

PUBLIC HEALTH. —

THE EDUCATION OF THE WHOLE MAN.

The general subject of the Annual Conference on "New Ideals in Education," which opened on April 17th at Lady Margaret Hall, Oxford, was unusually instructive this year. The principal address, given by Dr. A. Cawadias, Physician to the London Light and Electric Clinic, spoke on the physical aspect of education, in which he discerned three factors—gymnastics, diet and climate.

Dr. Cawadias said modern science treated man as a whole and modern education must consider the child as a whole. The object of physical education was to try to develop that harmony of the body which resulted from the perfect correlation of all its parts under the supremacy of the brain. To achieve that result it was necessary to act from various points of view—physical, mental, social, aesthetic, and religious—but in each of these aspects the object was not the part but the whole.

Three errors had to be avoided in physical education. The first was undue emphasis on muscular development, the error into which the German system had fallen. Such one-sided development could not influence the mental, aesthetic, social, and religious aspects of the individual, and it defeated its own object. The circus-athlete type generated by that system was not resistant to disease. These highly muscular men were really less strong than men with less muscle. Men who were developed on those lines tended to become one-sided and egotistical, and to have the bullying spirit. They never got the biggest positions, but remained in the secondary lines. The second error consisted of undue emphasis upon individual "showing off" in certain exercises and games, and the child so trained tended to become selfish, self-centred and, up to a point, anti-social. What was wanted was the development of the team spirit. He preferred children to play Rugby football rather than golf, which was a selfish game for children, though it had medical and hygienic benefits at a later period of life. The third error was a lack of individualisation in exercise. The placing of all children in the same drill was illogical, and the results could not be good.

To avoid those errors and to organise education by exercise on sound lines the criterion should be an approach to the ideal human form, such as had been studied and depicted in the works of the ancient Greek physicians, thinkers, and sculptors. In his belief, the Doryphoros of Polyclitos was the best criterion. That ideal human form had nothing to do with the circus athlete type.

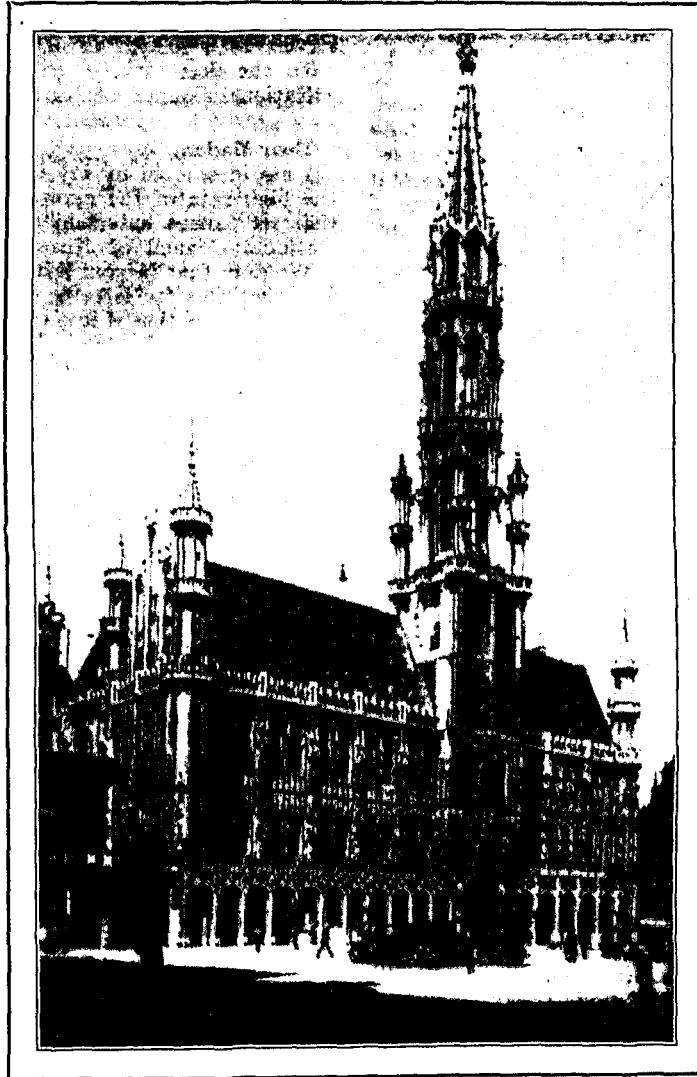
A BALANCED DIET.

For the harmonious development of the body diet must be well balanced. Physiology showed that man was intended to be a carnivorous animal, and the most energetic races had been meat-eating races. Protein, the only substance which supplied tissue, could be obtained from vegetables and milk, but the protein from animal food was best for the development of the body. Meat, vegetables, and fats must enter into the diet of the child—not too much meat, because it became toxic, nor too little. A balanced diet according to the principles of the modern science of nutrition must be employed.

Climate was another important factor in the integration and development of the human body, and the site of a school had to be considered from that point of view. Great Britain possessed probably the healthiest climatic conditions in the world for the development of the child. No other country possessed such a healthy tonic climate, and weak children in different parts of the world ought to be sent here. There were in this country varying shades of climate adapted to individual requirements, and these factors had not been sufficiently realised.

From a medical point of view so-called self-treatment by artificial sunlight was a parody of one of the most powerful therapeutic methods we possessed—namely, the radio-therapeutical use of

ultra-violet irradiation alone or mixed with longer wave-lengths. That method must be applied by the physician conversant with the disease he treated and with the therapeutic technique. It must not be applied by the individual himself. Quacks were flooding the country with ultra-violet ray apparatus, with which they claimed to cure all the plagues of Job. All that could be said for the best of them was that they had no effect at all, good or bad. There was ample sun-light in Great Britain. If there was not much of the direct rays of the sun, there were sufficient scattered sunrays.



HOTEL DE VILLE DE BRUXELLES.

Final Reception of the Congress will be held in this beautiful Hall.

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