prolonged attacks of encephalitis with neuritic or, more frequently, poliomyelitic symptoms. It is often followed by some mental reduction.

These various forms may give rise to secondary psychopathic changes, especially in children. These have shown, for several months after their attacks, lack of interest, difficulty in memorizing, and general inaptitude with lessons. In addition to this there is a permanent change in character and temperament. The prognosis is not good in such cases.

Too little is known of the pathological anatomy and of the bacteriology of these conditions to allow of a clear interpretation of the cases. At present it is only possible to speculate as to where the primary trouble is—whether the disorder is in the brain itself, or if it is secondary to some pathological change elsewhere in the body which reacts upon the brain.

HUBERT J. NORMAN.

TREATMENT.

[149] Some aspects of mental hygiene.—E. Farquhar Buzzard.  

The writer includes under the term of mental hygiene all measures which aim at the prevention of mental disorders, whether they are in the nature of neuroses, psychoneuroses, or psychoses. Its growth must be promoted: (1) By no longer misnaming mental disorders as nervous. It is necessary to tell the patients that their symptoms are mental and that these disorders are of everyday occurrence. (2) By getting rid of the confusion between ethical and medical principles as they affect health. (3) By teaching elementary principles of psychopathology and psychotherapy to students so that the general practitioner may take a prominent part in maintaining the mental health of individuals. He alone is able to detect which child in a family is finding difficulty in adaptation to the realities of life, or whether a threatening neurosis or psychosis is due more to inherent defects in the child or to external causes. (4) By obtaining general recognition for the multiplicity of factors concerned in producing mental as well as other disorders. The condition of the teeth, the lower bowel, the ductless glands, etc., may play a part in the production of mental disorder as well as the inherent constitutional factor and mental conflicts. (5) By giving due prominence to fatigue as a factor in psychopathology and to rest in psychotherapy. (6) By encouraging education in thinking as an important preventive measure.

The importance of psycho-analysis and other psychotherapeutic measures in the understanding prevention, and treatment of mental disorders is emphasized.

C. W. Forsyth.

[150] Recreation for mental cases.—R. F. L. Ridgway.  

The main object of recreation is to divert the mind of the patient from any morbid thoughts, feelings, or habits into more healthful channels, so that his life, as a whole, may be influenced beneficially. The forms of recreation may be said to fall roughly into two classes, those in which there
is a necessity for some effort, some degree of initiative, some attempt to control and fix the attention, and those in which none of these efforts are required. The first of these are undoubtedly of much greater value than the latter. They may again be divided into those activities in which there is no end-product from a utilitarian standpoint except physical health, such as in all games and exercises, and those in which something definite has been accomplished, something of value which tends to increase the patient's self-respect by making him feel that he is of some use in the world. All forms of entertainment have their value. The idle class, the unsociable, the dirty and destructive, the demented and those who are becoming so, have to be provided for. Two distinct lines are being followed—physical exercises and games under a physical therapist, and occupation under a vocational teacher. The instinct of play is the most useful of all instincts in reaching patients, because of the accompanying pleasure and of the stimulating effect and the instinct of rivalry which is called out.

Probably the most useful therapeutic measure is that of the industries and the arts and crafts. The greatest good is not accomplished until we have our patients at something useful. A variety of occupations should be in vogue to suit different capacities, and to ensure that something may be found to interest each patient, in order that no one may be compelled to work too long at one thing and so lose interest in it. Almost all classes of patients can be helped, and often in certain ways the destructive tendencies of some may be diverted into useful channels. The author gives brief details of many suitable occupations in institutions, and he points out that, when occupied, the patients are not only more contented, but they are less destructive, they deteriorate less rapidly, and in the so-called 'cureable' cases convalescence is hastened. It is just as needful to provide recreation as it is to provide food and clothing.

C. Stanford Read.