

our life-time the death-rate has fallen from 22 per thousand to 12, and that the expectation of life has risen from 40 years to 55? The people of this country and of this generation have, through medical science, experienced in their own persons the fulfilment of the promise conveyed by the Prophet Isaiah to the dying Hezekiah: "I have heard thy prayer, I have seen thy tears: I will add to thy days fifteen years."

In conclusion, recoveries are effected by magical methods, by religion, by charlatanism, and by nostrums. The importance of these is not to be minimized because they occur in minor ailments, for once a neurosis or other illness has begun, no one can foretell how serious the end-results may not be. The medium of cure in all these cases is the mind. The body cannot get away from it any more than the body can escape the action of the force of gravitation. Its power is great both as a causative and a curative agent. It can produce organic changes; it can hasten or retard recovery.

In the next place, at the beginning of the Christian era the science of medicine was in its infancy among the Jews, who believed that disease was directly inflicted by God, or caused by evil spirits. In this, the twentieth century, can science accept such primitive pathology? The sphere of the Church is spiritual and moral; and the clergyman is honoured in every household and welcomed in times of sickness and sorrow. But the healing of the sick is a sacred trust of the physician, as absolutely so as the study of the heavenly bodies in their courses is the sphere of the astronomer, although Science can never forget that the Church did not concede even this point till Galileo had suffered.

In the last place, the most valuable asset of the physician is personality. Its influence in sickness is mental healing, and it is of greatest value when trained and directed. The methods of employing such healing are infinite, for they vary with age and sex, with race and religion, and with circumstances.

Unquestionably, you, who have graduated to-day, are members of the only class fit to be trusted with the exercise of these great powers of healing. Your Alma Mater relies upon you because she knows that you possess a knowledge of the science of medicine, and because you follow the highest ideals of professional conduct. The superstitious and the ignorant are drawn, as by a magnet, into the pitfall of charlatanism.

Although you have passed no professional examination on this subject, you all have within you a psychic influence more powerful to relieve and more helpful in sickness than all the drugs in the British Pharmacopœia. This magical force is personality. It is this possession that makes medicine greater than a science. Go forth and use it wisely.

THE NATIONAL COUNCIL FOR MENTAL HYGIENE.

SECOND ANNUAL REPORT OF THE COUNCIL, 1924-1925.

[An extract.]

In our first report brief mention was made of the initial work of the Council, which consisted mainly of the framing of bye-laws in order to establish the working arrangements of the Council. Under the articles of association the affairs of the Council were left entirely in the hands of an elected Committee of Members with power to delegate all or any of its powers to subsidiary Committees.

It was felt that the General Committee, meeting as one body, could not conveniently undertake the work of the Council, and that the wide field covered by the aims and objects of the Council would call for the setting up of appropriate sub-committees, composed of members with special knowledge and interest in the various sections of the Council's work.

Furthermore, the Council, to be truly national, should aim at embracing the whole country, and not be merely a metropolitan body with its offices and meetings in London. It was necessary, therefore, to set up machinery for the formation of local branches in the provinces, which would ultimately become the roots of the Council and form a network of endeavour for the furtherance of mental hygiene throughout the country, bringing the influence of the Council into the homes of the people.

So far one local branch only has been founded, but efforts in this direction are being made in other districts.

Bye-laws defining the duties and responsibilities of the various officers of the Council were also necessary.

We are glad to report that so far these bye-laws have proved admirable for the purpose for which they were framed, and the work of the Council has proceeded smoothly and efficiently.

Considerable spade-work has been done by the three sub-committees set up in accordance with the bye-laws, and their reports cover in a large measure the activities of the Council during the year.

Some record, however, is called for regarding the work of the Council as a whole, of its General and Executive Committees and of individual members.

Meetings.—The Second Ordinary General Meeting was held at the Rooms of the Federation of Medical and Allied Services, 12, Stratford Place, London, W. 1, on Wednesday, September 24, 1924, at 5 p.m.

Two meetings of the Committee were held during the year, six of the Executive Committee, eleven of Sub-Committee No. 1, five of Sub-Committee No. 2, eleven of Sub-Committee No. 3, and three of the Sub-Committee for Propaganda and Collecting Funds.

A public meeting took place at the Concert Hall at Liverpool on October 23, 1924, at 3.30 p.m., the Lord Mayor presiding. Unfortunately the meeting took place in the week before the General Election, and consequently the attendance was not as large as it might otherwise have been. The speakers were: Sir Maurice Craig, Mr. J. G. Legge—ex-Director of Education—Canon C. E. Raven and Miss Bevan. Sir Leslie Scott had hoped to be present, but was unavoidably prevented.

At 5.30 p.m. there was a meeting for teachers, which was well attended. The speakers were Mr. Dingwall Fordyce and Sir Maurice Craig. Much interest was shown and many questions asked.

On the following day Sir Maurice Craig addressed a meeting of medical men, about sixty being present.

Although no resolutions were put at any of the meetings, the opinion generally expressed was that there ought to be a branch of the Council in Liverpool, and this has since been formed. The Council would like to put on record how much they are indebted to Dr. W. Johnson for his work in organizing the meetings and in connection with the formation of the Liverpool Branch.

Dr. Eleanor Kemp, First Vice-President, New York League of Mental Hygiene for Children, gave two lectures under the auspices of the Council to the Hospital Almoners' Association at Denison House, Vauxhall Bridge Road, London, S.W.

Dr. A. Helen Boyle has addressed various meetings during the year on behalf of the Council, among others two at Leeds, one at Watford, one at Berkhamsted and one at Dorchester.

Dr. Doris Odium has also addressed meetings at Ashford, and the Archbishops' Advisory Board Conference at Swanwick; she also spoke before the Rescue and Preventive Sectional Committee of the National Council of Women in London on "The Need for Early and Preventive Treatment of Mental Disorder."

Royal Commission on Lunacy and Mental Disorders.—On intimation being received from the Royal Commission on Lunacy and Mental Disorders that it would be pleased to hear evidence from the Council, the Executive Committee allotted the task of preparing *précis* of evidence to the appropriate sub-committees. These were later considered by the Executive Committee and combined in a single document, which was passed at the General Committee meeting held on April 23, 1925.

Evidence was given on behalf of the Council on May 22, 1925, by Dr. E. Farquhar Buzzard (witness-in-chief), Dr. H. Crichton Miller and Dr. Reginald Worth.

Ninth International Prison Congress.—Dr. W. A. Potts, Dr. E. A. Hamilton-Pearson and Mr. W. Clarke Hall represented the Council at the Ninth International Prison Congress, held in London in August, 1925.

Criminal assaults on young persons.—A memorandum by Dr. W. A. Potts was presented on behalf of the Council to the Home Office Committee on "Criminal Assaults on Young Persons."

Sub-Committee memoranda.—We also publish the following memoranda, which have been prepared in connection with the work of the sub-committees:

Sub-Committee No. 1: *On the Treatment of Patients Suffering from Neuroses, Psycho-Neuroses and Psychoses*, by the late Dr. R. G. Rows and Dr. W. Dallas Ross.

Sub-Committee No. 3: *On the Probable Causes of Mental Defect and Suggestions for dealing with them*, by Dr. W. A. Potts and Dr. E. A. Hamilton-Pearson.

The following Memoranda are still *sub judice*: *On the Future Scientific Investigation of the Causes of Mental Defect*, by Dr. Neill Hobhouse and Dr. H. Frieze Stephens.

Idem, by Dr. Neill Hobhouse, Dr. Hamilton-Pearson and Dr. H. Frieze Stephens.

International Congress.—The Council gave its adhesion to the proposal to hold an International Congress of Mental Hygiene Organizations in New York in 1926. Unfortunately the Committee in America, who are organizing the Congress, have not as yet been able to arrange the financial details, so the project has had to be postponed.

Changes in membership.—At the beginning of the year there were 183 full members and 32 associate members.

During the year 15 full members and 2 associate members joined the Council.

The Council lost by resignation 14 full members and 7 associate members, and by death 3 full members.

The Council heard with much regret of the death of Dr. R. G. Rows, a prominent pathologist and psychiatrist and an original worker and teacher of great eminence. He had identified himself whole-heartedly with the aims and objects of the Council and had devoted much time and energy to the work of Sub-Committee No. 1.

The need for further financial support.—The income of the Council is barely sufficient to meet the everyday expenses of its office and the clerical work in connection with meetings, etc., and the expansion, and possibly the survival of the Council's activities, depends entirely on further financial support being forthcoming.

Funds are urgently needed to carry on the work of the Council in all its aspects.

Among the more immediate projects are:

- (a) The appointment of a paid medical director.
- (b) The publication of a monthly bulletin.
- (c) The broadcasting of mental hygiene literature.
- (d) The organization of popular lectures on subjects connected with mental hygiene.
- (e) The holding of special meetings of the Council to hear papers, partake in discussions, etc.
- (f) The preliminary financing of local branches.
- (g) The organization of research work, especially as regards the causes of mental deficiency.

Donations can be ear-marked for any special purpose within the aims and objects of the Council.

Finance, 1924-1925.—The Council again has to express its thanks to Dr. A. Helen Boyle for continuing to guarantee the rent of the Council's office.

The following have generously given sums of over £20 during the year: H. Aron, Esq., £150; Mrs. Knowles (*in memoriam* A. K.), £25.

The Secretariat.—Many applications for advice have been received, both personally at the offices of the Council and by letter, chiefly in regard to the accommodation and treatment of cases of incipient insanity. Although medical advice could not be given, it has been possible, subject to the medical attendant's approval, to supply useful information as to the best course to be pursued to obtain the necessary care and treatment.

During the year, with the increasing activity of the Council, there has been a great increase in the clerical work of the Secretary. In addition to the routine correspondence, it falls to her to type all the agendas, minutes and official correspondence of the Committees and various Sub-Committees. What this entails can be gathered from the reports of these Committees. The Council feel fortunate in having obtained the services of a zealous and efficient Secretary, who has shown herself entirely devoted to the welfare of the Council.

Acknowledgments.—The Council record their thanks to the Honorary Officers for their services during the year. Their labours are essential to the existence of the Council. More especially do the Council wish to express their gratitude to the Honorary Solicitors, Messrs. Charles Russell & Co., and to the Honorary Auditors, Messrs. Blackburns, Barton, Mayhew & Co.

In conclusion the Council feel that the year covered by this report has been satisfactory, in so far that it has witnessed a considerable extension of its sphere of

activities, and a steadily increasing recognition of its aims and objects by a wider public. Much more, however, remains to be done.

COURTAULD THOMSON,

Chairman.

JAMES LEATHAM BIRLEY,

JOHN R. LORD,

Joint Honorary Secretaries.

[Full copies of the Report, with several important appendices, can be obtained on application to the Secretary to the Council, Room 55, Windsor House, Victoria Street, Westminster.—Eds.]

MENTAL PROPHYLAXIS SERVICE OF THE SEINE DEPARTMENT, PARIS.

WE have received an interesting account from Dr. Edouard Toulouse, an Honorary Member of the Association since 1901, of the work in connection with the mental Clinic in the Seine district which was started in 1922 and has been organized on similar lines to the Maudsley Hospital. Dr. Toulouse, of Sainte Anne Asylum, is Director of the Clinic, which is, however, administratively independent of the asylum, and directly associated with the out-patient department of the Paris Medical School under the direction of Prof. Henri Claude. The Clinic has been opened and developed by the Council General of the Seine, thanks to the unflinching initiative of M. Henri Rouselle, President of the Commission for Assistance.

In the out-patient department patients are seen daily, and there are full facilities for medical and surgical examinations by specialists. The department is under the direction of the asylum and hospital physicians. The consultations are free, but are reserved for inhabitants of Paris and the Seine district. The work is growing rapidly; there are no less than 30 patients to be examined every day, and 8000 patients have been treated in the department. In connection with the clinic there are pathological laboratories affording full facilities for modern methods of biological investigation.

There are separate pavilions for men and women, and the wards contain dormitories for quiet patients, and rooms for those who need temporary isolation and for those who are placed under observation until medico-administrative decision has been adopted in regard to them; this decision cannot be taken until all tests and inquiries into the case have been made. An atmosphere of comfort and cheerfulness has been obtained, thanks to inexpensive contrivances, such as a tasteful selection of paintings and furniture, some of which are gifts, and arranged according to the advice of generous decorators and artists.

There is a Social Service Department, which is headed by the physicians, and functions through trained social workers. Supervision of the cases in the out-patient department and of former patients who have been discharged from the hospital is undertaken. This service undertakes, also, the ascertainment of psychopathic patients in the various city centres, schools and factories. A visiting system has been planned for patients who have been brought to the attention of the service but who cannot attend at the out-patient department. This part of the service is of considerable value, and becomes more necessary every day. Financial help is also afforded to the needy through the medium of the various charitable organizations. Dr. Toulouse points out that by means of this "open" clinic care and treatment is effected without restrictive measures. Its directing principle is the preservation of individual freedom, for legal measures are only used when it is found necessary after testing, observation, inquiries and reports of social workers. He anticipates that the number of legal commitments will be constantly diminishing with the development of clinics of this kind.

EDUCATIONAL NOTES.

The Maudsley Hospital, Denmark Hill, S.E. 5 (University of London).—Lectures and Practical Courses of Instruction (under the direction of Sir Frederick Mott) for a Diploma of Psychological Medicine. Course IX, 1926.