



Journal of Occupational Science

Abstract

Turner, A. (2007). Health through occupation: Beyond the evidence. *Journal of Occupational Science*, 14(1), 9-15.

The growing body of scientific knowledge that links health and occupation is gaining in status within the field of science and is increasingly being picked up by policy makers and politicians alike. However, scientific evidence is a relatively new kid on the block in terms of human knowledge. To explore the links between health and occupation more fully we must open our minds to other ways of knowing. Intuition, tacit knowledge, philosophy and indigenous knowledge, amongst others, all have validity in the ways they help us to 'know' about the links between health and occupation. This presentation explores ways of knowing beyond science and their contribution to the base of human knowledge about health through occupation. Old knowledge, quotations, songs and lyrics, media knowledge and public domain knowledge are used to explore this wider level of understanding. The presentation concludes that, while scientific knowledge is accepted in Western culture as the knowledge of power, we ignore at our peril other bodies of knowledge, some of which may be rapidly declining, in our quest to understand health through occupation.

透過職能獲得健康：實證以外

正在成長中的健康與職能之關聯的科學知識，逐漸在科學領域中受到重視，同時也漸漸受到政策制定者及政治家們的注重。然而，對所有人類知識體而言，科學證據還很年幼。為了更充分地探索健康與職能之間的關連，我們必須接納其他獲得知識的方法。直覺、內隱的知識、哲學以及與生俱有的內在知識，和其他的方法一樣，在幫助我們了解健康與職能之間的關連上有其效度。此篇文章探討了科學以外的獲得知識的方法，以及其對於人類關於透過職能獲得健康的知識基礎上的貢獻。舉凡古老的知識、引證、歌曲及抒情詩、傳媒知識以及公共知識都被用以擴展我們對健康與職能的了解。本文的結論是，當西方文化接受科學知識即為力量的同時，我們忽略了在我們追尋透過職能獲得健康的過程中，某些其他知識體可能正快速消失的危險。

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