

FILE 279

CAN. NATIONAL

CTTEE. FOR

MENTAL HYGIENE

98

Mem. Hygiene

November
First
1921.

Dr. C. M. Hincks,
Associate Medical Director and Secretary,
Canadian National Com. Mental Hygiene,
Edmonton, Alta.

Dear Dr. Hincks:-

I thank you for your letter of
October 28th, and for the memorandum dealing
with the survey conducted in the Province of
Manitoba.

This I promise to read and I
have no doubt that I shall find it vastly
interesting.

Wishing the Committee all success
in their work, I am,

Yours faithfully,

Principal.

The Canadian National Committee For Mental Hygiene.

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Patroness: Her Excellency the Duchess of Devonshire

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REV. W. H. VANCE

Edmonton, Alberta.
October 28, 1921.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

The enclosed account of recent mental hygiene progress in Manitoba speaks for itself. I think you will agree that it furnishes conclusive proof as to the value to Canada of such an organization as ours. It has been my privilege to tour the Province during the last week, and I was so impressed with developments that I could not refrain from writing you.

Our society is now conducting a survey in Alberta. This constitutes our sixth provincial study. It is gratifying to note that in no single instance have our reports been pigeon-holed. The results in Manitoba are in large measure illustrative of progress that is being achieved throughout the Dominion - progress which would not have been possible without the generous support given by you and our other friends.

I remain

Very truly yours,

C. M. Hincks

Enc.

There are twenty-five Mental Hospitals in Canada that make provision for approximately 20,000 patients. Many of these institutions are a credit to the Dominion, and the following account of the Rockwood Hospital (Kingston, Ont.) that appeared recently in the "Kingston Standard" will be of interest to members of the Canadian National Committee for Mental Hygiene.

There is one public institution, long connected with the name of Kingston, which, though it is among the most important and noteworthy, is seldom given more than a passing thought by the people of this city. Rockwood Hospital, the great Ontario Provincial Insane Asylum, located in the Village of Portsmouth but to all general purposes a part of Kingston, is a place of which but very few have any correct or definite idea. Many have some hazy and mistaken conception of a grim stone building with barred windows and doors, with padded cells and strait jackets, housing a raving and frenzied group of lunatics. To all such let it be known that nothing could be further from the truth. Rockwood Hospital with its 567 patients and a staff of 128, comprises in itself a peaceful and thriving little village. The greater percentage of its inhabitants of course consists of those unfortunates whose minds have weakened in the great struggle of life and who in that institution are tenderly nursed and treated, and many of them restored to their normal state and to the world once more. The word "asylum" is one which has completely outgrown its meaning of a generation ago. It no longer signifies a place to which dangerously insane people are confined simply to protect society in general, but it means, as it does most eloquently in the case of Rockwood, a great modern hospital with all the conveniences, equipment and treatments that medical knowledge has devised for treating and relieving persons suffering from mental diseases.

Ideal Situation.

The visitor who goes to Rockwood Hospital finds himself, upon arriving at the entrance to the grounds at one of the most beautiful natural spots in the district. The Rockwood property comprised of farm, gardens, park and spacious lawns, is an ideal spot. In summer time, with flowers in bloom everywhere, it is perfect.

The main hospital building in which the majority of the patients are kept, has been thoroughly modernized in every way and under the management of Superintendent Dr. Edward Ryan, has been improved in many ways, till it is now a complete and thoroughly equipped hospital. The main building is divided into two sections,

one for the men and one for the women. Long corridors run through these wings, and opening on to them are the rooms. The building is much like an up-to-date hotel. The rooms are all neatly furnished and the wide and shining corridors filled with comfortable chairs and growing plants and flowers. The presence of so many flowers is particularly noticeable. Throughout the entire building they are to be seen everywhere, adding a touch of cheerfulness to the surroundings. Each corridor has its own dining room, neat and clean in every particular. New serving rooms for each dining room have just been completed. Finished in tile, with shining porcelain tables and white ice-boxes, they are most sanitary and inviting in appearance. This is a very recent improvement which Dr. Ryan has just had installed.

No Locked Rooms.

Throughout the entire building there is not a single locked room. Corridor doors of course, must be kept locked to prevent patients from straying through the building, but patients are never kept closed up in rooms or cells of any kind. They are free to come and go from their rooms to the main corridor, to walk about and mingle with each other, always under the watchful supervision of the nurses on duty.

Nurses in Charge of Men.

A surprising feature was to see nurses, youthful but efficient young women, on duty in wards and corridors with male patients. This practice was introduced for the first time in America in Rockwood Hospital some years ago, and Dr. Ryan reports that there has never been a single instance of a patient attacking or molesting a nurse. Care and attention, kindness and gentility are the measures used at Rockwood and they have proved wonderfully successful. There is no noise in the building; no disturbances or uproar as might be expected, but everything is peaceful and quiet. The strictest discipline, essential in such an institution, is always maintained, and every attendant, male or female, knows at all times the exact rules that must be followed. There are several smaller buildings also in which patients are kept and these are just as complete and modern as the main one. The kitchen is a revelation. It is a very large hall, equipped with the most up-to-date stoves, boilers, steam carving tables and other requisites such as are to be found only in the large hotels in the big cities. The same cleanliness and neatness

prevails, just as in the wards and rooms. Over six hundred meals are prepared three times each day, no small task even with the most modern conveniences.

The heating is done in a great central heating plant in which new boilers have just been installed. The water supply is handled through the hospital's own filtration plant, providing excellent drinking water entirely independent of the city system.

Operating Room.

One of the smaller buildings contains the operating room, a thoroughly modern theatre in which there is accommodation for medical students who come to Rockwood once a week for clinical work. There is also a pathological laboratory and museum which is rapidly being developed, the very finest type of sterilization equipment and other necessary adjuncts.

The nurses' home is another building and there comfortable and pleasant quarters are provided for the young ladies who are in training at Rockwood. Forty-six nurses are at the present time training there, Miss Innes Johnson, a graduate of that hospital and also of New York hospitals, being the acting superintendent. Graduates of Rockwood find favor all over the United States and Canada, and many of them today are holding important positions in Ann Arbor, Cleveland, New York and other large centres.

The education of students is another feature that is well provided for. Every Thursday the final year men from Queen's go to Rockwood for clinical studies. The various classes are in charge of Superintendent Dr. Ryan, Dr. W. T. Connell, Dr. Cumberland, Dr. Baugh, and Dr. Mylks. The teaching consists of lectures and practical demonstrations. A special course in mental diseases has been added to the curriculum this year and a large number of students are taking advantage of it. Communications have been received at the Hospital from institutions in New York State and other places asking for all the graduates of Rockwood that can be supplied and quite a number have already gone to such positions. Research work is also conducted. Professor Miller of Queen's University and Dr. Baugh being in charge.

Hot Baths Used.

Just as bodily ailments are of many different kinds so the variety of mental afflictions is great. No two cases may be exactly alike. Each new patient arriving at Rockwood is immediately put under observation and a careful study made of the case. Treatment suitable for the particular requirements

of the patient is then ordered by the specialist in charge and the course begun. Continuous baths in hot or warm water have been found to be wonderfully successful in soothing excited or nervous patients and this treatment is often used for varying lengths of time. In some cases the patients remain in these hot baths from two to eight hours at a time. This has a soothing effect on the nerves and even the most excited and violent patients are soon quieted and put at ease. Rockwood Hospital is splendidly equipped for these treatments with large white baths, supplied with flowing heated water. A large number of patients can receive this treatment at one time, each in a separate and private bath.

In other cases hot air treatments are found to be best, the patients sitting in specially constructed compartments warmed by a hot air current.

Massage is another important branch. Nurses with special training give treatments of massage which have in numerous cases achieved marvellous results. Lavatory, bathroom and washroom equipment is all of white enamel with floors and walls of tile, all immaculate and sanitary, indeed the remarkable spotlessness of the whole institution is amazing.

Some Won't Eat.

In despondent or morbid cases the patient sometimes refuses to eat and will not swallow food or drink at all. Such cases are fed by a tube inserted through the mouth, or sometimes even through the nose, and life is thus sustained till with improving health the patient learns to eat and drink again. Some of the problems that doctors and nurses in such an institution as Rockwood Hospital must meet can be judged from such cases.

Taught to Work Again.

Re-education is one of the great steps in the treatment of mental diseases that has been given careful study at Rockwood, and which under the supervision of Dr. Ryan has been advanced further than in any other hospital in Canada. By a carefully arranged plan the hands and eyes, made useless when the guidance of the brain was withdrawn, are taught to work again and as the mind improves, work is commenced once more. Some patients may evince no interest in anything but they are gradually brought around to the useful work. Some of them may be able to do only the simplest things at first, such as putting little perforated beads on a spindle. Others, more improved, learn again to knit, to crochet, or to sew, and take

great pride in their work. Some excellent specimens of hand work are to be seen at Rockwood, made entirely by the patients. Others who are still better do a great deal of useful work and in the tailor shop all the clothing is manufactured, sheets and pillow cases made and repaired and many other necessary articles turned out.

"Newport" is another building which belongs to the Rockwood Hospital group. It is situated some distance from the main building and is used as accommodation for the patients who are able to work on the farm. The water supply for Newcourt comes from the main filtration plant, and just recently a new line has been laid to Mowatt Sanatorium which is now furnished with water from the Rockwood pumps.

A Splendid Record.

The great work which is being done at Rockwood Hospital is most clearly displayed in its record of discharged patients. Eighteen years ago when Dr. Ryan became superintendent there were 619 patients and today, though many from outside the district have been taken care of in addition to those who belong to this section, the number has been reduced to 567. Rockwood's discharge record is the largest of any insane asylum in Canada.

Visitors Welcome.

Visitors are at all times welcome at Rockwood and a cordial reception by the superintendent or any of his staff is always assured. To facilitate the routine work of this large institution however, visiting hours are limited to from 10 to 11 a.m. and 2 to 4 p.m. every day. Visitors are not only welcome but they are indeed urged to go to Rockwood and acquaint themselves at first hand with the splendid work that is being done there for mental sufferers. The buildings and equipment are open for inspection to all.

All Like Dr. Ryan.

No description of Rockwood would be half complete without special mention of the superintendent of that great institution, Dr. Ryan. He is admired and respected by every one of his staff, trusted by the most exacting and solicitous relatives of patients, and loved by the patients themselves.

(COPY)

("The Times", London, England, Friday, May 5, 1922.)

MENTAL HYGIENE

NATIONAL COUNCIL FORMED.

Hopes of World-wide League.

At a largely-attended and representative meeting of medical men and laymen interested in mental hygiene, held at the Royal Society of Medicine, 1, Wimpole Street, yesterday, the National Council for Mental Hygiene was inaugurated, with Sir Courtauld Thomson as its first president.

Sir Courtauld Thomson, who presided, said a most cordial and sympathetic message of welcome had been received from the National Committee of Mental Hygiene of America, and he trusted that as a result of these proceedings Great Britain would for the first time be able to take her place in the international conferences on mental hygiene, which, it was hoped, would take place in the near future. He had also seen that morning the Minister of Health, who had assured him of his sympathy and support. The National Council would direct its energies to the benefit of the whole country, but all the skill, devotion, and energy of the medical profession would be of small avail if they had not the whole-hearted support of their fellow-countrymen.

They must see to it that their fellow-countrymen lived in conditions of mental hygiene which were not inferior to the standard of physical hygiene which prevailed throughout the country. It was for that reason that he appealed to laymen to join the movement. He made the appeal without apology or hesitation, because he thought it was an honour and a privilege that they should be allowed to co-operate with the medical profession in their great and patriotic endeavour to improve the health of the people and increase the efficiency of the nation and of the world at large.

(Cheers).

Sir Humphry Rolleston, President of the Royal College of Physicians, said one was always inclined to think that medicine had reached a pitch which it would be difficult to surpass. We could, no doubt, flatter ourselves that medicine had advanced very far. The aim and object of medicine at the present time was the prevention of disease, and to that end study was now directed to the detection of very early symptoms, such as functional disorders which preceded any organic change in the body. It was with the detection of early functional disturbances that mental hygiene was closely occupied. It was often said that we were all more or less on the way to being mad. At all events we must not look on mental disorder as being something rare or, if it affected ourselves, feel any shame on that account.

Since 1908 there had been a Council of Mental Hygiene in America, which had done a great deal of work; four years ago Canada started, and about a year and a half ago a league was founded in France. There were thus three national leagues which were able to meet together and pool their knowledge. About five or six weeks ago Sir Courtauld Thomson addressed a letter to The Times, in which he pointed out the importance of this National Council.

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

intermingled. Those who played golf knew how completely they might go off their game. When they did, they wondered whether they were sickening for some illness. When they returned home tired and vexed, they discovered the real cause in a forgotten letter thrust into a pocket unopened because of its disagreeable contents. This repression had been responsible for a day of misfortune. The evil effects of such repression was one of the most important therapeutic lessons learned in the war.

No structural disease was free from its mental concomitants, and every mental state had its bodily equivalent. People said in a relieved voice, "It is only nerves," but so-called nerves produced more individual and corporate misery than cancer. They were evidence that something was wrong beneath the surface of our mental life. Had a knowledge of mental hygiene been more prevalent, we should have been spared the crazy exhibition of suggestion to which this country had been recently exposed. We were advised when a drain was obstructed not to clear the effluent but to say "ça passe," in the hope that thereby the noxious effluvia would be dissipated.

(Laughter).

Sir Leslie Scott, M. P., paid a high tribute to the work of the Central Association for Mental Welfare and the After Care Association, and said it was of the greatest importance that the various bodies dealing with the subject of mental hygiene should be kept in touch with each other by some unifying body such as the proposed National Council. Speaking from the point of view of the Courts of Justice of this country, he thought it was of the highest public importance that persons who committed crimes because they were mentally "wrong" should be dealt with in the right way by medical attention, and that those who had to administer criminal justice should have the assistance of wise expert advice.

Major-General Sir John Goodwin, Director-General Army Medical Service, said he was a little sceptical as to whether the day of the fighting Services was entirely at an end. Modern war imposed a terrible mental strain, not only upon the fighting men, but upon the whole community; and he felt that the subject of mental hygiene was of incalculable importance to the nation's future. (Cheers.)

Sir Maurice Craig said it was poor economy to build vast institutions for the cure of the Mentally afflicted. It would be very much better if more time, money, and thought were directed towards the prevention of mental disorders. Hitherto it had been the policy of this country with regard to a man who was breaking down, that until he became insane nothing could be done for him.

Among others present were:-

Lord and Lady Willoughby de Broke, Sir Norman Moore, President of the Royal College of Physicians, Sir Charles Sherrington, President of the Royal Society, Sir George Newman, Principal Medical Officer, Ministry of Health, Sir Walter Fletcher, Secretary of the Medical Research Council, Dr. C. H. Bond, President of the British Medico-Psychological Association, Dr. Bedford Pierce, President of the Section of Psychiatry of the Royal Society of Medicine, Professor George Robertson, President-elect of the British Medico-Psychological Association, Dr. C. S. Myers, Director of the National Institute of Industrial Psychology, Dr. G. Ainsworth, Dr. Helen Boyle, Dr. Edwin Bramwell, Lord Dawson of Penn, Sir Horatio Donkin, Dr. Elliot Smith, Dr. Edwin Goodall, Dr. Crichton Miller, Dr. W. H. R. Rivers, Dr. T. A. Ross, Dr. Tredgold, Dr. W. Worth, Colonel Nathan Raw, M. P., and Dr. Stanley Reid.

The Canadian National Committee For Mental Hygiene.

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DR. E. W. RYAN
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PROF. WILLIAM D. TAIT
REV. W. H. VANCE

June 7, 1922.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

It will no doubt interest you to learn that a National Council for Mental Hygiene was organized in England on May 4, 1922. Our Canadian Committee had the privilege of being responsible to some degree for recent developments in the motherland. The accompanying copy of an article that appeared in the London "Times" of May 5th, gives a description of the organization meeting.

National Committees for Mental Hygiene have now been established in France, Belgium, South Africa, and the United States, and plans are afoot for organization in Australia. It will be seen that the time is approaching when such work as ours will be carried on in all parts of the civilized world.

I remain

Very sincerely yours,

C. M. Hincks

CMH:S
Enc.

Report of Special Meeting held in Montreal on Saturday, June 7th
to consider the administration of the Rockefeller Foundation
appropriation of \$75,000 to the Canadian National Committee for
Mental Hygiene.

Members of National Committee present at meeting.

Mr. E. W. Beatty, Dr. C. F. Martin, Dr. J. G. Fitzgerald, Dr. E. A. Bott,
Dr. G. S. Mundie, Dr. A. H. Desloges, Dr. C. A. Porteous, and Dr. C. M. Hinks.

Secretary's Report.

The Secretary presented the following report:-

On May 21st, the Board of the Rockefeller Foundation passed the following resolutions:-

"Resolved that the Rockefeller Foundation hereby pledges itself to appropriate Seventy-five thousand dollars (\$75,000) to be paid on a five-year period beginning approximately July 1st, 1924, to the Canadian National Committee for Mental Hygiene, it being understood that contributions of a t least equal amount shall be provided from Canadian sources for similar amounts.

Resolved that the sum of Seven thousand five hundred dollars (\$7,500) be, and it is hereby appropriated, of which an amount not exceeding that received from Canadian sources for similar purposes shall be paid to the Canadian National Committee for Mental Hygiene during 1924, for studies in the application of mental hygiene to school children".

It will be noted that, in granting \$75,000 to the National Committee, the Rockefeller Foundation has stipulated that an equal amount of money shall be forthcoming from Canadian sources, and Mr. Edwin Babree, Secretary of the Foundation has intimated that the money shall be spent for experimentation, research and demonstration in mental hygiene for children. It is understood that the studies shall cover a period of five years.

Before discussing a tentative plan for the conduct of child studies, the Executive Committee should be informed of the interest of the Laura Spelman Rockefeller Memorial in our Canadian work. There is a likelihood of our Committee receiving \$20,000 per annum, or some such amount, from the Memorial for studies of children of pre-school age and for the inauguration of plans for parent training in mental hygiene. This interest of the Laura Spelman Rockefeller Memorial might well be kept in mind in formulating a policy in dealing with the Rockefeller grant, because the administration of monies coming from both sources might well be unified

The Secretary would advise the Executive Committee to arrange a programme of work that will be in harmony with the expressed desires of the Rockefeller Foundation and that will be consistent with the aims of our National Committee.

It is suggested that arrangements be made to conduct parallel studies in our two largest centres of population - Montreal and Toronto - and to have emanate from these centres activities that will benefit the Dominion at large. The research work in Montreal might with advantage deal with the question of mental hygiene clinic organization for children and special investigations could be made in the realm of juvenile delinquency. Montreal offers unusual facilities for this work because considerable progress has been made by Dr. Gordon S. Mandle and his associates in connection with clinical enterprises, and the Shawbridge Industrial School furnishes a laboratory, as it were, for the study of juvenile delinquency. Such questions as the following would present themselves for the study of Montreal workers; (1) What can be achieved by mental clinics in the treatment of abnormal conditions? (2) In what way can a psychiatrist, a psychologist and social workers co-operate to the greatest advantage in mental hygiene clinic work? (3) What community resources are needed to carry out treatment prescribed by a mental clinic? (4) How can a clinic be utilized as an educational centre in mental hygiene for medical students, teachers, the clergy and social workers? (5) How can mental clinics best serve courts, schools and social agencies? (6) In what way can mental hygiene be of use in preventing and treating juvenile delinquency? Etc. In addition to the research work in Montreal it will be necessary to make arrangements for members of the staff to tour Canada at stated intervals to encourage the development of mental hygiene clinics and to give an impetus to the incorporation of mental hygiene activities in dealing with delinquents.

The Secretary suggested that a group of investigators with headquarters in Toronto should make a special study of the problem of applying mental hygiene principles to children in school attendance. Questions such as the following might form part of the study: - (1) In an average school population what is the incidence of mental defect, of retardation and of nervous conditions that are in need of adjustment? (2) To what degree can mental hygiene measures be expected to assist those who are handicapped mentally or nervously? (3) Can selected members of the teaching staff be given sufficient psychological and psychiatric training in a limited period of time to make them useful in putting into practice a portion of a mental hygiene programme? (4) What is the value of mental hygiene in schools aside from the measures that can be taken in dealing with the problem of retardation? (5) Can special classes for retarded children be justified on economic grounds? (6) What are the minimum necessary facilities for carrying out a comprehensive mental hygiene programme in public schools? (7) How can a psychiatrist and a psychologist co-operate to best advantage in a mental hygiene programme in schools?

The study of children in public school attendance could be conducted in Toronto and followed by a demonstration in a public school system with a school population of approximately 2500. With this study and demonstration as a beginning the National Committee would then carry on a campaign throughout Canada for the inclusion of mental hygiene activities in the schools of the country.

The problem now facing the nation is the revising of ways and means of administering \$30,000 per annum for mental hygiene for children. Perhaps the best method of procedure would be the creation of a Division that would administer this phase of the Committee's work. Included in the Division there should be representatives from various parts of Canada with the addition of several of our American friends as consultants. Meetings of the Division might be arranged every six

months. It will also be necessary to organize a Sub-Committee of the Division for Montreal and another for Toronto.

It is desirable that, at this meeting, action be taken upon the following points:-

(1) Letter of appreciation to the Rockefeller Foundation for its grant of \$75,000.

(2) Organization of a Division of "Mental Hygiene of Childhood" with a definition of its scope of work and powers.

(3) Organization of Montreal and Toronto Sub-Committees with an outline of scope of work and powers.

(4) Authorization for necessary immediate appointments of workers.

Action taken by meeting.

RESOLVED that the Secretary shall write a letter of appreciation to the Rockefeller Foundation for its grant of \$75,000 to the Canadian National Committee for Mental Hygiene.

RESOLVED that a Committee be organized to be known as "The Committee for Studies in the Application of Mental Hygiene to Children". The membership of this Committee shall not exceed eleven and it shall be composed of individuals appointed by the President and Secretary of the National Committee. At least two meetings of the Committee shall be convened each year and there will be reported the results of the work of sub-committees in Montreal and Toronto.

RESOLVED that a Sub-Committee of "The Committee for Studies in the Application of Mental Hygiene to Children" be organized in Montreal with a membership not exceeding five to be appointed by Dr. E. W. Beatty and Dr. C. F. Martin. This Sub-Committee shall be empowered to expend monies not exceeding \$15,000 per annum and shall be authorized to make necessary appointments for workers who will be engaged for research studies. All monies shall be disbursed and accounted for by the joint treasurers of the National Committee.

RESOLVED that a Sub-Committee of "The Committee for Studies in the Application of Mental Hygiene to Children" be organized in Toronto with a membership not exceeding five to be appointed by Dr. E. A. Bott and Dr. J. G. Fitzgerald. This Sub-Committee shall be empowered to expend monies not exceeding \$15,000 per annum and shall be authorized to make necessary appointments for workers who will be engaged for research studies. All monies shall be disbursed and accounted for by the joint treasurers of the National Committee.

Reports & Meetings

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DR. C. M. HINCKS
ASSOCIATE MEDICAL DIRECTOR
AND SECRETARY

102 COLLEGE STREET
TORONTO

EXECUTIVE COMMITTEE

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DR. J. HALPENNY
DR. C. J. O. HASTINGS
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DR. J. D. PAGE
DR. C. A. PORTEOUS
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HON. DR. W. F. ROBERTS
DR. E. W. RYAN
PROF. PETER SANDIFORD
PROF. WILLIAM D. TAIT
REV. W. H. VANCE

June 7th., 1923.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I beg to submit the action taken by the
Executive and Finance Committees at the meeting held in the
office of Dr. C. F. Martin, Montreal, on May 10th.

I remain

Very sincerely yours,

C. M. Hincks
7.

CMH:M

Action Taken by the Combined Meeting of the Executive and Finance Committees held on May 10th, 1923, in the office of the President, Dr. Chas. F. Martin, 660 Sherbrooke Street West, Montreal.

(Members Present)

Dr. C. F. Martin, Dr. C. K. Russel, Prof. E. A. Bott, Prof. Wm. D. Tait, Dr. C. A. Porteous, Dr. Gordon S. Mundie, Dr. Eric K. Clarke and Dr. C. M. Hincks,

Communications were read from those who could not attend the meeting. Dr. C. K. Russel acted as Chairman and Dr. C. M. Hincks as Secretary)

1. Decision to officially inaugurate the Lady Byng of Vimy Fund for Mental Hygiene in Montreal in the early part of 1924.
2. Permission given to the Secretary to make necessary arrangements for a Mental Hygiene exhibit on the understanding that the exhibit would meet with the approval of the Executive.
3. Sanction of preliminary travelling to lay the foundation for the conduct of the Lady Byng of Vimy Fund campaign in 1924.
4. Recommendation to publish a four page Mental Hygiene bulletin, beginning in September.
5. Expression of thanks to the United States National Committee for Mental Hygiene for loaning the services of Mr. Clifford W. Beers in October and part of November, 1922.
6. Appointment of Mr. J. B. Holden and Dr. C.M. Hincks as a Committee to arrange, if desirable, for the incorporation of the Canadian National Committee for Mental Hygiene.
7. Acceptance of a sum of \$1200 from the Violet Day Fund of Montreal. It is understood that this money will be deposited by the Treasurer of the Canadian National Committee for Mental Hygiene and will be used for educational propoganda in Mental Hygiene in the Province of Quebec. A Committee composed of Dr. C. K. Russel, Dr. Gordon S. Mundie, and Dr. A. G. Morphy was elected to expend the money in the best interest of the work for which it is intended.

June 13th, 1922.

Dr. C. M. Hincks,
Associate Medical Director,
Canadian National Committee for Mental Hygiene,
102 College Street,
Toronto.

Dear Dr. Hincks:-

I beg to acknowledge receipt
of your letter of June 7th advising the Principal
that a National Council for Mental Hygiene was
organized in England on May 4th.

Sir Arthur has left for Winnipeg
to attend the Conference of Canadian Universities.
I shall bring your letter to his attention on his
return and have no doubt he will be glad to learn
of the progress of Mental Hygiene.

Yours faithfully,

Secretary.

August 27th 1923.

Dr. C. M. Hincks,
Associate Medical Director & Secretary,
Canadian National Committee for Mental Hygiene,
102 College Street, Toronto, Ont.

My Dear Dr. Hincks:-

I have your letter of the 23rd, with
enclosures as stated.

Thanking you very much for your
courtesy, and with all good wishes.

Yours faithfully,

Principal.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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TREASURER.

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PROF. WILLIAM D. TAIT
REV. W. H. VANCE

August 23rd., 1923.

Sir Arthur Currie,
Principal, McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I am taking the liberty of enclosing some interesting material concerning Mental Hygiene activities for fatherless boys. I would direct your attention, particularly, to the four storiottes that are incorporated in the account.

Thanking you for your continued co-operation, I remain

Sincerely yours,

C. M. Hincks

CMH:K.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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SIR GEORGE BURN,
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MEDICAL DIRECTOR

DR. GORDON S. MUNDIE
ASSOCIATE MEDICAL DIRECTOR

DR. J. G. MCKAY
ASSOCIATE MEDICAL DIRECTOR

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HON. DR. W. F. ROBERTS
DR. E. W. RYAN
PROF. PETER SANDIFORD
PROF. WILLIAM D. TAIT
REV. W. H. VANCE

October 20th., 1923.

ack.
Sir Arthur Currie;
Principal,
McGill University,
Montreal., P. Q.

Dear Sir Arthur:

I am taking the liberty of drawing your attention to the first issue of our monthly Bulletin. It is our hope that you will find the contents of such an interesting nature that you will feel inclined to read the publication from month to month.

I remain

Sincerely yours,

C. M. Hincks

CMH:M

Suggested method of collecting \$30,000 per annum for 5 years from Montreal.

1. Organization of a Lady Byng of Vimy Fund Committee which would also act as a Special Subscription Committee to secure 30 large donations aggregating \$25,000 per annum for 5 years.

Suggested personnel of Committee: Dr. C. F. Martin, Sir Vincent Meredith, Mr. E. W. Beatty, Col. Herbert Molson, Sir Arthur Currie and Dr. C. K. Russel.

Each member of the Committee would select 5 individuals or corporations for personal solicitation. The following lists are suggestive of possible sources of subscriptions:

Individuals and corporations who might be asked to subscribe \$2,000 per annum for five years:

Bank of Montreal
Canadian Pacific Railroad
Canadian National Railroad
Sun Life Assurance Co.
Sir Mortimer Davis
Lord Atholstan

Mr. J. W. McConnell
Col. F. and H. W. Molson
Hon. Lorne C. Webster
Sir Vincent Meredith
Mr. J. K. L. Ross

Four \$2,000 subscriptions are needed.

Possible subscribers of \$1,000 per annum:

Mr. Chas. W. Lindsay
Mr. E. W. Beatty
Royal Bank of Canada
Molsons Bank
Lady Drummond
Mr. Chas. R. Hosmer
Henry Birks & Sons

Dr. W. L. McDougald
Mrs. R. Adair
Canadian Alcohol Co.
Messrs. Southam
Imperial Tobacco Co.
Miss McLennan (*already subscribed*)
Imperial Oil Co.

Ten \$1,000 subscriptions are needed.

Possible sources of \$500 per annum:

Dominion Oilcloth and Linoleum Co
Woods Mfg. Co.

Canadian Fairbanks Morse Co.
Lewis Bros. Ltd.

Mr. Frank P. Jones	Mr. Hugh Paton
Mr. J. W. Norcross	Senator Smeaton White
Miss A. Baumgarten	Mr. & Mrs. John Baillie
Dr. C. F. Martin (<i>already subscribed</i>)	Dr. & Mrs. W. W. Chipman
Miss Mabel Molson (" ")	Campbell McLaurin Lumber Co.
Miss J. B. Learmont	Dominion Textile Co.
Mr. R. B. Morrice	The Misses Scott
Mr. & Mrs. W. F. Angus	Mrs. Arthur Drummond.
Mr. Noah Timmins	

Fifteen \$500 subscriptions are needed.

11. Organization of a Subscription Committee, composed of McGill men, which would assist the Secretary in collecting 50 donations aggregating \$5,000 per annum for 5 years.

111. Organization of teams from Kiwanis, Rotary, Gyro and women's organizations for the collection of small amounts.

Funds

Govt. —

Rockefellers —

Public —

November 30th, 1923.

Sir Vincent Meredith, Bart.,
Bank of Montreal,
Montreal.

Dear Sir Vincent:-

With reference to our conversation the other day, I am attaching herewith a list of the Board of Governors of McGill University.

You promised to suggest the names of others whom you considered it would be advisable to ask to attend the meeting which Dr. Hincks would like to address. This meeting would be called for the purpose of discussing ways and means of the campaign which Lady Byng intends to launch at her meeting to be held here on January 15th next.

With all good wishes, I am,
dear Sir Vincent,

Yours faithfully,

Head Office
Bank of Montreal
Montreal

December
first,
1923.

Dear Sir Arthur,

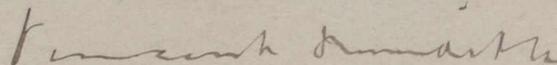
What I had in mind when I suggested adding more names to your list other than those of the Governors of McGill University was that if you were going to the public, it would be just as well not to make the Psychiatry strictly a McGill adjunct, as I think at its inception, its officers and subscribers covered a much larger field.

With my bank work and other interests, I am very fully employed and I have no desire to take up more of my time with additional engrossing duties.

If you think well of my suggestion, I will try to think of some names of those who are interested in the work, but I shall be unable to give it much attention until after our Annual Meeting on Monday.

I am,

Yours very truly,



General Sir Arthur Currie, G.C.M.G.,
Principal,
McGill University,
Montreal, Que.

Head Office
Bank of Montreal
Montreal

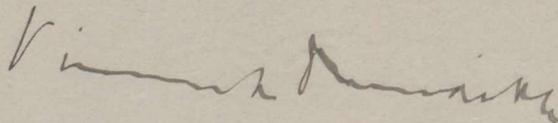
December
seventh,
1923.

Dear Sir Arthur,

In my letter of December 1st I promised I would send you a list of names of those I thought it desirable should be asked to attend any general meeting of the Committee of Hygiene, and I now attach the list hereto.

I have always felt there were not sufficient prominent Montrealers connected with this society, and I think it would be well to invite some, if not all, of those whose names I have given you, in the hope that they will become interested in the work. Otherwise, I think it will be very difficult for you to get the amount of money you spoke of as being required.

Yours very truly,



General Sir Arthur Currie, G.C.M.G.,
Principal,
McGill University,
Montreal, P. Q.

December 10th, 1923.

Sir Vincent Meredith, Bart.,
Bank of Montreal,
Montreal.

Dear Sir Vincent:-

Thank you very much for your
letter of December 7th with list of names
attached thereto.

I am discussing this matter
with Dr. Martin tomorrow and will let you know
the steps that are being taken.

Ever yours faithfully,

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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ASSOCIATE MEDICAL DIRECTOR
DR. E. K. CLARKE
ASSOCIATE MEDICAL DIRECTOR

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TORONTO

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HON. DR. W. F. ROBERTS
DR. E. W. RYAN
PROF. PETER SANDIFORD
PROF. WILLIAM D. TAIT
REV. W. H. VANCE

December 4th, 1924.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I am enclosing a Report of the Annual Meeting
of the Board of Directors and of the Executive and Finance Committees
of the Canadian National Committee for Mental Hygiene, held in Montreal
on November 14th, 1924.

Yours sincerely,

C. M. Hincks

Report of Annual Meeting of Board of Directors and of the Executive and Finance Committees of the Canadian National Committee for Mental Hygiene, held in Montreal, November 14th, 1924.

Acting Medical Directors Report

For six and a half years the National Committee has been conducting important humanitarian work in the Dominion. Mental Hygiene surveys have been made in every province and there have resulted improved methods of dealing with mentally afflicted individuals. Those who are familiar with our history know that our efforts have led to the improvement of mental hospitals, to the finding of additional accommodation for the feeble-minded and to the working out of practical plans for the supervision of mental abnormals in the community. Our previous reports have submitted in detail definite accomplishments and have demonstrated the fact that, during the last five years, greater advances have been made in dealing in a scientific way with the whole problem of mental abnormality in Canada than had been the case in the preceding twenty years.

Past accomplishments were made possible by the generosity of our supporters and by the able direction of our Officers. It is fitting that a tribute should be paid at this juncture to the services of men who died during the last year and who contributed in a very real way to the success of our work. In January, the death occurred of our Medical Director, Dr. C. K. Clarke. It is doubtful if the National Committee could ever have been established without Dr. Clarke's zeal, resource, experience and devotion to the cause of mental hygiene. He was the most eminent of our Canadian psychiatrists and, while associated with the National Committee, he travelled throughout Canada and was a tremendous influence in stimulating progress. In rapid succession, other deaths followed, and the Committee has lost such staunch supporters as Mr. James Carruthers, Sir Edmund Osler, Sir William Price and Mr. D.A. Dunlap. Mr. Carruthers pledged \$10,000 toward the Lady Byng of Vimy Fund for Mental Hygiene, and expressed great interest in our enterprise. Sir Edmund Osler was a generous donor and supported our work from its inception. Sir William Price was one of our first Vice-Presidents and subscribed in all \$60,000 to our Committee. He always had words of encouragement and sound advice for our workers. Mr. D. A. Dunlap was Chairman of our Finance Committee and it was in his home that the idea of a National Committee was first discussed. With Mrs. Dunlap, he was among our most generous supporters.

I have intimated that our chief contribution to the welfare of Canada has consisted in bettering the treatment facilities for the mentally handicapped, but we have always desired to foster prevention of these crippling disorders. Indeed, the term Mental Hygiene signifies primarily efforts along preventive lines and, strictly speaking, our work to date has not been confined to this field. There have been three primary reasons that have held in check the development of a genuine mental hygiene programme. The first reason relates to the fact that treatment facilities for the insane, the feeble-minded and

other classes of abnormals in Canada have been quite inadequate and no other national organization in the Dominion was attempting to improve conditions. The second reason was lack of funds. It is true that for several years we had an annual budget of approximately \$40,000 but this money was absorbed largely in our efforts to improve and enlarge treatment facilities throughout Canada. We realized that we could not introduce a programme of prevention until we were in a position to conduct necessary preliminary research, and this latter activity would involve a heavy expenditure. In the realm of physical diseases we possess a considerable body of information, that can be utilized in putting into operation a programme of prevention, and the outstanding accomplishments of medical science during the last few decades have been in this field. We face different conditions, however, in the mental realm. Our knowledge concerning the causative factors of mental maladjustment is lacking in many particulars and, even in the case of principles that have already been discovered, we need more information to show how to make applications that will lead to the prevention of mental troubles. The third obstacle to the introduction of a programme of prevention was because of public apathy and lack of a developed point of view, particularly on the part of educators and the medical profession. The National Committee discovered that the prevailing attitude in Canada with regard to mental disorders was largely that of hopelessness. Mental defectives were considered as an incubus to society and needed wholesale segregation for the good of the community. The insane were thought of, for the most part, as incurable and a necessary evil that must be borne. The notion of prevention was scouted as a Utopian hope and not worthy of practical consideration.

At last we have arrived at the stage when we can contemplate the undertaking of actual mental hygiene work or preventive work. The three original obstacles to this programme have become sufficiently modified to make progress possible. In the first place, it is no longer necessary for our National Committee to devote primary attention to the increasing of treatment facilities for mental ailments. In the second place, we are securing a body of financial support that makes initial research a possibility. In the third place, public apathy toward preventive measures is disappearing. These points are worthy of a little detailed consideration.

It has been intimated that we need not devote major portion of our attention to securing additional and better accommodation for mentally sick or mentally defective individuals. This necessary activity can be delegated largely to local organizations that seek to improve social conditions. The National Committee can of course, stimulate these bodies in their endeavors and can conduct follow up work in connection with Provincial Mental Hygiene Surveys that we have already made. For this enterprise, however, a large budget will not be required.

With regard to the question of finance, we have been fortunate during the past year in many ways. In January there was launched in Montreal the Lady Byng of Vimy Fund for Mental Hygiene, and Montreal citizens subscribed approximately \$100,000. Arrangements have been

made to make appeals on behalf of the Fund in other parts of Canada and it is probably that a sum in excess of \$200,000 will be forthcoming. In February of this year, we were visited by Mr. Edwin Embree of the Rockefeller Foundation and, after negotiations covering several months, we received a grant of \$15,000 per annum for five years (total of \$75,000) on condition that an equal amount should be obtained from Canadian sources for the conduct of research studies in the realm of mental hygiene in childhood. Two months previous to Mr. Embree's visit, the Rockefeller Foundation made available five travelling scholarships in mental hygiene to graduate students of five Canadian universities. Quite recently, Mr. Lawrence Frank of the Laura Spelman Rockefeller Memorial consulted with us and intimated that the organization with which he is connected is interested in our programme and might cooperate in supplementing the grant of the Rockefeller Foundation in promoting studies of childhood that would lead to parent training. As an initial step, the Laura Spelman Rockefeller Memorial has granted two scholarships that entitle two Canadian women to a year's study in child development at Teachers' College, Columbia. It will thus be seen that, on the financial side, we are securing sufficient support to warrant the formulation of plans that will include the undertaking of a programme of research leading to prevention.

The third question concerning the disappearance of public apathy to preventive measures is worthy of comment. Perhaps the chief contribution that has been made by the National Committee in the past has been in the realm of public education. Through our activities during the last six and a half years, we have been able to broadcast a more intelligent understanding of mental disorders and have succeeded to a degree in making the public look upon mental ailments in somewhat the same way as physical disabilities have been considered. Indeed, there has been created a public demand for prevention wherever possible because it is assumed that, if physical disabilities can be guarded against, why not mental disorders as well.

If the National Committee is to undertake a more comprehensive mental hygiene programme, the question of policy arises. In other words, we must devise a policy that will be within our means financially and one that will ensure benefit from Halifax to Vancouver. It is evident that we must commence with research, and we must locate our research activities in centres that offer greatest opportunities for success. We are forced to consider favorably large centres of population where it is possible to secure diverse clinical material and representative cross sections of mixed Canadian population for experimental purposes. We also desire in our investigations university cooperation to make it possible for us to recruit the services of trained workers. If sufficient funds were available we might, with advantage subsidize mental hygiene research in the leading universities of the Dominion, but, at the present time, the immediate money that we can secure will be sufficient for intensive work in two university centres only and, in this connection, the University of Toronto and McGill University stand out as strategic locations. In a truly national plan, however, we must seek support for other universities to promote needed mental hygiene developments, and this policy has not been lost sight

of in the recommendations that are to follow.

In suggesting an enlargement of our policy, it is important to point out that, prior to this date through the pressure of immediate circumstances, it was necessary to adopt tentatively a wider programme. The gift from the Rockefeller Foundation was for the purpose of centralized research activities, and, at the meeting of Executive Committee members with Mr. E. W. Beatty, Chairman of our Board of Directors, a plan of immediate procedure was formulated. This meeting was held in Montreal on June 7th, and there was appointed a Research Committee that would assume the obligation of initiating work in Montreal and Toronto. At this juncture, then we have greater representation from various parts of Canada it is necessary that we should consider tentative actions that have been taken and vote upon matters that relate to our whole national policy.

Recommendations.

1. Appointment of Medical Director.
2. After June 30th. 1925 the central staff of the National Committee might well be reduced to a Medical Director on a part time basis, a Secretary (possibly a woman) on a full time basis, and an office assistant.
3. The continuation of some such arrangement that now exists with the central office staff until June 30th, 1925.
4. Arrangement for educational publicity through the daily press of Canada, magazine articles, a quarterly bulletin, public addresses, an exhibit, etc.

It is suggested that we publish once a week three quarters of a column of educational material in a representative chain of newspapers throughout Canada. A distinguished writer possessing mental hygiene knowledge is available for the work on an honorarium basis. This individual could draw material from our various activities, publish semi-popular articles in magazines and edit our bulletin.

It is also suggested that members of our research staff who are good public speakers should spend some time each year going throughout the country addressing medical societies, teachers' associations, social service groups, Canadian clubs and similar bodies.

We possess an exhibit of great educational value, and arrangements should be made for its use.

5. Ratification of the following three resolutions passed by the special meeting of the Executive Committee held in Montreal on June 7th.

(a) Resolved that a Committee be organized to be known as "The Committee for Studies in the Application of Mental Hygiene to Children". The membership of this

Committee shall not exceed eleven and it shall be composed of individuals appointed by the President and Secretary of the National Committee. At least two meetings of the Committee shall be convened each year and there will be reported the results of the work of sub-Committees in Montreal and Toronto.

(b) Resolved that a Sub-Committee for Studies in the Application of Mental Hygiene for Children" be organized in Montreal with a membership not exceeding five to be appointed by Mr. E.W.Beatty and Dr. C.F. Martin. This Sub-Committee shall be empowered to expend monies not exceeding \$15,000 per annum and shall be authorized to make necessary appointments for workers who will be engaged for research studies. All monies shall be disbursed and accounted for by the joint treasurers of the National Committee.

(c) Resolved that a Sub-Committee of "The Committee for Studies in the Application of Mental Hygiene for Children" be organized in Toronto with a membership not exceeding five to be appointed by Dr. J.G.Fitzgerald and Dr. E.A.Bott. This Sub-Committee shall be empowered to expend monies not exceeding \$15,000 per annum and shall be authorized to make necessary appointments for workers who will be engaged for research studies. All monies shall be disbursed and accounted for by the Joint-Treasurer of the National Committee.

6. Continuation of the project of building up the Lady Byng of Vimy Fund for Mental Hygiene.

A total of \$214,000 has been pledged to the Fund, and approximately \$60,000 has been spent during the years 1923 and 1924 to carry on the general work of the Committee. Approximately \$150,000 is available for future work and an attempt should be made before June 30th, 1925, to secure \$200,000 in new subscriptions.

A definite attempt should be made to obtain annual grants from the Federal and Provincial governments. A total ranging between fifteen and twenty thousand dollars might be a reasonable objective. The Dominion Government has made annual grants since 1919 and, with the exception of the year 1923, donated on each occasion \$10,000. In future, perhaps arrangements can be made with provincial governments to grant sums ranging from \$1,000 to \$2,500 annually.

7. It is suggested that the Lady Byng Fund should be utilized as a stabilizing factor in connection with the finances of our organization

While it will be necessary for perhaps a year or more to draw upon the principal of the Fund, it is hoped that at least \$300,000 can ultimately be set aside. We should not make demands upon the Fund of more than \$15,000 to \$20,000 annually.

8. It is suggested that between five and ten thousand dollars be set aside each year for disbursement in provinces outside of Quebec and Ontario for research, special studies, surveys, demonstrations and scholarships.

It is believed that if the National Committee would make such contributions there could be obtained locally equivalent amount that would ensure satisfactory mental hygiene developments.

9. It is recommended that our National Committee should assist in organization of a "Canadian Conference of Social Work and Health Services"

For some years, it has been deemed advisable to secure the co-operation of nationally organized social work and health agencies for the purpose of holding group meetings for the discussion of topics vital to the welfare of the Dominion.

TREASURER'S REPORT

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE.

Summary of receipts and payments for the eight months January 1st to August 31st, 1924. (Data summarized from Auditor's Statement).

RECEIPTS

Cash on hand December 31st, 1923		\$	8.92
Advances for travelling for which no vouchers had been turned in at end of December 1923 but which were accounted for later			309.16
Subscriptions:-			
General	25.00		
The Lady Byng of Vimy Fund	\$24,702.00		
5000 Club	380.15		
Kiwanis Club for Research	250.00		
Rockefeller Foundation grant	7,500.00		
Province of Manitoba grant	<u>1,000.00</u>		33,937.15
Rentals received from sub tennants			615.00
Sundry refunds			66.65
Interest and Exchange			<u>71.30</u>
			<u>\$35,008 .18</u>

DISBURSEMENTS

Paid Overdraft, Bank of Montreal 1923	3,787.33
Salaries	9,257.70
Rent (\$615 refunded by sub-tenants)	1,225.00
Travel	1,789.47
Postage, Telephones and Telegrams	231.42
The Lady Byng Fund Exhibit	1,577.83
Research	1,939.70
Subscription Maintenance, administration and publicity	1,254.97
Express and cartage	109.88
Stationery, printing and journal	330.82
Surveys	300.00
Repairs and other small expenses	361.84
Audit	100.00
Refund to Montreal Office re Violet Day	182.55
Advances to Executive officers re travelling	252.67
	<u>22,692.18</u>
Cash on Hand and in Banks	12,316.00
	<u>\$35,008.18</u>

Note:

The financial assets of the National Committee on August 31st, 1924, included:-

Cash on Hand	\$12,316
Pledged Subscriptions to the Lady Byng Fund	150,000
Federal Government grant	10,000
Rockefeller Foundation	<u>67,500</u>
	<u>\$239,816</u>

The subscriptions to the Lady Byng Fund are paid in annual instalments over a period of five years, and the same plan applies to the gift of the Rockefeller Foundation.

Signed:

George Burn,

Fred Page Higgins,

Joint-Treasurers.

Action Taken by Board of Directors.

1. The Secretary was directed to write letters of condolence to the relatives of the following deceased members:- Sir Edmund Osler, Mr. James Carruthers, Sir William Price and Mr. D.A.Dunlap.
2. Dr. C.M.Hincks was appointed as Medical Director on the understanding that he be affiliated, at the earliest opportunity, with some university, and that he further fit himself to carry out the future policy of the Committee with reference to scientific research and academic progress.
3. The report of the Joint Treasurers was received and adopted.
4. Authorization was given for the incorporation of the Canadian National Committee for Mental Hygiene.
5. A Committee on Educational Publicity was appointed.
6. The resolutions passed by the special meeting of the Executive Committee, held in Montreal on June 7th, were ratified.
7. It was decided to continue the project of building up the Lady Byng of Vimy Fund for Mental Hygiene.
8. The plan was approved of utilizing \$10,000 each year for mental hygiene activities outside of the provinces of Quebec and Ontario.
9. The following officers were elected for the ensuing year:-
President - Dr. C.F.Martin; Vice Presidents - Sir Vincent Meredith, Bart.; Sir Lomer Gouin, Sir Robert Falconer, and Sir Arthur Currie; Chairman Board of Directors - Mr. E. W. Beatty, K.C.
Joint Treasurers- Sir George Burn and Mr. Fred Page Higgins.

Executive Officers - Medical Director, Dr. C.M.Hincks; Associate Medical Directors, Dr. Gordon S. Mundie, Dr. J.G.McKay, and Dr. E.K. Clarke.

Executive Committee - Chairman, Dr. Colin K. Russel. Members, Dr. E.A.Bott, Prof. J.A.Dale, Dr. A.H.Desloges, Dr. J.G.Fitzgerald, Dr. J. Halpenny, Dr. C.J.O.Hastings, Dr. W.H.Hattie, Dr. A.T.Mathers, President W.C.Murray, Dr. C.A.Porteous, Prof. D.G.Revell, Hon. Dr. W.F.Roberts, G.H.Ross, Esq., Dr. E.W.Ryan, Prof. Peter Sandiford, Rev. W.H.Vance.

Board of Directors - E.W.Beatty, Esq., W.A.Black, Esq., A.J.Brown, Esq., Sir George Burn, Sir Arthur Currie, J.B.Holden, Esq., Vincent Massey, Esq., J.W.McConnell, Esq., C.B.McNaught, Esq., F.W.Molson, Esq., C. E. Neill, Esq.

THE LADY BYNG OF VIMY FUND FOR MENTAL HYGIENE
INCLUDING INDUSTRIAL HYGIENE.

Foreword

In April 1918, a few far-visioned and philanthropic individuals in Montreal, Quebec, Toronto and other cities subscribed \$100,000 for mental hygiene activities in Canada. This amount was supplemented by an additional \$50,000 from Governments and the Canadian Red Cross Society, and it was found possible to institute work throughout the Dominion of an important character. Accomplishments of note include (1) The introduction of the principle of early diagnosis and early treatment of mental disorders, and the demonstration that recoveries can be increased 25% by this means, (2) The inclusion of mental hygiene activities as part and parcel of public school programmes that have shown possibilities in the prevention of insanity and in the heading off of delinquent careers, (3) The stimulation of governments to provide more scientific treatment for the twenty thousand insane in our institutions and to grant greater institutional accommodation for the feeble-minded, (4) The improvement of the teaching of Mental Hygiene to medical students, nurses and social workers, (5) The securing of a more adequate mental examination of immigrants for the exclusion of the insane, feeble-minded and degenerate from Canadian citizenship, etc.

The results outlined above indicate the feasibility of conducting, successfully, a national enterprise to prevent and bring under control, in
C
Canada, insanity, mental deficiency and the less serious mental disorders,

and, at the same time, to act as an important factor in promoting mental health. In the light of this experience, it is considered advisable not only to continue a work that has been so well begun but to enlarge its field of usefulness. To make such progress possible, the wife of our Governor General has graciously granted the use of her name to a Fund that will finance needed activities.

Fund Objective.

After careful consideration, it has been thought advisable to seek, through the avenue of the Lady Byng of Vimy Fund for Mental Hygiene, sufficient money to ensure the permanency of the Mental Hygiene Movement in Canada. The nature of the work, including as it does research, inspection of institutions harboring mental abnormals (with a patient population exceeding 30,000) and the incorporation of mental hygiene activities in schools, must be continued year in and year out to be effective. Under such circumstances, a Fund of sufficient proportions is needed, not only to cover running expenses for five years, but also to establish a balance that will provide enough in the way of interest to make possible the continuation of the Mental Hygiene Movement. It is therefore proposed to seek subscriptions ^{totalling} of \$100,000 per annum for five years from 500 philanthropic individuals and corporations, \$30,000 per annum for five years from Governments and \$50,000 ~~per annum for five years~~ in cash donations from small contributors. With this amount of money, \$50,000 per annum would be available for a five year programme, and, thereafter, there would be a \$25,000 annual income for future activities.

Activities to be financed by the Fund.

1. Bureau of Mental Hygiene Research, - \$10,000 per annum.

One of the greatest needs of the Mental Hygiene Movement today is in connection with the scientific investigation of the nature, causes, and rational treatment of mental disorders. Research is considered to be a necessity in the advancement of medical knowledge, and generous appropriations have been made for the laboratory ^{and clinical} study of tuberculosis, cancer, diabetes and other physical disabilities. While psychiatry is one of the most important branches of medicine, it is, today, the most backward, and the Lady Byng Fund could not possibly support a more worthy project than a Research Bureau. It is planned to have this Department attached to McGill University and to be administered by a Sub-Committee representing the University and the National Committee.

Bureau of Industrial Hygiene, - \$5,000 per annum.

Industrial Hygiene is closely related to Mental Hygiene, and there is urgent need for pioneer work in Canada that will stimulate the operation of clinics, the instruction of medical students, the prosecution of research and the improvement of industrial conditions from the standpoint of health. It is proposed to establish an Industrial Hygiene Bureau at McGill University and to have it administered by a Sub-Committee representative of the University and the National Committee.

111. Promotion of Mental Hygiene activities in schools, - \$10,000 per annum.

A systematic campaign will be conducted to organize mental hygiene activities in schools that will include (a) the diagnosis of the feeble-minded and those who possess an unsound nervous constitution; (b) the provision ~~for~~ ^{of} treatment for nervous cases; (c) the establishment of special classes for the mentally handicapped; The National Committee has organized one hundred classes throughout

Canada, but one thousand are urgently needed.

IV. Inspection of Institutions harboring mental abnormals, - \$10,000 per annum.

An annual inspection will be made throughout Canada of mental hospitals, institutions for the feeble-minded, jails, reformatories, homes for dependents and maternity hospitals for unmarried mothers, - institutions with an inmate population of over 30,000. The experience of the National Committee has demonstrated that careful inspection leads to elimination of abuses, improvement of staffs, better classification of patients, the establishment of more scientific methods of treatment and the general raising of the level of institutional care.

V. Travelling Scholarships in Mental Hygiene - \$5,000 per annum.

Arrangements will be made to select candidates from various centres in Canada and to send these men abroad for training in Psychiatry. By this means, it will be possible for Canada to develop leaders in the Mental Hygiene Movement.

VI. Establishment of Mental Clinics, Psychopathic Hospitals and the securing of increased accommodation for all classes of mental abnormals.

Through educational publicity and through consultation with Governments and other authoritative bodies, the following national needs will be met; (a) Increased accommodation for the insane. At present the Mental Hospitals of the Dominion are from ten per cent to forty per cent over-crowded. (b) Increased institutional accommodation for the feeble-minded. Over four thousand urgent cases are at large in the community who need institutional training and supervision.

(c) Organization of psychopathic hospitals for early treatment of mental abnormals. With early treatment, sixty-six per cent of all cases of mental and nervous disability can be cured or improved. When treatment is delayed, only forty per cent of patients can be returned from institutions to the general community. Every large centre of population needs a psychopathic hospital, but, at present, there is only one in operation in Canada, with another nearing completion. (d) Organization of mental clinics for advice and community supervision of mental abnormals. The National Committee has established six clinics, but there is need for, at least, twenty or thirty more.

VII. General administration - \$5,000 per annum.

Montreal Campaign.

The success of the Lady Byng Fund will depend largely upon the measure of support granted in Montreal, Toronto and Quebec. Indeed, it is believed that, with an objective from individual subscribers of \$100,000 per annum for five years, it will be necessary to secure from Montreal \$30,000 per annum, from Toronto a similar amount and from Quebec \$15,000 per annum, or a total from the three cities of \$75,000 per annum. The pivotal city of the three is Montreal, and for that reason it has been selected by Lady Byng for the official launching of the Campaign, in January 1924. No doubt, residents of Montreal will respond generously, not only because of the fact that the Fund will be used for the betterment of Canada as a whole, but also because two of the major activities to be financed by the Fund - Mental Hygiene and Industrial Hygiene Research - will be located at McGill University.

The following distribution of subscriptions from Montreal would make possible the objective of \$30,000 per annum:

<u>Number of subscribers</u>	<u>Amount per annum for 5 years</u>	<u>Total per annum.</u>
4	\$2,000	\$ 8,000
10	1,000	10,000
15	500	7,500
10	200	2,000
25	100	2,500
<u>25</u>	<u>50</u>	<u>1,250</u>
88		\$ 31,250

Subscriptions prior to the official launching of the Campaign.

Prior to the official launching of the Campaign in January 1924, it is desirable to secure advance pledges to the extent of \$200,000 (\$40,000 per annum for 5 years), or some such amount. Such preliminary support would stimulate public confidence in the enterprise and would assist greatly those who have accepted the obligation of collecting funds. To date, \$137,000 has been subscribed as follows:

<u>Name</u>	<u>Amount per annum for 5 years</u>	<u>Total.</u>
Sir William Price, Quebec	\$10,000	\$50,000
McCormick Estate, Toronto	2,000	10,000
Lady Eaton, Toronto.	2,000	10,000
Miss McLennan, Montreal	1,000	5,000
Miss Mabel Molson, Montreal	500	2,500
Dr. C. F. Martin, Montreal	500	2,500
Mr. and Mrs. J. B. Holden, Toronto.	500	2,500
Mr. J. T. Ross, Quebec.	250	1,250
Mr. J. E. Atkinson, Toronto	250	1,250
Sir George and Miss Ethel Burn, Ottawa.	200	1,000
Miss Grace T. Walker, Toronto.	200	1,000
Rockefeller Foundation.	25,000	x 25,000
Mr. and Mrs. D. A. Dunlap, Toronto.	5,000	25,000
		<u>\$137,000</u>

x The gift of the Rockefeller Foundation is for five travelling scholarships in psychiatry and can be considered as an equivalent of \$ 25,000.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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December 18th, 1923.

Sir Arthur Currie,
President, McGill University,
Montreal, P.Q.

Dear Sir Arthur;

It was indeed good of you to arrange yesterday afternoon's meeting in the C. P. R. Board Room. Such kind co-operation on your part will never be forgotten, and I know that Her Excellency will be pleased to learn of the progress that is being made in connection with the Fund Campaign in Montreal.

After chatting with Dr. Martin yesterday morning and with Sir Vincent Meredith in the afternoon, I considered it prudent to make slight alterations in a plan that had been previously submitted to you. Naturally, I did not want to formulate a proposition that might, in any way, hamper the future collection of funds for McGill. Our appeal will now be made for research and other activities, but reference will not be made, at this juncture, to any particular University as a location for scientific investigation. In other words, the original plan can be followed out without going into details at the present time.

Again thanking you for your great assistance, I remain

Sincerely yours,

C. M. Hincks.

CMH:K

December 19th, 1923.

Dr. C. M. Hincks,
Canadian National Com. for Mental Hygiene,
102 College Street,
Toronto, Ont.

Dear Dr. Hincks:-

Thank you very much for your letter
of December 18th.

I feel certain that we shall be able
to do something which will be gratifying to Lady Byng
and yourself and give the campaign a start.

Yours faithfully,

MOUNT ROYAL HOTEL



VERNON G. CARDY
MANAGER

THE UNITED CHAIN

MONTREAL, CAN.	THE MOUNT ROYAL	ROCHESTER, N.Y.	THE ROCHESTER
TORONTO, CAN.	KING EDWARD HOTEL	ROCHESTER, N.Y.	THE SENECA
HAMILTON, CAN.	ROYAL CONNAUGHT	ERIE, PA.	THE LAWRENCE
WINDSOR, CAN.	PRINCE EDWARD HOTEL	FLINT, MICH.	THE DURANT
AKRON, OHIO	THE PORTAGE	HARRISBURG, PA.	THE PENN-HARRIS
WORCESTER, MASS.	THE BANCROFT	TRENTON, N.J.	THE STACY-TRENT
ALBANY, N.Y.	THE TEN EYCK	NEWARK, N.J.	THE ROBERT TREAT
UTICA, N.Y.	HOTEL UTICA	SYRACUSE, N.Y.	THE ONONDAGA

(OPEN MAY TO SEPTEMBER)
THE CLIFTON - NIAGARA FALLS, CAN.

UNDER CONSTRUCTION
NEW YORK CITY THE ROOSEVELT
SEATTLE, WASHINGTON THE OLYMPIC
PATERSON, N.J. THE ALEXANDER HAMILTON
NIAGARA FALLS, N.Y. THE NIAGARA



OF AMERICA

GEO. H. O'NEIL
GENERAL MANAGER FOR CANADA

MONTREAL January 4, 1924.
CANADA

Sir Arthur Currie,
Principal,
McGill University,
MONTREAL.

Dear Sir Arthur,

I am taking the liberty of enclosing material for the announcement of Lady Byng's meeting on January 15th. The formal invitation will, of course, be printed and there will be sent along an accompanying letter. If you do not approve of the announcement kindly send a note to me, addressed to the Mount Royal Hotel.

I believe that a few remarks from yourself and from the others mentioned in the announcement would give Lady Byng the support she would most desire. The various speakers will also help the campaign throughout Canada because we will take advantage of reporting the meeting through the avenue of the Associated Press.

I will get in touch with you early next week concerning the nature of addresses and would like to talk about a few other matters.

Again thanking you for your great assistance, I remain

Sincerely yours,

C. M. Huie

*To the consideration
of Sir Arthur Currie.*

You are invited

by

The Canadian National Committee for Mental Hygiene

to be present at a meeting

in the ball room

of the

Ritz Carlton Hotel, Montreal,

on Tuesday, January fifteenth,

at four thirty o'clock.

Her Excellency, The Lady Byng of Vimy

will give an address.

Other speakers will include Dr. C. F. Martin,

Sir Vincent Meredith, Bart., Mr. E. W. Beatty,

[Sir Arthur Currie], Dr. C. K. Russel and Dr.

C. M. Hincks.

Her Excellency, The Lady Byng of Vimy will make
an important announcement concerning a plan for

the advancement of Mental Hygiene activities in

Canada.

*To the consideration
of the Arthur Currier*

Montreal, January 4, 1924.

Dear Sir,

You will find enclosed an invitation to be present at a meeting to be addressed by Her Excellency, The Lady Byng of Vimy. It is desirable that representative citizens of Montreal should attend because Her Excellency has an important announcement to make that will affect public health conditions in Canada.

Hoping that you will find it convenient to be present, I remain,

Sincerely yours,

January 5th, 1924.

Dr. C. M. Hincks,
Mount Royal Hotel,
Montreal.

Dear Dr. Hincks:-

I am much obliged for your letter of January 4th, with programme contained therein.

All that I am afraid of in matters of this kind is that the programme may be too long and I think this is something which should be carefully avoided. Personally, I did not intend to speak and should very much prefer not to do so. I feel that the most important address next to that of Lady Byng should be your own.

I will be very glad to see you any time you care to come up. The best hours would be on Monday or Wednesday mornings.

Yours faithfully,

Principal.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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PROF. WILLIAM D. TAIT
REV. W. H. VANCE

Mount Royal Hotel, Montreal,
January 16th., 1924.

Sir Arthur Currie,
Principal, McGill University,
Montreal, P. Q.

Dear Sir Arthur:

Your address yesterday helped us greatly in our work. I am well aware that you are called upon in and out of season to speak at public gatherings. All this means much sacrifice of time and energy, and, I am, therefore, particularly appreciative of your splendid contribution to the Mental Hygiene Movement.

The Montreal papers gave us a great boost, and I sent a Canadian Press Despatch across the country.

I will be reporting progress shortly with regard to the collection of funds.

I remain

Again thanking you for your co-operation,

Yours sincerely,

C. M. Hincks.

The National Committee of Mental Hygiene proposes to inaugurate a Dominion-wide campaign for funds, ^{on} ~~in~~ January 15th 1924, ^{5 p.m.} under the auspices of Lady Byng. The fund to be known as the Lady Byng Fund.

Her Excellency intends ^{to} come herself and speak at a gathering early in January to inaugurate the campaign.

The objective is one million dollars. we now have 135,000

This Fund will be started for the development of improvements in Mental hygiene throughout Canada.

It is proposed to place one hundred thousand dollars of this money in the hands of McGill University for the development of the teaching of mental hygiene and the inauguration of a suitable ^{Hospital} clinic in industrial hygiene.

In order that McGill may acquire this money it is essential Montreal should start the campaign as proposed by Lady Byng, and it is desired that a Committee be formed first to meet the Secretary, Dr. Hincks, early in December, to discuss the preliminary arrangements. e.g. Sir Vincent Meredith, Mr. Beetz, Sir Arthur Currie, Lord Atholstoun et al.

10000 subscribers
Trustworthy
The National
Hygiene

The Canadian National Committee For Mental Hygiene.

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Patroness: Her Excellency the Lady Byng of Vimy

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PROF. WILLIAM D. TAIT
REV. W. H. VANCE

Mount Royal Hotel, Montreal,
January 20th., 1924.

Sir Arthur Currie,
Principal, McGill University,
Montreal, P. Q.

Dear Sir Arthur:

Just a note to say that our Medical Director,
Dr. C. K. Clarke, died today and I am returning to Toronto immediately.
I will come back to Montreal after the funeral to complete our work in
connection with the Lady Byng of Vimy Fund for Mental Hygiene.

I remain

Yours sincerely,

C. M. Hincks.

DR. FRANKWOOD E. WILLIAMS
MEDICAL DIRECTOR

DR. V. V. ANDERSON
DIRECTOR, DIVISION ON
PREVENTION OF DELINQUENCY

CLIFFORD W. BEERS
SECRETARY

DR. CLARENCE J. D'ALTON
EXECUTIVE
ASSISTANT

EDITH M. FURBUSH
STATISTICIAN

DR. THOMAS H. HAINES
DIRECTOR, DIVISION ON
MENTAL DEFICIENCY

THE NATIONAL COMMITTEE FOR MENTAL HYGIENE
370 SEVENTH AVENUE, NEW YORK CITY

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DR. C. MACFIE CAMPBELL, CHAIRMAN

COMMITTEE ON
MENTAL DEFICIENCY
DR. WALTER E. FERNALD, CHAIRMAN

COMMITTEE ON
PREVENTION OF DELINQUENCY
DR. THOMAS W. SALMON, CHAIRMAN

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DR. WALTER E. FERNALD
MATTHEW C. FLEMING
DR. C. FLOYD HAVILAND
DR. WILLIAM A. WHITE

March 1st, 1924.

Sir Arthur Currie, Principal,
McGill University,
Montreal, Canada.

Dear Sir Arthur:-

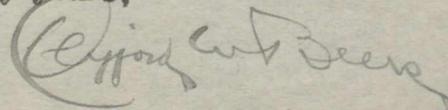
This is a frank request for moral support for a project of vital importance to the public at home and abroad. All that is asked for is a supporting opinion if the reading of this letter and the accompanying pamphlets should leave you with the feeling that you wish to help in the way indicated.

The "Introductory Remarks" by Dr. William H. Welch in the smaller of the two pamphlets will, I believe, convince you that the experiences set forth in my autobiography, "A Mind That Found Itself", were put to good use. Such success as has followed may be attributed largely to the moral support given by leaders in various fields when The National Committee for Mental Hygiene was founded, about fifteen years ago.

Now the moral support of a larger number of people in all walks of life is needed in the interests of the plan for holding in this country, in 1925, the First International Congress of Mental Hygiene. As the active officer of the International Organizing Committee, it is my present task to secure a LARGE NUMBER of opinions, to add to those set forth in the larger of the two pamphlets enclosed. Such evidence will undoubtedly help the Organizing Committee secure the rather large fund that will be needed to finance the International Congress, when appeals for appropriations are presented in the near future to various philanthropic agencies.

Hoping that you may accede to my request for a supporting opinion, made not only because of zeal for the cause but in behalf of those responsible for the success of the projected International Congress,

Sincerely yours,



The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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PROF. WILLIAM D. TAIT
REV. W. H. VANCE

April 5th., 1924.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I am going to ask a great favor. Would you be good enough to write a letter to the Right Honourable Mackenzie King, Prime Minister of Canada, concerning an appeal that our National Committee has made for a Federal Government grant of \$10,000?

In the Federal estimates that have been tabled, financial grants are recommended to practically every nationally organized health agency except our own. In the past, we have received government aid, and the dropping of our organization from the estimates this year was probably an oversight. I interviewed the Honourable Dr. H. S. Beland, Minister of Health, and he is in accord with our appeal. He intimated, however, that it would be well to have a few of our more representative Committee members write personally to the Prime Minister on our behalf suggesting to him that we receive recognition to the extent of \$10,000 in the Supplementary Estimates.

We are basing our appeal upon such facts as the following: - Our Committee is the only nationally organized body that is attempting to introduce measures for the prevention of insanity and for the control of feeble-mindedness and other forms of mental disorder. The success of the Committee in its efforts during the last six years has stimulated twenty-one other countries to organize along similar lines. One single form of insanity that we are attacking - Dementia Praecox - accounts for more inmates in mental hospitals than there are tuberculous patients in the sanatoria of the country, and therefore the need of mental hygiene measures. Feeble-minded prostitutes are responsible for the spread of more than twenty-five per cent of all venereal diseases, hence the necessity for the control of feeble-mindedness. Mental and nervous disorders are widespread in Canada, and these conditions cause a greater lack of national efficiency than do

physical diseases.

I believe that the members of our National Committee are in hearty accord with the determination of the Federal Government to reduce expenditures and thus relieve the burden of taxation. Indeed, this desire is so sincere that the members of the Committee are paying out of their own pockets the major portion of the money needed for the activities of the organization. On the other hand, it is felt that a modest Federal Government grant of \$10,000 (one fifth of the financial requirements of the National Committee for the year 1924) is a reasonable request.

I hope you will pardon this lengthy letter, but I hesitated to ask you to write to the Prime Minister without giving you some reasonable basis for the appeal we are making to the Federal Government.

I remain
Thanking you in advance for your kindly co-operation,

Sincerely yours,

C. M. Hincks

April
ninth
1924.

My dear Mr. Prime Minister,

I would like to give my very hearty support to the request of the Canadian National Committee for Mental Hygiene, that they be given a federal grant of \$10,000.

This Committee, as you know, has been formed to combat insanity and feeble-mindedness in every way possible. It numbers among its officers and committees men whose interest in the public good has led them to lend their great abilities to the cause, and it has as an Executive, four medical men who are thoroughly competent to handle its work. If indeed other proof of their enthusiasm were wanting, it is enough to say that the greater part of the annual budget, about \$50,000, is paid by the members of the Committee from their own pockets.

The work which is being done is one which, I think, can justifiably be considered as of national importance - a work indeed which might very well be considered as one of the primary duties of the nation. Yet we recognize that at the moment, private effort is probably the only way in which it can be carried out.

I need not recount all the reasons which make a determined and continuous effort towards mental health of such tremendous importance to the community. The single fact that dementia praecox, one form of insanity against which a definite effort is being directed, is a case which is responsible for more patients in hospitals than tuberculosis, is enough to indicate the gravity of the position. By combating insanity and feeble-mindedness we are going a long way in the fight against the evils that follow in their train, - immorality, disease and loss of national efficiency.

I trust that you will give the request made by the National Committee for Mental Hygiene for a federal grant of \$10,000 for the present year, your favourable consideration, and that you will be able to include this amount in your estimates.

Believe me,

My dear Mr. Prime Minister,

Yours faithfully,

Principal.

Rt. Hon. W. L. Mackenzie King,
Prime Minister of Canada,
Ottawa.

April 10th 1924.

Clifford W. Beers, Esq., Secretary,
The National Committee for Mental Hygiene,
370 - Seventh Ave.,
New York City.

Dear Mr. Beers,

I have no doubt that a great deal of good can be done by the holding of an International Congress of Mental Hygiene.

While there is no doubt that the ills, which the National Committees in the United States and Canada are attempting to combat, should be dealt with by the state, there is no way in which this end can be brought about except the initiation of the movement by private enterprise and the formation of an enlightened public opinion.

The holding of such a Congress would be more than worth while, even if its only result were to bring the community to a full realization of the prevalence of mental disease and its appalling cost in national efficiency.

Yours faithfully,

Principal.



Ottawa, April 14, 1924

General Sir Arthur W. Currie, G.C.M.G., K.C.B., LL.D.,
Principal, McGill University,
Montreal; P. Q.

My dear Sir Arthur:

I thank you for your letter of the 9th instant, in which you urge reconsideration in the matter of the grant for the work of the Canadian National Committee for Mental Hygiene. When the matter comes up again in Council I shall be pleased to place the representations of your letter before my colleagues for their consideration.

Perhaps I should let you know that the omission from the Estimates of any sum for the work of the National Committee for Mental Hygiene was in no way due to any lack of appreciation of the importance of the work being carried on by the Committee. The Government has found it necessary, owing to encroachments upon Federal jurisdiction, which have become increasingly numerous, to adhere more strictly to the evident intention of the Constitution in assigning certain matters to the Provinces and others to the Federal powers. Mental hygiene would appear to be a case in point.

-2-

I shall take up with my colleagues anew the representations of your letter. Meanwhile I am sending you this word of explanation in reply.

Yours sincerely,

W. K. Kellogg

April 21st, 1924.

Rt. Hon. W.L. Mackenzie King,
Prime Minister of Canada,
Ottawa, Ont.

Dear Mr. Prime Minister:-

I am much obliged for your letter of the 14th instant and am glad to note that you will take up again the question of a grant for the National Committee of Mental Hygiene.

I quite agree with you that it may be wise for your Government to leave certain matters entirely to the provincial governments, but I think there is quite a good case to be made for Mental Hygiene. The argument is almost the same as that which has led to the formation of the National Committee itself,- that this subject cannot be studied from a provincial standpoint. It is absolutely necessary in order to obtain any grasp of the problems to have information from all over the country collected and collated. Just as the problem is one which must be studied as a whole, so, it appears to me, it is one which must be dealt with as a whole, and it is for this reason that I feel justified in asking your Government to join in supporting it.

Yours faithfully,

THE ROCKEFELLER FOUNDATION
61 Broadway, New York.

May 21st, 1924.

My dear Doctor Hincks:

I suggest payments in connection with our appropriation to the Canadian National Committee as follows: \$7,500 semi-annually, say, on January 1st and July 1st of each year, if at these times the Canadian Committee is able to report receipts of sums of equal amount from Canadian sources for similar purposes, that is, for research, experimentation and demonstration, and psychiatry and mental hygiene. We can make payment of the \$7,500 quoted for the remainder of the current year just as soon as we have statement from you that sums of equal amount have been received from Canadian sources towards the five-year program contemplated. If a smaller sum has been received, on notification of the amount now in hand, we can release that much of our fund, and, from time to time, can make payments equalling the amount reported by you as in hand to match it until the total appropriation for the current calendar year is exhausted.

We shall leave the matter of public announcement of the gift to you. We shall be glad to leave to your discretion the handling of the announcement in any way that may seem best to further the interests of the Canadian program for mental hygiene. The appropriation, as you will see from its terms, is directly to the Canadian National Committee. The entire responsibility for administering the funds for the general purposes indicated rests with that Committee. We shall not wish in any way to interfere in internal organization or in details of policy or administration.

I am sure you will not misunderstand this position. It does not indicate any lack of hearty interest on the part of the Foundation or its officers in this important work. It is simply an expression of our conviction that in such matters responsibility must be centralized, and our regular custom of refraining from interference in any way in the administration of funds which we turn over to other organizations.

With best wishes for the continued success of the work of your Committee, believe me,

Very truly yours,

(Signed) Edwin R. Embree.

THE ROCKEFELLER FOUNDATION
61 Broadway, New York.

May 21, 1924.

My dear Doctor Hincks:

I have the honor to inform you that at a meeting of the Rockefeller Foundation, held to-day, the following resolutions were adopted:

RESOLVED that the Rockefeller Foundation hereby pledges itself to appropriate Seventy-five thousand dollars (\$75,000) to be paid on a five-year period beginning approximately July 1, 1924, to the Canadian National Committee for Mental Hygiene, it being understood that contributions of at least equal amount shall be provided from Canadian sources for similar purposes.

RESOLVED that the sum of Seven thousand five hundred dollars (\$7,500) be, and it is hereby, appropriated, of which an amount not exceeding that received from Canadian sources for similar purposes shall be paid to the Canadian National Committee for Mental Hygiene during 1924, for studies in the application of mental hygiene to school children.

To this formal announcement may I add the expression of satisfaction which the officers and trustees of the Rockefeller Foundation have in co-operating with the Canadian National Committee and Canadian institutions in this important series of studies bearing upon the application of mental hygiene to school children.

Very truly yours,

(Signed) Edwin R. Embree.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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REV. W. H. VANCE

May 29th, 1924.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I am taking the liberty of enclosing two letters that have been received from Mr. Edwin Embree, Secretary of the Rockefeller Foundation. You will note by the contents that our Committee has been given \$75,000 for research, experimentation and demonstration in mental hygiene. The stipulation is made that a similar amount (\$75,000) shall be provided from Canadian sources for studies extending over five years in the application of mental hygiene principles to school children.

Through the Rockefeller grant it will be possible for us to make a careful investigation of school children and to determine what is practicable in the way of preventing insanity, heading off delinquency and treating intelligently nervous and mental maladjustments that might lead, if unchecked, to social disaster.

As a Committee, I think that we should feel honoured at the recognition that has been given us by the Rockefeller Foundation. The gift will act as a stimulant to bring out the best work of which we are capable and it is my belief, as Secretary, that there will result distinct advantages to the whole mental hygiene movement throughout the Dominion.

I remain,

Sincerely yours,

G. M. Hincks

CMH:M

June 2nd, 1924.

Dr. C. M. Hincks,
102 College Street,
Toronto, Ont.

My dear Dr. Hincks:-

Thank you for the information
contained in your letter of May 29th.

Martin had already told me of
the success you had with the Rockefeller Foundation.
I congratulate you and know the money will be put
to good service. McGill will do anything possible
to help.

Yours faithfully,

Principal.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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PROF. WILLIAM D. TAIT
REV. W. H. VANCE

June 17th., 1924.

Sir Arthur Currie,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I am enclosing a report of a special meeting held in Montreal on Saturday, June 7th, to consider the administration of the Rockefeller Foundation gift of \$75,000 to the Canadian National Committee for Mental Hygiene.

Sincerely yours,

Colin K. Russel

CMH:I

The Canadian National Committee For Mental Hygiene.

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Patroness: Her Excellency the Lady Byng of Vimy

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F. W. MOLSON, ESQ.
C. E. NEILL, ESQ.

October 19th., 1925.

Sir Arthur Currie,
Principal, McGill University,
Montreal, P. Q.

Dear Sir Arthur:

At the suggestion of our President, I am sending a short report relating to the present activities of the National Committee.

Before leaving for six months' study in Europe I wish to thank you for your splendid cooperation. The success of the Mental Hygiene Movement in Canada has been dependent upon the generosity and the whole-hearted support of the friends of our organization.

I remain

Sincerely yours,

C. M. Hincks

Report of Medical Director to Board of Directors and Supporters
of the Canadian National Committee for Mental Hygiene

Foreword

Through the generosity of the Rockefeller Foundation the Medical Director of the National Committee has been granted a six months' travelling fellowship in Europe. On October 21st, 1925, the Medical Director will sail for England and he is desirous of submitting a short report before his departure.

Present Activities of the Committee.

The present work of the Committee can be divided into (a) National Service and (b) Research Leading to Prevention.

(a) National Service.

The National Service of the Committee consists in the making of Mental Hygiene Surveys; educational publicity and the stimulation throughout Canada of mental hygiene progress. In the past, seven provincial surveys have been made and facts pertaining to mental abnormality have been learned. This knowledge has placed the organization in a position to successfully urge governments, school boards and health bodies to make more adequate scientific provision for the treatment and control of insanity, feeble-mindedness and neurotic conditions. The Committee must perforce maintain the policy of re-surveying the various provinces if we would make further necessary progress in mental hygiene. When the Medical Director returns from Europe in April he will, with the permission of the Board of Directors, conduct a study across Canada and will be accompanied by a medical man who may, in future, spend his entire time in the employ of the Committee in survey work. The Medical Director will acquaint this new appointee with conditions in Canada and will introduce him to individuals holding strategic positions in the mental hygiene field.

Through educational publicity a favorable atmosphere is created in Canada for the promotion of mental hygiene progress. At the present time an intensive campaign in an experimental way is being conducted in the Province of Alberta with the cooperation of the Alberta Division of the Canadian Red Cross Society and the Metropolitan Life Insurance Company. Numerous articles are appearing in the Alberta press and arrangements have been made for the use of the radio, the pulpit and the public platform for mental hygiene purposes. With experience that will be gained in Alberta the educational campaign will be extended in a more official way to other provinces. In addition, there will be published every two months a mental hygiene bulletin and numerous articles will appear in representative newspapers and Canadian magazines. Educational publicity is in the hands of a special committee composed of Dr. E. A. Bott, Professor J. W. Bridges, Mr. N. L. Burnette, Dr. E. K. Clarke and Professor E. D. MacPhee.

The central office of the National Committee will continue as in the past to act as an advisory centre for those who seek its services. Every month hundreds of requests seeking cooperation are received and a national service is provided.

(b) Research Leading to Prevention.

A year and a half ago the National Committee embarked upon a research enterprise that would make possible the launching of a programme of prevention. It was decided to commence work in collaboration with McGill University, Montreal, and the University of Toronto. \$50,000 per annum are being spent in these two centres and a research staff has been organized composed of eminent Canadian scientists. Intensive studies are being conducted that will lead us to a better understanding of conditions that are essential for the healthy mental and physical development of children. Our workers are enthusiastic in their endeavors and it would seem that important contributions will be made to scientific knowledge in the realm of mental hygiene. The Medical Director is of the opinion that upwards of 25% of mental and nervous disorders are either caused or accentuated by unsatisfactory home and school methods that are now in vogue in child rearing. It is possible that Canada will assume a degree of world leadership in fighting mental abnormality as a result of research studies.

The sub-committee in charge of the Research programme in Montreal consists of officers of the National Committee and of McGill University and, in Toronto, the sub-committee is composed similarly of representatives of our National organization and of the university.

The research work to be successful depends upon many factors. It is all important, among other things, to have the services of men and women who are well trained for the specific studies they undertake. Through the kindness of the Rockefeller Foundation and of the Laura Spelman Rockefeller Memorial, a dozen Canadian s will have the advantage of training under fellowships in the United States and Europe.

A new enterprise of significance is the inauguration, in an experimental way, of parent instruction in child rearing. The Metropolitan Life Insurance Company has made an initial grant for the purpose and the work will commence immediately in affiliation with research activities in Toronto and Montreal.

Finance

It is probable that the National Committee will always be in need of new financial support. At the moment, however, no financial crisis seems to be impending. The generosity of subscribers to the Lady Byng of Vimy Fund for Mental Hygiene, of the Federal Government and of Foundations are making possible the meeting of our immediate financial needs. The Medical Director, with the endorsement of the Board of Directors, is adopting a financial policy that will make it unnecessary to seek renewed subscriptions from previous subscribers for the next ten years. This statement of course does not apply to governments, foundations or life insurance companies and implies the fulfilment of pledges that have already been made by subscribers.

Conclusion

The Medical Director wishes to thank the officers and supporters of the National Committee for their untiring efforts in promoting the Mental Hygiene Movement in Canada. The President, Dr. C. F. Martin, has

has at all times granted inspiring and dynamic leadership. The Chairman of our Board of Directors has made it possible for officers to conduct their work with confidence and courage. In fact everyone attached to the Committee could be singled out for tribute. Her Excellency Lady Byng of Vimy gave us help when it was most needed and the National Committee will feel a great loss when she leaves Government House. The Executive Officers have been indefatigable in their efforts. Our Treasurers, Sir George Burn and Mr. F. P. Higgins are not only watch dogs of the treasury but have found time to acquaint themselves with the inner workings of the organization and have been most helpful.

The Canadian National Committee For Mental Hygiene.

Patron: His Excellency the Lord Byng of Vimy, G.C.B., Governor-General of Canada
Patroness: Her Excellency the Lady Byng of Vimy

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F. W. MOLSON, ESQ.
C. E. NEILL, ESQ.

June 9th., 1925.

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

A meeting of the Board of Directors of the Canadian National Committee for Mental Hygiene will be held in the office of Mr. E. W. Beatty at 3 p.m. on Friday, June 19th. Important business will be transacted and I hope that it will be convenient for you to attend.

The enclosed report of the Medical Director summarizes our progress since our last meeting in Montreal on November 14th, and in a few days there will be mailed to you the Treasurers' Statement.

I remain

Sincerely yours,

C. M. Hincks

CMH:M

Medical Director's Report.

June 19th, 1925.

Genuine progress has been made by the National Committee since the last meeting of the Board of Directors held in Montreal on November 14th, 1924. Outstanding accomplishments can be summarized as follows -

I. Organization of a Department of Mental Hygiene Research in Montreal.

This Division is conducting important studies relating to the prevention and control of juvenile delinquency and to the organization of a demonstration mental hygiene clinic. In the near future it will be possible for this Division to grant vital assistance to juvenile courts, reform schools, probation organizations and to cities that are contemplating the formation of mental clinics. The Executive Committee of the Montreal Research Division consists of Mr. E. W. Beatty, Chairman, Sir Arthur Currie, Dr. C. F. Martin, Dr. C. K. Russel, Dr. G. S. Mundie, Dr. A. B. Chandler and Dr. C. M. Hincks. The Research Directors are Professor J. W. Bridges and Dr. W. T. B. Mitchell.

II. Organization of a Department of Mental Hygiene Research in Toronto.

This Department has been organized in affiliation with the University of Toronto for the conduct of studies in the application of mental hygiene principles to children in school attendance. It is hoped that ways and means will be discovered of preventing a considerable percentage of mental and nervous disorders. Preliminary investigations indicate that mental maladjustments have been created in schools and in homes through our failure to understand child nature and the necessary requirements for healthy development. The work in Toronto may lead to the adoption throughout Canada of better school methods. The Executive Committee in charge of the work consists of Dr. J. G. Fitzgerald, Chairman, Sir Robert Falconer, Hon. Dr. H. J. Cody, Mr. C. B. McNaught, Mr. Vincent Massey, Professor P. Sandiford, Professor G. S. Brett, Dr. E. A. Bott, Mr. Hugh Kerr and Dr. C. M. Hincks. The Research Directors are Dr. E. A. Bott, Dr. W. E. Blatz and Professor E. MacPhee.

The Research projects in Toronto and Montreal have at their disposal a combined annual budget of \$30,000. The money has been made available by the Rockefeller Foundation and by the Lady Byng of Vimy Fund for Mental Hygiene.

III. Establishment of Nursery Schools (laboratory type) in Montreal and Toronto.

Successful negotiations have been conducted by McGill University, the University of Toronto and the National Committee for Mental Hygiene in securing more than \$100,000. from the Laura Spelman Rockefeller Memorial for the

establishment of Nursery Schools of the laboratory type in Montreal and Toronto. These schools will furnish unrivalled opportunity for the intensive study of pre school age children and an influence will be created that will affect the whole conduct of child welfare work in Canada. It is the desire of the Trustees of the Laura Spelman Rockefeller Memorial that there be developed, in connection with the nursery schools, activities that will lead to the introduction of mental hygiene principles into the home. The funds will be granted direct to McGill University and to the University of Toronto, but the National Committee will co-operate in administration.

IV. Parent Training in Child Development.

Through the kindness of Mr. A. F. C. Fiske, Third Vice President of the Metropolitan Life Insurance Company, a grant of \$2,000 was made for the current year for the training of parents in mental hygiene principles. If the Committee succeeds in developing a satisfactory programme of parent training, it is probable that the Metropolitan Life Insurance Company will donate increasing annual amounts to the National Committee for this project. Too much emphasis cannot be placed upon this new phase of National Committee activity. It has long been recognized that without intelligent home co-operation little genuine progress will be made in augmenting mental health and in warding off mental and nervous disorders. The Committee will attempt to make direct contacts with fathers and mothers and, with the backing of the Metropolitan Life, a service may eventually be extended throughout the country.

V. Department of Architecture.

The Committee has entered into an arrangement with the Federal Department of Health for the provision of a service in architecture that will be of special value to governments or organizations that are contemplating the construction of training schools for the feeble-minded, psychopathic wards in general hospitals, psychopathic hospitals or enlargements of mental hospitals. The National Committee has obtained approximately fifty ground plans of the most approved institutions on the Continent, and the Federal Department of Health is prepared to make copies for governments and interested organizations. This service will lead to the erection of better buildings for the treatment of mental and nervous cases.

VI. Creation of an Educational Division.

Subject to the approval of the Executive Committee and of the Board of Directors, arrangements have been made for the creation of an Educational Division with the services of a Chairman, a Secretary and an Assistant. It will be the obligation of this Division to publish a quarterly bulletin; to make arrangements for

the printing of mental hygiene articles in medical journals, teachers' magazines, nurses' journals, social welfare magazines, in newspapers and other publications. Arrangements will also be made for mental hygiene addresses to appropriate congresses and meetings, and for the showing of a mental hygiene exhibit. The aim of the work will be the creation of a favourable atmosphere throughout Canada for the promotion of mental hygiene progress.

VII. Travelling Fellowships in Mental Hygiene.

Through co-operation with the Rockefeller Foundation and the Laura Spelman Rockefeller Memorial, travelling scholarships in mental science have been awarded to seven Canadians and applications are being prepared for others. The assistance of New York Foundations in providing Fellowships has a monetary value of more than \$12,000. per annum, and our Committee is given the opportunity of training leaders for mental hygiene work in Canada.

VIII. Western Universities.

Officers of the National Committee accompanied Mr. Edwin Embree of the Rockefeller Foundation in making a study of the four Western universities with the object of determining possibilities in furthering mental hygiene research research and instruction.

IX. Lady Byng of Vimy Fund for Mental Hygiene.

In a report that will be submitted by our Joint-Treasurers, Sir George Burn and Mr. Fred Page Higgins, an account will be given of the status of the Lady Byng Fund.

: : BULLETIN : :

— OF —

The Canadian National Committee for
Mental Hygiene

Montreal Office, Medical Building, McGill University.

VOL. 2, No. 5 Toronto Office, 102 College Steet FEBRUARY, 1927

DR. GEORGE E. VINCENT

President of the Rockefeller Foundation

ADDRESSES THE ANNUAL MEETING

OF

THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

In his own inimitable fashion, with flashes of wit, with an intimate knowledge of his subject and with philosophic insight, Dr. George E. Vincent addressed the Annual Meeting of the Canadian National Committee for Mental Hygiene, in Montreal, on December 3rd, 1926. His subject was, "Public Health and Mental Hygiene."

The following excerpts from Dr. Vincent's address will be of interest to readers of the Bulletin:

"Mental Hygiene has come. It has come to stay. It has come as one of the most important and fascinating, and, let us frankly say, one of the most immature of all forms of social inquiry in connection with public health."

"Mental hygienists believe in facing the facts, in not getting unduly excited, but in working steadfastly as the light of reason throws a little glow ahead. I like to think of progress as proceeding in the light of a locomotive engine—illuminating a path ahead and the rest in darkness, and when a turn is reached another stretch is lighted up. All we can hope for is to see the little light ahead—the best light we can throw on the track with the reason we have and the knowledge we possess."

"What is the business of a National Committee for Mental Hygiene? It has an important stimulating function. It stimulates governments to action by presenting facts. Governments get on comfortably without facts—because facts make problems."

"What should a National Committee do in the way of developing research? Should it develop along independent lines or co-operate with existing centres? There is no doubt as to the answer. The policy that has been adopted by this

Committee is an enlightened, sound and statesmanlike policy—to develop enduring centres of research activity with practical application in university centres in Canada.”

“I am sure it is the object of this Committee to work itself out of existence at the earliest possible time—to turn over to universities the activities of research, training and teaching; and to turn over to governments the work of making mental hygiene an integral, essential, organic part of the life of the country.”

“The mental hygienist is interested in helping the individual in all questions concerning his environment and mental situation, but he considers large principles and the protection of large groups rather than the care of this individual or that individual.”

“I visited a school in this city—a delightful school where normal children between two and five years of age are studied. I have not been so interested since I went to see the chimpanzees that we have in Yale. It is thought that the study of the behaviour of chimpanzees may throw some light on an interpretation of undergraduate problems in Yale.”

“At the outset, mental hygienists concerned themselves with the insane. They took up the problem of insanity because it was pressing and appealing. There are more hospital beds in the United States, and I suppose in Canada too, devoted to mental cases than to all other cases combined. Many of these cases were being taken care of in unkind ways. You have all read Mr. Clifford Beers' book entitled, 'A Mind That Found Itself' and how it served to stir the public to a need of better treatment of people in hospitals for the insane. It was largely due to this book that the National Committee in the United States was organized.”

“Of late years, we have been establishing juvenile courts and conducting the proceedings in these courts in an illegal way—you have no idea how human you can make institutions if you stop being legal. At the present time, it is considered a poor court that does not use a psychiatrist or a psychologist who is able to assist the judge in interpreting a given case and to assist the probationary officer when the child is placed on parole.”

“You cannot study defective people without coming sooner or later to those who are not defective. I had a friend who visited an asylum and talked with the people freely, and he came to the conclusion that they seemed more intelligent than some he knew outside. He said to one, 'I don't understand why you are here, you seem perfectly sane.' The man made this extremely intelligent reply—'We are simply in the minority.' That is all insanity is—you cannot go very far in mental hygiene before you come to something which is very much like normality. In fact, mental hygiene has become interested in normality—in learning how normal children and grown-ups behave.”

"Mental Hygiene leads us to the schools, and my sympathy goes to school teachers. Whenever we have a new idea, we educate school teachers to carry it out. And so, we have to tell them that theirs is the greatest joy in life—that their position is so important to society that it seems a shame to distract their minds by such material things as better salaries. We always say such things to people whom we need to carry out noble and aesthetic undertakings."

"Twenty-five or thirty out of a class of fifty public school children are as a rule average. The teacher can count upon them doing what they ought to do—learning their lessons, washing their hands, and so on. Then there are the bright little boys and girls. They are very dangerous under our educational system. They ask questions the teacher ought to be able to answer. They ask why the teacher said one thing one week and another thing another week. The whole system of kindergarten and elementary training is designed to discourage children of this kind because they are annoying to teachers. And so, we set traps, catch them and get rid of them. They go out into the world and make a success. We are not responsible for it."

"In eight university centres psychiatrists, psychologists and mental hygienists are giving attention to undergraduates. It appears that there are many mental hygiene problems presented by college students. Undergraduates get upset in many ways—some can't study—some become bashful and retiring—others become morbid and sulky—others develop bullying habits, and so on. The mental hygienist attempts to interpret the college student's behaviour—his way of concealing from himself facts that ought to be faced. Many college students become disturbed when they first come away from home—from being great and important people in local communities to become rather modest and insignificant in the larger university setting."

"When the mental hygienist begins to devote attention to college students and school children, he is forced to deal with parents. There are those who feel that parents are quite hopeless—who feel that you cannot do anything with them and that you might as well concentrate your efforts on children with the hope of making some impression on the rising generation. But that does not take into account the fact that children have to go home to their parents. So it is necessary to undertake the task of training parents."

"Child Guidance Clinics are being established to influence parents. The children referred to these clinics present diverse problems—uncontrollable passions—peculiar habits, and so on. I visited a Child Guidance Clinic and had an illustration of its work. A child was being studied who had a passion for putting things up its nose. I don't know whether an old snuff-taking ancestry was responsible. At any rate, the parents were anxious because sometimes they could extract articles from the child's nose and sometimes they couldn't. The problem for the mental hygienist was to get the child interested in some less hazardous and less exciting form of pleasure. The child was about five years old and I have often wondered concerning the outcome. Perhaps if the child had been provided with only croquet balls for its amusement it would ultimately have become discouraged."

"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."

EDITORIAL OFFICE OF BULLETIN OF THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE
102 COLLEGE STREET, TORONTO, ONT.

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McGILL UNIVERSITY

MONTREAL

FACULTY OF MEDICINE
OFFICE OF THE DEAN

March 10th, 1927.

Sir Arthur Currie, G.C.M.G.
Principal - McGill University,
M o n t r e a l.

Dear Sir Arthur,

In our efforts to reorganize and establish on a better basis the various activities connected with Psychiatry, Psychology and Mental Hygiene, we have in a conference with Dean Ira Mackay, Professor W. B. Tait and Dr. Meakins arranged a programme which I think has some prospect of being satisfactory.

Professor Tait agrees to take Dr. Bridges into his laboratory and into his Department to the extent that he shall be allowed to give an optional course to graduate students on ABNORMAL PSYCHOLOGY. This, we believe, will help to further our activities in the Nursery School.

PSYCHIATRY and MENTAL HYGIENE will be separated in so far as the academic work is concerned. We believe it wise to have Dr. Slight appointed as Lecturer in Psychiatry - to take lectures in the School, to take charge of the Psychiatric Clinic at the Hospital and to supervise the psychiatric work generally. Although only 27 years of age, he has had about eight years' experience in this subject. He is a graduate of Edinburgh, and has sound views both along practical and scientific lines.

In connection with his stipend, I hope to get the Rockefeller people to consent to a renewal of his scholarship, and to induce the National Committee for Mental Hygiene to supplement his salary adequate to his present demands. If we are successful in this, Dr. Slight is willing to stay on another year and to try and make the

Sir Arthur Currie - 2.

March 10th, 1927.

departmental work successful.

Dr. Mitchell has decided to remain in Montreal in charge of the Mental Hygiene work, leaving to the Department of Psychiatry the academic work of this special line. Dr. Mitchell's salary is already cared for and needs not further allotment.

Of course, this scheme depends partly on the generosity of the Rockefeller people and the National Committee for Mental Hygiene, and I have good reason to believe that we will meet with success in our application.

Professor Meakins, while recognizing that Dr. Slight wishes to have an independent service in Psychiatry and to have full control of the Department, will, nevertheless, supervise in a general way the cooperation of these various activities.

INDUSTRIAL PSYCHOLOGY.- In our conversation in the Arts Faculty this morning, Professor Tait emphasized the need of Industrial Psychology - not only as a University subject but as a means of linking up the industries with the University. While this is not at all an urgent matter, I may say that, if possible, on my return I intend to approach some of the men in the big industries in the hope that they may contribute to this need and help us with money enough to import a man who might be of use to this service. Professor Tait tells me that he is already assured of the sympathetic cooperation of some of the industries.

I merely mention this now as a corollary to what I have said regarding the activities of the Psychological Department.

Faithfully yours,

C. Y. Martin

DEAN.



THE YORK CLUB
TORONTO

24th Mch/27

Dear Sir Arthur,

A considerable time ago I asked Dr Hucks whether the present Government House occupants had been requested to honour the Mental Hygiene Committee by accepting the positions of Patron and Patroness of the Committee, and was told that it had been arranged from Montreal. It now appears that only Her Excellency was invited.

I was asked what could be done to adjust matters so that His Excellency's name could appear also. I saw Mr Crowley, the Acting Secretary shortly after Bladen's retirement

and asked his advice, suggesting
that a brief statement of the
matter be addressed to him, (C.)
and the request made. To this
Crowdy assented. I find on
enquiry to day that no action
has been taken, so have drafted
a letter, ^{enclosed} and shall be glad
if you would send it, or one
like it, altering the verbiage in
any way you choose, and signing
as Vice President

If you approve, Mr
Beatty might sign with you
as Chairman of the Board -

I leave that to your own
judgment.

I am troubling you, as I am told
Dr Martin is in Europe, and
having spoken to Crowdy the
acting Secretary he may be

wondering why he does not hear more regarding it

Forgive this lengthy yarn

Sincerely yours

Ego Ruon

I return to Ottawa tomorrow

255, METCALFE STREET,

OTTAWA.

27th Mch 1927

Dear Sir Arthur,

Referring to my letter from Toronto of Friday last, I ought to have added a note that after thinking over the matter Hunchs and I thought it better to send simply a formal request—

Should you think differently, please alter the letter in any way you like— You have all the facts— The Secretary, Mr Crowdy knows them also, excepting that it was Dr Martin who wrote

wrote to Her Excellency

Sincerely yours

G. R. W.

GOVERNMENT HOUSE,
OTTAWA.

March 29th 1927.

My dear General,

I have received your letter of the 26th asking that His Excellency should become the Patron of the Canadian National Committee for Mental Hygiene. I feel sure that His Excellency will be only too glad to give his consent but, unless you consider the matter to be an urgent one, I propose to retain your letter to lay before him on his return from the tour at the end of April as I am only leading on a year or two.

Yours sincerely

A. B. Lubbock

March 26th, 1927.

Sir George Burn,
Rideau Club,
Ottawa, Ont.

Dear Sir George:-

Let me acknowledge receipt of
your letter of the 24th of March written from
Toronto.

I am only too pleased to take
the matter up with His Excellency and I am sure we
shall shortly have his consent to be Patron of our
National Committee for Mental Hygiene. I am forward-
ing the letter as written by you.

I hope you are well.

Yours faithfully,

March 30th, 1927.

Sir George Burn,
Rideau Club,
Ottawa, Ont.

Dear Sir George:-

I have a letter from Colonel Snow in which he says that he feels sure that His Excellency will be only too glad to give his consent to become a patron of the Canadian National Committee for Mental Hygiene, but he does not wish to write to His Excellency about it unless we consider it urgent. I replied saying to leave the matter until His Excellency returned from his trip.

Yours faithfully,

March 30th, 1927.

Colonel H. W. Snow,
Government House,
Ottawa.

Dear Colonel Snow:-

Thank you for your letter
of yesterday. Please do not bother His Excellency
until his return from his trip.

From all reports they seem to
be having a good time.

Yours faithfully,

255 METCALFE STREET
OTTAWA
ONTARIO

2nd April 1927

Dear Sir Arthur,

Thank you for your favours
of 26th and 30th ult. which came duly to hand
and for your kind inquiries about my health
which I am glad to say is good at present.

I think we may regard the
"Patron" question settled.

Faithfully yours

Geo Burn

Sir Arthur Currie G.C.M.G., K.C.B.
Montreal, Que.

Above is my Ottawa address.

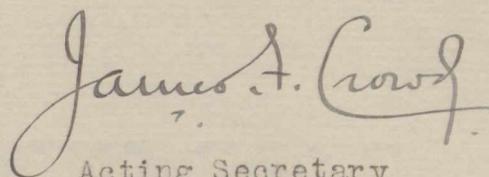
GOVERNMENT HOUSE
OTTAWA

3rd May, 1927.

Dear Sir Arthur Currie,

With further reference to your letter of the 26th March, which Colonel Snow has handed to me, His Excellency desires me to say that he will gladly become Patron of the Canadian National Committee for Mental Hygiene.

Yours sincerely,



Acting Secretary

to the Governor General.

Sir Arthur W. Currie,

G.C.M.G., K.C.B.,

Principal, McGill University,

Montreal.

May 4th, 1927.

Sir George Burn,
255 Metcalfe Street,
Ottawa, Ont.

My dear Sir George:-

I have just received a note from Mr. Crowdy informing me that His Excellency on his return to Ottawa very kindly consented to act as Patron of the Canadian National Committee for Mental Hygiene.

Yours faithfully,

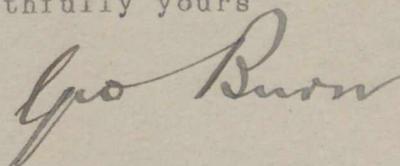
255 METCALFE STREET
OTTAWA CANADA

5th May 1927

My dear Sir Arthur,

Thank you very much for
your letter of 4th inst, announcing that His
Excellency had consented to act as Patron of
the Canadian National Committee for Mental
Hygiene.

Faithfully yours

A handwritten signature in cursive script, reading "Geo Brown". The signature is written in dark ink and is positioned below the typed name "Geo Brown".

To
Sir Arthur W. Currie G.C.M.G., K.C.B.
Montreal

The Canadian National Committee For Mental Hygiene.

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Toronto, 2, April 6th, 1927

Sir Arthur Currie,
President McGill University,
Montreal,
Quebec.

Dear Sir Arthur:

I am taking the liberty of enclosing copies of letters from Mr. Edwin W. Embree, Vice-President of the Rockefeller Foundation, Mr. A. F. C. Fiske, member of our Board of Directors and Third Vice-President of the Metropolitan Life Insurance Company and Professor S. H. Prince, President of the Nova Scotia Society for Mental Hygiene.

Our Board of Directors and supporters have made possible significant humanitarian achievements in Canada, and these letters express an appreciation of our efforts.

It is particularly gratifying to know that the Rockefeller Foundation considers that it has made a fruitful investment in supporting our work. I must admit that when the Rockefeller grant was received in 1924, I felt we were assuming a considerable responsibility in stewardship because of the necessity of our measuring up to high scientific standards. Mr. Embree's letter is reassuring and, in a recent conversation with him I am led to the belief that the Foundation may in the course of time utilize us as an agency to extend still further a constructive Mental Hygiene programme.

Please accept my thanks for your continued interest and support in our work.

Very sincerely yours,

C. M. Hincks.

COPY

THE ROCKEFELLER FOUNDATION

61, Broadway, New York

March 31st, 1927.

My dear Hincks:

I am writing this letter to put on record what I said to you in conversation yesterday and the day before, namely, that I think the achievements in mental hygiene under the general auspices of the Canadian National Committee and in co-operation with the universities of Toronto and McGill are splendid. I have seldom listened to a more encouraging report of developments than you gave me over this week-end in describing the work among children in Toronto and Montreal.

The program that you are developing in Toronto with Professor Bott and Dr. Blatz in active charge is rapidly coming to a position of leadership in this field in all North America.

The work at McGill is also encouraging in its promise for the future. The emphasis there upon psychiatry and upon the delinquent and abnormal child is an excellent supplement to the study in Toronto which centers more upon the normal individual.

This fundamental research in psychology and psychiatry is one of the important activities of any group interested in mental hygiene. A second activity which has been carried out successfully both by your Committee and by the Committee in the United States is a survey of the care of the insane and feebleminded. A third step I believe in the program of any private agency interested in this subject is to co-operate with State and Provincial governments in improving conditions through applying scientific knowledge in the field of mental hygiene to the handling of problems in such

a way as to prevent personal illness and social catastrophe.

I am interested in your statement that at least one Province in Canada had already expressed a desire for scientific assistance in this direction. This is a matter worth developing. I am so confident that co-operation with State governments is an important element in any mental hygiene program that I am sure some means will be found within a few years for putting it into effect.

It has been a great pleasure to me personally to work with you and your associates in these programs of mental hygiene in Canada. We are honored that this Foundation has been able officially to co-operate in certain aspects of this work.

Please accept my best wishes for the continued prosperity of your enterprises.

Very truly yours,

(Signed) Edwin Embree

Vice-President.

Dr. C. M. Hincks,
Canadian National Committee for Mental Hygiene,
102 College Street,
Toronto, Canada.

COPY

METROPOLITAN LIFE INSURANCE CO.
Canadian Head Office.
Ottawa, Canada.

March 15, 1927.

Dr. C. M. Hincks,
Medical Director,
The Canadian National Committee for Mental Hygiene,
Toronto, Ontario, Canada.

Dear Dr. Hincks:

Thank you for your letter of March 4th with
your enclosure. I am taking the liberty of referring it to Dr.
Frankel.

It may interest you to know that I have just
spent a month on a series of conventions with Dr. Frankel and he
is extremely interested in the work you are doing. He feels that
your Organization is doing far better work than any in the United
States - which I think is a very high compliment.

Yours very sincerely,

(Signed) A. F. Fiske

Third Vice-President.

NOTE: Dr. Frankel is Second Vice-President
of the Metropolitan Life Insurance
Company and Director of the Welfare
Division.

COPY

THE NOVA SCOTIA SOCIETY FOR MENTAL HYGIENE
Founded 1908

Halifax, N.S., March 17th, 1927.

Dear Dr. Hincks:

Mrs. Stead has already conveyed to you the formal expression of thanks directed to be sent to you by the Nova Scotia Society for Mental Hygiene for your unwearied and notable services to the cause of Mental Hygiene in Nova Scotia.

We feel that we owe The Canadian National Committee for Mental Hygiene far more than mere thanks in this connection - more indeed than we can ever hope to repay. I know that what you want most to see is results, and you may rest assured that we shall leave nothing undone to secure them. It is really wonderful, when one remembers that we have to-day on the Statute books of Nova Scotia probably the most modern legislation with regard to feeble-mindedness in all Canada. Congratulations! and all success to you in your splendid work. As you are probably aware, the activity in Nova Scotia has already borne fruit in the neighboring province of New Brunswick where they have just set up a Mental Hygiene Council.

Please accept my own personal appreciation of your very great kindness to us, and my hope that in the near future we may have the pleasure of welcoming you back amongst us once again.

Yours very sincerely,

(Signed) S. W. Prince.

President of Nova Scotia Society
for Mental Hygiene.

Dr. C. M. Hincks,
102 College Street,
Toronto, Canada.

The Canadian National Committee For Mental Hygiene.

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C. E. NEILL, ESQ.

102 COLLEGE STREET
TORONTO

Toronto, 2, April 12th, 1927

Sir Arthur Currie,
Principal, McGill University
Montreal,
Quebec.

Dear Sir Arthur:

Would it be convenient for you to see
Dr. W. T. B. Mitchell and me next week? I could go to Montreal
any day after Tuesday.

I was in consultation with the Montreal
Mental Hygiene group yesterday and Dr. Mitchell expressed a keen
desire to talk over certain matters with you concerning our programme
of work, particularly as it affects the Protestant schools. I told
him that I would attempt to make an appointment with you.

If we get an opportunity to give service
to the Montreal schools and to conduct systematic studies of certain
types of nervous children, we will be contributing to the advancement
of the Mental Hygiene Movement in Canada, and, at the same time,
mental medicine will be given an impetus at McGill.

By seeing Dr. Mitchell, you can give him
needed encouragement. At the moment he perhaps feels that he is
playing somewhat of a lone hand. The work he is doing is worthy of
the utmost support and, if you find it in your heart to give him your
blessing and to indicate that McGill is desirous of fostering the Mental
Hygiene Movement, much will be gained.

Before Dr. Martin left, it was tentatively
decided upon your approval to give Dr. David Slight an opportunity for
a year to show his fitness as a teacher of psychiatry in the Medical
School. Dr. Mitchell was naturally disappointed because he had hoped to
continue to give lectures in psychiatry and to eventually advance to a
position of psychiatric leadership. It was however, pointed out to
Mitchell that he could satisfy reasonable ambitions by devoting himself
entirely to Mental Hygiene and that McGill would offer opportunities.

In conclusion, might I state that we possess a personnel in Montreal in psychiatry, mental hygiene, abnormal psychology and child psychology that in my opinion is second to none on the Continent. Each worker would like to feel, however, that the role he is playing is of interest to the University and that merit will in due course be officially recognized. Under these circumstances a word of commendation at this juncture with Mitchell would be very helpfull without of course any definite commitment concerning University policy.

Very sincerely yours,

C. M. Hincks.

April 13th, 1927.

Dr. C. M. Hincks,
102 College Street,
Toronto, Ont.

My dear Dr. Hincks:-

Let me acknowledge receipt of
your letter of the 12th of April.

I shall be very glad to see you
and Dr. Mitchell any time next week that you care
to call, for I shall be here all week. Just telephone
to my office when you come to town and an appointment
can be arranged easily.

Yours faithfully,

Principal.

The Canadian National Committee For Mental Hygiene.

Patron:—His Excellency the Viscount Willingdon, Governor-General of Canada
Patroness:—Her Excellency the Viscountess Willingdon

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Toronto, 2, June 29th, 1927.

Sir Arthur Currie,
McGill University,
Montreal,
Quebec.

Dear Sir Arthur:

I am taking the liberty of enclosing a brief account of recent work in Western Canada. By glancing through the contents, you will note that mental hygiene progress is being achieved in British Columbia and the Prairie Provinces and that our National Committee has been a significant factor.

I remain.

Sincerely yours,

C. M. Hincks

WORK OF NATIONAL COMMITTEE IN
WESTERN CANADA
IN MAY AND JUNE, 1927.

The Medical Director, Secretary and Acting Director of Education of the National Committee have just completed five weeks' work in Western Canada. It was found possible to be of service to Governments, Boards of Education and other organizations in giving advice concerning mental hygiene programmes. Ministers of Health, Superintendents of Education and other officials were keen to discuss their problems and have invited the Committee to make surveys and reports and to co-operate with them in instituting measures for the prevention and treatment of mental abnormality.

A short account will be given of our activities in the four Western Provinces.

British Columbia

The survey of this Province made by the National Committee in 1920 continues to stimulate progress. In 1925 the British Columbia Government appointed a Royal Commission on Mental Hygiene, and at the last session of the Legislature more than one million dollars was appropriated for the organization of a Psychopathic Hospital in Vancouver and for an additional unit for chronic mental cases at Escondale. The Commission at the present time is studying the problem of mental deficiency and has requested the continued co-operation of the National Committee. It is probable that steps will be taken in the near future to make adequate provision for defective individuals.

When present plans are completed, British Columbia will be in a position to give Dominion-wide leadership in mental hygiene. The medical staff in the mental hospitals are keen, energetic, capable psychiatrists. Staff

conferences are held several times a week. In no part of the Continent can there be found a superior personnel.

There are 18 special classes for defective children in the Vancouver schools. The National Committee will co-operate with local authorities in urging the establishment of a Trade School for older defective children. At present, approximately 10% of the mental defectives in school attendance in Vancouver eventually find their way to the Juvenile Courts or Reform Schools. Delinquency will be cut down materially when a Trade School is organized.

Alberta

Alberta is giving leadership in Canada in connection with its Training School for mental defectives at Red Deer. 150 children are receiving attention in this admirable institution. Although 85% are low grade cases, they are being trained in habits of industry, cleanliness and usefulness. The educational facilities, the play-grounds and the cheerful atmosphere were a contrast to certain institutions on the Continent attempting to perform a similar service. The Committee is recommending the enlargement of the present institution or the removal to a larger property.

The Minister of Health of Alberta is desirous of preventing as far as possible, the propagation of mentally unsound individuals. At the next Session of the Legislature, he will probably re-introduce a Bill that will permit the sterilization of certain types under certain conditions. The National Committee has been requested by the Minister of Health to co-operate in an educational mental hygiene campaign.

The mental hospitals at Ponoka and Oliver are splendid institutions. For several years the Medical Staff has been experimenting with the malaria treatment for General Paralysis of the Insane. Hitherto this disease has been fatal and has accounted for a considerable proportion

of admissions to mental hospitals. The results of treatment at Ponoka have been surprisingly good.

Alberta is the first Province in Canada to organize a Visiting Committee to its mental hospitals. This Committee has been of great service in stimulating public confidence and in co-operating with hospital officials to bring about improvements.

Saskatchewan

This Province has two modern mental hospitals at North Battleford and Weyburne. The latter institution, built several years ago, cost two and a half million dollars. The North Battleford hospital is unique in Canada in connection with its arrangements for occupational therapy. All of its 800 patients, with the exception of a very few who are bedridden or acutely ill, are engaged in useful work. If one visits the hospital in the afternoon, the wards will all be found empty and the patients will be discovered in the work-shops or in cultivating the 2500 acres of hospital property. Probably in no other mental hospital in the world will occupational therapy be found to be practised to such an extent. The Superintendent is pleased with the therapeutic results he is achieving. He finds that with work the patients are happier, that they sleep better and that their recovery rate is faster.

The Minister of Health of Saskatchewan is profoundly interested in mental hygiene. It is possible that in co-operation with the National Committee an experiment will be carried out in the Province in the community treatment of the insane - an experiment that has been markedly successful in Europe. The advantages of community treatment consist in the reduction of per capita costs and better therapeutic results.

Saskatchewan like other Provinces is facing the problem of mental deficiency. The time has arrived when arrangements must be made for

educational facilities in the schools, for community supervision and for the establishment of a training school. There is also urgent need for Psychopathic Hospitals for the treatment of early cases of mental disorder at Regina and Saskatoon.

Manitoba

The National Committee conducted its first Provincial survey in Manitoba in 1918. The progress since this date has been most gratifying. From occupying a somewhat backward position, Manitoba is now probably the leading Province in mental hygiene arrangements. Activities radiate from a Psychopathic Hospital attached to the Winnipeg General Hospital. A Travelling Clinic, the first of its kind in Canada, touches all portions of the Province. The buildings for recoverable cases of mental disease at Brandon and Selkirk are as fine as any treatment centres on the Continent.

The next task confronting the Manitoba Legislature will be in connection with a Training School for Mental Defectives. The National Committee will co-operate in stimulating progressive action.

CONCLUSION

Our Committee has been a genuine factor in presenting humanitarian and social progress in western Canada. In each of the four Provinces, there are splendid buildings costing millions of dollars that have been erected, in part at least, because of the encouragement and stimulating influence of the National Committee. Our work for the last nine years has been most productive in results. Governments are now looking to us as never before to show ways and means of prevention and for the cutting

down of huge annual costs. Nine million dollars is being spent each year for the treatment of mental cases in this country, and the burden on the tax payer is heavy. Our research activities at McGill University and the University of Toronto will soon point the way it is hoped to a preventive programme in Canada.

July 11, 1927.

Dr. C.F. Martin,
Dean, Faculty of Medicine,
McGill University.

Dear Dr. Martin:-

There have lately been brought to the notice of Sir Arthur Currie a large number of cases in which claims for compensation for veterans or their dependents are based on injuries or ailments which have only become apparent since the war.

A number of these are cases of insanity. In these cases such information as we have been able to gather rather leads the layman to think that the pension commission and their advisors might be benefited by the great advance in modern medical knowledge. It would of course be very difficult and indeed almost impossible to contest original diagnoses, but we have had cases in which it seems as if some very slight mental affliction due to the war has grown progressively worse, just as any other affliction might, and become a much more severe type.

I enclose some correspondence regarding a man named Forrest W. King. In his case there appears to have been at any rate some question as to his mental capacity during the war and he is now totally insane, yet the Department claim, - probably quite rightly according to their principles - that his present illness is not due to war service.

This subject is receiving a good deal of attention in England, as you will note from the article on "Wounded Soldiers" in the enclosed magazine.

Dr. C.F. Martin

There are of course a number of cases in which physical injuries due to the war may or may not have given rise to subsequent serious trouble. While our experience is that these have always been dealt with as sympathetically as possible, it seems that here too some careful consideration of the position might do good.

For the time being, however, the question of the mental cases seems to be the most difficult and perhaps to be that side of the problem upon which modern advances might throw the most light, and it occurred to Sir Arthur that the question might be one worth discussion by the National Committee for Mental Hygiene. We have no way of knowing how wide-spread these cases are, as naturally only a few would be heard of by any private person or organization, but there is no doubt that the various professional members of your committee would between them be in possession of a considerable amount of information.

If the subject appears to be one really worthy of discussion, I know that Sir Arthur would be only too glad to facilitate any study which seemed likely to lead to fruitful results, and the present case which is evidently a well known one might very easily form a starting point.

Yours faithfully,

Wilfrid Bovey.

MC GILL UNIVERSITY

MONTREAL

FACULTY OF MEDICINE
OFFICE OF THE DEAN

14th July, 1927.

Dear Colonel Bovey,

Re Compensation for Veterans with signs
of Insanity.

I have your good letter of the 11th inst., with reference to the above subject, and I shall be glad to place the matter before the Executive of the Canadian National Committee for Mental Hygiene at its next meeting. I will then forward you a report.

Very truly yours,

C. J. Martin
DEAN.

Colonel Wilfrid Bovey,
The Arts Building,
McGill University.



Friday Eve.

Dear Sir Arthur

The Rockefeller foundation granted the renewal of Slight's scholarship - & the Mental Hygiene Committee can assume the obligation for practically all the rest of his required salary - I had to some persuading as Embross very properly "said" the renewal under the conditions proposed, precluded its renewal - However fortunately the executive were holding a meeting this afternoon & they passed it. (I think my report on the amalgamation of hospitals helped!!).

We can therefore make Slight lectures on Psychiatry for the year & we already arranged about his work - Mitchell accepted our proposal re Mental Hygiene so this too is satisfactory.

Messkins & Kincks will doubtless see you soon about this.

With kind regards - in haste

Faithfully Yours
C. A. Martin

The Canadian National Committee For Mental Hygiene.

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Patroness:—Her Excellency the Viscountess Willingdon

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Toronto, 2, December 6th, 1927.

Sir Arthur Currie,
Principal, McGill University,
McGill University,
Montreal, Que.

Dear Sir Arthur;

I am taking the liberty of enclosing a short memorandum that may be of interest. You will note that mental hygiene is making progress from coast to coast. The National Committee can claim justly, some credit in this regard. I feel that a debt of gratitude is owing to our friends who have granted us money so generously and to those who, in a voluntary way, have rendered valuable assistance.

Sincerely yours,

C. M. Hincks.

Medical Director.

MEMORANDUM FOR THE CONSIDERATION OF THE
BOARD OF DIRECTORS & SUPPORTERS OF THE
CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE.

(Submitted by the Medical Director)
December 1927.

Foreword

The year 1927 has been marked by a signal progress throughout Canada in mental hygiene. From coast to coast there has been an awakening of the public conscience concerning the problem of the mentally unfit and there never was a time when governments, universities and public bodies were more genuinely interested in evolving programmes of prevention. It would seem that the nine years' continuous work of our National Committee has set forces in motion that will justify our efforts and the expenditure of a very considerable sum of money.

In this communication brief reference will be made to recent advances in the various Provinces - advances that in many instances can be traced directly or indirectly to the Committee.

Nova Scotia.

At the last Session of the Nova Scotia Legislature there was enacted the most advanced legislation for the diagnosis, training and supervision of mental defectives - the most advanced legislation in the Dominion. A Provincial Psychiatrist has been appointed and, vested with governmental authority, he will be given an opportunity to establish special classes for mentally retarded children throughout Nova Scotia; to organize a Residential Training School for cases needing such a facility and to make arrangements for the supervision of defectives in the general community.

New Brunswick.

The progress in Nova Scotia has stimulated the New Brunswick Government to make a mental hygiene survey of the schools of the Province. This study is now in progress and will lead to the establishment of greatly needed facilities.

Quebec.

For the first time in Canada, there has been evolved at McGill University a satisfactory programme for the training and instruction of medical students in mental hygiene and psychiatry. It has always been recognized that the family physician possessed a strategic advantage in having an opportunity to diagnose mental disorders in their incipiency when corrective treatment would be of most avail. Unfortunately the great body of the medical profession was not in a position to take advantage of this opportunity because of lack of mental hygiene training. This defect will henceforth be remedied as far as McGill University is concerned, and every medical student before graduation will be trained to play an important role in the prevention and early treatment of mental disorders.

The mental hygiene research activities at McGill University are leading to a better understanding of child development and to the factors that may be responsible in producing distorted personalities and in laying the groundwork for future mental and nervous breakdowns.

A Psychopathic unit for the treatment and observation of acute and recoverable cases of mental disease has been built in connection with the St. Michel Archange Hospital at Quebec. An addition is being built at St. Joan de Dieu Mental Hospital near Montreal that will cost two million dollars and that will contain, among other needed facilities, up-to-date laboratories for scientific research. A wing has been added to the Bordeaux Jail for the custody and care of the criminally insane. Plans have been completed at St. Mastai for a Training School for the educable types of mental defectives with a capacity for 600 inmates. During the last four years over 100 young French Canadian physicians have been sent to the United States and to Europe to study Psychiatry, and these men will be available for important appointments in Quebec.

Ontario

The Ontario Government, seven months ago, appointed a Medical Director of Provincial Mental Hospitals, and there has been initiated a progressive programme of far-reaching importance. Older men in the mental hospital service have been replaced by young men of energy and ability. A Training School in Occupational Therapy has been established under the auspices of the University of Toronto and graduates will be available for the mental hospital system. Arrangements are contemplated for the conduct by hospital staffs of mental hygiene preventive work in the community.

Ontario is developing one of the best systems for the training of mental defectives on the Continent and steady progress has been made during the year.

The mental hygiene research work at the University of Toronto has attracted the attention of scientists of many countries and is paving the way for the application of mental hygiene principles in the homes and schools of the Dominion.

Toronto is the first city in Canada to organize a Mental Hygiene Division in connection with a civic Department of Health. The Division during the last year has meted out signal service to a school population that numbers more than one hundred thousand children.

Manitoba

A Travelling Mental Hygiene Clinic has been engaged in the conduct of a survey of the public school population of Manitoba. This is the first government enterprise of its kind in Canada.

The Professor of Medicine of Manitoba University has been appointed Minister of Health. He realizes that one of his first obligations to the Province

is the formulation of a mental hygiene programme that will round out one of the best systems in America.

Alberta.

The Minister of Health at the next Session of the Legislature will introduce a Bill that will permit the sterilization of carefully selected cases of mental defect and mental disease. The Government is considering the building of a Psychopathic Hospital at Edmonton in conjunction with the University of Alberta.

British Columbia

At the last Session of the Legislature a million dollars was voted for the establishment of a Psychopathic Hospital at Vancouver and for the building of an additional unit at the Essondale Mental Hospital. It is probable that at the forthcoming Session of the Legislature money will be voted for a Training School for Mental Defectives and that a Sterilization Bill will be enacted.

The Canadian National Committee For Mental Hygiene.

Patron:—His Excellency the Viscount Willingdon, Governor-General of Canada
Patroness:—Her Excellency the Viscountess Willingdon

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C. E. NEILL, ESQ.

Toronto, 2, February 28th 1928

Sir Arthur Currie,
Principal, McGill University,
Montreal, Que.

Dear Sir Arthur:

I am going to ask a great favour. Could you possibly find it convenient to spend a day in Ottawa either in the week of March 18th or in the early part of the week of March 25th? I am calling together representative heads of all the service clubs in Canada - Rotary, Kiwanis, Gyro, Lions, etc. There will probably be one or two men representing each Club.

My purpose is to hold an informal Conference in Ottawa to secure the approval of the men gathered together for support of the Lady Willingdon Fund for Mental Hygiene. The specific proposal is that every member of every service club in Canada be invited to donate a dollar per annum for five years.

I addressed one service club in Toronto and this club was so favourable to the idea that I felt it would be worth while to attempt to nationalize the project. Friends in Quebec and British Columbia have also given encouragement.

After an informal discussion in Ottawa, Her Excellency will be pleased to receive those who have been good enough to make the journey. Our Committee will defray travelling expenses involved.

I am writing this letter as an S. O. S. for you to help our Committee save the day. Indeed, I cannot extend an invitation to the men concerned unless I have a distinguished Canadian for them to meet,, and I want you to be the man if you will be good enough. There will be only twenty or so of us all told and, while I am prepared to outline the aims of the Lady Willingdon Fund - the ways in which it will be spent etc.- I need someone of substance to carry these men off their feet. It would not be fitting, of

course, to ask Her Excellency to beg for her own Fund.

All that we can achieve from this Ottawa meeting will be the securing of endorsement of the scheme. With this backing, however, individual clubs can be approached with every prospect of success.

If you could possibly give me several alternate dates, I will get in touch with Her Excellency so that we can fit your convenience in to her programme.

It goes without saying that our Committee will be delighted to defray expenses in connection with your trip.

Very sincerely yours,

C. M. Huieps

February 29th, 1928.

Dr. C.M. Hincks,
Medical Director,
Canadian National Com. for Mental Hygiene,
102 College Street,
Toronto 2, Ont.

My dear Dr. Hincks:-

I have your letter of yesterday and while I have every desire to help you, I really do not see how I can spare a day in either of the weeks mentioned.

I have taken upon myself a good many outside engagements, and furthermore, I now think that a libel suit of mine against the Port Hope Guide will come on early in April. To get ready for that is going to take more time than I have to spare. In the week of the 18th I am going to Toronto, and while I would like very much to join you in Ottawa, I really cannot do so. It disappoints me greatly to say "no" to you.

Yours faithfully,

Principal.

THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

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111 ST. GEORGE STREET, TORONTO 5

January 6th, 1932

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

One of the continuing activities of the Canadian National Committee for Mental Hygiene is that of surveying the mental hospitals of the Dominion. And it is interesting to note that, during the last thirteen years, the Committee has been successful in fostering humane and scientific methods of treatment and in stimulating governmental appropriations to the extent of twenty-five million dollars for the enlargement and improvement of institutions.

Under separate cover there is being mailed to you a confidential report of a survey of the Falconwood Mental Hospital, Prince Edward Island, conducted in 1931 by two members of our staff - Dr. Grant Fleming and Dr. W. T. B. Mitchell. The study reveals a rather sad state of affairs and indicates the need for such continuing work on the part of the Committee.

Just at the time the report was being submitted to the Government of Prince Edward Island a disastrous fire demolished Falconwood Hospital. After the disaster the Minister of Health of Prince Edward Island requested the National Committee to collaborate with the Government in the planning of a new institution.

This confidential report is being sent to give you an opportunity, if you so desire, to familiarize yourself with this phase of our work - a work that is important because approximately thirty thousand of our fellow Canadians are in mental hospitals.

Very sincerely yours,

C. M. Hincks
Clarence M. Hincks,
Director.

January
Twelfth
1932.

Dr. C. M. Hincks,
Director,
The Canadian National Committee for Mental Hygiene,
111 St. George Street,
Toronto 5, Ont.

Dear Dr. Hincks:

I am today in receipt of your letter of the 6th instant in which you tell me that you are mailing me under separate cover a confidential report of a survey of the Falcojwood Mental Hospital, Prince Edward Island. I shall look forward with much interest to reading this report.

Ever yours faithfully,

Principal

THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

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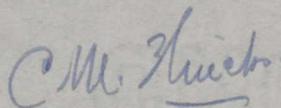
111 ST. GEORGE STREET, TORONTO 5

Sir Arthur Currie,
Principal,
McGill University,
Montreal, P. Q.

Dear Sir Arthur:

I am taking the liberty of enclosing a
brief resumé of the activities of the Canadian National Committee
for Mental Hygiene for the year 1931.

Yours very sincerely,



Clarence M. Hincks,
Director.

*Say
Hawks*

January 13, 1932.

Dr. C. M. Hincks,
Director,
The Canadian National Committee for Mental Hygiene,
111 St. George Street,
Toronto, 5, Ontario.

Dear Sir,

Let me thank you for sending me the
resumé of the activities of the Canadian National
Committee for Mental Hygiene for the year 1931
which I have read with interest.

Yours faithfully,

Principal.

THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ACTIVITIES 1930 - 1931

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ACTIVITIES 1930 - 31

Foreword

During the period 1930 - 31 the Canadian National Committee for Mental Hygiene has been active in all parts of Canada in the promotion of mental hygiene progress. The outstanding pieces of work include a survey of the Province of Prince Edward Island; organization of a post-graduate centre in psychiatry in Toronto; integration of mental hygiene into the school system of Montreal; activities leading to the enlargement of the mental hospital at Brandon, Manitoba; arrangement in collaboration with the Federal Census Bureau to secure uniform statistics from the mental institutions of the country; publication of weekly articles in two hundred newspapers; demonstration of the value of social work in the parole of mental patients in British Columbia; establishment of a Division of Mental Health in connection with the Department of Public Health of the Province of Saskatchewan; organization of psychiatric wards in connection with the Regina General Hospital; educational publicity; continuation of important research activities at four leading Canadian universities and the knitting of mental hygiene activities through co-operative efforts between the National Committees of Canada and the United States.

These items will be elaborated briefly.

1. Mental Hygiene Survey of Prince Edward Island.

At the request of the Government of Prince Edward Island, the National Committee conducted a survey in 1931. The study

included a survey of the mental hospital and of the mental hygiene needs of the Province. A comprehensive report, embodying many recommendations, was transmitted to the Government just prior to the disastrous fire that destroyed the mental hospital.

At the present time the Minister of Health of the Province is negotiating with the National Committee to secure advice and co-operation in regard to a re-building programme.

II. Organization of a Post-graduate Centre in Psychiatry in Toronto.

Through a grant from the Rockefeller Foundation, the National Committee has entered upon a plan of co-operation with the Ontario Government and the University of Toronto in establishing a post-graduate centre to train psychiatrists for mental hygiene work. The Toronto Psychiatric Hospital has been selected for the purpose and at the present time six medical men with at least two years' psychiatric experience are being given a course that will last approximately a year.

According to present plans, every junior psychiatrist in the Ontario service will be given the benefit of this training, and the Toronto Psychiatric Hospital will welcome men from other provinces.

Prior to the organization of this training centre it was necessary to send Canadians to the United States and to other countries for adequate grounding in psychiatry.

In addition to the training of psychiatrists there is being worked out a programme in nursing education. This

latter enterprise involves the integration of mental hygiene into the training of general hospital nurses in the vicinity of Toronto and also the training of nurses who will specialize in psychiatric and mental hygiene work.

Too much importance cannot be attached to this significant Canadian development.

III. Integration of Mental Hygiene into the School System of Montreal.

The Quebec Section of the Canadian National Committee for Mental Hygiene has met with marked success during the past year in introducing mental hygiene practices into the entire school system - Catholic and Protestant - of the City of Montreal. An initial move has been made in this regard in the City of Quebec.

This progress has been due to the statesmanship of the President and Members of the Board of the Province of Quebec Section. The National Committee makes an annual grant of \$10,000 to this division.

IV. Activities Leading to the Enlargement of the Mental Hospital at Brandon, Manitoba.

Since its inception in 1918 the National Committee has continued to keep in close touch with the mental hospitals of the Dominion. Indeed practically every institution is visited once a year, or more frequently.

Recent studies conducted in Manitoba revealed the fact that the institution at Brandon was becoming overcrowded and that an extension to the hospital plant was necessary. This fact was brought to the attention of the Prime Minister

and Minister of Health, and the National Committee is pleased to report that a 140 bed addition is now being built.

V. Arrangement in collaboration with the Federal Census Bureau to secure Uniform Statistics from the Mental Institutions of the Country.

It is a matter of first importance that there should be available at all times uniform statistical data with regard to the patient populations of Canadian mental hospitals. Although each Province of the Dominion publishes reports in this regard, there has in the past been a lack of uniformity of the statistical material. Thanks to the interest of the Director of the Federal Census Bureau, it has been possible for the National Committee to work out a programme with him that will insure adequate reportings of hospital information in the future.

This work is but the beginning of what is hoped will be the initiation of arrangements for the collection of statistical data that will eventually include in their compass information in regard to the incidence of mental disorders throughout the country. At the present time there is fairly adequate reporting of communicable diseases and of various forms of physical disorders. Unfortunately we are quite in the dark in regard to the prevalence of mental disabilities except in so far as admissions to mental institutions are concerned. To a degree, progress in mental hygiene will depend upon a more accurate knowledge of the dimensions of the problems that must be attacked and therefore the need of vital statistics in this field.

VI. Publication of Weekly Articles in Two Hundred Newspapers.

The Director of the Division of Education of the National Committee has made arrangements with approximately two hundred newspapers in Canada for the insertion of a weekly article on mental health. In due course articles appearing at more frequent intervals will probably become a feature in the press of Canada.

VII. Demonstration of the Value of Parole of Mental Patients in British Columbia.

The National Committee loaned the British Columbia Government the services of a well trained social worker for one year to conduct a demonstration in the parole and home supervision of patients discharged from the mental hospital at Essondale. The value of this enterprise was so convincing that the British Columbia Government decided to organize the work on a permanent basis.

It is the belief of the National Committee that, with adequate home supervision, of mental patients, the necessity for the enlargement of mental hospitals can be materially reduced. During times of financial depression governments should be particularly alive to possibilities in this regard because large sums of money can be saved without injustice to those afflicted with mental disorders.

VIII. Establishment of a Division of Mental Health in Saskatchewan.

The progressive Minister of Health of Saskatchewan is taking a statesmanlike interest in mental hygiene and has created a division of mental health. It will fall to this division to work out policies and programmes in regard to

mental institutions, clinics and the application of mental hygiene principles to education, social work, administration of criminal justice, etc. The Minister of Health has also made possible the organization of psychiatric wards in connection with the Regina General Hospital. It is to be hoped that all large general hospitals throughout the country will follow the lead furnished by Regina.

IX. Continuation of Important Research Activities at Canadian Universities.

A large proportion of the budget of the National Committee is devoted to the financing of research activities at four leading Canadian universities. The growing strength of the mental hygiene movement in this country is due, in no small measure, to the impetus given by this phase of the work. The investigations that are being carried on are of interest, not only to Canada, but to those interested in public health throughout the world.

X. Correlating Mental Hygiene Activities in North America.

Arrangements have been made to pool the work of the National Committees of Canada and the United States. As time goes on the value of this co-operative endeavor will be evident. Experience is teaching us that the United States can offer splendid assistance to the development of the mental hygiene movement in Canada, and in turn this country can be of help to the United States. Full advantage can be taken in this regard by a degree of merging of the work of both national organizations.

XI. Educational Publicity.

During the year there have been delivered, by members of the staff, addresses throughout Canada. The radio has been used with advantage in several provinces. One of the leading stations in Ontario sets aside a definite period each week. The Mental Health bulletin is being sent to an increasing number of subscribers.

Conclusion

In this brief report mention has not been made of numerous activities conducted by the National Committee for the promotion of mental health. Enough has been outlined, however, to indicate, perhaps, the fact that genuine progress is being fostered. Indeed, from the standpoint of results achieved, the last year has been significant.

CANADIAN PACIFIC RAILWAY COMPANY'S TELEGRAPH



FORM T. D. 1

TELEGRAM

CABLE CONNECTIONS TO ALL PARTS OF THE WORLD

(Printed in Canada)

J. McMILLAN, General Manager of Telegraphs, Montreal.

RNF2 100 NL 70

STANDARD TIME

TORONTO ONT 15

1932 FEB 16 AM 12 12

SIR ARTHUR CURRIE

PRINCIPAL MCGILL UNIVERSITY MONTREAL QUE

ACCORDING TO CANADIAN PRESS DISPATCHES THE FEDERAL GOVERNMENT GRANT
TO OUR CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENNE HAS BEEN
REDUCED FROM TWENTY THOUSAND DOLLARS TO NINE THOUSAND DOLLARS STOP
OTHER NATIONAL HEALTH ORGANIZATIONS INCLUDING TUBERCULOSIS HAVE
BEEN REDUCED ONLY TEN PERCENT STOP THIS DRASTIC REDUCTION TO OUR
COMMITTEE WILL MAKE IMPOSSIBLE THE RECEIPT OF THIRTY THOUSAND DOLLARS
FROM ROCKEFELLER FOUNDATION MADE ON BASIS OF FEDERAL GOVERNMENT
GRANT AT RATE OF

Ri

CANADIAN PACIFIC RAILWAY COMPANY'S TELEGRAPH

FORM T. D. 1



TELEGRAM

CABLE CONNECTIONS TO ALL PARTS OF THE WORLD

(Printed in Canada)

J. McMILLAN, General Manager of Telegraphs, Montreal.

STANDARD TIME

RNF2/2/30 TORONTO SIR ARTHUR CURRIE MONTREAL QUE

1932 FEB 16 AM 12 12

TWENTY THOUSAND STOP CANNOT TELL YOU HOW MUCH I WOULD APPRECIATE
YOUR WIRING PREMIER BENNETT REQUESTING HIM TO PLACE OUR GRANT ON
TEN PERCENT REDUCTION IN LINE WITH OTHER AGENCIES

G M HINCKS

Hi

February 16, 1932.

The Right Honourable R. B. Bennett, P.C., L^h.D.,
Prime Minister of Canada,
O t t a w a .

My dear Prime Minister,

According to Canadian press dispatches, the Federal government grant to the Canadian National Committee for Mental Hygiene has been reduced from \$20,000 to \$9,000. I am informed that other national health organizations, including the Canadian Tuberculosis Association, have been reduced only 10%.

I do not know whether or not you are aware of the fact that this drastic reduction of the grant to the Committee for Mental Hygiene makes it impossible for us to receive the annual grant of \$30,000 from the Rockefeller Foundation, and without that grant I do not know how we are going to carry on at all. If you reduce our grant by only 10%, the same rate as applied to the Tuberculosis grant, we could, I believe, get the usual help from the Rockefellers (which is made on the basis of the Federal Government grant).

I know of no health organization in Canada that has done as effective and useful work as the Mental Hygiene Committee. By their influence they have entirely revolutionized the treatment of the mental defective in almost every province in Canada.

Everyone fully sympathizes with you in your effort to effect the necessary economies, but this reduction practically destroys a most useful institution.

Ever yours faithfully,

Principal

OFFICE OF THE MINISTER OF INDUSTRY
CANADA

Ottawa, April 6th, 1932.

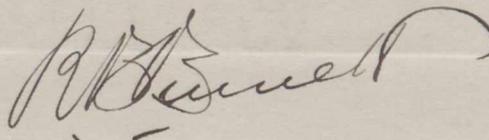
Sir Arthur W. Currie, G.C.M.G., K.C.B.,
McGill University,
Montreal, Que.

Dear Sir Arthur Currie:

I have your letter of February 16th, regarding the grant for Mental Hygiene, and I am sorry for the long delay in replying thereto, but the truth is I have been so driven with the work of Parliament that I have found it almost impossible to keep pace with my daily correspondence.

The matter of health is really one for the Provinces, and although the Federal Government has been assisting during the past years, under present financial conditions, I cannot hold out much hope of this assistance being continued to the same extent as formerly.

Yours faithfully,



MENTAL HYGIENE INSTITUTE

Meeting of the Board of Directors

A G E N D A

1. Reading of Minutes.
2. Financial Statement - January-July, 1932.
3. Discussion of Budget Requirements for 1933:
 - (a) Mental Hygiene Institute.
 - (b) Montreal Industrial Institute for Epileptics.
4. Adjournment.

Wednesday, July 13th, 1932.

MENTAL HYGIENE INSTITUTE

Financial Statement - January-July, 1932

RECEIPTS:

Financial Federation Budget \$ 14,244.00
Canadian National Committee for
Mental Hygiene Budget 13,914.00
Total Budget \$ 28,158.00

Amount Received from:

Financial Federation \$ 6,850.00
Canadian National Committee for
Mental Hygiene 7,249.98

Receipts from above \$ 14,099.98

Balance due \$ 14,058.02

Income as above \$ 14,099.98

Refund - Financial Federation -
1931 surplus 620.75

Refund - Remington Typewriter Co. 1.00

Balance on Hand - January 1st, 1932 ... 258.51

Total Receipts \$ 14,980.24

Total Disbursements 14,905.19

Balance on Hand 75.05

TRUE BALANCE \$ 14,133.07

DISBURSEMENTS - JANUARY-JULY, 1932

Salaries and Wages:

Executive Administration	\$ 4,249.98	
Social	1,500.00	
Medical	2,299.98	
Social - Nursing	499.98	
Educational	999.96	
Clerical	1,864.98	
Psychological	600.00	
Domestic	168.00	
Janitor	129.96	\$ 12,312.84

Office Supplies:

Stationery and Office Supplies	114.89	
Printing and Mimeographing	374.00	
Postage	116.54	
Office Equipment	51.25	
Books, Periodicals, etc.....	27.35	684.03

General Expense:

Bank Interest75	
Insurance	4.50	
Telephone	154.20	
Membership Fees	16.86	
Audit Fees	15.00	
Travelling and Carfares	114.89	
Year Book	25.00	
Medical Supplies and Drugs	2.23	
Laundry	11.25	
Cleaning and Toilet Supplies	18.31	
Library - Parent Education	172.91	
Psychological Tests and Forms	79.83	615.73

Maintenance and Equipment:

Repairs to Building	21.14	
Replacement of Equipment	11.59	
Repairs to Equipment	2.25	34.98

Fuel..... 66.38

Gas and Light..... 33.64

Dry Goods - Linen 4.95

Miscellaneous:

Conference and Travelling Expenses	263.88	
Canadian National Committee for Mental Hygiene - refund 1931 Surplus.....	879.26	
Recreational Work with Children ...	9.50	1,152.64

\$14,905.19

THE MENTAL HYGIENE INSTITUTE

Financial Statement - "Special Fund"

Season 1931-32

	<u>Receipts</u>	<u>Expenses</u>
Balance on Hand - Oct. 1st, 1931.....	\$ 299.05
Study Group Fees	162.25
Sale of "Play" Booklets.....	7.35
Bank Interest.....	8.40
Library Fees.....	4.00
Subscription.....	5.00
Bulletin Fees:		
Single Subscriptions.....	\$ 70.15	
Group " (4)	<u>52.50</u>	122.65
Scholarships (2) - Study Group Leaders.....	250.00
Refund - Study Group Fee.....		5.00
Petty Cash - Tea Expenses (Study Groups)....		<u>15.00</u>
	<u>\$608.70</u>	<u>\$270.00</u>
Bank Balance - June 30th, 1932.....	<u>338.70</u>
	<u>\$608.70</u>	<u>\$608.70</u>

MENTAL HYGIENE INSTITUTE

Service Report - January-July, 1932.

Individuals Treated:

New Cases	291
Old Cases	213
TOTAL	504

Comparison of New Cases for first 6 months of past 5 years

1928	237
1929	285
1930	302
1931	271
1932	291

Source:

Federated Agencies	167
Other Agencies	43
Hospitals	10
Schools	37
Juvenile Court	5
Physicians	6
Private Individuals	23
TOTAL	291

Religion:

Protestant	217
Roman Catholic	36
Hebrew	35
Greek Orthodox	3
TOTAL	291

Problems Presented:

Mental health study	63
Vocational guidance	14
School failure	56
Suspected psychoses	19
Social failure and marital mal- adjustment....	17
Stealing	9
Disobedient, uncontrollable, etc...	33
Mental retardation	23
Unmarried mothers	10
"Nervousness" and Fears	4
Depressed	6
Temper Tantrums	7
Speech Defects	12
Sex problems	2
Truancy	6
Enuresis	4
Epilepsy and Fainting spells	2
Hysteria	2
Seclusiveness, sensitiveness, etc..	2

TOTAL 291

Sex & Age Distribution:

	<u>Male</u>	<u>Fe- male</u>	<u>Total</u>
6 yrs. under.....	19	22	41
6 yrs. - 12 yrs..	63	30	93
12 yrs. - 20 yrs.	60	47	107
20 yrs. - over...	18	32	50
TOTAL	160	131	291

Intelligence Ratings:

Superior intelligence	17
Normal intelligence	125
Retarded intelligence	73
Borderline	29
Feebleminded	35
Imbecile	5
Idiot	1
No intelligence rating made	6

TOTAL 291

EDUCATIONAL SERVICES - JANUARY-JULY, 1932

Lectures 64

McGill University:

Medical School 13
x School for Graduate Nurses 13
Department of Education 4
School for Teachers,
MacDonald College 4 54

Royal Victoria Hospital Nurses 6
St. George's School Parents 6
Ontario Hospital, Whitby,
B-Graduate Student Nurses 18 64

Parent Education - Lecture-Discussion Meetings:

Number of Groups 5 Meetings held 39
Administration 68 Attendance 360

Individuals registered 61

Parents 30

Nurses 25

In Training:

Social Workers 2

Nurses 2

Leaders 2 61

Addresses Clubs, Meetings, etc. - 18 (4 out-of-town meetings
addressed.)

Radio Addresses - 10

Publication Articles - 2 Bulletins - 6.

Committee Meetings and Case Conferences attended. 28

Out-of-town meetings attended. 4.

Open Staff Meetings: No. - 32 Attendance - 357

x Twenty parents of this group attended the Institute for a two weeks' period of field work.

THE NATIONAL COMMITTEE FOR MENTAL HYGIENE

INCORPORATED

450 SEVENTH AVENUE

NEW YORK CITY

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GENERAL DIRECTOR
CLARENCE M. HINCKS, M.D.

SECRETARY
CLIFFORD W. BEERS

TREASURER
FREDERIC W. ALLEN

October 3, 1932

Dear Sir Arthur:

I am taking the liberty of sending you an advance copy of "Prospecting for Heaven," by Mr. Edwin R. Embree, President of the Julius Rosenwald Fund. The publishers are arranging to put this book on the market the latter part of this week.

In this short volume, Mr. Embree adopts a unique and unconventional literary style with the aim of intriguing the reader's interest in a discussion of the mental sciences and their great potential contribution to civilization. Indeed, the author's prime purpose is that of evoking more adequate support for these relatively neglected sciences.

Because of my intimate friendship with Mr. Embree, and because I share with him the hope that the social and mental sciences will be given a genuine opportunity to advance human welfare, I am presuming upon your good nature and interest in asking you to read his book, and if you will, to give me any opinions you may form either of its content or its value as propaganda.

Yours sincerely,

Cl. M. Hincks

CLARENCE M. HINCKS, M.D.
General Director

October 17, 1932.

Dr. Clarence M. Hincks,
General Director,
The National Committee for Mental Hygiene,
450 Seventh Avenue,
New York City, N.Y.

Dear Dr. Hincks,

Thank you for your letter of
October 3rd and a copy of the book "Prospecting for
Heaven" which has also come to hand. I am looking
forward to reading it as soon as I have the time and
shall let you know any opinions that I may form.

Yours faithfully,

THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

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PATRONESS:—HER EXCELLENCY THE COUNTESS OF BESSBOROUGH

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DR. CHARLES F. MARTIN

VICE-PRESIDENTS
SIR ROBERT FALCONER
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C. O. STILLMAN, ESQ.

111 ST. GEORGE STREET, TORONTO 5

December 13th, 1932.

Sir Arthur Currie,
McGill University,
Montreal,
Que.

Dear Sir Arthur;

I am directed by Mr. E. W. Beatty, Chairman of our Board of Directors, and by Dr. C. F. Martin, our President, to notify you of the Annual Meeting of the Board to be held at the Mount Royal Club, Montreal on Thursday, December 22nd at 1 p.m.

Because of the continuance of the general depression we have again considered it inadvisable to hold our Annual Meeting this year calling together representatives from all the Provinces. This being the case, we are desirous of having full attendance at the Board Meeting on December 22nd to transact necessary business affecting our national organization, and particularly to consider a report of the Committee's activities and a suggested plan of reorganization.

I do hope that it will be possible for you to attend.

Very sincerely yours,

C M Hincks
for N.B.S.
Clarence M. Hincks,
Director.

CMH:EE.

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

FINANCIAL STATEMENTS

FOR THE ANNUAL MEETING

DECEMBER 1932

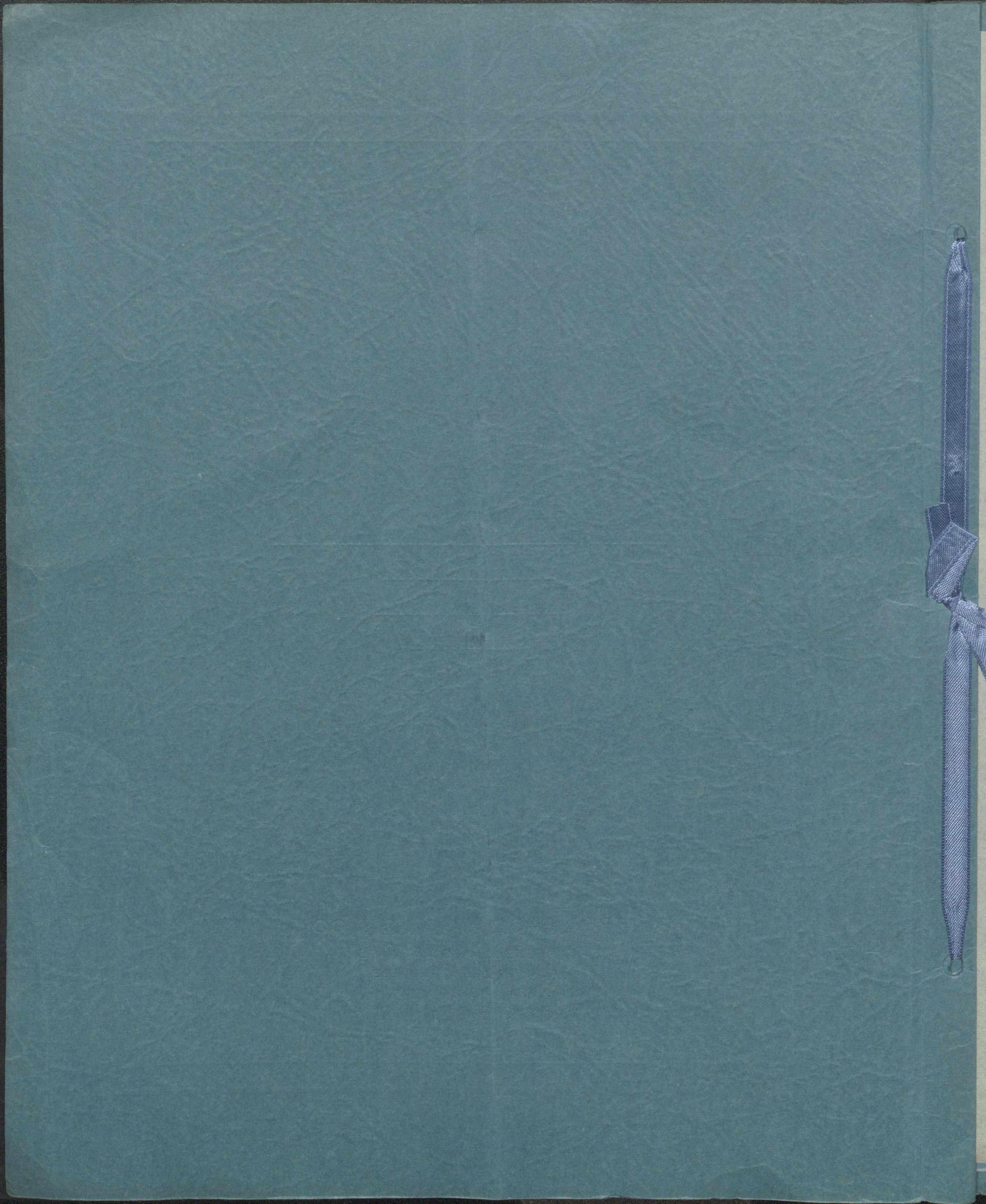
FRED PAGE HIGGINS & CO.

CHARTERED ACCOUNTANTS

AUTHORIZED TRUSTEES

36 TORONTO STREET

TORONTO. CANADA



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VICE PRESIDENTS - Sir Robert Falconer
Sir Arthur Currie

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A. J. Brown J. B. Holden
Hon Vincent Massey Colonel Herbert Molson,
J. W. McConnell C. B. McNaught
C. O. Stillman

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Fred Page Higgins Dr. C. M. Hincks

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Professor E. A. Bott N. L. Burnette
Dr. A. L. Crease Dr. A. H. Desloges
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Medical Director - Dr. Grant Fleming
Associate Medical) - Dr. C. B. Farrar
Directors) - Dr. J. G. McKay
Secretary - Marjorie H. Keyes

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

FINANCIAL STATEMENTS

FOR THE ANNUAL MEETING

DECEMBER 1932



CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

BASIS OF FIGURES ON ATTACHED SCHEDULE

I N C O M E

Lady Willingdon Fund

The only subscription promised for 1933, that is expected to be paid before June 30th, is one of \$ 500.00 from Mrs. Hanna.

Laura Spelman Rockefeller Memorial Fund

Last instalment of grant of \$ 15,000.00 made in 1928.

Julius Rosenwald Fund

First half of grant due for 1933.

Rockefeller Grant for Post Graduate Centres.

Second half of grant of \$ 10,000.00 paid in 1932 for year ended June 30, 1933.

Interest on Deposits

Half year's interest on Deposits with The Toronto General Trusts Corporation and The Central Canada Loan & Savings Company, and estimate of Interest on cash in Banque Canadienne Nationale.

E X P E N D I T U R E

General Activities, Etc.

Estimate based on approximately the same expenditure as for 1932.

Quebec Research

Estimate based on experience in 1932.

CANADIAN NATIONAL MONUMENTS AND NATIONAL HISTORIC

REPORT OF PROGRESS ON 1933-34

1933-34

Lady Willingdon Island
The only expedition prepared for 1933, that is expected to be held before June 30th, is one of \$500.00 for the same.

Island Station Investigation National Park
That investigation of land of \$15,000.00 was in 1932.

Island Station Investigation
That investigation of land for 1933.
Investigation for land for 1933.
Investigation of land of \$10,000.00 was in 1932 for year ended June 30, 1933.

Island Station Investigation
That year's interest in deposits with the Toronto General Trusts Corporation and the Central Canada Bank & Savings Company, and estimates of interest on such in various Canadian territories.

FINANCIAL

General Activities
The same as in previous years, the same as in 1932.

General Activities
The same as in previous years, the same as in 1932.

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE
 RECEIPTS AND STATEMENTS
 THE 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200, 202, 204, 206, 208, 210, 212, 214, 216, 218, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268, 270, 272, 274, 276, 278, 280, 282, 284, 286, 288, 290, 292, 294, 296, 298, 300, 302, 304, 306, 308, 310, 312, 314, 316, 318, 320, 322, 324, 326, 328, 330, 332, 334, 336, 338, 340, 342, 344, 346, 348, 350, 352, 354, 356, 358, 360, 362, 364, 366, 368, 370, 372, 374, 376, 378, 380, 382, 384, 386, 388, 390, 392, 394, 396, 398, 400, 402, 404, 406, 408, 410, 412, 414, 416, 418, 420, 422, 424, 426, 428, 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454, 456, 458, 460, 462, 464, 466, 468, 470, 472, 474, 476, 478, 480, 482, 484, 486, 488, 490, 492, 494, 496, 498, 500, 502, 504, 506, 508, 510, 512, 514, 516, 518, 520, 522, 524, 526, 528, 530, 532, 534, 536, 538, 540, 542, 544, 546, 548, 550, 552, 554, 556, 558, 560, 562, 564, 566, 568, 570, 572, 574, 576, 578, 580, 582, 584, 586, 588, 590, 592, 594, 596, 598, 600, 602, 604, 606, 608, 610, 612, 614, 616, 618, 620, 622, 624, 626, 628, 630, 632, 634, 636, 638, 640, 642, 644, 646, 648, 650, 652, 654, 656, 658, 660, 662, 664, 666, 668, 670, 672, 674, 676, 678, 680, 682, 684, 686, 688, 690, 692, 694, 696, 698, 700, 702, 704, 706, 708, 710, 712, 714, 716, 718, 720, 722, 724, 726, 728, 730, 732, 734, 736, 738, 740, 742, 744, 746, 748, 750, 752, 754, 756, 758, 760, 762, 764, 766, 768, 770, 772, 774, 776, 778, 780, 782, 784, 786, 788, 790, 792, 794, 796, 798, 800, 802, 804, 806, 808, 810, 812, 814, 816, 818, 820, 822, 824, 826, 828, 830, 832, 834, 836, 838, 840, 842, 844, 846, 848, 850, 852, 854, 856, 858, 860, 862, 864, 866, 868, 870, 872, 874, 876, 878, 880, 882, 884, 886, 888, 890, 892, 894, 896, 898, 900, 902, 904, 906, 908, 910, 912, 914, 916, 918, 920, 922, 924, 926, 928, 930, 932, 934, 936, 938, 940, 942, 944, 946, 948, 950, 952, 954, 956, 958, 960, 962, 964, 966, 968, 970, 972, 974, 976, 978, 980, 982, 984, 986, 988, 990, 992, 994, 996, 998, 1000

From January 1, 1933.

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED INCOME AND EXPENDITURE

FOR THE SIX MONTHS ENDING JUNE 30, 1933

I N C O M E

Lady Willingdon Fund	
Individual Subscriptions	\$ 500.00
Laura Spelman Rockefeller Memorial Fund	15,000.00
Julius Rosenwald Fund	4,500.00
Rockefeller Grant for Post Graduate Centres	5,000.00
Interest on deposits	<u>855.00</u>
	<u>\$ 25,855.00</u>

E X P E N D I T U R E

General Activities, Research, etc.	
Estimated at \$ 6,500.00 a month	\$ 39,000.00
Quebec Research	<u>2,500.00</u>
	<u>\$ 41,500.00</u>
Estimated deficit for first six months	<u>\$ 15,645.00</u>

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED INCOME AND EXPENDITURE

FOR THE SIX MONTHS ENDING JUNE 30, 1932

INCOME

\$ 700.00	Lady Willingham Fund
\$ 12,000.00	Individual Subscriptions
\$ 4,500.00	Laura Spelman Rockefeller Memorial Fund
\$ 2,000.00	Julius Rosenwald Fund
\$ 825.00	Rockefeller Grant for Post Graduate Courses
<u>825.00</u>	Interest on deposits
<u>\$ 22,825.00</u>	

EXPENDITURE

\$ 39,000.00	General activities, Research, etc. Estimated at \$ 6,200.00 a month
<u>2,500.00</u>	Quebec Research
\$ 41,500.00	
<u>\$ 12,675.00</u>	Estimated deficit for first six months

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED CASH STATEMENT

FOR THE SIX MONTHS ENDING JUNE 30, 1933

R E C E I P T S

Cash January 1, 1933.

On hand	\$	86.15	
In Bank of Montreal		9,891.70	
In Banque Canadienne Nationale (Unexpended Appropriation for Quebec Work)		11,822.57	
On Deposit			
Toronto General Trusts Corporation		10,000.00	
Central Canada Loan & Savings		<u>20,000.00</u>	\$ 51,800.42
Subscriptions to Lady Willingdon Fund			1,000.00
Grants from Institutions and Funds			33,919.62
Federal Government Grant for 1932			9,000.00
Interest Earned			<u>855.00</u>
			\$ 96,575.04
			<u><u>96,575.04</u></u>

P A Y M E N T S

General Expenses including Special Montreal Appropriation	\$		39,000.00
Special Quebec Appropriation			2,500.00
Liabilities December 31, 1932			2,000.00
Cash June 30, 1933			
On hand	\$	86.15	
In Bank of Montreal		13,536.32	
In Banque Canadienne Nationale (Unexpended Appropriation for Quebec Work)		9,452.57	
On Deposit			
Toronto General Trusts Corporation		10,000.00	
Central Canada Loan & Savings		<u>20,000.00</u>	<u>53,075.04</u>
			\$ 96,575.04
			<u><u>96,575.04</u></u>

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED CASH STATEMENT

FOR THE SIX MONTHS ENDING JUNE 30, 1933

RECEIPTS

	\$		
Cash January 1, 1933		11,828.77	
On hand		88.12	
In Bank of Montreal		9,891.70	
In Banque Commerciale Nationale		11,828.77	
(Unexpended Appropriation for Quebec Work)			
On Deposit			
Toronto General Trusts Corporation		<u>20,000.00</u>	
Central Canada Loan & Savings		10,000.00	
Subscriptions to Lady Willoughby Fund		\$ 21,800.43	
Grants from Institutions and Funds		1,000.00	
Federal Government Grant for 1932		33,917.62	
Interest Earned		9,000.00	
		<u>887.00</u>	
		\$ 96,275.04	

PAIDMENTS

	\$		
General Expenses			
including Special Montreal Appropriation			
Special Quebec Appropriation			
Identified December 31, 1932			
Cash June 30, 1933			
On hand		9,475.77	
In Bank of Montreal		12,726.32	
In Banque Commerciale Nationale		88.12	
(Unexpended Appropriation for Quebec Work)			
On Deposit			
Toronto General Trusts Corporation		<u>20,000.00</u>	
Central Canada Loan & Savings		10,000.00	
		\$ 23,012.04	
		\$ 96,275.04	

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED BALANCE SHEET OF RECEIPTS AND PAYMENTS

FOR THE MONTH OF DECEMBER 1933

RECEIPTS

Cash December 1, 1933

On Hand	\$ 86.15
In Bank of Montreal	17,036.70
In Banque Canadienne Nationale (Unexpended Appropriation for Quebec Work)	12,072.57

On Deposit CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

Toronto	10,000.00	\$ 51,195.42
Central Canada Loan & Savings	20,000.00	
<u>ESTIMATED INCOME</u>		

FOR THE SIX MONTHS ENDING DECEMBER 31, 1933.

Estimated Receipts:		
Bank Interest	100.00	
Jessie Gray Stipend	51.25	
Lady Willingdon Fund		325.00
Individual Subscriptions	\$ 6,000.00	
Julius Rosenwald Fund		4,500.00
Rockefeller Grant for Post Graduate Centres		5,000.00
Interest on Deposits	\$ 725.00	
		<u>\$ 16,225.00</u>

Cash December 31, 1933

On Hand	\$ 86.15
In Bank of Montreal	9,891.70
In Banque Canadienne Nationale (Unexpended Appropriation for Quebec Work)	11,822.57

On Deposit

Toronto General Trust Corporation	10,000.00
Central Canada Loan & Savings	20,000.00

\$ 51,509.42

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED INCOME

FOR THE SIX MONTHS ENDING DECEMBER 31, 1933.

\$ 6,000.00	Lady Willington Fund
4,500.00	Individual Subscriptions
2,000.00	Julius Rosenwald Fund
125.00	Rockefeller Grant for Post Graduate Courses
\$ 12,625.00	Interest on Deposits
<u>12,625.00</u>	

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED SUMMARY OF RECEIPTS AND PAYMENTS

FOR THE MONTH OF DECEMBER 1932

R E C E I P T S

Cash December 1, 1932		
On hand	\$	86.15
In Bank of Montreal		19,036.70
In Banque Canadienne Nationale (Unexpended Appropriation for Quebec Work)		12,072.57
On Deposit		
Toronto General Trusts Corporation		10,000.00
Central Canada Loan & Savings		20,000.00
		<u>\$ 61,195.42</u>
Estimated Receipts		
Bank Interest	\$	150.00
Juvenile Court Stipend		100.00
Refunds		55.00
		<u>305.00</u>
		<u>\$ 61,500.42</u>

P A Y M E N T S

Estimated Payments	\$	9,700.00
Cash December 31, 1932		
On hand	\$	86.15
In Bank of Montreal		9,891.70
In Banque Canadienne Nationale (Unexpended Appropriation for Quebec Work)		11,822.57
On Deposit		
Toronto General Trusts Corporation		10,000.00
Central Canada Loan & Savings		20,000.00
		<u>51,800.42</u>
		<u>\$ 61,500.42</u>

Cash December 31, 1932

On hand

In Bank of Montreal

In Banque Canadienne Nationale

On Deposit

Toronto General Trusts Corporation

Central Canada Loan & Savings

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

ESTIMATED SUMMARY OF RECEIPTS AND PAYMENTS

FOR THE MONTH OF DECEMBER 1932

RECEIPTS

	Cash December 1, 1932	
	On hand	
	In Bank of Montreal	
	In Banque Canadienne Nationale	
	(Unexpended Appropriation for Quebec Work)	
	On Deposit	
	Toronto General Trusts Corporation	
	Central Canada Loan & Savings	
	Estimated Receipts	
	Bank Interest	
	Juvénile Court Fund	
	Returns	
	10,000.00	
	20,000.00	
	\$ 61,192.42	
	12,072.24	
	19,036.70	
	88.12	
	\$ 2,708.00	

PAYMENTS

	Cash December 31, 1932	
	On hand	
	In Bank of Montreal	
	In Banque Canadienne Nationale	
	(Unexpended Appropriation for Quebec Work)	
	On Deposit	
	Toronto General Trusts Corporation	
	Central Canada Loan & Savings	
	Estimated Payments	
	10,000.00	
	20,000.00	
	\$ 61,200.42	
	11,822.24	
	9,891.70	
	88.12	
	\$ 2,708.00	

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

SUMMARY OF RECEIPTS AND PAYMENTS

FOR THE ELEVEN MONTHS ENDED NOVEMBER 30, 1932

R E C E I P T S

Cash January 1, 1932		
On hand	\$	69.25
In Bank of Montreal		7,153.77
In Banque Canadienne Nationale		12,640.69
On Deposit		
Toronto General Trusts Corporation		10,000.00
Central Canada Loan and Savings		20,000.00
		<u>\$ 49,863.71</u>
Subscriptions to Lady Willingdon Fund		11,510.00
Sundry Subscriptions		1,650.00
Grants from Institutions and Funds		65,901.00
Infants' Home Stipend		1,000.00
Juvenile Court Stipend		1,100.00
Interest Earned		1,685.84
Premium on Julius Rosenwald Cheques		1,409.81
Sundry Income		7.58
Expenses and other refunds		1,132.96
Fellowship		500.00
Mental Hygiene Institute		879.26
		<u>\$ 136,640.16</u>

P A Y M E N T S

Research in		
Ontario, Saskatchewan and Alberta	\$	21,218.09
General Activities in		
Educational Publicity, Subscription Maintenance		
Statistics and Legislation, Administration, etc.		31,380.35
Loan		100.00
Special Quebec Appropriation		
(July to November Estimated)		4,926.68
Special Montreal Appropriation		13,378.30
Travelling and Other Expenses Undistributed		1,278.02
Office Furniture and Library		63.30
On Account of Sundry Creditors		
as at December 31, 1931		3,100.00
Cash November 30, 1932		
On hand	\$	86.15
In Bank of Montreal		19,036.70
In Banque Canadienne Nationale		12,072.57
On Deposit		
Toronto General Trusts Corporation		10,000.00
Central Canada Loan and Savings		20,000.00
		<u>61,195.42</u>
		<u>\$ 136,640.16</u>

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

SUMMARY OF RECEIPTS AND PAYMENTS

FOR THE NINE MONTHS ENDED NOVEMBER 30, 1932

R E C E I P T S

	\$	
Cash January 1, 1932	69.22	
On hand	7,153.77	
In Bank of Montreal	12,640.69	
In Banque Canadienne Nationale	10,000.00	
On Deposit	20,000.00	
Toronto General Trusts Corporation	49,883.71	
Central Canada Loan and Savings	11,210.00	
Subscriptions to Lady Willingdon Fund	1,629.00	
Grants from Institutions and Funds	52,901.00	
Grants from Institutions and Funds	1,000.00	
Interest, Home Office	1,100.00	
Interest, Home Office	1,682.84	
Interest, Home Office	1,409.81	
Interest earned	7.28	
Premium on Julius Rosenberg's Cheques	1,132.96	
Grandy Income	200.00	
Expenses and other returns	822.26	
Fellowship	136,640.16	
Mental Hygiene Institute		
	<u>136,640.16</u>	

P A Y M E N T S

	\$	
Research in	21,218.09	
Ontario, Saskatchewan and Alberta		
General activities in	31,380.32	
educational, publicity, subscription maintenance		
Statistics and legislation, administration, etc.	100.00	
Loan	4,926.68	
Special Quebec Appropriation		
(July to November 1932)	13,278.30	
Special Montreal Appropriation	1,278.02	
Traveling and other expenses unallocated	63.30	
Office furniture and library		
On account of Grandy's Creditors	3,100.00	
as at December 31, 1931		
Cash November 30, 1932	86.12	
On hand	12,036.70	
In Bank of Montreal	12,012.21	
In Banque Canadienne Nationale	10,000.00	
On Deposit	28,000.00	
Toronto General Trusts Corporation	61,122.42	
Central Canada Loan and Savings	136,640.16	
	<u>136,640.16</u>	

CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE

DETAILS OF INCOME AND EXPENDITURE

FOR THE YEAR ENDED DECEMBER 31, 1932
(USING AN ESTIMATE FOR DECEMBER)

I N C O M E

Lady Willington Fund		
Individual Subscriptions		\$ 11,510.00
Miscellaneous Subscriptions		1,650.00
Laura Spelman Rockefeller Memorial Fund		30,000.00
Julius Rosenwald Fund		12,500.00
Rockefeller Grant, Post Graduate Centres		10,000.00
Interest Earned		1,827.70
Exchange on Cheques		1,369.78
		<hr/>
Government Grant		\$ 68,857.48
		9,000.00
		<hr/>
		\$ 77,857.48

E X P E N D I T U R E

General Activities		
Educational Publicity	\$	7,255.92
Surveys		1,836.29
Subscription Maintenance		165.62
Administration and Audit		476.30
Office Stationery and Supplies		125.20
Postage		122.60
Sundries		901.51
Rent		1,725.00
Dr. Hinck's Salary		5,000.00
General Salaries		4,500.00
Scholarship		50.00
Sundry Fees and Entertainment		395.41
Statistics and Legislation		4,436.80
Annual Meeting		91.42
Post Graduate Centres		895.78
Dr. Grant Fleming Salary		4,000.00
Nursing Education		264.74
Office and Library		63.30
		<hr/>
Research Work		\$ 32,305.89
Toronto	\$	19,960.13
Saskatchewan		2,420.85
Alberta		2,088.85
		<hr/>
Immigration		24,469.83
Quebec Research		275.00
Montreal Research		5,326.68
University of Toronto		14,178.30
		1,750.00
		<hr/>
		\$ 78,305.70
<u>Deduct</u>		
Juvenile Court and Infants' Home		
Stipends credited to Toronto Research		2,200.00
		<hr/>
		\$ 76,105.70
		1,751.78
		<hr/>
Estimated Surplus for year		\$ 77,857.48

CANADIAN NATIONAL COMPTROLLER FOR MENTAL HYGIENE

DETAILS OF INCOME AND EXPENDITURE

FOR THE YEAR ENDED DECEMBER 31, 1932
(USING AN ESTIMATE FOR INCOME)

INCOME

\$ 11,710.00
1,650.00
30,000.00
12,500.00
10,000.00
1,827.40
<u>1,389.78</u>
\$ 68,827.48
<u>2,000.00</u>
<u>\$ 71,827.48</u>

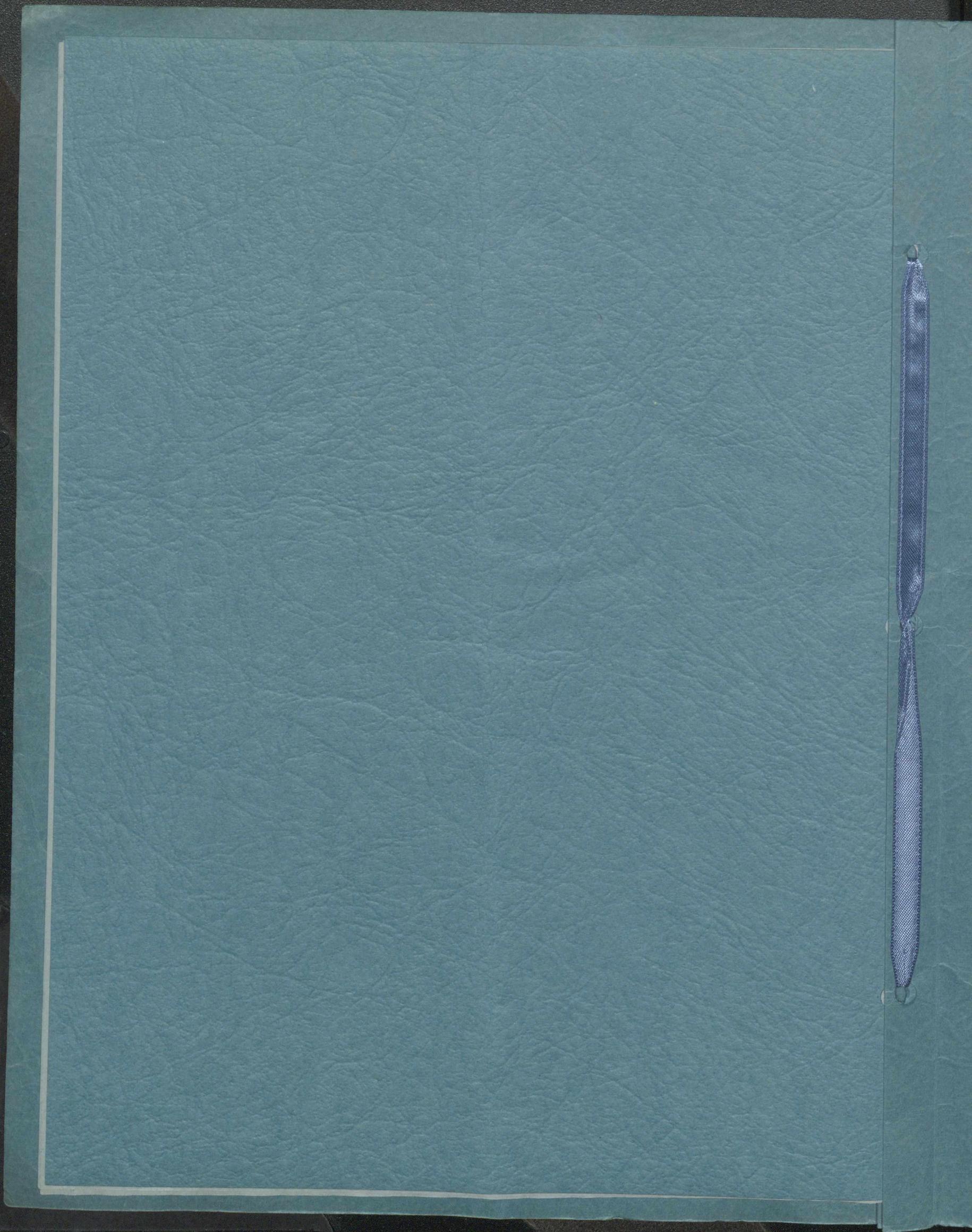
Government Grant
Exchange on Cheques
Interest earned
Hoseliter Grant, Post Graduate Centre
Luna Rosewald Fund
Laura Spelman Hoseliter Memorial Fund
Miscellaneous Contributions
Individual Subscriptions
Lady Willington Fund

EXPENDITURE

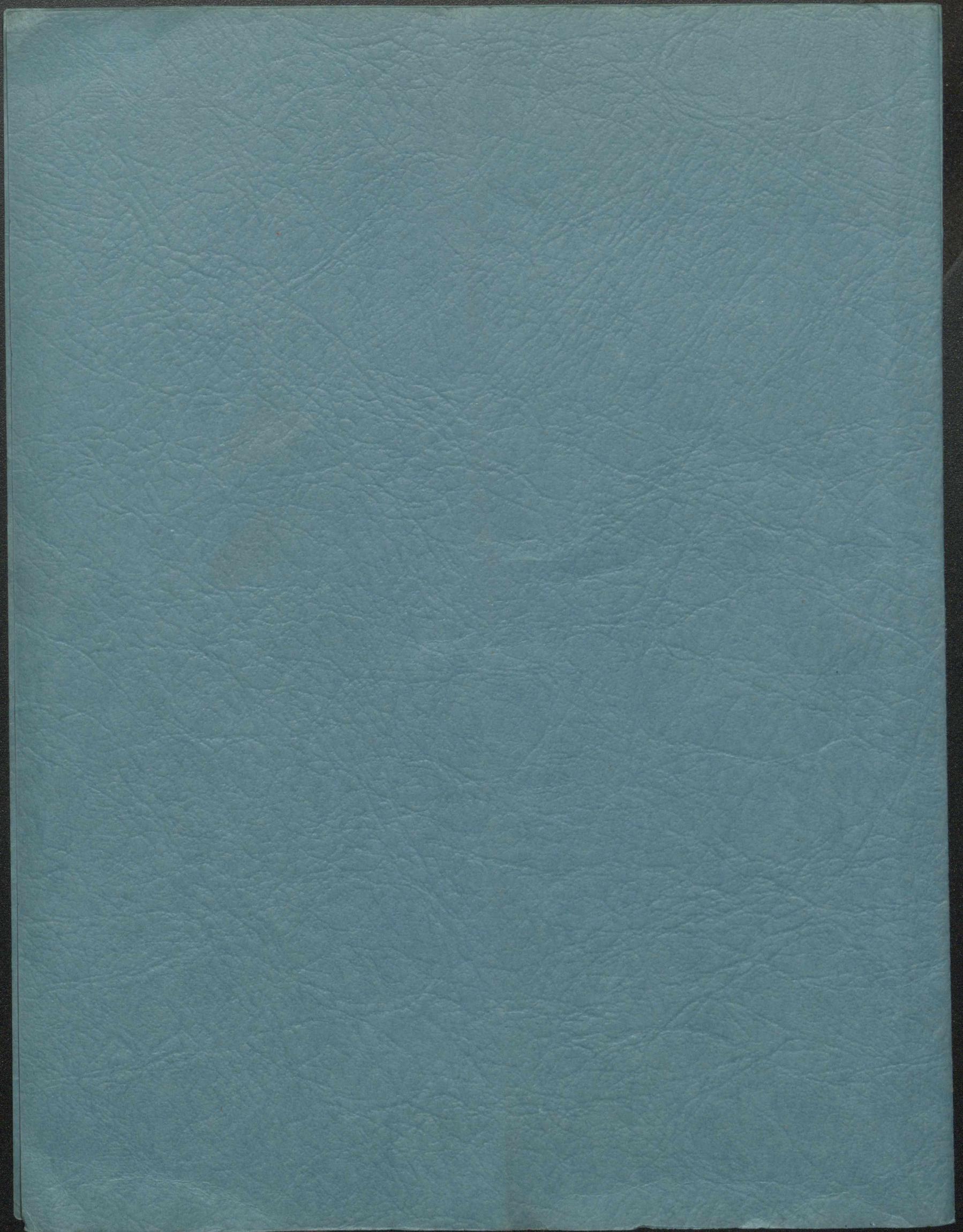
\$ 1,827.92
1,826.29
162.62
476.30
122.20
122.50
701.21
1,122.00
2,000.00
4,200.00
20.00
322.41
4,428.80
21.42
822.78
4,000.00
264.74
<u>67.30</u>
\$ 32,302.89
<u>19,960.13</u>
2,420.82
<u>2,088.92</u>
24,469.83
212.00
2,326.62
14,178.30
<u>1,180.00</u>
\$ 48,305.75
<u>2,200.00</u>
\$ 46,105.75
<u>1,122.78</u>
\$ 47,228.48

Estimated surplus for year
Stipends credited to Toronto Research
Institute Court and Institute, How
Budget

University of Toronto
Montreal Research
Quebec Research
Investigation
Alberta
Saskatchewan
Toronto
Research Work
Office and Library
Nursing Education
Dr. Grant Fleming Salary
Post Graduate Courses
Annual Meeting
Statutes and Legislation
Lumber Fees and Entertainment
General Salaries
Dr. Mack's Salary
Rent
Supplies
Postage
Office Stationery and Supplies
Administration and Audit
Subscription Statements
Surveys
Educational Publicity
General Activities







THE
CANADIAN NATIONAL COMMITTEE
FOR MENTAL HYGIENE



Report

OF A SURVEY MADE OF THE
ORGANIZATION IN

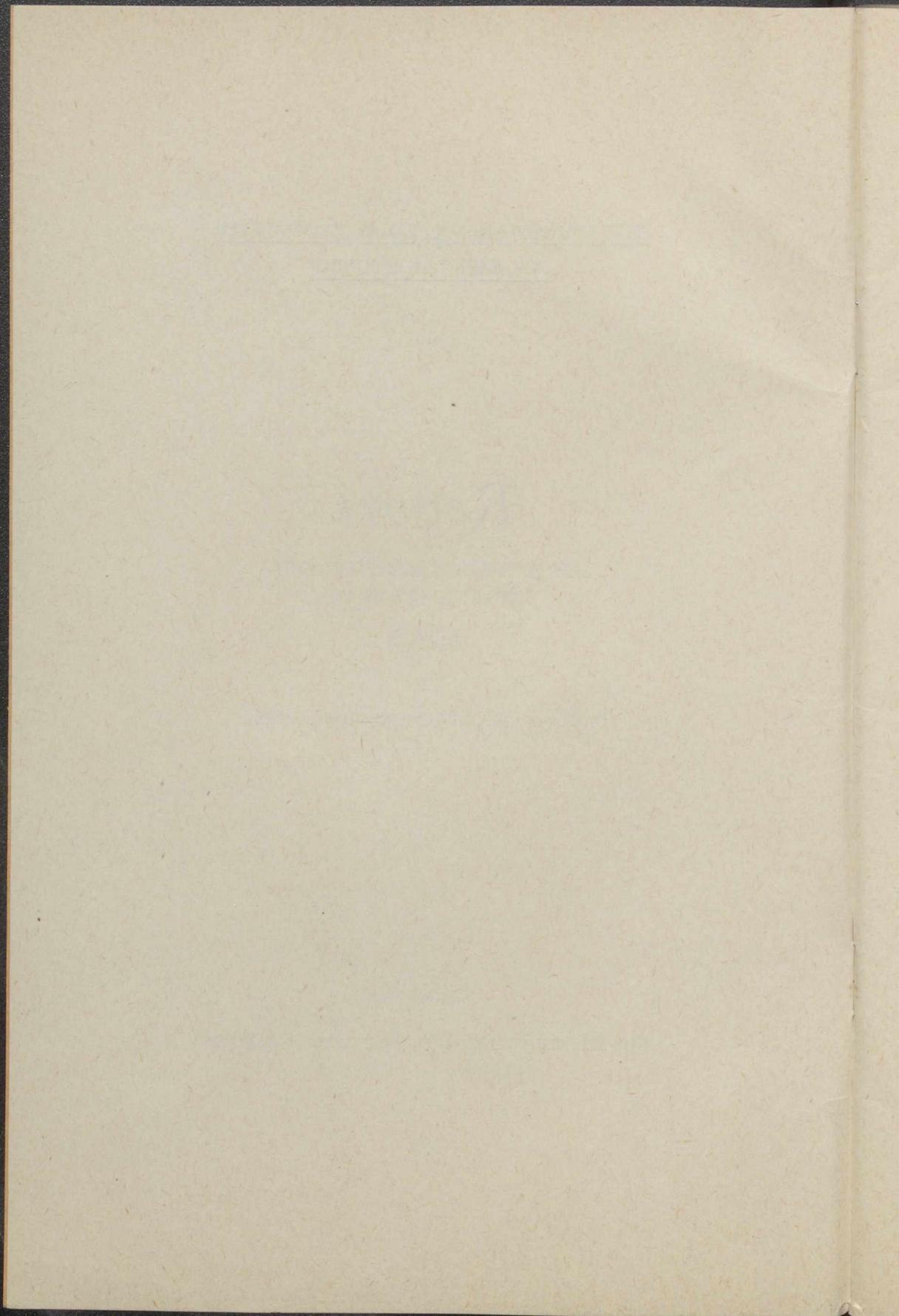
1932

by

THE CANADIAN MEDICAL ASSOCIATION

Published by

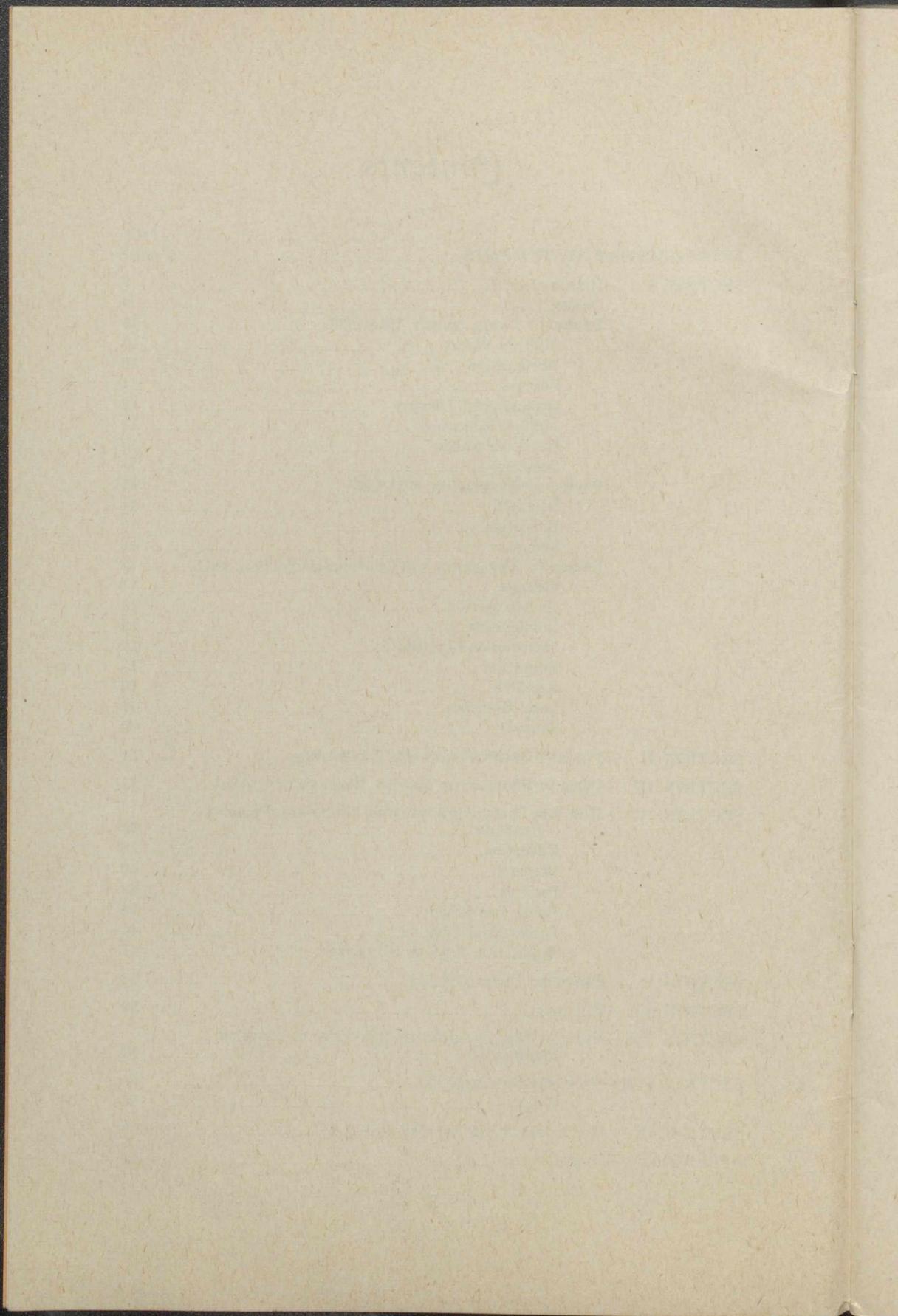
THE METROPOLITAN LIFE INSURANCE COMPANY
OTTAWA • CANADA



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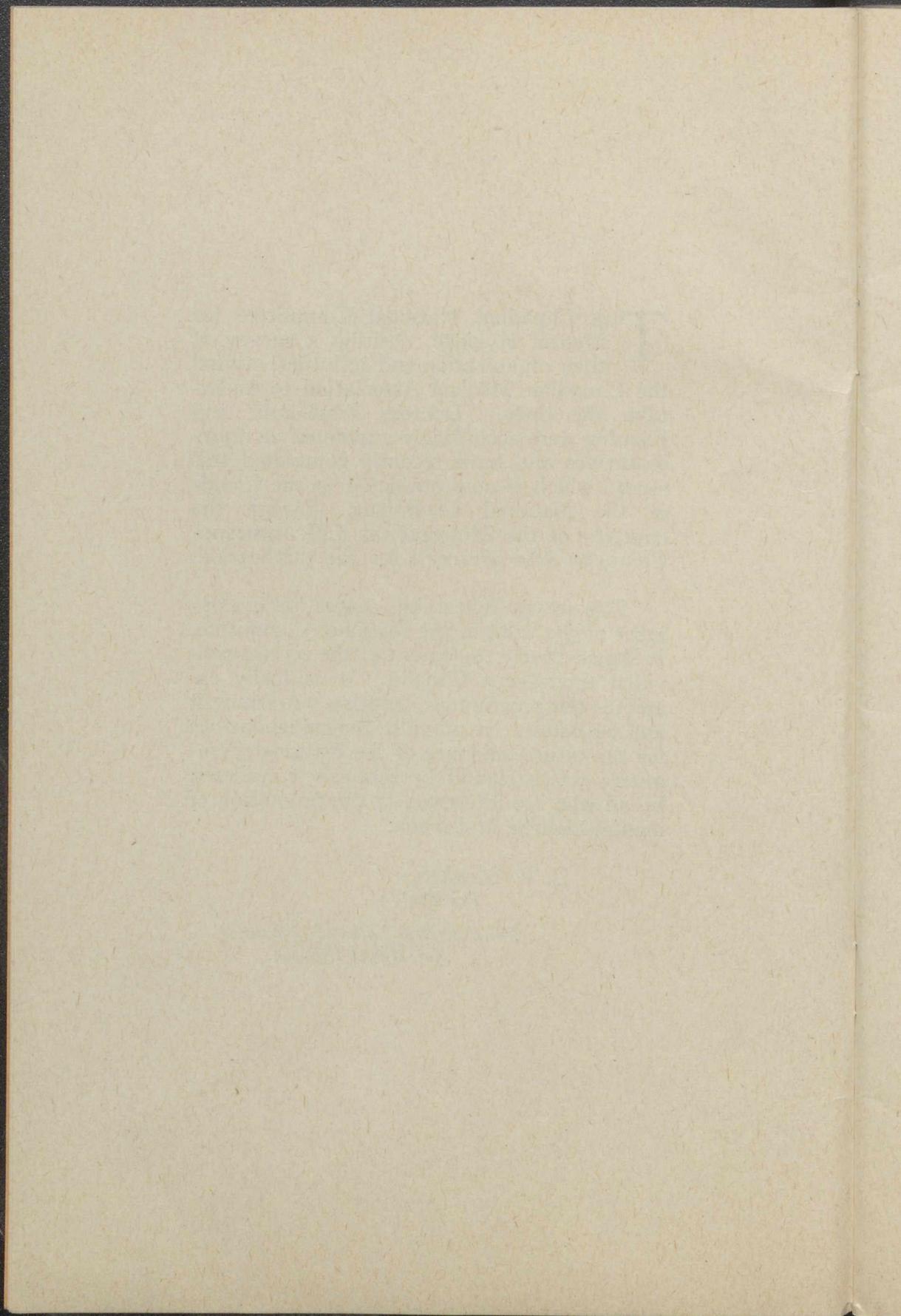


THE Canadian National Committee for Mental Hygiene, desiring a survey of their organization and activities, invited the Canadian Medical Association to undertake the duty. Doctors FitzGerald and Fleming were accordingly appointed as representatives and have recently completed this study, which is now presented to the friends of the National Committee through the courtesy of the Metropolitan Life Insurance Company who arranged for the publication.

This survey reveals the stages of development of the work of the National Committee. It shows clearly the extent of the service provided throughout Canada. It critically examines the programme, pointing out strength and weakness. It provides recommendations for the future guidance of the National Committee which should be seriously considered by all who are interested in the promotion of mental hygiene in Canada.

C. F. MARTIN,
President,

*The Canadian National Committee
for Mental Hygiene.*

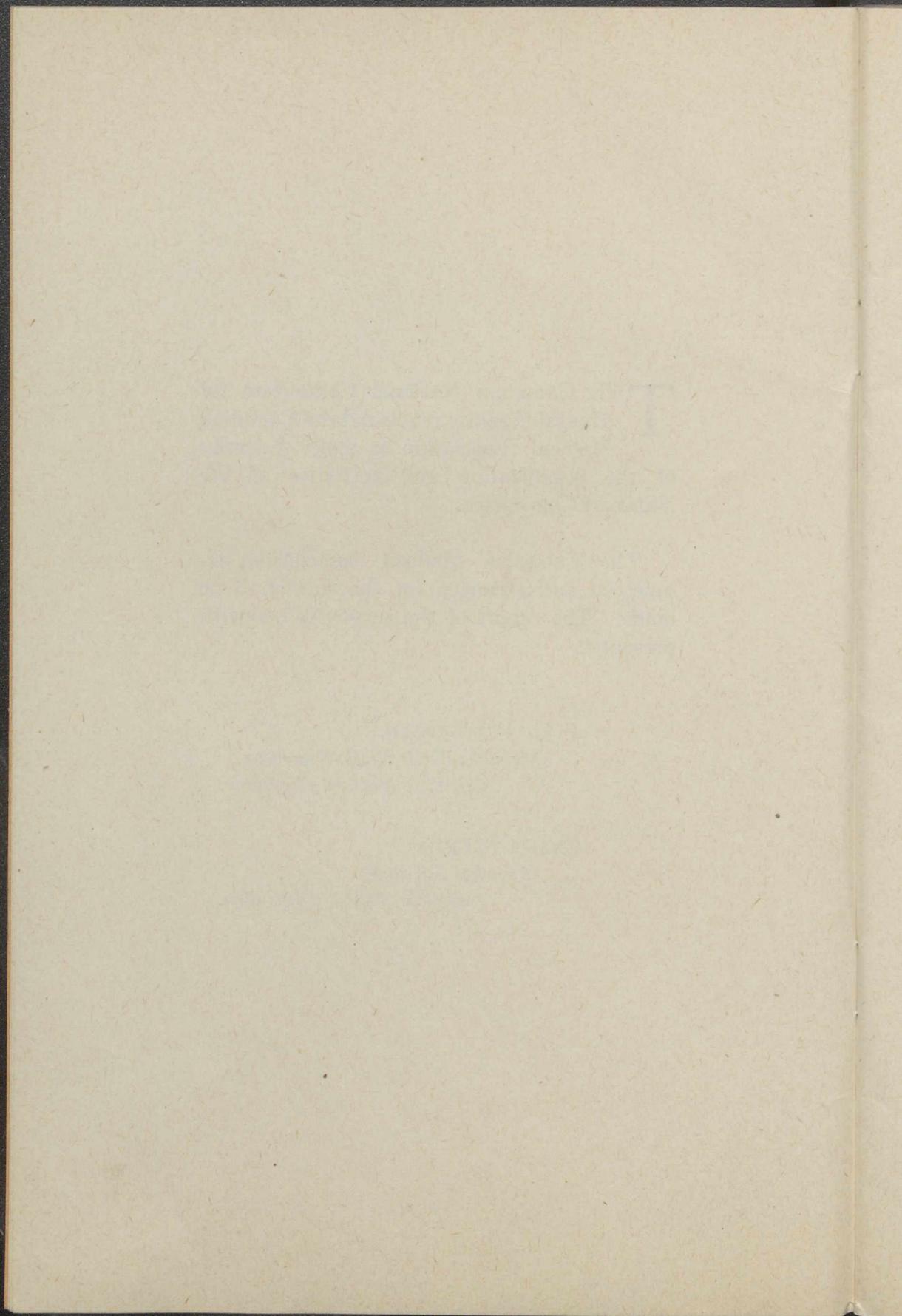


THE Canadian National Committee for Mental Hygiene requested the Canadian Medical Association to make a survey of the organization and activities of the National Committee.

The Canadian Medical Association acquiesced and arranged for the survey to be made. The report of the survey is herewith presented.

J. G. FITZGERALD,
*Chairman, Public Health Committee,
Canadian Medical Association.*

GRANT FLEMING,
*Associate Secretary,
Canadian Medical Association.*



SECTION I

HISTORY

ORIGIN

In the year 1918, a group of individuals in Canada became convinced that there was need for a Dominion-wide organization to give leadership in combatting mental disorders.

On February 26, 1918, this group met in Toronto at the home of Mrs. D. A. Dunlap. An invitation to attend the meeting had been extended to and accepted by Mr. Clifford Beers, founder of the Mental Hygiene movement. It was Mr. Beers' book, "A Mind that Found Itself", and his vision and enthusiasm which, in 1914, had brought into being, in the United States, the National Committee for Mental Hygiene.

At this preliminary organization meeting, Doctor C. K. Clarke occupied the chair, and Doctor C. M. Hincks acted as secretary. Mr. Beers described the manner in which the United States Committee was organized. A tentative mental hygiene programme for Canada was outlined, which had for its main objectives the promotion of

1. War Work:
 - (a) Psychiatric examination of recruits.
 - (b) Adequate care of returned soldiers suffering from mental disabilities.
2. Mental examination of immigrants (post-war), to ensure a better selection of newcomers.
3. Adequate facilities for the diagnosis and treatment of cases of mental disease.
4. Adequate care of the mentally deficient.
5. Prevention of mental disease and mental deficiency.

The meeting expressed approval of the proposal. The Chairman was empowered to appoint an organizing committee. The committee was formed, and the initial meeting of the Canadian National Committee for Mental Hygiene was held at Ottawa on April 26, 1918.

Doctor C. F. Martin, now Dean of the Faculty of Medicine of McGill University, was elected President, an office which he has continued to fill with distinction to the great benefit of the work and the satisfaction of all who are associated with the National Committee. Doctor C. K. Clarke was appointed Medical Director, and Doctor C. M. Hincks, Associate Medical Director and Secretary.

The Canadian Medical Association Journal of June, 1918, carried an article, "The Origin, Organization and Scope of the Canadian National Committee for Mental Hygiene", by Evelyn Molson Russel. The two following statements are quoted from this article:—

"Though much special work along many of these lines has been done in various individual groups in Canada, it is to Doctor Clarence M. Hincks, of Toronto University, that we owe the co-ordination of effort which has resulted in our new Canadian National Committee for Mental Hygiene . . ."

"The task and aims of the Canadian Committee cannot be better expressed than in the words of Doctor Llewellys F. Barker, President of the American Committee. 'The Committee hopes by investigation, by education and by organization steadily to improve the brain-power of the nation. It is striving to hasten the time when our people will be so begot, so reared, that their minds will develop normally and harmoniously; when society will have less need than now for sanatoria, asylums and prisons; and when all but an irreducible minority of those born to membership in the nation may think, feel and act in a way that will make them desirable citizens of that Better State which is our goal.'"

PERIOD OF DEVELOPMENT (1918-1923)

Military Work.—The Department of Soldiers' Civil Re-Establishment requested and obtained the co-operation of the National Committee in a survey of mental hospitals caring for returned soldiers. Better treatment for the returned soldiers resulted.

The National Committee brought to the attention of the Canadian Army Medical Corps and the Department of Soldiers' Civil Re-Establishment the desirability of having adequately trained workers give home supervision to soldiers who were discharged cases, and to assist the Medical Boards. The value of such a service having been demonstrated by workers under the direction and supervision of the National Committee, arrangements were made to provide, in co-operation with the University of Toronto, a two-months' training course for such workers. The Department of Soldiers' Civil Re-Establishment sent thirty-four of their nursing staff to take this course. The course was not repeated as the need was met through the establishment, at the universities, of regular courses in Public Health Nursing.

A further demonstration of social work was made at St. Jean de Dieu Hospital in Montreal. This had to do chiefly with obtaining histories from the family and preparing the home to receive the patient upon discharge. The National Committee paid the salary of the worker during the period of the demonstration.

IMMIGRATION

The National Committee, together with other organizations, were alive to the fundamental importance of the proper examination of immigrants in order to ensure a better selection of newcomers, and to prevent Canada from becoming a dumping-ground for defectives and degenerates from other countries. The results of an inadequate system of medical examination—physical, but particularly mental—were well known to all hospital, health, social and other workers.

The National Committee, shortly after its organization, arranged with Professor W. G. Smith to make a study of the problem of

immigration. This study was found to be of great value, and it was published in May, 1920, under the title of "A Study in Canadian Immigration."

It was decided that the staff of the National Committee should gather first-hand information as to the existing system of examination of immigrants. This was done. There followed, in 1920, a request from the Dominion Government that the National Committee arrange for the psychiatric training of three of their immigration medical inspectors. It was also arranged that one of the officers of the National Committee be lent for four months to the immigration medical service at the port of Quebec, where he demonstrated methods for the mental examination of immigrants.

SURVEYS

The first survey was made upon the request of the Public Welfare Commission of Manitoba in October, 1918. Similar requests followed from the Provincial Governments of British Columbia, New Brunswick, Nova Scotia, Prince Edward Island, Alberta and Saskatchewan.

As such surveys take in all institutions and other facilities for dealing with mental disorders and disabilities, they are time-consuming. The surveys that were made occupied the major part of the time of the staff during this period.

The need for such surveys was shown by the conditions revealed, and reports were made to the governments concerned. We quote from a confidential report, made in 1922, reviewing the findings of the period 1918-1922.

"A number of the inmates were found in beds over which were placed heavy iron gratings. A number were found with hands enclosed in leather muffs, and other forms of physical restraint were utilized in routine fashion.

"The Superintendent was a man without medical training . . . There were no trained nurses.

"At the end of one of the dark wards of this Home, two cupboards were discovered. Their dimensions were approximately 3 feet by 6½ feet. Partitions reached to within a foot of the ceiling. The cupboards were dark and almost without ventilation. In one of these was found a naked woman who was deathly white . . . She was wallowing in her own filth on the bare floor, and had been confined in this box for four long years.

"While in jail, those who were disturbed were physically restrained—some of them being actually fettered to a specially-designed wooden rack.

"The buildings were practically all fire traps . . . Sanitary arrangements were primitive.

". . . the herding together of insane, feeble-minded, the physically infirm, the aged and children."

Provincial Governments, particularly those of Western Canada, accepted the recommendations made by the National Committee based upon the findings of the surveys. The necessary legislation was passed. Facilities for the care and treatment of those who were suffering from mental disorders or disabilities were extended.

Results were secured because Provincial Governments were anxious to accept their responsibilities, and because the well-being of the insane and the mentally deficient had the sympathetic interest of individuals and organizations. The National Committee played an important part in attracting attention to the problem, in securing for governments the public support necessary to permit of large expenditures, and in guiding governments in drawing up their programmes for the prevention and care of abnormal mental conditions.

Complete surveys were not made in Ontario and Quebec. During 1920 and 1921, numerous surveys of their school population were made in the Province of Ontario, upon the request of local authorities. The object was to secure, as part of the educational system, special classes for the mentally-retarded. The National Committee worked successfully with others for the establishment of the Psychiatric Hospital at Toronto for the reception, diagnosis and treatment of early cases.

In the Province of Quebec, a survey was made of the school children of the Protestant schools of Montreal. Support was given to a Mental Hygiene Clinic at Montreal, set up in the Montreal Council of Social Agencies, and practically serving the English-speaking population.

OCCUPATIONAL THERAPY

During the latter part of 1920, the National Committee initiated activities in Occupational Therapy under the direction of N. L. Burnette. The object, which was achieved, was to promote Occupational Therapy in institutions for mental diseases, the mentally deficient and delinquents. The need was obvious as work is one of the most potent therapeutic agents in the treatment of mental disorders.

EDUCATION

A. Medical.—The importance of medical education as related to mental hygiene was voiced by Doctor C. F. Martin when he said, in his Presidential address at Vancouver in June, 1920:— "The chief work, therefore, of the Canadian Nationa' Committee would, of necessity, be directed along lines that would facilitate better medical education."

Assistance was given to psychiatric clinics in the out-patient departments of the Toronto General Hospital and the Royal Victoria Hospital in Montreal, which facilities were used in medical education.

In 1918, the National Committee instituted the award of a prize of Fifty Dollars to the student of Queens University Medical School attaining the highest standing in psychiatry.

B. Public.—From its inception, the National Committee appreciated the need for educating the public to a rational and intelligent attitude toward the mental hygiene movement. It was necessary to

break down the attitude of the public toward mental hospitals and the insane. The idea that mental disease could be prevented was an entirely new one.

Public lectures were given, newspaper articles prepared, and important reprints distributed. The Canadian Journal of Mental Hygiene, with Doctor Gordon S. Mundie, of Montreal, Associate Medical Director of the National Committee, as editor, was published quarterly, beginning in May, 1919. The Journal was continued until 1921 when, as it appeared to be a duplication of effort in a limited field, it was merged with "Mental Hygiene", published by the American Committee.

The Mental Hygiene Bulletin was launched in 1920 to be used as a medium to inform the public as to the nature of the work of the National Committee.

A Mental Hygiene Exhibit was prepared in 1923 and was used in many places during the years which followed.

At the Annual Meeting, June, 1920, a sub-committee on Educational and Industrial Psychology was appointed. The generosity of Lady Eaton provided the funds required to initiate a study of the educational and industrial systems from a mental hygiene standpoint. Studies of this type were required to enable the National Committee to give sound advice regarding suitable training for children who leave school for industry at the age of fourteen. The work was directed by Professor E. A. Bott, and was primarily along the lines of juvenile employment in relation to public schools and industry in Toronto.

SUMMARY

The Period of Development may be considered as being the first five years (1918-1923) of the National Committee's life. Facts were collected concerning the extent and problems of mental disorders in Canada. Surveys were conducted in all Provinces. In all the Provinces, with the exception of Ontario and Quebec, fairly complete surveys were made at the request of the Provincial Governments.

It was revealed that the number of individuals with mental disorders was greater than had been expected. Facilities for care were found to be inadequate, and prevention of mental disorders was not even considered seriously.

Provincial Governments expended over six million dollars in accordance with recommendations based upon the surveys to provide new buildings and better facilities for the care of those suffering from mental disease or mental deficiency.

This five-year period saw the establishment of over one hundred and fifty special classes for mentally-retarded children in the school systems.

Mental Hygiene clinics were promoted in five cities.

An educational and industrial study was made of juvenile employment.

An impetus was given and a definite contribution made with regard to a better medical examination of immigrants.

A considerable amount of popular educational work was carried on.

PERIOD OF TRANSITION (1923-1927).

The National Committee might have continued to occupy itself almost exclusively with the making of surveys. Those responsible saw that if progress were to be made in the field of prevention, it was necessary to broaden the scope of work. It was obvious that prevention would remain little more than a name if knowledge were not increased.

In 1922, activities had been curtailed and the staff reduced owing to lack of funds. It was necessary to secure additional funds to continue the former work and to embark on new enterprises.

Hopes in this direction were realized when the Lady Byng of Vimy, wife of the Governor General, graciously consented that a fund be collected, bearing her name, "The Lady Byng of Vimy Fund for Mental Hygiene". This fund was officially inaugurated in January, 1924.

The death of Doctor C. K. Clarke at this time was a sad and serious loss. As a national figure, he had given prestige to the organization which he had directed. A lifetime of work as a psychiatrist, and his connection for many years with mental hospitals made him an accepted leader.

It was fortunate for the future of Mental Hygiene that Doctor C. M. Hincks was available to assume full executive responsibility for the National Committee. There was no hesitation in confirming Doctor Hincks in the office of Medical Director.

RESEARCH

June, 1924, brought the good news that the Rockefeller Foundation would grant \$75,000.00 over a period of five years for "studies in the application of mental hygiene to school children" on condition that a similar sum would be forthcoming from Canadian sources for like work. So it was that, with the annual grant of \$10,000.00 from the Dominion Government, and the money made available by The Lady Byng of Vimy Fund, the National Committee were enabled to maintain their existing programme and enter the field of research, adding as new activities:—

1. An arrangement with Canadian universities to conduct mental hygiene research;
2. The establishment of standards of university training in mental hygiene;
3. The development of mental hygiene leaders by sending promising Canadians to other countries for study.

The National Committee accepted as their policy the fact that universities are the logical centres for research, and so it was planned to carry on research in co-operation with the universities. At that time, it was stated that "The Committee justified their existence by bringing about the organization of activities that will have lasting values for the country, and it became evident that the placing of responsibility on the Universities would be a contribution in this regard. The steady progress today in the field of public health owes a great deal of its inspiration and leadership to universities, and the National Committee have taken this precedent to heart in the development of their policy."

It was decided, as a beginning, to develop the research programme at Toronto and McGill Universities. The plan, along the following lines, was put into effect by September, 1924.

A. University of Toronto.—

1. Study of the nature, causes, correction and prevention of maladjustments in children.
2. Five-year study to discover ways and means of introducing mental hygiene principles into public schools with the object of discovering ways to overcome the faulty methods used in the upbringing of children which result in mental and nervous disorders.

B. McGill University.—

1. Study of factors essential for the healthy mental development of the child.
2. Study of the emotional, temperamental and dynamic aspects of human personality with the object of gaining a clearer insight into the nature of human conduct—the factors which make for success or failure in life.

At Toronto, the research was placed in the Department of Psychology; at McGill, in the Mental Hygiene Clinic and the Department of Psychology of the Faculty of Medicine.

The National Committee secured for the University of Toronto and McGill University, through the generosity of the Laura Spelman Rockefeller Memorial, the sum of \$50,000.00 each, the payment to be spread over a five-year period, for the establishment of nursery schools to provide laboratories for the study of child development.

Plans for parent training on an experimental basis were made possible by a generous gift from the Metropolitan Life Insurance Company.

These last two activities were to be integral parts of the general research into child development.

EDUCATION

Improved standards of university education in mental hygiene would, it was believed, follow if the majority of the senior research members would undertake to teach. In this way, it was hoped that students in the social sciences would be impressed with the importance of studying human problems, with the result that the weak point of undergraduate instruction in the social sciences as compared with the physical would be overcome.

By arrangement with the Rockefeller Foundation and the Laura Spelman Rockefeller Memorial, fellowships were made available for Canadians to continue their mental hygiene studies in other countries.

SUMMARY

The Period of Transition (1923-1927) saw developed two general lines of activity. The first of these was concerned with established cases of mental abnormality. In connection with this activity, provincial surveys were conducted and studies made with regard to preventive measures based on considerations of the existing case. The second activity began with the study of the average normal person, usually a child, and the factors which underlie mental health. Both activities converge in providing the knowledge required for a programme of prevention.

In 1927, at the end of this period, the programme of the National Committee was as follows:—

1. Work with Dominion Government to promote and support improvements in the control of immigration.
2. Work with Provincial Governments, surveys, etc., to promote sound programmes for the care of mental disease, mental deficiency, special classes for the mentally retarded, mental hygiene clinics, etc.
3. Work with Municipal Governments and other local bodies to promote sound mental hygiene programmes.
4. Co-operation with universities in education.
5. Securing fellowships for Canadians to study mental hygiene abroad.
6. Education of the public in mental hygiene through the medium of a bulletin, other publications, public addresses, exhibits, etc.
7. Co-operation with Universities in Child Study, including experiments in Parent Education and the training of leaders for Parent Education.
8. Co-operation with Universities in providing Nursery Schools as laboratories for the study of the pre-school child.

9. Employment of a research group in co-operation with McGill University to study the problem child and juvenile delinquency.
10. Employment of a research group in co-operation with the University of Toronto to discover means of applying mental hygiene principles to children in school.

PERIOD OF EXPANSION AND CONSOLIDATION (1927-1932)

This period has been concerned with the application of the programme as evolved in 1927. The only new activities undertaken were directed toward rounding out the programme, such as the creation of a Division of Statistics and Legislation and the introduction of a public health worker as medical director to correlate the preventive mental hygiene work with public health.

SURVEYS

The service to Governments was continued, and it absorbed a considerable part of the time of the executive staff in planning, execution, reporting and follow-up.

In 1927, a survey was made of the school children in New Brunswick. The National Committee co-operated, in 1928, with the Manitoba Government in the establishment of a travelling mental hygiene clinic, paying half the salary of the psychiatrist in charge of the clinic. The clinic travelled throughout the Province with the object of discovering the extent of the mental deficiency problem in Manitoba. In the same year, the Government of Nova Scotia was advised on a programme for the mentally deficient, and the Government of Alberta supplied with information on human sterilization in connection with proposed legislation.

In 1928, considerable time was given to the Mental Hygiene Commission of British Columbia, who were devising a provincial programme for mental hospitals and for the mentally deficient. The National Committee provided, in 1930, the services of a qualified worker for Essondale Hospital in British Columbia to demonstrate the value of social work as applied to mental hospitals. This demonstration was successful. The worker was taken on the regular staff of the hospital at the end of the year's demonstration, and the work was thus placed on a permanent basis.

The National Committee, for several years, had kept before provincial governments the desirability of having the mental hygiene services of the province organized and under central control. In several provinces, this is now a fact, and mental hygiene services are organized and directed under the provincial health departments. In some provinces, there has been appointed a director of mental hygiene services for the province, who is designated as provincial psychiatrist, or by some other suitable title.

In the re-organization of the Ontario mental hospital system during 1928, the National Committee was consulted frequently. In 1930, the mental hygiene needs of Ontario were presented to the Ontario Royal Commission on Public Welfare, by the National Committee, and are embodied in the report of the Commission.

The Province of Quebec was assisted, in 1928, by the National Committee which provided training for a psychiatrist and mental hygiene social worker for activities in the Catholic schools of Montreal. The salary of the social worker was paid, by the National Committee, from January, 1928, until the end of August, 1929.

The Governments of Saskatchewan and Alberta both requested a re-survey of their mental institutions. This request was complied with in the early part of 1930. During this same year, the attention of the Manitoba Government was drawn to the over-crowded conditions prevailing in one of the mental hospitals of the Province, as a result of which an addition to the hospital was built. In 1931, the Government of Prince Edward Island requested a survey of their Province, particularly with regard to Falconwood Hospital. The destruction of this hospital by fire occurred on the day the report was presented. Since then, the National Committee has worked with the Government on their re-building programme.

QUEBEC SECTION

The Province of Quebec differs from the rest of Canada in its mental hospital arrangements. The hospitals are private institutions subsidized by the Government. Differences in language, race and training result in a difference of approach to problems. It was deemed wise to leave the development of a mental hygiene programme for the Province of Quebec to a Quebec Section. Beginning in 1929, the National Committee have granted \$10,000.00 a year to the Quebec Section. Definite progress has been made in introducing Mental Hygiene into the school system of Montreal. A considerable amount of Public education has been carried on, and a number of pamphlets have been distributed to the clergy, physicians and teachers.

IMMIGRATION

The Dominion Government revised the Immigration Act in 1927, which revision provided for the medical examination of proposed immigrants abroad by or under the direction of Canadian medical Officers. These changes received the hearty approval of the National Committee.

The Division of Immigration, with Doctor Helen R. Y. Reid as Director, were of the opinion that a real contribution would be made to the consideration of the immigration problem through racial studies. A study of "The Ukrainian Canadians" was made by Charles H. Young, M.A., under Doctor Reid's direction, and was

published under that title in 1931. Doctor Reid in the Foreword states:— "Racial studies such as that which we now offer provide one of the ways by which dangerous tendencies may be traced to their source, and by which forward-looking provision can be suggested for safeguarding the mental adjustments of the individual and the group, and for forestalling what might later prove to be disastrous social disorganization. This for the good both of the country and the immigrant!"

This publication received favourable comments from many sources, including Ukrainian leaders. The success of this study of one racial group encouraged the commencement, in 1932, of a second study, this latter to deal with the Chinese.

STATISTICS AND LEGISLATION

The need for accurate comparable statistical information had been felt for a long time, and a definite effort was launched to secure this through the formation of a Division of Statistics and Legislation in January, 1931. By the end of that year, such success had been attained as to make it possible for the Director of the Division to report that:— "Starting with a situation where the various provinces differed widely in the information they collected, with various classifications of mental disease in use in different provinces, and with the insufficient data that were collected and tabulated for different fiscal years and, in some cases, not even published, we are now assured of the collection of statistics on a uniform basis, commencing January 1, 1932, by every mental hospital in Canada."

"Moreover, an arrangement has been made with Mr. R. H. Coats, Dominion Statistician, whereby duplicate statistical cards will be sent to his Bureau where an annual tabulation will be made."

The Director of the Division of Statistics and Legislation worked closely with the Director of the Federal Census, so that a considerable amount of information will, for the first time, be made available through the 1931 census.

The Division have collected and studied legislation related to the mental hygiene field and are in a position to advise on this subject. The Director, H. B. Spaulding, is a graduate in law, and obtained his Ph.D. from the London School of Economics.

EDUCATION

Public.—Public education was continued. The Bulletin was renamed "Mental Health"; the number of issues were increased to ten a year and the mailing list to over three thousand. In 1931, a short article was issued to the weekly newspapers of Canada and was used regularly by 166 papers. Public addresses and radio talks have been given. The Director of the Division of Education is D. M. LeBourdais.

University.—Education in mental hygiene in the universities has been promoted through the provision of qualified staff whose services have been made available by research grants. It has been the policy of the National Committee for research workers in co-operative undertakings to do as much teaching as possible without unduly hampering their research work.

Through a grant from the Rockefeller Foundation in 1931, the National Committee were enabled to bring about the establishment of a post-graduate centre for psychiatric training for mental hygiene work. This is a co-operative plan with the Ontario Government and the University of Toronto. The centre selected is the Toronto Psychiatric Hospital.

According to plans, every junior psychiatrist in the Ontario Hospital service will take training, and men from other provinces will be welcomed. Nursing education will also be given.

This provides the first organized training centre in psychiatry in Canada.

Post-graduate training has been made available for promising graduate students at the Universities of Alberta, Saskatchewan and Toronto and at McGill University as part of the research programmes carried on at these universities.

RESEARCH

The continuation of Mental Hygiene research in Canada was made possible by a generous five-year grant of \$30,000.00 a year from the Laura Spelman Rockefeller Memorial, ending June 30, 1933. A condition of this grant was that for every three dollars received from the Memorial, five dollars would be secured by the National Committee from other sources for the research programme.

University of Toronto.—Mental Hygiene was developed in the Department of Psychology as this department appeared to offer the most satisfactory opportunities. The work is not limited to the department, indeed the striking point about the organization is the number of University departments and outside agencies participating in the work.

The plan of research and the organization were devised by the Toronto Research Committee, consisting of members of the Department of Psychology and representatives of the other university departments, the National Committee and community organizations, under the chairmanship of Professor J. G. FitzGerald, Director of the School of Hygiene. The plan having been agreed upon and the organization provided, the Committee has exercised only a nominal control and direction. The Committee is responsible for the recommendations of appointments of research staff, who are also members of the staff of the University, and for approval of finances and major policy.

The research has been planned to study the individual from a genetic point of view in his ordinary environment, for the purpose of securing information as to the manner in which the complex environment affects behaviour and social adjustment; in other words, to make genetic or longitudinal studies, that is, studies of the same individual at various stages of life over a period of years.

To carry out such a plan required (a) qualified staff, and (b) groups of individuals at various age levels, to be studied systematically over an indefinite period. Ideally, the same individuals should be studied throughout life; practically, it was decided to attempt the study of *groups* of individuals during periods of their lives, namely pre-school, school, youth, etc., and to follow them for as long as possible thereafter.

The National Committee secured the co-operation of the Board of Education, the Department of Public Health, the St. George's School for Child Study, the Infant's Home, the Juvenile Court and Detention Home, and Orillia Provincial Hospital, through which co-operation groups were made available. Adult groups were secured in two business firms, and a group of boys in one district.

This co-operation was secured, first of all, because of a willingness if not an actual desire to participate, and because it was made possible through placing research workers, as directors, consultants or workers, on the staffs of the various co-operating agencies.

The next point considered had to do with the manner of observation, and what to observe and record. Obviously, in studies covering a period of years, the value of which would rest upon an interpretation of environmental factors and reactions of the individual over a period of years, the recording must needs be simple and accurate, and yet be sufficiently full to give a true picture of conditions year after year.

REGAL ROAD SCHOOL

Through the co-operation of the Board of Education, Regal Road, a school of 1,400 children, was made available for research. Although essentially part of the whole research organization at Toronto, Regal Road may be viewed as an independent enterprise supported by the National Committee.

The objectives set were:—

1. To work out a procedure and setting for studying the normal processes of adjustment of school children over a period of years, with emphasis upon continuity of observation under practical situations.
2. To establish what deviations in adjustment are significant; to interpret variations in terms of ascertained norms; to experiment by re-education and to evaluate the outcome by continued observation.

3. To formulate positive principles for mental health, and to test them by application.

This work has been directed by Doctor W. E. Blatz, in association, first with Professor E. D. MacPhee, and later with Professor William Line, with a staff of three social workers.

Doctor Blatz views mental hygiene research as that which seeks to discover laws governing human relationships and the manner in which such relationships may be made satisfactory to the various parties—which is the only way to secure a satisfactory adjustment for the individual.

EDUCATIONAL RESEARCH AT REGAL ROAD SCHOOL

The educational research which is part of the research at Regal Road School includes the recording of the major educational facts concerning each child. Techniques for overcoming educational difficulties are discussed with the teacher concerned. New measures for psychometric work are being sought. Data are being collected to clarify the psychological analysis in its relation to efficiency in school. Studies were made to evaluate success in terms other than content-examinations. A modification of the Dalton Plan was instituted in one classroom.

The Regal Road research has brought about certain results related to the rest of the research work, which may be briefly expressed as follows:—

1. Training of a staff capable of carrying on such research. When the work was started, funds seemed to be the primary need, but when funds were made available, it was soon found that workers were not, so it was necessary to train staff, and this training has become an integral part of the programme.
2. Development of a method or technique for observation and the recording of longitudinal studies. This includes a record of all items which bring the child into conflict with authority in the school or elsewhere, a record of the home environment, the intelligence and the personality of the child.
3. Making available potentially valuable data. The records of over three hundred and fifty children are sufficiently complete to justify their being followed for a period of years, in order to reconcile adult life adjustments with observations made during school life, and to determine if the genesis of maladjusted adult life lies in childhood.
4. Development of methods of treating some of the common problems which arise in school. This service has not been extensively developed because, in general, it was desired to observe rather than to attempt to correct.

5. Extensive use of the findings of the research in university teaching.
6. Preparation of a book, covering the findings of the research. Previously used for public instruction, these findings will now be made available to the reading public on publication of the book.

ST. GEORGE'S SCHOOL FOR CHILD STUDY

This school which had been made possible by a grant of money secured by the National Committee, was, in July, 1930, taken over officially by the University of Toronto. The policy of the School remained unchanged, and, under the direction of Doctor Blatz, is an integral part of the research organization.

The school provides a group of children of pre-school age. Studies are made of the development of these children, and, for the same reasons as given under Regal Road School, they are being followed after leaving the school.

Parent education is carried on as one division of St. George's School, under the direction of Mrs. Helen McM. Bott. Three main objectives have been set:—

1. Investigation of the needs of parents.
2. Training of leaders.
3. Dissemination of mental hygiene principles to parents.

The early groups were used to determine the first point. It is deemed essential to have clinical services available for individual cases.

For the training of leaders, a part-time course covering a two-year period was evolved gradually. A modification of this course is given to a group of social workers and public health nurses from community agencies.

A number of publications have been prepared, based on the work.

COMMUNITY RESEARCH

This work was begun in 1927, under the direction of Mr. J. D. Ketchum, Lecturer in Psychology, to study the social activities of boys of school age on a city street—a play group. "What a child does in his spare time may best reveal his personality traits."

A single street was taken, and the boys of from seven to sixteen years were selected as the group for study. Concerning these boys, there have been recorded general social data, intelligence quotient, activities, work histories, particulars of their early training and friends. Observations have been made of them while at play on the street. They also furnish special reports themselves on their activities.

It is hoped to determine the correlation and significance of the items observed as a basis for a more intelligent direction of such groups.

INDUSTRIAL RESEARCH

This study was approached on the basis that the promotion of mental health rather than increased efficiency of production and distribution is the objective of mental hygiene in industry. The mental hygienist in industry must establish, by research within his own field, his body of working information, as he is proceeding in a particular milieu.

The research aims to determine what constitutes a normal vocational adjustment and the manner in which this may be improved. Research and education must advance together. The worker must apply the principles; they cannot be applied for him. The first problem approached was the interest of the employee in his work.

Three divisions of work, (a) research, (b) education in industry, and (c) academic training, are operative in this project which is directed by Professor S. N. F. Chant.

Attention is directed to the following points in the programme as it now exists:—

1. The staff consists of University personnel.
2. Community organizations are participating.
3. The appointment of University personnel to positions in the community organizations works to the advantage of both parties.
4. Through this co-operation, representative groups for longitudinal studies are available.
5. Research and training are combined. The research opportunities attract graduate students, and the work of the graduate students makes possible much of the research.
6. A considerable amount of community service grows out of the research programme, as, for example, at the Juvenile Court and the Infants' Home.

MCGILL UNIVERSITY

The research programme for McGill University was organized under the direction of the Montreal Research Committee, which consisted of representatives of the University and of community organizations, under the chairmanship of Doctor Colin K. Russel.

MENTAL HYGIENE INSTITUTE

The Mental Hygiene Institute is a direct outgrowth of one of the first Mental Hygiene Clinics in America. In 1923, it became an agency in the Montreal Council of Social Agencies, under the name of The Mental Hygiene Committee of Montreal. The year 1924 saw the introduction of additional personnel as part of the research programme of the National Committee. The group carried on research, university teaching and a community programme of mental hygiene, including parent education.

The present Mental Hygiene Institute was organized in 1929 so as to allow for a more effective contact with other than the social agency group, but not weakening the latter. This change brought about a much closer connection with the university, particularly with the Department of Public Health and Preventive Medicine, in which department the mental hygiene instruction is given.

In stating the objectives, it is to be remembered that half of the budget is received from the Federated Charities to provide mental hygiene clinic service to the agencies, and to promote a community mental hygiene programme. The objectives are based upon a combined clinical, educational and research approach, and are as follows:—

1. To provide a mental hygiene service, clinical and educational, for the community.
2. To provide instruction to undergraduate students in medicine, school for graduate nurses, school for social workers, department of education, normal school, etc.
3. To provide post-graduate instruction in order to meet the need for trained personnel.
4. To ascertain the best type of organization for community mental hygiene clinics and of community mental hygiene programmes.
5. To provide facilities for research.

Doctor W. T. B. Mitchell, Director of the Institute, believes that clinic contacts make possible a more complete understanding of underlying principles, and that they provide convincing educational material. The failures and difficulties in the clinical field keep the educational programme on a reasonably conservative basis.

Three fundamental needs in the clinical field of mental hygiene have become evident, namely:—

1. Adequately trained personnel.
2. Simplification of methods of examination and of recording information.
3. More adequate tentative classification of clinical types.

Longitudinal studies are being made. The material is selected from that which presents itself at the clinic (over five hundred new cases a year). Most of these case studies begin with a child who has already become a problem from the point of view of behaviour. There are also those who are not problems, but who come from the social agencies for routine examinations. They are clients of the social agencies because of some social condition, such as unemployment, sickness in family, loss of parents, desertion, etc.

The cases are studied from all angles. The Institute is particularly interested in the rôle that environment plays as a cause of

abnormal behaviour, and in the genetic nature of abnormal behaviour. The selected cases are followed in order to determine the significance of the behaviour in later years and the effects of the application or lack of application of therapy.

In this way, service and research are combined, but cases are kept open after the period of service in order to continue the study on a longitudinal basis.

Based upon the observations made in the clinic service and parent educational groups, public instruction has been carried on, and, commencing in December, 1930, a bulletin has been issued.

In the field of parent education, detailed work has been done under the direction of Mrs. Harriet Mitchell in an attempt to discover how mental hygiene principles may be incorporated into the working relationships of the home.

The opinion is expressed by Mrs. Mitchell that, in addition to intelligent factual understanding, it is necessary for parents to have a healthy attitude toward development problems incidental to the varying stages of the child's gradual socialization; that extensive psychiatric training and experience are essential, together with constant contact with clinical material, for group leaders; that clinic facilities are a necessary adjunct to provide for intensive individual study and treatment; that parental contact should be over an extended period of time.

The Montreal Mental Hygiene Institute is developing:—

1. Combined clinical educational and research approach to the problems of community mental health.
2. Potentially valuable case histories for follow-up over a period of years in order to correlate the adult life picture with behaviour problems in children, and to social environmental factors.
3. Decentralization of mental hygiene responsibilities to the social and health agencies themselves.
4. Integration of mental hygiene in a health service for social agencies.
5. Instruction of undergraduate university students, and of nurses- and teachers-in-training.
6. Post-graduate training.
7. Relationship of mental hygiene to a university department of public health and preventive medicine.
8. Integration of mental hygiene in the community public health programme.

DEPARTMENT OF PSYCHOLOGY, MEDICAL FACULTY

This Department was made possible by the provision of staff in the persons of Professor and Mrs. J. W. Bridges, who came to McGill

in 1924, to participate in the mental hygiene research which was being carried on at the university.

Teaching in this department is in the fields of normal and abnormal psychology for medical students.

The research activities were in the field of juvenile delinquency.

DEPARTMENT OF PSYCHIATRY

In 1926, the services of Doctor David Slight were made available. Doctor Slight, as Professor of Psychiatry at McGill University, was one of the first to introduce the teaching of psychiatry on the wards of a general hospital. His first research was on psychological phenomena from the physiological standpoint, using the psychogalvanic reflex in the study of emotional states. Later, his interest has been the psychoanalytic approach.

NURSERY SCHOOL

The Nursery School was opened under the direction of Dr. A. B. Chandler in 1925; it was closed in 1931. The funds for its support were, in the first place, secured through the National Committee. While it was open, it provided a laboratory for the study of child development. Mrs. Katherine M. Banham Bridges undertook to devise a scheme for the measurement of the social and emotional development of the pre-school child. The results were published.

It was decided by the National Committee to concentrate their work in Montreal in the Mental Hygiene Institute, and with the closing of the Nursery School, Professor and Mrs. Bridges terminated their research work.

Attention is directed to the following points in the programme as it now exists:—

1. The members of the staff, in nearly all cases, hold university appointments.
2. The setting of the Mental Hygiene Institute is in very close relationship to the social agencies and the university, yet it is allowed to retain freedom of action.
3. An opportunity is available to secure children with various types of behaviour problems for longitudinal studies.
4. Research and teaching are combined. Facility is provided for post-graduate study and experience.
5. A mental hygiene clinical and community educational service is provided.

The following points seem to be established as a result of the work:—

1. That a mental hygiene clinic is a satisfactory centre for service, research and education.

2. That it is possible to influence the community organizations from such a centre.
3. That the findings can be applied
 - (a) to prevent and correct behaviour problems;
 - (b) to give content to teaching.

UNIVERSITY OF ALBERTA

The National Committee decided in 1929 to extend the research activities in co-operation with the University of Alberta. The work is carried on under the immediate direction of Professor J. M. MacEachran of the Department of Philosophy.

The primary purpose of the Alberta programme has been the training of specially selected university students with the hope of developing suitable personnel for mental hygiene work. Two of the early students now occupy important positions in the educational work of the Province.

It has been possible to provide public service while carrying on the training. This is done in co-operation with the Provincial and Municipal Government departments. A very real impetus to mental hygiene instruction throughout the university has come about, and this, in some measure at least, is the result of having a group of mental hygiene research workers in the university.

The work of each student is reported, and many of the reports are found to be of sufficient value to publish in the scientific journals.

The mental hygiene activities of the University of Alberta are seen also in the work which is done for the public—regular newspaper articles, radio talks and public addresses are used for the instruction of the people in mental hygiene.

Attention is directed to the following points in the existing programme:—

1. Research for graduate students has stimulated undergraduate instruction.
2. Research and public service can often be combined.
3. An urge has grown out of the work to educate the public in mental hygiene.

UNIVERSITY OF SASKATCHEWAN

When in 1929, the National Committee brought the University of Saskatchewan into the research programme, the work was placed under the immediate direction of Professor Sam R. Laycock of the Department of Educational Psychology. Professor Laycock is Consulting Psychologist to the Saskatoon School Board, and has the fullest co-operation of the Board in carrying out research projects in the school settings.

The research has been directed toward a study of personality and behaviour maladjustments of school children. The first step was a detailed investigation into teachers' attitudes toward children's behaviour. Then followed a study of the behaviour and personality adjustments of superior and inferior school children, in an endeavour to discover the reasons underlying such differences as might be found between the two groups.

Special classes for sub-normals have been opened, and it is planned to open one for gifted children.

Instruction in mental hygiene is given to under-graduate students at the university. A limited amount of post-graduate instruction and experience is also included in the university programme.

Public instruction is carried on through public addresses, contact with social work organizations and parent-study groups.

Attention is directed to the following point in the programme as it now stands:—

1. Access is provided to a school system, with the full co-operation of the educational authorities and staff.

LOCAL BRANCHES

The attitude of the National Committee toward local branches has blown hot and cold. In 1918, the formation of local branches was advocated. In 1919, it was suggested that the members in each province should be grouped into provincial sub-committees, each with a chairman and secretary, to further mental hygiene in their respective provinces.

Local organizations have been created in Nova Scotia, New Brunswick and Montreal. The last-named evolved into the Montreal Mental Hygiene Institute, previously described.

Local organizations may be effective if they can secure sufficient local financial backing and a qualified leader. It may be said, without casting any reflection upon local organizations, that the National body has more prestige and influence than any local body. It is almost impossible for a local organization to eliminate personal relationships and connections, or apparent support of one or other political party, whereas the National organization, because it is truly national, is removed from local entangling relations.

The present policy of the National Committee, which is approved, is that they will not promote local organizations, but if an organization be created with local leadership in response to the expression of local public opinion, the National Committee feel that such local organization should not be discouraged.

SUMMARY

The Period of Extension and Consolidation (1927-1932) saw the previous activities continued and developed. The survey and con-

sultative services to governments were provided, and the creation of a division of statistics and legislation made it possible for the National Committee to give leadership in the establishment of standard records and statistics.

An important racial study was made and published. Public education was further developed. A Quebec section was established. Mental hygiene instruction in the universities was extended, and a post-graduate training-centre established.

This period is of particular interest because it was during these years that the research programme was stabilized. Reference has been made to certain results which were attained. This survey does not include a technical appraisal of the research work, but in reading the publications of the research workers, we are impressed with the following as being particularly significant contributions growing out of the research:—

1. That the findings of the research at Regal Road School and the St. George's School for Child Study are applicable in the training of other children, even to a group of the mentally retarded.
2. That the psychological and psychiatric approach to the mentally deficient in institutions is a sound method.
3. That the long follow-up of cases has altered the prognostic value of certain symptoms in that the significance of symptoms is seen when a long-term view is obtained and not otherwise.
4. That certain anomalies of conduct are not abnormal, but are rather indicative of average behaviour at certain age levels.
5. That in order to understand human personality, it is necessary to ascertain the ways in which individuals secure personal satisfaction. Better leads in this have been secured. We may, for example, gain a better understanding by studying the parents instead of the child, the child being considered as the problem.
6. That the teaching staff in schools can be used successfully to record daily observations on the behaviour of pupils, and so make a valuable contribution to scientific studies.

It should be added that the research has made available Canadian data which are required in order to demonstrate the possibilities of furthering mental hygiene work in Canada.

SECTION II

PRESENT ORGANIZATION AND PROGRAMME

The incorporation of THE CANADIAN NATIONAL COMMITTEE FOR MENTAL HYGIENE was under Letters Patent, December 1, 1926.

The Letters Patent set out the purposes of the Canadian National Committee for Mental Hygiene as follows:—

- “(a) to work for the conservation of mental health and for improvement in the care and treatment of those suffering from nervous or mental diseases or mental deficiency and for the prevention of these disorders.
- (b) to conduct or supervise surveys of the care of those suffering from mental diseases or mental deficiency.
- (c) to co-operate with other agencies which deal with any phases of these problems.
- (d) to enlist the aid of the Dominion and Provincial Governments and to help organize and aid affiliated Provincial and local Societies or Committees for Mental Hygiene.”

The by-laws provide for:—

1. Members:— new members are such individuals, societies, or companies as may be elected by the Board of Directors on nomination of the Executive Committee or Medical Director. Membership may be terminated by resolution of the Board.
2. Meetings of Members:— to be held as designated by the President or Executive Committee.
3. Board of Directors:— of not less than eleven members of the Corporation elected at the annual meeting; have power to govern and manage the Corporation; term of office one year, or until their successors are appointed.
4. Officers:—
 - A.—The Board of Directors are required to elect from among their number
 - (1) President;
 - (2) Vice-Presidents, no fewer than two; no more than five;
 - (3) Chairman of the Board.
 - B.—The Board of Directors are given permission to appoint:—
 - (1) Treasurer or Joint-Treasurers;
 - (2) Secretary;
 - (3) Such other officers as the Board may determine.

C.—The Board of Directors are required to appoint:—

- (1) Medical Director who shall have the management of the business and affairs of the Corporation with the general duties and powers usually vested in the Manager of a Corporation.
5. Executive Committee of four members, composed of the President, or, in his absence, one of the Vice-Presidents, the Chairman of the Board, the Treasurer or one of the Joint-Treasurers, and the Medical Director. Subject to approval of the Board, to have active control and direction of the affairs of the Corporation, with authority to discontinue or initiate projects, including appointment, duties, remuneration and removal of staff, subject to approval by the Board at their next meeting.

In practice, what happens is that the Board of Directors continue in office and are confirmed in office when the rather irregular annual meetings are held.

The Board of Directors do meet at least once a year, at which time they consider reports covering the year which has passed, and authorize the Executive Committee to direct the work of the Corporation for the ensuing year. Formally and informally, the Executive Committee are kept informed and are consulted so that, in practice, they actually do direct the destinies of the Canadian National Committee for Mental Hygiene.

6. Committees:— one committee, "Education and Research", is provided for in the by-laws. Other committees have been set up from time to time, and have done considerable work. At the present time, most of the committees are inactive.

ORGANIZATION, 1932

<i>President</i>	Dr. Charles F. Martin
<i>Vice-Presidents</i>	Sir Robert Falconer Sir Arthur Currie
<i>Chairman, Board of Directors</i>	E. W. Beatty, K.C.
<i>Treasurers</i>	Sir George Burn Fred Page Higgins

BOARD OF DIRECTORS:—

The President, the Vice-Presidents, the Chairman of the Board, the Treasurers, and

W. F. Angus	W. A. Black
A. J. Brown	J. B. Holden
Hon. Vincent Massey	Col. Herbert Molson
J. W. McConnell	C. B. McNaught
C. O. Stillman	

EXECUTIVE COMMITTEE:—

Dr. Charles F. Martin
Fred Page Higgins

E. W. Beatty, K.C.
Dr. C. M. Hincks

EDUCATION AND RESEARCH COMMITTEE:—

Dr. Colin K. Russell, Chairman.

Prof. E. A. Bott
Dr. A. L. Crease
Dr. J. G. Fitzgerald
President W. C. Murray
Dr. J. W. MacNeill
Dr. C. A. Porteous
Prof. Peter Sandiford

Dr. N. L. Burnette
Dr. A. H. Desloges
Dr. A. T. Mathers
Dr. J. M. MacEachran
Dr. Bernard T. McGhie
Prof. D. G. Revell

EXECUTIVE OFFICERS:—

Director.....	Dr. C. M. Hincks
Medical Director.....	Dr. Grant Fleming
Associate Medical Directors.....	Dr. C. B. Farrar
	Dr. J. G. McKay
Secretary.....	Marjorie H. Keyes

Divisions

Directors

Education.....	D. M. LeBourdais
Statistics and Legislation.....	Dr. H. B. Spaulding
Immigration.....	Dr. Helen R. Y. Reid
Quebec.....	Dr. A. H. Desloges

The duties of the staff are, in general, indicated by the titles of their positions.

PROGRAMME, 1932

The present programme (1932) may be summarized as follows:—

I.—Education:—

A.—Post-graduate facilities for the training of leaders:

1. As part of the co-operative research activities with universities.
2. Special research centre in co-operation with the Ontario Government and the University of Toronto.
3. Travelling fellowships for study abroad.

B.—Universities; under-graduate instruction as part of the activities of the research workers.

C.—Parent Education.

D.—Public Education.

E.—Special groups, social workers, public health nurses, etc.

II.—Research:—

Studies in human development and behaviour in co-operation with universities.

III.—Services:—

A.—Studies related to immigration.

B.—Promotion of uniform and adequate records and statistics.

C.—Surveys.

D.—Consultant Services.

E.—Demonstrations.

F.—Recommendation of Provincial or Municipal Programmes for

1. Provincial organization for care and treatment of mental diseases.
2. Provincial organization for care and treatment of the mentally deficient.
3. Facilities for early diagnosis and early treatment.
4. Facilities for community care of non-institutional cases.
5. Care of the retarded in schools.

SECTION III

THE PRESENT PROBLEM OF MENTAL HYGIENE IN CANADA

Mental Hygiene was, in its beginning, chiefly concerned with mental disease and mental deficiency, with emphasis upon better care. Later on, it came to include research into the causes of mental disease and to consider the needs for early treatment and prevention. Recently, it has embraced a concept of mental health which implies not only the prevention of abnormal mental states but also the promotion of such conditions as will allow man to adjust himself most effectively to his environment, enrich his mental life and so increase his effectiveness and happiness.

Mental Hygiene carries into every human activity. It should be practised at home, in the schools, social agencies, health organizations, courts, gaols, reformatories, indeed everywhere. It is not suggested that mental hygiene is called upon to give leadership in all fields. There is a large field of work which it appears should be a direct responsibility of mental hygiene; there are also the remaining ones to which a contribution should be made by mental hygiene while the chief responsibility rests elsewhere.

Here, in outline, are the problems in the solution of which mental hygiene might fairly be asked to assume leadership:—

1. *Education:*—

A.—Training of Mental Hygiene leaders.

The greatest need of mental hygiene at the present time is personnel qualified by adequate training and experience to give leadership. The success of the whole movement depends, in large measure, upon the leaders. In order to secure suitable leaders, facilities for their education must be made available.

B.—Training of Professional Groups in Mental Hygiene.

In order that the mental hygiene point of view may be made a factor in the various fields of professional work, it is necessary that mental hygiene instruction be made available to such groups of workers as a regular part of their under-graduate and post-graduate courses. The dissemination of mental hygiene principles rests largely with the professional groups.

2. *Research in Mental Hygiene:*—

It is agreed that comparatively little is known with regard to the causes of mental disease, human adjustments and human behaviour. The need for such knowledge upon which to build

a sound mental hygiene programme is obvious. The need for the establishment of methods of application is also apparent.

3. *Adequate Accommodation and Treatment of a high standard for all who are suffering from mental disease.*

Statistics for Canada, which are incomplete, show that there were 25,893 cases of mental disease being cared for in mental hospitals on December 31, 1931. The number of new admissions was 9,255. This means that, in the space of one generation (20 years), approximately one person out of every fifty-five in the population of Canada, under present conditions, will enter a mental hospital. There are, in addition, many cases cared for at home, the number of which cannot be approximated.

Under this heading would be included mental hygiene clinics for diagnosis, facilities for early treatment, facilities for discharge under supervision.

4. *Adequate Accommodation, with humane care and training, for the mentally deficient.*

It is estimated that approximately one-tenth of one per cent of the population are so deficient as to require institutional care and training. In Canada, there is institutional accommodation of a reasonably suitable type for approximately 3,000 to meet the need of over 10,000.

5. *Adequate Accommodation, with humane care and training, for epileptics and for those suffering from other special forms of mental and nervous disability.*

There are certain groups, such as the epileptics, for whom provision cannot be made in the ordinary community. They require such training and supervision as can be given in a special institution or section of an institution organized for that purpose.

6. *Adequate community facilities for the care of non-institutional cases.*

There are many individuals who require to be guided and supervised in order that they may overcome behaviour difficulties and secure a healthy mental development. Mental hygiene permeates all the other hygienes. The Mental Hygiene Clinic provides a diagnostic treatment service, but this, in order to be effective, must be integrated with all the community organizations, such as public health, education, social work, delinquency, etc.

7. *Special classes in schools for the mentally retarded.*

It is estimated that approximately two per cent of the school population are unable to carry on in the ordinary classroom

because of their lack of intelligence. Special classes should be provided for these children.

8. *Immigration.*

The mental health of Canada is bound up in the proper selection of immigrants and in the relationships which are developed between the old and the new Canadians. Studies in this field are required as present information is too meagre.

9. *Mental Hygiene Instruction of the public.*

Official bodies require public support for the expenditure of public funds. Such support can come only from an informed, organized public. Instruction of the public as to the meaning of mental disease, the need for adequate treatment facilities, etc., is required. Furthermore, as the home is so important in the promotion of mental health, it is necessary that the public be informed concerning the present-day knowledge in connection with healthy mental development.

10. *Application of Mental Hygiene to criminals, courts of law and penal institutions.*

In order that a consideration of the subject may be made, based upon facts, studies are required, not only of criminals and delinquents, but of criminal law and procedure in the courts, and of the reformatories, gaols and penitentiaries.

11. *Application of Mental Hygiene in professional work.*

Results come only through application. Knowledge is the necessary preliminary to sound practice, but knowledge does not, in itself, bring results. Mental Hygiene to be fruitful must be integrated into professional work, as in education, public health, social work and medicine.

SECTION IV

HOW THE PRESENT PROGRAMME MEETS THE PRESENT PROBLEM

In previous sections, the development of the National Committee has been outlined, and a description given of the present organization and programme, followed by a statement of the present problem of mental hygiene in Canada.

The previous sections are statements of facts. This section will be devoted to a consideration of the programme of the National Committee in relation to the present problem.

EDUCATION

Training of Leaders.—The research programme of the National Committee has attracted graduate students, and the research work has provided a field for training and instruction. The National Committee has secured a considerable number of travelling fellowships, thus permitting promising individuals to go abroad for study. In these ways, leaders are being trained and developed, leaders for mental hygiene and leaders for other fields, with an understanding of mental hygiene.

The National Committee secured the funds required to make possible, with the co-operation of the Ontario Government and the University of Toronto, a post-graduate training centre for physicians in psychiatry and also for nurses.

Undergraduate.—The National Committee has promoted mental hygiene instruction in universities. This has been accomplished by making personnel available as part of the research programme. The combination of research and teaching has worked to the advantage of all concerned. There can be no question that instruction, as now carried on is a long step in advance of what it was a few years ago.

Instruction for undergraduate professional groups seems so desirable that it may be accepted. From all of these groups would come those who are attracted to the field, and the desirable material should be selected for further undergraduate and post-graduate instruction.

Beyond this, it may be asked if certain groups may not be selected for major attention, considering the opportunities which their profession brings to them. It appears that the medical practitioner, the nurse and the school teacher are those who have the best opportunities to promote mental health. The physician and the nurse who go into public health have an even greater opportunity. It might be well, then, for the National Committee to give particular attention to these groups.

The National Committee for Mental Hygiene in the United States is active in the field of medical education. They have made

a study of the teaching in medical schools, and have included some Canadian schools in this study. When their report is presented, it should be carefully considered by the National Committee as a basis for work along these lines in Canada. An important consideration related to this is as to which university department or departments should assume responsibilities in teaching mental hygiene, and what responsibilities they should assume.

Nursing in Canada has been subjected recently to a very complete survey. The Montreal Mental Hygiene Institute has been developing a plan for the mental hygiene instruction of undergraduate nurses in general hospitals. The National Committee will have to determine methods and content before it can promote, and this appears to be the next step to be taken with regard to undergraduate nursing instruction.

In order to bring mental hygiene to the professional workers in the field, it is desirable that a definite programme be planned and followed. It is suggested that regular contributions be made to the journals which reach the medical, public health, nursing, social work and educational groups. These contributions should be from an angle which will attract the particular group concerned; for example, the interest of the physician would be in clinical case reports.

Consideration should also be given to the provision of short intensive courses to such groups as social workers, paediatricians, health officers and public health nurses. Preferably, these should be conducted in co-operation with universities or with the particular group concerned. For example, it might be arranged to give such a course to health workers or social workers just before or after an annual meeting of their associations.

Advantage should be taken of the post-graduate service of the Canadian Medical Association to reach the medical practitioners. To do so, the National Committee must arrange for speakers and subjects for which there will be demand on the part of the local medical associations.

Based upon these comments, and to facilitate meeting the first item of the problem of mental hygiene in Canada, the following recommendations are made:—

1. That the National Committee, through special centres and fellowships, promote the training of mental hygiene leaders.
2. That the combination of teaching and research be continued.
3. That undergraduate instruction for all professional workers be encouraged.
4. That the National Committee study the report on medical education of the American Committee, as a basis for the development of mental hygiene instruction in Canadian medical schools.

5. That the National Committee endeavour to set up standards for undergraduate instruction in mental hygiene for nurses and teachers in training.
6. That the National Committee promote mental hygiene instruction for physicians and nurses who are preparing for public health work.
7. That the National Committee favourably consider the provision of short intensive courses for professional workers in the field.
8. That the National Committee arrange for contributions to existing professional journals.
9. That the National Committee offer its co-operation to the Canadian Medical Association in the latter's post-graduate educational service.

RESEARCH

To be effective, the concept of mental hygiene, as embracing the prevention of mental disorders and the promotion of mental health for the enrichment of human life, must rest upon a sound scientific foundation. This being the case, the importance of and necessity for research are apparent.

The present system of placing certain sums of money at the disposal of University groups has achieved several desirable results. It has brought the National Committee into a very real contact with the universities, which are the research and educational centres for the professional groups upon whom the future of mental hygiene practically rests. It has strengthened certain university departments in the way of personnel, and this, in turn, has increased the prestige of the subject in the universities, raised the standard and extent of the teaching given in mental hygiene, and attracted desirable individuals to the field. These results appear to more than justify the policy followed to date.

The disadvantages of the organization of the research programme are threefold. The first of these is that the contacts between the workers of the different centres are too few to permit of a full understanding of the work of all, or to allow any real influence to be exerted by one centre upon the other. The second disadvantage is that the National Committee, as an organization, is not close enough to the research groups to participate actively and regularly in plans, direction and supervision of the work. In saying this, it is appreciated that individually—and this is, of course, particularly true as regards Doctor C. M. Hincks—there has been a close contact with most of the work, but this is an individual, as distinct from an organization relationship. Lastly, the present system of distribution of funds in practice becomes, in many cases, a regular honorarium or part-time salary. There is very apt to be lost any feeling that the money received

comes through the National Committee for some specific work in the field of research. This does not imply lack of application or lack of loyalty, but is the natural outcome of the present system.

It is beyond the scope of this survey and the competence of the surveyors to review and appraise the actual research work. No disagreement has been found as to the need for research, and from the workers, there has been a very frank admission with regard to the lack of scientific knowledge in this field.

At present, there is a group of enthusiastic workers, who, it is judged, have developed a promising technique of work, and who have available the material with which to work. What then this survey is interested in is to increase the opportunities and efficiency of the work. Unless research work is carried on and the necessary scientific background of knowledge provided, mental hygiene will become sterile.

The National Committee is thus active in meeting Item number 2 of the present problems of mental hygiene in Canada.

In order to retain the present desirable feature of co-operation with universities, and, at the same time, to strengthen the work and bring the National Committee, as an organization, into a position of responsibility, it is recommended:—

1. That the work be organized on a Canada-wide basis; that is, one programme for research, the whole being correlated.
2. That, by regular reports and meetings, the different centres be kept fully aware of the work in all centres.
3. That the work of each individual be defined, and that regular reports be required.
4. That the National Committee adopt, as a general policy, that payments be made direct to the worker for the special piece of work he has undertaken.

In order to make these recommendations clear, they will be amplified. We visualize a committee directing the research programme, with representatives from all the centres doing research. This committee will decide upon the programme. We may presume that it will be built around longitudinal studies. Such studies of normal individuals might be made at Toronto. Montreal might take a group of children showing behaviour problems; Alberta, a group of juvenile delinquents, etc. The committee would decide what information was to be secured, so that all these studies could be pooled. By reports and meetings, opportunity would be available for discussion and criticism which should be informative and stimulating.

It is understood that research demands a considerable freedom for the worker. Leads will be opened, but it seems reasonable that these be reported, and that the committee representing the group

determine which leads are to be explored, and to receive information as to how this is to be done and what progress is made.

The experience at Toronto would seem to justify an effort to secure a modified environment for a group of school children, so as to study such groups in comparison with controls.

The Mental Hygiene Institute at Montreal offers an excellent opportunity for a study which would lead to the simplification of social work by enabling, through a better diagnosis, agencies to classify their cases and determine those whom it would be possible, in a practical sense, to benefit by social therapy.

This recommendation is not to be interpreted as changing, in any way, the accepted policy of the National Committee that the proper way to promote research is through the universities. The idea is that by eliminating isolation without domination or undue control, the research work will be enriched, and that it will be an added challenge to universities to take on further responsibilities for research in this field. When the time comes that universities are able to assume financial responsibility for such research, then the National Committee will relinquish its financial responsibility but will continue as the co-ordinating body for mental hygiene research in Canada.

SERVICES

Provincial Governments has accepted, as a provincial responsibility, the care of those who are suffering from mental disease or mental deficiency. In practice, education, public health and social welfare are provincial responsibilities. For these reasons, most of the contacts of the National Committee with governments are with provincial governments.

The National Committee has worked direct with governments rather than seeking to secure government action through the pressure of public opinion. The attitude has been that governments were willing to do their part, and the National Committee have pointed out to them what was required, in the belief that its recommendations would be carried out.

If one may judge, and it seems fair to do so, of the value of this service by the number of requests received from governments for surveys and advice, it may be said that this service by the National Committee is regarded highly, and that governments naturally turn to the National Committee for advice in their mental hygiene problems. That the recommendations of the National Committee are not only well received but are acted upon is shown by the expenditure of several millions of dollars, the passing of legislation and the provision of organization to carry out the recommendations.

It is to be noted that there appears to be a satisfactory relationship established between the provincial officials responsible for mental

hygiene and other related activities and the National Committee. This is based upon a common interest and a willingness to assist each other in every way possible.

The reports made to governments are confidential. What publicity is to be given them is decided by the government concerned. In other words, the National Committee is not placed in the position of publicly criticizing governments, or of having to take sides in a political controversy. The issue has not arisen of a government's refusing to recognize undesirable conditions; if it does arise, then the Board of Directors will have to decide as to the responsibility of the National Committee to inform the public.

There is no publication which sets out what might be called a Provincial Mental Hygiene Programme. It would appear that the time has come for such a publication. True it is that provinces vary one from another, but the general principles do not vary. It does seem that the National Committee should be ready to prepare such a publication.

At the time the National Committee entered the field of research, there was evidence of a feeling that the need for frequent provincial surveys had passed, that provincial governments were alive to the needs and would themselves proceed to meet them, so that an occasional consultation was all that would be necessary.

Experience has shown, however, that this is not the case. Governments change. Conditions as they exist are accepted; we become accustomed to the undesirable conditions we see day by day. A periodic review from outside is desirable for all forms of organization, and perhaps more for the institutional type than for others because they are frequently rather isolated.

There is need for re-surveys. If for no other reason, standards are raised; as new knowledge makes for better methods, these changes must be brought to the attention of governments. Provincial programmes are apt to become unbalanced because of a greater interest in one field than in others. This natural tendency and what it leads to needs to be pointed out, as a balanced programme is essential to sound progress.

In order to have a better understanding of the problem, and to secure some method of comparing results, it is obvious that records and statistics should be standardized. The desirability of this was so apparent that the leadership of the National Committee, in a short time, secured results for mental hospital records. The Dominion Bureau of Statistics have co-operated fully in this and in other related matters.

It appears to be most desirable that this standardization be continued and extended into the various mental hygiene activities so that we may have Canadian and comparable provincial statistics for mental hygiene. In this, the National Committee can give leadership and act as the co-ordinating agent.

The National Committee has kept out of the field of direct service to the public. Demonstrations of service have been supported by financial or other help. These demonstrations have been in the nature of proving the value of a service, such as social service in a mental hospital, or assisting a local community to establish a service, such as a mental hygiene clinic.

This policy seems sound. Service which is to be continued indefinitely must be financed by governments through taxation, or, at least, by an established local organization. This does not imply that the National Committee should not subsidize a local service organization beyond a demonstration period, as long as the local service organization does provide, in return, some activity for the National Committee, such as research or education.

The National Committee might carry on a local service provided that they are paid to do so and that there is no local organization to assume responsibility.

One of the earliest and continued interests of the National Committee has been in the field of Immigration. The last few years have seen one racial study completed and another initiated. The need for and the practical value of such studies may be accepted. It should not be forgotten that the National Committee is interested in the selection and examination of immigrants, and that there should be a study made of any proposed changes in the present practice.

These National Committee activities may be classed as Government services because they bring the National Committee into relationship with Dominion, Provincial and Municipal Governments, through whom application of mental hygiene in certain fields is sought. They cover Items 3 to 8 inclusive as enumerated under the present problem of mental hygiene in Canada.

This means that the National Committee is doing something toward solving these six problems, and that, by and large, they may fairly claim a considerable measure of success. In order to continue and improve the service to governments, the following recommendations are made:—

1. That the National Committee continue to provide survey and consultant services to official bodies.
2. That the National Committee prepare a Provincial Programme for Mental Hygiene; this to set up practical standards for the various items of the programme. This would include urban and rural programmes for municipalities and counties. Such a programme would need to be revised at least every five years. It would be desirable to add some system of appraisal to the standards.
3. That when no request for service is received from any province during a period of five years, the National Committee draw

the attention of the province concerned to the services which are available. The conditions in each province should be reviewed at least every five years.

4. That the National Committee continue to promote the establishment of standard records and statistical information for all mental hygiene activities.
5. That diagrams and charts be prepared to enable the visualization of the mental hygiene work in Canada by provinces, for use as a check on conditions, as a record of progress and for educational purposes.
6. That the policy of subsidizing demonstrations for a limited period be continued, with the understanding that they be taken over by official or local bodies.
7. That racial studies be continued, and that consideration be given to any proposed changes in immigration laws or practices.

In amplification of Recommendation 2, it is suggested that the Provincial Mental Hygiene Programme cover and give standards for:—

- (1) Organization and Administration.
- (2) Statistics.
- (3) Mental Hospitals.
- (4) Institutional care of mental defectives.
- (5) Mental Hygiene clinics.
- (6) Provision for the mentally retarded in public schools.
- (7) Mental Hygiene services for social agencies.
- (8) Mental Hygiene safeguards in adoption.
- (9) Mental Hygiene services for courts and penal institutions.
- (10) Parent Education.
- (11) Popular Mental Hygiene instruction.

PUBLIC INSTRUCTION

The National Committee has made possible research and demonstrations in the field of parent education. Public education has been developed and is under the direction of a full-time experienced journalist.

In these ways, the National Committee has dealt with Item 9 of THE PRESENT PROBLEM OF MENTAL HYGIENE IN CANADA.

It may be said that mental hygiene, after giving almost exclusive attention to securing better care for those suffering from mental disease or mental deficiency, became active in the preventive field, which has resulted in mental hygiene's becoming largely a health and educational movement.

Because mental hygiene has a place in all human relationships, it is obvious that all groups whose work is based upon an understanding of human behaviour should have mental hygiene training.

The question is should the National Committee attempt to promote mental hygiene instruction for all, or should the effort be more concentrated, and if so, what groups should be selected, and why?

The arguments for public education are that the National Committee, representing mental hygiene, must have public support to attain their objectives which call for the expenditure of public funds, and so depend upon a favourable public opinion which develops out of an understanding of the problem and the need. There exists a sufficient body of knowledge concerning the factors which are favourable to healthy mental development to justify their presentation to the public. These require frequent reiteration in a manner comparable to the teaching of habits which are fundamental to physical health.

For these reasons, we believe that public instruction should be continued. At present, the public instruction is too isolated, in the sense that the whole burden is left with the Director of the Division of Education.

It has been brought to our attention that a practical and useful service would be provided if the National Committee were to keep public libraries informed as to desirable books, on mental hygiene, for general libraries.

PARENT EDUCATION

The importance of the home as a factor in healthy mental development is accepted. The need for parent education is obvious, and the demand for it exists. It cannot be said, however, that the method and content are established, nor is there any satisfactory proof of the effect of parent education on the parent, or of its value to the child. In other words, parent education is still in the experimental period. It would seem that the National Committee should foster parent education as part of the research programme, setting out to ascertain certain facts which must be known before parent education can be promoted on a large scale. The method and content must be determined, and the value to the child and its effect on the parent appraised. The National Committee has promoted parent education, but have not organized the work in such a way as to allow for cohesion between the leaders in the different centres.

We conclude that parent education should be regarded as a research project rather than as a part of the educational programme. Those who are working in this field should be brought together to learn the results of their past work and to plan a joint programme for the future.

The following recommendations are made covering Item 9 of the problem of mental hygiene in Canada:—

1. That the National Committee continue its programme of public instruction, and that most of those associated with the National Committee participate in this service.
2. That parent education be continued as a research problem.

APPLICATION OF MENTAL HYGIENE

The practical significance of mental hygiene depends upon how extensively mental hygiene may be made an integral part of public services and of professional services which have to do with individuals.

It is well known that failure to secure mental health is commonly a cause of delinquency and crime. Mental hygiene is used to a very limited extent in our legal machinery. Further, it is generally admitted by mental hygienists that they have not succeeded in giving a mental hygiene point of view to leaders in other professional groups.

The National Committee has done something in this regard. Mental hygiene workers have individually influenced a limited number of the professional groups. It is fair to say, however, that there has been no concerted effort on the part of the National Committee to forward the application of mental hygiene knowledge by professional workers, which could only be accomplished by the training of leaders in the various professional groups.

With regard to Items 10 and 11 of THE PROBLEM OF MENTAL HYGIENE IN CANADA, it is recommended:—

1. That the National Committee initiate studies of the practical workings of the professions so as to be in a position to advise the professions—law, medicine, education, etc.—with regard to the practice of mental hygiene principles.

SECTION V

PROPOSED DEVELOPMENTS

The programme of the National Committee is limited by the funds which are at their disposal. The use of funds is largely determined by the donor, who, in most cases, makes his donation for a specific purpose. For that reason, we have not discussed the distribution of funds according to activities, as such distribution may be accepted as being pre-determined. The only change which could be made would be through securing non-designated funds or funds for activities for which, at present, there is comparatively meagre provision.

In the review presented, it has been pointed out that the programme of the National Committee embraces practically all of the items enumerated under the present problem. They are not all covered fully or in equal proportion. This is due to the varying importance attached to the different items and to the funds given for work that is related to particular items.

It is felt that in considering the undertaking of new activities, care must be taken to prevent the work from becoming too diffuse, and that is why there is insistence upon the outlining of definite plans of work with regular reviews of the programme and accomplishments.

It is suggested that consideration be given along one other line—the establishment of mental hygiene upon a sound basis, as part of public health and so supported by public funds.

The future of mental hygiene, in many of its aspects, depends upon its acceptance as an integral part of the work of established public departments. This is particularly true of public health, where mental hygiene should permeate all other hygienes and not be an isolated piece of work.

It has been stated that, in practice, public health is a provincial responsibility. Public health is decentralized in administration; that is, the laws are provincial, but the law places the responsibility of carrying out the law upon the municipality or county.

It is the local administration which is most important in public health, because it is the local administration which, in the final analysis, determine the quality and quantity of public health services.

It is obvious that if mental hygiene is to develop as part of public health, those who are interested in the promotion and the practice of mental hygiene principles must be interested in public health. Therefore, it seems logical for the National Committee to study local health administration, to consider its strength and its weaknesses, the selection of personnel, etc.

Public health is but one of the public services, and in so far as one service must rise or fall with the whole standard of public services, consideration would have to extend to the general field of public administration, but essentially what is suggested is a study of local

public health services with the idea of learning how mental hygiene may be integrated into public health, and the whole standard of service, including mental hygiene, improved.

The National Committee, up to the present, has not had many contacts with local health departments, nor have they had a definite mental hygiene programme to promote in such departments. The result has been that while good results have been achieved in bringing the administration of mental hygiene into the provincial health organization, mental hygiene, as part of public health practice, has not spread to local health departments. The integration of mental hygiene with public health, in Canada, has thus been limited.

Public health services are developing fairly rapidly in Canada, as is shown particularly in the creation of full-time rural health units. The National Committee needs to determine their programme for mental hygiene as part of public health, and, at the same time, to consider the standards of public health service, for it can be expected that mental hygiene will be effective in public health in proportion to the effectiveness of the whole, this in turn being dependent upon the standard of public administration established.

It is futile to expect that mental hygiene will become the influence it should unless it is made part and parcel of many public services—public health, education, law and social welfare. Nor can it be expected that the public will wish to see these public services extended unless confidence in them is established, based upon an existing high standard for public administration.

The best opportunity available, and the one which should be seized is to make mental hygiene an accepted part of the public health services.

It is recommended that

1. The National Committee study public health services in Canada, particularly as they apply to municipalities and counties, with a view to the inclusion of mental hygiene in public health and the raising of standards of official health services.

SECTION VI

FINANCE

Money is required to carry on the work of the National Committee. A great deal of what has been done may be credited to those who, in one way or another, have given of their time and service gratuitously. It is the combination of such voluntary service with paid service that makes for effectiveness; both are required.

During the earlier years, the National Committee was entirely dependent upon the support of a comparatively few generous friends who provided the money required to allow the National Committee to demonstrate the need for mental hygiene and the capacity of the National Committee to contribute toward a solution of that problem.

In the year 1919, the Dominion Government recognized the National Committee by making a contribution of \$10,000.00 for the work. The Dominion Government grant since that year has been as follows:—

1920.....	\$10,000.00
1921.....	10,000.00
1922.....	10,000.00
1923.....	5,000.00
1924.....	10,000.00
1925.....	10,000.00
1926.....	10,000.00
1927.....	10,000.00
1928.....	20,000.00
1929.....	20,000.00
1930.....	20,000.00
1931.....	20,000.00
1932.....	9,000.00

The substantial reduction in the Dominion grant necessitates curtailment in the work of the National Committee. The grant to the Quebec Division has been suspended. It would be desirable, in order to ensure the work's being truly national, that some portion of the Dominion grant be allocated to the Quebec Division.

Whether or not the Dominion Government makes grants to voluntary health agencies is a matter of government policy. As long as the government continues to do so, it would seem reasonable to expect that the National Committee would receive its fair share of such monies as are available for grants.

In this connection, it might be pointed out that no one seriously questions the need for or value of a voluntary national mental hygiene organization. The Dominion Government has not made any provision for mental hygiene in its own health department. The National Committee has secured from American Foundations \$337,500.00

for expenditure in Canada on mental hygiene, and an important influence in securing these funds has been the evidence of interest in mental hygiene by the Dominion Government as shown through the financial support given by the Government to the National Committee.

Grants have been received from the governments of the provinces of Manitoba and Saskatchewan.

The people of Canada owe a real debt of gratitude for the very generous contributions which have been received from the American Foundations and other sources in the United States. These gifts are a tangible evidence of faith in the National Committee. It is not to be expected, however, that grants will be continued from such sources unless reasonable sums are forthcoming from Canadian sources. Indeed, most of these grants have been made, and this is likely equally true of any future grants, on the basis of the securing of a certain percentage of the total here in Canada.

From Canadian sources must come the funds required to maintain the organization and provide services. Grants from other sources will be ear-marked for special activities, and will require to be augmented from Canadian sources.

The manner in which the necessary money is to be raised must be determined by the organization. It is suggested that the Dominion Government and all the provincial governments be fully informed as to the financial needs of the National Committee, and their support enlisted on the basis of service rendered.

The accounts of the National Committee are kept in a regular manner and a proper audit is maintained.

SECTION VII

PRESENT ORGANIZATION IN RELATION TO PRESENT PROGRAMME

The peculiar strength of a voluntary organization lies in its flexibility and its capacity to make changes and adjustments readily. This was particularly true in the case of the National Committee, starting on the uncharted sea of mental hygiene.

A great deal of power has rested in the hands of Doctor C. M. Hincks, the Director, in whom the Board of Directors has had great confidence. Doctor Hincks has not abused the right to act quickly and freely, but has used it to advantage.

It appears that as the programme has now been evolved, the organization might, with advantage, be made somewhat more formal and regular. The following points are commented upon as they seem to be of importance.

The National Committee is fortunate in having as their Director, one who has the confidence of others. In the latter part of 1930, the National Committee of the United States offered Doctor Hincks the position of Director of their organization. The Canadian Committee was equally anxious to retain his services. Finally, it was agreed that he should divide his time between the two organizations for a period of two years.

The advantages to the Canadian Committee are the added prestige of their Director, and a closer association with the American Committee, making for a correlation of the work from which the Canadian Committee benefit. The disadvantage is that the Director spends less time in Canada.

The appointment as medical director (part-time) of a public health physician was made in order to fill the gap partly and to further the promotion of mental hygiene in public health. The creation of a Division of Statistics and Legislation, with a full-time Director, made available another executive at head office.

After the two-year period, which ends with 1932, it is hoped that the Director will be able to give more of his time to work in Canada. If this can be arranged, the following recommendations are submitted:

1. That the Director devote a part of his time to the general direction of the affairs of the organization, and assume the responsibility of securing funds.
2. That the Medical Director act as an associate with the General Director in the affairs of the organization.
3. That the Director and the Medical Director give general direction and supervision to the research programme as determined by the Research Committee, particularly to that part of the programme carried on at Toronto and Montreal respectively.

4. That the Director of the Division of Statistics and Legislation be named Executive Director, and, as such, maintain a general supervision of the work of all divisions and committees, and report to the Director any failure in function on the part of a division or committee.

It is noted that annual meetings of members are not held regularly. Committees have become inactive because of the fact that their membership is scattered and, for financial reasons, it is difficult to bring the members together. Further, these committees have not been required to report at any stated time, as the Executive Committee and Board of Directors have met infrequently.

It is noted that specific problems have not, as a rule, been referred to committees, and that committees have not been provided with secretarial services.

Minutes of meetings should be kept for reference, and this has not been done regularly. An Annual Report has not been published.

It would be most desirable to have an annual report and permanent records of all other reports and publications. These should be kept and bound each year, so as to be readily available and to prevent their being lost or destroyed.

General experience would indicate the desirability of having permanent committees for each of the major items of the programme. Committees must have something to do and be required to report at stated times, or they die. In order that committees may function, a nucleus must be located at one point, with a sufficient number of members to do the work, outside members to be corresponding members. Committees to be most effective require secretarial service.

It is recommended that committees be appointed (see proposed organization) with a membership made up of professional workers and members of the corporation; that each committee have a nucleus of members at one centre sufficient to carry on the work; that all problems arising in the field of work of the committee be referred to that committee; that committees report formally at stated times; that secretarial services be provided and minutes kept.

The relationship between the National Committee and the official and voluntary agencies appears to be satisfactory. It would be desirable that the relationship between the National Committee and other organizations be, as far as possible, between the two offices rather than with individuals. This might be drawn to the attention of mental hygiene workers and they be requested to work through the National Committee in their relationships with other organizations when it is practical to do so.

It is noted that the National Committee is not affiliated with the Canadian Medical Association. It is recommended that there be such affiliation, and also that the National Committee take out an organization membership in other national organizations with which the work of the National Committee is related. This would give the National Committee an official status and representation.

SECTION VIII

PROPOSED ORGANIZATION

In order to carry out the recommendations made, and to strengthen the organization so as to enable it to meet the responsibilities assumed, the following plan of organization is submitted for consideration:—

1. *Members.*—The membership list to be reviewed and a new list submitted to the next annual meeting. A report on membership to be made each year by the Executive officer for submission to the annual meeting.
2. *Board of Directors and Officers.*—To be continued as at present.
3. *Executive Committee.*—To be continued as at present, excepting that a regular quarterly meeting be held.
4. *Finance Committee.*—To be continued as at present.
5. *Four permanent committees.*—These to be appointed by the Board of Directors or the Executive Committee, with power to add to their numbers and to appoint such sub-committees as they may deem advisable.
6. *The permanent committees to be:*—
 - A.—Education Committee;
 - B.—Research Committee;
 - C.—Service Committee;
 - D.—Public Administration Committee.
 - A.—*Education Committee.*—To be responsible for the educational and publicity work, including publications, of the National Committee; professional, parental and public education. To report at least twice a year on the programme and accomplishments to the Executive Committee. To submit to the Executive Committee any recommendations they may wish to make. To report direct or through the Executive Committee to each annual meeting.
 - B.—*Research Committee.*—To be responsible for the organization and supervision of the research work financed or directed by the National Committee. To report at least twice a year on the research programme and the work done to the Executive Committee. To submit to the Executive Committee any recommendations they may wish to make. To report direct or through the Executive Committee to each annual meeting.
 - C.—*Service Committee.*—To be responsible for all matters touching on the services of the National Committee, such as surveys, provincial mental hygiene pro-

grammes, statistics, legislation and immigration. To report to the Executive Committee, at least once a year, the results of their deliberations, and to submit any recommendations they may wish to make for consideration. To report direct or through the Executive Committee to each annual meeting.

D.—*Public Administration Committee*.—To be responsible for a study of public administration with particular reference to municipal and county public health administration. To report at least twice a year to the Executive Committee on the progress of the study. To report direct or through the Executive Committee to each annual meeting.

7. *Executive Officers*.—The following executive officers to be appointed:—

A.—Director;

B.—Medical Director; Associate Medical Directors;

C.—Executive Director;

D.—General Secretary.

8. *Divisions*.—The work of the organization to be divided into the following eight divisions:—

Responsible to the Executive Committee and Officers:

A.—*National Office*. Under the Director, the General Secretary to have immediate charge of national office routine, including secretarial and accounting work.

Responsible to the Service Committee:

B.—*Surveys*. Including consulting and allied services under the Director.

C.—*Statistics and Legislation*. Under the Executive Director.

D.—*Immigration*. Under the Director of the Division.

E.—*Quebec*. Under the Director of the Division.

Responsible to the Research Committee:

F.—*Research*. Under the Director.

Responsible to the Education Committee:

G.—*Education and Publicity*. Under the Director of the Division.

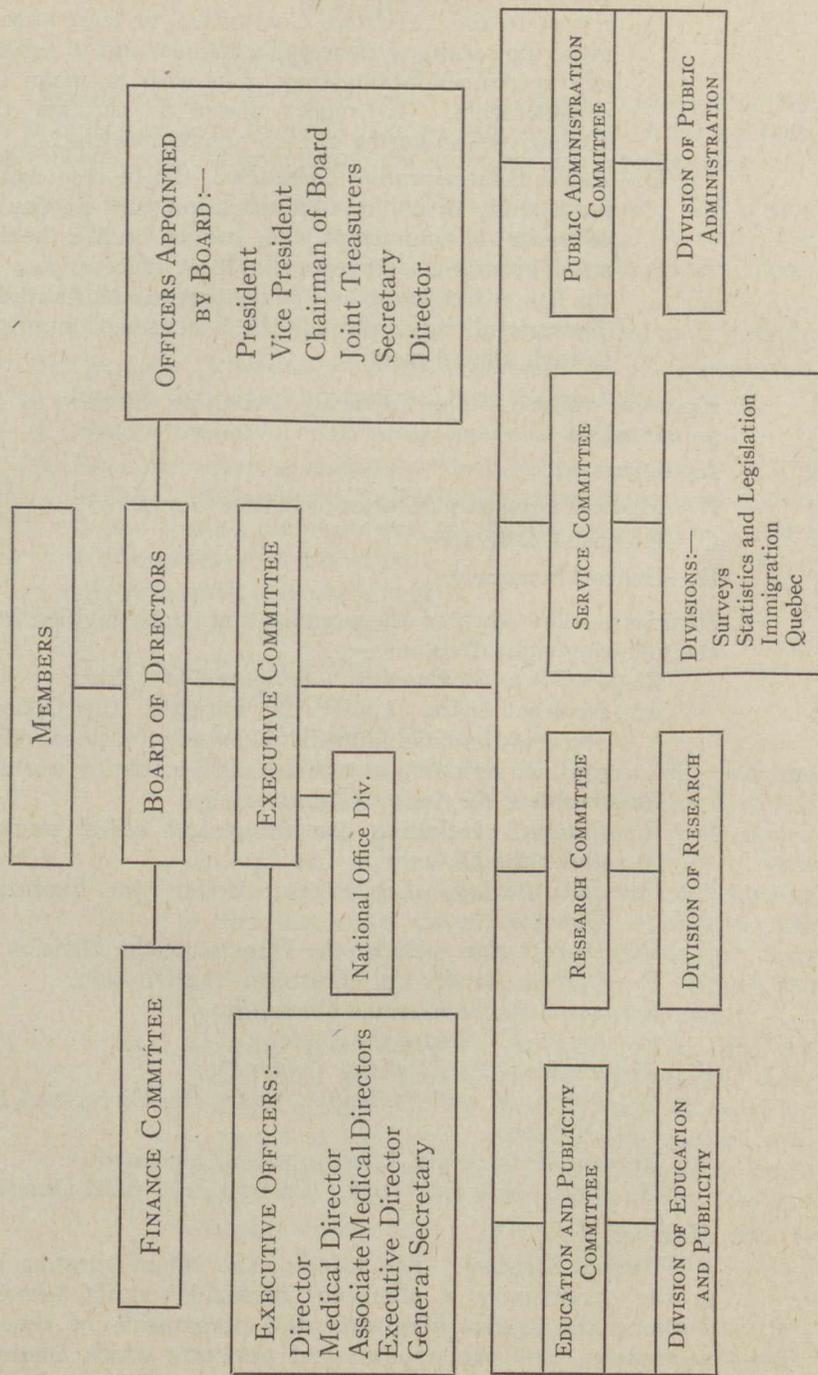
Responsible to Public Administration Committee:

H.—*Public Administration*. Under the Medical Director.

9. *Meetings*.

Annual Meeting. The value of the annual meeting lies in the opportunity it offers for personal contact between workers, the stock-taking that the preparation of reports necessitates, and the impetus and publicity which emanate from the meeting.

PROPOSED ORGANIZATION



The cost of travel is a barrier to having such meetings widely representative. Consideration might be given to holding the annual meeting in connection with those of other national organizations.

It would seem highly desirable to publish an annual report which would serve to inform members, subscribers and other interested persons as to what the National Committee is doing.

SECTION IX

CONCLUSIONS AND RECOMMENDATIONS

In the course of this survey, certain conclusions were reached and recommendations made. These appear throughout the report under the various headings. We have here assembled, for convenience, what may be considered the major findings of the survey.

CONCLUSIONS:

1. There exists in Canada a need for mental hygiene, which is expressed by the 25,893 cases in mental hospitals, the large number of mentally deficient and mentally retarded individuals, and the lack of mental health as evidenced by failure in adjustment which is reflected in delinquency, crime and personal unhappiness.
2. There is need for a national voluntary organization in mental hygiene to give leadership in this field of work in Canada. A national voluntary organization has the necessary prestige and influence to do this, and, in addition, has the added great advantage of being removed from local entangling relations.
3. The National Committee has succeeded in establishing themselves as the recognized authority to whom official departments may look for guidance in their mental hygiene problems.
4. A satisfactory relationship exists between the National Committee and the official and voluntary health agencies.
5. The present problem of mental hygiene in Canada is:—
 - I.—Education—
 - (a) Training of mental hygiene leaders;
 - (b) Training of professional groups in mental hygiene.
 - II.—Research in mental hygiene.
 - III.—Adequate accommodation and treatment of a high standard for all who are suffering from mental disease.
 - IV.—Adequate accommodation, with humane care and training, for the mentally deficient.
 - V.—Adequate accommodation, with humane care and training, for epileptics and for those suffering from other forms of mental and nervous disability.
 - VI.—Adequate community facilities for the care of non-institutional cases.
 - VII.—Special classes in schools for the mentally retarded.
 - VIII.—Standards for selection of immigrants.
 - IX.—Mental hygiene instruction of the public.
 - X.—Application of mental hygiene to criminals, courts of law and penal institutions.

XI.—Application of mental hygiene in professional work.

6. The National Committee is dealing with the items which have been set down as the present problem, but no concerted effort has been made with regard to
 - (a) The application of mental hygiene to criminals, courts of law and penal institutions;
 - (b) the application of mental hygiene in professional work.
7. It may be fairly stated that the National Committee has materially contributed to securing the following:—
 - A.—The training of mental hygiene leaders.
 - B.—Raising the standard of instruction for professional groups in universities.
 - C.—Studies in the field of Parent Education.
 - D.—Public education in mental hygiene.
 - E.—Establishment of mental hygiene research in co-operation with universities, leading to a better understanding of child behaviour and development.
 - F.—Stimulation of provincial governments to provide better and more adequate facilities for the care and treatment of mental diseases and mental deficiency.
 - G.—Provision of special classes for the mentally retarded in the school systems.
 - H.—Establishment of occupational therapy and social service in mental hospitals.
 - I.—Establishment of mental hygiene clinics as part of a programme of prevention.
 - J.—Provision of standard records for mental hospitals.
 - K.—Higher standards and better methods for the selection of immigrants.
8. The selection of suitable immigrants is a major factor in determining the future welfare of Canada.
9. The future of mental hygiene, in many of its aspects, depends upon its acceptance as an integral part of the work of established public services, such as public health, education, law and social welfare. This is particularly true as regards public health.
10. The National Committee, on the basis of services rendered to official bodies, is entitled to share in the monies voted by governments to voluntary health agencies.
11. The accounts of the National Committee are regularly audited, which is particularly important in view of the large sums of money involved, such as \$337,000.00 received from American Foundations.

12. The Canadian people owe a debt of gratitude to the American Foundations for their generous contributions, through the National Committee, to the support of mental hygiene in Canada.

RECOMMENDATIONS:

1. That the National Committee promote the training of mental hygiene leaders, and under-graduate instruction for professional workers; and that they give particular consideration to instruction to under-graduates in medicine, to nurses and teachers in training, and to physicians and nurses who are preparing for public health work.
2. That the research programme be organized on a Canada-wide basis.
3. That the National Committee provide survey and consultant services to official bodies.
4. That the National Committee prepare a provincial programme for mental hygiene.
5. That the National Committee promote the establishment of standard records and statistical information.
6. That racial studies be made, and consideration given to immigration laws and practices.
7. That public instruction in mental hygiene be continued.
8. That Parent Education be continued as a research problem.
9. That the National Committee initiate studies of the practical workings of the professions, so as to be in a position to advise the professions—law, medicine, education, etc.—with regard to the practice of mental hygiene principles.
10. That the National Committee study public health services in Canada, particularly as they apply to municipalities and counties, with a view to the inclusion of mental hygiene in public health and the raising of standards of public administration.
11. That the Dominion Government and all the provincial governments be fully informed as to the needs of the National Committee and their financial support enlisted on the basis of services rendered.
12. That the National Committee allocate some portion of the Dominion grant to the Quebec Division.
13. That the relationship between the National Committee and other organizations be, as far as possible, between the offices rather than with individuals.
14. That the National Committee become affiliated with the Canadian Medical Association.

15. That the following changes in organization be considered:—
- (a) Provision of four permanent committees:—
 - A.—Education Committee;
 - B.—Research Committee;
 - C.—Service Committee;
 - D.—Public Administration Committee.
 - (b) Appointment of an Executive Director.
 - (c) The organization to be made up of the following eight divisions:—
 - (1) National Office;
 - (2) Surveys;
 - (3) Statistics and Legislation;
 - (4) Immigration;
 - (5) Quebec;
 - (6) Research;
 - (7) Education and Publicity;
 - (8) Public Administration.
16. That the annual meeting of members be held regularly, and that an annual report be published.

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