

Judge David Bozeln

Justice  
Dr Sukor

Excerpts of Remarks by

SENATOR HUBERT H. HUMPHREY

NATIONAL ASSOCIATION FOR MENTAL HEALTH  
WASHINGTON, D. C.  
NOVEMBER 21, 1963

Imagine  
→ TVA, Patagonia  
children, and  
taped

Commissioner Duncan

President Proctor,

Miss Barbara Brillson

Key note Address,

Dr Robert Felip,

speech of chief Justice  
of U.S. Circuit  
Court

Judge Kelly Wright

In this season traditionally given over to

David Bozeln

the counting of our national blessings, we should be

particularly grateful that there is a National Association

of Mental Health.

Thanks, in large part, to the work of this great  
voluntary health agency, hundreds of thousands of

Americans have been freed from despair and degradation,

from the age-old tradition of inhuman confinement and

brutal treatment of the mentally ill. —

This is Emancipation,  
& freedom!

Yet, there continues to be a shocking toll

taken by psychiatric disorders in America. ~~We have~~

Kennedy message of Feb 1963 He joined  
mental illness & mental retardation

*we have*

only begun the great work of reducing the staggering

backlog of unmet psychiatric needs in our communities---

care of the "sick young" and the "sick old" . . . of the

institutionalized and the "walking wounded" . . . of the

"juvenile delinquent and the mixed-up criminal adult" . . .

of the potential suicide and the alcoholic.

↳ We can be grateful as a nation, this year for

the enactment of one of the boldest programs in the field

of mental health in the history of the world---the President's

mental health law---PL 88-164.

*( Jim Co Spenser  
Sen Hill*

With the authorized \$150 million over the next

three years, community health centers can be constructed

which can substantially reduce the population of our large,

centralized, public mental institutions.

Providing preventive services, early diagnosis,

comprehensive treatment on both an "in-patient" and an

"out-patient basis," these centers will also provide the

*Congress  
Does  
Something*

all-important after-care for discharged hospital patients.

↳ ~~Unfortunately~~ <sup>But</sup>, as you know, the final version of the act did not provide the necessary funds to staff these new facilities. We must go on to authorize such funds.

↳ You and I know that it takes more than four walls to bring a Community Health Center to life. It takes trained people. It takes money to instruct them, and to keep them on the job.

↳ Here again, short-sighted, self-styled "economy advocates" have precisely "wasted a dollar to save a penny." Rather than saving money, such false economy will have "succeeded" in continuing one of the most shocking and indefensible wastes in the world:—the waste of human lives.

↳ Wholly aside from the suffering and anguish caused by failing to move ahead swiftly in the field

of mental health, the actual dollar costs to our  
national economy are incalculable. I simply cannot  
understand the point of view that would deny a modest  
investment now in order to save literally hundreds of  
millions of dollars in annual tax monies which will  
otherwise have to be expended for direct welfare purposes,  
for crime prevention and imprisonment, for paying---in  
short---the incredible direct costs of mental illness  
in our society.

yes L

We must have more psychiatrists, more psychiatric  
social workers and related personnel. We need them now.  
And, we are going to need them even more urgently each  
year, as we come to grips with old and emerging problems.

Each of us has an obligation to dedicate our  
intelligence, and our energy to the goal of providing  
this nation with the intellectual and professional skills  
to solve the tragedy of widespread and preventable, curable

need More Cooperation Fed - States + Private  
mentally ill - mentally Retarded  
mental illness. (National Institute of Mental Health)

~~These are matters of deep concern to the National Association for Mental Health. You need no exhortations to give of yourselves in this, --yes, heroic---cause.~~

Now, I should like to spend a few minutes discussing the role of sanity, of logic, of reason, of emotional stability---all those goals of mental health--- in terms of the life and death of our civilization.

For it is not individuals alone who can be afflicted with emotional instability, frustrations, and irrational behavior. Whole groups, entire nations can be swept into patterns of behavior which can have terrible consequences to themselves and to the future of civilization.

The continued life of our world---imperfect as it is--- depends fundamentally on the mental health and the emotional stability of the world's leaders. For the power available to such men is so incredible that the

world of 1963 literally hangs in the balance upon  
their decisions.

↳ We live in ~~the kind of~~ a world with no margin  
for error.

↳ We live in a world <sup>where</sup> ~~in which~~ the penalty for  
rash judgment is monstrously out of proportion, in  
which the misjudgment or miscalculation of a powerful  
leader can bring down civilization in death and  
destruction. — (ads of irresponsible too)

↳ No -- the decisions of "great nation-states"  
are not child's play. Matters of peace and war, of  
life or annihilation, cannot be left to men who  
are dominated by wild emotionalism, or to fanatics,  
or to those who see the world as a child sees it.

↳ The possibilities for thermonuclear war do  
not permit childish answers to the vital man-sized  
problems between nations.

No rational, mature society will accept "quickie" solutions for complex problems.

I believe -- despite the shrill clamor from the extremists in our midst -- that the vast majority of Americans demand in their leaders the qualities which we associate with the mature and rational individual: calm and courage in crisis; a determination to weigh the consequences of action, and finally, firmness in making decisions and sticking to them.

~~Yes,~~ to face danger calmly, to weight the consequences, to be firm without being obstinate; to be resolute without being arrogant; to make the hard decisions -- these are the hallmarks of the great leaders and presidents. Everything else: brilliance of intellect, charm of manner, a magnificent voice -- all these qualities are of relatively small consequence.

∠ The keeping of an honorable peace is the  
over-riding preoccupation of Americans. This is  
our commitment to a worried and anxious humanity.

∠ We have learned in the Twentieth Century to

deal with mental illness compassionately and intelligently.

↳ We no longer recoil before its sign, or panic in its  
presence. We deal with it. We handle it. ↳ As a society,  
we take steps---as we are doing--- to reduce it, to  
reverse it, to minimize it, to cure it.

↳ So too we should deal with that emotional in-  
stability that afflicts a significant, but small,  
minority in our midst that some call the Extreme Right,  
some the Birchers, some the <sup>e</sup>Wildmen of Reaction.<sup>u</sup>

↳ <sup>once</sup> We had another small but significant minority  
that "flew off the handle" in the 1930's---that swallowed  
extravagant promises, that thought in terms of slogans  
and dogma, that represented the fanaticism of the Extreme  
Left.

↳ Today, some of the very leaders of that  
fanatic movement of the Left of three decades ago turn

up as leaders of another fanatic movement---this time  
on the Right. They still see the world in total black  
or white. They are still looking for immediate and final  
answers. They are still substituting dogma for creative  
thought. They are still angry, fearful, deeply and fundamen-  
tally disturbed by the world around them.

But, we must not react emotionally to such emotionalism.

We must not permit ourselves either to be  
frightened by the fanatics in our midst or to be goaded  
into impulsive acts of repression against them.

Nor can we afford to let their strident  
voices become the dominant theme of the American  
*Symphony*  
~~orchestration.~~

Rather we must proceed with the work of the  
nation, undaunted and undisturbed---to keep the peace,  
and to continue building our own imperfect society into  
something better for our children.

It is no coincidence that peoples of the Soviet Union also want a better life for themselves and for those who will follow after them. (Soyuz)

I am intrigued and challenged by what appears to be happening in the Soviet Union---that center of hostile power which we have become accustomed to thinking of as implacable, monolithic and impenetrable.

That citadel of terror and oppression under Josef Stalin, that fountainhead of violence and subversion, is showing signs of growing maturity. The world is being let in through the cracks in the once-solid Iron Curtain.

I am not so optimistic as to believe that, because we have an agreement at last on a nuclear test ban, the long "Cold War" that began sixteen years ago, is "over" or even deferred or "greatly" diminished.

But there are important things happening inside the Soviet Union, and inside the satellite nations of

Eastern Europe. Every perceptive visitor who has had  
the opportunity of comparing his impressions this  
year with those of earlier years comes back convinced  
~~that the lid is coming off~~ <sup>that</sup> the Curtain is lifting,  
in Communist Europe, however slowly and cautiously.

There are important signs that the Soviet leadership  
is not <sup>as</sup> paranoid as it once was, that it is beginning to  
accept the opportunity to communicate. The Voice of  
America is being allowed to get through - freely to the  
Soviet people for the first time in many years. Despite  
the curious and disturbing incident of the arbitrary  
arrest of Professor <sup>BARGHOORN</sup> Barghoorn, travel and inquiry  
inside the Soviet Union is freer now than 10 years ago.

Soviet citizens are being increasingly permitted to  
travel outside the country. Western books and newspapers  
and periodicals are increasingly being permitted to  
circulate---in however restricted a fashion.

Internally, change is in the air. The Communists have failed to make their Bloc a maximum security prison. Fresh winds are blowing through the iron bars. Orthodoxy is being challenged; dogmas questioned.

How far it will lead no one knows. But we do know these facts:

The secret police are less omnipresent. An intellectual ferment is beginning.

Communist society is changing. Communist theory has been in a head-on collision with 20th Century fact - the breakdown of Soviet Agriculture, the restiveness of intellectuals, the rising demands of consumers, the emergence of a post-Revolution managerial elite.

We need to keep in <sup>close</sup>~~closest~~ touch with all elements of Soviet society.

I have strongly supported the cultural exchange program. I have gone behind the Iron Curtain three times in the past several years, and I have done my best to communicate and to learn -- from the Kremlin down to the peasant in the field.

I have watched the fast-growing trade developing between our friends and allies in Western Europe and the Communist bloc -- a trade that amounts in exports alone to several billions of dollars annually. So long as such trade is not in strategic materials, I believe that there have been important dividends to the West -- beyond the currency earned. For with trade comes contact and communication. If you are to buy and sell, you have to talk to each other.

We need many more Projects of Peace in which East and West can work together and can ease tension and suspicion.

"Work Therapy" will do the Soviet "patients" good.

They could use a "Halfway House" back to the world of reality, a way-station between Joseph Stalin's despotic World of "1984" and, we hope, a better, freer life in the years to come.

No one ever cured a suspicious and withdrawn patient by relegating him to an isolated cell.

And the sick attitude of the Soviet leadership that has "seen enemies on every hand," that has seen "persecutors and tormentors" everywhere has fed on itself. Its own propaganda has tended to convince the Soviet leadership.

But that blind, unthinking, dogmatic and emotional conviction that all the non-Communist world is in league to destroy them, and that the highest purpose of life is to conquer or destroy

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the non-Communist world, is clearly giving way to  
a new and vitally important attitude. Today the  
old Communism and the new are locked in a struggle.

~~There are~~

*There are*

still those in the Communist world who continue to be imprisoned by their own hatreds and frustrations. We call them Stalinists, or, more often, Peking-line Communists. They decry the theory of "coexistence." They call for war to the death, and if such a war should destroy much of their own civilization, so be it. This is a madness. It is a sickness.

What we can hope for is that saner voices will prevail within the Communist world, and that if there may not be friendship in the coming decades, <sup>*at least*</sup> there may yet be a rational leadership in the Soviet Union which can agree with us on <sup>*some*</sup> common undertakings of mutual benefit.

Such mutual efforts can include:

-The scientific conquest of cancer and heart disease, as well as teamwork in basic research.

-Joint weather research, looking to the day when weather can be controlled for mankind's service.

-Common programs for improved international communication, as through television.

-Expanded cultural exchange.

Such a development of common work and common purposes, such an increase in communication between rational men and women inside and outside the Communist world, offers, it seems to me, the only ultimate way out of the time of nuclear terror.

For it is in men's minds that wars are born, that sound or fatal decisions are made.

There are decisions that must meanwhile be made, actions that must be undertaken in our own society to build a still finer America.

We ought to consider that society for a moment -- that imperfect, and for many millions of our people, frustrating and soul-searing society of poverty, deprivation, discrimination and humiliation.

Psychiatry tells us: Give a child or a man or a woman room - room to grow, to develop, to fulfill himself.

We are not giving the tenth of America represented by our Negro citizens the "room" to make their fullest contributions to our democracy.

We cannot expect almost twenty million Americans to be contented with living for the most part in the filth of slums, or with being denied the jobs their brains and skills qualify them for, denied the respect and equal treatment they deserve from their fellow citizens.

There are no easy solutions to this foremost of American dilemmas. But there is a constructive work which must be done on every front to make the U. S. Constitution and the American dream a living reality for the Negro. This will demand tremendous effort, understanding and self-restraint on the part of both Negroes and Whites, and patient perseverance.

There are other Americans, whose lot is not so desperate as that of our Negro citizens, but which is sufficiently frustrating and deadening. I am thinking of our fifteen million over-65 Americans -- too many of them condemned to a life of poverty,

boredom and stagnation. Some societies make the later years, the golden years of respect, of close family affection, of usefulness. Regrettably, we seem to have fallen into a pattern of indifference to our elderly that results for very many of them in loneliness and despair. It is no mere coincidence that the ranks of the Extreme Right are swelled from this age group, whose experiences have tended to make them bitter, and cynical and who want to strike out in their frustration and anguish.

There are the swelling ranks of the unemployed -- displaced by automation, left high and dry in the mining and timber areas of our Nation by radical changes in industry planning -- men and women who want to work, to hold up their heads, to pay their way -- but who are abandoned by society to the dole, to the welfare rolls, to private charity. What does this treatment do to proud people -- who have never asked for more than the chance to work at a decent wage?

What does it do to a good farmer who finds because he and his fellow-farmers are efficient that he has overproduced himself right out of a decent living? There is despair and heartbreak

through the hills and across the plains of America, as farmer after farmer grows old and sees his sons and daughters leave the life of rural America for an uncertain and too often unprepared life in the city. We are permitting vast and heedless economic forces to transform the vital living patterns of whole classes of Americans without taking steps to make change something more than a painful and cruel uprooting of families.

Meanwhile, in our cities, we introduce more efficient machines into our factories without considering what will happen to the factory producers thus displaced -- especially those over forty.

We tear down slums for urban renewal without helping to renew the lives of the lower income groups who occupy some of the new buildings or who are displaced to still more crowded areas.

And what of the women of America -- still discriminated against in job opportunities, tens of millions of them discouraged and effectively barred from the benefits of higher education and the opportunity for personal fulfillment once their families have grown up?

The boredom, frustration and purposelessness of so many groups of Americans is dramatically illustrated by the facts of tranquilizer consumption -- an estimated  $3\frac{1}{2}$  million people taking tranquilizers daily -- by the illegal traffic in amphetamine and barbiturate pills that amounts to five billion pills each year.

Too many of the youth of our country -- far too many -- are rootless and unchallenged, cynical and bored. Too often they are unemployed, too often they are trapped into premature sexual experimentation and ugly forced marriages or humiliating motherhood out of wedlock.

Is our society so barren of ideas that we cannot come up with the excitement of purposeful work, of useful, challenging employment?

We could put young men to work to improve the badly-neglected outdoor recreational areas of our Nation, in a Youth Conservation Corps.

We could put our young men and women -- and our older

citizens, as well -- to work in a domestic Peace Corps to attack the terrible social and economic problems of our slum areas.

The overseas Peace Corps, now in its third year, has demonstrated that there is an underlying hunger for service in our people, a yearning to do something of significance and honor, to create something, to bring relief from hunger, ignorance and oppression.

I deeply believe that William James was right when he called for a "moral equivalent of war" -- for the development of programs of national policy which could strike fire in the hearts of young Americans, which could call forth the same noble outpouring of generous giving of themselves that patriotism has brought forth in time of war.

Mental health, as you know, is not a negative concept.

It is not simply the absence of mental illness, but the achievement of a positive, constructive attitude toward life.

Surely, the good life in the United States does not have to be confined to consumption -- to possessing, to watching, to being

a bystander of a world passing by.

There is no easy, "instant" answer to the good life or to peace or to any other great goal.

The real answer comes much harder. It requires plans - investment - hard work to build the America/<sup>to</sup>which our people are entitled.

Science has learned that not just the young must grow, but people of all ages - if their lives are to be full and productive.

If this Nation is to grow at the rate it should, we must continue to be a bold, "can-do, will-do" people. We must not allow old, tired voices which say "mustn't-do" - "can't do" - to restrain our rate of achievement.

We must, in Emerson's words, proceed to "put our creed into our deed."



Our creed is health -- not as an end in itself, but as the means for building a better life for ourselves, and for all mankind.

Let us "write" this creed proudly into the events of today's  
and tomorrow's world.



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