

## BOOKS AND REVIEWS

**Mental health-public health, Dr. Karl Evang, *World Health, WHO, Geneva, October 1974.***

... We live in an encouraging era when health and social services are discovering and re-discovering the psychosocial and socioeconomic factors influencing both mental and physical health. Investigating and understanding the causes of ill-health must always be first steps towards prevention and cure. Since the pathogenic agents of mental troubles are usually man-made, man should also be able to remedy the situation and turn the tide.

Mental health is, therefore, "public health" in the sense that society has an overriding responsibility to include, in its general system of health services, measures to prevent and cure mental disease and to rehabilitate those on the road to recovery. Since social and economic factors play such a great role in mental ill-health, it could even be argued that governments bear a greater and more direct responsibility for protecting the health of their peoples' minds than for protecting that of their bodies.

**The right to health, Dr. T. Adeoye Lambo, *World Health, WHO, Geneva, June 1974***

... Success must be achieved in the rural areas, where over 80 per cent of the world's population live. It is there that the health care delivery system must reach and that development must be encouraged. With renewed determination, administrators and community leaders should carry out their duty to ensure that whatever technology can be delivered through the health services is made directly available to ordinary men and women everywhere, and that they receive and understand the health message, whether related to disease control and immunization, nutrition or maternal and child care.

At the same time, recipient countries should ensure that the maximum benefit is drawn from their own resources, with the ultimate objective of self-sufficiency, while international cooperation for development must be on a scale to meet the challenge. Ultimately, success will depend on the genuineness of human concern about the gross inadequacies of everyday life in many large population groups in the world today, and on whether consciences have been stirred sufficiently to take positive action to improve the situation. The prime objective is to improve the quality of life.