

#### D. MENTAL HYGIENE AND HYGIENE OF THE NERVOUS SYSTEM

1. If the above is true, then play has an important relationship to the health and well being of the nervous system and to mental health; within the limitations of heredity, one can determine the kind of nervous system he will have; a healthy mental state can be developed as surely as big muscles.
2. A healthy mental state can be developed by; Taking stock of one's mental resources and liabilities; instituting a plan of mental training.
3. Mental training means training in: Control; removal of unwholesome mental states; substitutions of wholesome plans, purposes and satisfying interests for their opposites, such as worries, long range fears, etc.
4. Outcomes of training through play are: Organic development, circulatory, respiratory, heat regulatory, nervous, and other systems; mental motor development in skills; coordinations of various kinds; impulsive (or emotional) development and control; interpretative, (or the development of intelligence) growing out of widening expanses. Specifically, some of these values are: Skills, honesty, diligence, sportsmanship, courage, self-control, faithfulness, loyalty to high ideals, love of play.

#### E. THE MEANING OF MENTAL HYGIENE

1. Physical hygiene has to do with the promotion of health and with fitness of the body, avoidance of disease and premature death, and therefore, the prolongation of life.
2. Mental hygiene has to do with the enrichment of life, mental normality, the joy of living.

#### F. CONCEPTIONS AND TESTS OF "NORMAL MIND."

1. Technical tests of normality
2. Practical tests of normality
  - a. Ability to adjust to ordinary situations of life (economic, domestic, social, civil, etc.)
  - b. Ability to perform some significant task
  - c. Ability to get on with people

#### G. THE ESSENCE OF NORMAL MIND

1. Integration of personality; the essential elements: Poise; self-control; serenity; "all's well with the world;" all symptoms of normality.
2. Opposites of integration: Lack of control; "flies off handle;" goes to pieces; hysteria; neurasthenia, etc.
3. Tests of integration.