

General theme 'Health'.

Prologue

Health is an interesting theme for this issue of *JCD&MS*. Typically, a basic understanding of this theme can be attributed to one of our three main educational courses, Health & Social Care. However, the theme is not solely related to physical well-being and can be expanded without dilution, to include mental health, business viability, food industry, relationships and performance, which is not of course an exclusive list. I particularly highlight submissions from my colleague Dr Jon Mills, who has so generously shared his seminal work on Freud and reflected on his subject in a wider sense, whilst also contributing an original paper on medical health. The health of the College was also examined robustly in August 2017, via the medium of a college-wide conference on the theme of student retention. We are pleased to include papers from the conference.

'Shooting the messenger', a decidedly unhealthy exercise for the recipient, was a practice oft used historically to protect confidentiality; today it is no longer an acceptable physical practice, but is frequently referred to in terms of metaphor. Why do we do it? Is it really a protective action or is there an underlying fear that the conveyor of messages must somehow be culpable of the bad news conveyed? Our journal is a messenger of sorts, publishing articles and viewpoints that may not agree with readers' views. Stimulating debate is certainly one of the journal's functions, hopefully contributing to changes that might benefit the education 'industry'. However much we might wish to distance ourselves from diverse sides of arguments, we do take pride in being associated with lateral and different perspective thinking. Indeed, it is the product of such debates that provides cutting edge and modern ideas, which when applied to theory, forms the very base of academic research.

So, the message is clear, please do not shoot this messenger and keep a liberal mind when apportioning blame for views expressed. We will continue respecting individuals' thoughts and ideas, which we will encourage. The tradition of academic independence sits healthily well in our pages.

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