

“A PAGE OUT OF MY DIARY”

By

QUMERUNNISA KHALEUQ

2st Year M.B.,B.S.,

Scanned by Office of
Amin H. Karim MD



Dear Diary,

THE other day, I saw the most heart rendering scene in the Bohri Bazaar. I simply do not have words to describe it to you, as to what my feelings were then.

What exactly was the scene. You see I was in one of those big departmental stores, buying some miscellaneous things. After I had finished with that job, I sat at a corner waiting for my car. Finally, after a long wait, when my patience had nearly exhausted, all of a sudden I looked up, and saw one of the most rare scenes of nature. I saw a girl coming towards me along with her elder brother. She was perhaps 4 years or less, but she was, walking ever so confidently, and her brother 2 years older, perhaps was trailing behind—very protectingly indeed.

The brother whom I shall call Tutul, bought some thing not costing more than 25 paisas. The sister, I shall call Rana, in the meantime had started to roam about in the entire shop. Having nothing else to do, and feeling absolutely bored, I intently gazed at Rana for a long time.

Her complexion was fair as the new sheaves of corn which are picked just at the first season. She had on a dirty, filthy pajama, with a tattered mini shirt, and a cute dupatta. Very innocently with a finger in her mouth, she was walking about in the entire store, and gazing at all the candy jars with eyes full of longing. In the bright light of the store, her complexion had changed into something

delicate and exquisite, something like the scene when the sun starts gradually to rise early in the morning; the crimson colour of her cheeks was so marked.

Gazing thus at her, I wondered, as to why is it, that God is not so generous, where giving of beauty is concerned with the rich as well. I had always noticed that it was usually the poor who are born as a charming delicate flower, and the rich as something drab and melonchioly. But then of course God has His own reasons. Since he could not give beauty and wealth to the same person, he distributed it equally, among all his subjects.

Suddenly, with a jerk I was awakened from my dream by Tutul's voice. He had come to the corner where Rana was standing, and catching hold of her arm said, "Rana *ghar chalo*". (Rana lets go home).

Her finger still in her mouth, she stared at the rows and rows of candy jars, and not in words, but in gestures, told Tutul that she wanted one of those. Seeing her thus I was quite amused, her childish face so innocent and pretty made me realise all of a sudden, the very greatness of her creator, and I gazed at her more intently, trying my utmost to catch the words her brother was saying to her.

All of a sudden I glanced at Tutul, the expression on his face had changed, something uncertain and disappointed was evident there; again Rana said but now in words, "*Bhaiyya, I want those*". Saying this she smiled, and her face got absolutely transformed; something

angelie appeared there, pleading yet at the same time, confident, that her wish would be granted. The expression there was so divine and so sweet, it at once reminded me of a scene I had in "Heidi" a book by, Johoanna Spyri Describing a sunrise early in the morning on the snow capped Alps, he says, "The peaks of the hills started to blaze, into a glorious fire, when the golden threads fell on it slantingly". Rana's dimples were so prominent now that she smiled, I could at once visulaise why "Heidi" had employed so lovely a scene.

Tutul again woefully looked at Rana, and with sad melancholy eyes said, "Rana I have no money". Rana, seemed did not understand precisely, what was money, for her face showed complete, ignorance in understanding that vital word. She remain this time more stubbornly said, "Bhaiyya I want, that, pointing directly towards the sweets.

Tutul at a loss as what to do, looked away from her face. The pleadings too in Rana's eyes were, perhaps unbearable, "Rana," he said again ever so gently, "when I grow up, and earn huge amount of money—I shall buy for you all those sweets."

Rana—now more stubborn than ever before, refused to understand, and again pointed towards the sweets and said, "Bhaiyya, I want those sweets."

Tutul seeing no way to make her understand, caught her firmly by the arm and started to drag her out. Rana gave a loud shriek and made the entire store vibrate with her pleas. In spite of it, Tutul went on dragging her, but her feet were firmly planted there and would not even budge a few steps.

From her eyes now, a continuous stream of water had started to flow and I was astonished to see so much salty water in the eyes of one so young. Her two plump cheeks had now become more red, and her wails more pitiable—the brother young too, and unable to understand his sisters emotions, caught his dear sister by the shoulders and he too burst out crying, he, because he could not buy for his so adoerable sister her most cherished thing and she, because, no one was buying those delicious things for her.

In between his tears too, he tried to make his sister understand, that if he could, he would have bought her not just one sweet, but as

many as she wanted, but it was all in vain—Rana with her innocent lovable endearments did not understand.

Watching this scene form a few yards away, I got so engrossed in it, that I was absolutely oblivious of everything else. The shopkeeper was so engrossed, with the other customers that he failed to notice this episode.

At last when I woke from my stupor, I went towards Tutal and Rana. Catching her hand in mine I asked her, "Rana which sweets do you want." At first she could not understand me, and was a bit afraid, but when I asked for the 4th time, she pointed towards one of the jars. I took a whole packet, and handed it do her.

She extended her small chubby hands, and took the packet from me—ever so gladly. After that her eyes too dried, and the immense sea of water she was shedding stopped; Tutal looked gratefully towards me and his eyes seemed to convey his sincerest thanks, though his mouth did not utter a word.

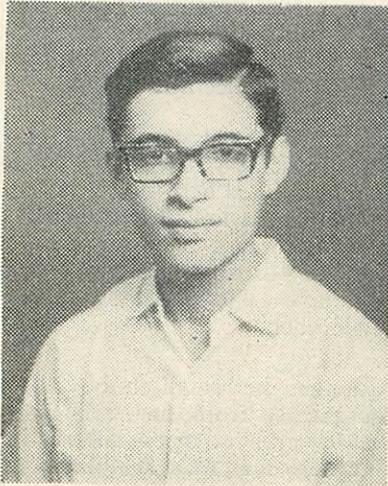
Then hand in hand both the brother and sister left the store, the sister radiant with happiness and the brother unable to express his thanks to a stranger, who had made his dear sister so very happy.

After they hand gone, I stood there for a long time rooted to the spot, my head full of strange spectacle that I had witnessed. The great love and understanding that a brother reserved for his sister I could fathom, just that day, for having no brother or sister of my own, I had always remained ignorant where this type of love and understanding was concerned:

A brother—is there more sweet word existing—I don't think so. The most desirable relation which exists in God's universe for after parents love—a brother's protection is the only weapon which can exist without my misunderstanding. But then parents too do not stay during our entire journey through life—sooner or later they abandon us as age proceeds on, it is the brother only who accompanies us through thick and thin and finally to our eternal bed.

Simply an Episode

By



MAHMOOD PESHIMAM

2nd Year M. B., B. S.

MINUTES ticked away as the heat of the sun gathered momentum. I could feel the advance of a drop of sweat run down my forehead, creep over my right cheek and slip down to my chin, where it paused for two seconds before being absorbed by gravity. I began losing patience as I looked down the road and could see well over half a mile, but alas! to no relief. So I kept walking up and down, gambling with time, the little I had. Unfortunately, up till now I had been the loser. "Five more minutes, not a second more, I told myself, "If the bus does not come its going to be quick march with me."

As four minutes and fifty seconds passed I kept one eye on my watch and the other on the road. Fifty-five seconds, fifty six, fifty-seven, fifty eight, fifty-nine, time up, no sign of relief; so I began to walk. As I trudged on barely traversing five and twenty steps, I heard from behind a familiar rumble as if a 888 dragon came snorting alone. I am sure that there is not a soul in this town who cannot recognise that imitation of thunder. I quickly turned round and waved the driver to stop. To my disappointment he simply slowed down. As the bus was passing me, I ran along with it as fast as I could trying my best to keep up

with the entrance. I managed to clutch the handle-bar at the door as the bus gathered more and more speed. I ran with desperation, I ran my heart out, I said, "Its now or never," and then swung myself air-born, and a moment later I was on the foot-pad zooming away.

As the bus was packed within I had to station myself at the entrance. I felt the wind as it puffed into my face and filtered right through my hair. Satisfaction ruled me in this situation until I began being pushed from within. This set me worried lest I slip off, as I am rather thin and not extraordinarily well equipped with the muscles, with both hands, clung to the handle bar in utter desperation, I clenched the bar with all my might I saw my hand turn white as all the blood proceeded into the arm. My tendons became more and more distinct, my veins more and more prominent, wrinkles crawled on to my face as I clenched my teeth, it was a struggle for life and death, and every second of the encounter spelled horror. Fortunately it did not last for long. As I began my prayers for thanks giving, I found my-self in a rather un-comfortable position as the bus began to shake up and down, (perhaps due to cavities in the road). Of all the things, this set me oscillating in simple harmonic motion between the two extremities of my body. I could do nothing but wait for the smooth road ahead, and it was only then that relief paid me a visit.

Soon my eyes began feasting on a bus-stop and with its appearance I made up my mind to get inside at any cost as I was aware of the fact that this was my only hope. As the bus came to a halt, I tried to push my way in but to my dismay a man almost twice my width tried to come out; I pushed against him, but alas! of no avail. Time barely ticked away when surprisingly enough I found myself standing well within. I just do not know how I got there, all I can say is that I managed it, the process involved being no less than a Water-loo. Soon we were off once again.

Once well inside there was no danger of falling off the bus but neither was it a condition of total thanks giving for besides having your ears subjected to the strangest of noises and your body dedicated to the racketiest vibratory motion, here there are enough

chances for one to be half dead due to suffocation and he who gets a seat at this stage is a very lucky fellow indeed, for he does not have to go through the final episode of being masticated to the bone. And of course the mastication is treated with all the sweat that the body can spare (if one is already not dehydrated); for this serves as saliva for your mastication. Finally, if culmination can prove its existence here—as normal physiology would predict, the poor fellow is swallowed up by the very interior. Nevertheless, it is true that if one has a little presence of mind, experience and will power, all these calamities may be avoided. Well, come what may, I was satisfied in my new position. While adjusting myself to my new surroundings I realised that all was not correct with my balance. Perhaps gravity was tired of acting along the vertical plane. It seemed to have switched over to the horizontal attitude. I am sorry I made a mistake, vertical gravity was absolutely normal. For it was only when my eyes fell upon my right door neighbour that I realised the new source of gravity. I decided to bear his weight when I saw that two more chaps had joined him. This was one of those times when optimism is too feeble to bring relief. A time when one would say its over now; No, No, its not over, its not over at all for as I was thinking I was being pushed equally from the left and behold, I was in equilibrium,!

Then came the conductor shouting, "Ticket" being suspended in equilibrium I was lucky to do away with the trouble of catching hold of the handle-bar above, and hence employed my upper limbs to make more room for myself. Finding enough space I sent my right hand into my back pocket in search for a ten paisa coin for the ticket. By the time the conductor reached me, I could feel the ten paisa in my pocket which I was about to take out when I found myself so closely cornered by the three men that, to my misfortune, I could not relieve my hand from my pocket. This aroused my frustration so much that I pushed my elbow back and swung my hand free, thankgoodness, along with the ten paisa coin.

On taking a peep through the window I realised that I was half a mile from my destination, (the next stop). With little mathematics and an excess of psychology, I calculated that by the time the bus reached the stop I would have enough time to reach the exit. So desperate and determined, daring and dynamic, doing and dictating, I battled my way so much so that by the time the bus came to a stand still I managed to keep only two opponents between me and the exit. Surveying the situation fully I uttered, "One, two, three....heave! and behold I was out of the abyss. (Thank goodness in one piece).



*Deep among themselves alright - all my grandma direct
 > above the knee*

“Better Light”

By
TALAT ANJUM

2nd Year M. B., B. S.

I REMEMBERED fairly well when I was the student of secondary school, one of our teachers used to say, “Fulfil your obligation, Devote to your destination, Sincere to your relation.”

All these qualities are the jewels of man.”

At that time my teeny weeny mind was absolutely unable to follow the meanings of destination and obligation and I had to consult my pocket dictionary to find them out, but as I joined my intermediate college, secretly in my hearts of hearts I cherished the desire to become a medical student. This object was now becoming my life long ambition and all I needed was to get the first division, inspite of all the playwork and enjoyment our college group of about a dozen girls used to have. Well, it was a miracle to have it and according to my group friends it was a mistake of examiner or some sort of luck I possessed really.

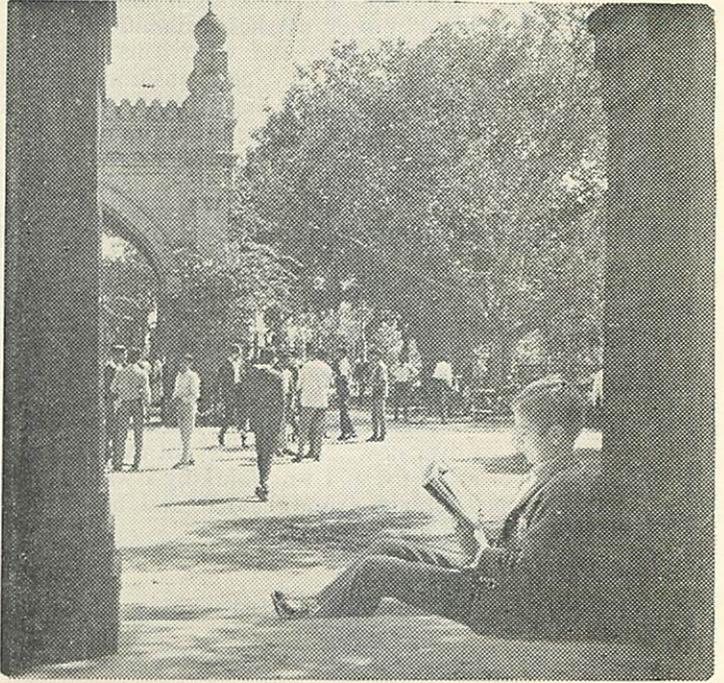
After all, effort is the law of life and to cease to strive is to cease to live, so utilizing the opportunity the form of admission was filled and submitted, though certain of joining B. Sc. Well our frantic effort bought to D.M.C. premises on 19th January this year.

In early three months, studies seem to be the only goal. Our all activities were directed towards this end and this atmosphere seemed to be creating a disequilibrium which was perplexing and saddening as our other activities were parting away.

And then our elections came on. We did enjoy a lot. Once all books were closed The united and positive efforts to attain the goal of a better society and proud nation can be achieved through healthy apposition, which no doubt, have always been the cause of good management of better administration.

A satisfactory solution for attaining the harmony needed for atmosphere of peace and health, devotion to social and material value lies in the whole-hearted co-operation, mutual regards and maximum contribution by all, thus helping to build a great nation and D.M.C., as the best Institution of it.

Scanned by Office of
Amin H. Karim MD



طلباء کی خدمت میں کوشاں

قوموں کی قسمت کا فیصلہ سکول اور کیمپل کے میدانوں میں ہوتا ہے۔
مستقبل کی جدوجہد کا انحصار اقتصادی ترقی پر ہے۔
اقتصادی ترقی کے لئے بجٹ اہم ہے۔
ہمارے ہاں سکول بینکنگ سیکر کے ذریعے صرف ۲۵ روپے سے بجٹ شروع کر سکتے ہیں۔
ہم طلباء اور اس طرح قوم کے لئے بجٹ کرتے ہیں۔
نیشنل بینک آف پاکستان
اس بینک کے مالک آپ ہیں



AIM

Through the Window

By

NASREEN SULTANA

II Year M.B.,B.S.

WINDOW is a multipurpose thing. I know its quite childish to tell you about such a thing because every body must be aware of its benefit. I do confess, even then I have something to tell you about it. You know, windows make the rooms airy and illuminated. But have you ever thought that if there were no windows, where would we hung colourful curtains? Window is also a means of amusement. We can stand before a window, opening at some busy street, for hours and just watch the people. You must be acquainted with the story of that patient whose bed was by a window. It's another story that how, because of his imagination he changed a plain wall into a busy street and a settlement.

Windows are also useful for committing suicide. People use window to throw things out. In our country people throw out dirt or rubbish whereas in western countries, men use them to throw out even their mothers-in-law. When the children are innocent and young, they throw out anything which they come across, even their toys, but when they grow up, they throw out pets or mangoes, bananas etc., and watch the people slipping over them.

Window is also a means for the commencement of crimes. In the prisons, where windows are barred, they serve for flight.

But I have to tell you about a particular window. You cannot throw anything out of it or use it in any way because it's not the window of your room. Anyhow, you are allowed to throw, through it, something inside the room. That's the window of the

office of the magazine secretary. Of course the thing you can throw must be an article for the magazine. It's nice and rather lucky that this window is without shutters.

Details of this synopsis are that one day I came across somebody "Excuse me."

"Yes?"

Are you intrested in reading or writing."

"Yes I take a lot....."

Now the eyes of the person start shining,

"Do you really write?"

"Yes, of course".

"Have you got your writings published".

"Certainly."

"If I ask where?"

"In various newspapers and weekly magazines."

"What do you write?" Verse or essays?"

"Well! You see I have written letters to the editor, and that I take more interest in reading and thus write less.

"If you read a lot then you can collect jokes or quotations from various magazines. You must get something for your OWN magazine, especially when it will be a silver jubilee number.

I quickly made the excuse that I would not be able to stand the rejection of the article. He quite wickedly rejected my excuse by saying that he will not be wicked in this respect if the article would be an interesting and of the college standard. Now there wasn't any way left. So I had to make the promise that I'll try my best.

I thought and thought as I wanted to produce something original. I thought of writing

about my practice which I started when I entered the medical college. I cured a patient suffering from allergic manifestations (because I had also suffered from that). Then I thought that it would not be honest if I overlook the well known legends of my unworthiness. So I could not find anything to write.

When I came across the magazine secretary next, he made me remember my promise. I

tried to make a new excuse that I've written the thing. I had brought it but I couldn't find him. The he said that if I see the office locked, I can throw the article through the window. So dear readers! I must say good bye to you as I've fulfilled my promise and have to rush to that window, lest the magazines room's door might open and may not be able to use the window as I wanted to.

With Compliments

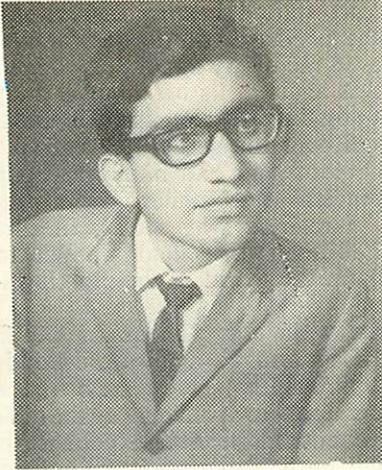
from

ESSO PAKISTAN

KARACHI — LAHORE — PINDI — DACCA — CHITTAGONG

“The Crimson Fear”

By



ZUBAIR FAROOQ

1st Year M.B.,B.S.

THE night was calm but the sense of darkness due to the absence of the stars on the sky was alarming. Indeed alarming! And even more alarming was the bitter struggle the moon was having with the clouds for its very existence on the cruel dark sky.

The wailing of the trees provided a gloomy atmosphere for a fateful autumn night.

The air was cool and dry and the night was one of the darkest ever in Karachi. The trees looked bare, ugly and stumped and the yellowish brown leaves scattered here and there produced a queer sound as they were swept away by the air and the writhing of the branches added to the scene of utter unpleasantness.

Indeed it was a night not for an outing. On such nights one should be contented by one's cosy tenement and not venture out for a stroll.

It was so strange, everything was grotesque and if one would remicent he would realize that he had never experienced such a night in Karachi, atleast not one like this. It was a bit sceptical but one never knows and I could

not endure the impenetrable nigritude. One thing was sure; this night was one to be resented and the convulsion of the trees was not to be cherished.

As if horrified by the conceivable sinister. I turned from City Park to the exit gate and it was then that I noticed my shoes were wet. I was surprised for I was sure I had not walked on any puddle in the park, but why the wet shoes? As usual I had a torch with me. I took it out and flashed it over my shoes. What I saw nearly made my heart rise into my mouth. I was terror stricken. My emotions burst out as I cried “Oh! My God! Blood.” My shoes were soaked with crimson red stains of blood. “Oh... What am I going to do now? Someone's dead body is lying in the park and if the police follow the stains left by the blood and trace it to me, then what am I going to do?”

This very thought had prevailed in my mind and I began to mock myself that I was in that part of the park which was the farthest from the exit gate. Eventually I started running towards it, but my conscious pricked me.

“Wait... where are you going? Leaving someone's corpse in the park like this?”

(My conscious gave a wicked laugh)
Coward!

(My conscious mocked me with another wicked laugh and said) “Coward. Ha! Ha! You are nothing but a coward. Getting afraid of a corpse?”

(Another wicked laugh.)

I said “No.....No.....I am not a coward. I am not a coward.”

My conscious said” then why are you running? Go and do your duty.” I said, terrified “No.....No.....”

My conscience said “Be a man and do your duty.”

Finally my conscious had the upper hand. Curiosity won over fear and I walked towards that part of the park where I had seen blood. I reached there and flashed the torch in every

direction. I noticed a section of the ground heavily stained with blood. I followed the bloody path and reached a place where flowers of different varieties grew.

Most of them were Pakistani varieties such as Gul-e-Dawoodi, Gul-e-Hina, Gul-e-Jaffery, Gul-e-Nasreen, Chambaily and various varieties of Suraj Mukhi all gathered in one bunch in that portion of the park.

I thought if any one wanted to hide a body, this certainly was the best place for it. I ventured towards Gul-e-Ashrafi, shone my torch over it, but on its sweet white petal here was not the slightest stain of blood. I looked towards the flower Chambaily but found absolutely nothing to help me.

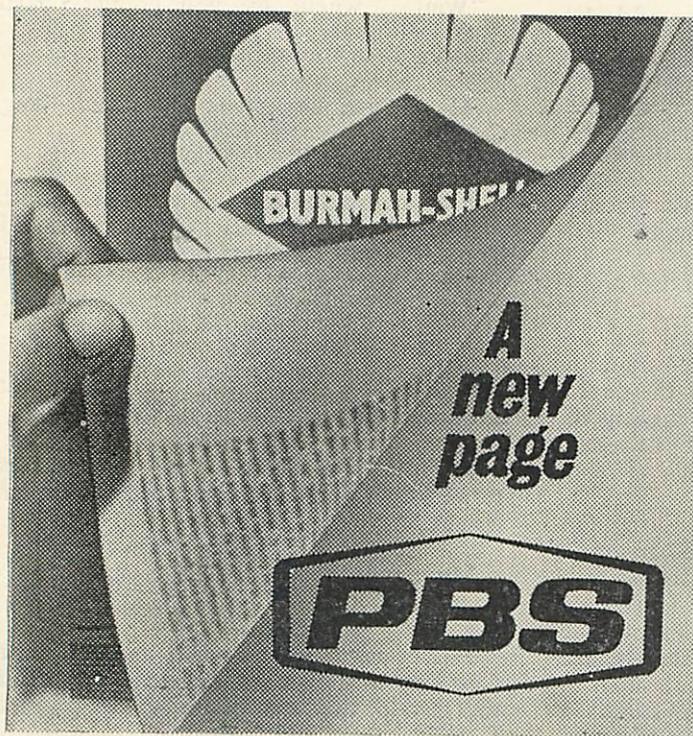
I thought may be I had made a mistake in thinking that this was an ideal place to hide a body.

Eventually I started to look over the varieties of the Suraj Mukhi flower and it was then

that I felt a cold shudder and I was frightened out of my wits. For yes! The body was there, neatly hidden under them and I could see a leg, in between those varieties of the flower.

My heart started beating fast as I slowly moved the petals of the flowers and what I saw relieved me of my agony. It looked as if Nature was again at its best for the body was that of a dog who with intense pain must have roamed all over the garden leaving all those stains of blood and had finally met a tragic but a peaceful end under these beautiful flowers. I realised why Keats, tired of the miseries of the world had wanted to die peacefully in the world of the nightingale.

I looked at the sky. The moon had finally won the bitter struggle against the clouds and was now jubilantly shining, and the entire place now looked vivacious again. Vivacious? Yes! but this terrible experience is one that I will never forget for a long time to come.



Burmah-Shell becomes a PAKISTANI COMPANY

For over 40 years the name of Burmah-Shell has been more than just a sign of oil marketing; it has been a symbol of service to the customer.

As Pakistan Burmah Shell, we are proud to announce the continuance of the traditionally established reputation of service to the customer.

Moreover, as a Pakistani company we offer the best of both worlds—the worlds of Burmah and Shell with their internationally accepted quality products, know-how, research facilities, and our experience and service.

You are in good company...



Pakistan Burmah Shell

An Apologia

By

JAWAID AKHTAR KAH

II Year M. B., B. S.

IT is an era of modernisation. Drastic changes are taking place all around. Life is surrounded with many a complications. One of the problems of the day is whether students should take to active politics or not. Students are a vast community and, for the moment, I will restrict myself only to medical students and young doctors.

Politics and politicians are two dirty words in our country. We love both and we hate both. We use both and we abuse both. Few will dispute that politics is the game of rich and carefree. Like some who are born with spoon in mouth, we find politics too a hereditary institution. There will be found families where son is carrying the burdon of politics, where his father had left off, and father took on where grand-father left off.

Medicine and medical men on the other hand are two liked things. We enter the medical institution through hard competitive examinations. After coming here we have to study a very lengthy and complex course. Even though we devote all of our time, most of us are not satisfied. After a hard work of 5 years we emerge as doctors. Here another responsibility we face. So much of the research work is going on in all parts of the world and we have to keep pace with all that necessary stuff, if we want to be uptodate.

In the light of the above, every one can very well guess how we poor medical men can bear the burden of the extracurricular activities like politics. Some of the enthusiastic medicos say that they are going to serve the nation by taking to active politics. If they look with an unprejudiced eye, they will soon come to the conclusion that the nation can be served well, if they converge towards their studies.

History has no evidence to suggest that a single medical man was ever an accomplished politician. Actually, politics and medicine have nothing common to combine together. They run parallel to each other and so have no meeting point.

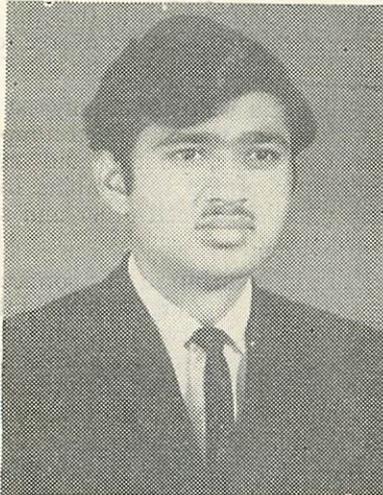
One logical argument, in this connection, is that one can not indulge himself into very many activities. Otherwise his attention will be divided and in spite of his sincerity and interest he will not succeed in his intentions. His capacities, otherwise useful would be lost and his destination doomed.

Our country is already short of doctors, the proportion being 1:10,000. It's high time that we realise our responsibility and try to prove worthy of our profession. We use need professional students rather than professional politicians.

Politics is all right as far as student's problems are concerned. Doctors can fight for their cause on political planks, but such activities should remain confined to the boundaries of the college or, at the national level, through the Association (P.M.A.) As good citizens, we can all contribute to the country politics by being judicious in casting our votes. Nobody is going to oppose this. What I am against is unnecessary indulgence in political matters.

Service is Human

By



HOTCHAND G. MOOLANI

III Year M. B., B. S.

IT is a well known saying that "Service to humanity is service to God". All the religions of the world, all the great teachers; irrespective of race or religion, creed or colour they teach us that self sacrifice and not self assertion is the law of highest universe. What is the object of creation of the world? Why the human being is entitled as crown of creation? The very answer is that man should perform his duties confined to him, honestly with efficiency, alacrity, alertness. The man is considered to be the symbol of love and sympathy, duty and devotion,

patience and perseverance, service and sacrifice. As this life is unreliable and every body has to appear before the court of law on the great day of Judgement, one should serve his fellow human beings, serve his nation and country, so that each and every member of the society should be able to live in harmonial adjustment and equality, which entails a social order in which there are equal opportunities for all the members, for education and work, for health and cultural development.

Great are those, who lived and died for their beloved nation and country. The work of such noble and great men is a lesson for others. Their great deeds and devotions tell us that the world is not merely a dreamland or play ground. There we have to be the hero in the strife, to lift the heavy loads to distinguish between right and wrong and destiny of human individual one should not run after one's own mean and selfish interests but render ones services for the poor and sick and for needies, one should search for truth of the things and strive to live in the spirit of truth. This real truth comes from service and sacrifice for others, for neighbours and nation.

Life is a series of compromises. One has to live for the sake of others and one has to rely upon others. So, it is worth to work selflessly and sincerely for this purpose and what we require are the muscles of iron and nerves of steel. We pray to God to give us sufficient courage and strength to fulfil our promises and programmes for the maintainance of peace, progress and prosperity and to get rid of poverty and illiteracy.

Scanned by Office of
Amin H. Karim MD

BEAT IT!

By



RUKHSANA IHSAN
2nd Year M.B., B.S.

PUFF—puff—pant! Am I tired? I think I deserve some rest, but the irony of fate is that the minute I stop—pang, that is the end of one's life. I am terrebilly sick of being quiet so today I must talk.

It was on a gloomy, black day, about thirty-five years ago, when Bob sailed forth into this world along with me. Lamentable day, it sure was, and since that day all I have been doing is pumping and panting. Good Grief! I thought "what a terribly boring job it is. All there is to do is to allow that repulsive dirtied fluid which the fashionable tongue calls, "Blood" into my right upper territory, and then kicking it into the lower past and out towards the lungs. Trespassing is permissible once or even twice over a certain property of one's own, but oh, no Sir, not for Mr. Blood, for after a passage of only a split of a second, the Tidied Blood comes knocking on to my left upper door!"

It hurts my ego. I thought of protesting, and so I stopped working for a little while.

Lo! Everything around me went cold and poor Bob went blue. Some smart people knocked and thumped at the roof, but I kept mum. I heard them crying, sniffing and blessing poor Bob. Suddenly I felt my spirits to elevate and I swell with pride. "The whole system of Bob's body depends on me!" I chuckled and let the blood flow again

I never meant to go on a strike again and together with the brain I work pretty well. The Brain is quite away but we stick to a treaty—I give him Blood and he, well—he orders me on how to act.

Shsh I hear heavy breathing. "Bello, Buddy, you've been pumping very fast today—calm down."—That is the left lung groaning. "Don't itch me to pump faster—you balloon".

"Gone are your days of working and beating fast, you fibrilated bag," said the lung sarcastically. It was too much for me so I ejaculated—"You can't talk much, you bacilli—invaded sac."

"Sorry to interrupt your organships," This is the vagus nerve—hell of an interrupter, but, the Brain implores you to regulate yourselves." Thank you, pale face," the lung panted.

The Vagus retaliated in a calm voice—

I will advise you to culminate the usage of scaldy language, and co-operate with us, for the nervous system has gone beserk.'

It is all your fault—you unworthy organ." The lung whispered to me. Our advice fell on deaf walls, and you insisted to flutter and to carry on armorous relationships with another heart. you had no sense about you and you lost yourself completely." I did what every other heart would do. I pointed, "Alright, if you were incapable of ensnaring that insipid the heart you should have braved it all and spared us from the trouble," chimed

in the right lung. "Ah Brother, he persists to be stupid, do not....."

"Groan. Cut in the liver. "The abscess in me is eating me up. For Health's sake, can't the Brain stop the mouth not to allow that cursed alcohol to enter? My complexion! It is being destroyed! (sigh) Cordo, you have ruined us".

I do not condescend to speak to that vain organ the liver. "You are right again, my dear Hepata," The left lung thoroughly agreed with the liver, "I feel like asking my twin lung to help me and squash this hideous pump, but, woe the Tuberculosis Bacillus has weakened me."

Alas, blamed and cursed I am from all around. A wish I had not missed my beat when I heard a tiny she heart beating in rhythm with me. Many a beat were missed since I

got absorbed in Cardmia. Disaster came head long on me and Cardina beat no more, and was silent forever. It was then that the once proud Cards known for his efficiency through out the body lost his well known activity, and got sick.

Bob's Brain came to be known as an absent minded object. The body lost its defence powers and day in and day out aliens invaded the organs. I fear, I cannot hear it any longer.

Poets praised me to the skies, writers created myths around me. I am the centre of man, and man is the centre of the world. I am the world's most talked object, and am very important for my body; but now I have realized that with every beat of mine I bring tortures and misery to my fellow organs. Today I feel I must put an end to this torment and become stone. So goodbye cruel world!

Rafhan Maize Products Co., Ltd.

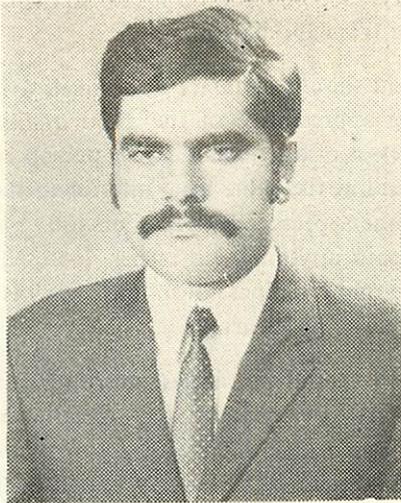
(AFFILIATED WITH C.P.C. INTERNATIONAL U.S.A.)

Manufacturers of:

**MAIZE STARCH, LIQUID, SOLID AND POWDERED GLUCOSE, SOAP,
GLUTEN MEAL CATTLE FEED, CORN OIL CONCENTRATED MAIZE
SOLUBLES, CORNFLOUR, GOLDEN SYRUP, LIQUID ADHASIVES
AND CUSTARD POWDER.**

Phones : LYALLPUR : 4041-4042-4043

Phone : KARACHI : 237734



Something on Personal Ethics

By

NAZIM AQIL

3rd Year M. B., B. S.,

ETHICAL culture includes and embraces all the branches of self culture. Ethics teaches the whole duty of man. All our thoughts and actions belong to the domain of ethics. The personality of a person is moulded and judged by ethics.

Although ethics is divisible into personal and state, they are both inter-linked and one cannot flourish without the other. Here I will, only, undertake the study of personal ethics.

First, and foremost is the building up of one's character. For this parents and also teachers plays a very important role. As an isolated person struggling all by yourself, you cannot make much progress. Life begets life in moral as well as biological realm. Moral growth is a process of suggestion and adaptation and not of ratiocination. One should not be a blind follower, should listen

with obedience while the ultimate decision is the acceptance or rejection of the teachings.

Next, is the virtues of friendship. Friendship is useful not only for ordinary purposes like social get togethers, conversation, mutual aid as in times of troubles, but the highest use of friendship lies in mutual encouragement and inspiration for the development of personality. In case a mistake is made by a friend in a society, it should be rebuked, rather than make it a point of gossip.

Another important aspect of personal ethics is meditation. Daily meditation is as essential for moral health as daily wash is for physical efficiency. In meditation, we should not only pray for the well being of our dear and close ones but rather for the well-being, progress and guidance of the whole mankind.

Now we come to the virtues of personal ethics. The foremost in this regard are earnestness and unselfishness.

Earnestness consists in choosing development instead of pleasure as the principal aim of life. Pleasure allures us with a fair but false light that brightens the path but at the end of this path are ignorance, disease, frivolity and stunted personality. Those who choose pleasure as the way of life are disinclined to exert themselves sternously in any way. They hate mental and physical exertion. They catch the froth and foam on the surface of life and are too lazy to dive in deep for hidden treasures. They make everything easy for themselves. By choosing pleasure you may have fun and frolic but you will remain a dwarf in mind and soul. The development of personality is the aim of all earnest men. If we lack in earnestness we are more like an ape than man. If moral development is sacrificed for pleasure than one will never feel the happiness and exaltation that are gifts of love, self discipline and aspiration.

The social bond makes us responsible for all as all are for us. We should not grudge for our money or time when others need it. If we are educated then we should try to spread our knowledge to as many and as far as possible. Democracy without education is the rule of knaves and fools.

Now we come to another important point and that is "patience". We should be patient with all especially with those who are ill tem-

pered or have a bad nature they are the victims of heredity and lack of education. Anger cannot help things rather it stirs up your personality and brings up all the mud and slime from the bottom.

You should cultivate in yourself a habit of being appreciative of the good qualities and successes of a person. Every person is superior and at the same time inferior to the other in some aspects. By being envious one does not gain anything, he rather loses his own peace and happiness of mind. Envy is a vice that yields no returns.

You should be modest and must not over estimate yourself and see yourself with your own eyes rather than with a pair of magnifying field glasses. Modesty is the antidote of pride and vanity. You should learn modesty with comparing your achievements with those of great people of the world.

One should also cultivate in himself the love for justice. Human society is like a herd of beast, not founded on justice. In the jungle the strong prey on the weak. But justice is the glory of man and his civilization. Justice gives everyone his due share. She is the guardian of organized society, its surest defence and rampart against disorder and violence. Love of justice is a cardinal virtue that must be cultivated as it makes one conscience of the rights of the others. It will make one an alien and a stranger in society but one must not be afraid of that, if he has to cultivate love of justice in others.

KHANUM—BI

By

ATIYA SHAREEF

and

AISHA MUZAFFAR

III Year M. B., B. S.



CORPULENT, old, with a very wrinkled countenance, greedy eyes, she smiled and an equally sly "Thank you". That about gives the description of Khanum Bi.

When I first saw her, I thought her an object of pity for she could hardly walk and remained bed to an iron bed, the whole day satisfying her voracious appetite with all the food she could possibly get hold of. Her only domain was the telephone, which I later found was a handy instrument in her hand through which she bullied people and extracted as much money as she could out of them.

I first met her when my mother phoned me from home (anxious to know how I faced the first week at the hostel) a loud hoarse voice penetrated my ears calling my name. I came out of my room and saw Khanum Bi beckoning to me. "Kya Hai Khanum Bi," I asked gently as I came towards her. "Khya Hai, Telephone, *hai aur kya hai?*", she said angrily. I went into her room grumbling about some throat trouble and not being people's servant.

Her anger made me angry too, all the sympathy that I felt towards her was momentarily gone, but I later found that she screamed at every body for no reason and meant no offence. By that time my anger had cooled down too. I looking at her from my room, I wondered what she must have been like when she was young, pretty perhaps, but surely her nature must have been a different one for in her eyes I could see a flicker of kindness, in her smile a touch of laddness, and in her walk a weaviness not that of old age, but defeat. Then what were the circumstances that moulded her nature? I wanted the answer from Khanum Bi herself.

A few days later my friends decided to make some pudding. For quite sometime I had wanted to speak to Khanum Bi but I did not know how to go about it for her mood was very irritable and I feared another rebuke. The pudding gave me an idea so I took her share to her hoping the sight of it would soften her a bit. The result was amazing for with a "*Bibi ye mere leyea hai kya*" she took the plate unceremoniously out of my hand. She

made me sit with her and started chatting in a most aimable manner, but when I tried to make her talk about her past, she brushed the subject aside. I was not so friendly any more, therefore I excused myself and came back to my room.

With my busy college life I soon foregot all about her and one day with a mind to dust my room I went about the task of searching for a duster when an *aya* came in and said that Khanum Bi wanted me. I wondered why, but went any way, and was shocked to see her pale face and sunken eyes—she seemed to have been ill for months. I sat beside her, I tried to talk but she was restless and obviously wanted to say something and suddenly she said “I know once you wanted to know my past, I will tell you today. And as she narrated her story, looking into her eyes I felt as if she had gone into the past to recall every moment of it again.

Her childhood had not been a very happy one, her mother had died at her birth and her father had remarried. Married off at the age of fifteen to a man she did not know, she was happy to leave home full of hopes for the future, I think that was the only time when she was really happy. Her husband never

cared much for her, and her desires to be cared for and loved were never realised.

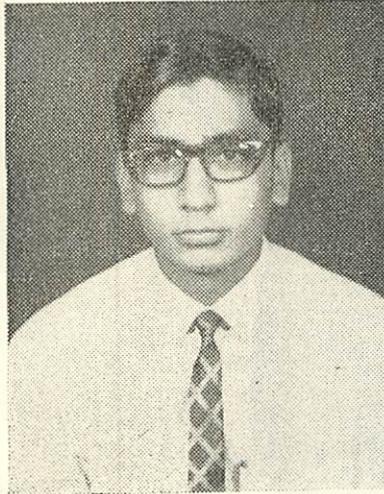
Ten years later came independence and in the riots she lost her husband and barely managed to bring herself and her 3 sons across the border. She worked hard to bring them up and educated them, and started looking forward for a better future but destiny had not yet finished with her. Her children now grown up are well established and look down upon her and are ashamed of the poverty which surround her, specially since they have married in better families, so that they presume their past to be dead, and with that their mother too.

Left alone once more and bitter than ever before, fate brought her here and she dissolved her misery in food and released her spent up emotions on every body around her.

As I came out of her room the doctor went in, my mind was in a turmoil and I thought Oh God! how many more must have passed through the same and yet had courage to pull on. How many were carried away by the stream of hopelessness, and how many fought back to emerge into a world which would give them nothing but more miseries:(—hope perhaps!).

Critical Anatomy of a Modern Gril

By



Dr. ZAFAR HUSAIN

M. B., B. S.

A boy was called naughty before
And all the abuses he got therefore,
A girl was then an innocent Nun,
And got the admiration of everyone.

In her Buffo there is a Rose,
On her face there a Pose,
She has no interest in poetry or prose,
An only to theatre that she often goes.

Thus with that fancied tear's spear,
Orwith an "Amson's" butter smear,
She changes the examiner's mood's gear,
For male examiners—Oh' there is no fear.

To drive something into her brain,
Will only result in your brain's drain,
For her cranial cavity is so very dense,
That she totally lacks common sense,

But a modern girl—Oh' Boy'
She thinks that she is so very coy,
That in this world many a guy,
For her would even willingly die.

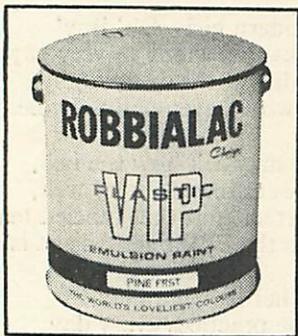
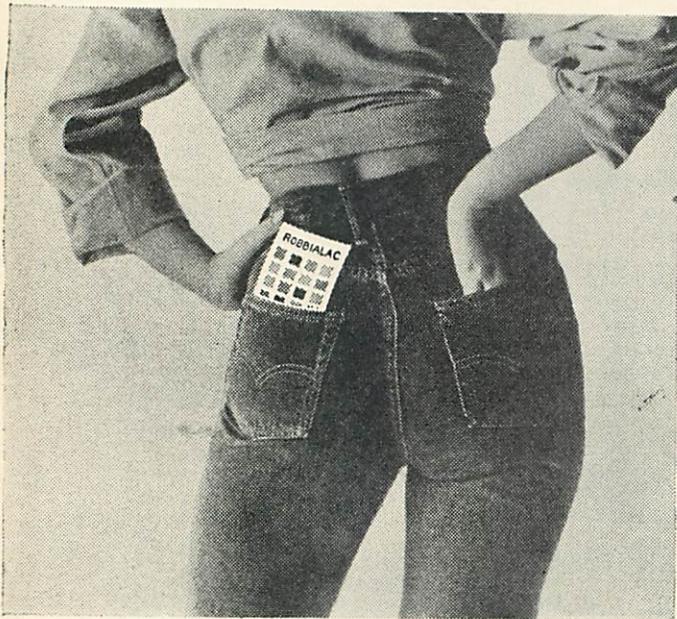
Then you may ask how the hell,
She passes exams: so very well,
But in her she has that fancied tear,
Which to the Examiner's heart is a spear.

Low for her is like a play,
Which she practices every day,
That is they often will say,
To be social, happy and gay.

The girl's common room in any case,
Is a good and lighting place
Or atleast a place to powder their face,
Especially in the crucial examination days.

Mark my words Dear Boys!
If the girls continue the present trends
In future chaste women be so scarce,
That marriage would be just a force.

Don't just stand there-do something!



Something!

Choose a mood...Choose a wall. sleek. So pleasant. So soothing.
Choose a colour...Careful now. So vibrating. That's VIP plastic
62 ready to use fresh colours- emulsion paint...the new
each to mix and match with Robbialac quality emulsion
all your moods! Decor at -easier to clean, harder
once assumes a new wearing. Smoother, more
dimension. So sophisticated finish.

Give
your home
the
VIP
treatment

**Thank goodness for colour!
Thank goodness for ROBBIALAC!**

SOLITUDE



By

Dr. DURDANA MOID

M. B., B. S.

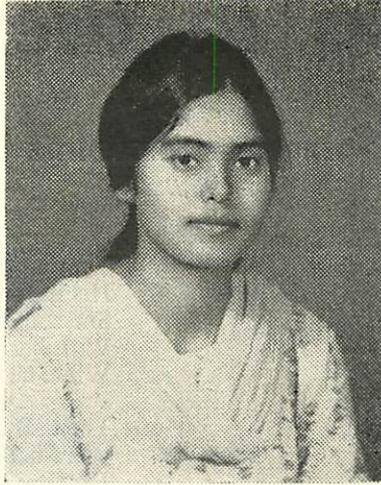
I walked along the sea shore,
The sky was clear and blue,
I held your hand in mine and felt,
So very close to you.

There were no clouds as in my life,
I fancied at that time,
The shore was gay with misth around,
And youth was at its prime,

We talked of what our future held,
And what the past had been;
I did not know I had talked outright
To one who was unseen.

The seagull's startling cry I heard,
It woke me from my dreams,
I looked for you, but could not find,
Oh, hero of my dreams,

Scanned by Office of
Amin H. Karim MD



“NOT TO SEE ”

“Conspiracy of Nature”

By

JEHAN ARA JANU

Final Year M. B., B. S.

I tried the path in an aimless way,
Can't proceed a step without a sway,
Other's I listen tread on faster than me,
For I have heard they have the eyes to see,

What for I am deprived of the blessings,
For I have the eyes but not to see,
How my inner souls cry out in despair,
Alas! there are none to see my tears,

And none to care for me a bit,
Silent thought I am with that treat.
How I envy the lot with light in the eyes,
For I am plenged in the darkness till I die,

Luckier are those who have the eyes to
see,
And look at me who have the eyes but
not to see.

I have friends who are

No more with me,

I lived a life which is

dead to me now,

I had wishes, wrecked

By the cruel nature,

Man's ship has innocent start

nearer to reach the shore

For some get lost before

you reach the peak,

And some are never to be seen,

Shadows in the Night

By
Dr. NOMAN SIDDIQUI
M.B.,B.S.

Whenever fullmoon blooms at night,
I see two shadows walking,
They walk together
For hours altogether
Holding their hands so tight.

I see him now holding her face,
His hands trembling with love,
Her eyes are closed
Her lips are part,
While their hearts are running a race.

I used to see them everytime,
Coming and going together,
Yet I can swear
I used to fear
Their love might wear with time

I do not know what happened there,
Between the two of them,
Or what was wrong
Or their love wasn't strong
To hold them close and dear.

They sit on a bench to take some rest,
His head on a pillow of her lap,
She smooths his hair
With her fingers so fair,
While he lies calmly in the nest.

Then all they could hear
Were bells everywhere
Ringing with all their might.

I thought I was wrong in thinking so,
As true love never dawns,
But why is it
Now they do not sit
For hours and hours to go.

Now whenever the moon is in full tone
I see myself walking
And my shadow all alone.

“The Present”

Oft have I thought when I shall die,
And people will burry me in my grave,
Where I shall sleep, Where I shall lie,
Till God will call me to thesky.

They do not know now what to do
Or how to solve this puzzle,
Well, taken to God was I for a Cue
For he can now only say whereto.

There they weigh my good and bad,
And They come some-how equal,
To heaven as such not you my lad
To put me in hell will be so sad.

What have you brought for me he said,
From the world you have been to
I gave him what I always had,
With all the hope he won't be mad.

He goes to heaven and not to hell,
Oh Yes Almighty but why, do tell.
To heaven he goes due to his art
For he gave me nothing but a shattered heart.

“THE DEAD”

By

Dr. ZAFAR HUSAIN

M.B.B.S.

Medicine is no doubt a noble profession
But I should make here the confession
That the poorest of the poor save the nation
Though it may sound like a paradoxical motion.

They are unclaimed at the last travel
But devoted for noble cause the life's novel
In which I try to pen their sacrifice
But even all my power can't suffice

They have given up their last treasure
Of which the value we can't measure
Touching the depth of nobility indeed
not in theory, but in deed.

The broken and disturbed parts
Are knowledge carrying carts
In which we are passengers
Receiving Medicine's messengers

For this only, feel I, their breath ceased,
Whom the misery in life chased
Day by day the woe increased
In various angles the life is teased

They always struggled and toiled for others
Of whom, no doubt can be proud their mothers
Image of purity their action and thought
Marking them noble but death caught

Who make us doctors?" I ask myself
Trying all the prejudice to engulf
And answer then. It is the dead
Who by poverty and misery are bred

When I first entered the hall
They were lying supine all
With hands stretched and legs spread
Telling me I have to tread.

They talk in their own dialect
Much of which I oft recollect
They stare at me straight into eyes
Reminding me of poors' cries.

Their looks pierce through the dark weather
Go higher and higher altogether
Dear ching for their goal in Heaven
Looking the world's ground uneven.

Their blood clotted to make our blood
Run fastly in life's flood
Not being drenched in it, but
To save them who are in woes put

Though they pass away, for us they care
Giving up their bodies bare
For they want the world at ease
And make us doctors for pains to cease.

“HEROIN” [diamorphine]

By

ZAINUL ABIDIN

2nd Year M. B., B. S., HYDARABAD, L. M. C.

Thy name is Analgesic,
Thy actions are Anaesthetic,
Thy features attract me as Hypnotic
Your voice acts as Narcotics.

Although I know,
You are not mine,
But I am your addict;
Believe, for me,
All the girls are emetics.

Dilemma for a Friend

By



ASMA S. QURESHI

IV Year M. B., B. S.

She stands upon the threshold
Her expectant eyes on my face,
Her ears straining to hear,
Her thoughts searching my mind
Waiting for my word!

What may it be?
That may seal her fate and mine!
So close to each other
And yet so far way
Into a world of gloom,

A life of deceit and lies
Of illusions built to be broken
What may I say——?
That she may not turn away

And close the door behind her.
What can I give her?
Except my friendship——?
But will it be stronger

Than the mirage?
That she is being shown yonder.
After which she will run till eternity
And when she realises the futility,

It will be too late——too late!
for she will have closed
The door behind her!

"MAGNIFICENCE"

By

HUMAIRA BEGUM
2nd Year M. B., B. S.

Bathing in sunshine, beside the flowers,
Gleamed in radiance, bussings showers,
Deers drinking water from the twinkling rill,
Deers running down from a steep low hill,
They ate and drank and home wards ran,
And happily reaced with skin all tan—
Jumping gallantly, stopped, the roes,
When heard the barking of fierce foes,
All scared to death stood still as a stone,
Not a quick whisper—not a meak moon;
Then turned to their leader, a hundred eyes,
Who stood among them—royal and wise,
With a quick decision pointed right,
Where lofty trees, no trace of light,
With grateful looks they sprang over there,
As life is dear—one has to care.
With conscious ears and lager nose,
Watching as the last one goes,
Standing with a dutiful pose,
“They are out of danger—far from foes.
A growls closely, trembled the dear,
And he horror of the fear,
Of being grabbed by wolves—ran for life,
But Oh! ook late—too late to survive,
For six wtd wolves with eager teeth,
Made him fall, he hardly could breathe,
Their teeth went down his slender neck,
A fountain of blood—their skin all wet.
They left him soon and there he lay,
On the deep stained grass—his strength away,
With all his might, opened his eyes,
Saw the east dusk with deep sad sighs.
On his nose dropped trickles of blood,
And helpless tears on the soil were stud;
He looked at the place his fellows hid,
Then a silent farewell—forever he bid,
I've done my duty, the least but best,
Now in place my soul will rest,
You'll find a leader—wise and good,
And forget me soon—you all should.
Then a struggling wave his body bore,
That broke like ripples on the shore,
With closing of his eyes, the sun went down,
And night grew cold and wind was sound.

Ban the Bomb



By

FAUZIA QUDDUS

IVth Year M. B. B. S.

That's how it was,
That's how it'll be,
With no one left
And nothing to see.

As was in Nagasaki,
And Hiroshima too—
Anywhere else as well,
With atom, and in hell
Land us all the faster,

Think not so the masters,
That they will join in too;
And make a merry fire,
Though that's not our desire,
Warning lands be not us,

So exclude us from the fuss.
Since you cannot fire,
Without making our bonfire,
So Ban the Bomb,
And end the war,

Both the cold and the hot,
For though the hot burns and destroys,
The cold long preserves and is none coy.
Perfectly happy be not us,
But prefer this state to being trussed up!!

Her Bounty is Boundless

FAUZIA QUDDUS

IVth Year M. B. B. S.

The morning glow pierces the shadow of night
The stars disappear as the sun comes in sight,
Preceded by dawn which brings in its light,
A farewell to dark thoughts and goodbye to
frights.

The sunbeams are messy, the frolic, they're
bright,

They dispel the mist very fine and so slight,
There twinkles the dew she's a queen in her
right,

But as day climbs higher she fast takes to
flight!

Oh, hurry! Oh huncy spring's come she is new
She's taking her bearings you can look in too,
On her new dress, wonderful what a view!
Could ever you dream how these colours she
sew?

She's wearing the blue of the sky, very high,
The soft cuddly clouds make her shawl pass-
ing by,

Her emeralds the leaves as on velvet she lies,
The world holds its breath, wind escapes as a
sigh.

The roses her rubies and diamonds the dew,
The stuff golden sunlight, beautiful, no jew,
Compare with her treasures his hoards so few,
With magic she turns everything into new.

The air is so fresh and so fragrant with day,
It's calling you out, so come out and be gay,
Spring is blooming, at its height and the blue
jay,
Is having the time of its life, naught to pay.

Life is vibrating, there is so much to say,
Every heart is blooming and there is a way,
To get what you want, go where you will-you
may!
Happy and joyous, merry, loughing and gay.

Spring has arrived and she is leading us right,
With a promise of boundless bounty so bright;
When her beauty unfurls gently in full way—
And we're happy again till the end of our days.

MY ANSWER

By

MUDASSIR M. DAR

4th Year M.B.B.S.

As I scrawl these lines
Your plea, those plaintive words
In haunted vale of my perturbed mind
Are still echoing
Last evening, when shine of lagging sun
In Birds' weary eyes
Was gradually dimming
The air was squeaking
With receding steps of
Panting day—parting day
Your supple hand
Breathing in my hand
We strolled leisurely
On velvety grass
We both were quiet
Till you stopped for a while
Your glistening eyes
Eclipsed with cloud of tears
Through tender lips
Quivering perhaps with fear
You besought,
“Why don't you adore me?”
I gazed in your sobbing eyes
Oh, only my answer
They'd need, I thought
But something from inside
Refrained me
And under lamenting shades
Of your damp lashes
I walked away
And as I scribble this letter
Though again something from inside
Refrains me
I dare tell you my answer:
“Honestly I tell you sweetheart
Possibly I can not belong to else one
Not even you, the dearest one
Until I learn to belong to myself
And that I do not do, a s yet.”

CADAVER OF LOVE

By

ABDUL SAMAD

4th Year M. B. B. S.

O'my lovely dame, O'my silly dame,
After 24 hours love with you,
This fact I came to know,
That it is of no use,
To love any more with you,
Because you are so hard,
And exams are approaching fast.

Keeping all these facts in mind
I wish to make you remind,
That I'll postpone my love,
For next coming 4 months,
With these conclusive words.

I'll forget your blue eyes,
I'll forget your rosy cheeks,
And also the delicate lips,
And keep a heavy stone of patience,
Right over my injured heart.

I'll close all the doors,
As well as all the windows,
And also the ventilators,
Of my tender heart.

And wherever I will be,
Your memory will always remain with me,
And as long as my heart will beat,
It will call you with every beat.

I'll forget once I loved you,
I'll forget once I cherished you,
I'll forget once I prayed for you,
In short I'll forget you in all.

With these few humble words,
I make halt my train of love,
With the hope that my sweet heart,
Will surely take a due regard.

O'my lovely dame, O'my silly dame.

"OUR GUIDES"

Anonymous.

(Impressions of a New Comer)

Shivering and excited we entered the place,
There before us they sat down with grace,
We tried hard to sum up each new face.

- i. He was not very tall who came up and spoke,
He spoke with confidence for words did'nt grope,

He welcomed us saying, "You 'll work hard I hope",

We summed up his character in not very long,

We soon saw his sense of humour was strong,

A diplomatic dictator and I know I'm not wrong.
- ii. In a hurry flurry she came and sat down,
"My car had broken in the middle of the town,"

Sorry I'm late, she said with a frown,

In the times to come she proved to be good,

Though reluctantly I'll add it depends on her mood,

Ma, am's advice to us was your genes you must hood.
- iii. Next introduced was a quiet man to us,

Introduction, a help full teacher who'd never create a fuss,

There was a air around him that won him our trust,

He was a true gentleman we soon came to know,

He was the sort who's respect would grow,

This opinion though hasty didn't suffer a blow.

- iv. Next brought out was an oddly fair face,
Was he one of us, he seemed out of place,
His countenance though right lacked much grace,
He belonged to the great Mangolian race?

But no———
He was the efficient most teacher we learnt in a day,
Of teaching they say, he has his own way,
Attendance hurry or it will be the devil to pay.
- v. He says" Hyper-pro-tee-nimia" in the real national way,
And "We the Biochemists" his favourite say,
He'd talk of Pultan madan and lots every day,
Not at all a bad teacher if suggest I may.
- vi. "The History of Medicine", Hmm, our gore fathers said,
And he'd go on talking of the long forgotten dead,
Until reluctantly one developed a pain in the head,

But history of Medicine became interesting towards it's end,
And quite willingly, our ears we did lend,
Superb was the way the ancients Sir'd fend.
- vii. Hepatectomy was what we heard him-saying first,

Towards the end of the lecture, "Plasma proteins", Ugh words, worst,

Untill with the "anti-haemophilic factor"
we were about to burst
Of his teaching we have no complain
to make,
His excellent expression keeps one wide
awake,
A gentleman alright and no fake!
VIII. You've no rhythm or rhyme he'd say with
disgust,
If you talked in his class, with anger he'd
flush,
He doesn't like the tendency to talk so
hush,
At dinning stuff in one's head he's not at
all bad,

One of the good teachers we've so far had,
"Red shirts and red", he's funny, by God!
ix. One, walks into class then stares into
space,
Is he in this world though there seems
rare trace,
Imagine he looks right through one's face!
Microscopy remember, the home
made ace!

Lastly,

With respects and apolgies!
We do respect them all,
For they're" our guides" Is Law!
their call!

With Best Compliments

INDUS TRADING CORPORATION

8, Badri Building, I. I. Chundrigar Road, Karachi 2, (Pakistan)
Telephones : 233666 & 233667 Cable : 'Badbaan' Karachi. P.O. Box 5291

We represent :

**MESSRS ROBOT FOTO UND ELECTRONIC G.M.B.H. & CO. KG.
WEST GERMANY**

Who are the Manufacturer of :

1. ROBOT Motor Recorder Units.
2. ROBOT Oscilloscope Attachments.
3. ROBOT Strobophotior Hihg Speed Streak Cameras.
4. ROBOT STROBOPHOTFOR HIGH SPEED PHOTOGRAPHY.
5. ROBOT Reader Projector.
6. ROBOT Reprographic Units.
7. ROBOT Star Cameras.
8. ROBOT Photographic.

THEN WE WILL BE IMMORTAL

By

MD. MOKHDUM-E-ALAM MUSHRAFI

1st. Year M.B.,B.S.



When we hear
The rackless sound
Of breath
Of the fearful
Death
We begin to please
God
By the wicked pray
For our life
As anoilless lamp ray;
It is the Best Sign
Of our slavery
Of the drudgry;
But—
We are the man;

The best creation
Of the heaven:—
Why should we
Make cry?
We will invade
The empire of "Death"
With a emphetical Breath
Of Laugh;
Then the death
Will come to our hand
And we will be
Immortal
In the history
Of man!!

Midsummer's Day

By

MAHMOOD PESHIMAM

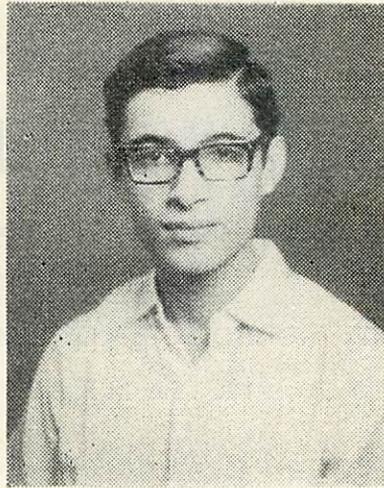
II Year M.B.B.S.

I,
Know not why
But in this town
So true a summer's day
Be cursed for its charming heat
But yet if thou doth ask
My very soul within;
This it reveals
Undaunted

Heat,
If it be
Is quenched,
But by the breeze,
The filters through the trees
To but soothe the worries,
That it drains away
Endowing bliss
Ardently.

Zenith:
When spy
These shining eyes,
The vastness is but king
Serenity—its palpable shadow
Arouses none, but the soul
Enchanting joy,
To but bring,
Novelty.

Enclasped
In that domain
Of fathomless blue
Teasing the lust for beauty
Stealing the picture from thine eyes
Behold! a few scattered cotton
Make the blue silk
Decorated—to
Fabulous.



Clouds
That do travel
Come from where? who knows,
In that gorgeous sea above
Slowly pushed by puffs of wind
Soundless and ceaseless,
Well beyond sight,
To destiny,
Unknown.

Light,
so very much
Is their thought
That gravity but ceases
For the soul to give them company
To see the world from above
But forget what troubles
This heart below
Constantly.

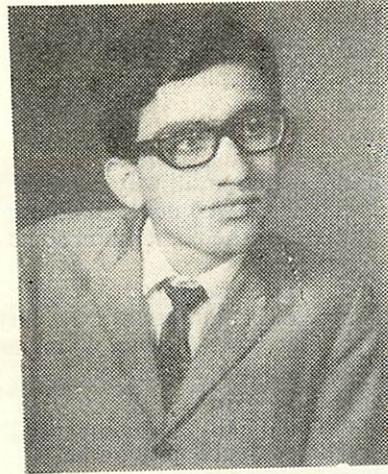
Beauty,
May momentarily
But soothe the mind
And even live till eternity;
Alas! the beauty of this world
Cannot change ailing facts
That do mar life
Bringing sorrow
Mercilessly.

The Little Angel

By

ZUBAIR FAROOQUI

1st Year M. B., B. S.



One sunny evening I happened to pass
A solitary figure kneeling on the grass
His attention strictly to his prayer set
On a shabby, torn grave yard mat

I entered slowly by the door
As I wanted to see still more
The boy was dressed in shabby dress
His face so dirty, his hair a mess

I silently approached the solitary weeper
As grew quickly the mystery deeper
I saw at once, he his prayer said
Exposed a garland that he now held

The beautiful garland on the grave he kept
Then slowly away from it he stepped
I walked ahead towards the grave
Nothing was written on the epitaph save

Here lies someone who we know
Still with us though not so
With no identity to ever show
Of any relation to pray for her soul

She's no one to weep, no one to moan
For her, as we for dead of our own
So O kind stranger stop once by this stone
And pray for her soul as it be our won.

I couldn't stop now for the child was far
I tried to follow him but late be the hour
So I again went, on my way
For today it be impossible to stay

For a week or so this figure I saw
Whenever I came, whatever the hour
Till one day when to the grave yard I came
Strongly today it did not look the same

The little boy was no where to be seen
There was no indication whether he'd been
To the graveyard this day it be
So I resolved to find and see

I searched for him long and wide
I looked around side to side
But I could not get the glimpse of he
The little angel who looked, to me

I silently tried to retreat out
Near the doorway sat an old man stout
He asked me what did me here
To roam about the graveyard near

I asked him whether he had seen
Where my little angel today had been
To which he looked at me, with a smile
He used to come here for a while

Where he be gone, naturally asked I
Always at this time near here he'd lie
Why did he come to the grave a s such
Which showed no identity at all so much

The old man replied with a cool smile
As I said, he used to come for a while
Be summer, be Autumn, be Winter or Spring
This be the place the little boy'd sing

He used to be here, night and day
And here only he'd always stay
I interrupted in a hurry and I said
Why he'd stay here, that poor lad

The old man replied he was small
Too small to stand by the wall
This little chap an orphan be
His mother killed in war you see

This little chap on her lap he'd lie
Did not understand at all why
His mother disappeared never to come
To the grave yard she be, tell him some

So he came to this graveyard to stay
Get a glimpse of his mother ever he may
And weep at the grave of who, no name be
Hoping one's his mother you see

People who come to the grave and see
Some kind hearted have pity on he
Give him some alms in charity
And always a sweet garland buy he

Then to some unknown grave ventured he
And let the garland at the foot be
He knew nothing of food or time
Occasionally I shared with him my lime

Then good old man, I again asked he
Where my sweet little angel be
Who looks to see, to find his mother
In a name less grave without ashudder

The old man replied his tone low
Your little angel you'll never know
Today he half starved made out his way
To buy and bring a garland he may

A sweet kind sir gave money to he
So out making his way he went, you see
A small cat caught in the middle of the road
When a speeding car that way quick showed

That little angel to the rescue went he
And saved the cat, I think you see
So certainly to a short walk want he
And returned to the grave yard soon be he

I asked silently having a hope new
Where was he then, he of the few
Whose love and affection was so great
That it could never finish at any rate

He replied, as I said it he
To the grave yard, returned he
And many were the people with him who came
None who knew him or his name

Yes to the graveyard back was he
Not to moan, this could not be
For he'd come to join many as he
Wholly here, still nameless you see

I saw a beautiful garland on his grave kept
So sweetly distinguished from the rest
I walked nearer on to the grave
Nothing was written on the epitaph save

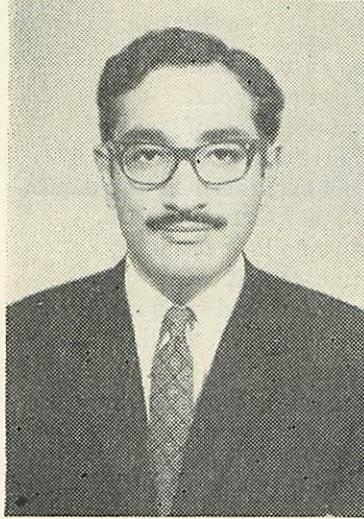
Here lies someone who we know
Still with us, though not so
With no identity to ever show
Of any relation to pray for his soul

He's no one to weep, no one to moan
For him as we for dead of our own
So O Kind stranger stop once by this stone
And pray for his soul, as it be our own

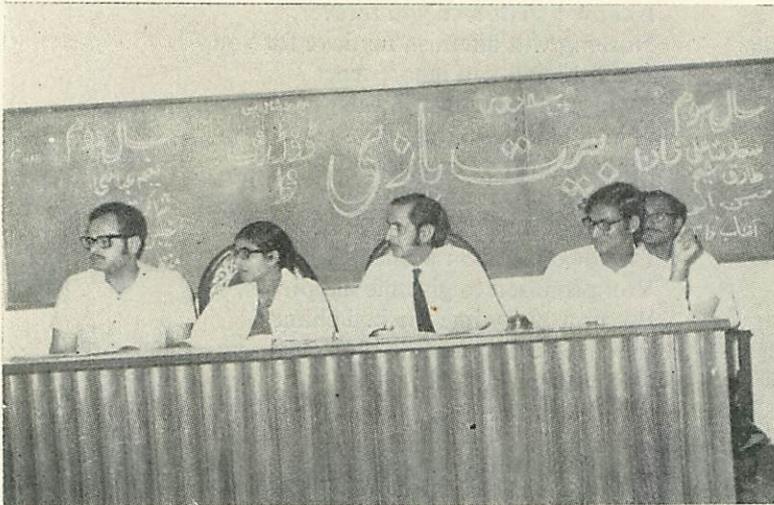
Anonymous,

DURING LOVELY HOURS

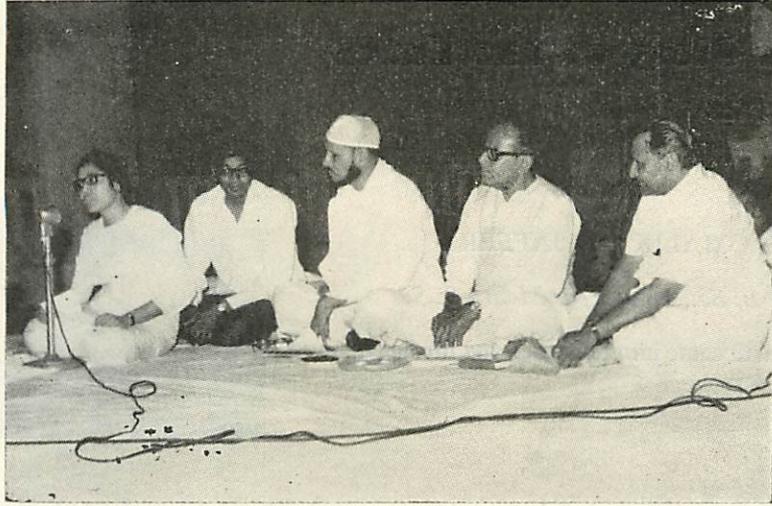
A day has never passed,
A night has never gone,
When I do not think of you,
But of course dear—
You do not care that I sit and mourn,
Are you honey that much vain,
Is your love no love at all,
Don't you care that today,
I lie at your feet and weep in pain,
When I remember all the things,
You ever said to me
The tender feelings and the kindness,
You showed ever so graciously.
Thinking of the future,
When late at night we sat together,
You always assured me,
Honey I shall love you forever,
When you begged and begged and begged
from me,
The one thing I could not give.
And now that I have given it,
You throw it away cruelly,
Without caring in the least,
I know I shall love you forever,
Nothing will diminish my love for you,
Even though you ignore me,
As if I am no longer in this world;
A bird chirps—a dog barks
I always hear your voice,
It lingers in-cessantly in my ears,
And goes on a rumbling noise,
I know once upon a time,
You promised to give me happiness,
But now everytime the bell chimes,
It brings memories full of sadness,
Is it nothing to you,
Is it a forlorn hope,
Have you forgotten honey,
That you ever whispered to me,
Forever shall I love you, you will see,
Though I do not know the answer,
I sit at my path and wait,
For the day when you will return,
But I am afraid that day will be too late.



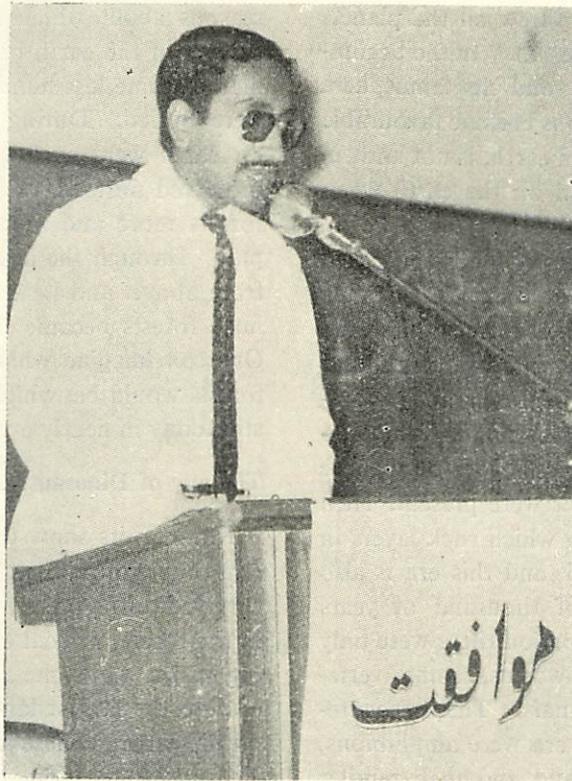
*Mr. Teepu Siddiq Qureshi
Lit. & Deb. Secretary
D. M. C. S. U.*



Judges for Interclass English & Urdu Debates



Prof. A. Wahid Patronising Sham e-Ghazal and Baitbaazi



Secretary Speaking on the Occasion of Interclass Urdu Debate

The Story of The Earth

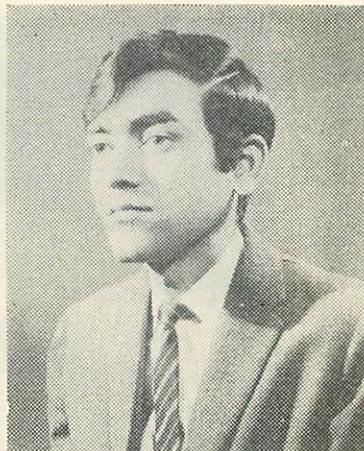
*(Man's Evolutionary Stages and
The future of Man.*

By

MALIK A. JAFFERY

B. Sc., Final Year M. B., B. S.

How earth came into existence and life began on it:



IT is said that earth existed long before there was any form of life on it. Scientists believe that the earth came from the sun. There were certain centrifugal forces in the sun which threw all the planets into the space around the sun. In the beginning there was no water and no atmosphere on earth. How conditions became favourable for the existence of life on earth, is not known. It is said that life began on the earth when conditions were favourable for it to begin. As far as the earliest forms of life is concerned no evidence is available about it. Fossil study shows that the earliest forms of life were algae and bacteria and simple unicellular animals. Later came the fungi and worm-like animals. Then some kinds of invertebrates came. On the plant side, only those plants that lived in water were present. Then comes the period during which rock layers in the earth's crust formed, and this era is also divided. This era is of thousand of years duration. During this period there were only sponges, oysters, earthworms, some vertebrates, and fish-like animals. The first vertebrates to appear in this era were amphibians, which dominated the land and then reptiles appeared. On the plant kingdom side, huge ferns and other plants such as horsetails and

club mosses covered much of the land surface of the earth, there were huge forests of these plants. These conditions remained for hundreds of thousands of years. By and by, the reasons about which nothing is known, the surface of the earth began to change and climate became less humid. These huge forests were buried. During these days conditions on earth were such that these forests were preserved instead of decaying; upon these forests more and more layers of earth were put. Through the action of intense pressure from above. and heat in the earths crust, the huge forests became the coal beds of today. One can imagine what incredibly huge these forests would be, which are supplying us coal still today in nearly every part of the world.

The age of Dinosaurs and the Ice age :

Rock layers show that there were 20 different orders of reptiles, only four of these have survived to the present. These reptiles roam in the forests of coal age. They became very big in size, and some of these reptiles developed into the largest land animals ever existing on the earth. These are known as dinosaurs. They grew to more then 100 ft. in length. Some weighed upto 75 tons. Some walked on four legs, some stood partially. The largest

unimaginable dinosaur, would have weighed as much as a whole family of modern elephants. Their legs were like the trunk of trees. In comparison to their size, their brains were very small but quite adequate. Many had accessory brain due to their large size, which was situated at the tail ends of their spines and was used to co-ordinate the movements of the massive limbs. Recently in 1870 a huge lizard remains have been unearthed in Wyoming. It had a small accessory brain nearly of a hen's egg size situated in the tail end, and also a nerve centre ten times larger near its hips. The Chicago tribune published a poem in honour of the lizard:—

You will observe by these remains.
The creature had two sets of brains,
If something slipped his forward mind,
It was rescued by the one behind.

These huge reptiles survived more than 80 million years, their main weakness being their blood not their brains. They had no ways of regulating the temp. of their bodies. Scientists differ as to how dino-saurs disappeared. Some say that the early mammals that came into existence during the age of dino-saurs may have eaten or destroyed the eggs of the dino-saurs, this may be one reason. Glaciers covering hundreds of square miles have moved across continents. These glaciers advanced, receded and advanced again, carrying soil, sand and rocks and deposited these in large hills as they began to melt. They also cut deep gorges and left depressions which formed many large and small lakes of to-day.

These glaciers brought many changes in plant and animal life of the glaciated and nearby regions. During the many thousands of years required for these ice sheets to advance and recede, many living things which

were previously tropical survived by adapting themselves to the cooler temperatures. Some living creatures moved to parts of the continents, not invoded by glaciers and as warmer temperature followed, glaciation tended to advance north again. As these extra severe geological changes produced rising continents and falling temperatures, jungles and dinosaurs vanished together. Smaller glaciers may be seen in the United States, in the Glacier National Park and Rocky Mountain National Park.

After the Dinosaurs :

During the days when the dinosaurs dominated the earth some reptiles developed wings. Biologists believe that ancient birds and the present day birds have developed from flying reptiles. Aricheopterys was one of the earliest forms, it had feathers like a bird but tail like a reptile, strong teeth and claw like feet extending from wings. These forms existed 100 million years ago. Birds have had a long history on the earth. Birds and mammals appeared about the same time. These were the first warm blooded animals while fishes, amphibians and reptiles were cold blooded animals. Warm blooded animals are better able to adapt themselves to changes in the climate. This is why birds and mammals survived the age in which reptiles became extinct. On the plant life side, seed bearing plants were known to be present.

Age of mammals. (*Man's early ancestors*) The "Prosimians."

They existed for a very long time before they became the dominant forms of life on the earth. Some of the early forms underwent gradual changes over the extensive period and became the types of mammals found on earth to-day.

Man's early ancestors were mammals related to the present day African elephant

shrew which had a trunklike nose. They outlasted the dinosaurs because they were warm blooded. These animals are called, "prosimians". They found safety in trees, and multiplied rapidly throughout the world. In the beginning these animals had no eyes but their sense of smell was good, but in the trees the sense of smell was not so useful and it was difficult to go after the food in the leaves and branches. Now the sense of sight was needed and these animals developed sense of sight by evolutionary process. Long snouts of the prosimians grew shorter and the face became flatter. The eyes moved from the sides to the front of the head. Prosimians stayed in the trees for about 50 million years.

Later some of the prosimians came down to earth. There was no monkey stage between prosimians and the first ape man that walked upright. Monkey evolved from prosimians and remained monkey. Orangutans, chimpanzees and gorillas also evolved from prosimians about 50 million years ago and remained orangutans, chimpanzees and gorillas. Man also evolved from prosimians. Fossil remains show that the first man to appear on the earth lived first in central Asia. Millions of years passed between the first appearance of man on the earth and the development of modern man.

The Peking Man (*Cave man*)

In rocks that were deposited at least a million years ago, there are found pieces of stones which show that these have been shaped by human hands. Since these were found in a cave near Peking, China, man who left them is called Peking man.

Neander-thal man :

He was dwarf like in size, had stooped shoulders, and long arms. He was a hunter. The implements he used were superior to the Peking Man. There were found drawings on the walls of his caves. He lived 100,000 years ago.

Cro-Magnon Man :

He lived in Europe 20,000 years ago. He exterminated Neanderthal man. He is believed to be the first known member of the present species of man. He had more highly developed culture, and used furs and orna-

ments made of shells and ivory. It is said that Cro-Magnon man was equal to modern man in both mental and physical ability. Modern civilised man live though very differently from Cro Magnon Man, only because of a knowledge which has accumulated.

The Future Man :

In 20,000 years which have passed since the cave dwelling days of Cro-Magnon Man, the human race has under gone great cultural changes and development. The modern man has big brain. This big brain is disadvantageous for the continuance of human species. According to one theory, the nervous system is a kind of creeping ivy on the human body frame, it is a parasite that has been growing fat on the rest of the body. It uses up about 25% of the oxygen inhaled. This may be interfering with the working of organs much more important as for as survival is concerned. The higher incidence of stomach ulcers, high B.P. and other diseases that flare up during emotional stress support the idea that our enlarging brains may kill us.

Man may be replaced by another species, and disappear altogether or may continue like the chimpanzees or gorilla. What animal can replace us? It might be an advanced type of ape or one of the living prosimians, like the large eyed lemur: (mammal common in Madagascar, nocturnal in habit).

There will be change in the form of life which survives in the millions of years to come. New forms of life will develop and vanish as living forms have done from the beginning of time. . . . The story from the rocks of the past will be continued in the new rock layers to be laid down in the future.

This world will go, that world shall come,
We won't be there, though there shall be
some,

This earth shall go, the sky shall be low,
Thou only shall be there for something to
sow.

. . . . *Malik.*

References :

1. History of the world Prof: W.H. Weech.
2. The Human Brain By John Preiffer.
3. Earth and Man By D. H. Davis.
4. Soil water and man. By Mural Deusing.

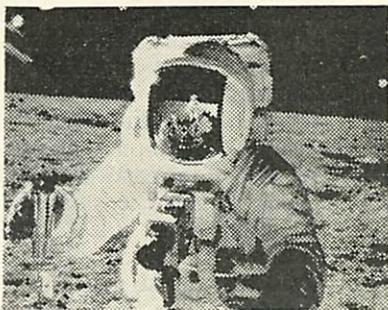
Space Technology and Lunar Exploration

By

SHAKIL AHMAD KHAN

B. Sc. 2nd Year M.B.,B.S.

EVERY star being a sun, each sun having several planets and most of the planets with one to several orbiting satellites (moons) the vastness of the Universe is beyond imagination; in the eyes of the great historian Toynbee, the situation is so complex for human brains so as to cause not challenge and enthusiasms but a feeling of suppression. The brains, however are clever enough not to see this unexplorable side of the Universe and to confine the space missions to our own solar system, which although not in the physical reach of the present generation may become accessible in future.



Measures to explore the moon, our only satellite and the nearest target, began just after the Second World War, when the intelligencia of the world realized of consuming their 'brain-power' in something but war. Rocket launching and to make it go in the desired direction was demonstrated by Germans during the War and their V-2 rockets provided basis for further research on the

subject. The Union of Soviet Socialist Republic (USSR, Russia) pioneered moon exploring attempts and was soon followed by the United States of America. Space race between the two big powers was not long; USA in 1969 clearly showed its supremacy over USSR in reaching to the moon. Both countries working independently adopted and worked out several space exploration programmes and the technological achievements of both sides deserve equal praise. If USA has reached the moon first, USSR has demonstrated the unique method of landing, of returning space craft on land which seems to be superior and advantageous to the sea landing method of USA.

The last two years of the 7th decade of the 20th century are correctly called the years of 'space achievement'. It was in these years that Neil Armstrong and Edwin E. Aledrin, the most talked about astronauts, landed on moon surface in July, 1969, and brought launar land samples from the Sea of Tranquility, and that a second sample was brought from Sea of Storms four months later by Apollo-12 craft, and that USSR obtained the samples from a different site, Sea of Fertility, in Sept. 1970. by its unmaned, automatic space craft, Luna-16.

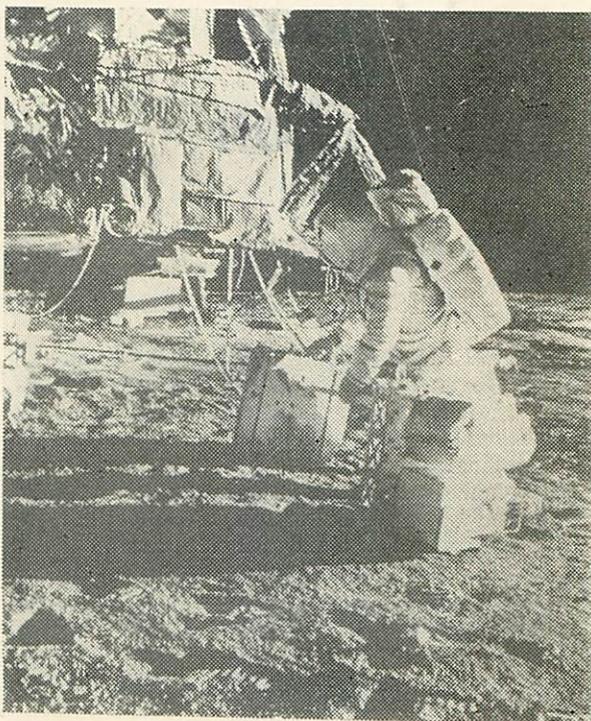
The lunar module from the main space-craft of Apollo-11 landed at the Sea of Tranquility on Sunday, July 20th, and the two astronauts who spent 22 hours on the moon surface apart from scientific work performed certain ceremonies. A flag was erected, and a plaque and statements of the leaders of many nations of the world were left there along with the mementoes of US and Soviet astronauts who had died earlier in space explorations. Further these important research instruments were installed on the moon-surface by these astronauts. One was a Swiss instrument to record frequency of bombardment of solar particles on the surface. Another was a seismometer to record movements on the moon surface, and within a period of four months it recorded 30 events. These were postulated to be tremors from moon-quakes. The Lamout Geophysical Observatory of Columbia University which detected these tremors has calculated a hot moon interior of 9.3 miles thick from the strength of the quakes. The third instrument was a honey-comb reflector. It was successively used on August 1st by Lick Observatory of California University to measure the exact earth to moon distance. A

beam of laser light was sent through a laser-gun mounted for the purpose on the 100 inch telescope of the observatory; the beam of light was detected when bounced off the reflector on the moon. By noting the time taken by laser beam to be reflected back, the earth to moon distance of 226,970 miles was calculated. It, probably is the most accurate earth-moon distance ever calculated within the accuracy of plus minus 150 feet.

Apollo-12 was fired on Friday, 14th November, 1969 from Cape Kennedy, Florida, and remained in space for 10 days. This second manned space-craft stayed in moon orbit for 3 days and 17 hours; meanwhile its two astronauts Charles Conrad and Alan Bean spent 38 hours outside the main craft and 31 hours, longer than Apollo-11 men, on the moon surface. Unlike Apollo-11 which landed at Sea of Tranquility, Apollo-12 module landed at a different site, The Sea of Storms. Using stereo-camera, infrared rays, spectrographis processes many photographs of the future landing sites were taken from the main space-craft of Apollo-12 which kept on orbiting the moon for 38 hours. Lunar module astronauts also dismantled some components of an unmanned space craft that was lying on moon surface since its fall in 1967. This crew also installed six scientific research instruments.

The more recent event in lunar exploration is the soft landing of USSR unmanned Luna-16 on the Sea of Fertility, on Sept. 19, 1970. This area of moon, located towards a bit eastern side was first to be explored. Not only Tass, the only news agency of Russia, but also Jordan Bank Observatory, Britain, and Bochum Observatory, West Germany, reported the successful soft landing of Luna-16 on moon. This automatic space craft after touch-down on moon, carried out a series of technological operations being controlled from a base on earth; drilled moon rocks, transported it into the reserved space in the spacecraft and then sealed it hermetically. The uplift from moon as well as the return journey were controlled by nuclear powered batteries which inspite of very low night temperature on moon (-172° Centigrade) worked extremely well. The space craft landed back in USSR successfully. And so, for the first time about a year later than USA, Russia also successfully obtained lunar samples from an area unexplored by the

two Apollo flights. The analysis and findings of the rock sample brought down by Luna-16 is not expected to be made known to other nations of the world.



Analysis of Lunar sample: A group of leading scientists carried out the examination and analysis of 48 lbs. of lunar rocks brought by Apollo-11 craft from the Sea of Tranquility. Geologists claim that these moon rocks are atleast 3,500 million years old and support the theory of moon being a fragment which ripped off the earth when the latter was young. All round, the surfaces of the rocks are pitted, probably due to meteoritic impacts. The rocks on crushing released atomic gas particles, the so called solar wind, derived and stored from the sun and composed of noble gases as argon, xenon, iron etc. The lunar dust is non igneous and has been termed breccia. Biochemical analysis has revealed no trace of organic matter whatsoever, hence no life, in any form is now suspected on moon; nor has any good or bad effect of lunar dust been noted upon the living organisms of earth. Chemically the lunar rock is very different from earth rocks. It is reported to contain high quantities of elements such as chromium, titanium, yttrium, zircon-

ium which possess high melting points and are rare on earth. The earth on the other hand is rich in elements of lower melting points such as lead, bismuth, sodium, potassium etc. which are scarce in moon rock samples.

Although biologically the moon is dead, geologically it is 'alive' since it contains an active hot interior which not infrequently causes volcanoes and quakes on moon. Dr. Goles of Oregon University claims that the composition of lunar rock, is similar to the basin of Pacific Ocean. He also claims that the moon dust is about 4,400 million years old, and according to him the lunar dust unlike the rocks has found its way down from the higher areas of moon and therefore represents the composition of moon elevations. Dr. J. Zanringer of famous Max Planck Institute of Heidelberg, Germany however, has reported a lower age of 3,500 million years for lunar dust. The lunar sand, unlike earth is not stationary but keeps on rotating. Dr. R.L. Fleischer of California University has calculated an overall turning time of lunar-soil to be every 4 million years as compared to more frequent. 15,000 years, on earth.

Benefits of Space Technology:

The byproducts and research intermediates of space technology programmes have also exhibited their usefulness to fields other than space exploration. For example, a type of heat absorbing roof-top paint, less expensive and improved artificial teeth, and methods of preserving food in very hot climates etc. are

the spin-offs of space technology and are increasingly being made use of. Shock absorbing aluminium tubes which were originally designed to soften landing of space craft on moon have now successfully been used in elevator shafts as a safety device and are being tested on helicopters and aeroplanes to lessen the damage and injuries in emergency landings. Light weight, strong plastic prepared for rockets are now used to build railway cars. These plastic rail-cars, strong enough for routine work, weigh less than steel ones, lower the load on the locomotive and therefore increase the speed. Certain alloys worked out in space research have been used in the preparation of dental plates and other dental appliances which are said to be less expensive, lighter, thinner and finer than those available in clinics at present.

Because of advancing space technology, a physician in a small town of Pakistan may, in near future, consult, for example, a heart specialist thousands of miles away, via a communication satellite far out in space, and both doctors although thousand of miles away, may hear the heart beat of the patient simultaneously and discuss the best possible treatment. And because of a similar communication satellite, at present in use, called the Early Bird orbiting the earth, people in London see and enjoy colour T.V. programmes relayed from a T.V. station in New York. The space research has certainly provided much more benefits than what are mentioned above and will no doubt yield more in future.

“Medical Science and Outer Space”

By

SHAMIM AKHTAR

2nd Year, M. B., B. S.

SPACE medicine is a new and a very wide subject. It deals with effects of certain factors on our normal organism and various hazards and problems which we have to face in the space.

As we know, life on earth grows according to habitual rhythms e.g., if we take food at twelve noon, we will be hungry at twelve. These rhythms are nothing but conditioned reflexes. Moreover, our physiological processes depend upon alteration of day and night, winter and summer.

What about the conditions in outer space? There is a cycle of days and nights and summers and winters. All biological rhythms break down and in case of orbiting space ships, the conditions mentioned alternate very rapidly. Here, doctors are directly concerned with those conditions which are necessary, to acquire a comfortable condition in space. New conditioned reflexes must be introduced and a new habitual rhythm is produced. There are two basic modes of investigations for medical research workers in this connection.

- (1) Different conditions of space Flight are produced in laboratory and their body effects are determined. But, it must be realised that some conditions e.g., weightlessness etc., can't be produced on earth.
- (2) Direct observations of human beings in rocket flights and space ships. Doctors, on earth, watch astronaut's conditions constantly. Their E.C.G., pulse rate, and other data are relayed on earth.

From these observations and investigations it is suggested that what are the body reactions at different heights and what will be the best situation for pilots to assume.

At 1500 meters, breathing is impossible. At 24,000 meters, pressurized cabins are necessary with a system of chemical air regeneration. At 36,000 meters — 40,000 meters cosmic rays begin to present a real danger for astronauts' health. Still higher, the action of ultra violet rays starts. So, pressurized suits having self contained oxygen, heat and radiative protection are used. There is high gravitational load and then transitional fall into condition of weightlessness. So, co-ordination and orientation are essential in the space. As we can't produce a condition of weightlessness on earth, we have to depend on direct observations of space men. Its effect of oxygen consumption, carbon dioxide output, taste and appetite are determined. It does not effect vital functions viz. blood circulation, respiration and digestion. But, if it is prolonged for a longer time, it can effect co-ordination of movements. It also has certain psychological effects which affect different people in different ways.

Gorgine found it fine, felt light and easy to handle the things. But, still it is a mystery to explain it as pain or pleasure.

Even higher, there is absolute silence, sound waves can't be propagated. Light is no longer seen dispersed in the atmosphere, it is dark, very dark. There is an additional state of solitude, psychologically probably the most dangerous of all. These conditions strike the astronauts' nerves, create psychological tension resulting in visual and aural hallucinations. The best way to provide protection is to create best possible flight conditions and intense training. Now it has been developed that hallucination, neurosis

and psychological break down disappear if a person is busy in work. It was also thought that weightlessness may effect paristaltic waves. Now it is proved that paristalsis passes along the walls of gullet normally even in the absence of gravity and appetite is sufficient.

A new hazard which is brought into existence by x-rays, atomic energy, radio-activity and now by outer space is radiation sickness. It is due to radio-active irradiation. Small doses of radio-action may display them in five or ten years in the form of Leukaemia. It is a disease in its own right but after radio-active irradiation, it occurs more frequently.

There are also acute forms in which symptoms display themselves immediately after exposure to radiation viz. sickness, nausea, apathy and prostration. So radiation sickness is one of the hazards of space conquest and must be taken into account. American and

Russian scientists have radiation protection as an essential element in their space flight programmes.

These hazards can be studied by the help of embryo as it is very sensitive to environmental changes. Absence of gravity may be dangerous as it has no orientation and may develop in any part of the egg. Space embryology may solve mysterious problems of bilateral symmetry.

Each flight raises as many questions as it resolves. Space medicine incorporates practically all the medical and biological sciences. With rapid advance of space medicine we will have to revise the boundaries of bio-sphere. Medical science, though the youngest but a glorious future, is for it.

Reference—"Outer space and man" by
VLADIMIR TALMY.

MODERN SCIENCE DEFINES WOMEN

<i>Symbol -</i>	... DO.
<i>Accepted Atomic weight :</i>	120.
<i>Occurance :</i>	... Found wherever man exists, seldam in free state.
<i>Physicial Properties :</i>	... Boils at nothing, may freeze any minute, melts when properly treated, very bitter if not well used.
<i>Chemical Properties :</i>	... Very active, posseses great effinity for Gold, Silver, Platimum and Precious Stones. Violent reaction when left alone, able to absorb great amounts of expensive food, turns green when placed beside a better loaking specimen, ages rapidly.
<i>Uses :</i>	... Highly ornamental, useful as a tonic for low spirits, is probably the most powerful (income) reducing agent known.
<i>Caution :</i>	... Highly explosive.
<i>Variations :</i>	... All present day models are isotopes of the original Eve.

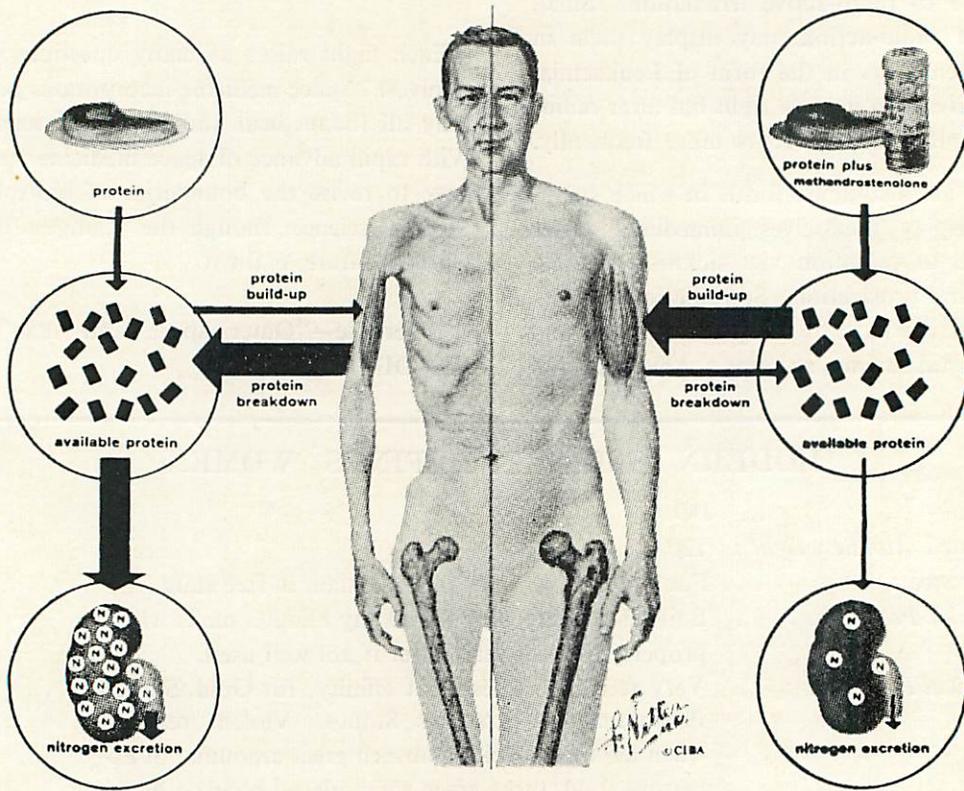
(Editor)

DIANABOL®

Low cost, oral anabolic agent, helps weak
Patients turn protein into strength

Faulty protein
metabolism
causes weakness
and
weight loss

Improve protein
metabolism
strengthen
weak patients
with Dianabol®



for oral anabolic therapy

"The increased sense of well-being found in many patients while on (Dianabol) was of considerable therapeutic value. ... It did not consist of unjustified cheerfulness, but occurred at a time of positive nitrogen balance, weight gain, and symptomatic improvement."*

*V. Wynn and J. Landon : Brit. Med. J. 1961/1, 998.

CIBA (Pakistan) Limited.

“CINECOLOUR”

THE ONLY INDUSTRIAL PROCESSING LABORATORY
OF PAKISTAN IN KARACHI AND LAHORE

FOR COLOUR AND BLACK & WHITE

OFFERING THE FASTEST AND BEST SERVICE IN
35mm AND 16mm WITH A SENSITOMETRIC AND
CHEMICAL CONTROLLED PROCESS FOR
GEVA COLOUR, EASTMAN COLOUR, FUJI COLOUR,
AND CLACK & WHITE

Negative Developing
Subtractive Colour Printing
Rush Printing
Colour Piolets
Inter Negatives
Dupe Negatives
Super Impositions
Electronically Controlled
Fades and Dissolves
Liquid Gate Printing for
Scratch Reduction
Reduction from 35mm to 16mm
Blowups from 16mm to 35mm

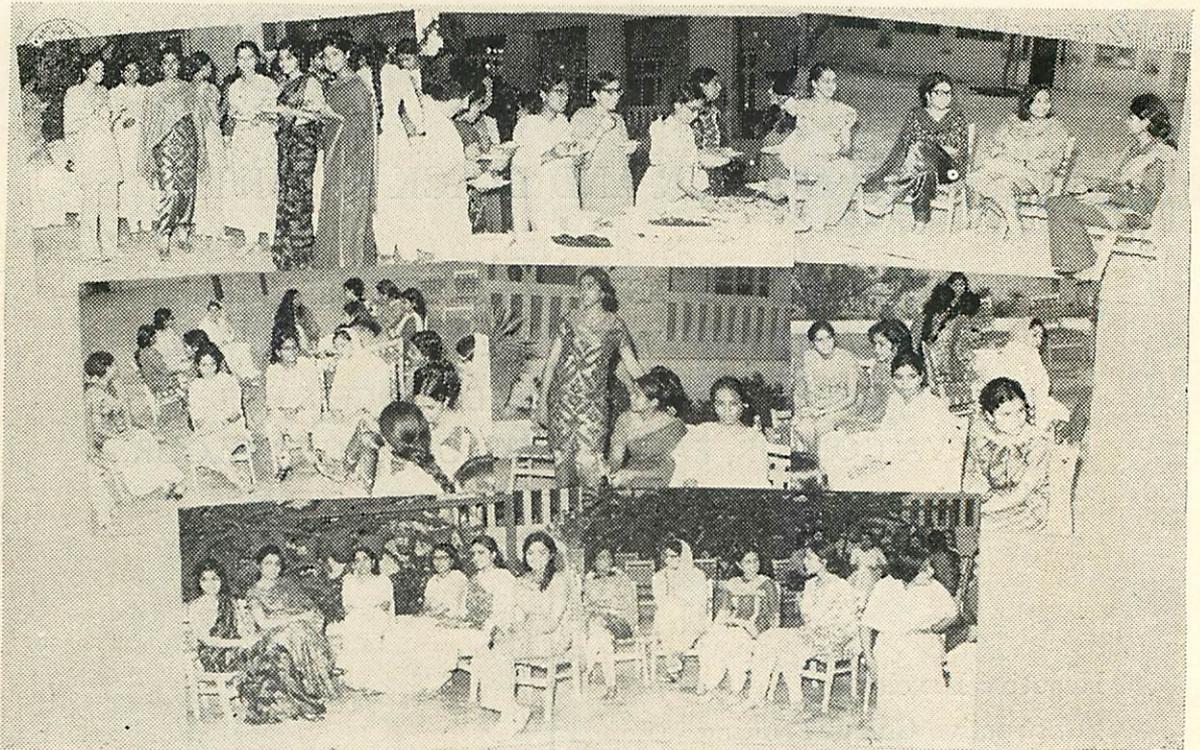
Scanned by Office of
Amin H. Karim MD

All Services in
COLOUR
and
BLACK & WHITE

CINECOLOUR LABORTORY LTD.
F/16, S.I.T.E. KARACHI-28
Telephone : 291852

CINECOLOUR LABORATORY LTD.
Bari Studios, Multan Road,
LAHORE.

FAREWELL



Farewell Party to the out-going Final Year Female Students by Miss Azra Hatim Ali, Ladies' Clinical Representative.



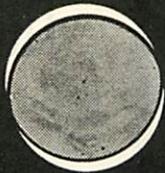
Mahfil-e-Milad, arranged by Ladies Clinical Representative D. M. C. S. U.

CARBOHYDRATES

Before



30 minutes



1 hour



PROTEINS



CELLULOSE



FATS



INTRODUCES

POLYZYMA 1000

**DIGESTIVE
MULTIENZYME**

It is a complete enzyme compound having activity of over 30 different enzymes including A-Amylase, B-Amylase, Maltase, Cellulase, Pectinase, Insulase, Trysin, Erepsin, Lipase, Lecitase, Phosphatase, Sulphatase and many others.

OPAL LABORATORIES LTD. DACCA - KARACHI - LAHORE



The Earthly Paradise East Africa

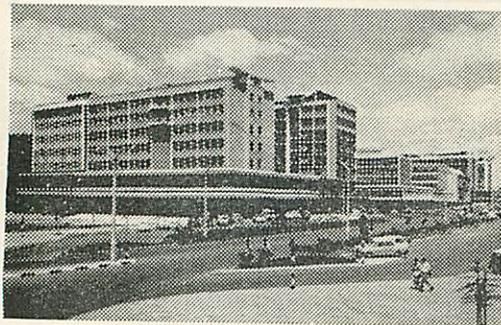
By

AZRA HATIMALI

Final Year M. B., B. S.

NAIROBI—the capital of Kenya is situated at 5,500 ft. on the plateau of Mt. Kenya. It enjoys a perfect climate—hot sunny days with cool evenings. Nairobi—apart from being a garden city is also the modern bustling city that dictates the pulse best of East Africa.

wonderful variety of game, rhino, leopard, lion, cheetah, giraffe, zebra, ostrich, and many more beasts and birds. There is also the world famous Animal Orphanage where stray and helpless baby animals are cared for by men of the Parks. You can even shake hands with a baboon or scratch the back of a leopard in the National Park Orphanage.



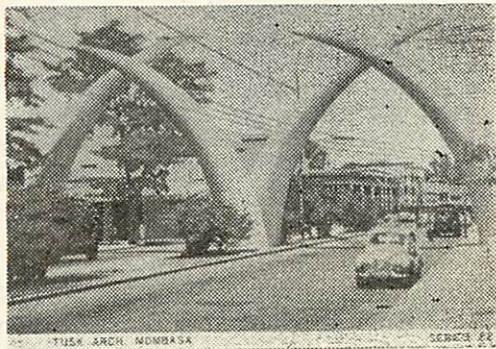
Government Road, Nairobi

Whilst in Nairobi, one must visit the National Park, only three miles away. There is a

Then there is the lake Nakuru Bird Sanctuary. Even if your favourite colour is not pink, you cannot fail to be amazed by the concentration of more than one and a half million flamingoes on the soda lake of Nakuru. With a back-drop of green hills, they present an unforgettable picture as they hunt for small crustaceae. Besides the flamingoes, countless other species add colour and fascination to this Sanctuary. To get there, a drive along the spectacular Great Rift Valley, with the escarpment dropping away 4,000 ft. below you, is well worth the trip.

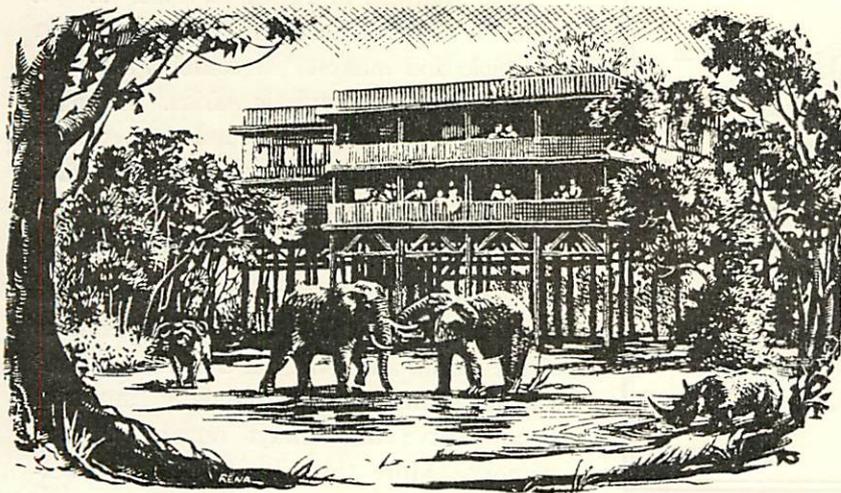
The coast :

An Arab Jahazi sails serenely along the Kenyan coast past palm-fringed sandy beaches that stretch for mile after mile. Smart hotels, right on the sea front provide easy access to the paradise that awaits you along the Kenyan coast. Swimming, surfing, goggling and skin diving are all part of the exciting holiday at the coast.



Tusk Arch Mombasa — seaport of Kenya.

Malindi, the pearl of Kenya, set in the tropical azure of the Indian Ocean will give you a holiday that will for ever be unforgettable. Cool breezes, hot sun, white coral sands, whispering palms, and ancient Arab dhows nuzzling themselves in small harbours older than time. Malindi is just another part of the paradise that is East Africa.

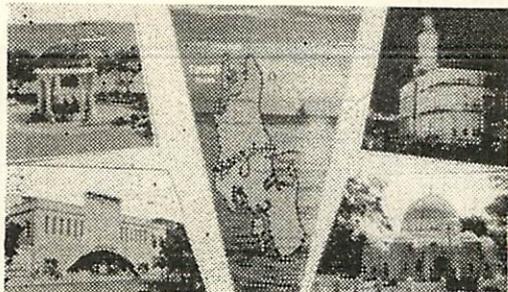


Treetops - the hotel in a tree

Tsavo National Park (Kerya)—one of the biggest in the world—is larger than the whole of Wales! Here flora vies with fauna for attention and the time you spend in the Park will never be wasted. Tsavo is one of the few parts of Africa with hope for the vanishing herds.

The mighty Nile, (Uganda) thundering through a 20 ft. gap and falling in a 140 ft. torrent to the swirring waters of the Murchison Falls below, is a fascinating sight indeed. The country side is wild and untamed abounding with Uganda's teeming herds of wild game.

Less than 100 miles away, the Queen Elizabeth National Park has a superb selection of wild birds and enormous concentration of hippo. The park is famous for its tree climbing lions.

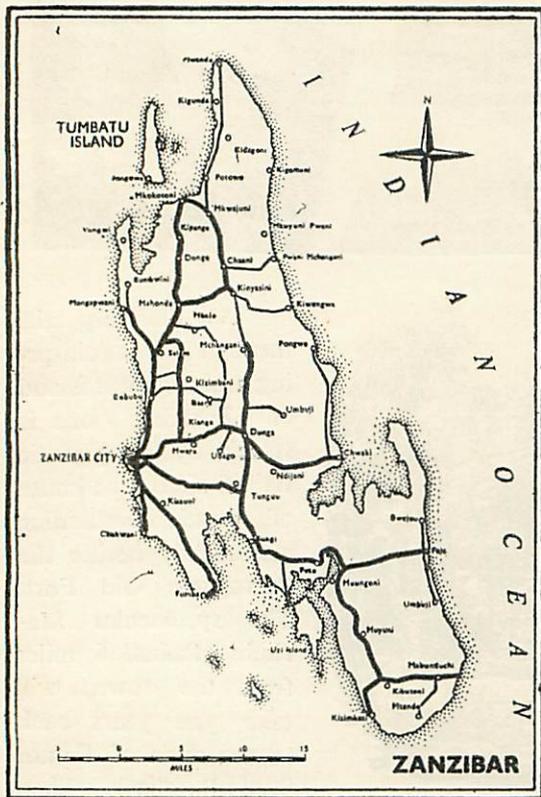


As the ship sails through the aweinspiring archeological island of Zanzibar one is struck by the gigantic Bait-el-ajab, the house of wonders standing majestically beside the Portuguese Old Fort. The spectacular Marhubi Ruins, 6 miles from the town, will take you years back to the reign of Sultan Syed Barghash. Then



Street in Zanzibar's Stonetown

there are the sandy, coral beaches fringed with swinging palms adding to the beauty of Zanzibar.



Reprinted with grateful acknowledgments to Caltex (East Africa) Ltd.

ZANZIBAR AND PEMBA

It is one of the world's legendary tropical islands, with a long, crowded history and an uniquely romantic atmosphere. The classic greeting that Zanzibar gives one is the pungent, spicy scent of cloves, there are clove trees growing almost everywhere.

The capital city of Tanzania Dar-es-Salaam, through comparatively a small town, is attractive in appearance. It has a beautiful, land locked harbour, from which it takes its name, Dar-es-Salaam, the Arabic for the Haven of Peace". It is a town of tree-lined avenues, Independence Avenues. being a brilliant sight around Christmas time when the colourful acacias are in full-bloom.

Lake Manyara in Tanzania, is like an epic film. It is vast, colourful and never ending in spectacle and interest. It contains some of the finest buffalo herds in Africa. Elephant and rhino are always found there with a profusion of antelopes and other wild animals. The Park, which is in Tanzania, contains vast numbers of resident and migratory birds.

Ngorongoro, this huge extinct crater has been variously described as, one of the wonders of the world, and 'Africa's Garden of Eden.' The first sight of this breath-taking Tanzanian game reserve will always remain in your memory. More than 10,000 Masai tribesmen and 100,000 cattle will be found here

apart from the vast herds of wild animals. The crater is 20,000 ft. deep and 10 miles across; the crater area is over 100 square miles. Beauty and the beasts certainly blend in the fairyland setting of Ngorongoro (Tanzania).

These are but a few places of East Africa, one cannot afford to miss.



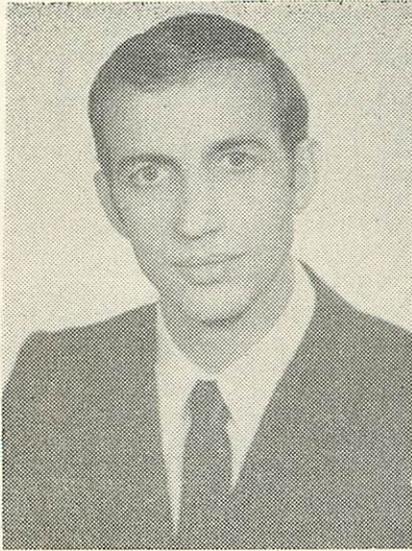
Reprinted with grateful acknowledgments to Carter (East Africa) Ltd

TANZANIA

PANEGYRIC PERIMETERING PELLAGRA.

Pellagra is the predestined penalty plying people who perversely persist in partaking of pale, perserved, potted, purified, polished, pickled, pared, pauperized, pathetic, pallid, puerile, paltry, parboiled, puny, pusillanimous, pediculous, piddling, prostrated, proprietary, and patent pap, pathetically passing as provender among penurious or parsimonious paupers and a perverted populace, due probably to paucity of pence or perspicacity, or possibly to a pernicious predilection for palatable provisions. Pellagrous patients provide a pitiful pathologic picture of palsy and paralysis, and are peculiarly prone to prunitis, porphyrinuria, paresthesia, paralogia, and paranoia. Not to protract this platitudinous peroration, please preach and propagate the policy to our procrastinating and perishing population, that they prevent pellagra by the pleasant prophylaxis, of polishing off plenty of peas, potatoes, pot-likker, parasnips, parsleys, paprika, pancakes, porridge pears, pie, pineapple, peppers, papays, pawpaws, and proteins as pork, pigeons, pheasant, pancreas, and pemmican.

(EDITOR)



ISFAHAN

NASSER JADALIZADEH.

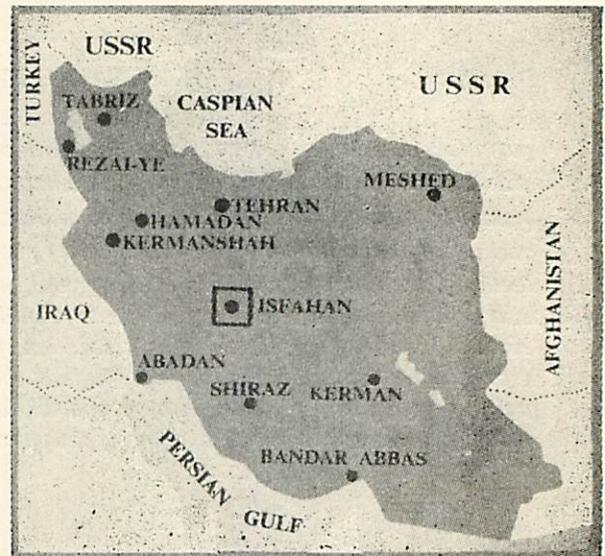
FINAL YEAR M.B.,B.S.

ABOUT nine hundred years ago, Iran's famous Poet, Philosopher writer and traveller in one of his quotation, explained Isfahan as, a town situated on a plain, with its pleasant climate and flowing streams, and inside the town are found fine structures.

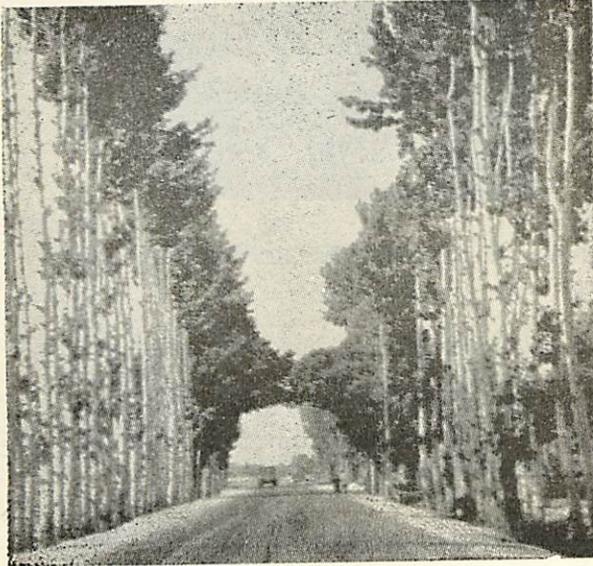
Isfahan is an ancient city which, according to fables, was founded at the time of Tahmourass as Keykarous. In history there have been references to this city's existence from the Achaemenid era. And today, after the passage of centuries, this prosperous city resembles a large garden bounded on the north and east by a stretch of desert. In the south Mount Saffeh reaches into the sky and to the west of the city, gardens, groves and pastures undulate for miles. The bountiful Zayandeh Rud flows through the city. The numerous streams and canals that emanate from it, lined by bushy trees that provide a heavenly shade, irrigate the entire city and plantations on the outskirts.

It is true with the famous Persian Saying "Isfahan Nesf-e-Jahan" which means, Isfahan is half the world, for besides the explanation of the outskirt of the city as mentioned above,

this city during the Safarid era (16th and 17th centuries A.D.) was a city of gardens and palaces, a city of trade and politics and according to Chardin, the celebrated French traveller who passed greater portion of his life in this city in the latter half of the 17th century, estimated the then population to be between 600,000 and one million.



Isfahan lies at an elevation of 1,590 metres above sea level, and at a distance of 420 kilometres from Tehran. The administrative Capital of the 10th Provinces, Isfahan, today has a population of more than 400,000.



Scanned by Office of
Amin H. Karim MD

Many factors such as the existence of a University, many spinning and weaving mills, productive agriculture and the constant flow of tourists contribute to making Isfahan the second largest city in Iran.

During the reigns of both the Seljuks 11th and 12th centuries and safarids, with Isfahan as the Capital of both dynasties, Persia's Islamic art reached its zenith. Outstanding examples of the simple but glorious architecture and the unparalleled brickwork of the Seljuks, miniatures, mural paintings, decorations, town-planning and of course the finest polychrome tiles of the Safarids are still to be marvelled at in Isfahan. In fact, this city is itself an immense museum, where a dreamy atmosphere and oriental art at its perfection have gone hand-in-hand to produce a vast and superb gardens.

Isfahan is extremely rich in monuments of great artistic value. The brief out look of this city I have tried to put in the best way I could, and I leave the rest for the reader to go and see the beauties of this great ancient and historic city of Iran.

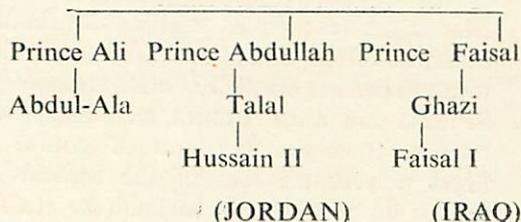
The Tragedy of The Hashemite Kings.

By

ZAHIDA YASIN

2nd Year M. B., B. S.

Sharif Hussain



THE Ottoman Empire had boldly withstood mounting attacks from all the 4 sides, but time it seemed, now was running out for the Turks.

The British conspired with Sharif Hussain of Mecca promising him a free United Arabia in return for help in ousting the Turks and breaking their centuries old sovereignty in the Mid-East.

A decade had gone by since the Ottoman Empire had been mercilessly fragmented with the abdication of the last Sultan.

Empire rule was a thing of the past, Turkey was struggling bravely for survival now. In the wake of all these events emerged a United Arabia, with the bedouin dynasty of 'Hashemites' as its sovereigns under the leadership of Sharif Hussain. Thus were born the Hashemite Kingdoms of Saudi-Arabia, Jordan and Iraq. Of the Sharif's 3 sons, his eldest Ali, stayed with him to rule Saudi-Arabia.

Prince Abdullah marched on the trans-Jordan declaring it 'The Hashemite Kingdom of Jordan. Meanwhile the youngest of the 3 sons Faisal Ist, ascended the throne of Iraq.

Thus by the end of the 40's the Hashemites were firmly established. In the years that

followed this new-born Empire flourished and prospered.

King Abdullah Expanded Jordanian boundaries right across the banks of river Jordan. He liquidated all the warrior desert tribes who dared to oppose him and came to be regarded as Abdullah "The Fearless".

King Faisal I of Iraq was a reasonably tolerant man, calmer and sober than his energetic elder brother in Jordan. Nevertheless he successfully suppressed Kurdish rebellions in Northern Iraq.

Prince Ali the eldest, faithfully, stood by his father, to the end. Just as things were going on so well, the below fell! Ibne-Saud over-ran Saudi-Arabia, and thus began the tragedy that still continues. Sharif Hussain died suddenly followed by Prince Ali, who left behind son Abdullah.

King Faisal Ist of Iraq who had literally given up his life for his country's welfare, was becoming more and more unpopular. Grief-stricken he abdicated, shortly afterwards he was taken ill and died in exile. He was succeeded by his son Ghazi. King Ghazi ruled for a very short time, being victim to a car-accident in his middle thirties.

Meanwhile anti-social elements began to rise in Jordan, until finally King Abdullah, was shot through the head on the premises of Al-Aqsa Mosque. With a bewildered grand son wildly clutching at his blood-soaked garments. Abdullah was succeeded by his son Talal.

At that time Iraq was being ruled by Prince Abdulla, reagent to the throne, until young King Faisal II could assume royal responsibilities. His Excellency was a reserved man ruling with great strictness. His family pride kept all around him a hand's length away. He was a conscientious and hard working watch-dog to Faisal II throne.

At the age of 18, Faisal II ascended the throne. His care free manners and young age won him instant popularity. In addition his sincere efforts towards the welfare of Iraq won him nation-wide respect.

But he was a Hashemite, could he enjoy this success for long? No, for this was only the "Lull before the storm" and God! What a storm!

A wave of discontentment started gaining momentum in Early 1958 mainly against the regents' strict rules and the so called treaty of Muri-as-said, The prime-Minister. Early one morning the royal palace was seized by revolutionaries and the entire royal family

at Iraq, from the young King, to his aged grandmother were murdered in cold blood.

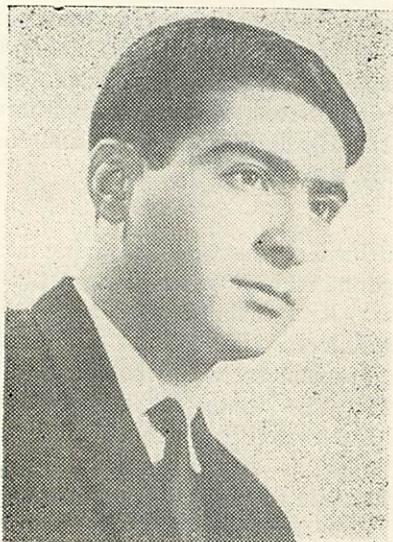
Prince Abdul-Ala and Nuri-Said were killed and their bodies dragged behind jeeps through the streets of Baghdad, until they were mutilated beyond recognition. Thus fell the Hashemites at Iraq, and God, still silently watched!

In Jordan, the only surviving Hashemite Kingdom, things were going from bad to worse. King Talal had to abdicate due to mental illness. In the midst of all this turmoil King Hussain ascended the throne at the age of 17. The same revolutionary elements that had ended Iraq's royal family tried to oust Hussain. But he turned out to be a much tougher nut to crack. Or, then may be the lord, almighty, who had so far been an indifferent spectator, decided to intervene. The loyal Bedouins of Jordan rose as one in their support for the young king. This very support probably saved his life.

Hussain turned out to be a mixture of his energetic grand-father whose death he had witnessed as a boy, and with a streak of silent pride belonging to his great uncle. These qualities enabled him to cling valiantly on to a rickety throne that can topple over any minute, or will it?

Who knows, the Hashemite tragedy still continues? Only time can tell.

Persians' Contribution to Medicine



CYRUS LITKOUHI

Final Year M.B.,B.S.

VARIOUS nations of the ancient times (i.e. the Chinese, the Indians and the Greeks) have contributed to the knowledge of the world. They tapped at the useful resources of the various aspects of the human knowledge but it were the Persians who paved the way leading to the present methods of observation and experiment which ultimately opened the way to progress in the scientific researches for the modern advanced nations. Instead of purely theoretical and philosophical solutions the natural phenomena, the Persians introduced the practical experiments to delve into the mysteries of nature. They did not only preserve the legencies of human knowledge inherited from the ancient nations but also led the world to new fields of researches and inventions which basically laid the foundation of what was later on done by the European nations and termed as the "Renaissance".

As Islam appeared on the horizon of civilization and began to spread, things began to move faster and intellectual activity resumed its march forward more rapidly than before. Peace on earth and the welfare of humanity were the messages which underlined the scientific researches of the Persian Muslims.

They produced masterpieces in almost all arts, but medicine being one of the fundamental sciences, which had a direct bearing on the welfare of the people, received much of their attention.

In a nutshell, let me elaborate the contributions of some of these intellectuals to our present medical sciences. "Al-Razi" and "Ibn Sina" have become household names in medicine and surgery.

ABU BAKAR MUHAMMAD IBN ZAKARIYA AL-RAZI was born in Rey in 850 and about him Max Meyerhof says: "He was undoubtedly the greatest physician" of the Islamic world and one of the great physicians of all times". He was the head of the great hospital of Baghdad.

His book "*Tibb Mansouri*" was a stupendous encyclopaedia of medical study which remained an unrivalled text book in many European medical academies for a long time. In all, he wrote 113 major treaties, invented and contributed a vast amount of research information in the fields of obstetrics, gynaecology and ophthalmology. His great original contribution to medicine is however his special study of measles and small-pox. His treaties on small-pox and measles were reprinted as late as nineteenth century, containing the first clear account of these two diseases.

Al-Razi was the first scientist to give us a book on paediatrics. He for the first time, compiled scientifically the theories of nature and the properties of the mainerals and arranged the chemical elements into various groups.

He compiled "Al-Hawi". This included the work of the Persians, Greeks, Syrians and Indians as well as his own opinions and experiences. His treatise dealing with general medicine was widely published in western universities. Through his researches he found out Alcohol and Sulphuric acid and introduced them to the scientific world.

ALI IBN-AL-ABBAS, the Persian Physician, expanded the science of physiology by publication of his famous book "Al-Kitab-Al-Maliki" which was later on translated into Latin, French, German and English. His special field of research was dietetics, but he made equally important discoveries in obstetrics. He was the first physician to stress the importance of uterine contraction during labour. He was the first to explore the functional details of the capillaries.

In pharmacy, IBN RABEN TABARI is one of the brilliant scientists who vastly enriched this vital branch of medicine. He has written a large number of books, among them are: "*Hifz-e-Sehat*" and "*Kitab-e-Din-o-Dolat*". He also published many other books.

He devoted his life to the study of plants and herbs used in medicine. Moreover, he propounded theories about the effect of climate on health and physiological changes it causes in the body.

ALI-IBN ABBAS AHWAZI (MAJUSI AHWAZI) brought a revolution in Surgery and cardiovascular diseases with his new techniques. His book "*Kamel-al-Sanaat*" was translated into Latin in 1492 in Italy and then in 1522 into French. It was the standard text book of Surgery for years in Europe and Asia.

Even better known in other fields is that great figure, ABEN-ALI-AL-HUSAIN-IBN-SINA or AVICENNA (980-1037), who laid down the first principles of the medical

practice and who remains the universally acknowledged pioneer of the medical philosophy. His "*Al-Qanun-Fid-Tibb*" which superseded the Majusi's standard text-book "*Liber Regius*" was the most extensively sought medical compendium in Europe and Asia for a long time. Ibn-Sina made many contributions to the knowledge about venereal diseases and discussed gonorrhoea and syphilis. He described the features of pyloric stenosis and gastric ulcer, and wrote originally on the diseases of liver and the gall-bladder.

His book "*Canon medicina*", the most famous medical book in history, supplanted the dictatorship of Galen. It remained the text book of all European universities for six centuries. He has written more than 120 books in Persian and Arabic.

Much of the credit in medical sciences which western nations attribute to themselves is actually the fruits yielded from the hard work and devotion of these Persian Scientists. "He who sows the seed does not necessarily reap the fruit".

With Best Compliments

from

G. R. TRADING COMPANY

APPROVED

Govt. Contractors to:

DIRECTORATE OF PROCUREMENT

ARMY. NAVY. AIR FORCE

DIRECTORATE GENERAL

INVESTMENT PROMOTION & SUPPLIES

DIRECTORATE INDUSTRIES & COMMERCE

L A H O R E

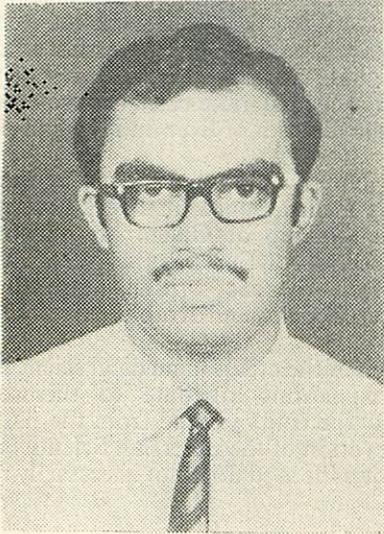
E. P. I. D. C. W. P. I. D. C.

RAILWAY BOARD

K A R A C H I .

The Foundations of Democracy

By



IQBAL AHMAD MEMON

4th Year M. B., B. S.

WHERE shall we search for the foundations of democracy? In the origin of the word, or in the 'use' of the word, or in its high sounding principles and theories safely preserved in modern books, or in the actual realization of this humanitarian faith in the lives of people wherever that may be?

Obviously, there is no magic in the word as such and much less in its origin. We know enough about the hierarchy of superior and inferior classes of men and the institution of slavery in the Greek and Roman societies. There is also little consolation in the modern use of the word which has come to be qualified variously as 'British' democracy, 'French' democracy, American 'democracy' or 'Russian' democracy. It is all politics, as one can clearly see through it. Each political power has its own nationalism to suit its own political purposes. It is, therefore 'our

democracy' to suit' our own purposes'; it is 'our own idol' for our own worship'. It is either a regional democracy or a national democracy. As such, we are beginning to realize its failure. We are also beginning to realize that there is a talk-democracy, and there must be some 'do-democracy'. It is the pious hope of the modern intellectuals that, what our talk has failed to achieve, our acts will surely accomplish. Indeed, it is a very hard nut to crack for the modern mind.

The difficulty is that we have not yet got rid of our sectarian thinking. We are not able to come out of our own shells, our own politics, and our own social values, to stand aloft and look around whether democracy is the exclusive property of one nation, or other also can participate in it; whether it belongs solely to the West, or the East has also contributed to it; whether the politicians alone are its custodians, or only the common man's faith can protect it; whether it is all economics and politics, or it is also a social faith, and as such, implicit in human values; whether Churchill, Roosevelt and Stalin have talked of it, or Jesus and Mohammad (may peace be upon him), in turn, have enunciated and perfected it by dedicating their lives to its cause.

Democracy is the heritage of whole humanity. All the people have the share in it since all the prophets of humanity were the first exponents of a truly human democracy. They gave the first principles of fatherhood of God and brotherhood of man. All the prophets without distinction, came with this mission and advanced its cause in accordance with the conditions of their time, place and circumstances. This could be illustrated from the noblest work of each of the prophets of God, the earliest as well as the latest of them, I choose to illustrate theory and practice of democracy advocated by last of all the prophets, Prophet Mohammad

(may peace be upon Him). Since he is nearest to us in time, we can see his work clearly in the light of history. His contributions are particularly important because he advanced the prophetic mission of his predecessors and finally accomplished it, not only in theory but in the actual life-actions of the community.

The most significant contribution of Mohammad (sal'm) to the cause of humanity in general and the work of his great predecessors in particular consist in the fact that he for the first time enlarged the scope of human democracy from its hitherto 'national' limitations. This was in keeping with the needs of his times which heralded the dawn of the modern age. His advent coincided with a new era in human history when human race was no more in its childhood but had reached the intellectual and social maturity of a 'fully grown-youth'. His work, therefore, could not be limited to a particular tribal stock as was of Moses among the Israilies; nor could his mission be confined only to the Jews and the Gentiles of his times. His message and mission was for all the people, for the entire

stock of mankind. He had come to establish unity of faith and unity of purpose among mankind. Unity of faith was established through the conception of one God for all. The other equally important part of his mission was to establish the unity of purpose in the lives of all human beings. As such, his message was not concerned only with the life in this world. How man should live his life on this earth so that it may be contributed to the best success here as well as here after, was the task of his mission. This 'way of life' which he himself demonstrated through his own life-actions and through the co-operative living of the new community of 'Muslims' with whom he worked, laid the foundations of a universal human democracy which was called by a better and all-inclusive name of 'Islam'.

"DEMOCRACY IS A KINGLESS REGIME INFESTED BY MANY KINGS WHO ARE SOMETIMES MORE EXCLUSIVE TYRANICAL AND DESTRUCTIVE THAN ONE, IF HE BE A TYRANT".

—BENITO MUSSOLINI

You're Conspicuous in
HUSEIN'S
COTTON FABRICS

Well dressed and elegant no wonder
you stand out from the rest

Husein Quality Products appear the
finest-yet cost so little

HUSEIN TEXTILE MILLS
A Division of
HUSEIN INDUSTRIES LTD.

Insurance House No. 2, Habib Square Bunder Road, KARACHI-2,

The Sick Quiz

By

SHAKIL AHMED

B. Sc. 3rd. Year, M.B., B.S.

Note: If you answer all correct then better go and get checked up by a psychiatrist.

- (1) What's the best remedy for insomnia?
(Chloroform)
- (2) In which case the skin is yellow, and still it is not jaundice?
(In case of a Japanese)
- (3) How can you recognise an unmarried doctor?
(A happy doctor. Never comes to the clinic two days in a row from the same direction. Never Mrs. any fun.)
- (4) What's bacteria?
(The back-door to a cafeteria).
- (5) What's the best contraceptive?
(No.)
- (6) How can one look young?
*(By hanging around with very old people).
or
Hang around with student politician).*
- (7) What's the advantage of college education?
(It gives an opportunity to work for somebody who did not go to school).
- (8) Whose motto is, 'To itch is human, to scratch divine'?
(A dermatologist)
- (9) What's anti-body? (A girl's brother's physique)
- (10) Which 'degree' one has to acquire for good status? For example, M...B.B.S. Ph. D. & M. O., etc.
(J. O. B.)
- (11) What's Appendix?
(One who is wanted to be touch out by every doctor—on a date.)
- (12) Where air is food?
(In tyres, balloons and student politicians).
- (13) Two is a couple three's a crowd: what four & five.
(Nine)
- (14) What's Angina Pectoris?
(A greek actress)
- (15) Who is an adultress?
(A female adult)
- (16) Elaborate the abbreviation, V.D.
(very done)
- (17) Who is Genius?
(The boy who will not attend classes for months, and then will convince his professor that he had cold.)
- (18) Whose idea is wedding?
(Bride idea)
- (19) What's an eye opener?
(38—24—36)
- (20) Any thing special about Drive-in?
(It is the only place where you can get run over by a car on the way to toilet).
- (21) What's cataract?
(An ophthalmologist sport, car.)
- (22) Who is a criminal?
(No difference from the rest of us...except that he got caught).
- (23) What will you call a cat that has just been given its own fish market
(Bride)
- (24) Why surgeons wear masks while operating?
(So that if operation fails nobody knows who did it.)
- (25) Are tranquilizers habit forming?
(No—if you take them everyday)
- (26) What's varicose veins?
(A condition seen when one's pan is leaking).

CAR QUIZ

By



FAUZIA F. QUDDUS
IVth Year M. B., B. S.

Scoring: (here)

1. Which was the first motor company in the world and when was it established? When was its first car model manufactured?
2. What is the present land speed record?
3. At present what is the maximum no. of cylinders found in road production cars?
4. What do the initials FIAT stand for?
5. Are radial ply tyres better or cross ply tyres?
6. Which company manufactures maximum number of cars?
7. Which company manufactured the first turbine powered car and when did it manufacture it?

8. Which company's symbol is a prancing horse?
9. Can a smaller engine produce more power than a bigger engine?
10. Name the fastest road production car which has been driven at that speed?
11. Which car was voted "Car of the Year" of 1969. by seven European car magazines of seven different countries?
12. Name the world's two best body designers or coachbuilders?
13. What do the initials M.G. on M.G sports cars stand for?
14. Name a twelve carburettor car?
15. What is meant by a sports job?
16. In automatic transmission better than manual. transmission?
17. Is there or was there ever a car with an ejection seat?
18. Which car has the maximum number of door?
19. What is the name of the car which has an emergency door in the floor.?
20. Can you move a car from standstill in the fourth or the top gear?
21. Name the company which has a test track on the roof of a five storied building and is unique in the world?

ANSWERS TO CAR QUIZ

1. The First motor company in the world was Diamler Benz, it was established in 1885. The first car model was manufactured in 1886.
2. The present land speed record is 622.407 mp.h.

3. The maximum no of cylinders is twelve which is found in Ferran and Lamborghim. Two Italian manufacturers.
 4. Fabrica Italiana Automobili Torino, which in english means. Italian Factory Automobiles in Turin.
 5. Radial ply tyres are much better than cross ply tyres as they provide more road grip.
 6. General Motors, U.S.A.
 7. It was made by the British Rover Company in 1950. It was called the Rover Turbocar JET I.
 8. Ferrari's symbol is a prancing horse.
 9. Certainly yes! e.g. Fiat 124 (1200c.c.) and the Volkswagen 1300 (1300c.c.). Compression ratio of the Fiat is 8.8:1 and that of VW is 7.5:1. Therefore the B.H.P. of the Fiat is 65 and that of VW is 52. Thus maximum speeds are Fiat, 87 m.p.h. and VW 78 m.p.h.
 10. The four litre, twelve cylinder and twelve carburettor Ferrari GTB. 4. Berlinetta has been driven on the road at 176 m.p.h.
 11. The FIAT 128. (Not yet introduced in Pakistan).
 12. Pininfarina and Bertone. (Both Italian).
 13. Morris Garages. Where the first car of this make was made and afterward named.
 14. Ferrari and Lamborghini, each make three models with twelve cylinders and twelve carburettors.
 15. Simply a sports car.
 16. Manual transmission is better.
 17. There was the James Bond Aston Martin.
 18. The twelve seater Checker Aerobus Lionousine to a car having eight doors. It is American.
 19. Caught you there!! There is no such car.
 20. Yes you can, but with special techniques
 21. It is one of the many FIAT car plants in Turin, called the Lingotto plant. It is famous for its uniqueness throughout the world.
- Scoring :** Give yourself one point for one correct.
- | | | | |
|---------|---|------------|------------|
| 19 | — | 21 correct | excellent |
| 16 | — | 18 correct | very good. |
| 13 | — | 15 correct | good |
| 10 | — | 12 correct | fair. |
| 7 | — | 9 correct | poor. |
| Below 7 | | | V. Poor. |

A COLLECTION OF JOCKES

By

SHAKIL AHMED

B. Sc. 3rd Year MBBS.

Idiocy :

THE professor is giving demonstrations to medical students. "Now please observe, boys. I place this worm in this test tube of water, and please note, he happily swims around in there with no bad effects. Now watch what happens when I place this same worm in a beaker of alcohol. See! He shrivels up and dies. What lesson do we learn from today's experiment, boys?"

Student "If you drink whisky, you will never have worms."

A sailor ran up to the officer of the deck and mumbled something in his ears. The officer yelled at him, "Sing out, man! Sing it out!"

The sailor took a deep breath and sang;
"Should old acquaintance be forgot
And never brought to mind?
The captain fell overboard;
"He's half a mile behind.

"Sir, I can't pay the hostel fees this month."

"But you said that last month!"

"I kept my word, didn't I?"

Doctor after diagnosis: "You, Sir, are a schizophrenic with paranoiac tendencies.

"What's that in layman's language, Doctor?"

"You are a latent creep!"

* * *

In Moscow an American is explaining to a local man, "We got liberty. "Back in home, in Washington, an American can stand on the capital building's step, and shout to the world "the President is a BUM!"

"Ah, my friend, "Answers, the Russia,n" Here, too, a Russian can stand on the step, of the Kremlin and shout "The American President is a BUM!"

"Doctor, I am going to a rattle snake country, and I came to see you to get a bit of advice on what to do in case I get bitten by a rattle snake."

"Well, if a rattle snake bites you on the hand, you must immediately draw the poison out with your mouth and spit out the poison." "Doctor. What if he bites me where I sit down?"

"That's when you find out who your friends are!"

The old woman tapped on the sleeping parrot's cage, and said, "Hey, birdie, wake up— can you talk?"

"Sure" said the bird, "Can you fly?"



Quotable Quotes

By

AZRA HATIMALI

Final Year M.B.,B.S.

1. Wherever there is a secret there must be something wrong. *Lockhart.*
2. Experience the name men give to their mistakes. *Oscar Wilde*
3. Speak softly and carry a big stick; you will go far. *Theodore Roosevelt.*
4. The temple of our purest thought is silence.
5. A word once uttered can never be recalled. *Horace.*
6. We walk alone in this world, Friends such as we desire, are dreams and fables. *Emerson.*
7. In the night there is peace for the old and hope for the young *Shaw.*
8. Though Pride is not a virtue, it is the parent of many virtues —*J. Churton Collins.*
9. The golden rule is that there are no golden rules. *Shaw.*
10. In every parting there is an image of death. *George Eliot.*
11. No path of flowers leads to glory. *La fontaine.*
12. Faith is a higher faculty than reason *Bailey*
13. He that studies revenge keeps his own wounds green. *Bacon.*
14. Hatred is a settled anger. *Cicero.*
15. A man is never as unhappy as he thinks he is, nor as happy as he had hoped. *La Rochefoveauld.*
16. Contradiction should awaken attention not passion. *Fuller.*
17. Hearts do not break; they bend and wither. *H. W. Thompson.*

WORDS OF WORTH

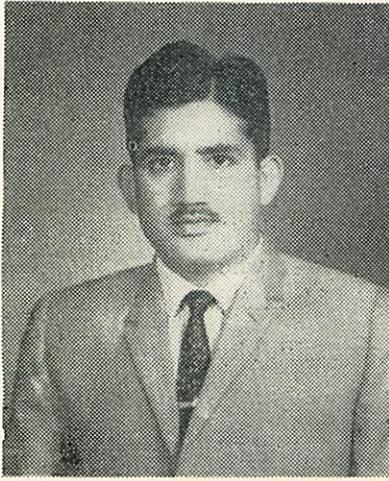
By

TALAT ANJUM

1st Year M. B. B. S.

1. Education is a cheap defence of nation.
2. To accept good advice is but to increase ability. (Jotne)
3. Advice is seldom welcome, those who need it most, like it least. (Jownson)
4. We give advice by bucket, but take it by the grain.
5. The worst man often gives the best advice.
6. Admiration is very short-lived passion that immediately decays upon growing familiar with its object. (Addison)
7. Only the actions of the just smell sweet and blossom in the dust. (Snieley)
8. Actions are ours; their consequences belong to heaven (Sir P. Frances)
9. The actions of men are like the index to a book, they point out what is most remarkable in them (Wromas)
10. Distances sometimes endears friendship and sweeten it. (J. Nowell)
11. Ability is a poor man's wealth. (M. Wren)
12. Of all earthly music that reaches furthest is the beating of a truly loving heart. (H. W. Beecher).
13. Old wood best to burn, old friends to trust and old authors to read. (Bacon)
14. The mission of art is to represent nature not to imitate her. (W. H. Hunt)
15. The best part of beauty is that which no picture can express (Bacno.)

Talking Points



DR. MUZAFFAR IQBAL CHUGTAI

1. No one becomes guilty by fate, (*Seneca*)
2. Time enough to think of the future when you haven't any future to think of (*Shaw*)
3. Freedom our pain and plenty our disease. (*Dryden*)
4. He not made a beggar by banqueting upon borrowing (*Apocryple*)
5. Poverty is the morning dream of great minds. (*Lamartine*).
6. It is astonishing how little one feels poverty when one loves (*Bulower—Lytton*)
7. Reading is thinking with some one else's head (*Schoper-haver*)
8. Flattery, the land made of the vices (*Gicero*)
9. Make yourself necessary to some-body. (*Emerson*).
10. Enervation (Love of the world and dislike of death) is the death of a nation. (*The Holy Prophet*).

With Best Compliments

from

Malik Electric Company

Importers Stockist & Dealers in All Kinds of Electrical Goods & Machineries Etc.

Grams : "BLACKTAPE"

Phones : 230555 & 233444

4, Bandukwala Building, I. I. Chundrigar Road, Karachi.

QUOTATIONS

Collected By

JAVOID HUSSAIN KASURI

(Final Year) M.B.,B.S.

Ability is of little account without opportunity.

We always love those who admire us, and we do not always love those whom we admire.

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit not grow old.

Study until twenty-five, investigation until forty, profession until sixty, at which age I would have him retired on a double allowance.

In youth the days are short and the years are long; in old age the years are short and the days long.

Never argue at the dinner table for the one who is not hungry always gets the best of the argument.

There is no cosmetic for beauty like happiness.

Beauty is truth, truth beauty.

In bed we laugh, in bed we cry;
And born in bed, in bed we die;
The near approach a bed may show
Of human bliss to human woe.

Believe only half of what you see and nothing what you hear.

A heathy body is a guestchamber for the soul; a sick body is a prison.

Some books are to be tasted, others to be swallowed, and some few to be chewed and digested.

If your lips would keep from slips
Five things observe with care:
To whom you speak, of whom you speak,
And how, and when, and where.

When wealth is lost, nothing is lost;
When health is lost, something is lost;
When character is lost, all is lost;

A man of courage is also full of faith.

Eat to please thyself, but dress to please others.

The man who makes no mistakes does not usually make anything.

An excuse is worse and more terrible than a lie; for an excuse is a lie guarded.

If you would not be forgotten as soon as you are dead, either write things worth reading or do things worth writing.

Young men think old men are fools; but old men know young men are the fools.

Fortune truly helps those who are of judgment.

The best way to keep your friends is to never owe them anything and never lend them anything.

The only way to have a friend is to be one.

True friendship is a plant of slow growth and must undergo and withstand the shocks of adversity before it is entitled to the appellation.

Gold begets in brethren hate;
Gold in families debate;
Gold does friendship separate;
Gold does civil wars create.

Every guest hates the others, and the host them all.

I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them.

Refuse to be ill. Never tell people you are ill; never own it to yourself. Illness is one of those things which a man should resist on principle at the onset.

Some people's hearts are shrunk in them, like dried nuts. You can hear'em rattle as they walk.

A good tree cannot bring forth evil fruit, neither can corrupt tree bring forth good fruit.

I love my country better than my family; but I love humanity better than my country.

There is a no death: the stars go down to rise upon some fairer shore.

He that is not jealous is not in love.

Some women blush when they are kissed some call for they police, some swear; some bite. But the worst are those who laugh.

Soul meets soul on lovers lips.

Man loves little and often, woman much and rarely.

Love is an ocean of emotions, entirely surrounded by expenses.

Love's like the measles-all the worse when it comes late in life.

Love is often a fruit of marriage.

Love a grave mental disease.

Blue eyes say, "Love me or I die"; black eyes say, "Love me or I kill thee".

It is better for a woman to marry a man who loves her than a man she loves.

The physician heals, Nature makes well.

I firmly believe that if the whole materia medica as now used, could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes.

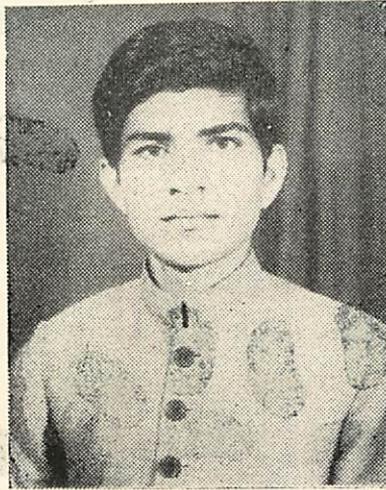
Nothing begins, and nothing ends,
That is not paid with moan;
For me are born in others' pain,
And perish in our own.

The pain of the mind is worse than the pain of the body.

Tears are the silent language of grief.

Thoughts to Think

By



S.M. INKISAR ALI
III Year M. B., B. S.

The longest journey begins with a single step,

To speak is to sow, to listen is to reap, to work is to pray,

Personal beauty will fade but beauty of the mind endures for ever,

He that falls in love with himself, will have no rivals.

Activity breeds prosperity,

Luck is what happens when preparation meets opportunity.

A fool dreams of wealth, wise man of happiness.

Truth is not only stranger than modern fiction, but more decent.

If skill could be acquired by watching, dogs will become butchers.

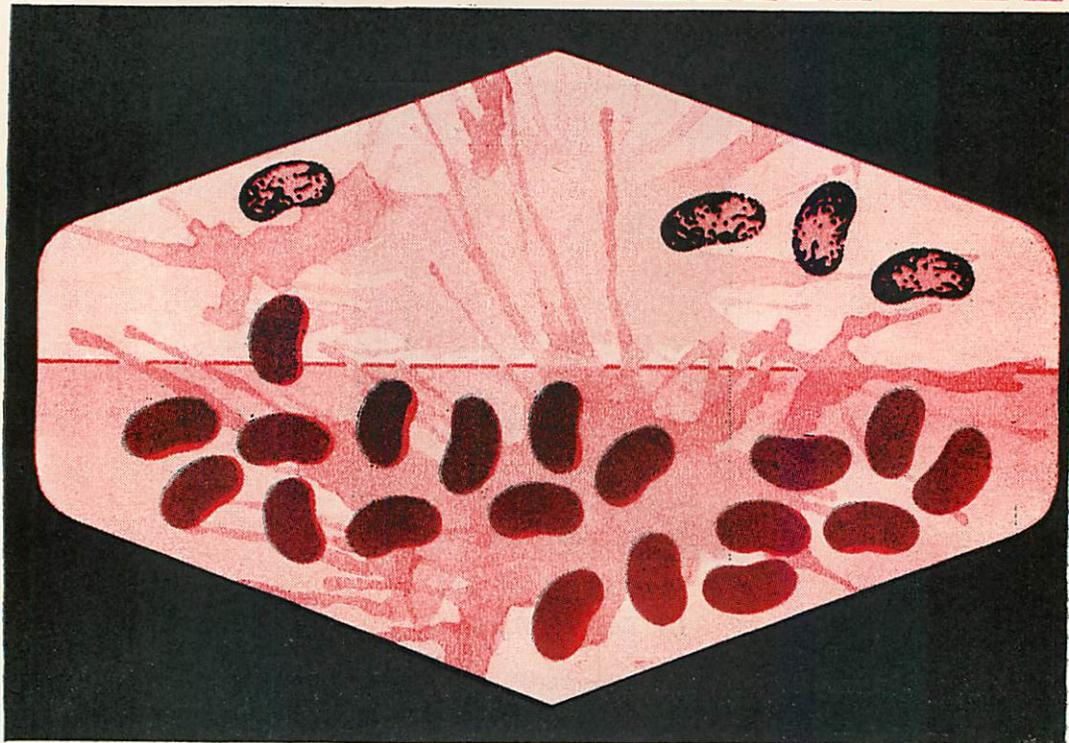
If you discourage hope you cripple recovery.

Water cleans everything except a guilty conscience.

Thorns and roses grow on the same tree.

It is the tears of earth that keep her smile in bloom.

CAMPOFERRON[®]



***A palatable and
highly effective
blood forming syrup***

containing

**ESSENTIAL MINERALS
VITAMINS AND
LIVER EXTRACT**

DOSAGE:

Adults 1-2 teaspoonfuls 2-3 times daily
(1 teaspoonful=5 ml).

Children half the dose, if desired
mixed with food.



FLAGYL breaks the amoebic barrier



CURES AMOEBIASIS WITHIN 5 TO 10 DAYS

Presentation

'FLAGYL'* tablets 10x200 mg (strip)

Further information available
on request.

*trade mark A PPI brand Medical Product

MAY & BAKER LTD · KARACHI · LAHORE · DACCA

Distributors of the products manufactured by

 PAKISTAN PHARMACEUTICAL INDUSTRY LTD · TONGI

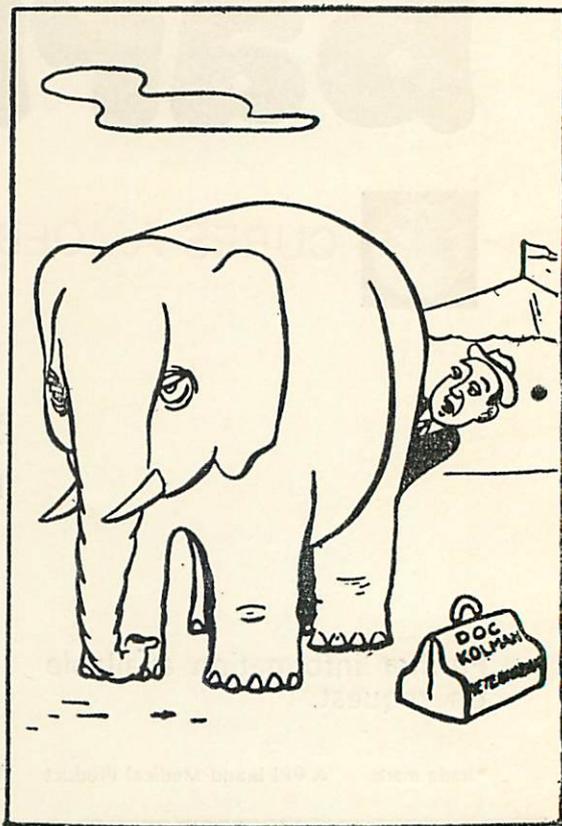
and

 MAY & BAKER LTD · DAGENHAM · ESSEX · ENGLAND



good humour

Hey! Stop it.

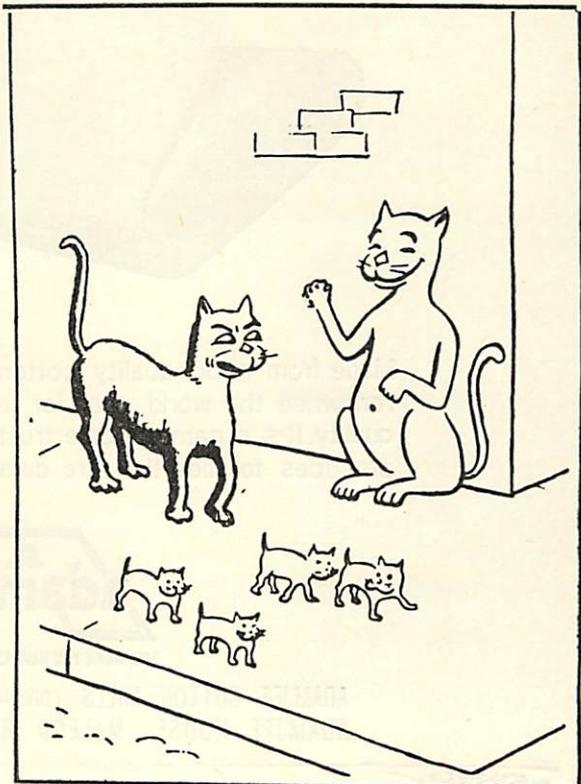


Now Cough.

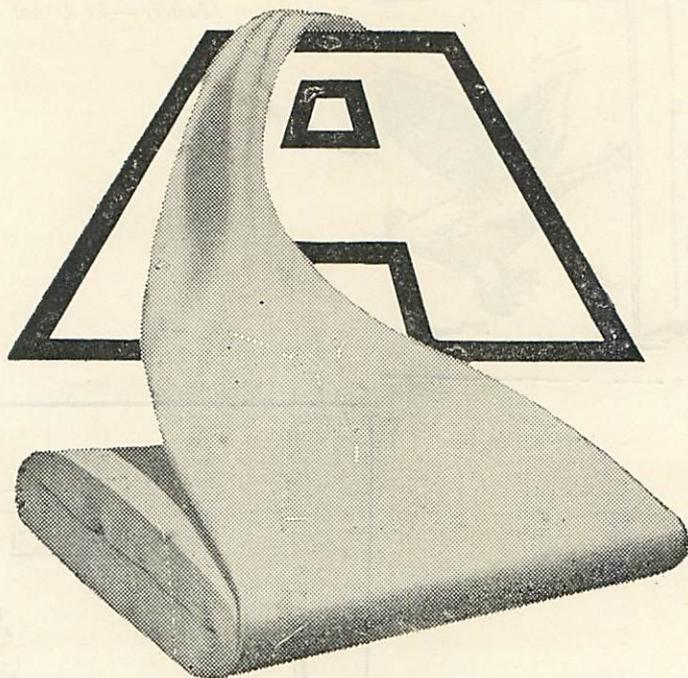


Mummy — he is not leaving me

*You double crosser, you said, you would only
just wrestle.*



FINE ADAMJEE FABRICSTRUSTED FOR THEIR QUALITY THE WORLD OVER



Made from good quality cottons, ADAMJEE fabrics are renowned the world over for their fine and consistent quality. It's a name people trust, because ADAMJEE produces textiles that are durable, elegant and comfortable.



THE NAME YOU HAVE LEARNT TO TRUST

ADAMJEE COTTON MILLS (DIVISION OF ADAMJEE INDUSTRIES LTD.)
ADAMJEE HOUSE, McLEOD ROAD, KARACHI, PAKISTAN.



FOR THOSE DISTRESSING DAYS

Veganin

INDICATIONS

- * DYSMENORRHEA
- * Headache, Bodyache & Toothache
- * Fever & Flu.
- * Cold & Coryza

ACTIVE INGREDIENTS

Each Veganin tablet contains :

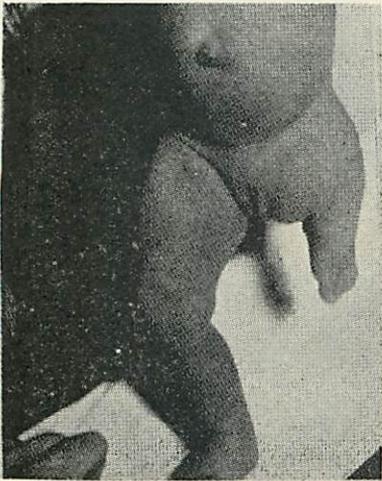
Acetylsalicylic acid U.S.P.	250 mg.
Phenacetin U.S.P.	250 mg.
Codeine Phosphate U.S.P.	10 mg.

PRESENTATION :

Tablets : cartons of 20's and 500's
 Suspension : bottles of 50 ml.



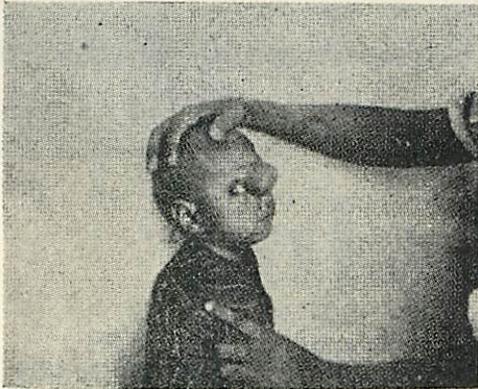
WARNER-LAMBERT (PAKISTAN) LTD.
 B-41, Mauripur Road, Karachi-28
 Telephones : 292171 - 292172



1



3



2



4

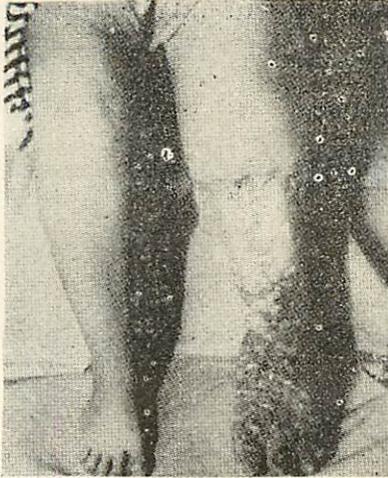
Acetylsalicylic acid U.S.P. 250 mg
Flu. Phenacetin U.S.P. 250 mg
Cocaine Phos. U.S.P. 10 mg

Gold & Coryza
ONS
THEA

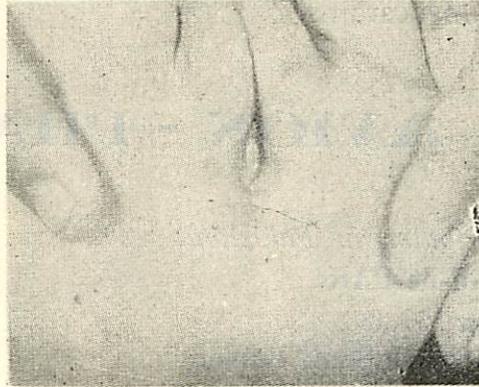
PRESENTATION:
Tablets: cartons of 20's and 50's
Suspension: bottles of 60 ml.

WALKER-LAMBERT (PAKISTAN) LTD.
11-47, Market Road, Karachi-28

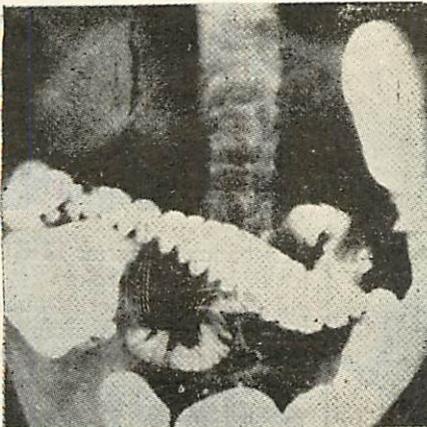
SPOT DIAGNOSIS



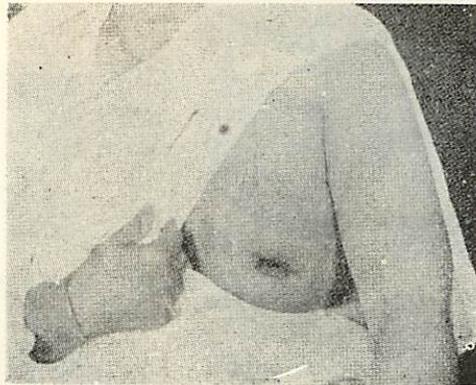
5



7



6



8

(Answers on Page 306)

CYTOCHROME C

0.3% AQUA SOLUTION OF CYTOCHROME C AVION IN
INTRAVENOUS INJECTIONS.

Indications :

Cardiac decompensation, Coronary insufficiency Carbonmonoxide & barbiturate poisoning, angina pectoris, apoplexy, functional Cardio-arythmia, myocarditis.

AVION - PHARMA

Sole Distributor in Pakistan :

PHARME-do-PAK.

P. O. Box, 5133

**38, Chartered Bank Building,
KARACHI.**

HEAVY DUTY 4-STROKE LIGHT TRUCK



Easy to load. Carries 1213 lbs.
It's powerful 4-Stroke
engine delivers terrific pulling power.
Backed by effective after
sales-service and ample spares.

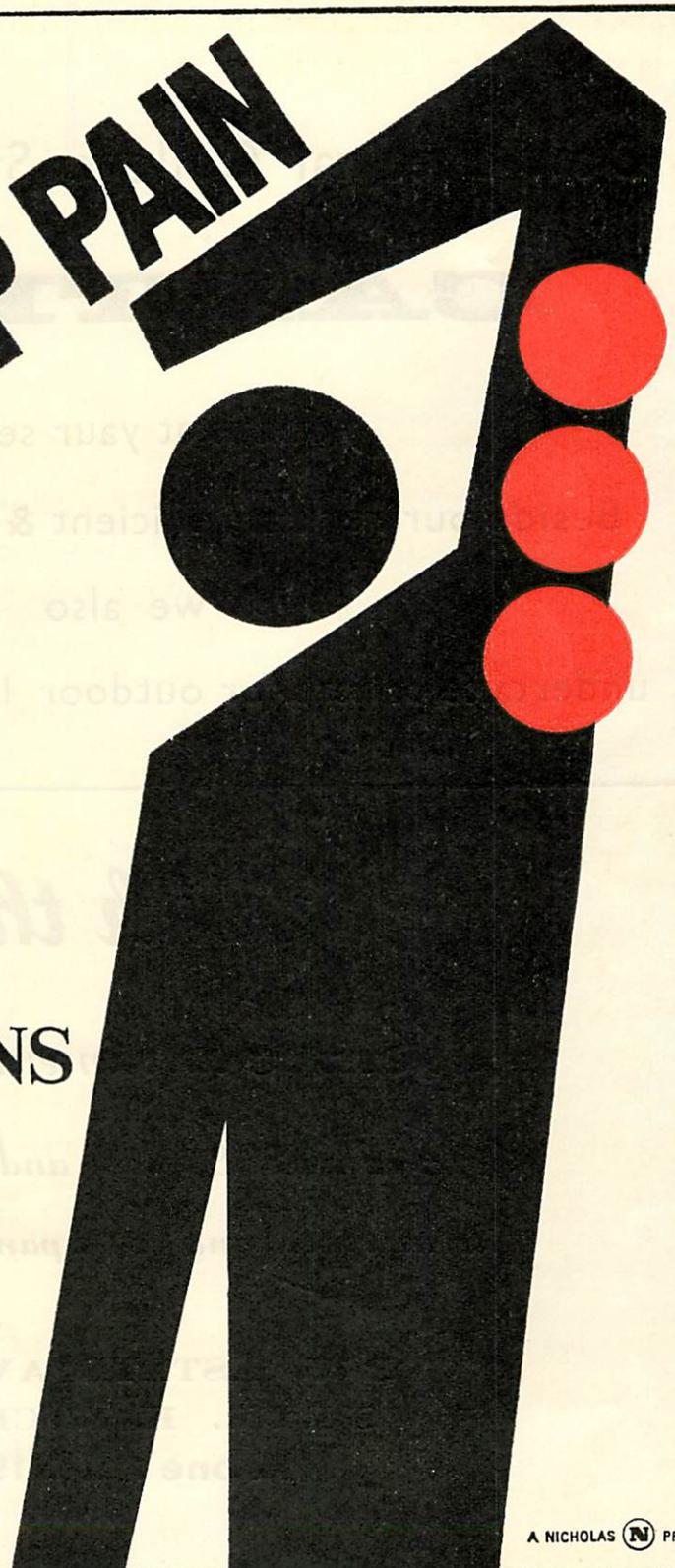
HONDA TN360M

Sole Distributors :

Kandawalla's Limited

Corner of M.A. Jinnah and Abdullah Haroon Road
Karachi Phone . 73287-70395
71, Shahrah-E-Quaid-E-Azam, Lahore
Phone: 52795-67686

STOP PAIN



with
MALIDENS

A unique, powerful
and safe combination
of Paracetamol,
Salicylamide
and Caffeine
for positive relief
from pain and fever.

A NICHOLAS  PRODUCT

Dow Medical College Students' Union

CANTEEN

Always at your service

Beside our regular, efficient & prompt services,

we also

undertake orders for outdoor lunch & tea parties:

With the

*Best Compliment of the
Karachi Carbon and Ribbon
Manufacturing Company Limited*

B/65, ESTATE AVENUE

S.I.T.E. KARACHI-16.

Phone : 292191

On the Auspicious occasion of Silver Jubilee Year

With Best Compliments

from



Authorised Bottlers: National Beverage Ltd., Karachi. Phone: 291983.

LINTAS ■■

FA.1.71



buy SHEHSAWAR

THE HIGH QUALITY PETROL

- ★ More Mileage per gallon
- ★ Faster acceleration
- ★ Smoother running
- ★ Longer engine life

Be National — Buy NATIONAL

PAKISTAN NATIONAL OILS LIMITED

One hundred per cent Pakistani Enterprise



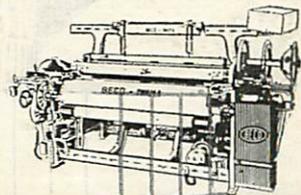
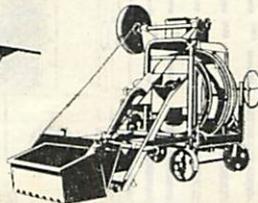
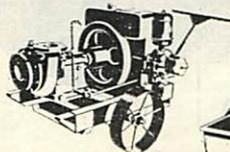
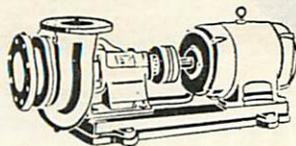
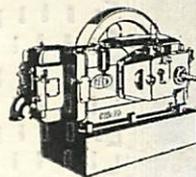
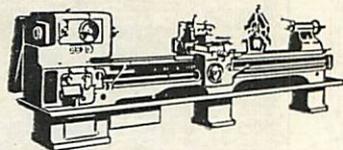
SERVING ALL...



DEPENDABLE PRODUCTS

FROM
BECO

THE HOUSE OF DEPENDABLE PRODUCTS



MACHINE TOOLS ◦ DIESEL ENGINES ◦
CENTRIFUGAL & DEEPWELL TURBINE PUMPS ◦
ELECTRIC MOTORS ◦ POWER LOOMS ◦ CONCRETE MIXERS ◦
BICYCLES ◦ STEEL STRUCTURES ETC. ETC.



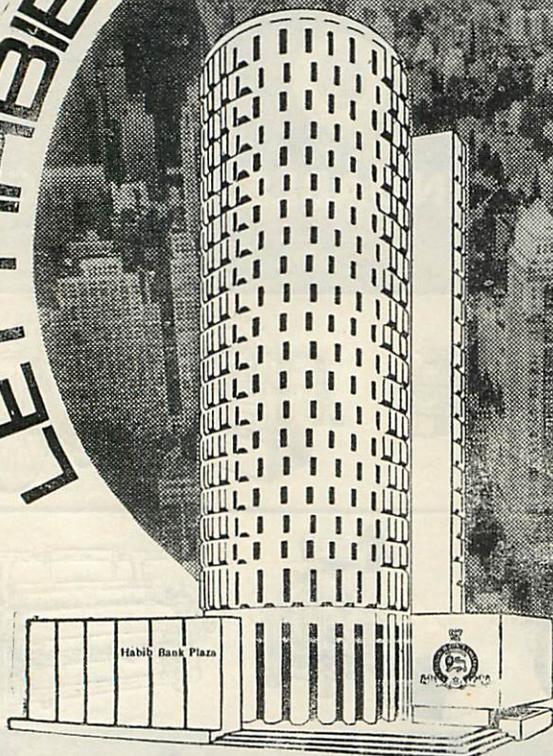
BECO INDUSTRIES LIMITED

Formerly The Batala Engineering Co. (Pakistan) Ltd.

Lahore Karachi Hyderabad Rawalpindi Dacca Chittagong



LET HABIB BANK SERVE YOU BETTER



Alhamdulillah, a branch of Habib Bank has been opened in New York at 40 Wall Street. Opening of this new branch in U.S.A. is yet another step on the part of Habib Bank to help expand the export trade of the country, so important today. With a wide network of 750 branches in Pakistan, 20 overseas branches, over 1400 foreign correspondents, computer installations, teleprinter & telex lines and a long experience in the dynamics of international banking, Habib Bank is in a unique position to serve you better.

NOW IN
NEW YORK



Habib Bank Limited
Habib Bank (Overseas) Ltd
Incorporated in Pakistan
Habib Bank A. G. Zurich
Incorporated in Switzerland

Branches: BAHRAIN, BABUL BAHRAIN, BEIRUT, BIRMINGHAM, BRADFORD, COLOMBO, DEIRA, DUBAI, GLASGOW, KUALA LUMPUR, LONDON, LONDON EAST END, MANCHESTER, MOMBASA, NEW YORK, PORT LOUIS, RAS AL KHAIMAH, SHARJAH, SHEFFIELD AND ZURICH

Magazine Secretary's Report

I HAVE great joy and pleasure in placing in the hands of the readers this belated Silver Jubilee Edition of *DOWLITE INTERNATIONAL*, for which they had been waiting so impatiently with unabated enthusiasm. The delay is very much regretted and hundreds of possible reasons range out of my pew.

My colleagues in the Magazine Committee, the Editorial Board and myself have done our best possible to bring out this issue well in time and with more and more informations and an interesting issue than the previous ones. Being the College's official Annual Magazine, I thought it necessary to postpone the publication till the different secretaries could give in their respective reports, but this year, most unfortunately, due to the repeated postponement of the annual examinations and then later on due to certain political situation unfortunately prevailing in the college, they were not permitted by the higher authorities to continue certain other activities, in spite of the other colleges having their activities continued.

Nevertheless, I have managed to cover some of the activities of some of the secretaries, who have sent in their reports and photographs and to whom I am very grateful. While on the other hand it is most unfortunate that on repeated request to the Clinical and the Gymkhana secretaries who do seem not to recognise this Magazine as the official organ of the college, thus ignored sending the reports of their little activities which too they had at the cost of other general students.

Improvements and Originality :

Several improvements and originalities have been included in this issue. To start with, we have made different sections for Foreign Contributors, Home Doctors, Respected Staff and the Medicos. Besides there are other sections reflecting the different college activities. These sections originally designed and prepared by Mr. Usman Sadiq, Baluch whose work is praise worthy.

Articles :

It is gratifying to note that in this year's issue in contrast to the previous issues, we have published the maximum number of articles in every section. The articles written by our medicos show that beside their brilliant medical knowledge, they also know literature, history, poems, and so on.

As far as possible the authors' picture has been printed along with their article.

History of our Institution :

It indeed gives me great pleasure and pride and a feeling of satisfaction to have been successful in presenting to dear readers the history and the back-ground of our this noble institution. It is worth mentioning the amount of hardship and the investigations I had to undertake to produce this history in this form. To mention a few, I had to have repeated correspondence with far off foreign places like U.S.A., U.K. and India. To trace out something about Sir Hugh Dow, consulted several authorities like the British Council, its High Commission and its Foreign office in London, Pakistan Information Centre, Sind Secretariate, old news paper (*The News Ghazette*), Karachi Yatch and Sind clubs, some of the prominent citizens of Karachi, Libraries and many such other authorities. I owe my sincere thanks and gratitude to our ex-Administrator, Prof. M.A. Shah who very kindly, for days till late night helped me with the History of College and some of the important Photographes.

I am grateful to Prof. Mazhar-ul-Haq and Dr. M.A. Ansari for the Historical Pictures, valuable advises and the sincere help they gave me. I am also highly obliged and grateful to Mr. Siddiqui of the Pakistan National Archive Department, without whose help this publication would have been incomplete.

History of DOWLITE Magazine :

Publication of this magazine started from 1950, when it was called "The Dow Medical College Magazine-Annual Number". The then Chairman of the magazine section was Prof. A. Wahid. With few exceptions this magazine has been regularly published every year. This Silver Jubilee Edition 1970-71 is the 18th issue.

It was the 1st point in the manifesto of Mr. Noor Ali Shah, the candidate for the post of Magazine Secretary, in the election held on 19th of January 1957, to give a suitable name to the College Magazine. On being elected to the post, accordingly, he invited suggestions for the same. Non of the suggestions received were appealing. Finally the name 'DOWLITE' was selected. The same name was officially selected in days of Mr. Brohi Hasan, Ex-Magazine secretary, under the chairmanship of Prof. A. Wahid in 1951. Thus the name DOWLITE was selected for reasons of being simple, meaningful, good sounding and contained the name Dow in it.

Title Cover :

Being the Silver Jubilee Edition, I thought it very appropriate to reflect the College and Hospital and their background on the title cover. On the top right hand side is the old structure which was demolished and the present College building shown in the foreground was constructed. While on the top left side in the hospital and its latest development, the auditorium, To give it an Islamic touch the college mosque is produced on the lower left side.

Achievements :

The Pakistan Pharmaceutical Manufacturers Association have recognised DOWLITE Magazine as the official Annual College Magazine, and I hope like this year, they would again helps us in the years to come. They would send a circular to all the association members requesting them to advertise in this magazine. I am indeed very grateful to Mr. Abbas, the Secretary of the Association who very generously helped and advised me throughout.

Writers' Forum :

Under the auspices of this forum, an interclass essay competition was held, where several students participated, and prizes were distributed for the same. I am grateful to Surgeon M.R. Shirazi, Chairman writer's Forum, who took a very keen interest in the society and my thanks to Mr. Irfan Ali the Vice-President of the Society to have conducted the competition very successfully.

Photographic Society :

A two-day colourful All Pakistan Inter-Collegiate Photographic exhibition was held in which more than 400, pictures were exhibited. There were three groups, one of Black and White prints, one of Coloured Prints and the Third group was of Coloured transparencies. Three Prizes for each section were distributed. Fortunately the trophy come to our College while in the individual Coloured Photography it went to a student of Chittagong.

In order to give all the Photographs a uniform look, beautiful photography mounts were printed and all the pictures were mounted on them.

I am grateful to Dr. Nusrat Ali Shaikh, Director, Skin & Social Hygiene Centre, the Chairman of the Society, to have come over as the Chief Judge, and help us with the same. My Thanks ar to Miss Shaesta Gilani, secretary of the society for her sincer hard work. My thanks are also to Agfa-Gevert Co. for their generous donation.

Arts and Crafts Society :

A two days Arts and Crafts exhibition was organised under the auspices of this Society. Over three hundred exhibits were demonstrated. The Art Section was sub-divided into, water colour, oil paintings, pencil sketch and calligraphy. Each section had three prizes and certificates.

In the Crafts Section, there were again sub-division like, handicrafts, imbroaidary and fabric painting. Here too three prize and certificates were given in each section.

I am indeed ve.y grateful and highly obliged to Miss Azra Hatimali, the Vice-President of the Society for her most sincere and hard work, and Mr. Usman Baluch. I congratulate them for their most encouraging support they showed, till the last minute of the exhibition, and thus made it a grand success I extend my deep gratitude and thanks to Mr. Rahi Principal of Art School and Dr. Shaukat to have come over as the Judges.

Flower Show :

For the first time in the history of our college an Inter-collegiate and an Inter Class Flower Exhibition was organised. This was a very colourful one, and as many as about 80 exhibits were demonstrated.

The flower show was of two section, a potted flower section and a cut flower section, this was further sub-divided into two more groups, a wet arrangement and the dry arrangement.

I am grateful to Mrs. Habib Patel and Mrs. Razzak Mohd. to have come over as iudges for this flower show exhibition despite their many pressing preoccupations. I am also grateful to the Press to have covered the whole exhibition and the prize distribution ceremony.

The Namood-e-Sehar :

*This is the Urdu Annual Magazine of our college. Till today it had not been given a due consideration and as much importances as that given to **Dowlite** the English Annual Magazine. This year a lot of stress and hard work has been done on it, and is brought upto the level of **Dowlite** or even better in some respects. Unlike the previous issues, it contains about 270 pages in contrast to about 150—160 pages. All the potraits, have been pencil sketched plus more photographs, more and better articles, beautiful designs and many other good changes have taken place.*

I am very grateful to Mr. Usman Baluch and Mr. Nasser who very painstakingly got down for hours in preparing these sketches. Further more, I am highly obliged and grateful to Mr. Saddaqaat Ali Choudhry the managing editor who very honestly and sincerely put a lot of his precious time and hard work to bring this magazine in this shape. His excellant work is praiseworthy, I owe my sincere thanks and gratitude to him and his pannel of worker and helping hands.

Regrets :

*It is regretted that owing to shortage of space and other unavoidable circumstances articles of some of the doctors and students could not be included in these issues of **Dowlite** and **Namood-e-Sehar**. This should at no cost dishearten them from contributing again for these magazines in the later issues to come.*

Acknowledgement :

To start with, I take this opportunity to thank all friend, colleagues, supporters and well wishers to have trusted their precious vote on me and got me elected to this post, and gave me a chance to help them in this respect.

I am chiefly indebted to our respected Professor Fazal Elahi, Professor of surgery, Dow Medical College, Civil Hospital Karachi, the Chairman of the Magazine Section to have had accepted the chairmanship for the same. I am grateful to him for he has, despite many pressing preoccupations, always willingly given me suggestions and guidance in every respect, from the editorial, title cover, set-up of the Magazine to its individual articles. I am highly obliged to him, for inspite of his busy schedule programme, he came over and presided as the chief guest and distributed the prizes in the Inter Collegiate and Inter Class Photography, Arts & Crafts and Flower show exhibitions.

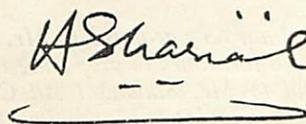
It was indeed very fatherly of our honourable Administrator, Professor A. Wahid, who is also the Patron of the Dow Medical College Students' Union, to have given the Magazine Section the permission to have its exhibition organise in the new college building inspite of some inconvenience, I deem it an honour and a previlage to be the pioneer in utilizing this new block, I am also highly obliged to him to have come over and inaugurated the exhibition.

I extend my sincere thanks to the Foreign Contributors, our honourable home doctors our respected Staff and the Medicos, to have send in their most valuable and interesting articles,. My thanks are also to Mr. Arif Hashmi, Mr. Masood Mr. Jamil Mr. Zubair Farooq, Tahir Mahmood and Mr. Juzar Ali, and other colleagues of mine for their sincere help. I am very grateful to Mr. Asif Aii Mansuri the President of the Union for his ever support and help that he offered in every respect to the Magazine Section.

I would be failing in my task if I do not express my heartiest and sincere thanks to the college administration and its very kind staff especially Mr. M. Ahmed, the administrative officer, Mr. Iqbal of establishment branch, Mr. Rashid of the students' branch and Mr. Malik of the store department. My thanks are also to Mr. Shamim and Mr. Shamshad the college typiest, who very willingly helped me in typing the necessary documents.

Last bust not the least I owe my sincere thanks to Mr. Sh. Mohd. Hussain and Mr. Saadiq of Process Pakistan and Liberty Printers, and to their kind and most helpful staff who printed this Publication. My thanks are also due to Mr. Ameen of Royal Blocks for making all blocks printed in this magazine.

Scanned by Office of
Amin H. Karim MD



(Hashem Shariat)

Editor and Magazine Secretary
President

Photography, Arts & Crafts Society
and Writers Forum, Dow Medical College
Students' Union

LIST OF ADVERTISERS

Epla	(Inside front)	
Abbot Laboratories (Pak) Ltd.	Insertion	
A.C.E.	.. (Full Page)	21
Burroughs Wellcome & Co. (Pak) Ltd.	.. (Full Page)	32
Hamdard	.. "	33
Hyesons Electric Co. Ltd.	.. "	42
Hoechst Pharmaceutical Co. Ltd.	.. "	54
Pakistan Vitamin Products Ltd.	.. "	93
Boots Pure Drug Co. (Pak) Ltd.	.. "	94
Ball & Roller Bearings	.. "	112
Marble Industries Ltd.	.. (1/2 Page)	113
Parke-Davis	.. (Full Page)	114
Pakistan Oxygen Ltd.	.. "	128
Boehringer Ingelheim Division	.. "	139
Master Rubber & Tyre Co. Ltd.	.. "	140
Ispahani Tea	.. "	147
Shabbir & Co.	.. (1/2 Page)	147
Reckitt & Colmon of Pakistan	.. "	150
Sandoz (Pakistan) Ltd.	.. (Full Page)	166
Smith Kiine & French of Pak-Ltd.	.. "	171
National and Grindlay's Bank	.. (1/2 Page)	183
Anjum & Co.	.. "	184
Kohinoor Battery Manufacturers Ltd.	.. (Full Page)	185
Glaxo Laboratory (Pak) Ltd.	.. "	199
U.B.L.	.. "	200
Amin Group of Companies	.. "	204
Indus Chemical & Alkalis Ltd.	.. (1/2 Page)	216
National Shipping Corporation	.. (Full Page)	226
Dawood Petroleum Ltd.	.. (1/2 Page)	227
Standard Corporation	.. (Full Page)	237
Caltex Oil (Pak.) Ltd.	.. "	238
Eastern Federal Union Insurance Co.	.. "	247
The Standard Insurance Co.	.. "	253
The Anglo French Drug Co. (Pak). Ltd.	.. "	236
Siemen's (Pak) Engineering Co. Ltd.	.. (1/2 Page)	273
Beecham (Pak) Ltd.	.. (Full Page)	287
Pak. Drug House Ltd.	.. "	300
Leaderle	.. (Insertion) (facing)	310
Shamsul Arefeen	.. (Full Page)	

American Life Insurance Co.	(1/2 Page)	..	329
Brussels, Pharmaceutical Div.	(1/2 Page)	..	340
Marck Sharp & Dohme	(Full Page)	..	345
Bliss & Co. Ltd.	(1/2 Page)	..	358
Albert David (Pak) Ltd.	(Full Page)	..	361
National Bank of Pak.	(1/2 Page)	..	374
ESSO Pakistan	(1/2 Page)	..	376
Pak.-Burmah Shell	(1/2 Page)	..	378
Rafhan Maize Products Co. Ltd.	(1/2 Page)	..	382
Robbialac Paints	(1/2 Page)	..	388
Indus Trading Corporation	(1/2 Page)	..	396
CIBA (Pak) Ltd.	(Full Page)	..	412
Cinecolour	"	..	413
OPAL Laboratories	"	..	415
G.R. Trading Co.	(1/2 Page)	..	425
Hussain Cotton Fabrics	(1/2 Page)	..	427
Malik Electric Co.	(1/2 Page)	..	434
Bayer	(Full Page)	..	438
May & Baker Ltd.	"	..	439
Adamjee Cotton Mills	"	..	442
Warner-Lambert (Pak) Ltd.	(Full Page)	..	443
Pharmedo Pak.	(1/2 Page)	..	446
Khandawala Motors	(1/2 Page)	..	446
Nicholas	(Full Page)	..	447
D.M.C.S.U. Canteen	(1/2 Page)	..	448
Karachi Carbon & Ribbon..	(1/2 Page)	..	448
National Benerage	(Full Page)	..	449
Pakistan National Oil Ltd.	"	..	450
BECO Industries Ltd.	"	..	451
Habib Bank Ltd.	(Full Page)	..	452
Pfizer	"	..	460
Pak. Pharmaceautical Products	(Inside back)	..	
Shamsul Arfeen	(Back cover)	..	

My sincere thanks and gratitude to the above Advtisers to have Patronized the
MAGAZINE through their most Valuable ADVERTISEMENTS

(Editor)

Summery of Dowlite International

Edition **18th issue Silver Jubilee**

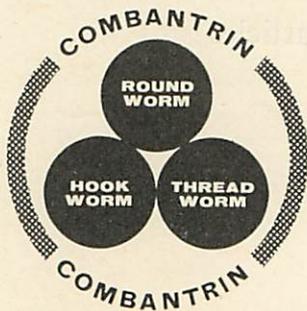
Date of going to Press	24th. February 1971
Number of blocks made	283
Number of Ground Printing	21
Pages Printed on offset	22
Number of Foriegn articles	9
Number of Home Doctors articles	6
Number of staff articles	16
Number of medicos articles	66
Number of Messeges	9
Number of Biodatas	19
Number of Farewells	3
Number of obitnaries	4
Number of Pages	468
Number of advertisments	72
Quality of Paper used			Art Paper
Supplied by :			Victory Stationers
Printed at ;			Liberty Printers and Process Pakistan
Blocks made by :			Royal Blocks
Date of complition of Dawlite International July 1971			

PFIZER ANNOUNCES
A MAJOR BREAKTHROUGH...
IN THE THERAPEUTICS OF HELMINTHIASIS

Combantrin
PYRANTEL PAMOATE

an entirely **NEW** and distinct ANTHELMINTIC.

A SINGLE DOSE
eradicates all the 3 common intestinal worms



Distinguished For...

- **UNPARALLELED EFFICACY...**
cure rate as high as 95 to 100%
- **UNMATCHED SAFETY...**
virtually free from side effects
- **UNPRECEDENTED CONVENIENCE...**
simple and small dosage (a child would require 1/2 to 1 teaspoonful of Combantrin Suspension)

SUPPLY:

Oral Suspension

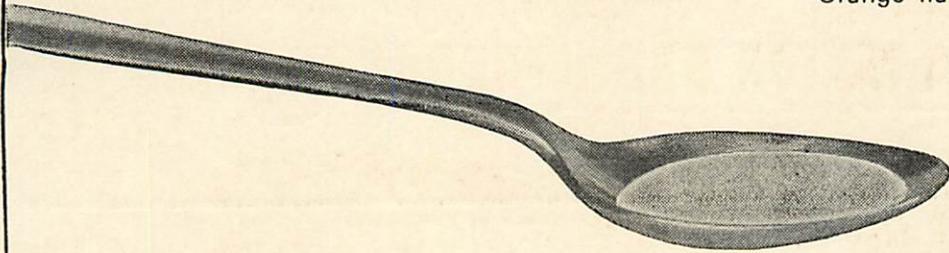
pyrantel pamoate equivalent to 250 mg. pyrantel base per 5 ml. (approx. one teaspoonful), yellow, caramel-flavoured available in 10 ml. bottles.

Tablets (pyrantel pamoate equivalent to 125 mg. pyrantel base), orange coloured, available in package of 5 tablets.

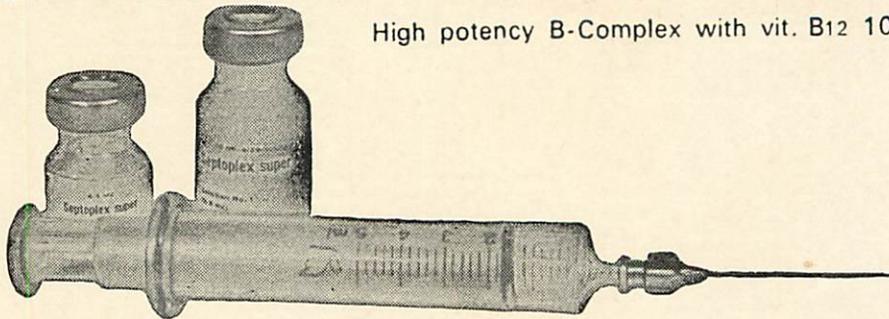


Science for the world's well-being

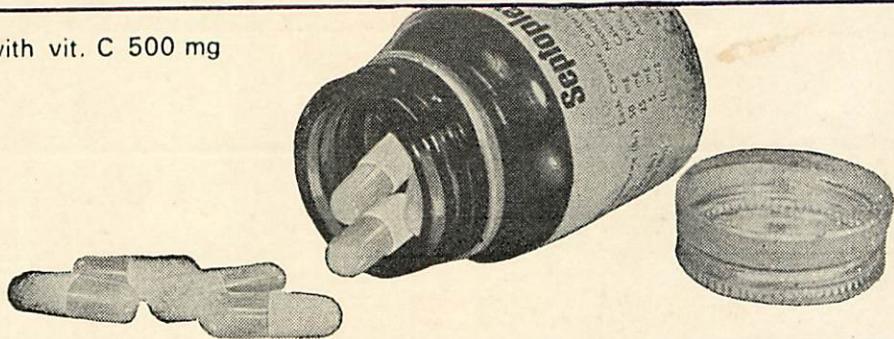
Orange flavoured syrup



High potency B-Complex with vit. B12 1000 mcg



B Complex with vit. C 500 mg



For positive B-Complex therapy

Septoplex Syrup

Septoplex—C

Injection

Capsule



Macrodex[®]



Two major achievements from the same bottle

- 1** reliable, lasting and safe plasma volume expansion
- 2** safe and effective prophylaxis of post-operative thrombosis during and after surgery

This combination *is unique* and cannot be obtained by giving whole blood, blood fractions, gelatin or any other solution.

Scanned by Office of
Amin H. Karim MD

Macrodex

- optimal benefit for your surgical patients
- extensive documentation and information available on request

Macrodex

the original dextran 70
product from
Pharmacia, Uppsala, Sweden



Pharmacia

Sole Agents: Shamsul Arfeen & Co., Head Office: Alavi Chambers, North Napier Road, P.O. Box 4245 Karachi-2.
Phone: 22 32 53—23 47 65