

WORK OF THE INSTITUTE OF MEDICAL PSYCHOLOGY.

HELPING THE MENTALLY SICK. NEED FOR MORE SPECIALISTS.

Urgent need for more doctors trained in psychological work is stressed by Dr. J. R. Rees, medical director, in the annual report of the Institute of Medical Psychology.

"In general hospitals," he points out, "a large proportion of routine clinical work is carried out by newly qualified doctors who give their services in return for the experience they gain. In our work, this practice cannot be followed; psychotherapy demands both maturity of outlook and specialised training on a basis of medical experience."

Psychotherapy, the healing of nervous obsessions and lesser mental ills by psychological methods, was little understood by the medical profession and quite unknown to the general public when the Institute of Medical Psychology began its pioneer work some 16 years ago. To-day the subject interests every doctor and thinking layman.

The Institute, in its function of a national charity, is giving service of incalculable value to neurotic sufferers in straitened circumstances, people who cannot afford the high fees necessarily charged by specialists in private practice. During the past year, more than 20,000 hours of treatment were given to poor patients who attended the Institute's clinic in Malet Place, Bloomsbury.

Actually, there are said to be about three million persons in this country who need treatment of the kind, and to deal with them the number of doctors specially trained for the work will have to be increased appreciably. In this connection, the Institute has now extended the field of its activities to include the training of doctors, men and women, in this important branch of medical science.

TRACHOMA IN PALESTINE.

In the report for 1935 of the Ophthalmic Hospital of the Grand Priory in the British Realm of the Venerable Order of the Hospital of St. John of Jerusalem, the Warden, Lieutenant-Colonel J. C. Strathearn, reports that the number of new patients seen during 1935 was 21,116, and the total of consultations 97,738. The number admitted to hospital was 1,027, and the number of operations performed 3,148. This total included 827 intra-ocular operations, of which 24 were for cataract. There were 1,828 operations for the relief of trichiasis.

The incidence of trachoma, a disease of the eyelid, among the new patients was 92 per cent., the highest ever recorded in the hospital. It is known, the Warden says, that in the more backward villages of Palestine practically all the inhabitants beyond the age of infancy have acquired trachoma; in the larger towns it is much less, though there has been an increase in the incidence of trachoma among townspeople in the wake of the cycle of severe epidemics of acute conjunctivitis. It is a fair index, the Warden says, of the cultural level of a people. Hence, however much the prosperity of Palestine may be advertised, the fact remains that the great majority of its inhabitants are in a deplorably backward condition.

WORD FOR THE MONTH.

"... One great lesson is again taught us, but it is never followed: NEVER let the Army and Navy down so low as to be obliged to go to great expense in a hurry..."
—Queen Victoria to the Earl of Beaconsfield (then Prime Minister), July 28th, 1879.

MEALS FOR DAY-SCHOOL CHILDREN, INCLUDING PACKED DINNERS.

The Food Education Society has issued a booklet, price 3d., on Meals for Day-School Children, including packed dinners. Good food, we are told, is the best means of ensuring good health. In the booklet an attempt is made to show mothers how—at no great cost—they may provide it for their children. The child well nourished is endowed with wealth, for "he who has good health is rich."

Under "Notes" a vast amount of excellent advice is offered:—

Always remember that how we eat and drink is very important. The child who bolts its food, or swills it down with water or other liquid, will not secure anything like the same food value which the slow eater and dry feeder obtains.

Children should be trained to sip, *not* gulp, plenty of water at least half-an-hour *before* each meal and especially on rising. Opportunities of quenching their thirst should be given to them as freely as to cats and dogs.

A child's preference for raw vegetables and fruit as against cooked is a natural one and in harmony with modern scientific discoveries. This preference should be encouraged.

When cooking fruit do not add sugar to it. It is wiser to sweeten the fruit at table with honey, a little of which goes a long way. . . . Children should be encouraged to spend their pocket-money upon fruit instead of upon sweets, and never eat sweets between meals. Bread made of wholemeal flour—crust, thin dry toast, or "scrunch" (stale bread cut in thin slices and dried in a slow oven) are much better for children's teeth than bread.

The nutriment in meat is often largely destroyed by over cooking.

Potatoes should be cooked and eaten in their skins.

A garden or allotment is a great economy. It ensures supplies of *fresh* vegetables, salad and fruit.

And so on to 16 pars of wise advice.

Packed Meals.

To obtain full value and enjoyment from meals eaten several hours after they have been prepared, special attention must be paid to their appetising appearance and packing. A small fibre case may be had for a few pence. This should be lined with a loose piece of white cotton, or American cloth. Grease-proof paper will ensure that the food shall remain clean and moist. Paper serviettes will more than pay for themselves by protecting the clothes from stains, quite apart from their educational value.

Specimen meals for a week are given. . . . The meals are planned in accordance with up-to-date scientific knowledge of nutrition, if they are followed especially in the matter of raw food, milk products (cheese, butter, and cream) and wholemeal bread, there will be no need to worry about vitamins and calories.

Specimen meals for the week, with recipes are given. No doubt the dinners to take to school are scientifically correct, but are they appetising?

To quote:—

Crust or medium-sliced wholemeal bread buttered. Cover with grated raw carrot. A good wedge of cheese. Raw fruit, juicy or dried.

Hard-boiled egg. Raw tomato or dates. Country wholemeal bread or "scrunch."

Onion (spring or grated).

How about the unfortunate teachers instructing a room full of children, malodorous with onions!

A wonderful amount of information for 3d.

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