

Republished Article

Family and child welfare in relation to urbanization*

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² Biography of Doctor Eltigani Elmahi. Available at: <http://eltiganielmahi.com/en/>.

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“God made the country and man made the town”
Cooper

“Would you tell me please which way I ought to go from here?” “That depends a great deal on where you want to go to” said the cat. Alice in Wonderland

It may be more to our purpose to introduce the subject by some remarks of a general nature for the purpose of orientation and understanding.

From the outset, it is essential to affirm that the child is not a miniature adult. Indeed, the difference between the child and the adult is not merely a quantitative difference in mass, size weight, energy or function. This would be an over simplification. The difference is more basically qualitative and in consequence the approach should be conceived differently along its own lines of convenience. But since the child is nurtured and natured by adults, surely the exploration of adults should be an integral part

of child exploration. The two are complementary to each other. So much so that in pediatric practice it is not infrequent in the management of maladjusted children, that the therapist should deal with the parents themselves rather than the child. The disturbance, it seems, has its initial origin and root causes in the parental situation, and the child is drawn from the periphery to the focal point by the centrifugal force of his parents. In this triangular situation, the child begins as a witness and ends as a “third party”.

Moreover, the term “urbanization”, it seems, is gradually becoming more and more over-worked. Indeed, from the start its conception in some regional instances was hazy, perhaps lacking in precision. Its meaning has become so wide in use as to cease to be any longer serviceable to its own validity. In the lack of discriminative use, “urbanization” is gradually becoming an “omnibus term”, so to speak.

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The conception as surmised and as perhaps inferred in the light of some regional documents, is not as yet clearly defined nor indeed is it applicable in relation to the local and ecological. Clearly the term is still conceived, perhaps in the original textbook definition at large, and construed as well, in its early initiation term, and adopted in the manner it was adopted in western countries and in the way it was standardized. So much so that the concept, here, is synonymous with itself there, and with its other versions elsewhere, despite the extremely important variations of demography, topography and the wider variations of social, economic and developmental level.

In view of this, the task of defining the term and the inherent disabilities in use, becomes essential. Indeed, to begin the thesis with a premise that begs the question is to choose to go wrong from the start.

The immediate question is therefore, what is meant really by the term ‘urbanization’ and what are the implications and the limits of application in the term in relation to the differing levels of the socio-economic and cultural background of the different countries of the region?

The answer to this would necessitate dealing in the first place with the concept itself, historically and essentially, to see how this may contribute towards defining the term itself and clarifying the nature of itself, its early inception and historical evolution, then proceed, as a second step, to its underlying causes, how they genetically evolve, how they dynamically relate, how they interact, how they operate on the community and family and, finally, how they converge on the child and how they manage to mould him. In short, we shall have to trace its natural history from its inception, so far as this is historically known.

In this respect, there is evidently need to be descriptive rather than interpretative, but it may be that we shall see that, as we proceed in our description, the descriptive may indeed become the interpretative.

It may appear astonishing that urbanization did not begin with the industrialization of the nineteenth and twentieth century’s. Indeed, urbanization, as a phenomenon, is synonymous with civilization and as old as it is. It is true that urbanization in the past was susceptible to accesses of certain intervening factors of international character rare today, such as wholesale emigrations due to wars, refugees fleeing from persecution, famine, pestilence, etc., the discovery of new lands and new resources, the more recent of which were the “gold rush” of last century and the “oil rush” in this century.

The Tatar invasion beginning with Genghis Khan altered the demographic order, with far-reaching effects on civilization. Cities vanished and cities rose. The whole was a rapid shift from de-urbanization to urbanization and vice versa.

In the history of this region, in particular, urbanization has played a pivotal part in the evolution and final devolution as well, of ancient civilizations and cultures. Urbanization fostered the evolution of civilizations and was ultimately responsible for their devolution and decay.

In the evolution of statecraft, urbanization is an integral factor. Similarly, urbanization is part and parcel of political organizations, strategic needs and the growth of international trade and trade routes-. Indeed, in relation to the latter, urbanization led to the growth of cities and centres non-existent before, and to decline and decay of others already existing. The famous Silk Road and the Spice Route are the best examples. The discovery of the Cape route leading to India by Vasco da Gama was of great moment to the Spice Trade. It led to the total decline of some cities in the Red Sea.

Similarly, health impulse certain demographic necessities which led to urbanization, so did civil administration, security needs, penal needs as well as other needs.

Education was, and still is, highly correlated with urbanization. It is still one of the most

important urbanizing factors in this region. So was religion in which the growth of cults and of centres of worship led to a remarkable change in population patterns. In its wider effects on population trends, religion is impossible to separate historically from education. The best example is missionary work.

Security needs have forced landowners away from their land and driven them to larger cities, as in the case of some minorities. Aesthetic needs of living are among the strong urbanizing incentives. It is an important factor in the case of the rich, sophisticated landowner.

The agricultural revolution in this region, set off by cotton agriculture on an international scale, has led to a great deal of urbanization. Dams and water works, irrigation projects and reclamation of areas, have given rise to new urbanized centres. So is industry beginning to affect demography.

Political factors were perhaps among the strongest urbanization factors and administrative needs have brought together people to share common benefits which could not possibly be shared otherwise.

Urbanization in highly centralized form in the past tended to set a physical limit and a degree of focalization which made civilization liable to whole sale extermination by invaders. This is perhaps why many epochs of civilization in history have passed into oblivion without leaving behind more than an obituary notice.

Administrative organization in modern states may call for massing of people too scattered over a large area for economic, health or social benefits. Even today, it may not be possible in developing countries, to benefit from the services they have, without bringing them together in urbanized or semi-urbanized centres, established for the purpose.

To elaborate and illustrate these forces which have led in the past to urbanization, largely as a result of de-urbanization, since early times, it is interesting to mention that the whole growth

of the Abbassid Caliphate and culture and sustained by converging the resources, actual and potential, of the realm into the city-state of Baghdad as the capital. And when Baghdad was sacked in the thirteenth century A.D. by Hulago and his Tatar horde, the whole civilization and culture became extinct.

Political motives behind urbanization are clear. They may sometimes lead to catastrophe. In the year 1887 a famous ruler in a country of the region suspicious of the loyalty of the riverain tribes, conceived a scheme of bringing all the populations to his capital to keep them under surveillance. Before this was achieved, famines and epidemics broke out and the populace was seriously reduced. The events were a factor in his downfall in 1898.

Reasons of health may lead to a great deal of urbanization and in this respect history abounds in illustrations. The sleeping sickness problem in the Sudan made it indispensable to move a large number of population scattered in the bush for resettlement in sizeable communities in the savannah and along certain high roads where the fly ceases to abound.

In many developing countries there are vast areas thinly populated. In these circumstances, urbanization may serve community development a great deal, concentrating the population around the meagre educational, health and social services existing. Indeed, urbanization and growth of cities in some of these countries is inevitable for mustering manpower for economic and social development.

The seasonable character of labor makes it inevitable for the population in certain areas depending on rain agriculture, for example, simply to sit idle for eight months, waiting for the next season. Though we need not go into the evils of indolence and lack of occupation, the influx of such a population to cities does not lead in any way, at least in our experience, to disaffecting the rural areas, nor indeed to disarranging the conditions of the cities to which they flock. On the other hand, the trend may be of mutual benefit

and the whole matter is inevitable and cannot possibly be dealt with without considering the problem of primitive economics underlying it. To deal with it in isolation as a problem of seasonal recurrence without its determinant and original causes, amounts to dealing with the manifestation rather than the cause itself. We dare say that such seasonal migrations are not seriously problematic but for obvious reasons, the attitude of local authorities, responsible for the management of cities, is inimical. They are, indeed, partly responsible for the false alarm and for the abuse of the term urbanization and for bringing it into disrepute. The whole is typically illustrative of evasiveness and perhaps of lack of public spirit.

Urbanization is still positive as an evolutionary need. It still serves the important purpose of development in this region. For some time to come, perhaps, it is not likely to be disarranging to rural areas. Nor is it likely that it would perhaps be seriously inconveniencing to many cities in developing countries which have not as yet exhausted their potentialities of growth. Seasonal migration may not impose serious difficulties on cities but of course are likely to throw more responsibilities on civic authorities. The latter is important to bear in mind.

In this region, education was one of the strongest urbanizing factors in the past. For one thousand years, the Azhar University has been the focus and seat of civil service training, religious and secular, for the Islamic common wealth, irrespective of language, for the Arabic language was the Latin of the Islamic world then, since the religious then was the secular and the secular was the religious because religion was the framework for all institutions. It constituted the essential part of any civil service training. The growth of many cities of importance in response to certain religious cults and schools of thought, was remarkable. Some rose to great heights as centres of school systems to which people flocked. There are examples of some of these centres which escaped destruction and looting because of the high reverence they enjoyed.

The caravan routes in deserts were instrumental in the growth of large populations in oases, which were by no means self-sufficing or capable of sustaining urbanization without such routes. As urban centres, these oases depended for their living on trade routes. Perhaps Aden, in view of the peculiarities of its strategic geographical position, for trade and for other purposes as well, provides the best illustration of rapid urbanization in modern times. Like the oasis centres of old it continues to flourish on factors which do not normally yield incentive for urbanization. Its growth is dependent on international trade which constitutes its resources.

It is therefore clear that urbanization may be extremely benevolent during a certain stage of evolution. Indeed, urbanization in this region, has served as an important factor in community development by fostering health, security, education, trade relations and exchange. This is conceivable as urbanization is the first step in the structural and functional organization of the community, in the technical sense.

It is obvious that this subject is impossible to confine within the limits of one discipline nor indeed, to one specific methodology, even less to any systematic interpretation, unitary in nature. As a multidisciplinary topic, it partakes and commonly shares the nature of multiple disciplines and institutions such as health, social science and cultural values. Since the inherent nature of its cultural components is highly weighted with tradition and value-judgment, the use of logical and scientific methods as tools of argument may not indeed fare well. Culture has a prejudicial nature which is deeply ingrained and intimately peculiar to it and, as such, it has its own values and the yardstick for such values. The whole matter rests on value judgment. In such situations where the intention centres on the evaluation of mores, customs, national trends or the like, in so far as these teleologically function to serve and accomplish some specific end, it would be impossible to determine and appraise such values and to

measure them outside the range of their culture. Nor is it possible either to discern clearly the events in their metamorphosis and in their future becoming, as such events beginning as a cause may recur as an effect and end as a cause again in repetitive cycles in which their identity may be difficult to follow and trace. To illustrate this let us suppose for argument's sake that the structure and dynamics of the family constellation pattern, as existing today in one urbanized, fairly developed area in the region be taken as an example in point. It would not be far from the truth to say that the character of such a family pattern could not be described as wholly eastern nor indeed wholly western, but perhaps an admixture of the two, so near in certain respects, but so far in others from the traditional and yet drifting away from it, perhaps in the direction of the western pattern. The question is, in which direction lies the ideal towards which the family planner is heading? Is it possible really to conceive its nature and to visualize its title, bearing an appearance beforehand and to reconstruct it in some tangible form? Are we at all able to envisage and trace its logical development in its various phases in prospect? Have we really the power to steer it in the direction we choose and hit its target fully and squarely in the hull's eye? Are there any accidental factors at all, which may force the issue out of hand in one way or another? Are we drifting helplessly at the mercy of such accidents? Is our quest amenable by nature to the volitional on the one hand, or to the unknown and fatalistic on the other? Finally, to what degree are the social factors instrumental in the determination of ideals for us? Lest one should suspect that this is an illustration of systematic hair-splitting, more questions would be forthcoming.

As history must instruct and inspire, indeed Sir Winston Churchill said "The longer you can look backward, the further you can see forward" an appeal to history may be helpful and gratifying.

History makes it clear that the social forces tend to prove the main determinant of events. There

are ample illustrations in history that what comes to pass ultimately in the wake of these forces is sooner or later adopted as the ideal. The whole is a process of rationalizing the inevitable and the serviceable. It is man's prerogative to believe what he wants to believe.

In the light of this, could it be said that what we are looking for in the field of child development will be determined for us by the trend of events? Such a statement, though partially true, does not constitute the whole truth. The fact that the forces of events are the main determinant does not exclude the human factor totally. The process of determinism is not complete and its dynamic nature leaves room for the community action. It would be easier, however, if we could possibly predict the nature and the form of the future ideal in relation to child development clearly. It would certainly make matters easier for us, but social forces are like fate. They move in a mysterious way.

Be that as it may, it is important to conceive, construct and adopt a system of planning, valid for the promotion of child development which is flexibly and amenable to adaptation in the light of emerging experience. But let me say frankly and categorically, that the promotion of the child is fundamentally and in essence, a function of family protection which in turn is a function of community development programmes. In other words, it is impossible. To separate the child and deal with him in isolation for the purpose of promoting his upbringing and formal apprenticeship, for such never exists outside the full context of the family and community. The welfare of the child, therefore, implies the welfare of the whole community which converges on the family as a spearhead for the child. Nor indeed, could such be realized in the absence of steps to develop equally and proportionately the community services in their whole range, and is operationally and fundamentally united. It should be repeated again that the development of the child is inseparable from the development of the community in the widest sense of the meaning.

In the present circumstances of the region, the direction of the social forces and the manner of their trend, are difficult to predict, let alone measure. The result is therefore clear. It implies the projection of the future on the basis of the present and in relation to the past, is at best tentative. Nor would even the choice of a contemporary pattern in the west, for our immediate child-concept needs, be valid or indeed of service as a blue print. To illustrate this, let us take as an example the family pattern of two western countries and see if it is possible to make some choice between them. On the one hand, there is the system of child development in traditional Britain and on the other hand, the system in futuristic America.

Each has stemmed from and has become distinctly related teleologically and in terms of values, to a background of its own, historically, socially, economically, with which it becomes totally identified. Surely, such a choice would not rest on utilitarian issues as such. It is a function of cultural values.

Britons, on the one hand, have one eye on the past and the other towards the future. The result is the golden rule which no Briton would voluntarily relinquish. Nor would the American, in the absence of a homogeneous national tradition of historical issue, though in possession of a cultural aggregate representative of Old World cultures in its heterogeneous background, choose to abandon the future. To him, the future is the melting pot and the determinant of a unified culture, the rise of which is on the way. To compare the two would be a comparison of two incomparable and to choose one or the other, in our case, would be a haphazard matter for a haphazard goal, as the trend of social and economic events by themselves would be the main determinants for future orientation. It is impossible therefore to establish, in these circumstances, any order of merit between the two. The question, for example, which of the two is better, is a system which serves its own purposes. Indeed, every culture and every age has its own values and value-judgment.

What, then, are the operational means for the promotion of the child and what are the validities? Since, however, community development is the spearhead and pivotal point, the criteria of community development are the only means which may suit and satisfy our purpose for the child. In this respect, the international definition Measurement and Levels of Living [1] provides the best means as a guide. But since it is an international document using the general and the universal, it cannot be taken in its entirety. In certain respects, its order may need reversal, and its priority may need reshuffle. Moreover, some topics may have to be deleted and others reinstated. Notwithstanding this, it is one of the best guider of its type.

We shall have then to adopt and utilize this document for the purpose of our theme.

It should be made clear that our intention, indeed the intention of this paper, is to deal with child development in the general, rather than the specific and the disciplinary. In the document referred to, the items involved in community development are rather detailed. Such details may not suit the purposes of such a general paper, the intention of which is selective rather than comprehensive. In view of this the subject of community development as it impinge on the family and child, will only be elaborated under three headings, education, nutrition and health. Other important aspects, such as economics, housing, etc. will be left out, though they are equally important and essential to the subject, the whole range of community development is surely not its purpose; it is rather to deal with one aspect of the subject only.

Education

The greatest challenge to rural life came with the impact of education. Historically, education was the first agency which disaffected and unsettled the traditional systems. Its initial effect on rural economy, traditional ways of homemaking, child rearing and child development and indeed on the traditional values in general, was not

altogether benevolent initially. But the passing should not be confused with the permanent. After all, any process of evolution carries in itself the seeds of devolution of an older regime. In some important respects education constituted a strong urbanizing incentive which led to the flow of population from rural areas to the cities in search of better opportunities of living which education was presumed to offer, even in its limited scope in rural areas. Another important sequence which came as an incidental to the educational process was the gradual breakdown of the extended family system which, fundamentally and in essence, is an ingenious insurance agency, a kinship security device. It is gradually being replaced by the immediate family system since education in particular and community development in general foster and enhance a state of individuality and of realization of self.

It is fair to say that the school health services have remarkably contributed to the physical condition of the children, which has reflected itself in the mental health side [2].

Indeed, the inculcation of health habits in school, school meals, sports, immunization against communicable diseases and better opportunity of early treatment of disease, have saved the children from blindness, deafness and the ravages of polio, etc., which are common risks in many countries of the region. Indeed, school health has contributed positively to safeguarding the mental health of mothers in whom child morbidity and mortality may be seriously upsetting to their mental balance.

It is true that some emotional difficulties in the school child were impulse initially by the imported method and media of education which he collide not possibly comprehend. But this is no more a problem, thanks to educationalists. Moreover, the disciplinary side of education which immobilizes the child for several hours a day in school, especially in the case of nomadic children has led in the past to behavioral problems but the situation soon remedied itself.

The concept of the school as an extension of the home and as working in concert with it is not only fully grasped but is being utilized as a dimension of education by both teachers and parents. The important role of the mother is being more and more stressed. Indeed, the role of the mother in the home is a function of her status in the community. Her contribution, therefore, will depend on her status as a mother, home-maker and home-worker and as a member of the society. For this reason, the promotion of the child is a function of the status of women.

The ultimate function of education is the creation of the citizen by the promotion of his intellectual and earning capacities, his physical and psychological well-being, his social and emotional reactions and finally, his family and group affinities. In this, health is an integral part of the process [3].

Nutrition

The physical development of the child is extremely important for his Intellectual and emotional development. Indeed, in assessing the intellectual development of infants and pre-school children, the criteria are mainly physical. In any case, the physical cannot be separated from the mental. The physical provides the substratum for the intellectual and the psychological and may determine even the pattern of social relationships, for positive social relations are a function of positive health. The importance of nutrition in child development is therefore pivotal.

Problems of nutrition in this region, especially in relation to the child, are multiple. There are food taboos, food habits and food lore in relation to breast feeding, which may not contribute to the best development. Moreover, the impact of pediatrics was not altogether benevolent at the beginning. It estranged the people from their national food to which they had become accustomed and adjusted through a long process of trial and error, without being able to give them a better alternative or substitute. The

whole rested simply on prohibitions and biblical advice. In this respect, it was Dr. Norman Corkill who first pioneered and explored the nutritional values of some traditional articles of food in the Sudan. He was able to detect some important nutritional values in some of them especially regarding their vitamin content. The attitude of investigators before him rested on impressions which took it for granted that they had no such values. Their nutritional values were depreciated without being analyzed or tested. Surely, there are certain food habits which have proved valuable in relation to peculiarities of climate, geography and health needs in the substitution of some other alternative outside the economic or cultural means is difficult to conceive.

Indeed, it reminds us of the story of the lion keeper in the zoo, who was responsible for delivering the daily meals to his lions at three o'clock every day. Being late one day, he was seen by the supervisor at five o'clock, hurrying to the cage with the meal and on being reprimanded for being late, he said: "Sir, I do not think that lions in the bush take their meals so punctually at three o'clock every day. I believe that they may be able to have a hearty meal one day and spend the next day sleeping in their dens. The next meal may not be forthcoming for several days. Some may go for a week without another meal. The whole depends on the circumstances and folium of the chase. Nevertheless, they are healthier and better nourished in the bush than in the zoo."

Bell, the great elephant hunter who shot perhaps more elephants than any hunter in history, totaling over one thousand, was able to maintain his health perfectly during the years of his wanderings in Central Africa on foot (he never hunted on horseback) by a system to which he adhered closely in relation to his food. Wherever he went hunting, he asked the local people about their native food to which he adhered, on the score that they arrived at the recipes by a long process of trial and error. He was discriminative, however, against certain foods which did not appeal to common taste, such as insects and

vermin. In the region of Lake Rodolph he found, for example, that fresh milk was rarely used and the inhabitants invariably allowed it to become sour before it was consumed. It seems however, that some form of bacterial contamination was so common and milk became a vehicle of infection which the acid rendered sometimes harmless. Incidentally, when Bell ran short of his tobacco, and was led to use the native tobacco, he enjoyed it so much that he said: "It is the best tobacco, but it has a little drug effect. Nevertheless, it was most pleasant". But Bell never realized that he was smoking hashish all the time.

In some patriarchal cultures where male children receive preferential treatment for obvious reasons, such as man-power, the defense of tribes, etc., it is paradoxical to find that mortality among boys is decidedly higher than among girls. The preferential care given to boys has been detrimental to this perhaps. In this, nutrition was more responsible than anything else erring on the accessible side was fatal. Without going into nutrition further; it should be emphasized that it is the balanced food that gives the best contribution to growth and health. This was substantiated by war experience. But the problem of nutrition is the problem of food production in its widest aspect; of food culture and of national programmes for the promotion of nutrition in general.

Health

The promotion of child development from the health angle involves the promotion of health in the community, the family and the mother in particular, since the health of the child and its future potentialities begin nine months before his birth, i.e. with the fertilized ovum. Malnutrition in the mother, anaemias debility and infections affecting her, may seriously prejudice the 'future health of the child she is carrying for the rest of his life. A new factor which has seriously interfered with uterine development and has given rise to deformities are certain

drugs taken during pregnancy. X-Rays may also constitute a danger during pregnancy. There are also certain congenital diseases which may produce permanent deformities and disabilities. In this respect, the contribution of ante natal and children's clinics are incalculable. Without going into details, it is worth mentioning the role of the public health nurse in recent years, who is responsible for the inoculation and immunization against communicable diseases in children, the result of which has been a conspicuous decline in the morbidity and mortality rate. This in turn has proved salutary to the mental health of mothers. Despite the fact that some vaccines are only partially potent or at best 'half effective', the mere process of inoculation in itself tends to pacify and appease mothers or even lull them into some sense of security. The whole thing is psychological. It is thought to be Rhazes, who said to his disciples: "Make haste and use new drugs before they become less effective"[4].

The decline in child mortality and morbidity has had its repercussions in quite different quarters; this was to be expected. It has been influential, for example, in the gradual decline of polygamous marriages which persisted in some urbanized areas, mainly on the ground of high mortality in children. In fact, the persistence of high infantile mortality constitutes an important factor in the maintenance of polygamy. Indeed, efficient health services for the mother and child may be 'instrumental in reversing the marriage pattern to the monogamous type. Even morbidity may affect the pattern of marriages and the sex life in the same way, especially in the tribal society where man-power and beer numbers have economic and survival values. It thus becomes conceivable why the promotion of child health may have an appreciable effect on the existing sociological patterns of family institutions and constellations. It also follows that the family constellation is not just a biological archetype but a highly-utilitarian pattern and that the penetration of public health into the social structure as described extends far beyond the strict concept of health to the social field proper.

It implies also that the social effectiveness is part and parcel of the positive health concept.

In this respect, it is important to mention what the Freudian school still maintains, that sibling rivalry (i.e. reaction, for example, of a child to a newly born brother or sister) is responsible for many neurotic conditions; In our experience this is untenable, because in polygamous households, where rivalry is most conspicuous, for obvious reasons, breakdowns are no more common than in monogamous households. It seems that, in our search for a cause we may inadvertently create a cause which may prove effective psychologically in the long run. In other words, it is another illustration of the influence of iatrogeny. Indeed, in one instance, a sophisticated father who had come to believe, through his readings in sibling rivalry concentrated reservation on his first child, when the next was born, so much so that he was able to detect for himself something which confirmed to him the disturbing effect of the newly born on the older sibling. Indeed, what was demonstrated by the father to the physician was so insignificant and so small that it meant nothing in the opinion of the physician. In the long run, however, in view of the attitude of the parents, who were still under the impression that the child was neurotic and in consequence treated him as such, the child became the centre of indulgence and as a result began to suffer from bed wetting for the first time. This is a good illustration of how an artefact theory may become functionally potent through sheer psychological effect. In this as in many other cases, it is impossible to convince the father of the causality.

The attitudes of parents have a great deal to do with the emotional development of the child. The attitude to the first child, to the last and to the only child, and to the child after the death of a child, creates the wide differences, characterizing them psychologically.

One of the great advances in child health in this century is the growing integration of preventive

and rehabilitation services, side by side with the curative in the whole range of services for mothers and children. The child guidance services for the psychologically maladjusted children are spreading but, their validity has not yet been seriously worked out in many countries.

It is not within the competence of this paper to deal with other, aspects of community development, such as employment and conditions of work, housing, social security, recreation as well as other aspects of development programmes. Moreover, since it seems that this aspect may be dealt with perhaps more fully and appropriately by others, whose competence brings them into contact with such problems, mere reference is sufficient. It is felt that the promotion of international understanding effectively contributes to the quality of national understanding and to the growth of its dimensions in the vertical and the horizontal. Indeed, experience gained elsewhere has made it clear and evident that even knowledge of a foreign language may be a factor in eliminating certain types of prejudices of self and culture. Lack of communication isolates; in extreme cases, it degenerates.

In the home, the nature of relations between the parents is important for the growth of positive behavioral patterns in children, which frequently persist and are reflected in his future patterns. The foundation is therefore built in the home and the school as an extension to it and it is no wonder that broken homes of all types and poor schooling are the most serious handicap to emotional development, which may lead ultimately to neuroses and behavioral disturbance. Notwithstanding this, the impression is growing in many countries of the region, that delinquency in children is becoming more rife. In our experience it may be so, but in some cases this is more apparent than real. It is true that in some countries it has become more prominent with the adoption of new legal systems and as a reaction to changes in community tolerance, resulting in the penalization of children whose mild aberration

was tolerated before.

Moreover, statistical interpretation may seriously falsify the result by giving a completely different impression. In the field of juvenile delinquency it may be that the press, on the spur of a single serious case, dilate on the subject and generalize on the basis of it to a degree that may be out of all proportion to the realities. The same social factors which have led to the unsettling of traditional systems among which may be cited parental control, school authority, the authority of the housefather over his household, as well as the changing pedagogical principles swinging between the two poles "spare the rod and spoil the child" on one hand and "education without tears" on the other, have given rise to a great deal of behavioral unsettlement. But surely this is the price of progress. It is inseparable from it and the whole question pertains to the "all or none" law. Moreover, these problems are transitional and may be replaced by even more acute problems. Health education must concentrate on the explanation of the normality of this phase of cultural change. It must explain that this could not be avoided and that knowledge is required for amelioration. Indeed, as a reaction these conditions indicate by the character of their intensity as well as extensity the degree of involvement in the struggle to go forward.

The force of change has not only affected the child but the adolescent, the university student, the adult and the community itself. But the community is throwing the blame on the younger groups, with self-complacency. It is part of the general revolutionary trend so characteristic of this age. In the case of university students it is even true that the extension of education to university student's level has led among other things, to the persistence of adolescent behavior up to the average age of twenty-three.

'Ali Ibn Abu Talib, the cousin and son-in-law of the Prophet, said : "People may resemble their times more closely than their parents". The evolutionary implication of this is obvious. Bergson saw eye to eye with him, when he

said; "To exist is to change and to change is to mature, and to mature is to go on creating oneself endlessly." [5].

ANNEX MEASUREMENT OF STANDARDS OF LIVING

The indices in use for the measurement of standards of living in the West and North America are difficult to validate for use in this Region. It is even more difficult to draw any conclusions of validity from the findings. They are apt to be very misleading, even when carefully standardized. One must not, however, lose sight of the extremely important fact that the concept of life and the philosophy of living in the historical cultures of the East are greatly imbued with spiritual values of a mystic, ascetic nature, which may greatly determine the standard of living, irrespective of the material means in possession. There is an ascetic mystic tendency

which may seriously depress the standard of living even if the means are available. It is therefore felt that while such measurements may indicate the actual standard of living, provided of course that the criteria are valid, this level has no correlation whatsoever with the important economic realities for which this standard of living is used as an index. Taken by itself, it fails to act as a coefficient of measurement for what it is ultimately intended to measure.

The large number of ascetics in India is not necessarily poverty-stricken to the degree which they tend to exhibit. Among them, there are those who voluntarily abandon life in their quest for contemplation and meditation. In many Islamic countries, mystics choose to live a life of asceticism, whatever their material circumstances may be. The inference is, therefore, that while these measurements, properly conducted, mainly indicate the standard of living, the standard of living itself is indicative of nothing, especially in relation to the economic situation.

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