courtauld Thomson was elected chairman.

Lord Southborough proposed, Lady Darwin seconded, and it was agreed, that the Provisional Committee, whose names were given in Sir Courtauld Thomson's letter in The Times, with the addition of the name of Sir Humphry Rolleston, be authorized to act for six months, with power to add to their number, to draw up a constitution and elect an executive committee.

Sir Courtauld Thomson then announced that Sir Charles Russell and Co., hon. solicitors to the British Red Cross, had consented to act as hon. solicitors to the National Council; and Sir Basil Mayhew, auditor to the British Red Cross, had consented to act as hon. auditor.

"ONLY NERVES"

Dr. Henry Head pleaded for the co-ordination of the results of highly specialized scientific work which had been accomplished in relation to the mental health of the nation. The word "mental" had an ominous sound which called up at once the idea of insanity. But mental hygiene meant only the maintenance of that state of health in which human beings could respond normally to the calls made upon them by daily life. Mental hygiene was as important as sanitation. Mind and body were inextricably