

# SCIENCE

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## THE ORIGIN, GROWTH AND SIGNIFICANCE OF THE MENTAL HYGIENE MOVEMENT<sup>1</sup>

By Dr. WILLIAM A. WHITE

SUPERINTENDENT OF ST. ELIZABETH'S HOSPITAL, WASHINGTON, D. C.

OF the many mixed feelings with which I greet you, that which is uppermost at the moment is that at some day in the future, perhaps not far distant, those who follow us will look back upon this occasion and realize that it was a historic moment in the development of the movement for mental health. I myself personally have faith that this is so, and I have no doubt that many of you also have that same faith. Certainly those of you who have come from far distant lands must feel that this cause which we represent is one of no small moment.

It is fitting that this congress should have been so arranged as to open on this day, the sixth of May, which is the twenty-second anniversary of the formation of the first mental hygiene society in the world—

<sup>1</sup> Presidential address delivered at the First International Congress on Mental Hygiene, Washington, D. C., May 6, 1930.

the Connecticut Society for Mental Hygiene, about the origin of which you have already heard. It is significant that the same group that was responsible for this Connecticut society a few months later—namely, in February of the following year—brought into existence the National Committee for Mental Hygiene, and thus almost at once gave the mental hygiene movement a national complexion. And now at the end of these twenty-two years mental health has become of international significance and this congress is the outstanding indication of the spread of the mental hygiene movement over the face of the earth.

As you have just heard Mr. Beers say, this afternoon the Organizing Committee of the International Congress had its meeting in the Academy of Sciences Building and created an International Committee for Mental Hygiene, thus making this international move-



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Ash .....	.59	Ether-soluble .....	.20
Calcium .....	trace	Nitrogen;	
Nitrogen .....	13.66	water, fat, ash-free	15.44

(cf.—Osborne & Harris, Jr. Am. Chem. Soc., 25-IV, 346)

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