

H. DEVELOPMENT OF INTEGRATION

1. Attained by: Coordinated activity (physical and mental); doing some significant task; keeping one's self at a high level; the standard of "living best to serve most;" alternation of work, play, rest; meet situations squarely, self confidence; readiness to make adjustments; no inferiority complexes; normal sense of dependence; self control; scientific attitude--willingness to face realities, to test one's beliefs; readiness to learn.

I. RESULTS OF FAULTY MENTAL HYGIENE

No amount of hygienic training can compensate for marked nervous defects, but individuals can attain a higher level of control than either heredity or environment would have promised. Better mental tone can be developed as surely as better muscle tone. It can be done by mental training.

J. MEANING OF MENTAL TRAINING

1. Training in control in infancy and childhood. No tantrums, fits of silly laughter, temper, hates, etc.
2. Removal of unwholesome states. No place for the "black man," or other fears in the training of children. Vicious play is never wholesome.
3. Substitution of wholesome plans, purposes, and satisfying interests for their opposites.
4. The place of play, recreation; hobbies; vacations; and other means in mental hygiene.
5. Avoidance of vicious or unwholesome play, habits, etc. that may relate to this problem.
6. Other adjustments at higher age levels necessary for complete integration.

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