

were expected to go to the toilet, and I felt very uneasy when once I had to go during working hours and I had to stay for a while.

Another two machinist helped now and then at our table; one was a young, chatty West Indian lady; the other a Cockney lady in her fifties. I was rather partial to the latter, although she kept on friendly terms with my slave-driver, leaving me on a different level. As she was not too thin nor too fat, her face was calm and pleasant, she looked attractive to me. But when work was finished and she was out in the street, rushing her way home to her council flat, I could see by her slight hunch, her crossed legs, her gait, how she had been disfigured by a lifetime bent over her sewing machine and spent indoors either at home or at work.

As I said, they were going to have two weeks Summer-break, and that was perhaps a reason for the overload of work. One woman fainted over it and my slave-driver was the one who swore at the management for sucking their blood and so on and so forth. She herself was in tears behind her thick glasses because of the dust of the synthetic fibre that made up the coats.

From what I could make out out of things I heard it seemed that every single person around me was either a widow or a divorcee or was involved with serious family problems. Very few had plans for the holiday ahead: some of them were concerned because they did not know what to do.

Yes, Mr. Callaghan has got it right this time with the social contract and Mr Healey got the only possible budget formula for the year, but none of this will help to solve our problems. We are not poor, we don't lack clothing nor food but we still have a lot to learn about how to live and relate to one another.

How can we work hard enough to give ourselves a decent standard of living and do so happily at the same time?

Do twenty people working hard in the same room necessarily have to make a "sweat shop?"

Marcus McCausland

Trends in Health Care

In this country we have a Health Service which is the envy of the world. It is one which has brought enormous comfort and help to many - but changes are needed because it is out-dated - over-centralised - with enormous bureaucracy and a system based on repair instead of prevention.

We are spending £25,000 million a year on the NHS, the Social Services and on Education. What results do we see in exchange for this enormous expenditure? To begin with - dissatisfaction amongst the public, and amongst those in the caring, and the helping and the teaching professions. To go on with - an enormous annual pool of pain and suffering which is not being dealt with under the present system - a sick society. It has been estimated

that there are:-

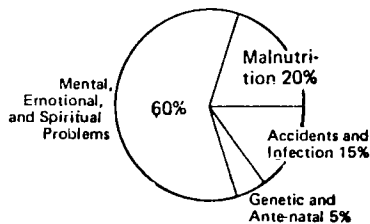
- * 10,000,000 individuals suffering from hypertension, which is the basic cause of thousands of heart attacks and strokes every year. It is the single greatest cause of death, discomfort and suffering.
- * 600,000 with Parkinson's disease
- * 400,000 alcoholics
- * 1,300,000 unemployed
- * 850,000 with rheumatoid arthritis
- * 1,000,000 with chronic or advanced bronchitis
- * 4 out of 5 of us will suffer with back problems
- * 1,000,000 unwanted pregnancies
- * 40,000 attempted suicides
- * 40,000 in prison
- * 500,000 in queues for hospital beds.

Obviously there is something wrong with our Society and with our system - it is creaking and cracking under these pressures. The quality of life in our country is falling. What can we do? What are the worldwide trends? Where are we going?

Some of the 'new' ideas which this Trust has been investigating and synthesising are set out below. We say 'new' deliberately because there isn't really anything new under the sun.

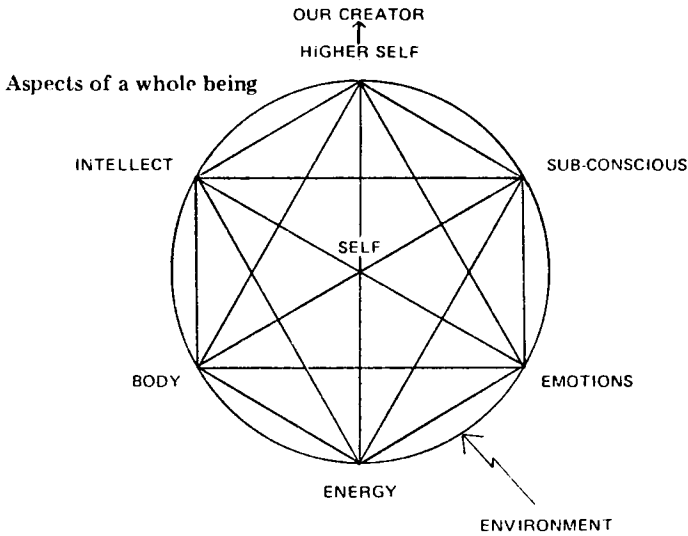
AVOIDABLE ILLNESS

- * *Throughout our lives we meet problems - it is important to understand the role of problems in helping with our growth and development. When I meet and overcome a problem I have learnt something which will be of use in the future.*
- * *Solving problems involves stress. Stress can be creative or destructive, i.e. in solving a problem we have created greater understanding in ourselves. If we cannot solve a problem this may lead to increase tension which may ultimately lead to illness.*
- * *Nearly half the hospital beds, in a society like ours, are occupied by individuals with mental or psychiatric problems. In most cases, if the personal problems, which caused these physical and mental problems, could have been solved at an early stage, the individual would not have ended up in hospital.*
- * *The causes of illness in an industrialised society seem to be based on:-*



- * *Probably 85% of all illness can be avoided when we understand what action to take*
- * *Illness should be considered as a creative learning process*

A WHOLE BEING



We are healthy whole beings when our Inner Self is in harmony with all aspects of our being, **and** we are able to adapt continuously to our environment **and** are in harmony with our Creator.

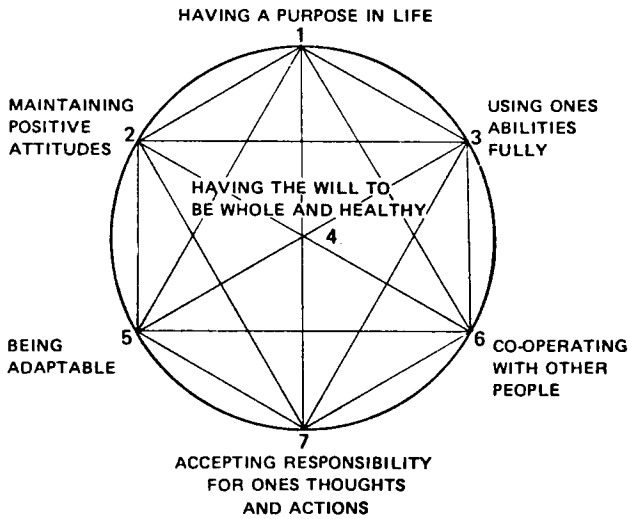
OUR INNER SELF is the central, unchanging core of our being - source of strength and comfort, which relates to the world around us through these aspects of ourselves:-

- * *OUR HIGHER SELF receives Spiritual energies from our Creator and provides us with a meaning in life - with moral values and Love.*
- * *OUR HIGHER INTELLECT enables us to communicate with others, to reason and to analyse.*
- * *OUR SUB-CONSCIOUS co-ordinates the functions of our body, our defences and our self healing and stores memories, beliefs, and fears and complexes.*
- * *OUR EMOTIONS help us to relate to people and events.*
- * *ENERGY - we are "beings of energy in a sea of energy" - nothing manifests in the physical world unless there is energy associated with it.*

- * *OUR PHYSICAL BODY* links us to the physical world to manifest our destiny on earth.
- * *OUR ENVIRONMENT* consists of our family and the natural world around us. We are completely dependent on our environment for our life and health.

POSITIVE HEALTH

IT IS A WAY OF LIFE – A WAY OF THINKING AND BEHAVING – IT BRINGS FULFILMENT AND HAPPINESS – IT IS CATCHING – IT IS WORKING IN HARMONY WITH NATURE – IT IS BASED ON THESE SIMPLE IDEAS:



Comments

All these aspects of ourselves are intimately connected within us. They affect each other, and therefore affect our health.

1. *When we have a purpose in life, everything we do has meaning, direction and excitement.*
2. *When we think and act positively, we attract to us others who are in tune with us. Wonderful things begin to happen to us.*
3. *When we develop our wonderful hidden abilities we can use them to help ourselves and others.*
4. *Our will is at the centre of our being. When we develop the will to be healthy, our life begins to change.*
5. *As we learn to adapt to the persons and conditions around us we are learning to work in harmony with nature.*

6. *When we learn to co-operate with others and help them, we learn to give and receive love and friendship.*
7. *When we accept responsibility for our own thoughts and actions, we develop a feeling of freedom and fulfilment and know that we are masters of our own fate.*

POSITIVE HEALTH EDUCATION

*** HEALTH**

As a general rule the man-in-the-street is completely un-interested in HEALTH - therefore a new approach is necessary to introduce excitement and challenge into the achievement and maintenance of good health.

*** POSITIVE HEALTH EDUCATION - OBJECTIVES**

To help students to:-

1. *understand themselves and how to relate to others*
2. *discover, develop and use their hidden abilities*
3. *develop their character and willpower.*

*** THE SYLLABUS**

Bears little relation to anything being taught at the moment because it includes many aspects of emerging knowledge.

Some of the subjects:- the power, complexity and development of the mind; psychosomatic problems; malnutrition; problems and their role in our growth and evolution; creative aspects of illness, pain and suffering; how to define and solve personal problems; concepts of birth and death; different paths of self-development; varieties of religious experience; our needs and abilities; what is a whole being; the effects of our environment on us; personal relationships and loneliness; self-healing and self-help.

*** PRACTISING POSITIVE HEALTH**

Practical work is required in parallel with the theoretical work - students will be expected to play a part in the Caring Community Centre - to undertake projects, thus learning to solve problems - to co-operate with and help others.

PRINCIPLES OF A CARING COMMUNITY CENTRE

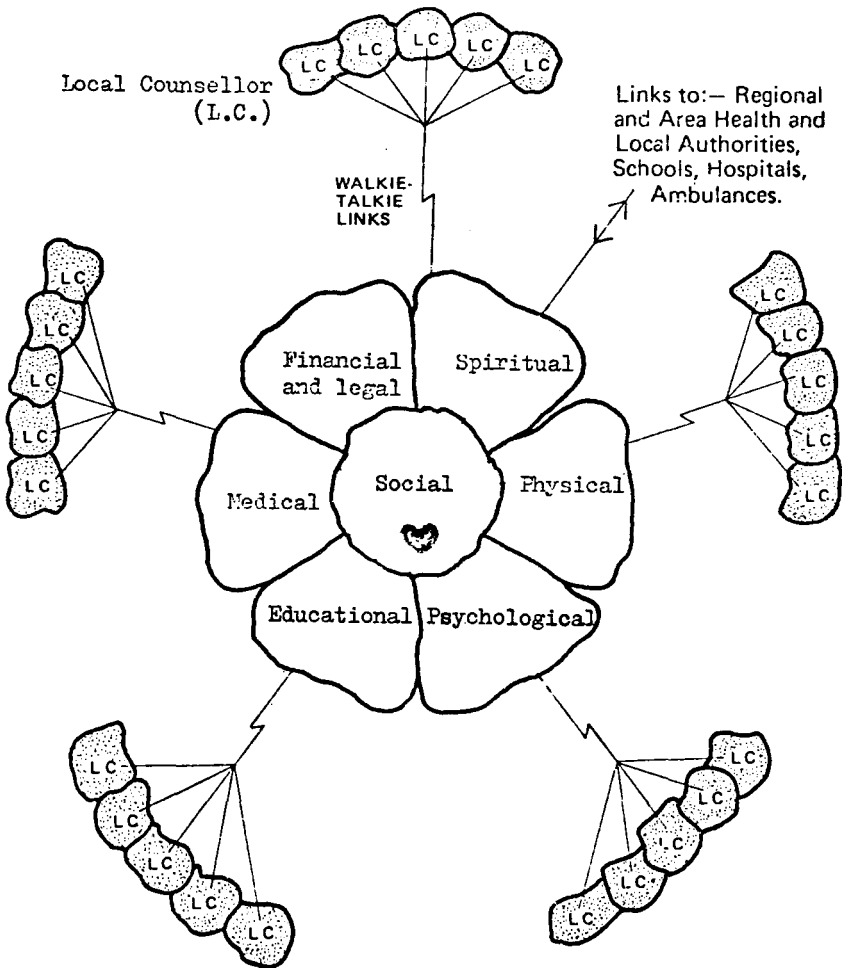
- * RESPECT FOR THE INDIVIDUAL** *is more important than consideration of race, creed, nationality, science or personal status.*
- * PAIN AND SUFFERING** *call for help based on compassion, love sympathy and sensitivity.*

- * *WE ARE WHOLE BEINGS* who require help at every level of our being - a true balance of spiritual and material values.
- * *PRIORITIES:* 1. Prevention of avoidable illness.
2. Cure of unavoidable illness.
- * *LOCAL COUNSELLORS* are available within the Community with time to listen to problems - to provide Positive Health Education and to show that problems and ill health can offer a challenge and provide lessons for the future.
- * *INTEGRATION* of all forms of diagnosis and therapy provides a low cost, simple system.
- * *DECENTRALISATION* to the Community and to individuals, together with responsibility and authority to act where there is need, helps individuals to develop their abilities and avoids delays.
- * *RESPONSIBILITY* - individuals, families and the community are all responsible for their own thoughts, actions, health and quality of life.
- * *CONTINUING RELATIONSHIPS*, understanding and trust, between all those working in the centre and those who come for help, provide the basis of a happy Community.

A CARING COMMUNITY CENTRE

- * *OBJECTIVES* - A caring Community with a heart and soul which can grow organically to meet needs as they arise, whilst treating individuals as whole-beings.
- * *SPIRITUAL* - Advice and help with spiritual problems through counselling - healing - meditation - love and compassion.
- * *EDUCATIONAL* - Positive Health Education by Local Counsellors, teachers and doctors in the Centre, at school and at work, together with nutrition and home economics.
- * *PSYCHOLOGICAL* - Advice and help from counsellors who have time to discuss personal and family problems with love, compassion and sensitivity.
- * *SOCIAL* - A warm and friendly place where young and old can meet, talk, make friends and develop a Community spirit.
- * *PHYSICAL* - A place for relaxation, exercise and fun with physical exercise and breathing e.g. yoga, gymnastics, massage, dancing, rhythm, music and posture.

ONE POSSIBLE LAYOUT.



- * **MEDICAL** - An integrated system of conventional and unconventional diagnosis and treatment to locate and remove the underlying causes of health problems - to provide whatever is needed by those who visit the centre for help: whether acupuncture or drugs; dentistry or diet; medical help or healing. . .
- * **FINANCIAL AND LEGAL** - An advisory service manned by volunteers to help those who are unable to cope with complexities of a modern industrial society.

A LOCAL COUNSELLOR

* GENERAL

A Local Counsellor forms part of the three-tier system of Community care

1. *self-help in the home*
2. *help from the Local Counsellor*
3. *the Caring Community Centre.*

* WHAT IS A LOCAL COUNSELLOR (L.C.)?

He/She

is mature, warm, comfortable person to whom people happily go to find help, love, compassion and sympathy.

has TIME to listen to problems and discuss them with sensitivity for the feeling and emotions of the person concerned.

can be recruited from a variety of existing grades and specialities such as nurses, health visitors, social workers etc. whose responsibilities will be taken over by the Local Counsellor.

is directly responsible to a specific GP at the Caring Community Centre.

will be given authority and responsibility to act in cases of need and will thus develop and grow as a person.

* RESPONSIBILITIES

400 individuals in the Community of all ages.

Prevention - to assist individuals to develop themselves through Positive Health Education, in homes and schools. Thus, individuals can overcome personal problems at an early stage.

Cure - to help individuals to heal themselves through counselling relaxation, healing, natural therapies, drugs etc. Where required the Caring Community is available for further help.

SUMMARY There is at the moment no real understanding of Health, Ill-health, Health Education, of the power of the mind and how to prevent Ill-health. As understanding of these matters spreads and grows, a massive shift of resources from repair to prevention will follow.

The new giant Hospital complexes will remain half-empty shells - as monuments to the old style medicine - to technology - to the dehumanising system which exists today - to the abdication of personal responsibility - to overcentralisation - to a top-heavy bureaucracy.

Once again the caring, the helping and the teaching professions will be recognised as being vocations - as art not science - as being based on human relationships - and values. The quality of life in our Society will improve in parallel with the health of individuals and families.
