

## Season's Greetings

WE ARE GRATEFUL FOR THE HOLIDAY SEASON

which gives us the opportunity to wish our friends, old and new

A MERRY CHRISTMAS and a PROSPEROUS NEW YEAR,

Warren S. Ramer

Lots of warm wishes from all of us to all of you!

We sincerely hope your holiday season is something to sing about!



**R. J. CRAIGIE**  
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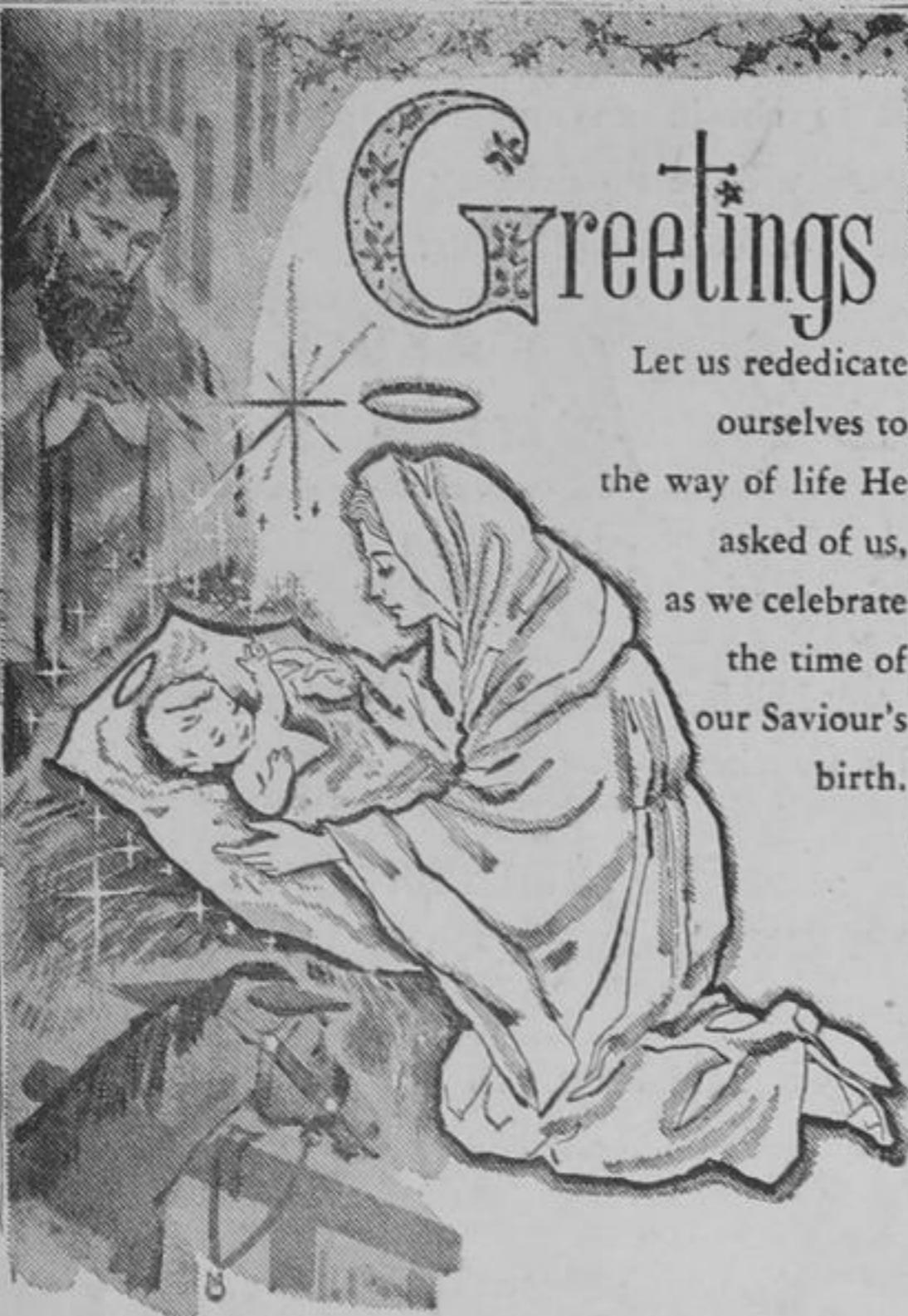
Merry Christmas to All



A special greeting is coming your way... our sincere wishes for holiday happiness and joy throughout the season.

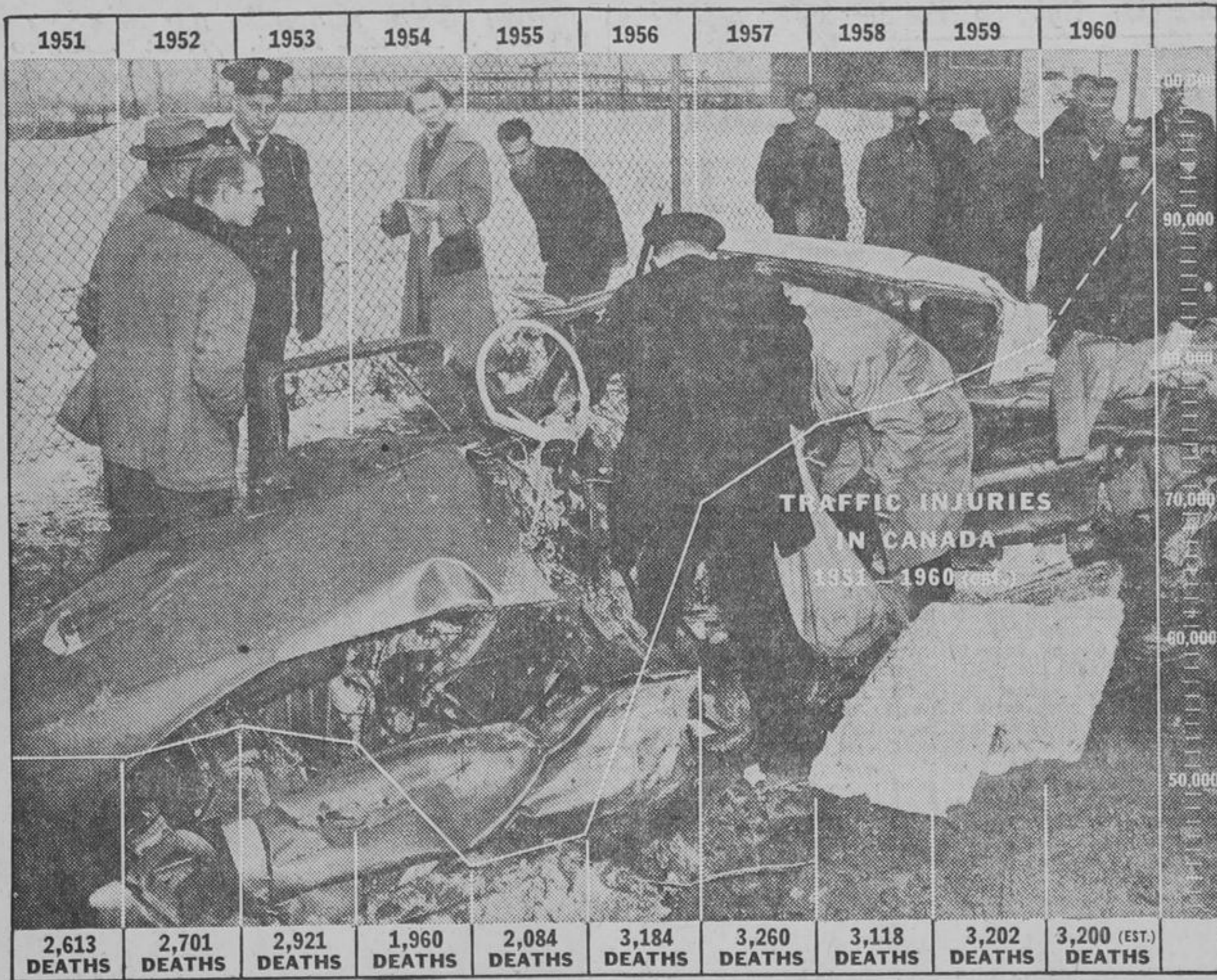
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Traffic accidents over the holiday weekends could push Canada's fatality and injury totals to the highest point in history, according to figures released by All Canada Insurance Federation. Figures compiled by the Federation, which represents 200 Canadian insurance companies, show that 1960

injury totals will approach the 100,000 mark for the first time... equivalent to the combined populations of Amherst, Nova Scotia, Granby, Quebec, Niagara Falls, Ontario, Brandon, Manitoba, and Nanaimo, B.C.

## Provincial & County Aid Required

# County Needs Mental Health Clinic To Provide Preventive Treatment

## Before And After Help Guidance, Counselling Would Aid Hundreds

By Mona Robertson

Last week we visited Mrs. P. A. Townshend-Carter in her Thornhill home on Brooke Street, to discuss the work of the York County Branch of the Canadian Mental Health Association, and to hear from the president of the local association something about its long-range plans for the future.

Mrs. Townshend-Carter joined the York County Board in October 1958 and looked after the White Cross Volunteer activities until her appointment as president in April of this year.

She is also on the Board of Directors for the Province of Ontario, and was among those supervising the Christmas gift wrapping program which took place at the Ontario Division headquarters in Toronto. She told us three shifts of "wrappers" worked around-the-clock for all of three weeks, tying and Christmas-sealing gifts collected by White Cross groups, to ensure every one of the 20,000 known cases in Ontario receive a Christmas gift — and the message that "someone cares".

"Local branches look after their own depots and campaigns for Christmas giving," Mrs. Townshend-Carter told us, "and the whole-hearted spirit of 'giving' which emanates from the general public in this cause is amazing." She spoke warmly of the Senior Citizen Group of Richmond Hill which helps gather gifts and wrap them, as one of its community projects.

"But there is so much more that could be done, through the agency of a Mental Health Clinic," she added. "Guidance, counselling and preventive treatment is so necessary to combat the incidence of mental illness." Then, too, follow-up care, which is very necessary to the patient could be given, and also, parents of disturbed teenagers could visit the clinic to obtain help in combating the rising toll of 'mental illness' prevalent among today's young people.

**One In Ten Mentally Ill**  
The revelation two years ago, that one individual in every ten suffers at sometime or another from some type of emotional instability or mental illness, came not only as a shocking surprise to the public — but also, one might say, as a relief to those suffering from mental distress; for at last this distressful problem was coming "into the open" — it's centuries-old stigma was being properly assessed and done away with — and something tangible and constructive could now be done to alleviate it.

As a result the Mental Health Association was formed, and the society of White Cross Volunteers was established. The White Cross Volunteers group provides a liaison between the people at the shadows and the public at large, for these dedicated volunteers (men and women) bridge the lonely chasm which separates the mentally ill from their fellow men and helps them to make a come-back into the reality of life, through friendship, love and hope.

This has been a wonderful beginning. But as the work of the Mental Health Association continued, it brought forth another remarkable fact. Extreme cases of mental illness could be prevented —

professional, business or vocational groups, but also affects the mentally distressed mother (who now, under the present system, must leave her home and husband and children to obtain hospital treatment); and the school child or student (who must now leave his family environment for institutional therapy).

With the establishment of a Preventive Clinic, cases of mental illness could very well be 'nipped in the bud'; for under the exigency of a clinic staff, cases needing early assistance could be referred to the clinic staff by ministers, school inspectors, teachers, welfare agencies (such as the Children's Aid), or by parents or family members, and treatment without hospitalization would keep the patient from going over the borderline into the shadow-world of the critically mentally ill.

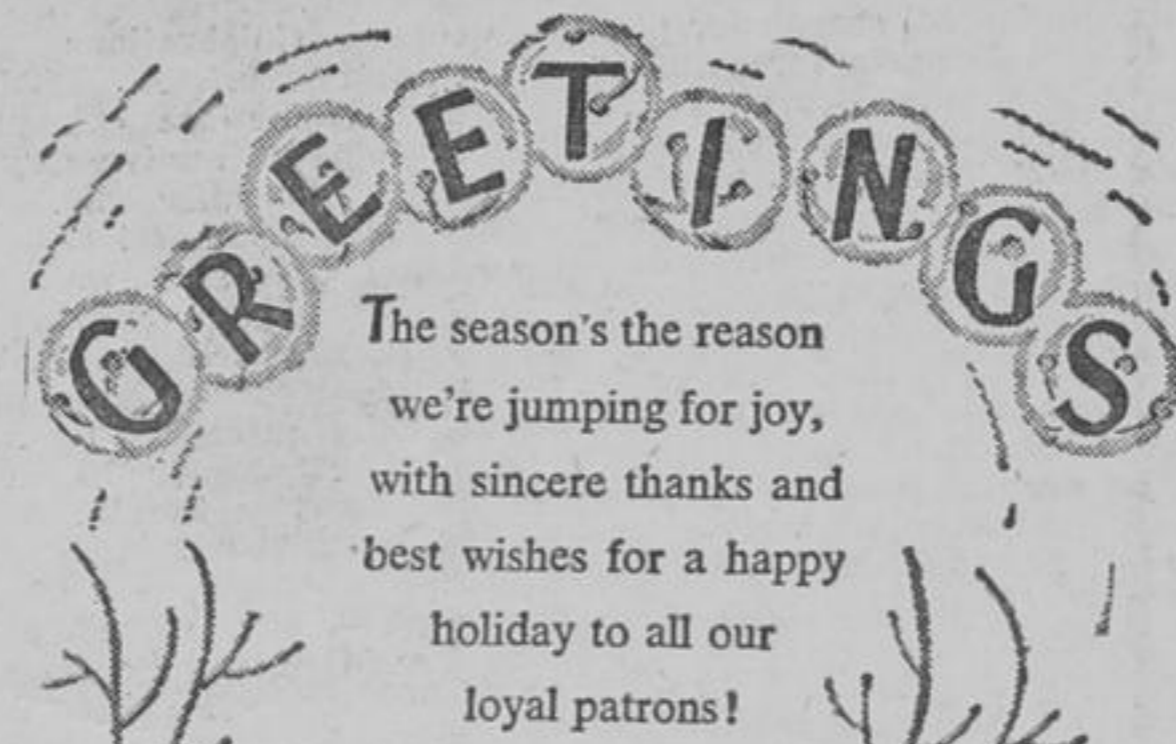
Despite the fact the opening date for a County Mental Health Clinic has been held up, Mrs. Townshend-Carter feels that difficulties concerning the provincial and county grants will shortly be ironed out.

"Then we can go ahead with projects such as a combination workshop and training centre for mentally and physically ill," she said. "Our branch here is looking ahead. Open meetings

to be held in various communities of York County will begin in the new year, to reach more and more people and acquaint them with the mental health program and its hopeful solution — so that its place as Problem No. 1 may be relegated lower on the scale of Canada's health problems.

Mrs. Townshend-Carter is to our way of thinking, admirably fitted for the position she holds in the association. Primarily a wife and mother, she has two active sons, Ian 6 and Neil 8. Before her marriage she worked professionally in psychiatry as an occupational therapist at the Veterans Hospital, Ste. Anne de Bellevue and Ontario Hospital, Toronto. "This sparked my knowledge of what 'outside visitors' meant to patients," she told us. Her husband is with the Department of New Construction for the University of Toronto where he is responsible for the designing of laboratories for the multi-million dollar expansion program now taking place.

It is to be hoped that the ground-work laid by Mrs. Townshend-Carter and the other members of this board will meet with approval and a "helping hand" from both the province and the county very shortly.



The season's the reason we're jumping for joy, with sincere thanks and best wishes for a happy holiday to all our loyal patrons!



FROM FRED WISE & THE WHOLE STAFF OF

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With the year coming almost full circle, we once again have the pleasure of extending the greetings of the season to our many good friends and wonderful patrons. May you all enjoy this last, but best, part of the year in health and happiness.

Please be advised we shall be closed Christmas Day, Monday, December 26 and New Year's Day

**Town Inn Restaurant**

BING LEW, PROP.

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