

PUBLIC HEALTH FORUM

Mental Health

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RECOGNIZING the growing menace of mental ill-health, the World Health Organisation directed that the attention of the people of the world be drawn to the subject of "Mental illness" and "Mental Health" in the world today as the theme of the World Health Day in 1959. The achievements of science have not only brought human beings very near to each other, but have provided man with immense destructive powers. The concern for the care of man in health and disease is no longer a personal matter, but one that may profoundly influence the home, village, state, or even the whole world.

In order to promote mental health and prevent its breakdown, here is some very valuable information.

Mental Hygiene

Mental Hygiene is the science or systematic practice of health in the individual and in the community through promotion of healthy living and prevention of disease. Mental Hygiene, therefore, comprises the activities and techniques which promote and maintain Mental Health.

Laws of Mental Health

1. Love thyself and be glad that you are better than some.
2. Dynamic adaptation with environment and with one's ambitions, ideals and conscience, achieved through intelligence.
3. Concede everyone the freedom of thought and action within the framework of harmonious social relationship.
4. Inculcate active interests in physical exercises, preferably group games.
5. Accept want, hardship and pain as essential stimuli of life, because it is not facilities but diff-

culties that make a man.

6. Your attitude to worldly things (family, friends and fortune) should be of honest tenant rather than of a proud owner.

7. The goal of life is not death, but happiness that comes from the knowledge that you have learnt from others, worked hard and given the best that is in you. Never mind, how others value it.

8. All extremes are wrong; the right way being that which give lasting happiness and good adjustment with environments.

9. Subordinate emotions to intelligence enriched by active contact with others, because when emotions bank up, reasoning is the first casualty leading to misunderstanding, misinterpretation and wrong reasoning.

10. Think and act for the good of others for your own emotional and social security.

11. Be informed on sex.

Rules for Mental Health Development of Children.

1. Accept the child and love him.
2. Respect the child as a person i.e. give due consideration to, and appreciation of the child's movements, play inquisitiveness, his demands on parents and his efforts for self-development through self-expression.
3. Inculcate social interest, by giving your own loving company and introducing the child to other children and grown-ups.
4. Encourage his self-expression, by answering his questions within his intelligence and thus look upon the child as a trust to be helped in its natural development, rather than to be made into an object of your fancy.
5. Let there be the same code of conduct for the young and the

old.

6. Bringing up the child is your personal responsibility that can only be delegated to servants or substitutes, to the harm of the child and of your own self.

7. Do not dissuade a child from misconduct by show of temper or by corporal punishment, nor frown at his mistakes unless absolutely necessary and, even then, the emotional build-up should be very mild.

8. Do not expect from the child a standard of behaviour higher than reasonable for his age.

9. Never threaten or promise anything that you cannot or do not intend to carry out.

10. Show the child through your personal example that hardships, sufferings, and pain are essential elements of life that have to be calmly surmounted, or accepted if insurmountable, for us due to our limitations.

A sound body built through active physical exercise, promotes a sound mind in the following manner:

1. It eases nervous tension.
2. Inculcates the habit of vigorous work and fair-play.
3. Teaches team spirit and healthy competition.
4. Teaches the players to take success and failure in an even stride.
5. It gives us the joy of achievement and enhances self-confidence.
6. Physical stamina cultivated in games enables us to pursue mental work with vigour.
7. The struggle of existence is waged with brawn under the guidance of the brain.

Let physical exercises and group games, therefore, be an essential subject in all schools and colleges at par with academic subjects.