Passage 9

Mental Health

A. The condition of a person's mind closely affects how he perceives and interacts with his surroundings. Mental health is the term used to describe a person's state of emotional and psychological well-being.

B. In the perspective of holism, it is through one's mental condition that a person is able to suitably use his cognitive and emotional abilities, perform in society, and meet the challenges of daily life. During the mid-1800s, it was termed as 'mental hygiene', first coined by William Sweetzer and further defined by Isaac Ray in the latter part of the 19th century. Ray explained that mental hygiene was the art of protecting one's mind from events that may cause mental deterioration. It was Clifford Whittingham Beers, though, who spurred the mental hygiene movement as a result of his confinement in a private institution for people suffering from depression and paranoia. After his hospitalization, he was encouraged to change methods on how the mentally ill were treated. In many ways, Beers greatly reformed how people with mental disorders were to be treated.

C. In order to uplift mental wellness, great importance must be placed on upbringing. Making sure that children have a good moral foundation is vital to how they will interact with people and deal with problems later on. Moreover, religion and spirituality are significant in molding a mentally healthy individual and this is recognized by esteemed institutions and medical professionals. It is, therefore, not enough to keep only the body healthy. Each person has to make sure that his mind is also ready and able to deal with the stresses of daily life.

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Questions

Look at the following list of statements (Questions 1 – 4) about some aspects of mental health.

Match each statement with the correct person or entities (A – E).

A. Clifford Whittingham Beers
B. William Sweetzer
C. Sweetzer and Ray
D. Isaac Ray
E. institutions and medical professionals

1. Created the term 'mental hygiene'
2. Stated that 'mental hygiene' was the ability to shield one's mind from mental decline
3. Revolutionized methods for treating the mentally ill
4. Believe that spirituality and religion are vital to mental development

Approach

STEP 1 Identify the keywords and question focus in each numbered statement in the list.

STEP 2 Find out the relevant information in the passage.

STEP 3 Match the numbered statement with its corresponding lettered item.

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