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EDITORIAL

WE are never too old to learn, nor must we forget that experience is the greatest teacher of all, if we are prepared to learn by our experiences.

In Physiotherapy as in all walks of life "Basic Principals" are the fundamentals on which to build. It was once said

"Study principals rather than methods; a mind that grasps principals will devise its own methods."

How true a saying that is.

At training school and University we are taught the basic principals of pathology, physiology and anatomy, of massage, remedial exercises and rehabilitation, and of electrotherapy. It is only later, when we find ourselves having to rely on our own initiative that we realise how terribly important it was to have really absorbed that teaching in order to be able to apply the principals and thus devise a method.

Common sense, of which all of us have a certain amount, stands one in good stead, and that together with a thorough knowledge of the prin-

cipals underlying the cause and effect and the treatment of the specific case in point, will enable one to see most difficulties through.

When we are first trained we must practice and follow our teachers implicitly, until with experience we can start seeking new methods and employing new ideas for ourselves; we must never allow ourselves to jog along in the same old path, looking neither left nor right, taking no heed of the march of time and progress of science. Often it is easier to carry on as one has done before, especially in a busy working day, but that is not drawing on our experience or expanding on our "basic principals."

All Post Graduate Study is based on the principals we learnt as students and young physiotherapists. Having grasped those principals thoroughly we are then ready to absorb new ideas and apply those ideas in the most effective way. Everyone's methods vary, be it the treatment of poliomyelitis, a chest condition or flat feet, but the basic principals applying to each is the same the world over and the aim is the same, though the method and approach may be entirely different.