Last time I am afraid what I said might was probably a little disjointed xxx

WEXWXXXMAXX and the same may be true today so we have a complete session on Friday

to

with no lecture with just discussion about these two lectures and try and sort out
the content.

So today I am going to present the idea of health, the idea of talking about a city from the point of wiew of its health and being about to derive all the statements of design problems from that concept. Health is extremely difficult to define even in the purely biological medical **x*uxx** literature there are no very good definitions of health for organizms and as for definitio*x*nns of health for societies of cities they are virtually non-existent. So I am going to move into it a little slowly. To begin with in very broad and general terms what onex means by health has to down with the mutual, the successful, mutual adaphtaion of all the parts and processes in a system. That is very nice to say, it doesn't get you anywhere except maybe a suggestive. and a little recher idea which you find in the writings of some psychologists is concerned with the idea of self=actualization, in other words everything within the system that wants to happen can happen. Theis is again a completely vague concept. In the architectural world I supose the closest thing one gets to it is Louis Cons idea of making a building what it wants to be, but that also seems highly vague.**Rxxx*

Now, there are one or two general concepts that have been used in design that are kind of the idea of saxtexto close to/letting things happen when way they are or the way they want to happen trying to And I amm going to discuss those first before we get to the grips with the concept of health itself. These two general concepts are that of activity analysis, which you are all probably familiam with and need analysis, which you are also probably familiar with.

Now they both, they both these kinds of analysis do have the general emphasis of taking seriously what is trying to go on in a system and letting it happen appropriately. The difficulty is just like the concept of objective, that I described last time, when you pursue them to their logical conclusion these concepts just dont hold up and dont give you

Lecture 14, November 1 Page 10 are we a making such a big deal about.

NEW New Now this os one sort of philosophy, and I think what I just said to some extent answers that. It says, of course, the environment doesn't do anything to people, it just lets things happen.

Now there is a second kind of quibble that keeps coming up and that is atleast shouldn't we merely be dealing with the big issue. I mean let's do the macro structure for example. This is a general view of Tungar and XMK Smithson and others.or let's frame the broad policies, in the view of some policy planners, and lets let all the details take care of themselves. I man mean really, what does it matter whether a house sign is the right shape or not it is sommplex to life. This is the second kind of view.

Now the whole idea of sxxxx stress and disease has a fairly important answers to this second objection, but the answer is not perfectly worked out. But roughly the idea is this: These - when a stress occurs or am a conflict occurs what happens is is certain tendencies are being dexi driven underground. If tendencies are in conflict then one or the other tendencies is going to have to go underground. And as the tendencies go underground they begin to have - to have kind of ripple effects, kind of galloping effects. The next thing that happens is likely to be worse - it leads to a conflict likely to worse than the first. And so that every minute little stress is capable of triggering chains of reaction leading to larger and larger stresses. And that we cannot take the wiew that the little stresses are alright - we don't have to worry about them. Infact from the point of view I have just described, of this kind of galloping positive feedback, the chances are, we cant be certain of it, of course, I mean any - it is true that any one of these lettle stresses may infact be irrevelent , but we can't be certain of that and there is the strong likelihood that in xomm some cases the cumulative effect of a small number of little stresses will have a large scale galloping consequences. tThis again happens is ordinary disease of organisms. It is the reason

that even when you have, lets say a relatively unserious case sof flu lets say, you start being a little more careful about the climate and conditions where you are because you know if you go on behaving exactly the same way you normally do your resistance is low and you are more likely to get neumonia, in which case ROM you could die / Mx And this is the way inwhich these little stresses often work. One case that was written about which has this general quality concerned to the effect of truck noise on childrens wellbeing I can't document this. I read this once in some German source and I haven't been able to find it again roughly the thing was the following: Some people had found a correlation between * the onset of mental disorder in teenagers and the question of whether when they were little children they were living on heavly travelled truck routes. And the explanation was not that the truck noise was having any direct effect on the well being of these kids but that the truck noise - I mean in a very obvious not very serious sense MOXXXXXX undeserable mas made people in famlies sleep just a little bit less well. And as a result of seeeping just ax little bit less wo well there would be xlightly more chance of bickering and gradual disagreeable ness in those famlies during the daytime and therefore there was slightly more change that this disagreeableness could lead to serious conflicts and that under those circumstances a child growing up wadex in that family would be more likely to get into some kind of mental difficulties.

Now *** these - it is a crucial underpinning in the whole series that I am persenting that every little stress can and that there is -- you just have to state flatly every *** to be the to be to be the to b

Now the one other thing, I think I have said it but I just want to reinterate it. All the other k theories, the activity analysis, the needs analysis, and the theory of objectives and all those things leave you in some slight doubt both about what objectives to take and also about just what can the environment do to meet these objectives

Now what I have have just presented to you deals with both those questions in one fell soupex very very simply the conflicks are observable or detectable and therefore

there is no need. to formulate any kinds of objectives/for yourself and that answers that question but more important is that is it makes it quite quite clear what role the environment is to play. Every apattern that is to become a reaskonable element in the pagtern language is a pattern which arranges parts in such a way as to avoid some tother configurational ass arrangement of those parts known to be responsible for a conflict and that is xakaxx really very simple. It is not particularly easy to carry out. but as a way of working - and as a _ it really lays out quite clearly what has to be done in the creation of patterns.

Now I want to make one point - thats really the end of the lecture. I want to make one point, I want to raise a difficulty in this theory which might be worth maybe we could all discuss on Friday or it might be what you are trying to write about it . And it is this: In terms of the spectrum of very very basis needs are here and we could equally write very basic objectives . And on thex other hand down bere the strictly observable things that are happening wow - the activities that are observed in activity analysis. Both these modes of analysis are MANNA unsatisfactory . These are unsatisfactory because they are too general and they don't really tell you what to do but you know we can't be like *xx Trobielanders and these are too specific because sthey don't realize adequately the fact that there ee may be needs that are not being met in the current pattern of activities which may not tex get to the heart of the issue жихим so in some sence we want to be in here and to some extend the idea of observing conflicts between tendencies does help you locate the appropriate level at which to be operating in here, but it doesn't quite do it - I mean for instance when you find - I am trying to think of an example - just a second - when you recognize there is a conflict between the obvious desire to have some open space around your house which is shared by any families today a conflict between that desire on the one hand and the desire on the other hand to be close to down town centers and there is simply because you feel you can ${}^{\dagger}_{t}$ Lecture 14, November 1 Page 13

have alot of single family houses near a relatively small whown town center. You can't resolve that conflict by just taking it at face value. XXX So then you have to ask the question so what are the two xxx tendencies xxx really underlying these overt tendencies.

I mean what is it people are really after when they go and buy these subdrban houses.

So what are the tendencies that are really driving them there and what is it they are really after when they want to be near shown downtown centers. And in a way that kind of xxx question is familiar to all good designers. You are gradually trying to move up this scale and you are trying to move up it just far enough so that you dont commit that absurdity and so that you do resolve the difficulties that occur here.

Now that problem still comes up sharply when one is trying to resolve conflict between tendencies and I haven't really been able to formulate an adequate answer to the question of *xxxx* just at - just what level is it reasona*kasble to go to and at exactly at what level should one be attacking these conflicts.

Question Reply: Well this is - remember last time I said that the idea that conflict was a good thing is an enevitable sonsequence it is part of the whole syndrone of the objective theory name and I mendioned & it there and it comes out naturedly because when you are takking about objectives you have to think that they are warring with each other and struggling and that is is obviously good that they should be sesse resolved and that is also enivetable that there should be conflict.

Now in terms of the theory we are talking about *there. This is not nearly so clear. Its - it is quite true for instance that there must be political debate. I mean - thats in the example that you are talking about. Name Now political debate is not a conflict in the sense that I have been trying to descrebe the concept this morning it isn't an inherrent conflict between an underlying tendencies. It is a process with a reasonable amount of order to **x* it . I mean even for instance even a fight , I don't mean that the only king - I don't mean that the only kind - I don't mean that everything should be orderly and tame even a fight in one sense of the word it is a conflict sintanshims situation there is nothing wrong with fighting necessarily I mean between friends and eight year

obviously in every based base human organizm there are agressive tendencies and the only issue that comes up in society is whether these tendencies are able to find and outlet that is adequate for them or whether they are forced under ground so that the tendencies become really serious and will explode in some much much worse kind of contrigation. So see this word conflict is very difficult at the nieve level a fight but between eight year old boys looks like a conflict in the terms *, *ampx in which I am talking about it this morning it is not. They are definately agressive tendencies there is no question about that. I think there are tendencies to disaggree in people and *phæx* perhaps there are versions of those that are - yeah that is an interesting kind of paradox. I *x* yes this is partly a verbal matter but I mean that particular thing that you just mentioned might raise difficulties.

question

reply: Now that's true that would be I mean if there is a substantial number riding a bike or even one person is riding a bike and he REMBER can't ride it that is very real.

Now wait I am saying two things lets try and seperate, there are two parts to your question. One of them is, of course your'e right that people are still going to have their own personal pmemisips prejudices and biases and therefore one person will probably pick slightly different conflicts from those that another person picks. But I mean that doesn't deny the objective reality of the conflicts any more than one person may pick one kind of a flower tather than another if he is picking flowers. And thats just a matter of preference. One scientist will pick one kind of problem to work on an another one will pick another. So that the only thing you can hope for there is if x we all have this general understanding that by the time all of us working together we more or less cover the gambit of committing conflicts that actually occur. The other thing that you raised about the bike - there is nothing - this goes back to the whole idea of independence remember the curcial condition was number three which was "given a pattern and the problem that is is supposed to deal with are there other problems which occur in that

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context at odds with the pattern stated. Now ofcourse, if it turns out by that bicycle ridin g is - well first of all if it something that is really truly doing on and also there are things about that seesleep pattern which actually make it impossible to happen then that thing is a fams famse famile. I don't know exactly what the argument is cause not aware of very many people trying to ride bikes in most places any longer.

But for a foreign area where a substantial number of people are taying trying to ride them. Then I would take one of two attitudes either you have to demonstmate that that can go on quite perfectly as it wants to within the frame work of that pattern or indeed the patterm is wrong.

question:

reply: No I am not saying that. I am saying that every singmentle stress counts. is concerned with an urban system - and we have agreed that it is going to be a matter of preference as to which of the conflicts you are going to choose to work on first. Obviously if you choose a conflict which happens to concern Joe Brown and it is unique to him and at the same time there are ther conflicts which are involving hundereds of; thousands of premy people . Some people would choose the case where the conflicts are involving the hundreds of thousands xxxxxx some people wouldn't but that I mean - xxx I don't see any real flaw there. X XXXXXXXXXXXXXX question Yesk there is a kind of pathxintequal philosophycal position which is completely unprovable but I probably ought to bring it out --it is an assumption which is in my mind -- I really have no idea whether it makes sense or not and I know that one or two people share it and I know that somexo other people don't and this assumption is this: That there is nothing inherently in the world which makes it impossible to have a conflict free system. See some people start with the assumption that you are bound to have conflict I mean irresovable ones. I am taking the attitude, and I couldn't pobsible arque for this, that as you try to resolve these conflicts they turn out to be much less interdependent than you might think and one can go on and on and on resolving more and more of them and never running into the kind of situation where you suddenly find you have to throw away one resolution inorder to deal with another one . Now that is - in a way it is just a matter of experience but also

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by purely personal Prejudice it helps I suppose that article of faith is kind of an under pinning that helps supports the view that I presented this moreing. but it is not essential to that. Yeah

question

Well let me just give an example - I am glad - I \$585 just thought of an example I ment to give during the lecture - a very quick example - form Cumbernalt Cumbernalt Newton in Scotland. BEcause thes I think - I don't think it quite answeres your question but it does - it illustrates the difference between doing an amalysis talking of objectives and from the point of view I am takking about here. In Cumbernalt there is a system of roadways which is entirely separtate from the system of pedistran paths. The - this was based on the precept that the pedistran traffic should be яврякхява seperated from the monthment traffic. Is been built and it turns out that pedistrans walk in the streets. Now there are two reasons for this - I suppose even three I don't know. First one is in order to achéeve the complete sapastament separateon of the two systems it was necessary to put in underpasses and Imentioned those underpasses and I mentioned those underpasses in one lecture - I mean I mentioned the whole concept of under passes. The fact is that people have a strong tendency not to use udder passes . They tend to be dirty unplesant, dangerous appart from the business of having to change levels. The second thing is that the pedistran parts because they have been so forcably segregated gramxthe from the hicular happen to be much less direct than the hicular paths which really go to whereex wherever it is happening. Not the tendencies at work in that situte situation are really not quite those represented by the people who formulated this overriding objective . It is xuxe that people are scarred of fast moving cars and don't want to have to wheet babyxxxx baby carrages across

the road where there are such cars, it is not true that people want or have a tendency to

be segregated from the hicular traffic. People are very happy wheeling things and walking along at the edge of the traffic. It is true that there are tendencies, stoong tendencies which prompt people to take the most direct path available to them if they are trying to get somewhere. Not all of the time but alot of the time. There are tendencies that will keep people out of under passes.

Now there is a kind of philosophy - I am not sure what it is called. A general attitude to life formulated in Japan which is expressed by the Japanese in an image of the bamboo as being a wonderful objects of strength. And the idea is that the bamboo bends in the storm. Where other trees because they are more rigid are hapt to have their branches broken when the strom comes. Now there is a very strong philosophical similarity between that attitude and the one I am trying to convey here. You cannot insist that pedistrans will be segregated from vehicles. The thing that is really happening has to do with these tendencies anyway so you are only going to make a fool of yourself by doing that kind of thing.

Now it is quite difficult to recognize the truth about these things because our and preconceptions are often formulated in a kind of formal kway objective way of therefore there are alot of park planners goks going around bot now who think that those two things should be segregated and therefore they did that. It is very difficult to recognize the truth behind conflicts. In yourself, a book that is extremely revelant to everytinging that I have been saying this morning is by Kitigard called "Purity of Heart is to Will One Thing" and whe whole discussion of his book is in what manner a man can actually come to grips with various tendencies in himself so as to get them smooth running. It is known that this is very difficult because one's preconceptions always interfere.

On Friday we will just have a discussion on these two lectures.

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any serious basis for decision making . To begin with, activity analysis, I am not sure that its philosophy has ever been/written down, but broadly you watch what happens in a pragate and you design that place in a way that the thing you saw can happen. Well, the most obvious defect with that kind of analysis is that infact the kind of people that propose it dont take it serously. You could go to the Golden *Gate Bridge and make the observation that a certain number of people jump dox ix in a year and that is an activity which is taking place, and I dont think the proponents of activity analysis would take seriously the idea of making a special place on the bridge that would allow that *ho to happen. This same kind of defect is found in the analysis of trend among planners. You make a statistical appraisal of the trends in housing demands and then you say propose / a housing supply be created that matches the present trends and demainds. Now, that shares with actavity analysis the defect that it just simply doesn't reise the question as to whether these activities are good or bad. And any planners who propose theat kind of analysis have often been held up to xxxx ridicule because they are really not taking the problem seriously and I mean they are not taking the problem seriously, it is apurely laise faire kind of approach which in effect says that there are no serious problems and to let things happen the way they are. Now the idea of needs analysis does try to go, to grapple with that issue, It ways look these are activities are all designed to meet certain needs and if we could figure out what those needs are - the business of design is then to meet those needs successfully.

Now, this is a reasonable and intelligent approach but again when you try to sharpen it you find in this case there are three major defects with the whole **REMA* idea

First of all it turns out it is virtually impossable to define a need. On the one hand you could try to define it according to what somebody says they want, but this is obviously unsatisfactory Since in the most, even in the very simple minded cases the way we use the word need is purely different from that. We say that somebody needs something even though they may not be aware that they need it. If you try to give an

operational definition it turns out that every definition you construct falls down in one way or another. You ask is somebody prepared to pay for this then that they say they need or do you wait until they come hammering on the door demanding it. It is very *unsatisfactory. More serious are the following two difficulties:

First of all people who have been interested in needs analysis have tried to pursue very much in the same generaly xhax way that people who are interest ed in objective have tried to pursue the needs they observed back to bery basic needs. Malinosky is one person who **tried to do that. He defined I think 7, at one time 7 at another time 11 basic needs of a very obvious and elementary sort; hungar, thirst, sexual satisfaction, security. Amore sutle version of the same thing was done by Alexander Layton who defined what he called twn essential strivings of all men. And they are slightly similar bux physical security, sexual satisfaction and the expression of hostility, the expression of love, securing of love, securing of rego recognition expression of spontaniety, exitem orientation in terms of ones place in society, security in maintaining membership in a certain BEXME group, a sense of belonging to a moral order and being right in what one does. Now these - it is correct I think that if you examine a culture you can relate most of what is going on in that culture back to these basic needs. But both these needs and Malinosky's are completely useless in the sense that if you set/them up and say this is what a city has to do on the basis of those needs you could say look we should all be linging like the Trobeislanders. I mean there is absolutely no - in other words there is no basis for trying to get at the special kind of health that is peculuar to our society given all the present organization that exists in it because if you push everything back to these very basic needs you can claim that a tremendous number of different needs and there is nothing particular to chose between them. So this - the fact that needs analysis tende quickly to take byou back to needs that are too large in a sence makes it rather usless as a practical tool. Nowxxhexmhmxdxhxmx

Now the third kind of difficulty is much the more serious. This is a real functional deficiency in the whole concept. The idea% of needs analysis says broadly

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Define what the needs are of the people, who are going to be accomodated in the building or any sort of design project and them meet those needs. Now lets just take that seriously for a minute and push it to the conclusion - the logical conclusion. You can say that a man who is sitting down at home needs - supose he is reading a book - needs a certain level of illumination, he will need food from time to time he will need as you all probably know - when you are in a chair you have to keep shifting position in order to change the pressure on your behind and so he will need a variety of pressure on his feet. Now, just construct and EXE emvironment that meets those make needs. This would be an emvironment which is which has sensors implanted in whis body . It detects the moment at which he is becoming hungary and produces food it is constantly analyzingthe level of illumination in the room and making the light level change - as the daylight BEXWX grows dim the lights would come on gradually, and it is constantly bummbling his buttocks so as to provide a varitey of pressure on his feet. Now, this is a pretty absurd picture and the readon it is absure is that it makes a completely passive view of the human individual, But that is actually what the logic and the philogophy of meeting needs says. If you take seriously the idea that you are going to meed needs you will reach inevitabely a/conclusion. I think it is intuvitably clear that

? being absurd that is not adefinition of health. A situation that is constructed like that. Now, we we will come back to that because the active part which an individual must play in his life and in his environment in order to be heaththen than then the heaththen h

read it know that I defined the concept of xa which is called a misfit which is/ exactly the same as a maladaptation. In general intent I suposed that that was sort of right or had some right direction in it, But again as a tool or analysis it was really useless because just by naming the misfit or a maladaptation that doesn't help to come to grips with what whings are actually a maladaptations. It does have a certain kind mxxmxmkmkmx of rightness about it because it deaws attention to xhax the fact that mal adaptations are the things that we become quickly aware of. So that if you are tryong to open a door and something sticks and you can't open it that is a moment that you become quickly aware that something is waong there and being aware of these little wrongnesses or maladaptations/is very easy and intevitably right. But it also becomes possible within that frame work to make up quite fantastic things and claim that they are also misfits or maladaptations . Infact, you can go all the way from the entire gammit of your personal prejudices. So that somebody could claim that not having concrete walls is a misfit and I experiences infact in trying - in working with people who were tempting to use that method and seeing the work that was done by people who were trying to use it that this type of thing does happen very often and that **x*x the various things that are written down as misfits some of them have absolutely - there is absolutely no basis for writting them down. You are no better RXXREXXOR off than you are with needs analysis or the analysis of objectives because the items on the list can still be entirely arbitrary and it is not clear on what basis one is to construct these items.

Now I do think that the general idea of a mal adaptation is important in - if we are going to try a define health it is necessary to define it in terms of ill health or disease that idea I still think is correct it is much waxixex easier to come to grips with the idea of something being wrong than the whole thing being right. And to be slightly general for a minute bad health - we say that a system is in bad health when in some sense it is at war with itself, There are processes within the system which spreading the seeds of the destruction of that system. Now this is true in a

very general variety of cases. I mean intuivately true - this is roughly what non-health means. For instance in ecology - classic kind of example of errosion taking place after a forest has been denuded. Then the tree roots no longer hold enough water to bind the ground the windex comes in and starts blowing away the dirt and the trees get into a progressively less healthy condition and xame some of them start to die and after not too long a period such an area could turn into a desert. Now this is an mexample - still intuivitly a fairly clear dexample of ill health and we have a series of processes set in motion there - unleashed and capable of causing the destruction of that system.

Now, in the same general idea occurs obviously in health - in an individual inception organism. A desease is the intermediate of a processwhich is inception the whole and in this very general way that I formulated it one can say that there are processes at work which are at war with one another within the system.

Now, in so far as people have been trying to define the concept of stress they have also come to more or less similar conclusions. You might want to look up a report by Carson and Driver a summary of the whole stress concept, I think you will find it in the library here. The most significant wiew of stress is again just like health and illhealth, it is badly defined at the moment. People are struggling with

In the case of the street pattern the same thing is true. On the one hand we have the phenomen that people want to own cars. and they - there is an over whelming temdency for people to get individual vehicles for them selves and to use them. At the same time they obviously want to be able to cross a city at a reasonable speed as fast as they can, faster than they are able to do at the moment. Now without taking either of those phenomena as good or bad I just assert these two things as fact.

Then there is a conflict between them under the circumstances provided by the present kind of treatment wexave dk work.

Now there are two things important about this: The first one is the observation that I just make at the end there. It is possible to decern the presence of conflict without taking any kind of bax biased evaluative position about the phenomena in question. It is irrevelent whether you happen to like cars or like pedistrians, one one more than the other. The facts which I have just described make it clear that there are tendencies in conflict, under the present circumstances. If you take the attitude that I do you say at that point that problem has an objective reality and needs something done about it; simply because there is a conflict and in that sence at the beginnings of an insipient bit of illhealth in the system as a whole and that must be dealt with entirely without reference to your personal values.

Now the general = the philosophy which is being put forward in this kind of conflict. First of all/lets just go back to that absurd thing about meeting needs I mentioned - the mamin man in the chair - it is quite clear that this view of things does not have that kind of defect. It simply says look in a social system and a city all kinds of things are trying to happen. Most of these things are pretty complicated there are all sorts of tendencies being generated. These tendencies are specific to the system in its present state - that is we overcome that thing about going too far back to basics like Layton and Malinsky. The tendencies that are at work in Oakland and San Francisco now are there.

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Some of them are of course there are underlying dynamics of considerable complexity.

I don't mean they are all visible on the surface but these tendenckes are there.

And what we want to do is to breate a city in which these tendencies are capable of operating freely and are not at war with each other.

Now this has an very strong implication of just what an environment can actually do for a society kan or an individual. Both the examples that I gave had the property not that the pattern that I propose is capable of doing anything positive. It doesn't do anything to people and it doesn't do anything to them that is good for them. What it does is it lets the dynamics happen/the way they want to happen. And in that sence one mixth might say metaphorically that a perfect environment should vanish. Not literally of course, because if there were a void here then all kind of tendencies that too many people have would be in conflict with each other.

Sp that would be a very bad environment, I only mean that metaphorically

I think this is a really curcial point it means that there is no sence in looking for an environment that is going to do good things for people. The question which arose - if you remember last time I pointed out that one of the questions that comes out of the objective's philosophy is since we must have certain objectives and we want to satisfyst these objectslives. We would then ask what can the environment do to people. In terms of the view I have just presented that becomes a meaningless question. It becomes clear why the various experiments in planning and architecture that have attempted to demonstrate effects of environment on people lead to nothing because the environment doesn't have any effect on people. The only inspense issue is: does it allow tendencies at work to have tendency their own free play.

Now I want to make one fixems further point. Because a second kind - there are two kinds of skepticism that I think are creeping in very much among designers today.

One of them is the kind of question I just delt with, does it really matter. In view of the fact that the environment doesn't have any effect on people why bother with it. Does it matter what the environment is *k like - why doesn don't we forget the whole thing. What