

"Has Mental Hygiene completed its task? No! It is only beginning its work. To the ones who are interested in it, the problems are becoming more and more clear and, as a result, there is an abiding faith that more can be achieved as we learn more."

"I congratulate the Committee under whose auspices this work is proceeding, and, on the soundness of the programme that has been inaugurated. I am confident that day by day month by month, and year by year, steadily, without show, without pretense, without boasting, you will carry this work on, and will not only make conditions better in your own communities and throughout the Dominion, but, by making contributions to this subject, you will contribute to the work of all other countries and gradually there will be, due to your knowledge, a deeper insight into human nature—a better understanding of how human nature can be given conditions of life that are more stimulating and more wholesome."

"A very significant and important thing to remember is that the various hygienes, the control of communicable diseases and the sanitation of the environment are all part of one movement. The idea that you can touch any of them—that you can deal with or dwell on one to the exclusion of the others—the idea that you can develop any one of them very far until you have developed the others is one of the great fallacies—and what is termed mental hygiene permeates all the other hygienes."

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