

hospital walls and consists of "investigations among the families of patients, educational efforts for the dissemination of knowledge among the public; as to the nature of mental disorders and their prevention and the supervision of patients who are discharged from the psychopathic hospitals or hospitals for mental disease" (Barrett).

It is unwise, doubtless, to indulge in prophecy and statement of concrete aims. We must, as physicians, do what we can to realize the aims of mental hygiene.

"To stem the tide of syphilis, to wage war on alcohol, to counsel against marriage of defectives, to generalize the insane hospitals, to specialize the general hospitals, to weed defectives out of general school classes, to open out the shut-in personality, to ventilate sex questions, to perturb and at the same time reassure the interested public. These are infinitives that belong perhaps in a rational movement for mental hygiene. They are things the past has taught us more or less clearly to do, and in that sense the movement for mental hygiene is surely not much more than elaboration of the obvious" (Southard).

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