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THE NATIONAL COUNCIL FOR MENTAL HYGIENE

(INCORPORATED)

TWENTY - FIRST

ANNUAL REPORT

FOR THE YEAR

APRIL 1st, 1944 to MARCH 31st, 1945



39 QUEEN ANNE STREET - LONDON, W.1

Telephone: WELbeck 1272

THE NATIONAL COUNCIL FOR MENTAL HYGIENE

(Incorporated)

President H.R.H. THE DUCHESS OF KENT

Chairman

THE RT. HON. LORD ALNESS, P.C.

Vice-Chairman:

Hon. Treasurer:

A. HELEN BOYLE, M.D.

MISS GORDON HOLMES

Hon, Secretary: Doris M. Odlum, M.A., M.R.C.S., L.R.C.P., D.P.M.

Members of the Committee

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J. A. HADFIELD, M.A., M.B., CH.B

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*Alan Maberly, M.A., M.B., B.Ch. MURDO MACKENZIE, M.D., M.R.C.P.

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*Lois Munro, M.B., B.S., M.R.C.S., L.R.C.P.

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RALPH NOBLE, M.B., CH.M., M.R.C.P., D.P.M.

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WALTER F. ROCH, ESQ.

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THE RT. HON. LORD SOUTHBOROUGH, G.C.B., G.C.M.G., G.C.V.O., K.C.S.I.

*H. C. SQUIRES, C.M.G., M. D., F.R.C.P.

H. FREIZE STEPHENS, M.R.C.S., L.R.C.P.

AMY M. THOMS, M.D., M.R.C.P.

*ALFRED TORRIE, M.A., M.B., CH.B., D.P.M.

*F.D. TURNER, C.B.E., M.B., M.R.C.S., L.R.C.P.

* Members of the Executive Committee. (The Officers of the Council are ex-officio Members of the Executive Committee.)

Hon. Solicitors: Messrs. Charles Russell & Company

Hon. Auditors: Messrs. Barton, Mayhew & Company

Bankers: Westminster Bank Limited, 1 Cavendish Square, London, W.1 Secretary: Miss M. de Vere Hunt



ANNUAL REPORT OF THE COUNCIL

April 1st, 1944-March 31st, 1945

H.R.H. The Duchess of Kent

The Council was honoured by the presence of the Duchess of Kent, President of the Council, at a special meeting held at Manson House, 26 Port-

land Place, W.1., on April 26th, 1944. Her Royal Highness was welcomed by Lord Alness, Chairman, by the Officers and also by members of the Committee and of the Council, and subsequently heard an address by Dr. Helen Boyle, Vice-Chairman, on the work of the Council and the Mental Hygiene movement. This was followed by a presentation of the psychological film "Fear and Peter Brown", which the Council had helped to produce.

As members will recall, under the scheme for provisional amalgamation, the work hitherto carried out by the Council, including its educational activities, is in the main now undertaken by the Provisional National Council for Mental Health. In this connection it also has at its disposal the services of the Secretary of the National Council for Mental Hygiene, who, as in the case of the staff of the two other constituent organizations, is seconded to the provisional Body. The Provisional Council issues separate reports to which members are referred for an account of these activities. Special reference must be made to the valuable help given by Dr. H. Crichton-Miller who organized further courses of public lectures for the Provisional Council. Two series of ten weekly lectures on "The Psychology of Frustration and Fulfilment in Adult Life" were arranged by him and held during the autumn of 1944 at the Caxton Hall, London, and at Friends' Meeting House, Birmingham. These lectures, at which there was an average attendance of nearly 400 at each meeting, were even more successful than those held in the previous year and which dealt with the same subject but in relation to childhood and adolescence. The Council wishes to record its deep appreciation of Dr. Crichton-Miller's generous help in promoting one of the foremost aims of the Council by bringing expert knowledge and guidance to the general public.

The Council's representatives on the Provisional Council during the period under review, in addition to the Vice-Chairman, Dr. Helen Boyle, the Hon. Treasurer, Miss Gordon Holmes, and the Hon. Secretary, Dr. Doris Odlum (also Joint Hon. Secretary of the Provisional Council) were:—

Dr. J. A. Hadfield, Dr. Lois Munro, Prof. Aubrey J. Lewis, Dr. H. C. Squires.

The following members of the Council served on the various functional Committees of the Provisional Council during the year:—

Mr. A. Appelbe, Dr. Alexander Baldie, Miss S. Clement Brown, Dr. Stella Churchill, Dr. R. H. Crowley, Dr. Letitia Fairfield, Dr. J. Tylor Fox, Dr. W. J. T. Kimber, Mr. C. A. Roberts,

Miss F. H. Tosh, Dr. F. Douglas Turner, Dr. Henry Wilson and the Lady Worsley-Taylor.

Reference was made in our last Report to the resolution passed by the Council's Executive Committee in regard to the complete amalgamation of the National Council for Mental Hygiene, the Central Association for Mental Welfare and the Child Guidance Council in accordance with the principle of the Feversham Committee Report and the constitution of the Provisional National Council for Mental Health. The resolution was adopted by the governing bodies of all three organizations concerned, and during the period under review the Provisional Council drew up a draft scheme of amalgamation which was submitted to the constituent Associations. The scheme was considered in detail by the General and Executive Committees of the Council, which met on an average every two months during the year. At the time of writing this report, the draft Memorandum and Articles of Association of the new Body had been considered by Counsel and were being submitted to the Board of Trade, together with an application for Incorporation under the Companies Act. It is expected that a meeting of the Council will be convened at an early date to pass Resolutions on the winding up of the Council on the formation of the amalgamated Association.

The "Lord" Memorial The Selection Committee appointed by the **Essay Competition** Council chose as the subject for the Essay Prizes for the 1944 Competition (open to all certificated mental nurses of the rank of staff, charge, or chief charge, employed in Mental Hospitals of the United Kingdom and Northern Ireland) "The Nurse's part in helping the newly admitted patient to settle down ", 57 candidates competed, and the awards were as follows: First Prize, £3, 3, 0 and a medal, awarded to Sister A. M. Rose, Mapperley Hill Hospital, Nottingham; Second Prize, £1. 1. 0, awarded to Staff Nurse James F. Wright, R.M.N., Herrison Hospital, Dorchester. By agreement with the Society of the Crown of Our Lord (who founded the Competition and handed over its administration to the Council), the Selection Committee will in future be augmented by a representative from the Society who will also have power to nominate a chaplain of a mental hospital, or a medical member, to serve on the Committee.

The Mental Health of Nations

The Committee appointed by the Council to consider proposals for utilizing the anonymous donation of £110 received "for the promotion of

thought and understanding towards the betterment of the mental health of nations, and the prevention of economic and military struggles," made approaches to certain publishing firms and to individuals in order to explore the possibility of arranging for the publication of a book or essays on this topic. These approaches did not, however, yield any constructive suggestions, and it was finally decided, by agreement with the donor, to hand the Fund over to the new amalgamated Association when formed on condition that it is used specifically to promote its international work.

Resignation of the Hon. Treasurer

It was with deep regret that the Council received during the year the resignation, owing to increasing pressure of work, of Dr. Crichton-

Miller as Hon. Treasurer, a position which he had occupied since 1940. Previously Dr. Crichton-Miller had acted for ten years as Chairman of the Council's Prevention and Early Treatment Committee, and he has over a long period of time given the Council most valuable and loyal help.

We are glad to announce that Miss Gordon Holmes, who has long been associated with the Council and has given it a great deal of help on financial matters, consented to act as Hon. Treasurer and was elected in January, 1945.

Legacy from the Late As announced in our last report, the Council was Mrs. E. M. E. Dale a beneficiary under the Will of the late Mrs. E. M. E. Dale, of Birchover, Derbyshire, who bequeathed to it one-eighth of the residue of her estate. A sum of £502. 16. 9 was received by the Council, and it is understood that funds which have been set aside for providing certain annuities will in course of time revert to the residuary legatees. We wish to record our deep appreciation of this generous help which is a great encouragement to the Council in its work.

The audited Accounts and Balance Sheet for the year ended 31st March, 1945, show an excess of Income over Expenditure for the year amounting to £65. 5. 8. This excess is in large measure due to the generous help given by many members who responded to the special appeal made by the Chairman and entered into Deeds of Covenant, under which the Council is able to claim back Income Tax on their subscriptions, at present amounting to an equivalent of the actual sum paid. In recording our warm thanks to our covenanted subscribers for their generous help, we would invite other members to benefit the funds of the council in this way which does not entail any extra cost to themselves.

In accordance with its undertaking, the Council contributed approximately 25 per cent. of the rent and rates of the premises housing the Provisional Council and the three constituent bodies, and also of the lighting, heating and cleaning charges. Against this the Council shared with the Child Guidance Council the rent received from the Women's Advisory Council of the Nuffield Provincial Hospitals Trust for the temporary use of one of their rooms. Administrative expenses showed a further decrease compared with the previous year, as no contribution was required from the Council towards the costs of the Provisional Council which had undertaken sole responsibility for these. There was a slight increase in the receipts from sales of publications, a large number of which were sold at the public lectures held during the year. The printing costs of the Journal Mental Health were shared equally by the Council and the Central Association for Mental Welfare, and a donation of £10 towards these charges was received from the Child

Guidance Council, which also contributes articles and other material to the magazine.

Membership of the The total membership of the Council at 31st March, 1945, was 442, a slight decrease on the figure for the previous year. The Council suffered the loss through death of 12 members. 6 applications for Full Membership and 6 for Associate Membership were received during the period under review, and resignations were received from 5 Full Members and 3 Associates.

Obituary

The Council wishes to record its deep sense of loss through the death during the period under review of Lord Dawson of Penn and Dr. M. J. Nolan (late Medical Superintendent of Down County Mental Hospital) who had been associated with the Council since its inception and had been members of the General Committee for a number of years.

Annual General The 21st Annual General Meeting of the Council was Meeting held at 11 Chandos Street, London, W.1., on January 24th, 1945, with Lord Alness in the Chair. The Report, the Balance Sheet and the Accounts of the Council for the year ended 31st March, 1944, were approved and the following members, retiring by rotation, were re-elected members of the Committee for the ensuing year:—

Sir Hubert Bond
Dr. J. A. Hadfield
Dr. Helen Boyle
Dr. Bernard Hart
Lord Horder
Lord Dawson of Penn
Dr. Richard Eager
Miss Evelyn Fox
Dr. J. A. Hadfield
Dr. Doris Odlum
Brig. J. R. Rees
Dr. F. Douglas Turner

Dr. T. S. Good

A vacancy on the Committee was filled by the election of Prof. Aubrey J. Lewis.

The Hon. Solicitors, Messrs. Charles Russell & Company, and the Hon. Auditors, Messrs. Barton, Mayhew & Co., were unanimously re-appointed for the ensuing year.

Oldham Council for A separate report on the work of this Council is appended.

Acknowledgments This Report cannot be concluded without recording the Council's indebtedness for the valuable help received from the Chairman, Lord Alness, the Vice-Chairman, Dr. Helen Boyle, who has deputized for the Chairman on a number of occasions, Miss Gordon Holmes, and Dr. Doris Odlum. Specially heavy demands were made on their time and services during the year, in view of the plans for complete amalgamation, which necessitated prolonged negotiations and

detailed consideration of the draft documents prepared. These developments also made heavy claims on the Hon. Solicitors, Messrs. Charles Russell and Company, and the Hon. Auditors, Messrs. Barton, Mayhew and Company, and to them we wish to express our sincere thanks for the professional help which they have so generously given. Warm thanks are due to Miss W. E. Hollingsworth for the large amount of voluntary assistance in the office which she has so unstintingly given, especially in connection with the organization of public lectures to which reference has already been made. Grateful acknowledgment is also made to Miss Jean D. MacIntosh and to Miss Violet M. Dale who, as in former years, have given most generous voluntary help with administrative work.

The Council has once again the pleasure of placing upon record its warm appreciation of the loyal and devoted work of its Secretary, Miss de Vere Hunt. During this period, as for the past 15 years, she has been the mainstay of the organization.

OLDHAM COUNCIL FOR MENTAL HEALTH

(Affiliated to the National Council for Mental Hygiene)

Hon. Secretary: Miss Elizabeth Martland, J.P., Lyndhurst, Queen's Road, Oldham

REPORT FOR THE YEAR 1945

THE work of this Council during the first part of the year was hindered considerably by war conditions, more so it seemed even than in previous years. The illness of the Secretary, heavy pressure on the Assistant Secretary, and transport difficulties, which made it almost impossible to find speakers for meetings, retarded plans made in Committee. It had been hoped to arrange at least three public meetings during the year, but this proved impossible. In order to relieve conditions, the Committee decided to appoint a second Assistant Secretary, and Mrs. Frances Jackson has kindly consented to act in this capacity. Mr. George Butterworth has recently succeeded Mr. Broadbent as Hon. Treasurer.

In the latter part of the year an interesting step was taken when a Sub-Committee was formed by the Council to undertake, in co-operation with the British Red Cross Society, the St. John Ambulance Association and the Citizens' Advice Bureau, work dealing with maladjusted cases of ex-Service men and women. This work had been advocated by the Regional Representative of the Provisional National Council for Mental Health who had also made suggestions as to how the Oldham Council could assist in its promotion.

The work of the Hon. Secretary, Miss Martland, undertaken at the request of the Mental Health Emergency Committee in London, in 1939, resulted in the initial honour belonging to Oldham of the setting up of a

network of trained workers all over the country to deal with cases of nervous and mental disturbance due to the war. A summary of this work, and also of other war-time activities of the Council, has been supplied to Mr. J. T. Middleton, a member of the Town Council, for inclusion in his survey "Oldham at War".

It is interesting also to record that the Survey of Mental Health Services, general and local, carried out by the Council's Research Sub-Committee, to which reference was made in our last Report, has been of value as a model for similar work undertaken by other Associations, and permission to use it in this connection was requested by the Provisional National Council for Mental Health.

As in previous years contact between this Council and other public bodies has been maintained by direct representation on the Juvenile Delinquency Committee, the Nursery Schools Association, and the Joint Standing Conference of Women. A new contact has also been made with the newly formed Marriage Guidance Council in the town.

It will be seen therefore that there has been a certain amount of "aliveness" in the Council, but it is felt most keenly by members of the Committee and by the Officers that the results of war conditions render the care of Mental Health of more vital importance than ever before, and it is hoped to enlist the sympathy and interest of the general public more definitely during the coming year.

AIMS AND OBJECTS OF THE NATIONAL COUNCIL FOR MENTAL HYGIENE

The Council aims at a general improvement in the mental health of the community, and the prevention of mental and nervous disorders. This involves careful study of social life and environment, and better education of public opinion on questions of mental health and disease.

The Council hopes to further these general aims by the following means:

By scientific study of mental disease and defect by competent persons, with a special emphasis on prevention; by promoting a wider acceptance of psychiatry in medical schools and elsewhere, and an improvement in the legal and social attitudes towards mental illness; by the study of crime and delinquency, and the encouragement of humane treatment and legislation; by the promotion of study of the mental problems of childhood in relation to parental responsibility and school life; by encouraging the extension of early treatment facilities; by organizing lectures and Mental Health Conferences; by the publication of authoritative and instructive pamphlets.

A close association is maintained with Mental Hygiene organizations in all parts of the world.

MEMBERSHIP OF THE NATIONAL COUNCIL FOR MENTAL HYGIENE

There are two classes of members:

(a) Full Members, who on payment of annual subscription of one guinea, have the following privileges:

A free copy of each issue of the journal Mental Health published three times a year.

Use of Library, at a reduced subscription rate.

Notices of all lectures, meetings, conferences, etc., and admission to these at specially reduced rates.

A vote in the business of the Council, and eligibility for committees, etc.

(b) Associate Members who, on payment of an annual fee of five shillings, are entitled to the use of the Library at a reduced subscription and receive notices of public lectures, conferences, meetings, etc.

Reduced subscription rate for the journal Mental Health.

Covenanted Subscriptions. Subscribers are invited to benefit the funds of the Council, without extra cost to themselves, by completing a form of agreement (obtainable on application) guaranteeing subscriptions for a minimum period of seven years; (the agreement is terminable by death). This covenant will enable the Council to recover Income Tax at the standard rate on annual subscriptions paid.

Donations are cordially invited.

Bequests. The Council earnestly appeals for assistance by Legacies, and a form of Bequest will gladly be supplied on application.

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED MARCH 31ST, 1945 CO.	s. d. £ s. d. By Subscriptions Received	5 9 "Don, "Don, "Con]	27	29 5 11 cm Literature (Montal Hoolth)	19 1 2 0	96 5 8	£737 1 1	569 2 5 By Balance Brought Down , Legacy from the Late Mrs. E. M. E. 502 16 9	
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THE NATIONAL COUNCIL FOR MENTAL HYGIENE BALANCE SHEET, MARCH 31sr, 1945

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IN THE MEMBERS OF THE MAILOINAL COUNCIL FOR MENTAL HIGHENE

We have audited the above Balance Sheet dated March 31st, 1945, and have received all the information and explanations we have required. In our opinion such Balance Sheet is properly drawn up so as to exhibit a true and correct view of the state of the Council's affairs according to the best of our information and the explanations given to us and as shown by the books of the Council. Alderman's House, Bishopsgate, London, E.C.2.

February 8th, 1946.

BARTON, MAYHEW & CO., Chartered Accountants,

Hon. Auditors

SUBSCRIPTIONS AND DONATIONS

FOR THE YEAR ENDED MARCH 31ST, 1945

SUBSCRIPTIONS	£ s. d.
£ s. d.	Brought forward 64 0 6
H.R.H. The Duchess of Kent *20 0 0	Buckton, Miss Jessie 5 0
Addis, Miss Robina S 5 0	Bunting I S A Fsq 5 0
Alderson, Mrs. J. E *15 0	Bunting, Mrs. J. S. A 5 0
Alexander, Dr. Edith M 5 0	Burbury, Dr. W. Mary (1943/
Allan, Miss J *12 0	1944) 2 2 0
Allen, Mrs. D. E 1 1 0	Burn, Dr. Alice M 1 1 0
Allen, Miss D. H *3 3 0	Burn-Forsyth, Miss M *10 0
Allen, D. N., Esq *10 0	Buxton, Miss V. E *2 2 0
Alness, The Rt. Hon. Lord 1 1 0	Buzzard, Sir E. Farquhar, Bart. 1 1 0
Alness, The Rt. Hon. Lord 1 1 0 Anderson, Miss Ella 1 1 0	Byers, Miss Kathleen E 5 0
Andrews Miss Puby 5 0	Byers, wiss Ratificen L 5 0
Andrews, Miss Ruby 5 0 Appelbe, Ambrose E., Esq. 1 1 0 Appleby, Miss Kathleen *2 2 0 Arkwright, Miss A. L. M *2 2 0	Cadbury, George, Esq 1 1 0
Appletoc, Amorose E., Esq. 1 1 0	Cadbury, George, Esq 1 1 0 Callow, Miss E. L 5 0
Appleby, Miss Kathleen 2 2 0	Cardwell, Dr. Mary G 1 1 0
Armitage, Miss Susan 10 0	Cardwell, Dr. Mary G 1 1 0 Carpenter, F. W., Esq 1 1 0
	Carpmael, Miss A. M 5 0
	Carpmael, Miss A. M 5 0
	Carr, T. C., Esq 5 0 Carroll, Lt.Col. D., R.A.M.C. *2 2 0 Cassel, Lady Helen 1 1 0
Ayre, Miss G. B 5 0	Cassel, Lady Helen 1 1 0
Dalas Miss F V 1 1 0	Cassel, Lady Helen 1 1 0 Casson, Dr. Elizabeth 1 1 0
Bales, Miss E. K	
Barker, Sir Herbert 2 2 0	Castle Stewart, The Rt. Hon.
Barton, Miss L. K 5 0	The Earl of 1 1 0
Barker, Sir Herbert 2 2 0 Barton, Miss L. K 5 0 Barton Hall, Dr. Muriel 1 1 0	Central Lancs. Association for
Barton Hall, Dr. Stephen 1 1 0	Mental Welfare 1 1 0
Barker, Sir Herbert	Champernowne, Mrs. H. Irene 1 1 0
Bendit, Dr. L. J *2 2 0	Champion, Miss Jane M 1 1 0
Beney, Corpl. M. L 5 0	Chennell, Dr. Eileen A 1 1 0
Bennet, Brig. E. A., A.M.S. 11 10 0	Chichester, The Rt. Rev. The
Bentley, T. L. J., Esq 5 0	Bishop of 1 0 0
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