

# CONSCIENCE AND CONFLICT

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**E**ARLY IN his *Nicomachean Ethics* Aristotle felt the need to stress the complexity of his subject. "It is a mark of the educated man and a proof of his culture that in every subject he looks for only so much precision as its nature permits." Accordingly, "in studying this subject we must be content if we attain as high a degree of certainty as the matter of it admits."<sup>1</sup> Aquinas' commentary on the *Ethics* reveals that he too was alive to the difficulty of achieving clarity and certitude in this area.<sup>2</sup>

Although our ethical stance and ethical theory may be today far removed from those of Aristotle and St. Thomas, the change and development that have taken place only serve to heighten our awareness of what a complex matter we are dealing with. Moral decision-making is never simple and no moral doctrine can ever afford to be *simpliste*. This complexity stems from a great number of factors. Looming large among them is the basic fact that human situations which call for a response on our part as moral agents are so often situations in which moral values are intertwined and conflicting. The simple, clear-cut choice between doing what is good and doing what is evil is an option encountered often enough in the textbook moral cases. It is rarely met with in real-life situations. As we confront such situations and endeavor to "read" them from an ethical standpoint, it becomes obvious that in each of the alternative courses of action emerging as viable responses there are values and disvalues involved, so that any decision, while promoting one or several values, will mean at the same time the exclusion of other values and may mean too the creation of certain disvalues.

Examples of such conflict situations are not difficult to find. The fathers of Vatican II found themselves dealing with many of them as soon as they turned their gaze "upon that world which is the theater of man's history and carries the marks of his energies, his tragedies and his triumphs."<sup>3</sup> In addressing themselves to the issues of war and peace, e.g., the bishops were compelled to recognize "the complexity of matters as they stand."<sup>4</sup>

<sup>1</sup> J. A. K. Thomson, *The Ethics of Aristotle: The Nicomachean Ethics Translated* (London, 1958) pp. 27-28.

<sup>2</sup> Cf. *In decem libros ethicorum Aristotelis ad Nicomachum expositio* (Turin, 1934) nos. 32, 259.

<sup>3</sup> Constitution on the Church in the Modern World, no. 2; tr W. M. Abbott and J. Gallagher, *The Documents of Vatican II* (New York, 1966) p. 200.

<sup>4</sup> Cf. *ibid.*, nos. 77-90; *Documents*, pp. 289-305.

# Conscience And Conflict

**M Walker**



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web pourquoi choisir la natation comme sport les 5 bienfaits de la natation vous musculerez la totalité de votre corps grâce à la natation vous pourrez vous muscler efficacement et sans douleur avec la résistance créée par l'eau les mouvements exécutés seront plus faciles et vous pourrez travailler vos muscles plus profondément

**la natation est elle un sport bénéfique nike fr** - Apr 13 2023

web dec 21 2022 pourtant cette discipline offre différents bienfaits d'un point de vue sportif découvrez les ci-dessous expliqués par des experts 1 la natation est accessible aux débutants et débutantes même si la natation n'est pas votre sport de prédilection les entraînements dans l'eau peuvent mettre votre corps au défi de façon

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web 1 relaxation les bienfaits sur le mental la natation a un grand pouvoir de relaxation l'effort physique dans l'eau permet d'évacuer les tensions accumulées durant une longue journée afin de libérer les raideurs cou dos bras jambes etc mais aussi calmer votre hamster qui s'active 24/7 dans votre tête

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web vous l'aurez compris la natation est une super alliée à partir du moment où vous aimez vous retrouver dans l'eau c'est un sport polyvalent et non traumatisant pour votre corps tout pour vous séduire perte de poids tonification musculature amélioration des

*quels sont les bienfaits de la natation sur nos muscles l'Équipe - Oct 07 2022*

web may 25 2022 la natation est un sport hyper complet qui permet tout à la fois de travailler sur le cardio mais aussi de développer sa masse musculaire cette activité permet également de faire

**la natation et ses bienfaits pour le corps et l'esprit aximed france - Aug 05 2022**

web affiner sa silhouette complète la natation est idéale pour la perte de poids la résistance de l'eau permet de brûler plus de calories et l'effet drainant de l'eau permet de lisser la peau les mouvements amples de la natation permettent de se muscler en allongeant le muscle plutôt que par une prise de masse

**pourquoi la natation est le meilleur sport pour le cerveau bbc - Mar 12 2023**

web mar 7 2017 des études récentes ont montré que la natation peut donner un coup de pouce exceptionnel à la santé du cerveau ce n'est un secret pour personne que les exercices d'aérobic peuvent aider à

*natation les 5 bénéfices sur la santé guide piscine fr - Nov 08 2022*

web de plus sachez que la natation est un sport très énergivore comptez environ une dépense énergétique de 600 kcal pour une séance d'une heure pour perdre efficacement et durablement du poids nagez au minimum 2-3 fois par semaine à raison de 45 minutes minimum par séance au bout de quelques semaines vous verrez des résultats et

*pratiquer la natation 8 bienfaits pour votre corps et mental - Apr 01 2022*

web mar 22 2022 nager est une activité idéale car elle présente à la fois de nombreux avantages pour le corps et l'esprit la natation est dans le haut de la liste des entraînements les plus complets elle permet ainsi de travailler tous les aspects

physiques avec un risque minimum de blessure tout en prenant soin de sa santé

*la natation un sport complet aux multiples bienfaits - Jul 16 2023*

web les différents bienfaits de la natation sur la santé générale la natation apporte de nombreux bienfaits sur la santé la natation est le sport complet idéal à pratiquer pour prévenir le surpoids mis à part le fait de cibler l'ensemble du corps la résistance de l'eau lors de la nage permet de brûler plus de calories

*les 12 bienfaits de la natation - Jul 04 2022*

web feb 23 2023 la natation est un sport qui permet de tonifier tous les muscles d'améliorer l'endurance musculaire et la condition physique voici donc les 12 bienfaits d'une pratique régulière de la natation d'écoutez relance la chaussure de sport made in france

**natation une activité physique aux multiples bienfaits - Sep 18 2023**

une pratique régulière de la natation permet de tonifier les muscles des bras des jambes et du tronc les formes de nage sont multiples et permettent de travailler différents