

It is possible that much of that sympathetic atmosphere was created by events like Canada's Expo '67 in Montreal.

Under the DPW programme, the architect must submit a proposal and select the artist to be commissioned. The submission must be approved by the DPW Fine Arts Advisory Committee, an independent board made up of 11 members including two architects, two artists, two critics and one representative each from the National Gallery of Canada, the Canada Council and the Department of Public Works. In addition, two members of the non-professional "public" were appointed members last fall. Tenure on the committee, which meets four to six times per year, is for three years, the terms being staggered.

After the committee approves a submission, contracts are signed. The artist is engaged for a sum that is intended to cover the cost of producing the work, costs of transportation and installation, and further expenses which may arise up until such time as the work is finished and in place.

It is important to remember that the DPW programme deals primarily with the construction of buildings, not with art. Hence, its concern is with a specific kind of public art, that linked to architecture. The special feature of the DPW programme is that it depends on, and even encourages, a close link between the architect and the artist.

After over six years of operation, results of the DPW Fine Art Programme are beginning to be visible. Three major projects exist in the capital of Canada, Ottawa, which suggest the course the programme has been taking. In order of completion these are the Department of National Defence Building, Department of External Affairs (Lester B. Pearson Building), and the National Science Library.

At present the DPW programme is not the only means of generating public sculpture in Canada. It is, however, the most systematic programme. Following the federal government lead, provincial governments are beginning to investigate similar methods for incorporating art works into public projects.

Recently, the Canada Council has been exploring ways of commissioning large works of sculpture for purchase by Canada's Art Bank. Up to now, Art Bank has purchased mainly existing works and the majority of these have been in media other than sculpture, such as paintings and prints. The new commissioned works will not compete with the DPW programme, but will complement it. In addition, the works could possibly be located in non-architectural situations such as public parks.

The Department of Transport, within whose jurisdiction comes the building of airports, has also had an involvement with the commissioning of public works of art. Their programme, begun in 1958, was at its height in the early 1960s, when most airports were built in Canada. ♦

# Stress scientist preaches a new moral code

Dr. Hans Selye, the scientist who became world-famous through his work on stress, has now turned prophet and come up with a new moral code. Being a scientist, he rather predictably believes that the salvation of humanity lies in setting up a moral code based on scientific observation of how people actually behave — rather than on unrealistic notions of how they ought to behave. He calls the result "altruistic egotism."

Dr. Selye, 68, has been head of the department of experimental medicine and surgery at the University of Montreal since 1945. In a recent interview there he blamed scientists for many of today's problems because, he said, they had shattered the old, safe standards. Therefore science must replenish the moral vacuum. To this end, he offers a code of ethics that grants huge concessions to the ego and marshalls a whole army of scientific data to support it. "Altruistic egotism" is defined in detail in his best-selling book, *Stress Without Distress*.

He remarked in the interview; "I'm just saying what many religions have said, only I'm using scientific language."

## Flash of enlightenment

Looking at it from a detached point of view, that may be just a little oversimplified. The "altruism" sounds familiar enough, but the "egotistical" bit does have an untraditional ring. Here is where science has been at work and making massive inroads into what the old religions were on about.

The premises of Dr. Selye's doctrine are rooted in a flash of enlightenment he had as a medical student at the University of Prague in 1925. When he was only 18, he observed that people suffering from widely different sicknesses frequently displayed symptoms of amazing similarity — a general syndrome that even his professors seemed to overlook. His regular studies prevented him pursuing this observation for eight years, but he then returned to it in the course of post-graduate research with hormones at Montreal's McGill University.

He embarked on the definitive medical study of "stress," publishing his major treatise in 1950. He gave the word new meaning, taking it away from engineers and bridge-builders and applying it to the nagging anxiety that produces symptoms like indigestion, hypertension and high blood pressure. In the next five years, 19,000 scientific papers on stress were

published around the world. Dr. Selye himself has published 31 books and 1,529 scientific papers. His theories have appeared in 56 English-language journals, from *Time* magazine and *Harper's Bazaar* through *People* and *Playboy*. He has received 19 honorary degrees and dozens of international citations. He commented: "If I wanted to open a private practice to treat people for stress, with my international reputation I could become a multi-millionaire — but that's not important." The important thing is to proclaim the morals he has learnt by discovering new laws of nature. Beside this, he dismisses the rest of his work as "piddling detail."

## World famous theory

Basically, his chemical stress theory says this: When cell A attacks cell B, what happens depends not only on cell A, but also on how cell B reacts to the pressure, or the "stressor." Just as gravity exists only if it has something to pull against, Dr. Selye found stress exists only if it obtains a reaction. Hormone studies showed cells could be induced either to fight against attack or to remain passive — sometimes the best way to beat an infection.

This was the theory that gave Dr. Selye world fame — helped along by his extraordinary ability to give lectures in 10 different languages.

Then at a convention of social scientists in Stockholm, Dr. Selye had another "flash" that linked his chemistry with social behaviour. The common denominator was the psychological structure known as the ego, that self-protective device that forces us to defend ourselves and fight for survival. Like a single cell, the ego is impinged upon by stressors and it often reacts like a single cell.

Dr. Selye told the gathering that cellular stress is like an encounter with a drunk. By over-reacting to the drunk you may harm yourself — even have a heart attack — while the drunk may be harmless. Logic tells you whether the drunk is a homicidal madman. Just as single cells often react passively — syntoxic reaction — to infection, sometimes the best way to deal with a drunk is to ignore him. On the other hand, a show of violence or a weapon may call for an attempt to repel him, just as cells fight disease with catatonic reaction.

Stress, says Dr. Selye, is a biological necessity. It keeps us breathing, digesting,