described and quoted the work of others, which had seemed to suggest that there was no difference between the effectiveness of psychotherapy and of physical treatments, such as CO_2 inhalations. It was thought that there was need for the study of the placebo-response and for the study of the suggestibility of the hysteric.

The discussion was opened by Dr. Myre Sim, who said that the experiment had been admirably conducted. He wondered, however, whether this was the way to get information, and felt that the purist would say that, in order to contrast groups effectively, they should be truly comparable, such as identical twins, or at least more comparable than the patients in the groups dealt with had appeared to be. There was also the difficulty presented by the lack of uniformity of opinion on the question of cure, and also the difficulties arising from the assessment of individual variations and the fallacy of arguing from groups to individuals. Nevertheless, Dr. Sim felt that investigations of this kind were of great value, in spite of the difficulties which the method presented.

Discussion was continued by a number of members, including Dr. Gillman, Dr. Delfun Lewis, Dr. Rudolf, Dr. Atkin, Dr. O'Connor and the Honorary Secretary. Dr. Gillman thought that the time factor had been omitted in the consideration of the techniques and their results. He did not believe that the emotional state affected the action of active drugs, such as Atropine. Dr. Delfun Lewis said that Dr. Tibbetts had only been dealing with the simplest types and had not specified the criteria of recovery. He deprecated the idea of short cuts to clinical improvement. Dr. Rudolph pointed out that records of psychiatric treatment in the general sense gave an improvement rate of 50 to 70 per cent. Dr. Atkin praised Dr. Tibbetts's paper, approved of the introduction of the control series and found the figures convincing. Dr. O'Connor also admired Dr. Tibbetts's work and felt that recovery, in the clinical sense, was not the only criterion, and that the effect of psychiatric treatment on the life of the individual was worthy of regard. Dr. McInnes suggested that a further differentiation in the matter of response to drugs and placebos might be achieved by considering the various somatotypes.

Dr. Tibbetts replied suitably to a number of the points raised. He was warmly congratulated on the work which he had done and on the excellent presentation of it in his papers. The Meeting accorded him a very hearty vote of thanks.

At the close of the Meeting, Dr. G. W. T. H. Fleming, past President of the Association, proposed a vote of thanks to Dr. Shepherd, and to all those who had acted as hosts and had contributed so much thought and care to a very enjoyable meeting.

WORLD FEDERATION FOR MENTAL HEALTH

THE ANNUAL MEETING AND CONFERENCE OF THE WORLD FEDERATION FOR MENTAL HEALTH and also of the European League for Mental Hygiene took place at Istanbul from 20 to 27 August, 1955.

The British members present included:

Dr. Alford, Observer, Ministry of Education, Great Britain.
Dr. Barnes, Observer, Ministry of Health, Northern Ireland.
Dr. Mary Capes, representing the National Association of Mental Health.
Dr. Edelston, of Leeds.
Dr. Ford-Robertson, Medical Superintendent of the Asfurieh Mental Hospital, Lebanon.
Dr. The Hon. Walter Maclay, Observer, Ministry of Health, Great Britain, and representing the Royal Medical Psychological Association.
Dr. Doris Odlum, President European League for Mental Hygiene, and representing the British Medical Association and British Women's International Association.
Dr. J. R. Rees, Director of the World Federation for Mental Health.
Dr. Kenneth Soddy, Assistant Medical Director, World Federation for Mental Health.

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Other British delegates were:

Alderman Garnett.

Mrs. Ormerod, Chairman of the Maudsley and Royal Bethlem Hospital.

The general theme of the conference was **"Family Mental Health and the State".**

The conference of the European League for Mental Hygiene was held on Saturday, 20 August, under the presidence of Dr. Doris Odlum, the subject for discussion being **"The Mental Health of the Family when the Mother goes out to Work".**

The discussion was opened by Dr. Sivadon, of France, who read a paper on the position in France, based on an investigation carried out by a working party under the auspices of the French League for Mental Hygiene, consisting of psychologists, mothers of families, social workers, psychiatrists, employers, child specialists and sociologists. He spoke of the age-long prejudice which existed in relation to women's work outside the home, especially on the part of their husbands, but said that the industrialization of the community made it essential for a large number of women to work if the national economy was to be maintained. This involved fundamental changes in the social pattern as a result of the emancipation and increased independence of women. He pointed out also that the higher cost of living and the rising standards demanded by the people made it essential for a great many women to supplement their husband's earnings; moreover, those women who were either divorced or widowed had frequently to support themselves and their families.

In France, as in other countries, the change began some 50 years ago and had proceeded with ever accelerated momentum; it was likely to progress still further and nothing could be done to arrest it. It was not for us to make moral judgments or to waste time discussing the past. Our best contribution was to be practical and try to assess the good and bad features of the situation and to make realistic proposals for the best way of dealing with the problems that it had raised.

In his summing up of the evidence that the working party had received, he said that the conflict focussed on two principal aspects; first how a woman could carry out the responsibilities of work in the labour market without neglecting the responsibilities of motherhood and second how she could achieve greater independence without upsetting marital relationships. In fact experience already showed that the work of women outside the home favoured the personal development of the woman and more often made it possible for her to carry out both her maternal responsibilities and her role as a married woman more satisfactorily. The rapid evolution of this new social role demanded an effort of adaptation on the part of the woman, for which in many cases her nervous constitution was at present ill-equipped. The working party felt that this showed itself by a higher incidence of nervous disorders than in the case of male workers. The greater incidence of absenteeism among women was largely due to the competing demands of the family, but even more to the fact that the woman was often doing uninteresting work without any training. Among those in skilled and professional occupations absenteeism was very much less. The mother's role in the family could be helped by better education in housewifery and in the use of modern techniques and also in her functions as a mother; in the development of the home help system and of the homely type of small day nursery. It was desirable that social legislation should be passed to allow her an adequate period of pre-natal and post-natal rest from work and employers should be encouraged to rearrange work schedules so that she could work for a limited number of hours a day or spread her work over hours that would be compatible with her duties as a mother.

There was no evidence that the fact of the mother working outside the home had proved to be a factor in the break-up of marriage. In many cases the marriage relationships were better than in those of the non-working women. Some 22 per cent. of French women were working and 19 per cent. of married women, so that marriage did not seem to prevent women working. There was considerable evidence that the absence of the mother from the home for a certain number of hours a day was not damaging to the child, provided that her personal relationships with it were good. This seemed to be the key factor. There was on the contrary much evidence that the

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home keeping women had not necessarily better relations with their children and that they tended on the whole to be more possessive and more irritable with the children, as shown by the number of punishments inflicted.

This paper was followed by a discussion in which delegates from 14 European countries took part.

There was an extraordinary measure of agreement and it was surprising to find how closely these problems resembled one another both in the more advanced and less advanced countries. All the delegates were agreed that modern economic trends involved increasing industrialization, that women working outside the home had come to stay and that this state of affairs would develop still further. It was, therefore, a matter of priority for every country to try to deal with the resulting problems in a realistic and practical manner, as the mental health of every community depended primarily on the satisfactory integration of the family group.

The conference of the World Federation for Mental Health was held under the presidence of Dr. Frank Freemont Smith of U.S.A., Medical Director, Josiah Macy Jr. Foundation, New York.

The opening ceremony took place in the Yildiz Palace and the speakers were Dr. Beheet Uz, Minister of Health and Social Assistance; Ord. Prof. Dr. F. K. Gokay, Governor Mayor of Istanbul and Hon. President of the Turkish Society for Mental Hygiene; followed by Dr. Freemont Smith, President of the World Federation for Mental Health.

Dr. Gokay, after welcoming the delegates from all over the world, said that this was the first mental health conference held in Turkey. His country was beginning to appreciate the tremendous importance of mental health and emotional stability in its citizens. Turkey was passing through an age of transition and he was sure that the opportunity to make personal contacts and to discuss such an important problem as "Family Mental Health and the State" publicly and frankly would be of the greatest benefit to his people. He hoped that the conference would be fruitful and that the delegates would enjoy their visit and the hospitality which he and his colleagues in the government and the members of the Turkish Association for Mental Health were happy to offer them.

Dr. Freemont Smith, after thanking the Government of Turkey, the city of Istanbul and the Turkish Society for Mental Hygiene, for graciously acting as hosts to the Eighth Annual General Meeting, said that the Federation was indeed privileged to meet in a city so strategically located, the historic meeting place of east and west. They were meeting at a moment in world history which might well become a major turning point towards world peace. The aim of the Federation was to promote among all peoples and nations the highest possible level of mental health in its broadest biological, educational and social aspects. In short, to ensure the peaceful use of human power. This was a truly herculean task, but the success of our conferences and annual meetings held in many countries and different continents since it was founded in London in 1948 under the presidence of Dr. J. R. Rees, to whose vision and courage its existence was largely due, showed that there was a world-wide and growing interest in this fundamental question. It was becoming realized that fear, prejudice, hostility or excessive nationalism were deeply embedded in human personality, often without awareness on the part of the individual concerned, but leading only too often to a terrible reckoning in human suffering. Happily the social sciences investigating the urgent problems facing mankind had come to recognize the plasticity of human behaviour and of social institutions as well as the resistance to change. Change could be possible provided that it was handled wisely and suited to the various stages of development of different peoples. Principles of mental health could only be successfully established in any society where there was progressive acceptance of the concept of world citizenship. Programmes for social change to be effective required the joint efforts of psychiatrists and social scientists working in co-operation with statesmen and administrators and others in positions of responsibility, especially those concerned with human relations.

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It was essential to strengthen the scientific basis of the work and not merely to remain as well-meaning amateurs in the field of mental health and this was one of the most important functions of the World Federation. He concluded: "Can man's increasing understanding of his own behaviour save mankind from self-destruction? This is the great challenge." It was the function of the World Federation for Mental Health to try to meet and answer this challenge.

The subjects discussed at the conference included "Mental Health and Education", opened by Dr. Cato Hambro of Norway; and "Mental Health and the Upbringing of Small Children", opened by Dr. Kenneth Soddy.

Dr. Soddy stressed the vital importance of the establishment of the right kind of love relationship between the very young child dating from the earliest days of infancy with its mother. Without this relationship the child became apathetic and depressed, seemed to lack any incentive to develop or even to go on living and in the very large majority of cases failed to make a satisfactory emotional adjustment to life. It was also extremely important that there should be a father figure in the child's life so that it should have an opportunity of sharing its love and also of adapting to both the male and female personality pattern. He discussed the development of the right kind of emotional relationships in the home and family group and stressed the fact that harmony between the parents themselves was of vital importance since quarrelling parents not only created a conflict of loyalties for the child, but also made it learn to distrust its parents and to lose its respect for them. He spoke of the small child's great fear of being abandoned or of losing its mother, and discussed the question of hospitalization of small children in this connection. Behaviour difficulties and later on scholastic retardation were often an expression of emotional maladjustment due to disturbed relationships between the child and the mother or the family group generally. Since the foundations of mental and emotional stability had been proved to lie in the home background and in the child's earliest months and years of life, this should be the focus both of research and of practical measures in the field of mental health.

This was followed by discussions on "The Problem of Abandoned Children", opening speakers, Dr. Erdogan Noyan and Mr. Hilmi Bilginer of Turkey, and "Life, Stress and Culture Change", opened by Dr. Rhoda Metraux, U.S.A. There was also a panel session on "Cultural Change and Mental Health" under the chairmanship of Dr. Margaret Mead, the well-known American anthropologist. Other subjects considered included "The Mental Health of Families in Rural Areas", opened by Dr. Pierre Doussinet of France; "The Family and Delinquent Children", opened by Prof. Dr. Nurullah Kunter of Turkey; "The Dynamics of Family Life", based on the report of the work of a United States study group, presented by Dr. Janet Rioch; "Mental Hygiene in the Home", by Prof. Dr. A. C. Pacheco e Silva of Brazil; and "Family Problems of Sickness and Disablement", by Dr. Henri Repond, Switzerland. Mr. Ernest Grigg, U.N., gave an interesting report on U.N. activities in the Middle Eastern Region, and Dr. Rene Spitz, U.S.A., presented his latest film on the effects of emotional stress on small children which compared closely with the results obtained by Dr. Selye in his research on stress diseases occurring in animals.

Dr. Spitz had investigated a number of small children in a foundling home and this provided dramatic evidence of the mental and phvsical damage resulting from failure to establish a personal love relationship.

Dr. Pacheco e Silva of Brazil, in discussing mental hygiene in the home, stressed the great importance of better psychological preparation for marriage. He said that sexual harmony was the master key of a happy marriage and that many alleged reasons for broken marriages were really concealing the fact that sexual conflict was at the base of it. He also stressed the importance of a full physical and psychological investigation of couples about to marry. He referred to the fact that alcoholism was a very grave problem in Brazil. Subsequent speakers agreed with Dr. Silva that alcoholism was one of the major problems in most European countries at the present time. This contrasts sharply with the position in the United Kingdom where it has declined from a major to a relatively minor problem in the course of the last 40 years.

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Dr. Repond of Switzerland, one of the founders of the Swiss Association for the care of the physically and mentally handicapped *Pro Infirmis*, spoke in his opening address of the guilt feelings of the parents who have an abnormal child. This frequently expressed itself either in over-devotion and possessiveness by way of compensation or of repugnance and rejection. In particular, he thought that the maladjustment of the mental defective was frequently largely due to the family reaction to the child.

Dr. Odlum, in discussion, spoke of the Association for Parents of Backward Children which had recently been formed in the United Kingdom, largely under the auspices of the National Association for Mental Health. This was doing a great deal to help parents to realize that they were not alone in their problems and helped to relieve them of their feelings of isolation and social rejection. Holiday homes had also been started where psychologically handicapped children could go for 5 or 6 weeks to relieve their parents and afford them a valuable change of outlook.

A number of discussion groups were formed, which discussed among other subjects, "Mental Health and the School", "Problems of Relationships within the Family", "Marriage Counselling and Parent Education", "Religion and Mental Health", and "Mental Health and Films". In addition, a number of recently produced films on mental health were shown to the delegates.

Dr. Rumke, Past President of the World Federation, summed up the scientific work of the conference and said how strongly he felt that this was one of the most rewarding meetings that had been held so far. An annual meeting was able to produce more intimate discussion than the wider milieu of a large congress, valuable though that was from the point of view of bringing large numbers together. The main theme for discussion was one which presented many vital and fundamental problems to people of every race and stage of development. It was obviously of the greatest help that those countries who were in a stage of transition such as Turkey and those who were more established should have an opportunity of meeting and learning each other's point of view. The conference has also afforded invaluable opportunities of meeting and getting to know our Turkish colleagues and it was of the greatest possible interest to everyone to see the gallant efforts that Turkey was making in this period of transition.

There had been a definite demand for the holding of yearly meetings of the World Federation and the relatively large attendance even in such a far away country and the enthusiasm of the members showed that the Federation was definitely justifying its existence and also the vast possibilities that were opening up for its work and service.

After the conference the delegates were taken to see the new University Psychiatric Clinic with 100 beds, 50 for men and 50 for women. This Clinic is designed to be the psychiatric teaching centre of the University. It is anticipated that the larger number of the patients will be psychotics in the acute and treatable stage. They also were taken to see the new pavilions of the town municipal hospital situated on the outskirts of the city.

Psychiatry in Turkey is, of course, still in its infancy, but there is a nucleus of keen and devoted workers, both medical and lay, imbued with western ideas, who are determined to bring the mental health services into line with those of the more advanced countries and a good beginning has already been made.

The delegates were given most generous entertainment at various receptions and were shown the most interesting sights of the city and environs. One of the most interesting excursions was to the entrance of the Black Sea and a visit to the reservoir supplying Istanbul with water, which had existed in some form for many centuries and was originally connected with the Roman aqueduct of Valens. One of the entertainments that many delegates found of the greatest interest was a concert of Turkish music and choral singing.

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