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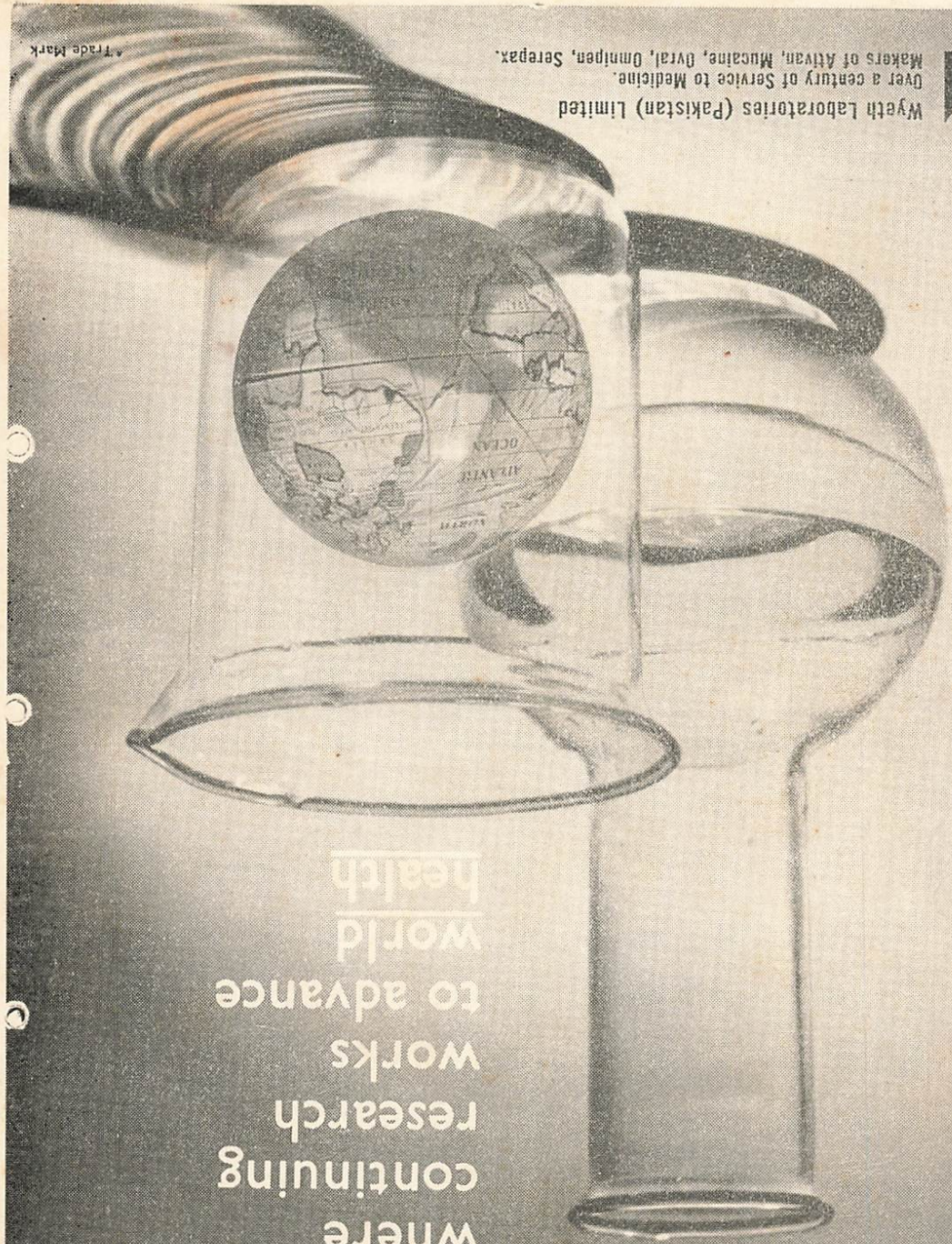


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Dowlite International 1972

Chairman : PROFESSOR M. A. QAYYUM

Magazine Secretary : WALTER SILVEIRA

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Chairman Magazine Section
PROFESSOR M. A. QAYYUM

MESSAGE FROM THE CHAIRMAN

I appreciate & Value the gesture of the Students of Dow Medical College in Choosing me to be the Chairman of their Magazine for the year 1972-73.

This I take as a token of their confidence & regard reposed in me.

It is with great pleasure that I comply with the kind wish of Mr. Walter Silveira the Magazine Secretary & the editor of 'Dowlite', for a few words of cheer for the 1972-73 Annual number of the magazine.

I happen to be the witness this year to the plight of the Magazine Secretary & Editor in his efforts to bring-out this magazine. He had to face more than his predecessors had to, handicaps of paucity & late release of the union funds, the exorbitant cost of printing & publishing & most of all the apathy on the part of advertisers, who form the bulk of the financial support on which the Magazine Secretary can fall-back upon.

Apart from concentrating on the task of editing the magazine & putting all his efforts to raise its standard, he had to devote much of his valuable time & energy in raising funds by soliciting advertisement from various business establishments from all over the city. This formidable task has been surmounted by his untiring efforts, and the efforts the editorial staff for which they, deserve Comendation.

This issue of 'Dowlite' shows some changes from the previous issues in its staff section. Instead of the customary articles by the members of the teaching staff on medical topics, the magazine secretary has included the interviews he had with each of the professors on topics of general interest to students. Some of the topics taken up for the interview are: College administration vis-a-vis student problems Politics and Extra-Curricular activities and students, student teacher relationship Semester System, the facility of teaching and learning in D.M.C., Parity in the Examination results of D.M.C. and L.M.C. and future of the Medical profession.

Student Section comprises of articles which dwell around the lighter aspects of the professions rather than text book extracts.

A few of the new feature are a sections on Psychology and its importance in the undergraduate teaching. Religions and Philosophy is yet another new topic to have been included in this magazine.

On the whole, as you shall be judging it by yourself, it reflects the extents of the social and cultural activities of the students rather than merely on their medical studies.

In the end I wish to record my appreciation and commendation on the effort of Mr. Walter Silveria the Magazine Secretary and the editor and of all his colleagues in the editorial board who have made it possible for your Magazine to achieve this standard.



PATRON PROFESSOR A. WAHEED

Message

From

The

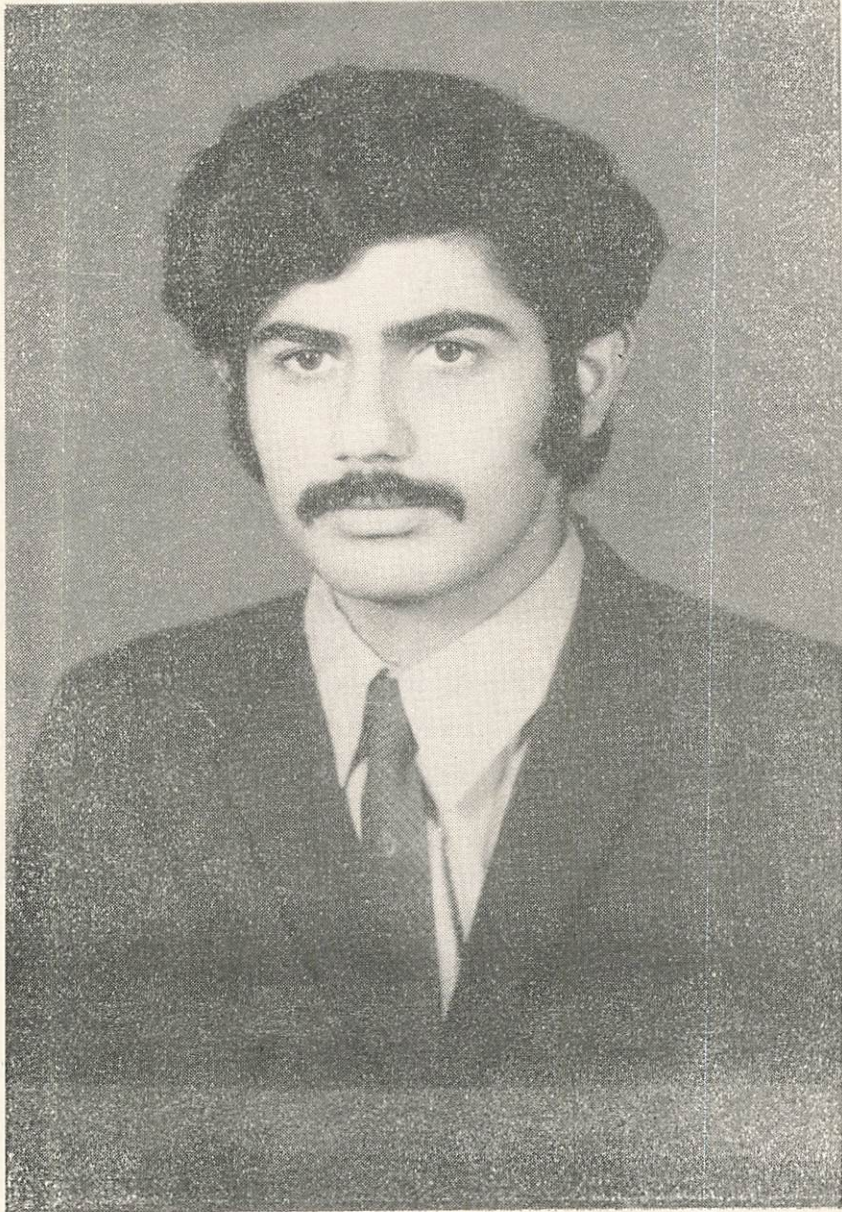
Patron

It give me great pleasure to put on record my heart felt appreciation for the magazine Secretary, Mr. Walter Silveira who has under most trying conditions been able to keep up, not only at par but at a progressive level the publication of the College magazine.

It will not be out of place to say that the College Magazine has got the most moderative influence on the minds of the students and gives a general enlightenment about the academic requirements of this Institution.

I wish the Union and the editorial board every success in bringing out this magazine.

ABDUL WAHEED



AFTAB AHMED
PRESIDENT DOW MEDICAL COLLEGE STUDENT'S UNION

PRESIDENT'S MESSAGE

The past year has been one full of activity. Academic activity, social activity, political activity and activity in the field of sports. This only goes to show that the students of Dow Medical College have been active in every sphere of student enterprise and have carried the glorious traditions of the College a step forward.

At the beginning of the year when the present Union took office, the students had been deprived of college activities for four long years, and were impatient to set the ball rolling. All members of the Union made it a point to do their utmost to fulfil their manifesto and it was this that made for so much activity. As I write these few lines, the tenure of the present Union is drawing to an end I can look back with some satisfaction on its performance. However this has only been possible through the efforts and guidance of all students of the College and I congratulate each one of you.

I end this message, with best wishes for the future and sincere thanks from all cabinet members of the Union.

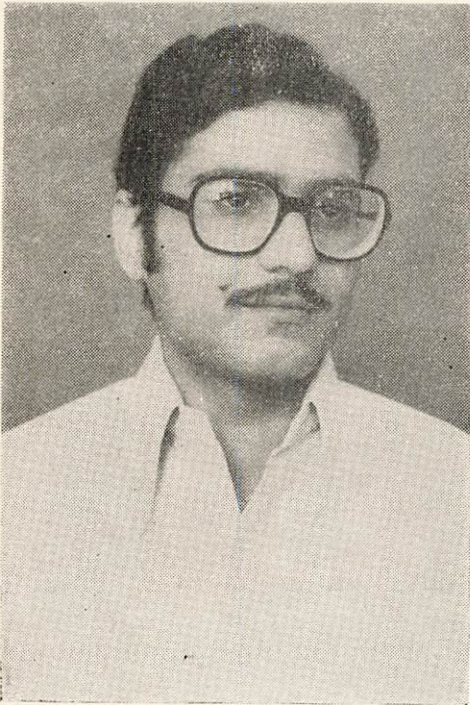
AFTAB AHMAD



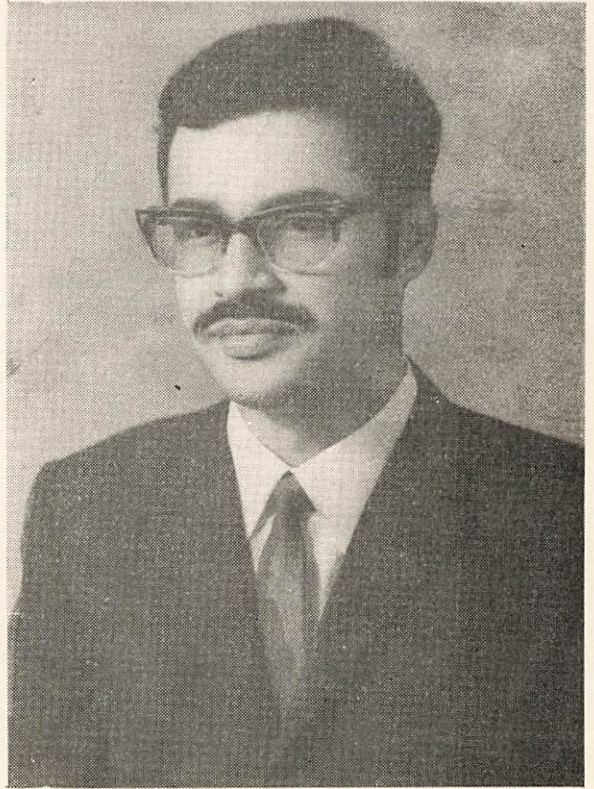
GENERAL SECRETARY
NAZIR AHMED MEMON

ASSOCIATE EDITORS

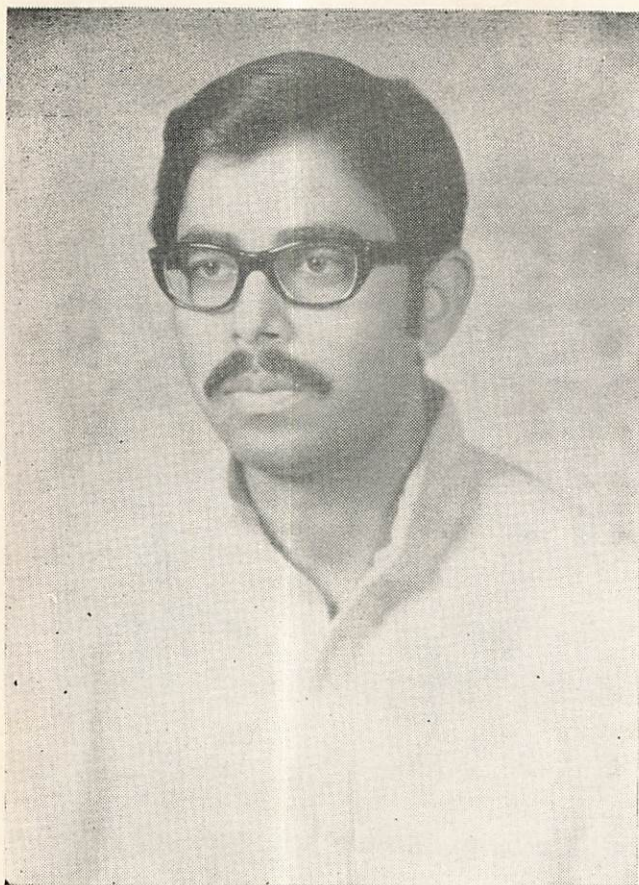
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TARIQ SHAH



NIZAMUDDIN AHMED ZAKI



HILAL ANWAR

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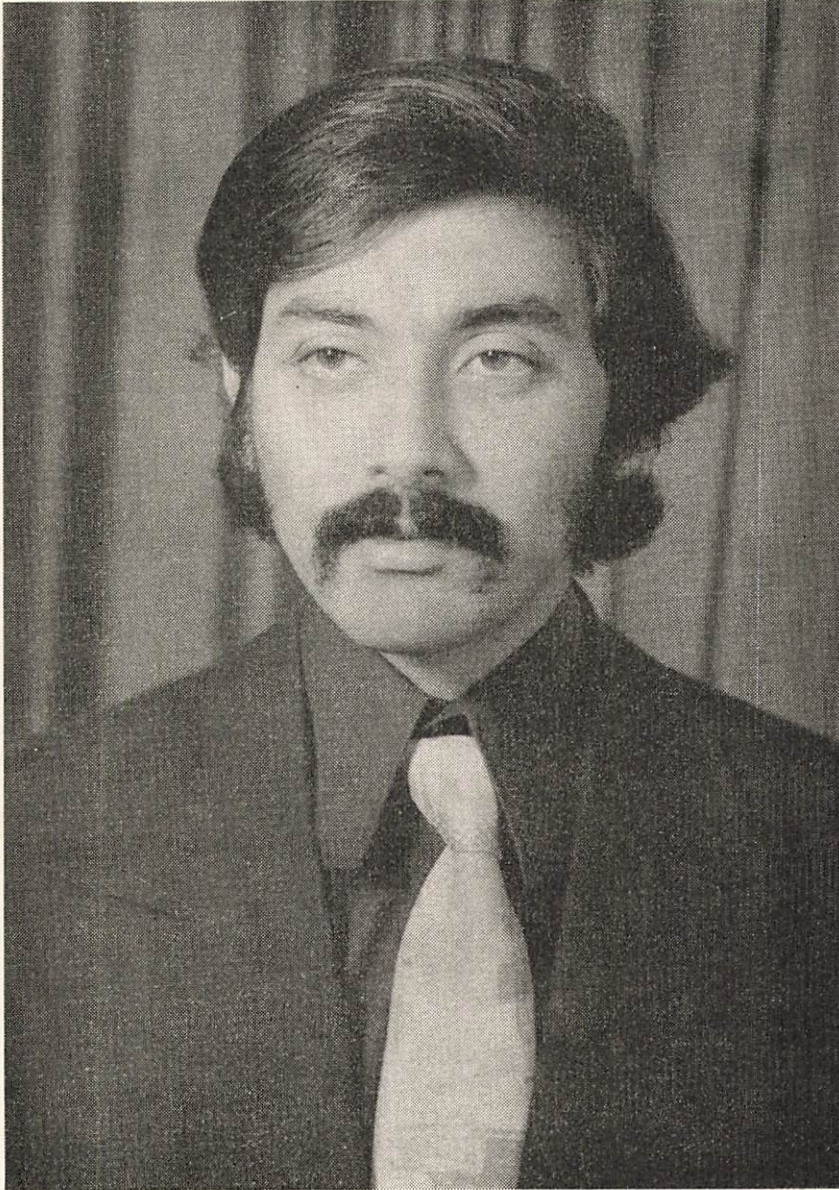


NAEEM AHMAD ZUBAIR

DOWLITE IN THE MAKING

- Being entirely prosaic and factual, Dowlite in the making, amounted to :--
- ... preparation of format, that was different from the old stereotyped affair.
 - ... collection of articles to fill in the requisite blanks.
 - ... persuading the gentleman from the press to go ahead, 'gratis', to be paid later.
 - ... running around in circles for advertisements to subsidize the huge cost of the magazine. Of these objectives what has been achieved is :--
 - ... a magazine of quality, literally and otherwise.
 - ... presentation of a variety of reading material, some of which are calibre articles, and others the best.
 - ... dispensation with the monotony of medicine in the college magazine (we hope our successors will do the same).
 - ... and finally a fulfillment of the manifesto of the magazine secretary to create a magazine with the difference.

This is the I magazine
You may read it if you please
And a vote of thanks to all those who helped
in 'Dowlite in the Making'



WALTER SILVEIRA
MAGAZINE SECRETARY AND EDITOR
PRESIDENT:
PHOTOGRAPHIC AND ARTS & CRAFTS SOCIETY

Editorial

Here & There

Dowlite International 1972 is the 'I' Magazine. Personal. of you.
of me. of we. of they. of self. To-day is the day of the self. Let us celebrate.
Not anonymous anymore. Here to see. To feel. To live. We live. Among
the moments. Among the flowers. In the age of God. O
circumstances. Here and there. Now and then. Pause. Again living.
Pause. Forever.

I hope you like the Magazine.

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OUR ALMA MATER

AND

U S

Professors

Viewpoint

Interviews

Suggestions

Opinions

Advice

On

Subjects

Concerning

You

And

Me.

"I FEEL THAT THE JOB OF AN ADMINISTRATOR IN THE MODERN SET UP HAS CHANGED MEANING, THAT ONE HAS GOT MUCH MORE TO DO FOR BRINGING UP SOCIAL AND ACADEMIC PURSUITS TOGETHER"

PROFESSOR A. WAHEED SPEAKS TO HIS COLLEAGUES HE IS CANDID, FRANK, HONEST AND REFRESHING.

Q. 1. SIR, DO YOU FIND IT DIFFICULT, BEING AN ADMINISTRATOR ?

Q. 2.

Q. 3.

Q. 4.

Q. 5.

A. I Well.....there are difficulties that, one has to face and to start with I like my students to appreciate that, the Administrator is equally fatherly and near to all. I have been feeling that due to the elections in the Union whichever or whoever comes to office has got to get all the official patronage for all extra curricular activities. There should be no discrimination by the Union towards, any student or group of students as far as the official functions of the Union are concerned. Through my constant endeavour in the recent past I am satisfied that the office holders of the Union have always cooperated with me and taken my advice for a general attitude of benevolence and patronage for the rights of all the students irrespective of party affiliations. I feel that the job of an administrator and a principal in the modern set-up has changed. meaning, and one has go to do much more for bringing up social and academic pursuits together. At the same time the standard of medical education needs a strong safeguard, and the oral environment of the teaching institutions

should be made conducive to hard work, discipline and fellow-ship among the students. We cannot claim any credit from any quarter, if we are not able to take strong initiatives in this direction.

INTERVIEW WITH PROFESSOR A. WAHEED.

Q. 2. What do you think about the teacher student gap that exists today; also referred to as "lack of communication?"

A. I feel that the teachers and students have been insiduously losing contact and getting farther and farther apart because of lack of enthusiasm, on the part of either party. The students were getting less interested in didactic lectures and routine prototype teaching. While the teachers have been building up an attitude of indifference and have become easy going without any loss to themselves. To my mind none of the teachers could be cited as an exception to this observation. I shall not be misunderstood by any of my colleagues and teachers nor by my students as my attitude has always been objective at all costs and I wish and pray that things will change again as they have already started. And people will realize their responsibilities and so do their duties without any reservations in all walks of life.

Q. 3. Sir, How would you define a typical Medical Student ?

A. I feel that definitions become too limited in whatever form they may be. It is most difficult to define anything perfectly or completely. To me a typical Medical Student should be able to take up studies seriously and work hard for gaining every knowledge in a religious manner.

Apart from building up an ideal personality he/she should strive for understanding the common attitude of people in society. He should be able to keep his eyes open to everything that is going on around him locally and elsewhere, so that he is able to compare himself with a similar society anywhere in the world. So if a Medical Student becomes conscious of falling standards of academic life or any of the extracurricular aspects concerning Medical Students, he will definitely make an effort to improve himself and alter the level of the general standard of proficiency and will make use of all available facilities, i.e., the teachers, laboratories, college library, the hospitals wards, and other facilities, including extracurricular activities and sports.

Q. 4. Sir, what do you think about students, participating in politics, especially in Dow Medical College ?

A. I would have felt very happy if you had not put this question to me, because by nature and by birth *I am not a politician* !! I have however been falling in the mid-stream of politics of my students throughout the years that I have been a teacher or an administrator. With my 30 years of teaching experience, which includes 6 years in India 24... years in Pakistan and 6 months in U.S. A , I have been constantly changing my outlook in teaching methods in dealing with my students. I can say without any fear of contradiction that I have never found any of my students seriously involved in active politics of the country where I have had my experience, What has been the real state of

affairs is that some politicians from outside the Institutions have always been trying to get support from innocent minds by misguiding them through popular slogans. I have always countered these attempts by attracting my students to internal organization and unity for the betterment of the students in general.

The students have been getting our advice and also the advice of our colleagues from getting into practical politics though we have never prohibited them from learning what politics means, so that they may remain fully equipped to safeguard their own rights in the present environment as well as when they get out of this Institution. In one word I would say that politics is thrust upon the students.

Q. 5. Do you think it is practical for professors to teach and practice at the same time.

A. I being a non-practising teacher have got no personal experience in this matter. I feel that teachers must have plenty of time reserved for preparing the lectures and should keep in touch with all available current literature on their subjects. If any teacher feels that in all honesty any part of this practice interferes with this requirement then he should voluntarily give up his practice and get the required time for keeping up his academic health.

Q. 6. What advice would you consent to give to the teachers and students, that would improve the general standards of academic achievement.

A. My advice to the students in general is that they should realise that medical education is going to make them into the noblest of persons, and they are going to play a role in society which will be as high as next to God. This is a very great responsibility. The students should be aware of this responsibility while walking, talking studying residing in the hostel attending classes or going out in the bazar and the places in the city or when they go to their homes. This enunciation reads like a sermon but if sermons had any meaning in reality in the past, or they have any meaning to-day, or they are going to have it tomorrow then this one is the most meaningful and practical sermon. Our students have a half baked mind and personality at the time they enter our institution and they will not be able to achieve these minimum qualification unless there is proper environment for it.

**FOR THE ILL AND THE DISEASED OF THE CITY
OF KARACHI, CIVIL HOSPITAL IS LIKE AN
“OASIS IN THE DESERT”**

PROF. M.M. HASSAN AND THE CIVIL HOSPITAL

Q. 1. Sir, as administrator of Civil Hospital, which is one of the largest hospitals in the province, could you please tell us about some of the difficulties that you are faced with in the course of administration.

A. 1. I shall put it very briefly as follows :

The number of patients, unfiltered, that is cases that have not been referred, in the out patients department, amounts to approximately 8000/day.

This number cannot be looked after properly because of the inadequate number of doctors on duty.

And, these patients are sometimes unable to get medicines because of the insufficient budget allocated for this purpose.

Apart from this, in a city like Karachi with a population of approximate 38 lakhs, the incidence of injuries and accidents is pretty high, and the number of beds available is not in proportion to these requirements.

This is because, the Civil Hospital is a teaching institution and the number of beds is made available according to the requirements of the Pakistan Medical Council.

Then the number of patients within the hospital amounts to 1200, many of whom require life saving drugs every day, and at times the funds are inadequate to purchase the drugs resulting in shortage.

I think that if there was another hospital, which could take some of the load, a great many problems would be solved.

Besides in the new health scheme proposal of raising the funds, 3 times its original amount, is under consideration. This would be a great help.

Q. 2. Sir, could you tell us, what measures, you have taken to improve the situation ?

A. 2. I have taken a great many administrative measures, during my term in office. I have streamlined procedures pertaining to the treatment of patients, diet, drugs, and other necessities. I have made an effort to improve the casualty department, and I have made special programmes for rotational duty of doctors.

As far as the various units are concerned I shall give you a brief summary.

The operation theatres are being given special attention. Arrangements are being made for an emergency theatre unit with 3 operating rooms. The students gallery is being renovated and I have intentions of installing a television set in each theatre. This is in progress and shall most probably be completed in the current financial year.

In the Neurosurgery ward, an airconditioned fully equipped theatre has been provided, costing several lacs of rupees. Routine E.E.G., arteriograms, removal of neoplasms, fractures and injuries are dealt with routinely. However the number of beds are less and effort in this direction is being made.

As far as the paying ward is concerned there are plans to build a new block on the existing surgical units I, II, so that students can be provided with better facilities.

The rehabilitation department is working efficiently in two components, one is engaged in the manufacture of prosthesis and the other component is to impart training.

In the Urology ward, at the moment there is only peritoneal dialysis. We intend very soon to set up a kidney dialysis machine.

In the Paediatrics department we have made arrangements for infant care after birth, to be handled by the Paediatrics department in order to take some of the load of the obstetrics. At the same time facilities for whole blood exchange and premature infants have been provided.

As far as the Cardiology department is concerned, a shipment of lifts is on its way and very soon we shall not have any complaints, from other wards also.

The laboratory facilities are adequate and in liasion with the Pathology department for biopsies, and are working well.

Radiology is functioning efficiently.

As far as Eye is concerned, we intend building a new block as I did in Liaquat Medical College which is fully equipped and almost classical.

Q. 3. Sir, you mentioned in the beginning, that shortage of doctors has been a problem. Why is this so? and what can be done about it?

A. 3. The sanctioned strength of doctors is totally inadequate. We have vacancies nevertheless, but it seems as if doctors are not interested.

Recently, however, the Adhoc system of appointment has been put into practise and also Junior Class-I status has been given to Doctors.

Also, I have been stressing with the authorities, on a compulsory rotating internship of at least 1 year for our boys. This of course would be a paid job of at least Rs. 300/- per month, with residences, even on rent, so long as proper accommodation is not made available.

This internship is recognised in the U.K. and if one has passed E.C.F.M.G. then internship of one year in Pakistan, entitles the doctor to better prospects.

Q. 4. Sir there appears to be inadequacy of funds, of beds, of doctors. What about the nursing staff.

A. 4. The Nursing staff is extremely deficient. Not only in Civil Hospital but in the whole province. The reason being that the stipend for nurses has been fixed and there are no more vacancies. I have made attempts to increase the sanctioned strength of nursing staff and we shall see what progress is made.

Q. 5. Sir, finally, what immediate steps would you advise, that would help in some way to solve the problems of the ill, and diseased who visit our hospital.

A. 5. As I said before, the major problem is of the O.P.D. I feel that a new block adjacent to Civil Hospital would greatly facilitate things.

I have approached the Health department and asked them to sanction or to attach to Civil Hospital, the adjacent Civil Defence Services hospital where a new block can be built. I do not know what will come of it, but one can always hope for the best.

As far as the Epidemic Diseases Hospital is concerned, those premises are not available and it does not fall within the jurisdiction of the Health Department.

Now the major problem that still remains is that of money and it is upto Philanthropists to come forward and donate generously for the Hospital the people and the country.

The Lions Club is doing a splendid job and I wish them all the best.

I would end by saying as one doctor on a visit said of Civil Hospital. "It is like an Oasis in a Desert".



An Interview With *Prof. Col. Najeeb Khan*

Prof. of Medicine, Dow Medical College

Q. IN YOUR OPINION, SIR, DO YOU FEEL THAT THE EXISTING FACILITIES FOR TEACHING, ARE ADEQUATE FOR THE NUMBER OF STUDENTS PRESENT ?

A. Adequacy or inadequacy of training facilities of our college in the teaching hospital have to be viewed with the background of a developing nation, as we are, and not with the standards of the developed nations. We can neither copy U.K. nor U.S.A. Pity is that most teachers and the students compare the facilities here with what they read to exist in U. K. and U.S.A. That we cannot achieve now and it would not be right to expect them to be made available now ; though I am the only member of the teaching staff of this institution, who had his undergraduate training in England, and should expect that to be available here.

In 1962 as a WHO consultant on medical education I had the opportunity to study medical education, not only in the developed countries like U. K., U. S. S. R., France,

Germany and Italy but also of the developing countries of Eastern mediterranean like U. A. R., Iran, Lebanon, Syria and Iraq. All that has been published in the proceeding on the first WHO Medical Conference of the Eastern Mediterranean regions, which I had the privilege to arrange in Iran in 1962. That study opened my eyes and changed my outlook to the problem of medical education in the developing countries. We have to have more doctors if our people are to be given essential health care. The minimum standard of a doctor in the space age is to be a graduate doctor. U. A. R. and Iran have succeeded in providing adequate number of doctors for their people though they started the present era of development much later than we in Pakistan. In those countries 400-500 students are admitted to each Medical College yearly and we have to do the same. It was with that view at L.M.C. that I increased the annual admissions from 40 in 1956 to 200 over the years that I was the principal.

THE FACILITIES WERE ENHANCED, GREATLY ENHANCED, BUT NEVER TO THE STANDARDS AT WHICH I MYSELF WAS EDUCATED.

The biggest need for undergraduate training is not too many eminent professors but well educated, willing and interested teachers with post graduate qualifications. For undergraduate education and training there is no place for superspecialists specializing in superspecialities and the very expensive equipments which they need, but only well equipped Deptt. of Pathology, microbiology and radiology. For basic teachings not very much equipment is very much essential and for clinical teaching the most essential commodity is the patients of whom there is no dearth in Karachi.

Sometimes with abundance there is shortage and at other times there is abundance with shortage. The experiment in which my clever young resident staff participated last year is worthy of mention. We had the challenge to teach clinical medicine to 60 new Third year students who were posted to my unit. We divided them into small batches with 7 students in each batch and put them under the tutelage of a leader which included the professor, assistant professor and the residents. We had all rehearsed together as to what to teach and how to teach and that is how each tutor taught. Periodically the groups rotated and each group went to every one of the tutors. One assistant Professor posted to teach the third year thus became ten teachers.

There is no reason why all the hospital beds in Karachi cannot be included in teaching programmes and all the consultants made to teach, provided they are keen to teach.

Highly qualified professors not teaching or doing research would make any institution inadequate in teaching programmes. Demonstrators in the basic deptt., not demonstrating makes them useless. Laboratories only used for couple of hours a day for one discipline would make them inadequate but if each laboratory is a multipurpose one and is used all day for various disciplines would make our college adequate.

Q. THERE SEEMS TO BE, SIR, AN APPARENT LACK OF INTEREST, ON THE PART OF THE MEDICAL STUDENTS, IN THE PROPER PURSUIT OF THEIR STUDIES. COULD YOU STATE SOME APPARENT REASONS FOR THIS ?

A. You are perfectly right that there is lack of interest in their studies in our medical students and the point is much worse in D. M. C. than the other 3 medical colleges I had the privilege to teach, L. M. C., Dacca and Multan things are going from bad to worse each day.

As I have repeatedly said and said aloud, so to say from the housetop, the fault lies with the teachers and the administration. About young students I have learnt by working under the tutelage of my wife in the garden of my house. The young trees have to be looked after carefully pruned and scientifically wasted if they are to grow into tall trees with shade, otherwise they grow crooked. One of the older trees of my house are crooked because I did not prune them sufficiently. Students going wrong are like the crooked trees. Adolescence delinquency is due to the neglect of the parents and lack of interest in the studies of the Dow students is due to the lack of interest of the teachers and the administration.

If the students coming an hour late can get their attendance in the wards, and if the students who are most irregular in classes can go for exams. against the university rules of attendance.....who is to be blamed ? If the students can pass their examination without studying during the term time by repeated postponement of exams. upto a year as our present final year, and by getting 180 grace marks as our university has allowed and by having 100% choice as the examiners have accepted, why should a student study ? Standard of examinations has to be brought down to allow high pass percentage, or the student will beat up the examiner. Or the administration will condemn the teachers for not teaching properly, though the attendance in classes is hardly ever more than one third.

We in Pakistan are very keen to blame others, and that is what we all do at Dow.....the students, the teachers and the administration. Thought in my humble opinion the most guilty party is the administration who do not impose rules and regulations upon themselves, teachers and the students. In my opinion the academic freedom of the university is a and the medical councils seems to have closed its eyes to all our irregularities. And the administrator worries about the prudence of keeping peace and order at the expense of standards. We all want to avoid "gheraos" and "strike" and the result is obvious.

Q. SIR, DO YOU THINK, THAT PRIVATE PRACTICE, ALLOWS THE TEACHERS SUFFICIENT TIME TO KEEP IN TOUCH WITH THE RECENT DEVELOPMENTS ON THE SUBJECT, AND IMPART KNOWLEDGE OF THE SAME, TO THE STUDENTS ?

A. Private practice has been blamed for many things in the Medical College of Pakistan.

Though when I was an undergraduate in England, all my clinical teachers were practicing but they were wonderful, eminent, disciplined and hard working and progressive teachers.

At the D.M.C. and C.H.K. out of 300 old doctors only 28 are allowed practiceclinical professors and assistant professors. Can one blame all the ills of medical profession on the practice of these 28 clinical teachers? Are the basic professors, assistant professors, and demonstrators more well read and more absorbed in research? They are non practicing when compared with the clinical teachers who are practicing. I am bold to say that contrary is the case.

The practicing clinical Prof., has to compete in the open market with the consultant of the world. Therefore purposed to have to keep a-breast. Many of my private Patients have to go to U. K. and U.S.A. and if I am proved to be out of date or in the wrong, those patients will not come back to me on returning home. Let me also state another unpalatable fact that most of the nonpracticing doctors in C.H.K. and D.M.C. are also practicing.

Declaring 28 clinical teachers who are now practicing as non practicing may make them follow non practicing doctors who are practicing. Practice should be such that it does not interfere with the normal duties and responsibilities of a teacher. That is the specific condition on which practice is allowed. That condition if enforced cannot be against the interest of the college and the hospital where the teacher works.

I observe that in letter and spirit. To me my private practice is an asset as a professor but I have only a small practice.

Non practicing professors if properly selected, properly innumeraed and properly supervised and kept away from practice may do better than a practicing professor. But I am certain that none of those 4 provisions are practicable in Pakistan.

Pakistan is different from other countries which our whole nation has accepted by providing the new draft constitution, 2/3 majority for the vote of the non confidence in the selection of Prime Minister, which does not exist in any other country of the world.

Q. SIR, BEING IN A POSITION OF AUTHORITY, HOW WOULD YOU ADVISE FOR BETTER ADMINISTRATION THAT WOULD HELP IN THE EFFICIENT FUNCTIONING OF THE WARDS AND CLINICS FOR STUDENTS AND TEACHERS ALIKE.

A. I am not in a position of authority, though once I may have been considered to be in that position but recently I have refused to accept that position. Of the many bad things I

Q. DO YOU FEEL THAT THE MEDIA OF INSTRUCTION ANY WAY, ADVERSELY AFFECTS THE UNDESTANDING AND PERCEPTION OF THE SUBJECT OF MEDICINE ?

A. There has been a great dela of talk on use of mother tongue to facilitate teaching. To my mind comes recent T. B. discussion on the subject when Mr. G. Ahmed was asked the same question as you have asked me. He had replied, " Teaching in mother tongue is advantageous provided it is the correct mother tongue. Eskimo's mother tongue won't help us in learning !

A language has to be prepared, a language has to mature to become a vehicle to teach science. In England tilla century ago Lalim was the language of medicine as English then was not adequate as a vehicle for science.....teaching and research.

In Switzerland and Scandinavian countries, medicine is taught not in their native languages but is taught either in English, German or French. In U.A. R. President Nasir started to teach medicine in be harmful in the national interest. As Arabic was not found to be an adequate vehicle for science. In Syria on the other hand they are persisting with Arabic as media of instruction in medicine with most unsatisfactory results. The junior doctors translate French books whose translations are inadequate and obsolete. When I was there I tried to get a Damascus Professor to translate the Arabic text in French and compare it with the original text. It was sad to see that state of affairs.

I have tried to translate 2 of my small books for my people....."How to live with Diabete" and "Heart and health", but the results have not been good though the second edition is better than the first.

We must keep on doing such exercises till Urdu is ready to become a language of science. Asian another aspect is that by using English as the media of instruction of medicine we have at our disposal the wealth of science and progressive research which is unique in the world. We cannot translate all that, and even translation of a few books will be a wastage of money which we cannot afford.

Therefore my advice is to use the advantage of the situation, which has made English as our second language and keep on teaching and learning in English and review the situation after 2 decades.

Let us not forget that ispite of learning in English the post graduated gone abroad competed most favourably with the post graduated in an English speaking world. Therefore learning in English cannot be a serious handicap to our students who want to learn.

Let us therefore strengthen the teaching of English in the course as recently has been done in undergraduate training.

did in my life I can recall three which I will not repeat if I were to live again in Pakistan.

- 1) I smoked for 30 years.
- 2) I was medical superintendent of a major hospital for 20 years.
- 3) I was principal of a medical college for 10 years.

All these three I gave up. I don't wish to embark on those again. The head of an institution has to be an example not only in his work but in his living and most of all in dedication. The last is the most difficult to find, one cannot be dedicated unless, one is in love with the institution, and consider it a life long mission, to further the cause of the institution. It is to be like a mother dedicated to a child that is what I thought towards the students for 10 years, and towards the hospital for 20 years. The head of an institution like a college and hospital has to have a special aptitude and training besides the dedication and love about which I have just spoken. There for selection on the basis of seniority to get into the dead man's shoes.

The support of the government is essential for the success of the leader of the college and hospital and assessment of their performance, is vital to keep them on their toes. The superintendent of the hospital says that life saving medicine is not available in his hospital, amounts to saying that he is not doing his duties. To say that there is no discipline in college proves that the principal is not doing his duty. Leaders in college and hospital should not accept their chairs unless they can do their duties. We have therefore duties. We have therefore to find men who do their duty and then accept their chairs, and in the line of once duty, 'gharaos' and 'strikes' should not deter a good name.

There is a great deal of controversy between the full time administrator and the part time administrator who are also doing part time professional duties, and also whether the college and hospital should be under one administrator.

With unsuitable, uninterested, inefficient man of either type there will be chaos. But with the right and dedicated man with any type of organization things will progress.

But in Pakistan we seem to try even the men who have been tried several times again and again.

In conclusion I wish to voice the words of the Health Minister, Abdul Waheed Katpar :

"Unless the good are rewarded and the bad punished things will not improve".

It is pathetic to say that intrigues seem to pay a bigger reward than hard work, and with intrigue hard work does not matter.

SEMESTER SYSTEM



Prof. JALISI “*There is a substitute for intelligence and that is hard work, but there is no substitute for hard work. So, work hard.*”

Q. 1. Sir, the semester system has yet to be introduced in our system of education, especially medicine. As one of the advocates of this system, could you tell us, what is to be achieved, and how?

A. 1. In the semester system, what we can achieve is 100% attendance of those who want to go ahead with their studies. Anyone not regular, not attending will have to forego a semester till he covers all the subjects that he was supposed to cover during the time allotted to that semester.

The other reason is that we the professors will have to plan more and plan better, about the teaching programme that we have to offer to our students, the number of lectures and the topics to be lectured on the particular dates, all in advance. As a result we will be able to deliver better lectures and the students will come prepared to us and discuss the subject threadbare.

The third reason is that the British system of examination has failed in this country. Examinations have become more or less like lotteries or crosswords. A student who reads every thing and misses only a few topics and is good, can be faced with those very topics which he has not read in the examination and thus fail. On the other hand a student who has prepared only a few topics, and gets these topics in the examinations passes with flying colours.

Then also, the question of grace marks, 100% results, postponement etc. can be totally stamped out by the semester system. There are many other reasons but these are the salient ones which I would like you to understand at this stage.

Q. 2. Sir, what exactly is meant by the semester system. How is it scheduled ?

A. 2. I dont think that there is anything difficult about understanding the system. The academic year is divided into 3 months periods or 10 week periods, and a series of lectures, demonstration, practicals, clinics are scheduled for that time, alongwith assessment tests and other evaluation methods. If the student performs satisfactorily, he or she passes into the next semester. Thus at the end of the year a nominal examination, of multiple choice type, may or may not be held, and the student is promoted to the next class.

Q. 3. Sir, have you had occasion to see the semester system function.

A. 3. Yes. As a matter of fact When I was in Hyderabad and Multan, I had my clinics and classes running entirely on this system. Of course, we had annual examinations, but I have always stressed on the regularity of the student and his good performance during the academic year. Also this system is prevalent in America and England and stress is now being given to the year round performance of the students.

O. 4. Sir, do you feel that there are any difficulties in implementing the semester system in the medical curriculum.

A. 4. There are no difficulties whatsoever. All we need is the desire to work hard. There are however, a few factors that go along with the system and its efficiency.

The first thing is admission of students into medical college should be purely on basis of merit, so that there is no such thing as backward students in the class.

The second thing is that recruitment of teachers should also be on merit. Seniority should not be the only criterion. One must look at the record of performance in the selection. To quote an example we have Professor D.F.N. Harrison who at the age of 36 became the professor of E.N.T. for the whole of England, Ireland and Scotland.

Otherwise there areno obstacles. I find the students are good, hardworking and willing to study. So apart from a few things there is no reason why we should not have the semester system,

Q. 5. Sir, is it really possible to run such a system with complete immunity from the outside influences that are normally in action in our college.

A. 5. Yes I think with the new University Ordinance, a great deal of Autonomy has been given to the University and affiliated colleges, and we could free ourselves from the outside influences.

Q. 6. Sir, how would you recommend that we start in the new order? Also, since, this is both feasible and in the best interests of the students, do you not think that this should be the demands of the students as well.

A. 6. I think we could start with the students who get admission into the college now and carry on with the coming generations.

However I do not advocate that students should take part in politics concerning decisions that are academic. We have to wait and be patient. There are no short cuts in planning. In the new health scheme there is a plan for introducing the semester system and let us hope it comes.

Q. 7. Sir, this is all very well. The problem that comes up is that the Semester system, makes teaching a full time job. This will have to dispense with private practise. Would you like to comment?

A. 7. It is all a question of the desire to teach and sacrifice. I am of the opinion that a teaching job must be non-practising. In fact all professors and teachers abroad are non practising.

Of course there are some preconditions that must be fulfilled in order to make it feasible. Good emoluments, Rs. 4,000/5,000 per month, free accommodation, telephone, transport, better working conditions, better libraries, better equipment, less routine work in the O.P.D., filter clinics to take the routine cases and transfer only of cases of academic interest, to the professors. All these things are necessary. And I do feel it is being idealistic but then the younger generation of to day is looking for change For the better.

Again I would advocate that our institutions should be built into campuses where teachers and students live together, as one big family, and mutually interested in the solution of common problems for the achievement of greater and greater heights.

Q. 8. Sir, what advice would you like to give to the students.

A. 8. Simply this. There is a substitute for intelligence and that is hard work, but there is no substitute for hard work. So, work hard.



I WOULD ADVISE MY STUDENTS TO PRACTISE THEIR RELIGION

MADAM AZIZ speaks about the importance of Gynaecology & Obstetrics in internship

- Q. 1. Madam, could you please tell us why it is important to be posted in Gynaecology and Obstetrics during internship ?
- A. 1. The importance of Gynaecology and Obstetrics should never be underestimated. The majority of doctors in our country are general practitioners and it is very necessary for them to examine and diagnose a gynaecological or an obstetrical case and prescribe the right treatment and when necessary refer the case to the specialist in time. This is much more important for the female doctors as they in general practise have to deal mostly with the female sex involved in such cases. Doctors with none or insufficient

preliminary experience working in District hospitals and rural areas will not be able to cope with simple cases like forceps, evacuations etc., and similarly in undergraduate training, boys should learn to do at least abdominal examination and take note of abnormal bleeding etc. In the villages, usually the only doctor is a male doctor and he should be able to diagnose a case in time.

Internship in Gynaecology & Obstetrics is also important indeed, necessary for post graduate studies both in Paediatrics and Gynaecology & Obstetrics.

Q. 2. Madam, could you please tell us when a lack of basic knowledge has been the cause of untold misery.

A. 2. I have come across several such examples. In one case of anaemia due to bleeding per vagina in carcinoma cervix, iron was administered. After no response styptobion was given. One after the other medicines were tried until the cancer was so advanced that nothing could be done about it. If the patient was diagnosed correctly earlier a life could have been saved.

Also in cases of ruptured uterus, in grave conditions, a timely diagnosis could have avoided the situation. So also deaths due to ectopic etc., could be avoided if diagnosed in time. Similarly cases of D & C and other minor procedures have resulted in grave consequences and sometimes death with the general practitioners as they had never done house jobs in this field.

I once remember a doctor who practises in the interior of Sind, brought a patient telling me that the patient had profuse bleeding per rectum. Upon examination I found that the woman had aborted and was a case of per vaginal bleeding. Such is the state of affairs when a doctor has no idea of Gynaecology & Obstetrics and he or she is the only medical attendant available.

Q. 3. Do you find any difficulty as far as the teaching facilities are concerned ?

A. 3. Yes. The teaching equipment is far from sufficient inspite of repeated requests for some. The bony pelvis that I am using, dates back to my own college days. The doll that I use had been made by my students. Charts, slide projectors and epidiascopes are lacking in the demonstration room which is itself very small as you know. You have been sweet enough to sit on the windows during the demonstrations. Besides, the demonstrations are held in the museum and one is inhaling vapours of formaline all the time.

Q. 4. Madam, do the students find any difficulty as far as the patients are concerned.

A. 4. The patients are very cooperative. But the students must have the correct approach and should not be childish. Of course, the male students are not allowed to do P. V. in my ward without permission. Each student has to wash up and assist in his or her case

and thus has a close look of the operation and is able to learn much more easily than from a book. Each student also does a vaginal examination along with the doctor. The students must wear their coats in the ward and not joke and talk loudly but behave in a dignified manner as befits their profession. It not only disturbs the patient but most of them don't like it. Students should observe bedside manners.

Once I received a complaint from an army officer who said that the medical student was sitting on the patient's bed while taking the history which was against our social customs. I had to convince him with great difficulty the innocence of the student but with little care the incidents can be avoided and patients will not have any objection to being examined by students.

Q. 5. Madam, the Gynaecology and Obstetrics ward is reputed to be the busiest and most efficient unit. Is this a fact?

A. 5. Regarding efficiency, I myself am not the judge. But I can say we are busy all the time. My staff is very cooperative and hard working. We have duties round the clock and we deal with the patients in the O.P.D., the wards, the theatre as well as the emergency cases every day. We never refuse any patient.

Q. 6. Madam, it is commonly known that you insist on 100% attendance. Could you please tell us why this so?

A. 6. I feel that the students must be punctual and attend their classes every day. This changes their attitude on life, and makes them responsible, careful and exact. I do not like my students to fail. I do not mind scolding them at times if necessary as they are my children and I must use all the means at my disposal to put them on the right path so that they shine not only in their own country but in the world. I even write letters to their parents requesting them to cooperate in the proper education of their children. Previously I used to telephone their homes. I do not like "disgrace marks" the so called grace marks as it brings disgrace to profession, college and country.

Q. 7. What advice would you give to the students which will be helpful for them in their future?

A. 7. (i) I would advise my students to practise their religion. To read, translate and understand the Holy Quran at least a page daily and to follow its teachings, strengthen their faith and live, behave and act like Muslims.

(ii) I would also like the parents to take more interest in their children's education and meet their teachers periodically to know how they are getting along.

(iii) I would like my students to take part in games and sports like swimming and tennis. This will keep them healthy and also away from unwanted activities.

(iv) They should also do social work. Help their neighbours and friends, inculcate and encourage simple hygiene and prevention and organise adult literacy programmes.

- (v) The students should be punctual in studies, should not waste time so that examinations are not postponed and the hard earned money of their parents is not wasted.
- (vi) The students should help each other. They should help the poor students without making them realise that they are helping them.
- Q. 8. Madam you donated books to the students lending library and sometimes to the servants children. What promoted you to do this ?
- A. 8. I am always interested in the cause of education. Hence I try my best that no student fails, at least not in Gynaecology because he could not afford to buy the books. Providing books to the servants children was also done in the same spirit. I hope the students take up this social activity.

The students would also like to register their thanks and gratitude for all the help rendered by Madam Aziz at all times particularly at the untimely passing away, recently, of a student of this college.



Interview with

Prof. Majid Memon

‘Only those who were good students make good teachers’

Q. 1 Sir, Medical education is highly technical. And yet routine prototype teaching is the rule. Would you like to comment?

A. 1 I fully agree that medical education is highly technical. In fact I strongly advocate, that audio visual aids to learning be made a part of the teaching system in our institutions. Simply to deliver lectures is not enough because the students are accustomed to the same method and often do not pay attention to what is going on. I feel very strongly that we must have more models, slide projections, movie films and charts for effective demonstration techniques and lectures having impact and interest.

Q. 2 Sir, are the existing facilities adequate for the teaching of gynaecology?

A. 2 As I said before, we do not have up-to-date equipment. We do not have a suitable library to borrow books from, because shaws Text-book of gynaecology is not sufficient for proper teaching. At the same time I have made efforts to prepare slides of interesting cases and at present I have a large and useful collection of slides which I frequently show to my students. I would like to say also that any request for charts from the bore subjects always goes unheeded and I have to depend on my students to make charts for me.

Q. 3 Sir, prior to delivering a lecture, how much preparations do you put in?

A. 3 I feel that it is necessary to put in a great deal of preparation to make the lecture successful. On my part I consult several text-books and journals, and take parts from here and there to make the subject comprehensive. I do not think it is good for a teacher to read from a paper and it is necessary to make it appear as if the lecture is impromptu. Of course, I expect my students also to be interested in my teaching, and there are very few cases of students who disturb the class because it is entirely optional to attend or not to attend my lectures. I would like to say also that I very frequently use the slide projector and I have made an attempt to teach the students in a systematic manner.

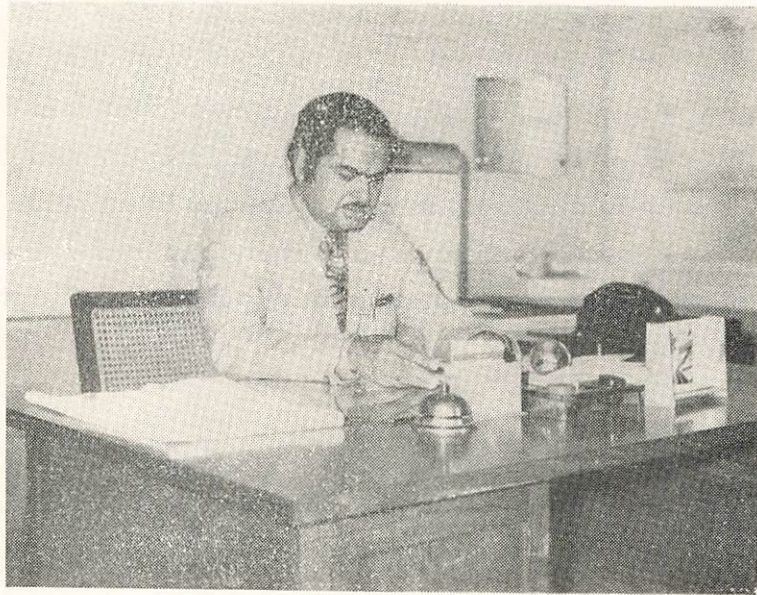
Q. 4 Sir, do you feel that it is the general rule among the teachers to put in a great deal of preparation?

A. 4 I do not know really. The students are often blamed for not being interested and for not working hard. I think that it is more a question of awakening of the students, by creating conditions of study that are both favourable and motivating. Teachers and students must come closer together in a natural understanding, without, of course, losing their sense of discipline and respect. At the same time the number of students should be limited in the clinics and wards, so that the teacher is in a position to know his students. In this connection, I have observed, that students are very keen to learn, and they are intelligent and hard-working. I believe that it is always a good student who makes a good teacher.

Q. 5 Sir, for a teacher to be able to be completely dedicated to his work, it is necessary to give up private practise. Would you like to comment?

A. 5 I don't think so. But still I would not mind to give up my practise and take up a full time teaching job, on condition that the Govt. gives adequate enrolments.

I think however that there are other considerations that are important. I feel that it is necessary to examine the way of recruitment of teachers in our institutions. I advocate a system of selection by open merit. Vacancies when and where available should be advertised, so that only those individuals apply who are interested. Secondly, the jobs must be non-transferable. In this way, each institution should have a board of Governors for selection of candidates, and thus the best teachers will be made available to raise the standard of the institution.



PROF NASEER SHEIKH NO:

THE FUTURE OF MEDICAL EDUCATION
IN PAKISTAN.

A BETTER AND HAPPIER PAKISTAN

Q. 1. Sir, do you feel that there is any future for the medical profession in Pakistan ?

A. 1. The future of the medical profession can be very good but unfortunately as the things are going, the future of the medical profession appears to be pretty dark. This observa-

tion is actually strengthened by the fact that during the last one year hardly any doctor with postgraduate qualifications or otherwise has returned home to settle in his country. On the other hand dozens of very good doctor have left the country and many more are wanting to go away. It is wrong to think that this state of affairs is only because they want to earn money overseas. The most important thing that doctor want is better working conditions so that they could use their talents, and satisfy themselves. They at least want this satisfaction to have served their people to the best of their ability. The local climate will have to be changed to stop this brain drain, but not by force. Majority of the doctors working abroad want to come back even at the cost of huge financial losses but they only want proper working conditions and a proper place in the society.

Q. 2. Sir, How do you envision the role of the doctor in the New Health Scheme?

A. 2. The New Health Scheme seems to be a big hotch potch. There are quite a few things which are very good in it but these are some that are very badly conceived for eg. reducing the role of the scientific doctors and trying to match it with people of other systems. This will take us back while the world is progressing. The most important thing, however, will be the implementation. How is it going to be implemented? Is the medical profession going to be taken into confidence or not. Many Health schemes and reports and policies have been made since the creation of Pakistan, without having any impact on the health services. In the last 25 years we have been able to eradicate malaria, small pox, typhoid, or any of the other infectious diseases. We have been unable to achieve nothing in the field of preventive medicine. We have been spending money but God alone knows where it goes. All this red tapism must be stopped. This is not revenue or taxation but a highly technical dept. where the expenditure in administration should be minimal.

Q. 3. Sir, the controversy over generics to be never ending. Would you like to comment?

A. 3. YOU WANT ME TO MAKE THIS CONFUSION MORE CONFOUNDED. THIS GENERICS HAS MADE THE BIGGEST MESS THAT CAN EVER BE IMAGINED. AS SUCH THE GENERICS MIGHT HAVE BEEN A REASONABLE IDEA BUT THE METHOD IN WHICH IT IS BEING PUSHED HAS LED TO DAMAGE TO THE MEDICAL PROFESSION AND IS GOING TO LEAD TO UNPRECEDENTED CHAOS PARTICULARLY FOR THE POORER PEOPLE IN THE SMALLER TOWNS, VILLAGES AND FAR FLUNG AREAS. PEOPLE WILL PAY MORE PRICE FOR POORER QUALITY AND SPUNIOUS DRUGS AND THEIR HEALTH WILL BE RUINED INSPITE OF THE BEST INTENTIONS OF THE GOVERNMENT.

Q. 4. There appears to be a change forthcoming in the Medical Curriculum, Sir, could you tell us something about it?

A. 4. The medical curriculum does need a change. The change required is in two directions. Number one, readjusting the curriculum from the point of view of our national requirements geared more to preventive medicine. The health of an individual depends on his food, shelter, clothing, environment and psychological background. Therefore, the doctor is the most important person connected with the welfare and well being of the individuals who ultimately make a nation. It is the men in 4 nation who ultimately make a nation and not be machines. Look at Japan and China. It is the men who have made these great nations and as I have said earlier it is the men with sound minds and healthy bodies, and it is only good doctors interested in the preventive medicine and other fields who will create better nations. Secondly as far as the medical curriculum is concerned, our doctors will have to keep abreast of all the work in the field of medicine going on anywhere in the world and they should be much as to complete with the doctors abroad. Pakistan has got a big role to play, where they have to supply doctors

in foreign countries, in the mid-east, where they will not only serve but will also act as ambassadors of Goodwill. Thus the curriculum must be changed but not for one thing and that is to have any nation of making it any shorter-than it is.

Q. 5. Sir, How would you recommend that the standard of education be improved ?

A. 5. By introducing greater discipline in the medical colleges. Driving out the element of politics from medical students. Bringing home to them that they are students of a professional college and that just they must become good doctors and then do whatever they like to do. I think that too much liberty is being given to the students and I am for keeping control of their doing in the hostels. Card system from the first year is a must and his entire progress report must be considered. For promotion. Clerks should be removed from this system because they are corrupt and make a mess of things, I think more attention should be given to selection of teachers and training of teachers in medical colleges. Every post graduate or every physician and surgeon. Cannot be a good teacher. A teacher apart from being clear headed himself must command enough respect and confidence of the students and this is only possible if he can deliver the goods properly and make an impact on the students. Good teachers should be rewarded. And thirdly student teacher relationship must be improved and the so called 'lack of communication' be done away with.

Prof. Rizvi on :

“Student, Teacher Relationship”

Q. 1. Sir, to start with, how would you describe the student teacher relationship as it exists today in D.M.C. ?

A. 1. To be very frank I feel that there is hardly anything worth talking about. To my mind there is almost no contact at least mentally between the students of this college, and most of the teachers, and why I say so is because I find from my past experience in other medical colleges, that, whereas in other places the students always come to the teachers seeking guidance in the various spheres of their activity, here, I find that the two go quite different ways. The students seem to be in no need of seeking any help and the teachers do not seem to be bothered about it and honestly speaking for anybody who has devoted almost all his active life as a teacher it is an extremely painful state of affairs.

2. A. Sir, it would appear as if something was drastically wrong with the students could you attribute any reasons for this.

A. 2. Of course nothing can come out of nothing. There is always some reason for everything. Whether my estimate of these factors is right or wrong is a different story but the reasons to my mind are, number one from the very inception of Pakistan this is one college where the greatest number of heterogeneous elements have come together and probably they have never been able to overcome the various barriers which exist between people belonging to various cultural entities.

The Karachi life being a much more commercialized life of a large city gives people very little time to do anything beyond the very essential duties and those extra opportunities of contact between the teachers and students which are available in the smaller and closer linked societies are lacking here. Another factor which is making the teacher

student relation very difficult now, in almost all the places is the great increase in the number of students admitted, usually in the medical colleges and the great disparity between the teacher and the taught ratio with the result that it is becoming almost impossible to recognise a student of the college or from ones own class from a complete stranger or for the students to know all the teachers in the institution.

Another factor which has interfered with the natural development of a teacher student relation probably has been the interference of organized political parties which promote their own interest, create difficulties in the proper development of the student teacher relationship.

Moreover, the present day commercialized outlook on the part of many teachers and the changing values of the new society in which todays student is being brought up has increased the barrier between the teachers and the student.

Q. 3. Frankly speaking, Sir, the trend that is popular among the students is that it is necessary to meet the teachers and attend clinics and wards solely so that they should be recognized for examinations. Would you like to comment ?

A. 3. My own comments would be that it is an extremely unpleasant idea that the students should feel that a little familiarity with, the teachers, will help them in the examination. I think of course, in our present day values, there may be some sort of justification in this sort of approach to show a student a some what more sympathetic attitude than a student he has not seen. But for anyone to suggest that to have seen or not to have seen a student would make a difference in the examiners, if their performance was not satisfactory would be very wrong. I doubt very much if any teacher will ever fail a student because he is not familiar with his face. Though if a student who is known to be reasonably good in the ward and clinics in the stress of examination fails to perform well, might be kept out of the bail of external political influences. The students can have as many gossips as they like but as far as possible organized political parties should keep themselves away from the teaching institution to allow the normal development of the student teacher relationship. It would also be conducive to better understanding and improvement of the teacher-student relation if the senior members of the staff take the opportunity to introduce the subject, to the juniour most students in the beginning of their classes.

I think in this connection the students also have to play an important role. It is not sufficient for any student of a scientific subject to be guided or misguided by the erroneous impressions left behind by others. It would be in the nature of thinking that they should try to find out things for themselves. Moreover it would be necessary that the general behaviour is more disciplined than boisterous if they have desire that their teachers should take greater interest in their progress considered more compassionately than anyone whose previous merits are unknown.

Q. 4. Suggestions for improving the relationship between teachers and students in our institution?

A. 4. I think that still a lot could be done to improve the student-teacher relation, but we will have to be more active than in the past. A very good suggestion was made in the first educational reforms commission where it was suggested that every teacher in an institution should have a fixed number of students placed under his care where he would be responsible to help them and to resolve any difficulties which they might have either in connection with their studies or otherwise. This would have given an opportunity for a much more personalized contact between the two, should have displaced any erroneous impressions that the students might be having about the teacher and providing the teacher with a greater opportunity to meet their students. Of course this would require to correct the present teacher student ratio. Another good step might be that the institutions very attitude that a teacher is doing certain duties only to justify the money that the government is paying him or that the only reason for a student in the college is to get through in the examination or worse still to obtain a few letters after his name is really the antithesis of the very word academic. There are things both for the teacher and for, the taught of a much higher values and the present set up fails to promote them unless the present materialistic attitudes are changed to the old inheritance of the east where a teacher was not only a father but more than a father and a student no less than a son or a daughter. It is difficult to imagine that we will ever regain over past glory.

“Catch your past glory.”



FROF. SALEH MEMON
SPEAKS ON :

“PARITY BETWEEN
L.M.C. AND D.M.C.”

- Q. 1 Sir, there is a great controversy over the disparity between the results of L.M.C. and D.M.C.— how would you comment?
- A. 1 This question has been discussed at the highest level the Vice Chancellor of Sind and Karachi Universities, Administrators of L.M.C. and D.M.C. and Provincial Health Secretaries have sat down with the Governor and thrashed out the problems threadbare. There is in fact not real disparity between the results of L.M.C. and D.M.C. The apparant disparity which exists has a concrete basis for it. The teachers of one institution are the examiners in the other so the question of favouritism does'nt arise at all. Both institutions have the same type of conduct of examination as required by the P.M.C. However the factors which do count are the criteria for admission, distribution and allocation of seats, atmosphere and environments of the colleges, financial, position of students and non-academic extra-curricular activities, etc., D.M.C. have widely different factors operating and thus the results are understandably variable,

Let me elaborate a little. As far as the allocation of seats for admission to the colleges goes, you will see, that at L.M.C. the only criterion is merit and so naturally only the cream of the crop gets admission. In D.M.C. on the other hand there are seats for foreigners, whose comprehension and expressive capacity in English is limited, so also are the seats reserved for under developed areas where students securing 3rd Division marks get admission. All this reflect in the percentage of results.

Again because of the location of L.M.C. at Jamshoro which is 15 miles from Hyderabad City, the students at the college campus have very few distractions and so are left with no alternative but to occupy their time studying. At D.M.C. just the opposite is the case. Located in heart of swinging Karachi and offering a host of distractions the students naturally spend more time in social pursuits than their counterparts at L.M.C.

Yet again you take a look at the background of the students at L.M.C. Most of them are coming from small towns like Dadu, Tharparkar, Sukkur etc, where they are accustomed to leading a simple life with few distractions if any so when they come to L.M.C. besides saying their Namaz five times a day they have to other distractions and so spend more time with their books. The students at D.M.C. on the other hand come from a cosmopolitan city, many even from other countries, they have varied social and cultural backgrounds and so they occupy their time in numerous extra curricular pursuits.

- Q. 2 Sir, there is generally a hint that there are political influences at work at L.M.C. which influence its results?
- A. 2 This is absolutely incorrect. The examiners are the same for L.M.C. and D.M.C. The results are submitted to the respective universities directly by the examiners at the conclusion of the examinations and the results are prepared at the universities. The examiners only know the result of the practical examinations, but the final result is only known when the university declares it. Since the examiners know the result submitted to the university there is no question of the results being altered at the universities and let me say outright that this never happens. As far as the granting of grace mark etc, is concerned this applies uniformly to both universities. So you see, politics cannot and does not influence the results.
- Q. 3 Sir what do you think is the reason for the deteriorating standards of Medical Education and how can this trend be checked ?
- A. 3 In answer to this question, I may draw attention to the recent symposium held on "Medical Education" at Civil Hospital. At this symposium I had analysed the causes of the deteriorating standard of medical education in the following manner:
33% fault lies with the students, 33% of the fault less with the teachers, 33% of the fault lies with the administration. 1% but very potent factor is that of medical politics.
Let us take each and see how it affects our medical education and what can be done for its correction.

First we come to the fault of the students. It is fact that we have excellent material in our students but the students for various reasons, do not accept the responsibility of becoming a doctor seriously. They have been taught to believe from the earliest stages of the education that it is the degree that counts. In the medical profession such an attitude is suicidal, because the students become involved in all sorts of activities with the knowledge that if they work for a couple of months before the examinations they will pass. In short they work to pass examinations and not for the sake of gaining knowledge and training to be good doctors. It is very easy to blame lack of facilities,

political situation, shortage of teachers etc, when the actual reason is that there is lack of preparation and devotion to studies, and on this basis demand for repeated postponements grace marks etc. The students should realize that at this stage they have the assets of youth, power and courage. And they should use these to shape their futures not by agitations and political means but by becoming good doctors, who are respected members of the community.

Secondly we come to the faults of the teachers and here let me say that they are as guilty a party as the students. The main problem that recruitment is based only on qualifications and the Individual's ability, aptitude, interest and personality is not taken into consideration. A professor must combine in himself qualities of sound professional skills, a good teacher and a good research worker. But above all, he should be a person who inspires confidence and respect in his students by setting his own example inside and outside the College. In short, he must be "Institutional Type" who is dedicated and devoted to the cause of the institution and works with a missionary zeal to that end.

Thirdly we come to the fault of the management and administration. The problem here is that academic decisions are being forced on the administration by militant students and on the other hand administrative decisions are being forced on the institution by the University. The result is that the institution is placed in a very awkward situation and more often than not decisions are made which are not in the best interest of the students.

Last we come to the evil of Medical politics and this is assuming most horrible proportions. We the students, teachers, Administration - are all party to it. The net result is that Medical Education suffers. How to solve this problem? Well.....I wish, I know.

Prof. Qayyum On: “Politics In Dow Medical College”

“Polite manners, robust common sense, and a fairly average professional knowledge should make the kind of doctor, the country needs” and coming back to the circumstances that mould the doctor of today, we enter into a dialogue with our worthy teacher.

- Q. Sir, student participation in politics on the national level, appears to have become a byword, associated with Dow Medical College. So much so that the President of the nation mentions it in public speeches. How would you like to comment ?
- A. I think President is correct in his assesment of the situation because it is commensurate with the circumstances as they exist today.

Personally I too am of the opinion that student level of participation in country politics has exceeded all healthy limits.

This trend seems to have crept in after 1969 and it is really taking the students out of the perspective, I do not advocate that a medical student should not lead a secluded existence nor should they be oblivious to their environment demands of one developing social structures, but I would advise them to take a proper cognizance of the situation and try to strike a healthy viable media.

I can't help feeling there are too many outside political influences at work at DMC. No. doubt this does reflect the country's situation as a whole but the fact remains that this has positively sequestered medical students of different political ideologies. Since prominent political figures ever so often grace the premises with their presence, this naturally has influenced the concept among people outside regarding the medicos.

I do appreciate that faced with a brewing political atmosphere of the country it makes it irresistible for even the medical students not to take active participation in politics. After all they form considerable part of the intellegentia of the country. In developing countries especially leadership has got to be learned out of such educated and literate class of citizens, but at the same time medical students have got to take cognance of the situation more realistically.

If the circumstances should justify the case, I have no objection to such an indulgence. As a matter of fact there are instances where people of the medical profession have been leading their countries in the channels of progress and prosperity.

Q. Sir, do you feel that normal academic life has been in any way disturbed by the interference of politics ?

A. Yes, of course, as a natural result of students active participation in the country politics,

the find they highest authorities conveniently accessible to them. They hardly ever fail to cash on their to opportunity, the out come of which is the nearly complete break down of dicipline in all spheres of academic life.

The ever so far as postponement of examinations, repeated granted pleas for grace marks, scheduled examinations, special supply examination on the flimsist pretext, condonation marks, the whole system of education seems to have gone haywire.

This has made a Pakistani doctor somethings to be framed upon in U.K. Where as previously M.B.,B.S. degree from Pakistan got permanent Registration from the British Medical Council, later on, it became temporary registration of late, it has reduced to a reluctant provisional registration. Thus we can not attribute solely to the fact that we are no more in commonwealth, but certainly due to gradually deteriorating standard of the knowledge of a Pakistani doctor.

Thanks to the appeasment offered by the polititions to the students' community.

Q. Sir, would you advise your studedt to improve themselves by taking part extra curricular activities?

A. Yes, I would in iact recommended, that students take an interest in things that are going on around them. Doctors are reputed to be crushing bores at social get togethers I feel that a little working knowledge of the fine arts, from photography to poetry will go a long way in improving the the general structure and outlook of the feature doctor.

Prof. Fazlle Elahi On :

'Quality Of Medical Education'

Q. 1. Sir how would you recommend that we should improve the levels of medical education in Pakistan ?

A. 1. I would advise that students be taught regularly. That it should be compulsory to ensure full attendance in classes, clinics and demonstrations.

The students are very good, very intelligent and very hardworking. It pains me however, when they do fail to attend their classes. After all they are sent to the Medical College by their parents to study, and they should employ themselves, all the time, in the pursuit of their studies.

We cannot afford lower standards. We must produce graduates who can compare with the best graduates abroad. But then it is not enough, to raise the standard of examinations only and neglect the standard of education. We must co-ordinate both so that there should be no complaints against our system.

Let us do away with grace marks, postponement of examinations standard and condonation marks. There should be no more concessions to the detriment of educational that is my advice.

Q. 2. Sir, the students are afraid that the M.B.B.S. degree is to be derecognized by the British Medical Council. Would you like to comment.

A. 2. I would say, that if the British Medical Council, were to refuse to recognize our degree, we should say "ignore them". And at the same time, work so hard, to improve ourselves, that the graduate of Dow Medical College and of Pakistan, is better than the graduate of the British Universities and better than any other medical graduate in the World.

We should not clamour for their recognition but we should improve our standards So much that they should request that they may be recognised by us.

Q. 3. Sir, please, could you give us a word of advice.

A. 3. I shall only say, that there is no short cut to success, no short cut to learning. The answer to all our ills lies in pure, simple honest and regular hard work.

QUOTATIONS

YOUTH

The world is yours
as well as ours, but in the
last analysis it is yours.

You young people full of vigor
and vitality are in the bloom
of life like the sun at eight or nine in
the morning. Our hope is
placed on you.....

The world belongs to you.

.....**MAO TSE TUNG**

FOCUS
ON
YOUTH

Youth in Revolution

How should we judge whether a youth is a revolutionary? How can we tell? There can only be one criterion, viz. whether or not he is willing to integrate himself with the broad masses of workers and peasants and does do in practise. If he is willing to do so and actually does so, he is a revolutionary; otherwise he is a non-revolutionary or a counter revolutionary.

—MAO TSE TUNG

I am youth	I am peace
in revolution	I like to sing
in rebellion	of joy and hope
in Anarchy. I	and happiness
wish to change	I dislike war
to reform, to revise	and killing and death
this decadent social with the	I die.
and moral code	I am youth
	in contradiction,
	in confusion,
	in conflict,
	in wondering
	where all
	this leads to?

What is youth?

A phase of life
 A change of glands
 A burst of energy
 In life's sprint
 An obstacle race
 water fall
 A spring
 A shallow
 well

A Charisma
 A dogma.
 A belief.
 A ritual.
 torch. A
 flame to
 burn and
 light the
 world

What is youth?

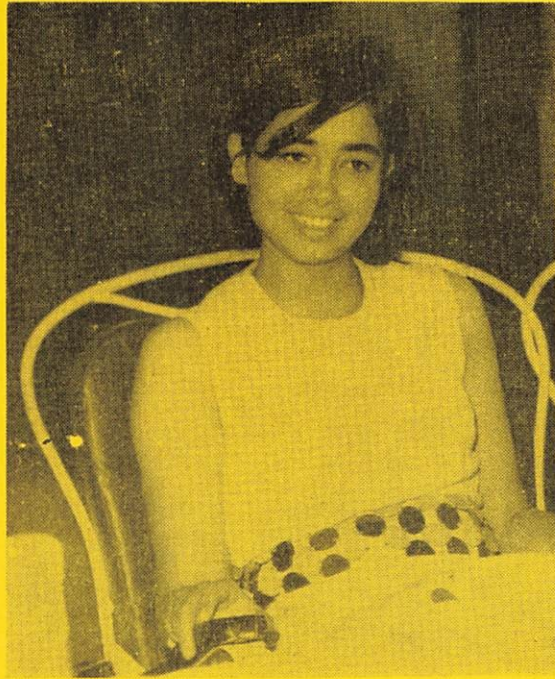
I am love
 And lust
 And passion
 And filth
 And free sex
 And porno
 And pills
 And abortion

I am love
 And ecstasy
 I am high
 on feelings
 And emotions
 And sentiment
 Countless
 like the stars

I am love

I am the union of two bodies,
 two minds two souls, two hearts.

I am the personification of youth



MOIRA SILVEIRA

Final year M.B.B.S.

I am young in spirit, my soul is light
My body stirs in vibrant air. There
is no time to think. I am
like spring in freshness and
flowers. I am The
gentle breeze Why
then do men de-
mand of me matu-
rity? let me
live please
let me live

I dont know
and I dont
care. Tomorrow
I shall be dead
*The new generation will sing its song
And I shall listen to their voice.*
Listen to me
all of you
and learn the
truth of god.

The bells will
toll and the
preacher will
preach my story
*The new generation will sing its song
And I shall listen to their voice.*
Forever I shall
rise beyond the
mountains be-
yond these cares

REPRINTED FROM "POEMS OF MAX EHRMANN"

MAX EHRMANN"

American poet and dramatist

(1872-1975)

Go placidly amid the noise & haste, & remember what peace there may be in silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they, too, have their story. ★ Avoid loud & aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. ★ Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. ★ Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. ★ Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. ★ You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. ★ Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours & aspirations, in the noisy confusion of life keep peace with your soul. ★ With all its sham, drudgery & broken dreams, it is still a beautiful world. Strive to be happy.



by RUQQAIYA MIR
Final Year M.B.B.S.

I AM A TYPICAL MEDICAL STUDENT

Dow Medical College
has an assortment of people.

Cranks, mutts
and geniuses
the latter rare.

The cranks come in several colours

Red

Green

and plain yeller
also, black—sheep.

The mutts are mutts.

some geniuses are actually mutts.

How do you rate yourself?

Which category of medical student
do you fall into.

Are you a/the typical medical student,

IS THIS YOU?

It is peculiar to my system to be on top
academically
So I study hard.
I like my teachers and
they like me because
I attend classes regularly
and make my journals.
At home also
my parents are pleased with me
because I am an excellent student.
I love the clinics, the wards
and the patients
and know everything there is to know.
That is why I dislike postponement of examination
and grace marks.
What & disgrace.
Also
the atmosphere of Dow Medical College
is not conducive to hard work—
Politics, functions, emotional hang up.
Sometimes
I regret, that there is much little competition
and it is almost like child's play
Snatching the gold medals
all the time.

YOU AGAIN?

I am a typical medical student.

I think I am O.K.

I believe in the golden mean.

I study.

I play.

I attend lectures frequently.

I take part in extracurricular activities.

I support a particular shade of political opinion
and in the elections I work for my party.

What else

would you like me to say?

Oh yes. I do not hesitate
in getting involved with other people
because I think it is very healthy.

My ambition
is to train for surgery
although I cannot say for sure
because medicine also
fascinates me.

I think I shall end here
and it really doesn't bother me
whether or not

I am
a typical medical student
because it scarcely matters
anyway.

I am a typical Medical Student

Says who?

I deny it. You deny it.

We all deny it.

and yet

I have been a meritorious student

all my life.

To hell with such coveted honour.

If it means

an alienation

from the system

We live in

with its suppressions—

Yes

I run the administration

of the country

Yes.

I am anti-government

anti-administration

anti-authority.

What are you going to do about it.

I shall lead processions

stage demonstrations

distribute leaflets

make speeches

What are you going to do about it.

the old society is pregnant

with the new and

I am the midwife

that shall deliver to you

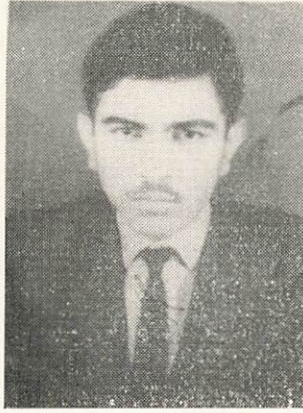
the new society

I am the healer

Would you like to join me

What the doctor should be

'Corrugator Supercilli'



By
RIAZ AHMED
2nd Year M.B.B.S.,

Her nose is like a nightingale's,
It twitches when she smiles,
Could it be nasae externales,
—or simply womens guiles?

Levator labii superioris alaeque nasi
Could certainly be to blame,
I'm sure though if it wasn't there
Things wouldn't be quite the same.

Then I thought of compressor naris
And knew it was the one
Which jiggles when I stroke it,
—or we have a bit of fun.



EMOTIONAL CONFLICT

By : FAUZIA QUDDUS, V Yr.

Come, come, don't give me any such eye wash. Anyone with any grey matter up where it should be knows man is as he was ten million years ago. There have not been any new developments—or it would have been out in the open; anyway you would not need to read this to hear of it. So.

So what. Aren't all the tigers getting taller and the cats real wow and—now, now, take it easy this is not the crux of it all—yes, this is merely improvement through experience. O.K. you want it straight from the hip? It is the emotional angle I am getting at.

The brain, organ of the mind is certainly on the way up. Mental faculty is making for greater things each day. The progress incorporates reasoning, logic, deductions from past experience and new experiments; the scientific approach so inculcated as to be an inherent part of self. As such where goes emotion?

Emotion not as the ordinary essential of correlating interpersonal dealings. the automated, instinctive desires and behaviour but as that extra fibre which interrupts and even interferes with the

achievement of preplanned and scheduled goals. The force which though able to take man to the heights of ecstasy more often distracts from his work, burdens and shackles him down to himself.

As such will not man put it aside as a troublesome menace and proceed onwards to whatever it is he wants to reach or to be? (Whether he'll reach it or what he'll get when he arrives is an entirely different matter.)

And has't man already begun? He starts when he perceives it as a negative force; as such it comes at different times for different people. This is no mystery. Among ourselves, too, we observe the different attitudes each one of us possesses.

But is this merely an attitude? Could it not be a step towards independence from self; a self-preserving instinct marshalling initiative and ability in channels designed for achieving a place in the present competition for survival—towards a certain 'quality' of survival? This is realisation and beyond, acts confirming to this fact are not the result of merely a philosophical attitude (as such all of us realise an emotional indulgence can be devastating at times) but a natural instinct arising gradually in the human race.

The struggle for existence has become more difficult. Time is short. As we make progress the more work do we have to put into maintain the progress. It is a big effort but what matters more is that it is a constant effort which has to go on. Man fails on many occasions.

Nature is inculcating instincts to guard, to check against this obstacle which arises from within.

Still, is not emotion an inherent attribute of man? Then is this curb to be limited?

Will it be the normal development of the child and adolescent from emotional dependence to an adult one of emotional indifference taken in the broadest sense? Or will Nature allow it to progress to emotional excess in some selected cases to give the human race men like Tansen and Ghalib to feed the emotional need of men for whom their share of 'feelingness' was not enough?

OVER A BOTTLE OF COKE



Contributed by
AMIN H. KARIM
II Year M.B., B.S.

HEREDITY :

Mr. Pickpocket World No. 1 boarded a crowded bus and promptly proceeded to pick the pocket of a lady. But she was Lady Pickpocket World No. 1. He was caught and they married.

In due time they were blessed with a son, the pride of the underworld. But alas! he was born with his right fist tightly closed. The parents, who expected so much in future from those innocent little fingers, were shocked. They tried several doctor in vain. At last, they took the baby to a psychiatrist, who learning of the parents pre-eminence in their nimble-fingered profession, took an ordinary pocket watch and dangled it from an ordinary chain within the reach of the closed fist. Some slight movements of the fingers were noticed to the delight of the psychiatrist and the excited parents. The psychiatrist then took a gold watch with a gold chain and made a final attempt dangling it as before.

Some movements passed. The fingers then suddenly opened up laying bare the palm of the hand in which lay the precious gold ring of the midwife :

* * * * *

A candidate for mayor-ship had made forty campaign speeches in a single day, and staggered home in a state of complete exhaustion. On his doorstep he found a lue fairy who told him "As a reward for your fine work, any wish you care to make will come true. But remember

that whatever you ask, the man running against you will get twice as much" "That's an interesting proposition," admitted the candidate. "I'm half dead tonight. I think I'll ask to stay iust that way."

* * * * *

Scotsmen are known for their miserliness. One of them was queuzing for "The Miracle". The man in the booking office said that there were no cheap seats lefti Only a few pairs at a guinea each.

The Scot hesitated, consulted his wife and at length produced two pound notes and two shillings.

A jew staggered out of the queue. "I can go home," he said, "I have seen the Miracle."

* * * * *

A Paris hotel requires that after midnight all guests give their names to the doorkeeper. One night a spanish nobleman entered and announeed proudiy. "Senor de Gonzeles de Varaque de Miraflore de Martinez de" "Right," said the doorman, "let the last one in and close the door."

* * * * *

The world could use more tough old birds llke the retired colonel who was seated in his usual chair at a club, listening with with growing irritation to the boastful reminiscences of a group of pilots.

"It's all very well for you whippersnappers to talk," he rumbled finally, "but your show was childs play compared to the Boer War. The hot sun beating at your brain; the sand burning up your feet; the enemy at your throat night and day. Why, in one day alone, I had a hand-to-hand encounter with ten of the blighters. Killed eight of them. The other two impaled me with a spear through my chest to a rubber tree. Hung there for three days."

One of the pilots said politely, "Gosh, sir, that must have been painfull."

"Not particularly" answered the colonel, "only when I laughed."

* * * * *

An American film producer brightened up as he completed a minute scrutiny of Shakespeare's "Julius Caesar" and said to his secretary, "Gee, I am gonna make this into a big hit. Get me this guy Shakespeare on the phone."

* * * * *

The page features a decorative border with intricate scrollwork and floral motifs. The top and bottom borders are wider and more complex, while the side borders are narrower. The central text is framed by these decorative elements.

FOCUS ON RELIGION

AND

PHILOSOPHY

Religion is nevertheless religion and whether or not one is addicted to it is again personal so that we all have our pastimes:

Philosophy also is like religion. Only here there is more of logic and yet, it is impersonal.

Let us look at people and see what they believe in, and what they think about.

What the Holy Quran ***says***

WHO IS ACTUALLY ENTITLED TO BE CALLED A MUSLIM

AMIN H. KARIM
II YEAR M.B., B.S.

It is not righteousness that he turn your faces to the East and the West ; but righteous is he who believeth in Allah and the Last Day and the Angels and the Scripture and the Prophets and giveth wealth for that of Him, to kinsfolk and to orphans and the needy and the wayfarer and to those who ask, and to set slaves free ; and observeth proper ship and payeth the poor due. And those who keep their treaty when they make one and patience in tribulation and adversity and time of stress. Such are they who are sincere. Such are the God-fearing.

The (true) believers are those only who believe in Allah and His messenger and afterward doubt not but strive with their wealth and their lives for the cause of Allah. Such are sincere.

WHY ARE MUSLIMS HEADING FOR RUIN

Whatever of misfortune striketh you, it is what your right hands have earned. And he fargiveth much.

O men ! Your rebellion is only against yourselves : (Ye have) enjoyment of the life of the world ; then unto us is your return and we shall proclaim unto you what ye used to do.

Surely those who oppose Allah and His messenger, they will be amongst the lowest.

And we have prepared for the unjust a grievous chastisement.

Then woe unto those whose hearts are hardened against remembrance of Allah. Such are in plain error.

And be not ye as those who forget Allah, therefore he caused them to forget their souls. Such are the evil doors.

HOW CAN MUSLIMS SAVE THEMSELVES FROM RUIN.

O ye who believe! Come, all of you, unto submission (unto Him) and follow not to the footsteps of the devil. Surely he is an open enemy for you.

And follow the better (guidance) of that which is revealed unto you from your Lord, before. Allah's punishment overtaketh you while you are unaware (of it).

WHERE TO FIND WORDS OF WISDOM FOR GUIDANCE.

This (Qur'an) is a declaration for mankind, a guidance and an admonition unto those who ward off (evil)

And foresake those who take their religion for a pastime and a jest, and whom the life of the world beguileth. Remind (mankind) thereby lest a soul be destroyed by what it earneth

THE PEOPLE ALLAH LIKES

And do good. Surely Allah loveth those who do good.

Surely Allah loveth those who turn unto Him (in repentance) and he loveth those who ward (evil).

Ref. Translation from the Arabic text by Marmaduke Pickthall.

Concept Of Love In Christianity

by DEBORRAH D'SOUZA
2nd Year M.B.B.S.

To a devout Christian, love is the single most important aspect of his religion. All else is secondary and becomes meaningless without love. All religions preach the love of God and so does Christianity, but we Christians have PROOF of this love in the fact that he sent his only SON.....JESUS CHRIST.....to redeem mankind.

When Jesus Christ lived on this earth some two thousand years ago, He had only one message and that was "LOVE GOD AND LOVE YOUR NEIGHBOUR AS YOURSELF". In this one statement the whole of the Christian religion is contained. If any man practises what is contained in this message, he has earned HEAVEN for himself.

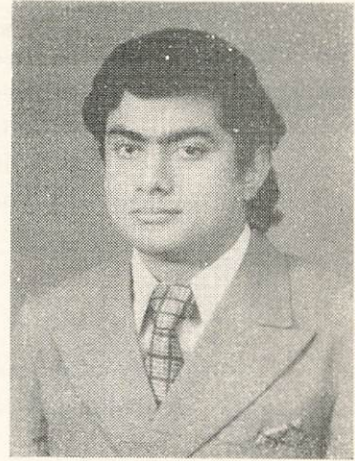
What then is this "LOVE" that is the Religion and look of life all Christians.

LOVE IS :

**Kindness, gentleness, equality
justice, fairplay, humility,
charity, faith, hope, forgiveness**

all this directed toward your fellow human beings and it becomes the highest form of WORSHIP OF GOD.

Misconceptions Concerning The Hindu Religion



by ASHOK KUMAR
V Year M.B.B.S.

The Hindu religion is claimed to be one of the oldest religions in the world and it has gone through many changes. Thus much of the superstructure that has been impacted on the basis is futile and unnecessary and has given rise to a great many misconceptions, which I would like to clear.

CASTE SYSTEM :

Initially there were four castes, the Brahmin the kashatryas' the Vashyas and the Shodars' These castes of people had each their special duties to perform in the old society. However as time passed, the Brahmins, belonging to the priestly class, gradually took hold of the position of superiority over the other classes, and began to discriminate between them.

Let me state here, that this is not part of the Hindu religion and has been unnecessarily super imposed on the religions structure by the Brahmins.

D I E T .

In the book of GITA, food is divided into 2. categories. For those who eat vegetables they will lead a life of peace and they will not be violent. For these who eat meat they will be brave. It is not compulsory to eat either form of food.

Only the Cow is forbidden because it is a sacred symbol for the Hindus.

MURTI PUJA :

It is commonly believed that Hindus worship statues, and that they have different Gods. This is not true. The Hindus believe that the different "Roops" of Bhagwan make their appearance on earth from time to time. So that 'Murtipuja' is not worship of the statues but of Bhagwan. Thus if you want to play for Shakti then Durga Puj'a is done. The god lakshmi provides money. We pray to Sarsawati for education. In short Hindus believe in praying to Bhagwan through the Murtis.

B I R A T :

Or fasting originally meant that a man Can take only 3 ounces of water and sugar throuahout the day Nowadays' frunts are also eaten which is wrong.

GANGA RIVER :

This is believed to have originated from the himalayas from the feet of Brahma and the water that flows has the power of healing a mans sins. Thus it is customar for all Hindus to take a bath at some time or the other in the ganga to rid themselves of their sins.

DISPOSAL OF DEAD BODIES :

Dead bodies are burnt for & reasons firstly that the body has get no more function to perform and its soul has gone into some other evistences and secondly it is more hygenic There is no other viwe but this.

Religion—As it should or should not be —and the Parsi beliefs

By HUFRIZE MULLA
2nd Year M.B.B.S.

‘God doth not need either mans work or his gifts, who best bear his mild yoke, they serve him best, His state is kingly.’ Milton

Tennyson conceived Gods’ throne as a platform to which we are tied with chains of love and prayer. The fact however is that, in these days of isms, the skeptics, agnostics, atheists and materialists, it has become fashionable for the youth to describe religion as ‘a drug’, a superstition ‘priest craft’ or an antiquated cobweb of beliefs’.

THE QUESTION THAT ARISES IS ‘WHY SHOULD THIS SHOULD BE SO’ ?

The answer is simple. Religion is not as people think a dogma, creed, superstition or code. It is not regimentation of conscience by authority. It is not restricted to books. It is not a fad, a cult, or man made, It does not change from period to period. It is not separate from life. It is not a counter where one gets a ticket to heaven. It is not an opiate.

IT IS IN FACT THE LOVE OF GOD.

It is prayer and worship of God. It is a part of life. It is a way of life, optional for man to follow or not to follow. There is happiness in store for those who live by their religion.

ZOROASTARIANS

The prophet Zoroaster was born in Persia at a time when idolworship was free and prevalent. He preached the unity of God, Ahura Mazda. He wrote 12 volumes of works the AVASTA containing prayers and hymns or ‘GATHAS’. However at the time of Alexanders invasion of Iran, a

part of these works were destroyed. Zoroaster's birthday is celebrated by the Parsi community with great reverence. The occasion is called KHORDADSAL which falls on the 5th or 6th September, according to the British calendar.

Zoroaster preached the principles of humanity, and charity. Parsis worship God through the fire which is a symbol of the highest purity and humility. The flame that burns so brightly turns to ashes teaching man of his own position. The fire burns in an urn in the temple. It is the eternal flame and upon going to the temple for prayers, worshippers are offered ashes by the priest to be put on their forehead admitting their own humility.

As the age of 7 to 9 years children go through the initiation ceremony so that they are now, no longer MAZDAYASNIAN but ZOROASTRIAN. The child is invested with the sacred robe called the SUDRAH girdle of muslin and a cord of pure lambs wool called Kusti again indicating the nature of humility and called NAMANTHI. The cord is tied with 2 knots in front and one knot at the back. The wearer has to say a prayer each time he ties the cord and this is to be done 5 times a day.

There are 4 days in the month that are important called "HAMKARAS" on which one goes to the temple for prayers. There are also ten days of mourning for the dead in which it is believed that the souls of the dead come back to the earth. This was shortly before Khordadsal.

The feast of the Parsis is the new year or Nauroze initiated first by King Jamshed of Iran.

It is on the 21st of March, coinciding with the vernal equinox and the coming of spring. There is much rejoicing.

An interesting feature is that the Parsi religion is closed to outsiders. Thus when a boy marries outside his religion, his wife cannot become a Parsi. When a Parsi girl marries outside her religion she is no longer considered a member of the community.

The concept of charity exists even in the death of a Zoroaster. When he is dead the body is placed in tower of silence which consists of a well and a platform. The birds of the air feed on the flesh, and the bones are carried away from the well by a connecting passage into the sea.

Parsi thy name is charity

I am a Parsi.

TEACHINGS OF BUDDHISM

1. The world is full of troubles.
2. There is a reason for these troubles.
3. The reason is ignorance.
4. The troubles can be got rid of by following the eight folded path which is as follows.
 1. Non - violence.
 2. Right Thinking.
 3. ,, Belief.
 4. ,, Action.
 5. ,, Behaviour.
 6. ,, Vision.
 7. ,, Interpretation.
 8. ,, Aspiration.
 9. ,, Concentration.

If you can do a big good by doing a small evil then do it !

The Lord told his disciples ' if some body criticizes my religion, do not get angry, if you become angry you will lose your power of reasoning '.

From MAN SINGH
2nd year M.B.B.S.

I AM AN ATHEIST

ANONYMOUS

I am an atheist.

I cannot put my name to this statement, because I am afraid that people might stone me for telling the truth.

People are so petty. So insecure. So feeble minded.

I value my skin. So I shall not sign my name.

God is a fraud.

I do not believe in God.

From the time my mother gave birth to me, I have been the product of planning and foresight.

Since, each day of my life has been spent in looking forward to the achievement of bigger and bigger things.

There have been drawbacks and setbacks.

Perhaps I am not intelligent enough and make silly mistakes.

I have been sick and ill.

Perhaps my body is weak and my constitution delicate.

I have experienced joy and sadness and nothing.

Perhaps I am sensitive. It is good to be sensitive.

In the beginning, I was told about God,

My parents are conservative, orthodox and like other people.

I shall not re-describe people.

Anyway. I was Informed of God and his powers and his desire to be worshipped and looked up to and loved.

So I considered God.

I said to myself, when I was old enough, that God was not my cup of tea.

And just to prove to myself. that I was correct, I began to look for God.

In the trees and bushes. In the flowers and the grass. In the animals and the birds. In the water and on land.

I didn't find him.

Try as hard as I like. I just couldn't find him.

Then someone came up with a good question.

He said, "Who made you?"

And I said, "My parents made me."

And he went back to several generations but the answer were the same.

The same for the animals.

Later

I looked into books, searching the truth.

I am not a hypocrite.

And so they explained to me the origin of the earth and the origin of man.

Not God.

No God.

I began to suspect that the truth was being hidden from me. That I was being deprived.

I became envious of people burying their dead.

I felt I was missing something in not joining this religion, or that, and not enjoying their feasts.

So I tried to get closer.

I felt as if I was in a herd. Stampeding.

They were all stampeding, to get the best place in heaven.

I thought about heaven. Planet heaven.

I said to myself, "My body could do with a rest in Heaven"

They said "Only the soul goes to heaven."

What soul?

Astronomers deny the existence of Planet heaven.

I tried to get in touch with God.

There was no answer

This article is the recipient of a special prize.
The author is requested to collect his prize from the editor.

ON OPTIONS

by RAYMOND SILVEIRA
2nd Year M.B.B.S.

I live for options. We all live for options, to do this or that or nothing.

I have mission in life. We all have our missions. Each precious. Each personal. So that we are free to do as we please.

This is MAN BORN FREE. This is freedom. Dubious freedom. Because it is not defined. Because it has no limits.

And so we come back to man. Born free. Unsafe. Insecure. Unless Bound. To other men. To circumstance. To environment. To society. To himself.

Now SECURE. So that each of us has a role to play!! Secretaries. Doctors. Engineers. Bankers. Businessmen. A pattern like a jigsaw puzzle. The pieces fit and spell SOCIETY. This is man's prison. Man's freedom. Where he chooses his felters. To do this or that or nothing.

TO DO THIS OR THAT OR NOTHING. The freedom remains. Personal. Precious to change to go against to withdraw.

THIS IS NOT CONFORMITY. Nevertheless legitimate. Nevertheless right, just and legal.

Because voluntary associations, gives one. The Right to dissociate My mission in, life is honorary. So is yours. So is everybody's No body pays me, nor you nor us.

It is optional to do what we do.

Its optional to do this, that or nothing.

It is the self that comes above all.

Hail the self.



SPECIAL PRIZE

by
PREETAM DAS
Final Year M.B.B.S.

A NEW LIGHT ON CHARACTER BUILDING

OR

Much has been written and said in recent years in the religious press, in Secular Periodicals, radio discussions, and in scientific books, about the alleged decline in our ethical codes. Little knowledge is a dangerous thing, yet how many adult men and women in any generation can claim more than little.....very little, knowledge, concerning ethical problems, education in ethics and developed religion, and the right methods of building character ?

OR

The young to Kindergarten schools, colleges and universities to learn all sorts of knowledge, as well as how to behave in a decent civilized manner, how to control natural appetites and passions, how to resist inescapable temptations, how to react to various experiences and impacts. If educators and Philosophers are agreed upon any single proposition, it is this that mere preaching and sermonizing virtue and goodness is not conducive to their virtues. As one eminent educator said, "If your teacher solemnly exhorts you to be good, your impulse is to run out and commit some mischief."

THE RELATIVITY OF ETHICS

What is true of the teacher is equally true of clergymen or priests or even parents. No; Sermons and preaching have never, of and by themselves developed character or refined and specialised emotions. What forces or factors, have done that in the modern world? Hardly, is the answer. We have then, obviously, the preliminary task of educating the parents of the children, we are anxious to train and fit for civilized ethical living.

OR

OR

Marx said the Socialist must educate the educators. So must the ethicists of clear and positive convictions. How do we educate adults, who seldom, if ever, return to any type of school or institution? It means that the adult education movement should face more squarely and consciously its main task.....that of combating contemporary moral, nihilism, cynicism, misguided and misunderstood, "relativity" in ethics. The radical distinction between right and wrong in a civilized society is not wiped out by the fact that in some primitive tribes killing and stealing are not crimes, but virtues !

But let us be clear and candid on one point of Cardinal importance. The practical application of the ethical commandments in a modern, industrialised, monopoly ridden society, what its giant corporations, public utility, colossal banks and insurance companies, mass production and the assemblyline, powerful labour unions, presents serious difficulties.

FREUD—JUNG—ADLER CONSIDERATIONS

Many of our business bosses would be surprised to hear that modern methods of financing industry, of distributing the products of labour, of dealing with unions and union officers, of providing for the safety and welfare of their employees, particularly mine workers, violate several of the commandments. In a simple, agricultural community, or very small town, killing, stealing, bearing false witness are offences no sane person will commit or condone. Negligence, greed indifference can lead to complete destruction of life. Emphasis on the interest of stock holders, legitimate in itself may involve sacrifice of superior rights, or claims, of the workers.

OR

Yet no thoughtful student of ethics and economics will contend that the 'golden rule' cannot be applied to modern societies without inflicting injury and injustice on the investors, the managers the directors of our great enterprise. All that can be affirmed is that the moral leaders must be conversant with economic principles and economic history.

We must bear in mind, the fact established by the New Psychology including the Freud-Jung-Adler contribution does not await formalities. It begins almost at birth. Conduct is three-fourths of life of course, conduct is not limited to business ways and to social inter-course. It embraces attitudes and relationships within the family. If the parents are dignified, considerate, tolerant, self-respecting, and mindful of the rights and feelings of others, they will infect their children by their quite example. Turning now to schools and the mosque it scarcely needs, stressing that these institutions like wise should and must teach or educate, not by preaching generalities, but by conscious example and conduct. We know the moral value and effect of wholesome sports, teamwork directed towards proper ends of steady co-operation under trusted and competent guidance of "learning by doing".

RACIAL AND RELIGIOUS PREJUDICE

Weak and secret, hypocritical concessions to race and religious prejudice by educational institutions certainly do not help character building. Prejudice should be resisted and fought in our schools in every possible way, on the campus, in the classes, in laboratories, student organizations, faculty of formations, promotion, rewards of earnest research. Platitudes and subterfuge dodges and mosks in the service of prejudice and injustice decieve no one who is not willing to be deceived.

OR

The college and school atmosphere is more influential than the lecture or the text-book. The atmosphere is created not by the immature, misguided students but by the faculty and administration. Whatever is done in school or college, should be done in sincere confirmity with the professed principal, not in violation of hem. Inter racial, Inter racial, Inter-denominational, inter religious, association and activities should be encouraged pernicious antipathies and prejudice. All moral issues are the proper business of the religious based people. To insist on moral conduct is not to "middle in party politics." The term politics has been debased ; let us return to Plato's definition of politics. Like many others, I have been puzzled by Alfred North Whiteheads's saying that "Religion is what you are when alone." This seems to contradict the the more reasonable and progressive view, that religion is essentially as ethics are. But reflection has convinced me that what Whitehead intended to express is the truth that we must, when we are alone, and can search our own hearts, honestly ask ourselves whethar we are sincere in our pofessions and actually ask ourselves whether we are sincere in our pofessions and actually living up to them. We may decieve others, but cannot decieve ourselves.

A SENSE OF SIN

A sense of sin is, in the last analysis, a sense of falling short, of failing to do what we know we ought to do. Few men are conscious hypocrites, while many, too many, refuse to look unpleasant facts in the face, to call themselves to account, to pass judgement upon themselves' and resolve to be more consistant, more responsible, more worthy of the respect we expect from the Community. Ours is an age of speed, noise and sensationalism. We cannot isolate or insulate ourselvs and escape reading is a sad waste of our leisure tme. Yet we must continue to teach, and examplify the gospel of simple living and high living suspension of judgement where evidence is insufficient tolerance for ideas we dislike, the use of lisure for elevated purpose. We must never lose sight of first principle. And, to repeat, we cannot introduce our children to such principles too soom. If we delay and neglect our duty to the children and sociey, the commercialised press the vulgarised and moronic movies, the blatant and mendacious advertising on the radio will anticipate us and perhaps render our belated efforts futile.



PAKISTAN

by ;
Mohammad Arif
1st Year M.B.B.S.

O Mussalmans
Pakistan is our birth right.....
Let us unite
To make its future
Sublime and bright
Leave aside party squabbles
And beware of machinations
That disrupt our solidarity
Let us unite
Into one Muslim fraternity
Even when the supreme sacrifice
Is wanted of us all.....
Let us respond
Let us unite.....
To our nations call.
Inshallah
We shall redeem
The honour of Pakistan
Dispense with the dream
Of Akhund Hindustan
Let us unite
In unity is strength
Let us unite.

Cancer is Funny

By

J.B.S. HALDANE

Contributed by Liaquat Ali

3rd Year M.B.B.S.

I wish I had the voice of Homer
To sing of Rectal Carcinoma.
Which Kills a lot more chaps, in fact,
Than were bumped off when Troy was sacked.
Yet, thanks to modern surgeons skills,
It can be killed before it kills
Upon a scientific basis
In nineteen out of twenty cases.
I noticed I was passing blood
(only a few drops, not a flood)
So pausing on my homeward way
From Tallahassee to Bombay
I asked a doctor, now my friend,
To peer in to my hinder end,
To prove or to disprove the rumours
That I had a malignant tumour.
They pumped in Ba So 4.
Till I Could really stand no more,
And, when sufficient had been passed in,
They photographed my large intestine.
In order to decide the issue
They next scraped out a bit of tissue.
(Before they did so, some good pal had
knocked me out with pentothal,
whose action is extremely quick.
And did not leave me feeling sick),
The microscope returned the answer
That I had certainly got the cancer,
So I was wheeled to the theatre

Where holes were made to make me better,
One set is in my perincum
Where I can feel but can't yet see them.
Another made me like a Kipper
Or female prey of Jack the Ripper.
Through this incision I don't doubt,
The neoplasm was taken out,
Along with colon and lymph nodes
Where cancer cells might find abodes.
A third much smaller hole
Is meant to function as a vent.
So now I am like two faced janus
The only In India there are several more
With extra faces upto four,
But both in Brahma & Shiva
I own myself an unbeliever.
God who sees his anus.
I will swear without the risk of perjury,
It was a srappy bit of surgery.
My rectum is a serious loss to me,
But I have a very neat colos tomy,
And hope as soon as I am able
To make it keep a fixed time-table.
So do not wait for aches & pains
To have a surgeon mend you drains;
If he says 'cancer you're a dunce
Unless you have it out at once,
For if you wait it is sure to swell,
And find it hard to be gone ns well.
And may have a progeny as well.
My final word, before I am done.
Is "Cancer can be rather fun",
Provided one confronts the tumour
With sufficent sense of humour.
I know that cancer often kills,
But so do cars & sleeping pills;
And it can hurt one till one sweats;
So can bad teath & unpaid debts.
A sport of laughter, I am sure,
Often accelerates ones cure;
So let us patients do our bit
To help the surgeons make us fit,

PRIZE AWARDED
TO AVOID CONSEQUENCES

ZAHIDA YASIN—AND KARATE

—And How She Can Kill You With It!!

An introduction :-

The art originated in that period of long ago when Chinese junks roamed the high seas and the Samurai Pirates reigned Supreme;

That period in our history books which is still shrouded in a dark cloud of Mystery and intrigue.

It was some-time then that the oppressed peasantry of the Far-East developed this fascinating technique of self defence, which since then, until recently had been handed down from father to son, until somewhere in the beginning of this century it was smuggled to the west, and has since deteriorated, but is still a force to be reckoned with.

To learn this “form of life,” as our instructor once commented, I set out one day, and this is how I acquired some knowledge of it.

With great conceit I donned myself in the traditional white “get-up,” and started with great enthusiasm with the first lesson.

LESSON :- 1. “Moving in Stance”; one; two, one-two; one two, till I felt that I had been born doing, “one-two”, in stance of course. I cannot explain “Moving in Stance”, for one has to see it to believe it !

So “one, two it was till I was moving in stance even in my sleep.

LESSON :- 2 The next line of action to be followed was “Step and Punch”. And step and punch I did, believ you me! “Grrr — Thump — Pow!! A pity no assailant was knocked out senseless, for I did put in a lot of effort you know !

LESSON :- 3 Then began the blocks, fancy blocking kicks with one’s bare hands ! Grinding our teeth we faithfully blocked away till ‘demons’ were kicking us even during a day-dream and we, of course dared them on with the lower blocks, - block - block - block - hah !

LESSON :- 4 The upper block was then religiously adhered to, “till the co-ordination had perfected,” or so, our instructor told us when we told him that we had reached a stage when even mid-way between a meal, we would stop eating and ritually perform the “upper block,” indeed we must have been imbeciles “Cerebellum,” - wise !

LESSON :- 5 Finally began the "openpalm hits," in which we were to aim for the eyes of the imaginary assailant.

If imagining was a crime, the bunch of us would be in an infirmary for Juvenile Dilinquents, considering the record number of innocent eyes that we had knocked out in our imagination of course.

LESSON :- 6 Meow ! grow ! claw ! claw ! and we clawed away in the "Cat-Stance, for eternity it seemed, till, I for one thought I was a Cat ! Jokes aside, I literally mewed when my cousin asked me what I would like for break-fast !

"The KA-TAS" :- Now started the more advanced "KA-TAS".

Try as I might I never could get a KA-TA straight, for here we had to turn around in all directions, punching and slugging, clawing and kicking, till we were panting and puffing, but will you believe it, without even setting up a convection current of the air around us ! Big Deal !!

However a wise-elder had once said, that confidence became a "queen", best ! and the long and short of it is that we pretended to be queens !

Now when the younger brother, who is one foot and about ninety pounds my senior, started argument, I very smugly asked him to calm down for otherwise I would loose my temper and injure him mortally by a punch in the "Solar Plexus" -- I think he did look impressed, though I saw him chuckling behind the door, later in the day, I wonder what the Joke was !

Nevertheless we moved around like a couple of TARZANS during the 'Apes' to attack ! It paid too !

One of us was attacked by a pickpocket in Bohri Bazaar, and the man snatched her purse.

By the time she look up a stance and punched in the "Solar Plexus," the burglar was half a block away, so in desperation she screamed "Kiii - Aiii in her loudest voice.

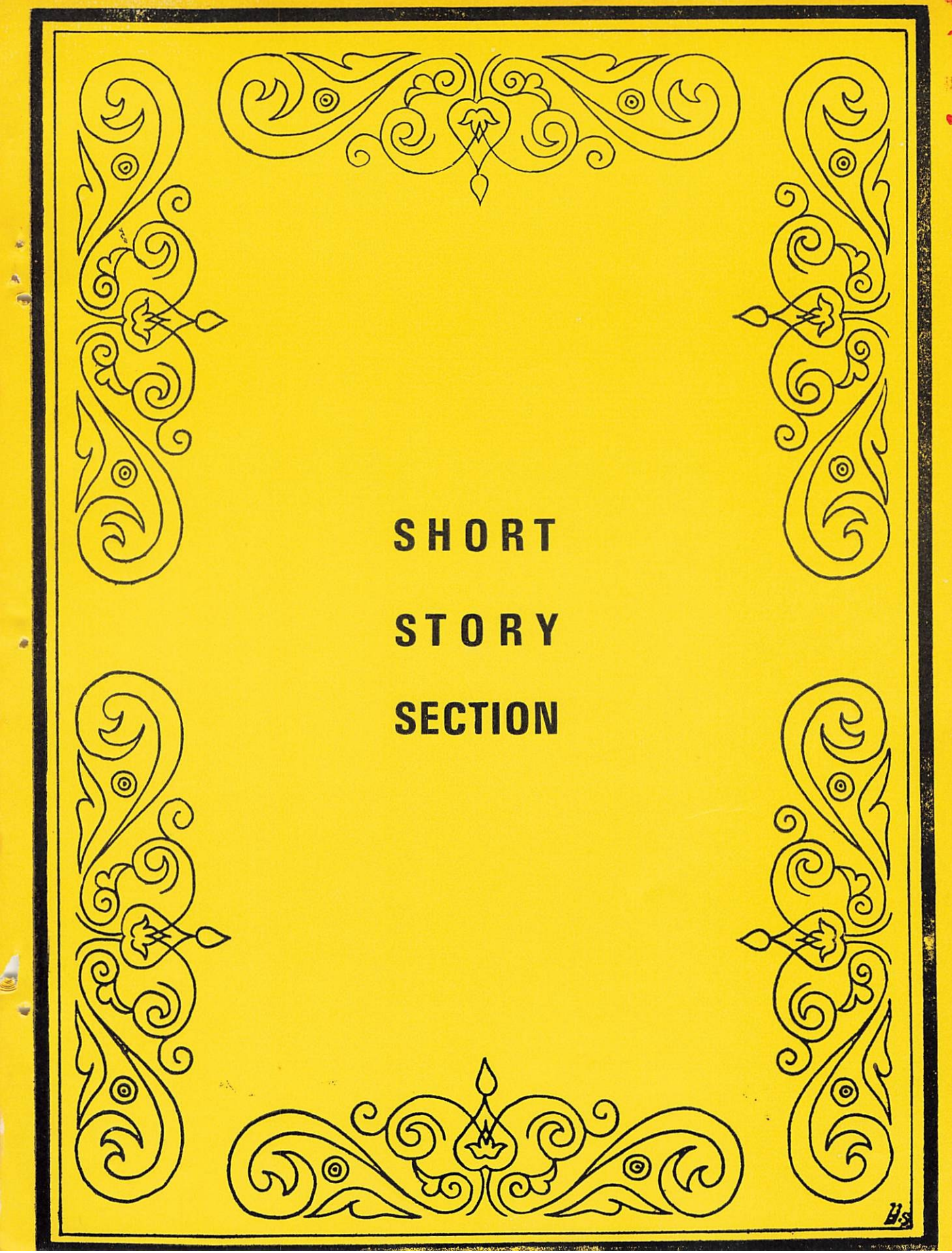
That did it, half of Bohri Bazaar was out to help her, for she had a very Melodious voice you know, and she did get her purse back !

So 'Karate' did come in handy, See ! for Kii - Aii is a battle Cry of ours, it worked when all else failed !

Set a shipload of Sumurai Pirates ashore at Karachi, and see if we do not Kii Aii them away !!

And only those who know the art of the ancients can do it ! Why not have a go at it, for indeed !

- K = Stands for "Kii-Aii" the Call of the brave,
- A = For the "Almighty Strength" that can keep wild elephants at bay
- R = For the ridiculous appearance we dare Hercules to tug at aye
- A = For tae "Amiable" stances you'll find no ballerina try
- T = For the "tough-luck" that will some-day befall our foe
- E = For the "Effective-ness," of our "Samsonian Blow !!

A decorative border with intricate scrollwork and floral motifs, including a central diamond-shaped flower and symmetrical flourishes on all four sides.

**SHORT
STORY
SECTION**

*Contemporary philosophy is overwhelmed with the 'SELF'.
'I am the most important person in the world.'*

ME

By ASIM HUSSAIN
2nn Year M.B.B.S.

I am stupid in the head. Prone to thinking that I am dashing, debonair and handsome. A flirt, a romeo, a carefree devil and one who plays with women like toys; mud as a matter of fact. Pottery and that sort of thing.

Of course, I am not even remotely suggesting that any of it is true, but then.....
Come to think of it though,

ME

ME

and more of ME

Good heavens man. It sounds magnificent. Like bells tolling. Only the other day Me and someone were strolling along when some chics passed by.

Man you should have seen the ruffled feathers. All haughtily and beaks held up to breathe the fresh air. Me could hardly keep from crowing,

Happens all the time.

Hens, chics, eggs, what have you. Anyway, being a house on fire or the range, the dream, the idol of millions is not my idea of fun.

I am here to study,-----The letters, the massages, the phonecalls the parcels, the flowers, the gestures, the desperate reactions, the whoie bit.

Once I passing through the college, never knowing there were about couple of dozen chics coming my way, and then

Man you got to be there to believe it. Its me or them. Its again me or them. Either its me in the casualty or them. Me for treatment of suffocation and miscellaneous wounds like scratches, bites, and such like and they for fainting spells, coma and such like.

Honestly, the guy at the counter doesn't like me too much. And here I've got to be careful. I've got to be careful. I've got to wear ordinaey clothes, that I can a afford to have torn.

There was a time when.....

Forgive Me. I got some messages in my mind. Telepathy. Someone doing the hanging but with a dupatta (they purposely use flimsy material, so it wont work).

Someone taking a bath in petrol and acting like Guy Fawkes. I got to get my Fire Extinguisher.

Somcone doing the sleeping beauty act. I got to go and wake her.

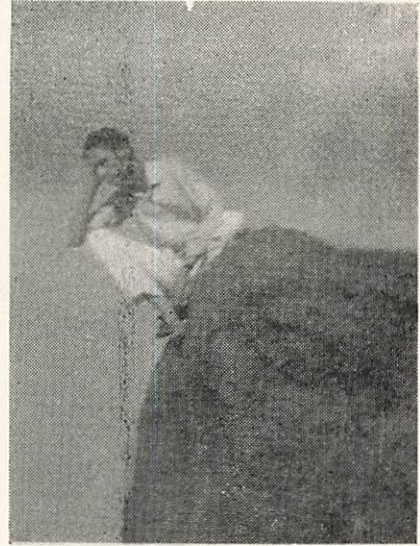
Someone in the Juliet Act, and calling out to Romeo.

Happens all the time.....

ME ----- am fed up of the chics.

PRIZE WINNING NARRATION

by :
Sohail Ahmed
IV Year M.B.B.S.



I was a student of Darbhanga Medical College, studying in the first year of M.B.B.S. in 1967. I was also the secretary of the All India Bihar Muslim Students Federation.

I decided to leave my native land and to come to Pakistan. My best chance was to slip in through the Indo-East Pakistan border. I contacted a gentleman, one Mr. Abdul Hai of Semapur and fixed a rate for starting.

One rainy morning we took the 31 down passenger train, and chugged out of the semapur railway station. I could see the reflection of the train in the wet platform.

My home was left behind on Mahavar Road situated in the North Bihar region of North India at the foot of the Himalayan Ranges.

I had no travel documents. I was to cross the border separating two hostile countries. I still wonder at my courage and I relate it to simple determination and an irrevocable faith in Allah. In fact, I often used to feel that performing Haj would give me less satisfaction than my coming to Pakistan.

We left Semapur and reached Lalgola Halt. Stayed 2 days with Abdul Hai's relatives. Lalgola Halt is in the Murshudabad district of West Bengal. One has to cross the river Ganges by steamer and I saw places of the Farakha Barrage on the way.

Abdul Hai sent his kinsmen out to get information concerning the border situation and the most convenient route. If the border was sealed we might have to wait months before getting a chance. Circumstances however were favouring us.

In the two days at Lalgola Halt, I looked back into the past and remembered my school and Maktab friends, my college friends, my relatives, my cousins.....and my dearest mother.

She is in India, at my Nana's house. She teaches the Holy Quran in my Nana's established Maktab for girls.

I wept bitterly and was all for going back. I am grateful to Abdul Hai for encouraging me on. He told me of the Landlords, Zamindars, Nawabs and Rajas who had come to Pakistan. He often sang,

“Jab chal pare safar ko
To keya murrh key dekhna.”

ENROUTE TO PAKISTAN

Starting from Lalgola I changed myself into the guise of a cattleman. I took off my pants, shirt, shoes, wrist—watch and packed all of these into a leather bag along with all my educational certificates.

I set out with the KAFLA riding on the back of a buffalo. The kalfa consisted of two dozen herds of cattle, including cows which are smuggled in large numbers into Pakistan. There were about thirty men all practised in the trade and in the route. I was the odd man out.

We travelled for miles and miles through Dal—Dal (marshland and quicksand) sometimes sinking chest deep into the sucking, wet and shiny soil. It was a journey of steps. And I often called out to Abdul Hai saying ‘Bachao, bachao, mujhe wapasa lay chalo’.

At the same time we had to look out for the bullets of the Rangers and the E.P.R. Two long days and nights later, through the curtain of heavy rain, I chanced to see the Indo East Pakistan Border, demarcated by freshly planted trees at half furlong distances and encircled by mats.

At 4 o’clock in the evening I crossed the so called Border and asked the cattle boys, where we were approximately. They replied in Bengali :

“Ei ta Pakistan
O ta Hindustan.”

We parted company, I and Abdul Hai, with the cattle boys after crossing the portion of land, called ‘no man’s land’ and set on the bank of a river, on a sandy hill in the district of Chanpai Nawab Ganj. We bathed in the river Bansi and taking off my lungi, gamji, and gamcha. I wore on the clothes of so called civilization.

Crossing in an open boat, under the clear blue evening sky, I was directed by the Manjhi, to throw away my Indian coins and wrist watch. I dispensed with the coins but retained my wrist watch.

After crossing the river, we again walked a few miles and then in the late evening, I saw the first Pakistani flag fluttering high up in the sky. The moon was just beginning to show and all around us were the paddy fields with tall grass swaying gently in the wind.

I took some of soil from the ‘Dhan ka powal’, and rubbed it on my forehead, embracing Pakistan in my heart and mind.

Abdul Hai looked on and stood there laughing at my ecstasy.

**THE GANI FORMULA WAS SIMPLE ENOUGH IF SOMEONE
IS TO GAIN BY YOUR ACTIONS DO IT. IF NOT—DON'T
DO IT.**

**THAT IS WHY WE CALLED HIM.....
GANI, THE GIVER.**

SO THAT OTHERS MAY LIVE

“Heroes die young”.

The news item spoke of a young man who had come under the wheels of a car while trying to save a little girl. For most people the dead man was ‘just another’ dead man. But for me the news was depressing. My best friend was dead! Gani was dead.

I closed my eyes in agony and went back into the past. My school days.....

“Here he comes. Right on the dot, as usual!” someone shouted. And we all knew, instinctively, that the approaching person had to be Gani. His punctuality was the time-setter for our watches. We all loved Gani. A jolly, Jovial type of boy with a kind disposition and a charming personality. Full of co-operation and cozing with goodwill for all. Poor in pocket but rich at heart. He was happy when he could give. And he always gave straight from the heart.

That’s why we called him.....Gani, the giver.

Gani was a living example of simplicity. He dressed simple and acted simple. He talked simple and thought simple. “The “Gani-formula” of life was simple enough.

“Simply speaking”, he used to say, “life is man’s final examination conducted by God. Only your good deeds will make you succeed in it. Any way what’s the harm in loving and serving people. A helping hand or just a kind word is all that is required. And it costs us nothing. The giver and the receiver both gain by it. So why not help each other?”

That's how it was with Gani. In whatever field of activity he may be, he would first think of others. His logic was like simple arithmetic of one plus one is two, one minus one is zero. If the people gain—do it. If the people don't gain—don't do it.

Gani resented crying. "Tears kill a man's courage and turn him into a coward", was his opinion.

"But Gani, we used to argue," psychologists say that crying is a healthy outlet of pent-up emotions. Aren't tears expression of true love?"

"Wrong, Gani would insist," when you cry you simply try to be out of a situation. Why not face the music? As far as emotions are concerned, remember, laughter is the best medicine—not crying".

We went happily through our student life and cleared our Matriculation together. Our whole team was making big plans to enter college. It was a joyful occasion but mixed with a tincture of sadness, Gani was leaving our company. He couldn't afford the college expenses, "My father is too old to be able to work now and I have to shoulder the family's responsibilities. I am old enough to face facts and this world. So, my dear friends, its good-luck and good-bye." These were his parting words.

Alas! At that time we didn't realise that his friendly good-bye was coined to be a final farewell!

The funeral ceremony is over. Gani hasn't died unlamented and forgotten. There are many like me who are crying and praying for him. As a final respect to his noble character we engraved on his tomb.....

“SO THAT OTHERS MAY LIVE”



She Is Sabana

She Is Soft Gentle & Polite

SHAKYA KASHYAP NARSINGH
II Year M.B.B.S.

'Bana', I said. 'What makes you look so sad today?' She did not reply. I started. Trying to read her face. Her lips moved. 'You will come back only after. five years?'

'Oh, does this matter put you off?' I asked. I had diagnosed some very complicated disease. 'Dont worry Bana, I will be with be with you as soon as I get any holiday'.

'There will be may be many holidays.....the summer and winter vaccatins. if you do not forget me before that'. She almost sobbed. It pained me very much. 'Sympathetic' had already taken over the charge from 'parasympathetic'. My heart beat so fast, as though preparing me to face this situation.

'Bana', I said 'Should I write to you from there to your home address?'

Oh no! My folks would not like that', she said, 'But I can do one thing'.

:What?'

'I can give you my friend's address and you can send me letters to her address'.

'And, what would your friend's folks say?'

'No my friend's father is dead. She stays with her mother in a two's family. But her mummy is a nice, gentle, old lady.'

'Won't your friend see the letter herself;'

,No she is my very intimate friend.'

Bana', I said, 'then you don't have to be very sorry even though I won't be around

you. I will write to you almost every day, and never let you feel lonely.'

'You must; she said in a single breath.

Sabana has been a close friend of mine since my school days. She is soft, gentle and polite. That is what I remember most about her. I still remember the day when our school final exam result was published. On that day Sabana had come to my home for the first time and that too to congratulate me. She was the happiest creature on the earth that day. But her own success was a matter of little importance for her. All her joy was because my name was among the first ten students. That day was the beginning of a new chapter.

Soon after that I enrolled myself in a science college, She joined the Arts college. I was selected for studying medicine which was my most cherished goal. But Sabana was not very happy. She was worried by the anticipation of then long time of separation.

'I think I will be out of my mind very soon' she would say or she would complain against her mother. 'Mummy does not love me now-a-days She says that I am always lost in thoughts. In my mind also a feeling of joy was always mixed with a feeling of sadness.

At last, the long-awaited-for day came. I showed Sabana all the documents. She looked at them silently. "Now you must promise me that tomorrow you will say 'good-bye' to me without any sadness But her lips were tightly closed and I knew that it was impossible to make them part now.

The next morning came without any sleep. The hour hand of the tower clock was moving faster. It was time already. I entered inside the 'Boeing' and took a seat near the window. My eyes searched her in the gallery and waved hands. I felt, they had become involuntary. I saw her covering her eyes with her hands as the jet sped in the runaway and roared into the sky.

Yesterday, I received a letter. No, it was not Sabana's. Someone else has written it. It begins....."Guess, who wrote this letter? It is written of course not by one who hates you but.....". Going through the letter I stopped over one line....."At last you have told me the truth. It was the thing I least expected. Well, you should have told this to me a long time back. However, it is never too late to mend. I never feel bad about it.

"Now you can do me one favour. You did not tell me her name without whom you said you cannot live. May I know her name, that fortunate name?"

At first I was very much puzzled by the letter. I could not say who could have written it. I had never seen such handwriting. Afterwards I remembered that Sabana had written me in her previous letter that she was practicing to write with her left hand. Now she has improved a great deal. And I remembered I had written a funny letter on the eve of my exam. Now everything became clear to me. I had a hearty laugh over it. Then I wrote in the reply....."Well, need I tell you, the name? Guess it yourself. She is a LEFTIST. She is SABANA.'

THE KILL

By LIAQUAT ALI

3rd Year M.B.B.S.

I was almost shivering in the cool breeze of the Savanah grasslands around me. Tired and run out of energy. I flicked out a cigarette and lit it. And as I took in a deep breath and puffed smoke against the first rays of the dawning globe, my mind went back into the happenings of the last twenty four hours

It had been after a long time that I visited my Uncle's home situated amidst the flourishing greenery of the Savanahs on the slopes of Mt. Kilimanjaro. It always was a good hunting site, and so, I thought, it'd be a change worth its while to be away from the dormitories of my hostel! Thrown in the backyard of his home is a farm where my Uncle (being a confirmed bachelor) spends most of his time after. The evening I reached there; my Uncle was complaining of a wild Gazelle sneaking into the farm and destroying some of the budding plants. The harassment continued for a few days until one evening I patiently waited for it with my twelve bore shot-gun cocked in a position for the kill. It came sneaking its way into the farm, never knowing, as I thought, that it was the last day of its life. I was just about to pull the trigger when all of a sudden I was simply gazing at a vacuum, as the Gazelle jumped out of the farm like a lightning in the sky. I took a shot at it but no dice. Frustration and impatience took over me, and I swore that I'd go after it even if I had to follow it to the end of the world.....

And so here I was! Still searching for, and yet no sign of it anywhere! Suddenly, in the light bush lying ahead, my eyes caught the sight of a movement that couldn't be mistaken. That brown fleece! I jumped on to my feet, and was preparing to take an aim when I realized there was nothing in front of me! Was I dreaming? Or was it the ghost of the Gazelle? I shuddered at the thought. The crazy thoughts didn't last long, for to my right, about twenty five metres away, stood the Gazelle. For a moment I was stupified. It was a magnificent sight. The virgin rays of the rising sun reflecting from the almost golden fleece imparted an inexplicable charm and magnetism to the animal. I composed myself, and thought that if I didn't shoot it this time, I'd go to..... I didn't bother completing the thought. I took the aim and pulled the trigger. The dead silence of the morning was violated by the deafening sound of my twelve bore, as the Gazelle went down crying in agony. I had got it at last!

I dashed towards the kill and taking out my knife to make an end to it, my eyes fell into the eyes of the Gazelle. Never before had I seen such beautiful eyes filled with expressions of fright and pity. It was crying for sympathy and human kindness. The look pierced my heart and as it did so, the grip on my knife grew weaker and weaker. Suddenly, I was filled with contempt for myself for having shot it, I felt remorse and guilty. Could God forgive me, for this? Throwing the knife away, I looked for the wound. The bullet had luckily passed through the flesh rupturing only a part of it. It was bleeding profusely. I quickly took out my First Aid Kit and applied the necessary dressings. After a while, all looked well, and the Gazelle gaining strength and confidence, trodded off slowly and disappeared into the bush vanden. I only hoped that it wouldn't become a prey of some big game.

I turned back and headed for the woods leading to my Uncle's house. Exhausted and thirsty, I reached home in the evening, and there in front of the Farm Gate was behold! my patient in all its glory. It looked into my eyes as if trying to convey a message of thanks and then slowly but painfully walked away into the unknown. As it did so, I swore to myself that I'd never touch a gun again.

Memories Of A Lost Friend

Neither the stately tree at my back
Nor the splendour of the scene around
Me could distract my attention.
Many memories. the most touching
Of a very dear friend.
I was lost in reverie.

One loves intensely, So much that nothing
else counts and yet.

Vividly. I recollect that glorious
Spring morning. My family and I in the country side.
The spring, the flowers, the birds, the grass.

Everything was beautiful.
We settled down. I went wondering.

I saw him seven or eight yards
away on a little mound of earth. A
child sad and tired. He was about ten
to twelve years of age.

I loved him from then. And
I wanted him to be a part of the
family. Strange but nevertheless true.

I thought about my parents. But
they didn't matter. It was as if a
compulsion had seized me.

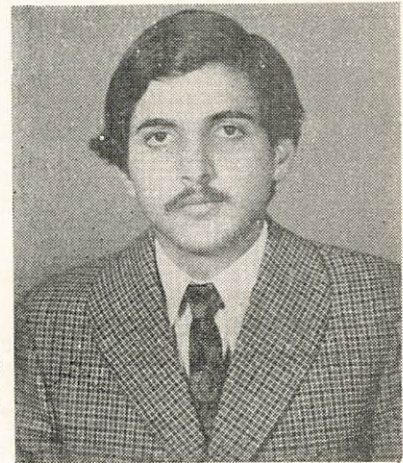
My parents adopted him
I remember those times. Short. Intense.
Evenings. Nights. Playing on the carpet.

My parents loved him as
they do me. All was well. We often thought,
my family and I about his
future, and mine.

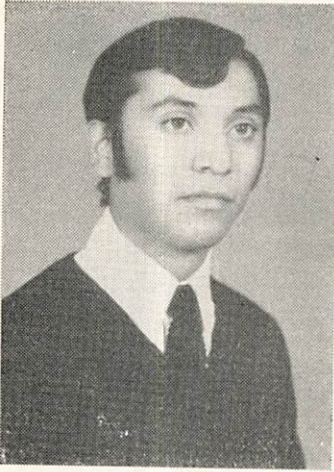
And then harsh and callous nature took him away.
For no aparent reason. He died. I lost.

Nature in its assertion of
supremacy had deprived me of someone I loved.
I cried. But tears
and philosophy didn't bring him back.

I often see the mound where
he is now and wonder.



by
MOHD. AURANGZEB KHAN
Ist. Year M.B.B.S.



A Dreamy Girl

By
MOHAMMAD ISHAQ
2nd Year M.B.B.S.

True, to my dream, a girl have seen,
A fairy, Embodying all the dainty beauty of a being.
Mellow, sweet with love-like glance
and soft glistening hair
not only full of melody and gladness,
but also exquisitely fair.
Her crystal blue eyes bright with Mirth,
sparkling with light.
Her melodious voice and grace,
both satisfy my perishing thirst.
Overfilling my heart with joy,
that is ready to burst.
Keen she is, like a nymph of a balmy garden,
whose
Terrible nectar of passionate
and deliciously-perfumed rose.
Intoxicating my heart with all the fragrance
So rich with heavenly bounties,
surpassing all beauty of the glance
O Angel !
Let me have a taste of thy sweetness.
Regardless the pain I'll endure
to achieve this happiness.

TAKE ME AS I AM

by :

Azfar Malik

2nd Year M.B.B.S.

There are some thoughts
that never reach
a decision
so deep
in the brain or
like a ship
in the Doldrums.

Perhaps
the only longing
to weep
or curse.

Take me as I am.

There are some tears
that never reach
the eyes
so deep

it dries the eyes
that no one may see
the incomprehensible sorrow
the poignant grief
Take me as I am.

*Socialism has been variously defined.—
Tariq Mohd. Sherani informs you of*

SCIENTIFIC SOCIALISM

by

TARIQ M. S.

1st Year M.B.B.S.

The roots of Marxism lie in German philosophy, British political economy, and French socialism, the three main currents of social thought during the 19th- century. Marx claimed that his theory completed these currents. He held it was a scientific technique for realizing historical socialism and for liberating the productive energies of industrial society, developed by capitalism; it was this and scientific interpretation of human nature and destiny as well. No question of human importance was, he claimed, left out. Marxism was a philosophy of nature and of history informing a programme of revolutionary action meant to fulfill the destiny of man.

Marx and his colleague, Friedrich Engels, looked forward to a society liberated from class conflicts, in which instead of men exploiting one another, they would together exploit the earth in

Scientific socialism is based on the science of history, the science of economics, and the scientific unity of theory and practice

their common interest. Since the state would no longer be used by one class to dominate another "the administration of things would take place of the government of men". Marx and Engels formed precise views not only on the ends to be reached but also on the only means for reaching them.

Marxist socialism was in the first place a science of history which attempted to formulate general laws of development, somewhat as in Hegel's philosophy. But according to Marx, Hegel's

system was upside down, since he based it on the development of ideas and his philosophy of history was really the history of philosophy. In fact, social change was always determined by economic relations and the mode of economic production, as indeed was the whole superstructure of ideas and culture. The present and the future must be understood in the light of past. Marxist socialism in the second place offered a scientific analysis of capitalist production as it was working in the mid-19th. Century. According to Maax, the ownership of the means of production, distribution, and exchange, and the control of state apparatus would pass into fewer and fewer hands, reducing the rest of the proletariat: to make his profit, however, the capitalist paid the workers wages less than the exchange value of the product, so that the proletariat could not afford to buy the products of their own labour.

This was the inherent contradiction of the capitalist system. If there is to be profit, there can be no market for the product; If there is to be a market, the profit—the capitalist's sole incentive —disappears. For a time there would be thus poverty in the midst of plenty, but then the system would grind to a halt. But long before this would happen, the proletariat, being the overwhelming majority, would seize control. Then the economy would run at full capacity to produce plenty for all. In the classless society thus established by the proletariat, men would become free to fulfill themselves. Only the proletariat were interested in producing plenty for all and therefore they alone could use the economic machine for this purpose, instead of restricting production for the sake of private profit.

In scientific socialism, the science of history and the science of economics were completed by the scientific unity of theory and practice. "Social life" is essentially practical. All mysteries which mislead theory to mysticism find their rational solution in human practice and in the comprehension of this practice. The world could be changed only by a scientific understanding of what in general would happen, and not merely by an act of will to bring about what one wanted to happen.

Marx and Engels worked to prepare the working class, especially in Germany, for their active role in bringing about the consummation of history through the dictatorship of the proletariat: this and bureaucracy, and bring in the classless condition for new socialized humanity.

THE proletarians have nothing to lose,
but their chains.
THEY have a world to win.
WORKING men of all countries, UNITE!

ALONE

I seek the blossoms
in the glade
my love
I seek
familiar places
the mellowing dawn
the orchards at night
my love
Alone
I face
the changing streams
of life
the seas—of hope
the moonlight estuary
of my dreams
And yet
no compassion
no sweet word
from you—
what predestined hour
for me
before
I see your face

by :
QAMRUNNISA KHALIQ



Quotations

FAWZIA MAJEED. IInd Year M.B.,B.S.

You grow up the day you learn to laugh at yourself.

Love is friendship set to music.

If a man deceives me once, then shame on him, if he deceives me twice, the shame on me.

By saying little some people acquire a reputation for knowing much.

Grace is to the body what clear thinking is to the brain.

Love is like measles, we all have to go through it.

We only possess what we really love.

Do not seat your love upon a precipice because it is high.

Tact consists not in seeing how often we can please but in seeing how seldom we can offend.

Don't tell your troubles to others, most of them don't care a hang, and the rest are glad.

God's great power is in the gentle breeze, not in the storm.

We learn to love more by loving.

Fate and destiny is the philosophy of failure. Effort Maketh Man.....

Man is the architect of his own fate

This saying persuades the idle to work, encourages the industrious to put in more work and inspires the ambitious to hit at the sky with all their might. It is an unfailing blow to fatalism so fondly cherished by us. Man is born free and shall remain free to shape his own fate. Free man in a free country has every right to fix his goal of life, without being discouraged by friends or circumstances. Once this is done, he should demark out his line of action. Then he must prepare himself for hard work to achieve the end.

Man may select any sphere of activity. He may aspire to be a great politician, a great social worker, a great industrialist or a great literary figure. He is sure to reach the highest rung of the ladder if he works hard. Strength of will should be his chisel and industry should be his hammer. With undying patience and untiring perseverance he can reshape the most ugly and awkward circumstances into the most favourable ones. Late Abraham Lincoln son of a poor farmer attained the enviable position of the President of U.S.A. & the disintegration of his country was saved by him through his hard work and will power. 28-years old Henry Ford II saved the near-collapse of Ford Motor company and he rose to the position of the greatest industrialist through hard work.

But to attain such a goal is not a child's play, nor is it a miracle to be achieved with in a day. It is not a game of chance as gambling. Working without steadiness will not help any one. Adverse circumstance may check a man's progress, and apparent failures may unnerve him. The road to success is never straight and levelled as super high way but it is zig-zag and has ups and downs. AT times he may find himself in difficulties but he must have courage to work hard till the sky is clear. Gradually he gets success.

However it is sometimes said that man is the creature of circumstances and is a puppet in the hands of chance. More often than not we find many deserving persons rotting in darkness because of their adverse circumstances. On the contrary we often find worthless persons becoming great by sheer chance.

“MAN PROPOSES AND GOD DISPOSES.” is a wise saying for the sake of consolation after failure. The existence of divine power can not be denied. But this saying in no way, encourage blind faith in fate. As a matter of fact this saying should be read along with the saying, “GOD HELPS THOSE WHO HELP THEMSELVES.” No person therefore, should yield to circumstances. He can fight against circumstances and can create better circumstances for him. He must always bear in mind the following couplet :

I am the master of my fate,
I am the captain of my soul.

HUSSAIN SIDDIKY BAWANIE.

Ist Year.

Dow Medical College. Karachi.

A decorative border surrounds the text, featuring symmetrical scrollwork, floral motifs, and a central diamond-shaped element with a teardrop at its base. The design is intricate and elegant, typical of early 20th-century book covers.

PSYCHOLOGY

AND

YOU

PSYCHOLOGICAL MEDICINE FOR UNDERGRADUATES

**IS IT NECESSARY TO LEARN PSYCHOLOGY TO BE
ABLE TO DEAL WITH YOUR PATIENTS
SATISFACTORILY ?**

None can deny the fact that this is the "age of specialisation", yet at the undergraduate level of training the syllabus should be comprehensive enough to provide the "basic doctor" with at least a working knowledge of the major specialities. One of these vitally important specialities is that of Psychological Medicine, commonly called "Psychiatry."

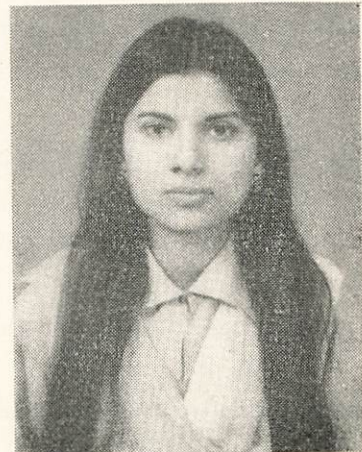
The world of today is a fast moving one and man is subjected to various stresses and strains both physical as well as mental. The physical aspect he has been dealt with by inventing machines that

**TEN LECTURES IN A 5 YEAR COURSE
JUST NOT ENOUGH!**

by :

Nighat Hasnain

Final Yr. M B.B.S.



will do almost any kind of work.....quicker and more efficiently, but even the most complex computer that can be created will not be able to take the place of man's mind. So men will continue to

think and react to situations of increasing complexity, as best as they can. With an increasing number of persons, their inherent capacity for dealing with such stress, frustration and anxiety producing situations is not good enough, the result is mental ill health and psychological disease.

That this is fact is borne out by statistics. In an advanced country like England for example it was found in one study that out of every ten patients attending at the clinic of a private practitioner, five had purely psychological problems, 3 had organic problems with psychological undertones and two had evidence of organic disease with normal psychological reactions (Glasgow; 1969). These are staring figures indeed and clearly indicate that psychological medicine is going to be the most needed speciality in the very near future. Besides every general practitioner should equip himself with an adequate knowledge of it in order that he may recognise and even treat the common psychological problems.

The case in favour of teaching psychological medicine at the undergraduate level being very strong, the problem arises as to what should be taught? The answer is not very simple but one thing is to be emphasized and this is that stress should be laid on the basics like anxiety, depression, hysteria, psychosomatic disease and psychiatric emergencies, because these are the cases that will present themselves to him in general practise. Also practical demonstrations of these conditions in clinical cases is most important because he has to develop the "knack" or "sixth sense" as it were, to be able to spot them in his patient. For this one months clinical posting with a psychiatric unit is absolutely essential. The student should have an opportunity to interview patients at the O.P.D. under supervision of a trained psychiatrist and to follow up cases through their course of a treatment. He should be taught the basics of supportive psychotherapy and carefully drilled in its practise because this type of counselling has to be provided in the office of a general practitioner.

Lectures on psychopharmacology are necessary if the rationale of drug therapy in the treatment of psychological disease has to be understood. There is much abuse of psycho-active drugs like tranquilizers, antidepressants stimulants etc. not only by patients who obtain them without prescriptions, but more important by doctors who prescribe them without definite indications. These are miraculous drugs no doubt but what is powerful for good is also potent for evil.

In conclusion we can say that while in the past the doctor was concerned mainly with diseases of the body, he was now to treat disease of the mind as well and the better he equips himself for this, the more successful will he be.

The trouble with present day Pakistani society is that it is distinctly Victorian. The same morals, the same ethics. the same taboos, the same values. The whole setup stinks of hypocrisy. People hiding behind respectability. Neurotics. psychotics, everybody looking for pedestals. Victorian styles.

Today one comes across families where the stress of modern living has begun to tell. The husband. father and head of the house bending over backwards to maintain a respectable facade, The wife, mother and pillar of the home spilling under the pressure of trying to keep up with her relatives and her children's friends. Everybody going haywire. The debts piling up. The pomp and show carrying on. Party time all the time, until the din of the music becomes too much to bear and someone or the other is bound to breakdown under circumstance.

My question simply is Why?

The answer is equally simple. Because it cannot be helped.

. out of sheer curiosity,
would like to know whether

YOU ARE ASHAMED
TO GO
SEE A PSYCHIATRIST

by :
Safia Bano
Final Yr. M.B.B.S.



And again, Why not?

And again, simply because there is no way out of this jungle of civilization,

And if I say, there is a way, there is a solution.

Again No. No. No. No. No.

O. K. that is your problem not mine, but listen and listen good.

Get rid of your false values, because they are going to get you in the end.

And even if you object.

I care.

And this may sound like a tooth paste ad.

Go see a psychiatrist,

WHAT?

Have you gone crazy ?? (!)

What will people say ?

How will it reflect on the family ?

People will think we have all gone mad !

Think of the shame, the disgrace, the scandal, the gossip.

There will be no more proposals for my daughter/son.

We will become the laughing stock of society.

HA !

Normal people becoming neurotic.

Basic psychoses flares up.

Depression, repression, frustration, inhibition, schizophrenia.

Suicide.

and society.

HA !

Take your choice.

Q. What would you say is wrong with our society

A. Our society is mentally deranged

With the coming of the Industrial Revolution, the society of James Watt and his contemporaries, changed drastically for the better.

What followed was the involvement of men, women and even children as 'units' efficient and functional, contributing to the output of the newly found methods of 'mass production'.

Customs changed, standards changed, traditional forms of living changed, all in favour of a more concrete and scientific basis of life.

FREUDIAN CONCEPTS WERE CONFIRMED. Discrimination of sexes was dispensed with. Men and women worked in the same factories and at the same machines, to produce more and more.

by :

Miss Farhat Hussain

Final Year M.B.B.S.



Let us come back to Pakistan. Today we are a nation, of poverty stricken, starved and illiterate people. Disease is prevalent. Joblessness is common.

HAVE WE EVER STOPPED TO WONDER WHY THIS IS SO?

The answer is simple. Even in this age of Industrialization we are not contributing sufficient manpower to handle the machines. (Whether or not we have a sufficient number of machines is another problem).

The question that arises is, how are we to increase our manpower, defined as the capacity of functioning units of one whole?

Have we for a start, dispensed with the discrimination of sexes? No. We hide our women. We keep the opposite sex 'under cover'. Our women are pure and untouched. Protected from lust filled eyes. Pieces for sale.

Even lady doctors after marriage are often required to stay at home and look after the children!

Do we not realize that women constitute 50% of the population, and that by keeping our women at home, we are losing 50% of the concerted effort and production.

Look at the other end of the picture. The men work everyday. The same routine work in the mornings. Nothing to do in the evenings. The natural urge of mixing with the opposite sex does not arise, unless one is happily married.

Result. The same individuals go to work the next day. Without any zeal or vigour. Without any 'drive' or 'go'.

RESULT. PRODUCTION NEVER RISES. GROSS NATIONAL PRODUCT BECOMES SUBJECT TO MASS FREUDIAN HYSTERIA. WE BECOME A SOCIETY OF SICK, FRUSTRATED INDIVIDUALS.

How are we ever going to progress. Break our rules. Defy our customs. Violate our traditions. Destroy our code. Flaunt our regulations. Dispense with our ethics.

And march forward. Changing our society. Changing the patterns. Equal participation for men and women. Equal for the betterment of the nation.

Let us look finally at other countries in the world. Production at peak levels. Exporting. Importing only raw materials from backward countries like ours. Countries that will remain backward until their mentally deranged societies do not make the effort to rid themselves of their petty neuroses.

ESCAPE

by :

Rukhsana Ihsan

III Year M.B.B.S.



Running. Hiding. Evading. Pretending. Hoping for some instant solutions. The problems multiply. The issues remain. And You, I, We they, stagnate and die. In self pity. In ESCAPE.

Reality. Sour. Salt. Bitter sweet reality. Reality nevertheless. Naked. Thorny. Vicious. Malicious. Real. Real reality hounds us. Stalks us. Shoots us. Stabs us. Kills us. And we all look for ESCAPE.

The past is always easy. In retrospect. Looking back. Considering. Analysing. Faults, Mistakes. Blunders. Errors. And coups. Sweeps. Strikes. Winning streaks. So that the past is a tangible reality. Once there. Not now Cushioned by time. Circumstance. Environment. Lessons gained. The past becomes good. Bitter at times. But past. But already happened. So that the past is good.

The present. Immediate present. Pressing present. Demanding present. Wanting present. Time stalled. Time waiting for the present. Time nothing. Only the present. Interaction. Of man and man and man and woman and child, and men women and children. Interaction. Clash. Resolution. In favour or against. For or against. Time waits. For decision. For the finale. The end. The present concludes. For the moment. A fleeting second. A pause. And

then more present. No time to breathe in the interval of present and immediate past. Of now and just now. We live therefore in a constant struggle Nightmarish at times. The present is not good.

The future remote. Faraway. On the horizon. Coming close. Upon us. A Blank. On which to draw. To paint. In oil. Pastel. Water. Good things. Nice. Possible. Plastic. Pliable. Malleable Easy to handle. A consolation for now. The past. The future is good.

Justify escape. I escape from the bad present. Use the first escape into the good future. Get a ticket for the flight. The journey. The trip, The hike. Get away. The accent is on getting away. Far away.

Drugs. Liquor. Dreaming. Whats the difference. Get into the habit of Deviated thinking. Detract from the real. How you look at it. How I like to look it. How I like to look at it. Distort reality. Destroy circumstance. Value self. Feeling. Value peace. Peace. Justify escape.

Plan the future. Astrology. Palmistry. The dice. The cards. The drugs. The dominoes The miscellnueous. Channels. One way traffic to nowhere. Castles. Dreams, Health, Wealth. Prosperity. Prosaic, mundane things which make us happy, Escape into the future. A consolation for now. Justify escape.

I am tired of life. I am nervous and sensitive. I love the good things. I love joy and sunshine and peace. I wish nobody any harm. I get nothing of these.

Escape calls.

Escape from emptiness. To emptiness.

Fulness to emptiness.

Escape calls.

God forgive me. For violating,

the social norms. For disturbing

the scantity of the universal pattern.

For being different.

For being a coward.

For running away.

And yet

I MUST ESCAPE.

The page features a decorative border with intricate scrollwork and floral motifs. The top and bottom center pieces are wide, while the side pieces are narrower. Each corner and side piece contains a stylized flower with a pointed center and swirling leaves. The entire design is rendered in a light blue color on a white background.

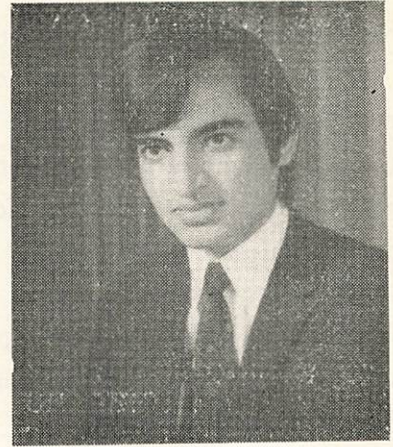
**STUDENTS
PROVINCE**

THE PEANUT SELLER

by :

Damry Hassen

2nd Year M.B.B.S.



The night is cold and dark
It is a night when one should stay at home.
I am in my bed, and warm and cosy
Looking through the window in the street below.
Not a soul is there in that cold chilly night,
And even the small mysterious nocturnal creatures are silent.
But lo Presently, as if materialised from nowhere;
A man comes slowly down the street.
Slowly he walks, and heavily
And crouched forward as if
A burden is trying to crush him down.
And yet nothing he carries

Except an empty basket hanging on his arm.
And old man he is, with long
Grey hair appearing under his crumpled hat,
And his clothes, shaggy and shrunk,
Seem to have always been a part of him,
And his face, deeply furrowed and tanned,
And haggard and weary
Is as mysterious as the dark night itself.
From some crowdy place surely he comes,
Where he has been selling peanuts.
He has been walking all day along perhaps,
Selling a handful of peanuts here and there,
Never resting his weary limbs
And surely wishing many a time
For something to wet his cracked lips
And smoothen the pain in his burning tongue.
And now the basket is empty
And slowly he returns home,
Probably some miserable hut
Where from rain only he is sheltered.
But he will rest quietly, surely
And with peace of mind
For he has earned his living honestly, if wearily.
Surely, surely, this old man is admirable,
For in his old age still he is working
While others, alas so many! are begging.

As the weary year of Ninety Seventy two
Soars beyond the azure skies, stealthily
Lonesome, I sit in my small untidy room
And reminisce one of its many indelible moments
When two dainty feet of yours I sensed
Pacing in my ardent heart so tenderly
I wondered if love has touched us
With his little quivering hands
As the amber clouds of dissension now
Eclipse the moon of our chaste love
We do not meet even like strangers
Living together may be difficult, sweetheart
But it's certainly impossible to live apart !

MUDASSIR M. DAR

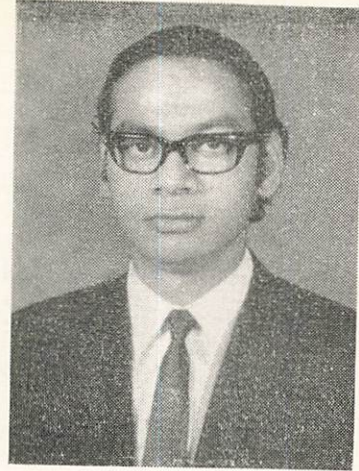
M.B.B., Final Yr.

ACUPUNCTURE

by :

Dolphy D Souza

Final Year M.B.B.S.



THE ancient technique of acupuncture has been used by the Chinese for nearly 5000 years. However it is only in recent years that other countries, particularly in the West, have shown a keen interest in it. This can be attributed to the fact that for all these years Chinese society was "closed" to the West, but since the recent thaw in relations between China and other Western countries, particularly United States, Chinese society has come in for a close scrutiny by eager Western scientists. In Pakistan too there has been some interest shown in the practise of acupuncture, but now that the wave of international interest has quietened down, we seem to have relegated it to some obscure corner of our memory matrix. We have become so accustomed for new techniques to be tried out and perfected in the West and wait to be "spoon fed" after they have have been fully developed and acupuncture seems to have met the same fate. For God's sake! Why can't we do some basic research on acupuncture here in Pakistan? After all China has very cordial relations with our country and is sure to extend any help that we require by way of literature and training facilities. We have nothing to lose and everything to gain.

The word acupuncture is derived from latin "ACUS" meaning "a needle" and "PUNGERE" "to pierce". The exact origin of the technique is not known, but Chinese legend dating 5000 years back has it that a soldier struck by an arrow in battle, noticed a sensation of numbness at a site distant from the wound.

The earliest record of effective cure by acupuncture is found in SHIH CHI (biographies of PIEN CHUEH and TSANG KUNG) written 2000 years ago, during the Warring States Period (475-221 B.C.) Here acupuncture, entitled LING SHU, deals at length with "channels" and "points" on the body, needles and ways of applying them, diseases and ailments curable by acupuncture as well as its contra indications.

During the TSIN Dynasty (A.D. 265-420) acupuncture was fairly comprehensively summed up in CHEN CHIU CHIA YI CHING (An introduction to Acupuncture and Moxibustion). Moxibus-

tion involves the burning of the herb mugwort at or near specific points on the body. CHEN CHIU means "needle and heat".

In the TANG Dynasty (618-907) a special "Acupuncture Department" was set up at the Imperial Medical College one of the earliest medical schools in China.

In the SUNG Dynasty (960-1297 A.D.) The TUNG JEN SHU HSUEH CHEN CHIU TU CHING (Illustrated Manual on the points for acupuncture and moxibustion, as found on the Bronze Figure) published in 1026, verified the names of 354 basic points and marked out a total of 657 such points on the body. Two Bronze Figures were cast in 1027 marked with the precise location of these points and there are the oldest teaching models yet found in China.

During the MING Dynasty (1368-1644) all previous work on acupuncture was critically analysed and this resulted in the CHEN CHIU TA CHENG (Compendium of Acupuncture and Moxibustion). For the next 300 years this work became widely distributed and was studied abroad as well.

The CHING Dynasty (1644-1911) was an unfavourable period for acupuncture and a Government decree in 1822 banned its practise thereby stifling this branch of Chinese Medicine.

During the KOUMINTANG days Acupuncture recieved further setbacks and in 1929 Chinese Traditional Medicine was banned altogether, being replaced by Western Medicine. Nevertheless since acupuncture was safe, simple and effective the ban was largely ignored by the ordinary peasants.

It was in the late 1930's under the Chinese Communists that Acupuncture received its first official support in Modern China. Faced with an acute shortage of drugs and western-trained doctors, MAO TSE TUNG and his revolutionary guerillas revived the traditional Chinese system of Medicine and encouraged its development on scientific lines. An acupuncture clinic was opened in Yen-an and classes were conducted throughout China to repopularise the technique. Since the founding of the Peoples Republic of China in 1949, Acupuncture has made tremendous advances. Research institutes have been opened in Peking and other large cities and these have been constantly advancing and refining the technique. Today brain tumors are being removed and with just two acupuncture needles inserted on selected points and stimulated by low voltage, low frequency, alternating current.

While discussing the Historical Aspect of Acupuncture it will not be out of place to mention that similar techniques have been used and developed outside China as well. An ancient Egyptian Papyrus refers to "vessels" in the body similar to acupuncture meridians. An isolated tribe in Brazil has long treated disease by shooting arrows into the body. Various African tribesmen and "medicine men" use thorns and metal needles for treating certain diseases. The Australians Aborigines also use similar techniques for effecting cures. Even in Pakistan in certain parts of the

Frontier techniques for needling the body to cure disease have been practised from many generations, whether these came from over the border with China, or were developed independantly is not exactly known. Nevertheless these "tribal practitioners of acupuncture hold the technique in great secrecy and the knowledge is only passed on from father to son, so that today only a very few still remain.

To the mind taught to think on the principles of Western science, the mechanism of acupuncture seems to be more metaphysical than medical. According to the traditional Chinese theory, the technique is based on the flow of CH'I (life energy) through the body. CH'I is controlled by the opposing forces of YIN and YANG. YIN represents negative forces of darkness, cold, femaleness, passivity while YANG represents the positive forces light, heat, maleness and activity. Disease results when there is an imbalance of YIN and YANG resulting in the disruption of the orderly flow of CH'I through the body. According to this theory, the major body organs, twelve in all, are divided between YIN and YANG. The liver, spleen and heart are YIN, while the gallbladder, stomach and large bowel are YANG. Life energy (CH'I) flows from organ to organ through the network of channels located beneath the skin called CHING LO (meridians). There are twelve meridians running on either side of the body and two additional ones a long the centre in front and at the back. along these meridians there are 500-800 specific points representing the various organs. Governed by a set of complex laws, the acupuncturist selects points along different meridians but representing the same organ and needles them to produce the desired effect. The needles are made of silver or stainless steel and vary in length from half an inch to three inches depending on the region of insertion and degree of stimulation required. Needles are inserted with quick jabbing movements to the required depth and then moved from side to side. Now a days fewer needles are being used simultaneously and stimulation is effected by connecting them to low voltage current supply, this eliminates the need for mechanical stimulation. In other instances distilled water is injected into the acupuncture site. For children just finger pressure is used instead of needling for minor operations like tooth extraction and wound suturing.

From the medical point of view acupuncture as an anaesthetic for surgery both minor and major, has very many advantages, over conventional anaesthesia.

Acupuncture Anaesthesia	Conventional General Anaesthetia.
<p><i>ADVANTAGES :</i></p> <ol style="list-style-type: none"> 1. Does not require complicated apparatus. 2. Can be used in rural areas, on the battle field, requires no supportive equipment. 3. Safe, convenient and cheap. 	<ol style="list-style-type: none"> 1. Requires complicated apparatus 2. Requires hospital facilities for administration and maintenance. 3. It is potentially dangerous, inconvenient and expensive.

- | | |
|--|---|
| <p>4. No preanaesthetic medication or sedation of patient is required.</p> <p>5. Induction is uneventful.</p> <p>6. Patient remains conscious and alert during the operation.</p> <p>7. Patient is not required to fast before the operation; in fact he can drink fruit juice and eat a light meal DURING the operation.</p> <p>8. Pulse, respiration and B. P. are unaffected by acupuncture.</p> <p>9. Patient's cooperation can be had which is a great help in many surgical manipulation.</p> <p>10. There are no post operative complications due to acupuncture.</p> <p>11. Early ambulation is possible; in fact in many cases, the patient walks away from the operating table at the conclusion of surgery.</p> <p>12. No toxic effects on internal organs.</p> <p>13. May be used in presence of heart failure, Kidney failure or liver dysfunction.</p> <p>14. Wound healing and other physiological functions return to normal faster</p> <p>15. It is safe to both mother and child in all obstetric manipulations.</p> | <p>4. Preanaesthetic medication is essential; sedation is desirable.</p> <p>5. Patient struggles during induction.</p> <p>6. Patient is unconscious during the operation.</p> <p>7. Patient is required to fast for at least 6 hrs. before administration of anaesthetic.</p> <p>8. Pulse rate rises, respiration rate falls and B.P. falls during administration.</p> <p>9. Patient is unconscious and so unable to cooperate.</p> <p>10. Post operative complications ranging from nausea and vomiting to lung collapse can occur.</p> <p>11. Patient remains sedated for at least 8 hours after surgery.</p> <p>12. Heart, lungs, kidney, and liver function may be disturbed.</p> <p>13. Contra Indicated in such cases unless absolutely essential to life.</p> <p>14. Wound healing not affected. Other physiological functions return to normal gradually.</p> <p>15. Potential risk to both mother and child in obstetric practise.</p> |
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DISADVANTAGES :

- | | |
|---|--|
| <p>1. Does not provide adequate muscle relaxation for many abdominal operation.</p> | <p>1. Adequate muscle relaxation can be had by using muscle relaxants.</p> |
|---|--|

- | | |
|--|---|
| <ol style="list-style-type: none"> 2. Patient may experience unpleasat sensations when internal organs are being handled, especially the gut. 3. Nervous patients generally cannot undergo major surgery without heavy sedation. 4. At some stages of certain opertions patients experience some pain. 5. Induction in some cases in very tedious. 6. Not particularly suitable for children. | <ol style="list-style-type: none"> 2. Patient is unconscious and so has no sensations. 3. Particularly suitable for nervous patients. 4. Patient experiences no pain at any stage during the operation. 5. Induction is prompt. 6. Equally suitable for children and adults. |
|--|---|

In summing up the advantages we can say that acupunctre anaesthesia is safe, simple, economical and effective. With the experince of over 400,000 patients it has been fonnd that Acupunctre anaesthesia is effective in 99 per cent of cases and this is very encouraging statistics indeed. These figures are based on cases conducted at the Peking General Hospital.

This is how a typical report on the use of acupunctre anaesthesia for surgery in a Chinese hospital reads :

“Wang Ting Li was a 55 year old poor, peasant farmer, suffering from chronic gastric ulcer with recurrent bouts of haematemesis. The doctors at the Lochia Commune Health Centre, in the Kiangsi Province decided to perform a subtotal gasttnectomy on him. The Health Centre being a very simple set up and having no complicated equipment, acupunctre anaesthesia was given. Accordngiy a few needles were inserted in the patients ears while he lay quietly on the operation table and these were connected to a battery powered electric stimulator, A young surgeon, WAN TAOKENG, opened the abdomen and after carefully examining the stomach, found the adhesions of the ulcerous part to the posterior adbominal wall. Together with his assistants, the surgeon carefully separated it and then proceeded to perform the subtotal gastrectomy in a routine manner. During the operation which lasted for two hours and fourty five minntes, the patient was calm, with normal respiration, pulse rate and blood pressure. Only at one point did he feel a bit uncomfortable and that was during the separation of the duodenal bulb, which caused slight visceral traction. At this point he was told to breathe deeply and this immediately made him feel much better. After the operation he got off the operation table, dressed, and walked to the Ward.”

And this is how a report on the use of acupunctre anaesthesia in the United States (1971) reads :

“The scene is of the operation theatre at the Northvile State Hospital in Michigan, close to Detroit. The patient a 56 year-old woman with a benign tumor in her neck, stretches out on the operating table. She has had no anaesthetic or hyprotic drugs in advance. The doctor picks

up a half inch long, sterilized, stainless steel needle and gently, but with a firm thrust, inserts half of its length just above the centre of her right eyebrow. Then he inserts a second needle above her left eyebrow (YANG-PAI, points). Next he inserts two more needles to a depth of a quarter of an inch in each ear lobe (TAI-YANG) points. The patient says that she feels a tingling and numb sensation at the four points of insertion of the needles. The needles are now connected to an electric control box and a low voltage current of 105 cycles/sec is passed for about 30 minutes. The surgeon now pricks the skin of the neck and the patient reports no sensation. The surgery begins, an inch and a half long incision is made over the tumor and it is excised. Throughout the 30 odd minutes that the operation took, the patient chatted with the surgeon and his assistants. At one point she even shipped some orange juice. Now, the operation over, she sits up, announces that she felt during the cutting and probing, she replied with a smile, "Nothing at all".

That acupuncture works has been demonstrated millions of times over the centuries but as to what is the scientific basis of its mechanism of action has yet to be determined. Research work is being conducted in the United States, under the National Institute of Health financed programmes. The Massachusetts General Hospital, University of California Medical Centre and Institute of Rehabilitation and Medicine have taken up formal studies of acupuncture. In the Meantime there are several theories for explaining how acupuncture relieved pain. the most popular being that of Drs. Ronald Melzack of McGill University and Patrick of University College, London.

The "great-control" theory (1965) holds that stimulation of the large A-delta fibres in the sensory nerves closes a hypothetical gate in the spinal cord. This would block pain impulses, which travel along a different set of smaller nerve fibres, from travelling up the cord to reach the brain. However this theory fails to explain how stimulation in the face area can (supplied by cranial nerves) can block pain in abdominal surgery. To overcome this shortcoming recently it has been proposed that a second gate operates at the level of the thalamus to block pain from above or below the spinal cord. Other theories hold that stimulation of certain skin areas causes pain impulses from internal organs to be blocked by a reflex mechanism. As late back as in 1940 Dr. Janet Inavell showed that anaesthetisation of certain skin areas on the chest caused prolonged relief from the pains of angina pectoris. Still other workers have tried using Radio Isotopes for locating the Acupuncture Meridians but although they have met with some success, other view this as merely a "rediscovery of the Lymphatic System.

In conclusion it can be said that the truth about acupuncture lies somewhere between the most enthusiastic claims and the harshest criticism. What exactly it is, is at present largely a matter of conjecture, but that there is something in it, is generally accepted. It will not be long before the mechanism of acupuncture is unfolded and then hopefully it will be Universally applied for the benefit of mankind.

Jinnah Medical College

Sees the Light of Day

by: **DR. S. H. NAQVI**

The idea conceived in the year 1965 has after all seen the light of day and the child is to be christened after the name of the father of the nation. There is no denying the fact that doctors patient ratio is the poorest in this country and when this is so how bad the condition of health care system would be is anybody's guess. The raw material for production of doctors has always been abundant and mounting in 1972 pre medical first divisioners number was exceptionally high in Sind. As against this the number of seats in two medical colleges of the province is limited. Maximum increase in the available seats in Dow and Liaquat medical colleges were effected recently and it will not be exaggeration to say that if all students be present at a time in the class room it will be more like a carnival. About the teaching material, teacher-student ratio, laboratory and tutorial facilities etc. it is better if not said. So, there was a desperate need for at least one immediate undergraduate medical college for the province. With this terrible need, fortunately there were also available means to th's end. It takes about 7 crore of rupes to set up a medical college as recently offered by the President of Pakistan to the province of Baluchistan. Jinnah Post Graouate Medical Centre with meagre expenses had all the means and facilities and feasibility report for opening undergraduate classes were submitted by the then director to the Ministry of Health in 1966. This report was put into cold storage all these years. Fortunately very recently the gaint size building previously housing the school of Paediatrics was vacated as the school had moved to its present modern complex.

Thus the cart was ready and movement was needed. Large number of premedical first divisioners, small number of available seats in the existing medical colleges, ready feasibility at J.P.M.C. were all there and had been so since 1966. Behind this favourable feasibility were also the preventing hands of bureaucracy vested interests and unsympathetic higher-ups. The present government when apprised of the circumstances and discontent among the deserving meritorious first divisioners was again advised by the same unfriendly circles against the scheme and official statements started pouring as usual against the proposal. At this stage the Pakistan Medical Association had to enter the scene directly at a risk which such voluntary professional associations are vulnerable to, at the hands of bureaucracy and professional elite. On December 18th bold and frank statement of Secary General P.M.A., Mr. Mir Rehman Ali Hashmi set the ball rolling and boosted the morale of the students communjty involved. At a press conference he said, "Since one of the aims in the constitution of Pakistan Medcal Association (Centre) is to give professional and expert help, advice and cooperation of the

medical profession to the government and organized bodies in their work administration and management of health matters and medical education etc. we desire the government to cast off any misconception or prejudice in this connection and study the whole project in the light of national and regional requirements. However if government is still doubtful and unwilling about the project the P.M.A. is ready to take up the responsibility provided the government is ready to grant sanction, help and cooperation with due sincerity to establish the undergraduate medical college within three months time for first year's M.B.B.S. class.'[Thus P.M.A., a professional and advisory body, plunged without any means only on the moral strength of the responsibility of establishing the nation and got directly involved to take the responsibility of establishing the college. This stand changed the entire atmosphere and matters started moving favourably P.M.A. had its strength of just cause and moral support of student community. Thus the students of Dow Medical College and premedical first divisioners although in a disorganized way become the backbone of P.M.A. This again helped to move the matter further and thus convince the Minister of Health, Sind, to get sympathetically involved and interested.

Finally, it will be unfair not to give the credit to the provincial and Central Governments and for special interest of the President of Pakistan in affairs of students community and health as investment in man. Mr. Abdul Waheed Katpar, Minister of Health, Government of Sind, really deserves the appreciation for standing in the way of opposing vested forces by taking personal interest in the establishment of Jinnah Medical College. P.M.A. wishes all success to the college and assures the student community to help them with advice and guidance in the larger interest of better patient care and improving the health of the nation. It may not be out of the place to mention that another undergraduate college in upper Sind is becoming inevitable necessity both in view of rising number of deserving candidates and the increased needs of the country for more doctors for better and scientific delivery of health care system.

A DIALOGUE

By WALTER SILVEIRA

- A. Let's wonder
B. Let's wonder
A. But what about
B. Does it matter?
A. No.
B. Well?
A. Man.
B. Man and Woman
A. Man, woman and child.
B. O. K.
A. I'm stuck. Help.
B. Woman is the mother of child and man—
A. Lets stop wondering. Lets start feeling.
B. O. K.
A. But then feelings also are either miserable, good
or nothing.
B. Correct.
A. Isn't there anything that is not finite
B. God, Time.
A. [REDACTED] Time is just there.
B. Ha.
A. Really. Time is impersonal. There. Passing
Passed gone and still here and still to come. I
wont say anything about God.
B. Why Not?
A. Because God has promised me a big favour and I
dont want to annoy him.
B. Ha ! Hypocrite.
A. No. Not necessarily.
B. Hypocrite.
A. O. K. O. K. Just so long as I know and God knows
B. What favour.
A. Great happiness.
B. How do you know

- A. Oh. I know. God tells me. Sometimes
B. Good for you.
A. Hey listen. You've forgotten something that is not finite. And that is tomorrow.
B. Of course not. Just as God and time make up for the present. So also tomorrow.
A. Oh.
B. Anyway its contradictory.
A. Yes I know God and time. Time and God
B. Who's who.
A. I prefer God to time.
B. Same here.
A. The rest of the world prefer time to God as if God was a standby for dropouts from the time school.
B. And yet it is religion that says so.
A. Oh. Forget it, Human beings needed a system so they got one. They are not complaining why should you.
B. Who's complaining. I'm just making a statement.
A. Have a drink?
B. No thank you.
A. I'am tired from yesterday's booze effects.
B. Why do you drink.
A. For fun
B. Very funny.
A. I'm in the habit of toasting.
B. Go ahead.
A. To you To people. To things. To happiness. To less sorrow. To less trouble. To more joy.
B. Thank you.
A. What for?
B. Nothing.
A. Hey listen. How would you describe our relationship.
B. Platonic.—and otherwise.
A. Good.

Not Indifferent

by

MUSHARAF ALAM MIRZA

2nd Year M.B.B.S.

I cannot ignore them
Because
I am not indifferent.
I cannot hate them
Totally
But love because
I am
like them
A man
with faults
Common
And rare virtue
And so I compare
Being considerate
Neither here nor there
not too good myself
I love them
For justice's sake.

FOREIGN STUDENTS--

*and the common every day
problems that they face
in Pakistan*

LANGUAGE AND I

by

HUSSAIN DARWESH
Final Year M.B.B.S.

I don't know. We don't really face any problem as far as English is concerned. This is because we do a two year course at the University in English before we join the college.

However, medical terminology is again difficult, even for the Pakistani student and we have to grope and find our way through the dictionaries of medicine before we get accustomed to their usage. Any way what else is one supposed to do?

When we came into the first year we were advised by Prof. Waheed to write down each day, 20 pages of Grays Anatomy and find the meanings of the difficult words.

Later on we got by, familiar through speaking and writing and today. we get by, expressing ourselves in a sufficiently adequate manner.....I presume.

As far as Urdu is concerned, however, we have never been able to sufficiently master any degree of fluency in the language. In the beginning it was terrible, in the junior classes. Later in the clinics we had to go out of the way to learn the language from our friends, colleagues and servants. This was mainly because of the need to ask the patient their histories for presentation of cases in the wards.

I must say, that even the patients are most helpful, although the patients in the Gynae ward can be rather difficult when it comes to history taking and case presentation.

All together, we are pretty familiar with the language and find it easy to handle our daily conversations pertaining to essentials, like giving orders, asking questions, requesting taxis and rickshaws to oblige and other things.

In our own country we were aware of the difficulties we would have to face upon coming to Pakistan, but thanks to our own effort and that of our friends we do not have this problem any more.

EXPENSES

by
TALIB MAJID
3rd. Year M.B.B.S.



Like most other foreign students, I get my money from home.....an amount just enough to lead a comfortable student life. Books, clothing boarding and lodging form the main items of my expenditure. Residing in a hostel I save a tremendous amount on boarding. But the problem of food remains unsolved (probably it will remain forever). WHAT WE GET IN THE MESS IS A LITTLE "OUT-OF-OUR-TASTE" something very difficult to get accustomed to. To suit oneself to the monotony of the menu is something impossible, but strange enough nobody has so far bothered to look into this matter. This has lead most of the foreign students to end up in restaurants and cafeterias. Me, not an exception as the restaurants form my 'second home'. Clothings form our next main expense.....most of us get them from home. Why not Pakistani? Let me be frank..... the quality is bad and the good ones are too expensive. Why all the mess when you can get pretty good stuff for such low prices at home? Besides all this there are other miscellaneous expenses such as entertainment. The movie-house forms our only pleasure paradise. I seldom go to the moviesonly to see some "new ones".....those which I saw some five years ago, back home. A WEEK-END OUT FOR A DANCE SOUNDS TOO EXPENSIVE. What other entertainment can one think of?

I happened to spend sometime touring European countries, during which time I had the opportunity to meet students of various places including few socialists countries, like Bulgaria, Yugoslavia and Chzekoslavakia. The life of a college student in Western countries differs considerably from the life of a student out here. To compare is not justifiable as it will only create a fervid feeling of frustration. Since I was asked to write only on "student expenses".....One thing I can tell and you will be pleased to know that compared to capitalist countries, Pakistani prices of every article you can think of, are the lowest in the world market ranging from daily essential commodities to medicine. Probably this is related to the country economics or capita income of the people, but the fact remains that your prices are the lowest. Compared to socialist countries, the system there is different. The students are given special previlages, their expenses and all other problems are guided by the government, this makes them lead a happy and very comfortable life. We don't go into further details of this for various reasons.

Coming from an Asian country (Malayasia) where standard of living is not very high I manage to lead a comfortable life within Rs. 350/- per month. At the same time I can see that most of my Pakistani friends are definitely unable to afford this amount. I HOPE SOMEDAY SOMEONE WILL TAKE SOME INTEREST TO LOOK INTO "STUDENT PROBLEMS" HERE!

Pakistani Food is Delicious—Sometimes

ALSO, THE CALORIES HAVE STICKING VALUE

by FAROOQ DADA

Final Year M.B.B.S.

It was rough when we first got here. Too much chillies. Too much spice. Too much salt. Too many trips to the Lou.

Later we got used to it. But it was only after we have become accustomed that we decided to operate our own mess. Now the going is easier.

We come from S. Africa on a Scholarship so it is not too expensive for us. Eating out however can be a bit too much sometimes and before coming to the hostel boarding and lodging was quite a problem.

Coming down to 'delicacies', we love some of the stuff available. The typical Paratha Kabab, the tikkas (Oops Chillies again) biriyani are delicious. So are your deserts. Shahi Tukra. Wow Man.

But then Home is Home. We have our own dishes, our own menus but plenty much of it is the same. We dont eat Chapatties so much, and so even in our mess we like to have as much rice as possible.

Your fruits are cheap. Your restaurants are the limit. If you happen to take a guest, to a jazzed up place, there is no telling what kind of a bill you might wind up with.

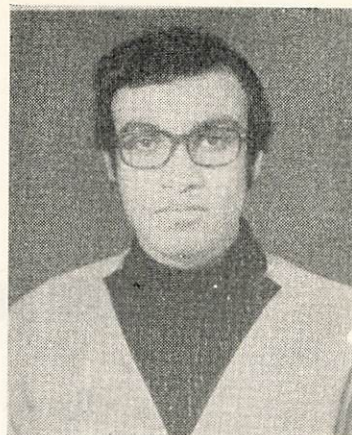
The Inter continental is good. So are a few other places. The Cuisine is international but Wow man the dough you get to spend. Any way you asked me. I told you.

We manage to get by. In fact what the hell, we have put on a few pounds over the years. The Calories must be having sticking value.

WHAT A LIFE!

By
SAMSOODEEN MANGOO

2nd Year M.B.B.S.



I have just come back from a holiday in Mauritius which was indeed a very pleasant one. Pleasures there were many. Every thing was wild, exciting, rejoicing and exulting. Paradise seemed to lie at my feet. Happy I was to have a break from my study after long years of hardwork and endeavour in Karachi.

Here I am back again to college to resume my studies. I stay in Dow Medical college Hostel. My hobbies are many but due to lack of facilities I cannot have many extra curricular activities. So after classes, most of my time is spent in my room, studying and strumming the guitar.

My guitar seems to be my only companion, so I enjoy passing time in my own company singing and strummin to myself. Sometimes my friends come and join me.

I like playing football but also no playground is available at our disposal. Only when there are interclass matches can we avail ourselves of this opportunity to play some football, or the K. M. C. ground. And what a match it will be! Just playing without any practice.

In Pakistan there are very few extracurricular activities for the youth. Being a foreigner I can easily percive it; for I know pretty well what I am deprived of. If you really go around seeing things, to your surprise you will notice a deep sense of frustration among the general body of students. As a matter of fact it seems a if a lethargy has descended over them. There is a fixed routine, a fixed entertainment, a fixed timing for everything. Everything seems to be at a standstill. Nothing happens. Today is like yesterday and tomorrow will be like today unless the sky falls in.

Movie houses are generally the only source of entertainment. And medical students will be found nearly at every cinema house in town. It is not so much for enjoying the film, rather it is this deep desire to escape from this pull and suffocating routine they abide by. Otherwise they will be seen parading on Elphinstone street and Bohri Bazaar for bird watching. And there I come to the problem at hand.

Bird watching, and what birds!! Only bldr watching. No bird catching. Most of us have no girl friends. We are all one fraternity of eager bachelors and that is how things are.

The most interesting person in the word is still myself. I feed myself and look asfer myself.

That is my routine. Class in the morning, sleep in the afternoon, strumming my guitar in the early evening.....study a little, go out for a walk, come back, have my dinner, study then go to sleep to see the next morning greeting me again. Occasionally I go for the movies and at times I do some bird watching.....that is all.

I Cannot live in the Hostel!

By AHMED SIAN AL DAHAR

Final Year M.B.B.S.

I cannot live in the hostel. The bath rooms are dirty. The messing is bad. There is too much noise. You cannot entertain your guests. So I live in a rented flat. It is not very large. Just 2 rooms and an attached bath. I pay Rs. 225.00 rent per month and I live alone.

It is very easy to find accommodation in Pakistan. Of course you have to pay a heavy rent but then it is natural. In the beginning I used to stay in the hostel. It was very cheap. Very very cheap. But I did not like it. So I shifted.

Compared to my country, the housing facilities here are very limited. Planned housing is lacking and there is a lot of overcrowding.

I have been to several of my Pakistani friends homes and I have noticed that there is often too many people staying in say three or four rooms. On the other hand there are houses that are very palatial and very beautiful in Karachi which have the rich people as owners and tenants. Sometimes I really wonder.

I think a great deal of the sickness that comes to our Hospitals is due to this overcrowding and subsequent unhygienic living conditions.

I do not wish to indulge in your country's politics, but I do think that a great deal of your money spent on grandiose schemes and in beautifying your cities should be spent on better housing facilities.

Well, I think that I have said enough. I will beg leave and thank you very much for asking me to write.

Spurts of confusion
Disturb the superficial peace,
Raising tiny storms of youth
Which disapper on appearing,
Leaving one wondering,
Looking after the clear haziness
Was it a mirage in our minds ?

Children growing, growing
With youthful qualities seeping
Through their tiny beings,
Till the child disappears
Weaving a disoriented youth,
Restless with all and everything,
Longing for changes, longs
All the while for dreams
Dreams in youthful liveliness;
Waiting impatiently for the sun
To dispel the darkness
of hopeless hoping
From those dusky dreams,
Waiting for the light of day.

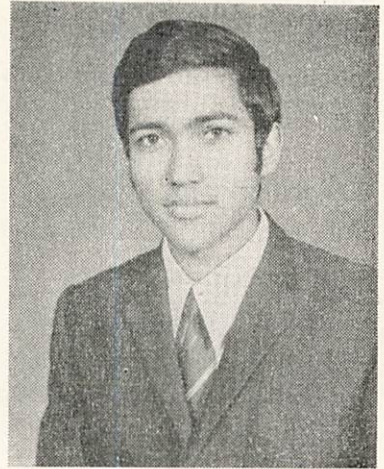
Time hurriedly combs all dreams,
Taking with it the golden dust;
And youth matures in the mellow warmth
Of the knowledge that dreams are only dreams,
As tears are wept and days are spent,
And life is lived as it was lived before
And living with zest is life core.

All the bright attained reality then seems
To be much more than life's wildest dreams.



SHAHNAZ MAJEED
2nd Year M.B.B.S.

When—All Times Of course



S. SHAHAB MASROOR

New 2nd Year M.B.B.S.

Roll No: 126

You are a human being I suppose !

'Of course, by all means, is the abrupt answer, given by any person if asked. When we call us the most superior of all living being, we take upon ourselves a very great responsibility. Our lives should not be wandering one without an aim, like a ship without a rudder.

Ask any person as to what is his aim of life, and the answer by a student in Pakistan is mostly that 'well I am going to become a great doctor' or may be an Engineer, or some other similar thought.

Such secondary aims, though of great importance are still 'SECONDARY'. There is something else which is the actual reason as to why you, me and all this humanity exists on the surface of the earth. Its primary importance is realised by Islam, and young children are given a start of life with the help of the holy Quran while non-Islamic Institutions perform the very same job with the help of 'character-building books. The most unfortunate thing is that as that child grows older to reach the place of the application of these principles, he simply ignores them.

Our main aim in life should be to achieve the will and happiness of God. The meaning of worship has been wrongly taken by us, and we have assumed that worship is only in offering prayers, fasting during the holy month of Ramzan, and a few other things alike. If this much was all we had to do, then life would have had no meanings, as simply we can judge that they do not include, the building of a strong character of manners, the due respect to our parents and elderly etc. So life presented by Islam must be something which includes every aspect of it for we believe it to be a complete code of life.

Every second is time for worship. While sitting, standing, attending the class or may it be anything, all is included in worship. How would you like !

‘A man offering prayers with a fifth or hundred rupee note in his pocket earned through the very common channel called bribe.’

Or ‘a fasting man driving his car in such a way so as to break every possible red signal on the road.’

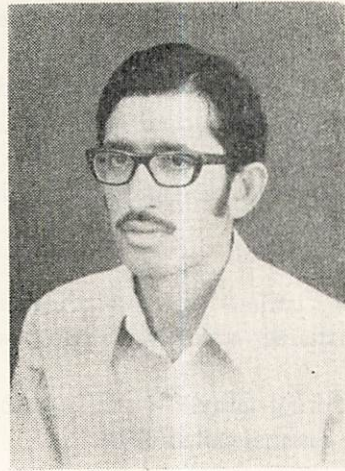
‘A truck driver after hitting a scooter in the night on a lonely road steps out of his truck and finding the bleeding man unconscious takes off his wrist watch and all cash in his pockets and drives away.’

I believe that whatever man does in life he gets its reward also in the world from nature. Let's consider an example that :

A respectable man of a good status is kicked out of the room of his boss just because of something which was not his fault. He might think that God has done him injustice and yet it may be only due to some sin that he had committed previously.

It all depends on each and every member of our society to wipe out existing unhealthy atmosphere and create a world of happiness and this can only be achieved if we fear God and obey the golden principles set before us by our creator. We should worship God, and worship with all together different meanings than what it is generally believed and when it is correctly understood then there would be no question of when ?.....All times of course.

ALLAH NAWAZ A. REHMAN
3rd Year M.B.B.S.

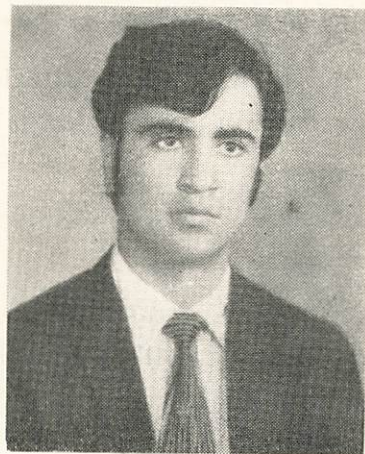


WHAT IS LIFE ?

Life is a Challenge	MEET it.
Life is a Struggle	ACCEPT it.
Life is an Adventure	DARE it.
Life is a Sorrow	OVER COME it.
Life is a Tragedy	FACE it.
Life is a Duty	PERFORM it.
Life is a Mystery	UNFOLD it.
Life is a Game	PLAY it.
Life is a Song	SING it.
Life is a Bliss	TASTE it.
Life is an Opportunity	UTILISE it.
Life is a Dream	REALISE it.
Life is a Promice	FULFIL it.
Life is a Love	ENJOY it.
Life is a Beauty	WORSHIP it.

Medical Facilities In Baluchistan

THE PEOPLE LIVE IN DESERTS
OASIS AND IN THE MOUN-
TAINS. THERE ARE SMALL
DISPENSARIES IN THE TOWNS
FAR AWAY.....



The basic necessities of the common man are food, shelter, clothing education, and medical facilities. A country can not be called developed, unless these rights are not given to the people. A constructive mind exists only in a healthy body.

Unfortunately in this era of science, Baluchistan is deprived of educational and medical facilities. illiteracy and ignorance persist because Baluchistan was not given proper attention by previous Governments.

The people live in the deserts, oasis and mountains as separate tribes. They migrate from place to place for earning their livelihood.

If an epidemic disease spreads in their villages, than it brings great loss of lives because they have no positive and preventive methods to adopt. Although they used wild bushes and herbs

THIS IS CALLED 'DAGH' IN
BALUCHI. IT IS THE APPLI-
CATION OF A RED HOT
IRON ROD TO AREAS OF
PAIN.

by
JAHAN ZEB BALOCH
2nd. Year M.B.B.S.

for their chemical treatment they don't know the active constituents of these bushes and herbs. Their treatment is merely symptomatic. They do not know about their action and side-effects, whether they deteriorate or ameliorate the condition of the patient. Their methods of treatment are so curious, they present a picture of the medieval ages.

When a patient feels pain in certain areas, they apply a red-hot iron rod. This is called "dagh" in Baluchi. Sometimes it burns on artery or nerve, resulting in gangrene hemiplegia or quadriplegia.

In epileptiform seizure, they strike the unconscious subject with shoes, thinking that patient escapes from the hands of the ghost—satan.

If these methods fail, they cover the body of the patient with a freshly removed skin of a sheep, goat or fox all in vain.

Infectious diseases mostly cause early deaths of babies and infants, because they have no preventive measures to take up.

Apart from these, they also go to Mullas for amulets which the patient ties on his right hand. However, Mullas do play a part in the Psychological treatment of the patient, but how can a patient of jaundice or anaemia get rid of disease without proper medical treatment.

There are small dispensaries in the towns which are far away from the villages of these people. Deficiency of doctors and medicine have rendered these dispensaries useless. The expert and qualified doctors hesitate in serving in these dispensaries owing to the inadequate facilities like buildings, means of conveyance, educational institutions for their children and necessities of life.

Ofcourse, a doctor can earn more in a city than in a scarcely populated town, but he should keep also the interests and welfare of ignorant people in his mind, for which he is responsible. A doctor must be a philanthropist, a humanitarian, and devoted to his nation. His task and effort must be confined for the eradication of disease and suffering and not for the accumulation of wealth. Similarly the Government should force qualified doctors to work in the rural areas, and provide them with appropriate comfort and convenience, as required them. With bilateral efforts and guidance we will succeed in the eradication of ignorance, illiteracy and disease from our country.

THE IMMORTAL POET OF SIND

By
ASMA KAZI

3rd Year M B.B.S.



Ever since the dawn of Human History, there have been great philosophers, thinkers, reformers and poets who represented the culmination of evolution of human thought and effort and who were the result of human travail and struggle for the betterment of Humanity.

“The poet in a golden clime was born
with golden star above
Dowered with the hate of hate, the scorn of scorn
The love of love.

He saw thro’ life and death, thro’ good and ill
He saw thro’ his own soul,
The marvel of Everlasting Will,
an open scroll,
before him lay.

Such a poet was Latif Bhtai Shah Abdul Latif of Bhit. However does the sacred fire of poetry and music burn with such a pure flame as it does in the Risalo of Shah Abdul Latif.

Allama (Dr.) I. I. Kazi observes in his appendix to “The Risalo of Shah Abdul Latif” translated in verse by Mrs. Elsa Kazi. Allama Sahib observed as under:-

“In judging Shah Latif’s, we are not going to use the criteria that our own hearts suggest; but we are using those that have been brought into existence by the modern world and are well recognised and admitted in the literary world today.

Thus it can be said that unless verse be sung, it never amounts to poetry and thus hardly worth writing. Of Shah Abdul Lalif (Risalo) every line has been sung by those who understood the verses and also by those who could not understand them at all. Also can one replace words in the lines, make them more expressive or add to their beauty? In Latif to alter one word in any line is to alter the notes in the melody. Thirdly the most important and unfailing test is the use of the medium through which the poet expresses himself.

The limits that Shakespeare, Dante and Goethe reached are, except Shakspeare, not exceptional to what the Sindhi poet did.

The language of the eighteenth century Sind made itself pliant and capacious in the hands of Latif. A dialect as some would call it, Sindhi becomes one of the greatest and most expressive languages when plied by this great poet.

Shah Abdul Latif is a sufi poet.....his poetry is suffused with the doctrine of Islamic mysteries, the source of which is ultimately tracted to the verses of the Holy Quran. He makes use of symbols, parables, myths to communicate the deep eternal truths of Higher life. According to him this material world is but a shadow of the spiritual world.

The Echo and the Call are same,
if you sound's secret knew
They both were one but two became,
Only when "hearing" came.

He utilizes ancient Sindhi folk lore—Sasui Punhu, Sohni and mehar, Leela Chanesar, Mumal Rano, Omar marui for communicating the hidden truth of the purpose of experience. He believes in the Oneness of life and describes the souls journey to God in his own characteristic manner:

Latif believed in the value of man's higher self. He compares the baser self man to the camel who for some strange reason, prefers the most poisonous creeper to a life giving sustenance.

In Sur Khambat, he address man's lower self as under
Good animal, what did you put
your teeth in, finding them so sweet
These baneful creepers if you eat
Will bring you yet to grief and woe.

Latif excels in his discription of nature. In Sur Kanod, he describes—

Upon the waters transparent
Along the banks float lotus flowers,
And all the lake with fragranee showers
As sweet as musk when spring winds blow.

Last but not the least Latif, was one of the greatest sons of Sindh and his love for his land is so very intense that in Sur Marui he expersses himself as under:-

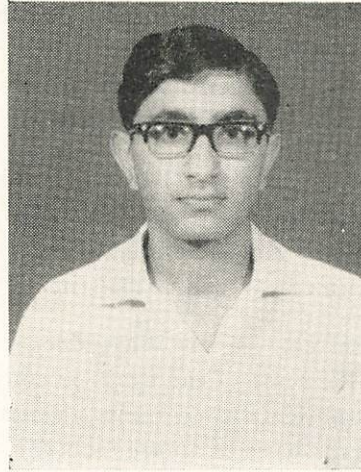
If looking to my native land,
With longing I expire
My body carry home that I
May rest in desert sand.
My bones, if malir reach at end,
though dead I'll live again.

Indeed as long as Bhitai's Risalo lives, Sindhi language and literature cannot die—it lives in the hearts and the minds of the people of Sind—the Haris sing Latif's poems while at work, the labourers sway to the music of his songs—the housewife hums the works of his songs as she goes about her work, the student read his Risalo and finds in it knowledge to quench his unquenchable thirst, the scholar finds in it some new meaning which he had not yet discovered—How can such a poet not become immortal?

by :

Mohammad Abubakar Sheikh

First Year M.B.B.S.



Are you convinced, about,

CONVICTION

“Some minds are like concrete——— all mixed up and permanently set”. I read somewhere recently. The last part of the extract is what is commonly known as “conviction”. However, a man of conviction whose mind is all mixed up is not an example to be emulated for most probably he has never taken the trouble to sort out the facts and, most important of all, to draw a conclusion with his own original thought.

Go through the biographies of men and women who have had the opportunity of moulding the world or a part of it by their endeavour. It would be found that they were all persons of deep

conviction : they believed whole-heartedly in the righteousness of their stand or cause. Indeed, conviction in cause has wrought wonders by moving men to gigantic tasks. In this context, the example of the life and work of the Quaid-e-Azam is very illuminating. An experience of more than a quarter of a century in public life convinced him, as Sir Sayed Ahmed Khan had been convinced before him, that Muslims and Hindus in the Indian subcontinent were two entities, two separate nations. Propounding forcefully the two Nations Theory, being convinced as to its veracity, Mohammed Ali Jinnah stood his ground. His steadfastness and convictions in his stand brought the Muslim masses flocking under the banner of the Muslim League and the All-India Congress was forced to accede that the League was the sole representative of the Muslims in India- Finally, Muslims achieved a separate homeland, in the short span of seven years after enunciation of this goal. This was, no doubt, due to the unshakable determination and conviction of Quaid-e-Azam, Mohammed Ali Jinnah in the truthfulness of the Two Nation Theory.

Take the example of William Harvey. He was an unknown and obscure person as compared to the famous Galen. Yet, he believed in the veracity of his findings and did not allow prejudiced opposition to change his view concerning the circulation of blood in the body. Finally his viewpoint had to be accepted by the medical men of that time.

We may thus ask ourselves ———— What does conviction require? It may require the commitment of a crime in another sense of the word: "conviction" but in this context, it requires three things. Firstly all relevant facts concerning an issue must be obtained or be at hand. The formation of an opinion on the basis of secure facts can only be compared to the construction of a building without foundation. Such an opinion can be vague at best and it cannot withstand any opposition on the basis of facts. Secondly, the person must be unprejudiced and broad minded. He must not have ill-founded reservations concerning the issue. Lastly the issue must be given serious thought, discussed among acquaintances and, to give it a precise form, put in black and white. One's views may be changed quite a number of times in the process, but that should not worry, for after all conviction is a steadfast belief and takes its own time.



A chance to pre-select the sex of your baby

by :

RAFIC G. NABEE

2nd Year M.B.B.S.

Prospective parents

**Suitors, etc. Now have A Chance to pre-select the sex of the
the coming baby !!!**

**Dr. Shettles tried it with twenty-two couples wanting female
offspring, nineteen were successful.**

**Also with twenty-six women anxious to have boys, twenty-three
were successful.**

TRY YOUR LUCK

Interest in choosing a particular sex, and anguish over failure to produce it, remains as high among married couples today as it ever was. Many couples who had initially planned for a family of 2 children, one of each sex are despaired when both turned out to be of the same sex and so they made a third attempt.....and so on, thus one of the major causes of over population.

Dr. L.B. Shettles, gynaecologist of Columbia College of Physicians and surgeons, made ample research on this Medical Science, and parents, for the first time, may have the opportunity to make a scientific attempt at determining the sex of their children.

Previously, it was unable to tell the difference between a "male sperm" and a "female sperm", though it was known that if the fertilizing sperm of the male carries an X-chromosome, the child will be a girl, and if a Y, a boy, and that the Y-chromosome is smaller than the X-chromosome. One night, in 1961, Dr. Shettles noticed, under a phase contrast microscope, that the sperm came into 2 distinct size and shape. Today, after the examination of 500 sperm specimens, Dr. Shettles is convinced that the small round-headed sperm conveys the male producing Y-chromosome, and the larger oval-shaped sperm, carry the female producing X-chromosome. It seemed fairly certain that the large female producing sperm (now called gynospem) must be more resistant than the other type. Why should there be twice as many of the smaller boy-producing variety (androsperm) in the ejaculate of the average male if not to compensate for some inferiority in coping with the environment; beyond the male reproductive act! Dr. Shettles thus began studying the environment that exists inside the vagina and uterus at about the time of conception. He took transparent capillary-tubes, filled them with cervical and vaginal secretions, then turned millions of the sperm loose in the tubes, and watched their activity through the microscope. When secretions inside the tube were more acidic than alkaline, the gynospem seemed to prevail. But when the tubes were filled with cervical mucus removed from a woman very close to time of ovulation, the smaller androsperm were clear cut winners. Why? Acid inhibits both gynospem and androsperm but it harms the andro-

sperm first and most, cutting them out of competition. The gynosperms greater bulk seems to protect them from the acid for much longer periods than their little brothers. Alkaline secretions, however, are kind to both kinds of sperm and generally enhances the chances of fertilization. But in the absence of hostile acid, the androsperm are able to use the one advantage they have over their sisters: the speed and agility that their small compact heads and long tails give them. Now the environment within the vagina is generally acidic while that within crevix and uterus is generally alkaline. The closer a woman gets to ovulation, the more alkaline her cervical secretions become. Dr. Shettles found further confirmation in data on artificial insemination.

As a result of all these findings, Dr. Shettles has formulated 2 procedures, 1 to be used, if a female child is desired, and other if a male is wanted.

FOR FEMALE OFFSPRING :

- (1) Intercourse should cease 2 or 3 days before ovulation.
- (2) Inter course should be immediately preceeded, on each occasion, by an acidic douche consisting of 2 tablespoons of white vinegar to a quart of water.
- (3) The wife should try to avoid orgasm (because the latter increases the flow of alkaline secretions).
- (4) Shallow penetration by the male at the time of male orgasm (this helps make certain exposure of the sperm to the acid in the vagina).
- (5) No abstinence from intereourse is necessary until after the final intercourse 2 or 3 days before ovulation (a low sperm count increases possibitity of female offspring so frequent intercourse prior to the final occasion 2 or 3 days before ovulation cannot hurt and may actually help).

FOR MALE OFFSPRING :

- (1) Intercourse should be timed to be as close as possible to the moment of ovulation.
- (2) Intercourse should be immediately proceeded, on each occasion by a douche consisting of 2 tablespoons of backing soda to a quart of water.
- (3) Female orgasm not necessary but desirable before that of the male.
- (4) Deep penetration at the moment of male orgasm.
- (5) Prior abstinence is necessary. Intercourse is to be avoided completely from the beginning of monthly cycle until the day of ovulation. (This helps unsure maximum sperm count, a factor favouring androsperm).

So far clinical results with the procedures outlined above have been encouraging. In one study, Dr. Shettles reported that out of 22 couples following the above procedures to get female offspring, 19 were successful. In another group of 26 women anxious to have boys, 23 of them were successful.

“Over the years, parents have expressed only one desire”, says Dr. Shettles, “that is to have balanced families in terms of sex”. So it is not too farfetched to envision sex selection, making a significant contribution thus, in the effort to control population explosion.

**RELATED
TO
DOW
MEDICAL
COLLEGE**

DISSECTION HALL

Situated on the first floor, in the centre projection of the main college building, the Dissection Hall is totally inadequate, to cater for proper teaching facilities for 500 students.

There are a total of fifteen tables, with fifteen dead bodies, for dissection, while there approximately 500 students required to do dissection. This is because anatomy is spread over two years of study and both first and second year students are required to attend their dissection classes.

In order therefore to maintain some sort of arrangement, the two classes of students are divided into batches, so that, while one batch is attending histology practicals, another physiology practicals and a third batch anatomy demonstrations, the fourth batch is busy with the dissection.

The Dissection Hall where the new comers make there debut—
In medicine and other subjects.
15 dead bodies, 500 students,
5 teachers.
The ratio is encouraging!



Mansoorah Ahmed
III year M.B.B.S.

This is all very well. But again a major point that comes up for clarification is this, namely. whether the staff is sufficient in number to give due attention to the students in their work and study.

The answer is again in the negative. There are only 5 demonstrators in the anatomy dissection hall who are required to look after the educational needs of 500 students. Besides taking classes of anatomy demonstration, they are required to take stages regularly and at the same time instruct the students in their dissections.

This indeed is a sorry state of affairs. It is difficult to imagine the ratio of 1: 500 as ideal for teaching and learning.

Very definitely, there is need for a larger number of teachers, to teach the students, so that they get a firm basis in the first year and thereby lay a proper foundation for the years to come and after.

Apart from other problems that might face the students, there has been recently the controversy regarding the airconditioning of the Dissection Hall. However it is happy to note this controversy has been resolved and in completing another point in its manifesto the present Union has succeeded in solving one of the major problems of the students by maintaining an airconditioned atmosphere in the Dissection Hall.

It may also be mentioned here, that for purposes of the study of osteology, bones are not made available to the students, causing a considerable amount of difficulty. We urge the administration to look into the matter without delay.

In conclusion we wish the students all the best, especially the new First Year students. Congratulations, study hard and good luck.

THE DOW MEDICAL COLLEGE CANTEEN

THE BOYS HIDEOUT NOW FOR THE GIRLS TOO BUT DO THEY USE IT?

Each year, the Dow Medical College Students Union gives a new contract or renews its lease to the contractor of the Canteen.

This year a new contractor has been taken over the management of the Canteen and it is a matter of satisfaction that the students are pleased with the performance of the new management.



Among other things, the first requirement, was for complete renovation of the Canteen. Time was accomplished under the direction of the Union, so that, oil paintings inside, with interior decoration, lighting system and miscellaneous effects were added to give a new look to the Canteen premises.

Besides a separate partition was included for girls who would like to come and sit in the Canteen. Of course this has been the traditional hideaway for the boys since time immemorial and it takes a lot of courage for girls to come and sit in the Canteen. Anyway, they are welcome to do so, and there is no reason why it should not be successful.

Other improvements in the Canteen include a clean toilet, running water facility, soap, towels etc.

In the kitchen for the first time in 25 years, gas stoves have been installed by taking a connection from the main college line. This helps in cleanliness, efficiency and fast service.

Also the menu is varied and tasty and well within the limits of all the medical students.

THIS IS THE DOW MEDICAL COLLEGE CANTEEN!

Another Union Achievement

The Dow Medical College has two large busses at its disposal. These are being used apart from other duties, to bring student from their homes in the morning, thus solving to a great extent the problem of transport, at peak hours when there is a heavy rush.

This has been managed by the students union for the first time in the history of Dow Medical College. Of course there were great apprehensions in the beginning about the success of the venture. It was the general opinion that the busses are old and so could not take the load of carrying 75 students everyday over such a long distance.

However all said and done, the transport system is functioning successfully and there appears to be no reason why it should not continue in the same way with the due cooperation of all

**After twenty-five years the
wheels begin to move.
They said it was impossible. . . .
Now the Mercedes engine busses
of Dow Medical College
. are happy**

concerned.

The bus system functions as follows:



RUKHSANA MUGHAL
Final Year M.B.B.S.

One bus leaves the college premises at 7 a.m. every morning going thru Bunder Road via New Town, Tinhatti, Federal B Area and then turning from Hyderi, passing by North Nazimabad and coming down via Chowrangi, Lasbella and then Lawrence Road to Dow Medical College.

It stops at all main bus stands and picks up students waiting there. This route is approximately 35 miles long.

The second bus also leaves at 7 a.m., picking up students from P.E.C.H.S. and affiliated areas. This route is also about 30 miles long.

Students are required to pay a nominal fee of Rs. 5 per month to defray expenses of the mileage. In turn the students Union is required to pay a fee of Ps. 50 per mile. Thus the daily expense itself amounts to Rs. 30—35 and as such the total cost per month is paid through the cooperation of all the students travelling by the bus.

More frequently the bill is in excess of money collected and extra charges have to be subsidized by the Union.

In any case, it is still a matter of student interest being supreme and on all such occasions, student welfare comes before all considerations.

ACTIONS SPEAK LOUDER THAN WORDS !

*You can buy all you need from stationery to household goods
at cost price and less.*

THE ACHIEVMENT SPEAKS FOR ITSELF



ALSO

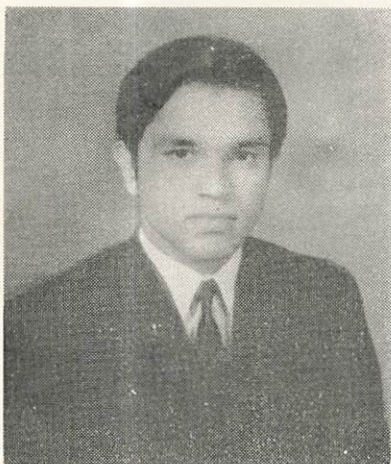
*In this age of generics FREE DRUGS, patented and
varying from vitamins to antibiotics are available
for students and their relatives.*

Congratulations to the Students of Dow Medical College !

In November 72, 4th year medicos of Dow Medical College went on a good will tour to other Sister Medical colleges of Pakistan.

This tour was organized under proper guidance of Professor M. A, Ansari, Provincial Health Minister sanctioned a sum of Rs. 15,000 and Similar amount was contributed by the Students themselves.

It was on the night of 23rd Nov. All of us were expected to meet at Karachi Railway Station. We got ourselves accomodated, in the compartments. We knew that these compartments would be our home for next fifteen days. There were lots of other Students and families. Who had come to see us off. We left Karachi at about 10-30 P. M. in a rear of cheers and shout, our boys were also very active. We reached Hyderabad early in the morning. We washed up and had our break fast, this was our first stop. Two buses were arranged by Liaquat Medical College



GOODWILL TOUR OF 4TH YEAR MEDICOS DOW MEDICAL COLLEGE

authorities. We visited the Liaquat Medical College and Hospital and after a stay of two hours. We went to visit the Picnic Spot at the Bank of River Indus. We did a little bit of boating here, Dr. Jamali was with us. In the evening time our boggies were attached with 7-Up and we were off to Multan. We reached Multan early in the morning Students of Nishtar Medical College gave us a warm reception. We were very much impressed, by the College building especially the Big Green Lawns and Rose Gardens. After visiting the College and hospital building, the College Union arranged tea in their assembly hall. All the professors and Cabinet members were present in the hall. President Welcomed us and we thanked them. In the evening we were taken by Nishtar Medical College students at the Bank of Chenab. Our train moved out of Multan and we were very warmly seen off by the Students and staff of Nishtar Medical College.

Our next destination was Lahore. Slow moving Passanger train took whole the night to reach Lahore. It was morning of Sunday when we reached Lahore. We were received by the Cabinet members and students of King Edwards Medicxl College and Fatima Jinnah Medical College.

Sunday was free for student to go where ever they liked.

On 27th November we visited the college where we were addressed by the Administrator Sardar Sheikh.—Professor Iftiknar of Medicine. Showed some beautiful collection of movies, when he had prepared himself. We also visited the Mayo Hospital. Professor Tahir of Anatomy was kind enough to show us the Electron Microscope.

In evening we had a friendly, football match with their college team followed by a grand reception, in the college hall. We also enjoyed the Popmusic. Next day we visited the Fatima Jinnah Medical College and Ganga Ram Hospital. In evening we went to see some historical places, and came back to our boggies. Students and staff of both the colleges were there on the station to see us off.

On 30th November we reached Rawalpindi and we left for Muree immediately. Accomodation had already been arranged at Hotel Metropole.

It was very cold in Muree, and we enjoyed it. We used to sit outside around the Camp fire. With our blankets wrapped around and sing and shoul late at night.

On the first day we went to see Muree proper including Kashmir and Pindi Point many of us enjoyed riding all around—Next day we went to see Ayubia. Where we had to walk on snow for 8, miles, but those were the moments of real enjoyments we also enjoyed the Cable Car ride.

Next day we came back to Pindi and on 21st of December we went to see places like Taxila, Hasanabdal Cadet College, Tarbela Abbotabad and back to Pindi. Here there was an alteration in the scheduled programme. Our stay in Islamabad was cancelled and we moved to Peshawar. At the station we were received by the students of Khyber Medical College. Next day we visited Lady Reading Hospital and Khyber Medical College Peshawar University and Islamia College were quite impressive.

In the evening we went to play a Football Match followed by a reception in which we exchanged words with a cup of tea. Next day we left Peshawar and after six hours stay in Lahore we reached Karachi on 8th December where honorable Professor Ansari with other students had come to receive us.

As a whole our tour was a great success. It was well planned and the credit goes to the member of Sub-Committee and above all the C. R. who was the Chairman of the Organizing Committee and I wont forget M. B. Jamali who had been friendly throughout.

ELECTIONS IN DOW MEDICAL COLLEGE ARE
A D'———D NUISANCE !

WHAT HAPPENED ON ELECTION DAY

By
ZUBAIR FAROOQ
2nd. Year M.B.B.S.

A victim of Boisterous D. M, C. :

“Excuse me miss could you direct me to Dow Medical College? It was here on this location a day ago”, I asked sarcastically.

“Buzz of can't you see I'm busy as I was saying Anwar enjoys great merit in sports, he ”

I walked on, on seeing a decent boy I approached him, “Sir could you help me?”

“Yes”? he replied sceptically.

“I want to meet Zubair. can you tell me were he could be?”

“Which Year? ”!

“He should be 2nd year”

“Aren't you sure mister, which 2nd year? Old or new?”

“Frankly speaking. I don't know”.

“Is he a member of N,S.F. or Y.M.O.?”

“What difference does it make?”

“Lots”.

“I think he ”

“I am very sorry I have to go”, he excused himself. I walked ahead, suddenly I was surrounded by a gang of boys.

“Please I don't hold any distinguished post, don't gherao me! ”

“Ha ! Ha ! Ha !” laughed one of them.

“Doctor sahab you

“I

“Whom are you voting for ?”

“Wait now

“You see this candidate over here, Walter, he’s an ideal candidate for the post of magazine secretary.

“Please sirs I

I got away from the boisterous gang but walked into another gherao.

“Doctor sahab, Vote for N.S.F. ”

“But.....”

“You want to be convinced ?”

“Please listen to me ” I said.

“You see this article of mine in Dowliteā it says ;

“Since it is primarily the hereditary set up and environment in which one is brought up that controls and guides one’s actions and motives ; poverty, illiteracy, sickness and other maladjustments become an obstacle in one’s natural desire to be fit enough to survive the struggle for existence. The unfit automatically becomes illfated and”

“Please sir I

“If you are voting for Y.M.O. you tell me, its all right. You see I’ve explained some fundamentals to you”.

“But sir you”.

“He went away, I had hardly walked another step that a person put forward his hands, I shook it astonished.

“But excuse me sir, who are you? Could you ” I said surprised.

“You don’t know me, my name is Niazi, I’m standing for Gymkoana Secretary, I hope you’ll vote for me,

A sweet girl came forward “Excuse me Sir for whom are you voting ?”

“Believe me miss I am”

“Please vote for Mahmud Tahir, he’s the best candidate for the post of president ” she said cheerfully.

“Well you see I”

“See” said another “if you don’t vote for Y.M.O. it will be very bad”.

“Right you are miss” I said trying to escape. As I walked on I was sandwiched by two groups of people shouting at the top of their voice

“AFTAB !”

“TAHIR !”

“AFTAB !”

“TAHIR ”

“long live N.S.F.!”

“N.S.F. ! N.S.F. !

“Y.M.O. ! Y.M.O. ’ Long live Y.M.O. !”

“Onwards to victory.....”

“N.S.F. ! N.S.F. !

Onwards to victory.....

N.S.F. ! N.S.F. !

“Tahir ! Taa.....hir !

Aftab ! Aff.....tab !

I swayed to and fro, the tremendous noise nearly shattering my eardrums.

As I walked on this fete type atmosphere, the Fairyland banners read :

Usman For Social Secretary

Nazir for General Secretary

Shafi for President

And what not ?

As I reached the main lecture hall there was a crowd of people standing near a door, I approached them

“Excuse me will”.

“Hey !” said a girl “you are from which year ?”

“1st year M.....”

“1st year, say ! the polls have started for 1st year !”

“But miss please one minute. what’s the”

“Here take this card, do not vote for the Clinical Secretary and Ladies representative and put a tick mark this X, this X is wrong.”

I was literally pushed through the door and going up the stairs I came into the hall where I heard someone say Roll no’s, 80-90 please take your seats.”

I took a seat and stayed there a while and then decided to move on.

“Your identity card please” I heard someone say, I quickly walked past him. Nobody stopped me so I came into another room.

“Your roll number please” a woman asked me. I ignored her and walked out of the door. I had hardly reached outside that another group approached me.

“Excuse me doctor sahab, For whom did you vote ?”

“Please sirs will you’ll listen to me?”

“Don’t worry doctor sahab we won’t hit you or anything, tell us.....”

“I beg of you please listen to me for a minute”.

“All right, go on,”

“Sirs I am not a student of Dow Medical College, I am a Student of MSc. 1st year and I’ve come to meet my friend Zubair Farooq. Could you direct me to him ?”

The group dispersed.

I finally found Zubair.

“What were you doing here ?” he asked me.

I explained everything to him and he smiled.

“What’s so funny ?” I asked.

“Nothing you were a victim of Boisterous D.M.C.” he replied and started grinning. Believe me it wasn’t that funny. This was the first time I had come to D.M.C. and certainly my last. What do they think of themselves? Some doctors! The secluded class..... The so and so BAH!!

I was informed later that amid garlands and flowers, the ‘onward to victory’ slogan of N.S.F. had been realised.



Rashid Hassan Khan delivers a triumphant speech.



Aftab rises with the rising sun.



There is no tension! Only anticipation of a landslide victory.



The elected representatives of the people !! promise to do them best.



Professors, and students come together in one big happy smile.



ECSTACY ?

FETE 72



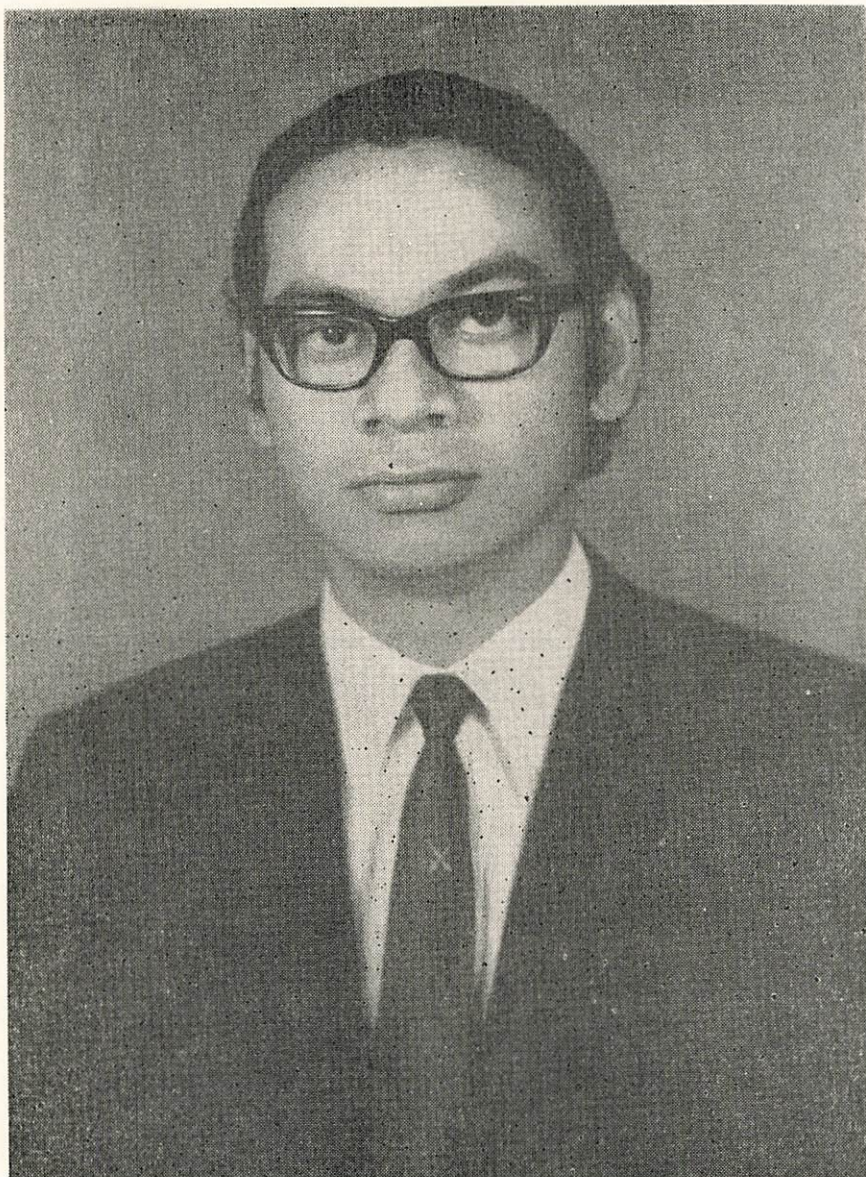
The Administrator and Professors visit the stalls at FETE 72



Even Chief Minister Mumtaz Bhutto drops in for a surprise visit

FETE 75

PHOTOGRAPHIC SECTION



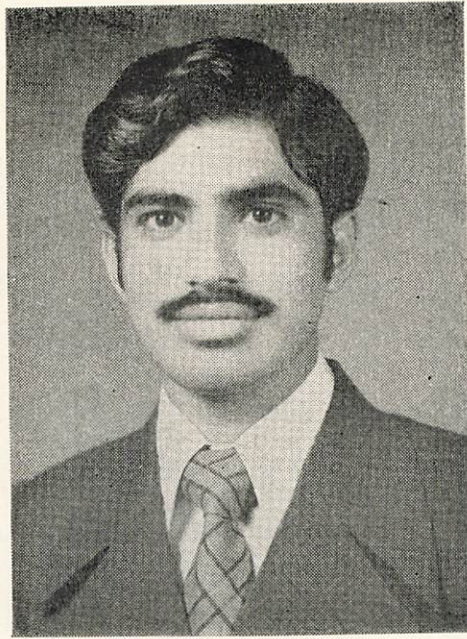
DOLPHY D'SOUZA
Secretary Photographic Society
&
Co - Editor
DOWLITE INTERNATIONAL 1972



Dr. Ghaffar Billo, Patron of the Photographic Society, speaks at the Inaugural Function.



Informal discussion at a meeting of the Photographic Society.



Munawwer Hussain; judged Best Photographer
Dow Medical College.



Members of the Dow Medical College Photographic Society.



Exhibits at the Annual Photographic Arts & Crafts Exhibition.



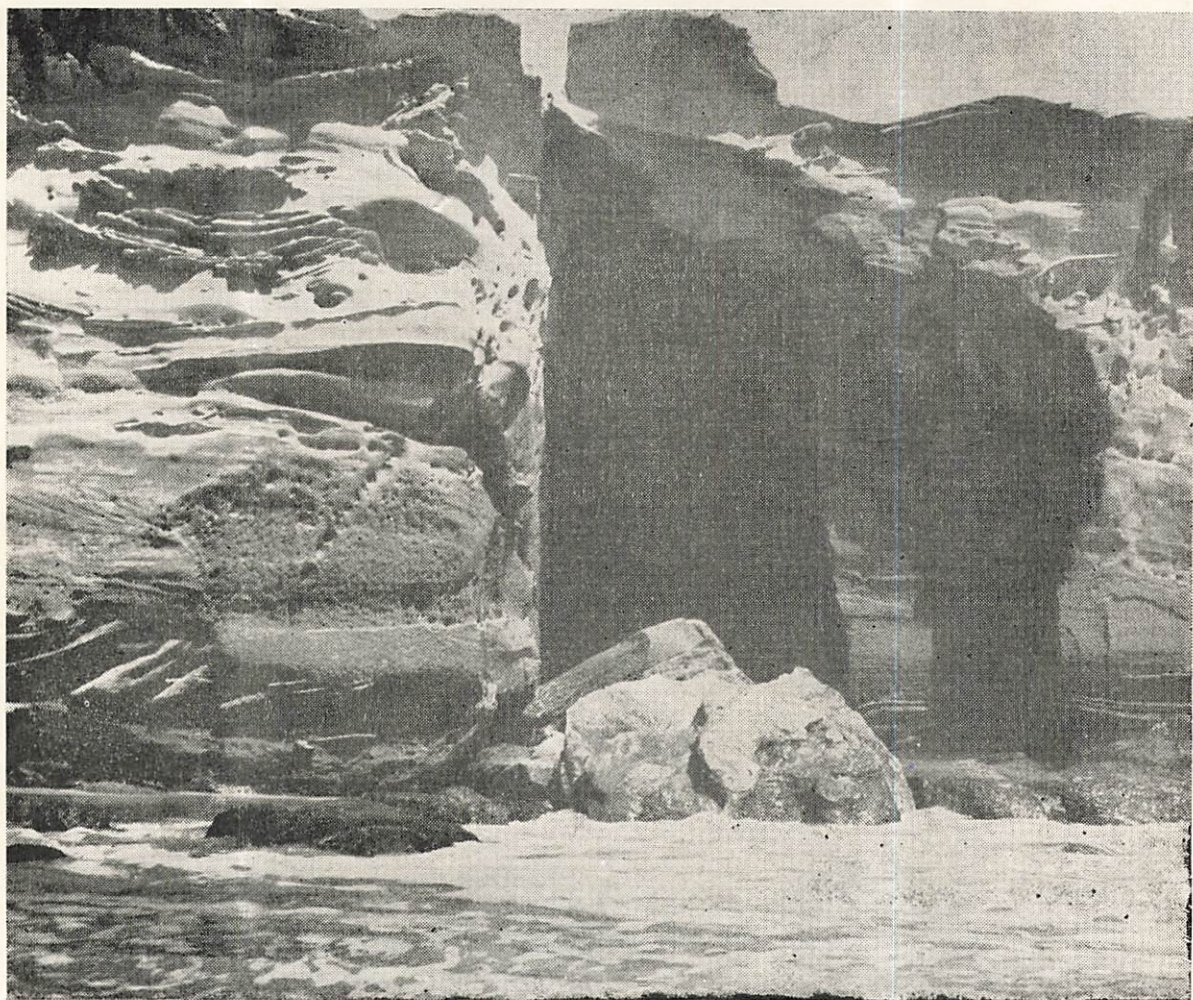


The Coveted Trophy of "Best Photographer"
Dow Medical College goes to Munawwer.



..... And a Certificate of Merit to
Mr. Zill-e-Saeed of the Marine Academy
(Mr. Saeed's colour transparency, which won him the first prize has
been selected for the Title Cover of Dowlite International 1972).

PRIZE EXHIBITS



“NATURE.....”

By

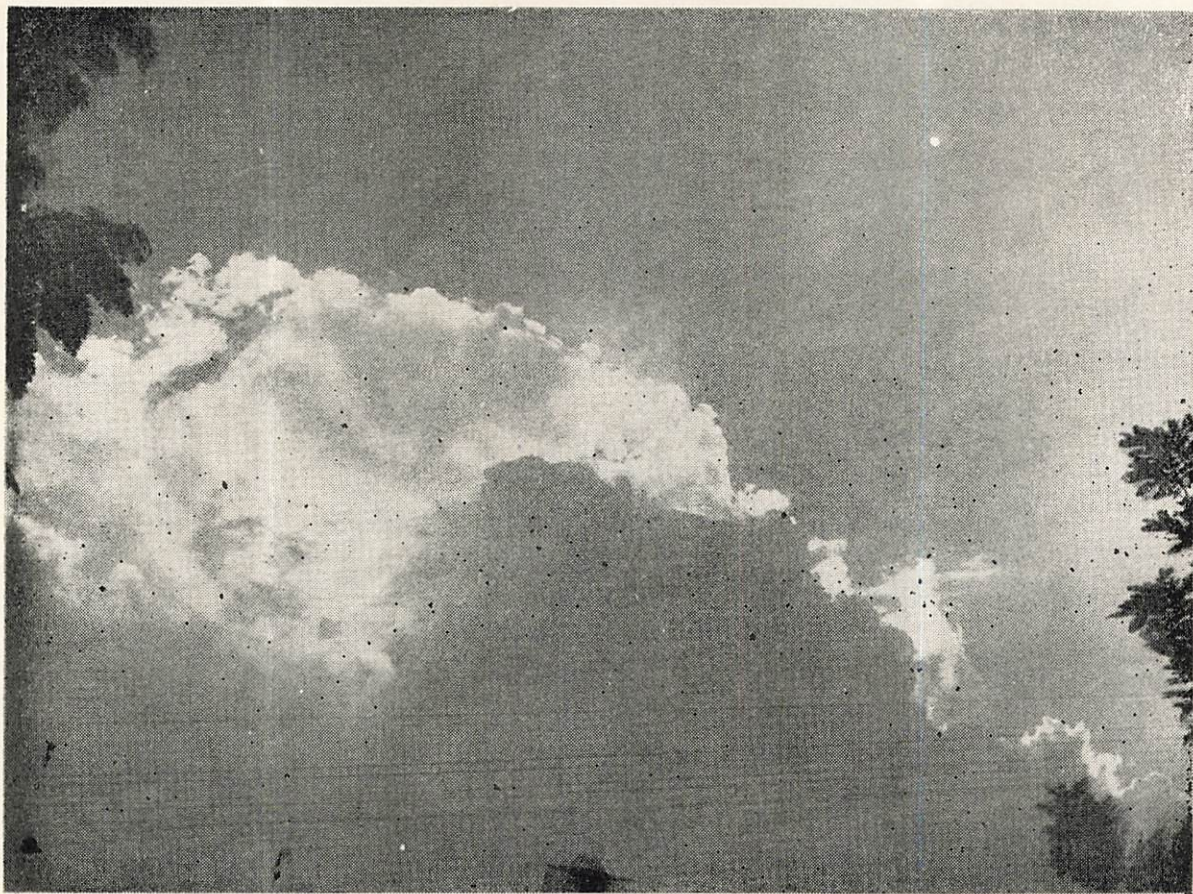
NIZAMUDDIN AHMED ZAKI



“ SON OF THE SOIL ”

By

ABDUL SAMAD



“Every cloud has a Silver Lining”

by

MUNAWWER HUSSAIN



“ SUN BATHER ”
By
SHAFIQ-UR-REHMAN



“FRIENDS NOT

By

ABDUL SAMAD



“INFINITY”

By

NIZAMUDDIN AHMED ZAKI

**ARTS
AND
CRAFTS
SECTION**



EXHIBITS AT THE ANNUAL ARTS
AND CRAFTS EXHIBITION





TALENT FROM 15 COLLEGES



Fauzia Qaddus receives
a Certificate of Merit

Masters and Masterpieces

CONTRIBUTED BY USMAN SADIQ BALOCH
III Year M.B.B.S.



Leonardo da Vinci (Self Portrait)



Mona Lisa



Michelangelo



The Delphic Sibyl



RAPHAEL (Self Portrait)



LA DONNA VELATA (The Veiled Woman)



REMBRANDT (Self Portrait)



THE
NIGHT
WATCH



PETER PAUL RUBENS (Self Portrait)



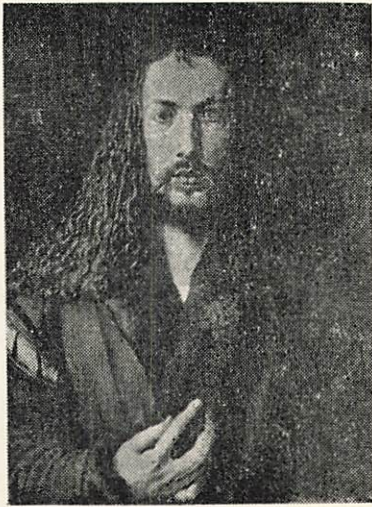
(DETAIL FROM "JUDGEMENT OF PARIS")



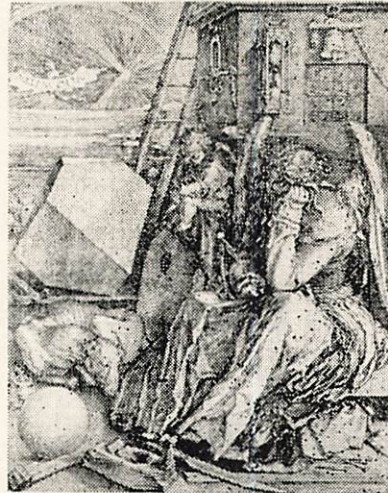
VELASQUEZ (Self Portrait)



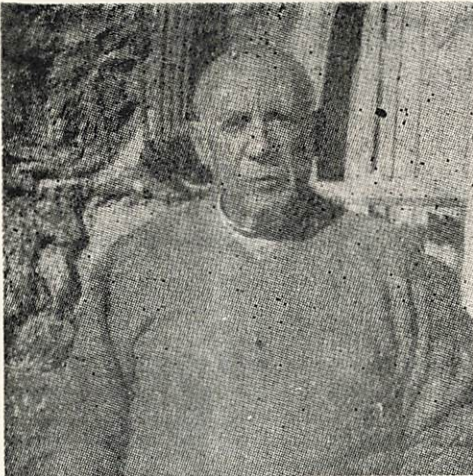
THE IMMACULATE CONCEPTION



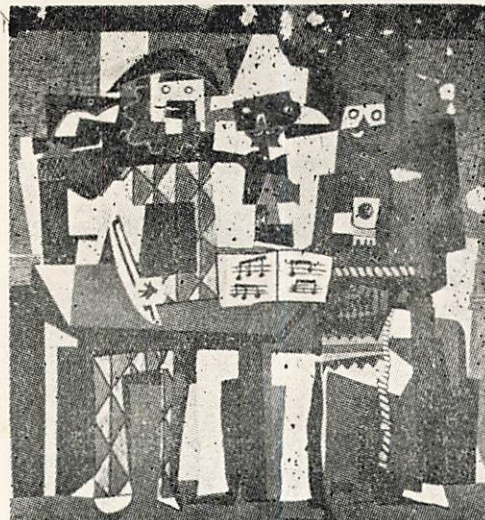
ALBRECHT DURER
(Self Portrait)



' MELENCOLIA '



PABLO PICASSO



THREE MUSICIANS



ABDUL RAHMAN CHUGHTAI

WARBLING BIRDS



THE AGE OF INNOCENCE
By SIR JOSHUA REYNOLDS

SOCIAL

SECTION

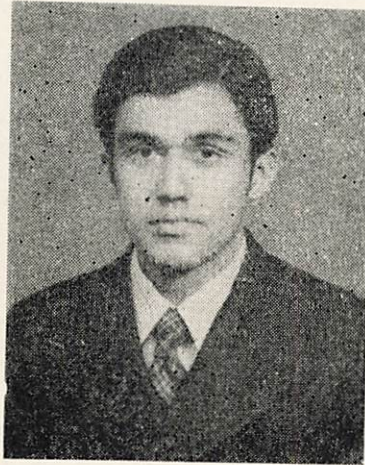


*Usman Sadiq Baloch,
Social Secretary*

MEMBERS



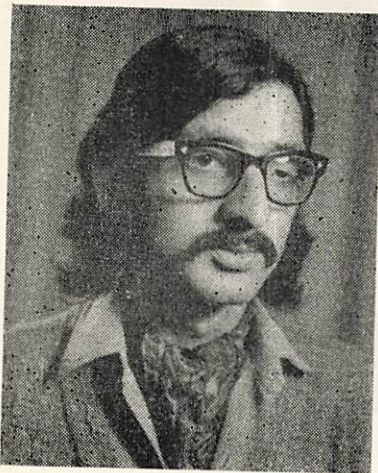
*Shafiq-ur Rehman,
V.P. D.M.C. Pop Club*



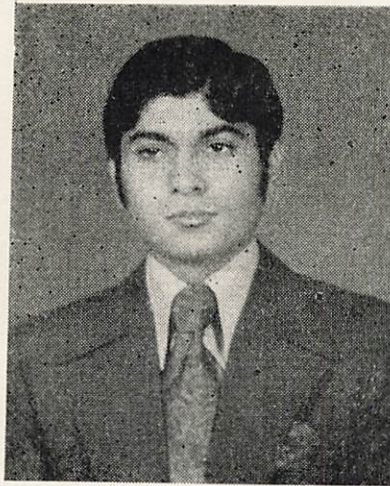
*M. Ashfaq Haider Toor,
Sec. D.M.C. Pop Club*



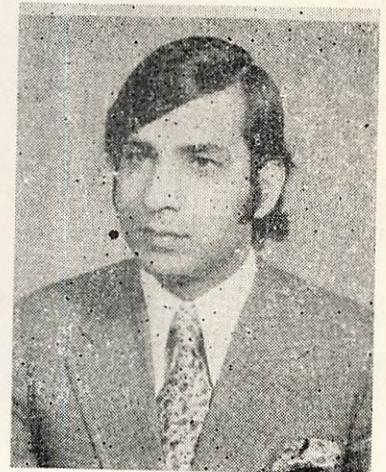
*Rizwan Baig,
C.R. IInd Year*



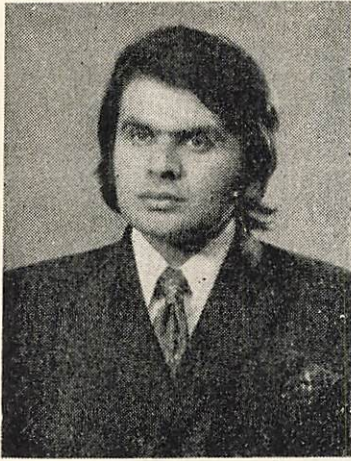
*A.H.H.T. Alvi,
Executive D.M.C.
Pop Club*



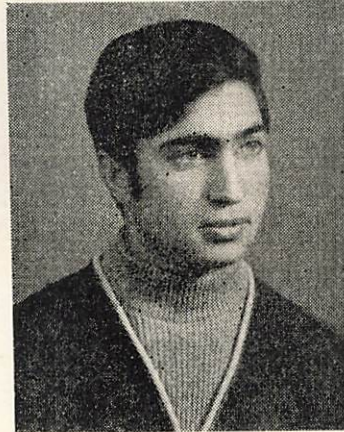
*Jawaid Akhtar,
Executive,
D.M.C. Pop Club*



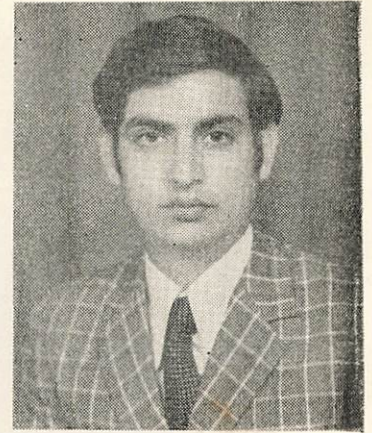
*Shaheen Razaque,
Executive,
D.M.C. Pop Club*



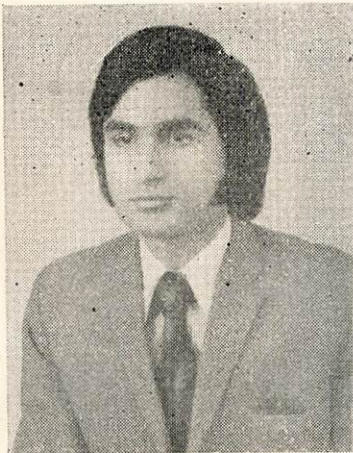
Farrukh Seir



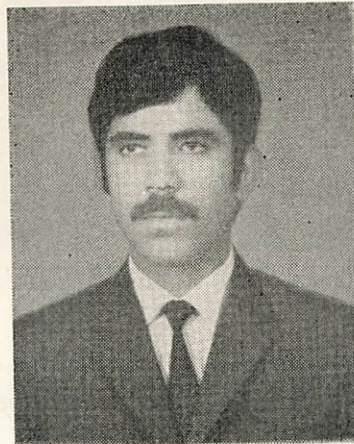
M. Akram Baloch



Mohd. Tufail



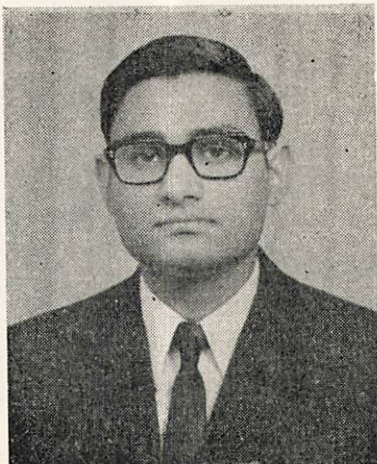
M. Anwaar-ul-Haq



M. Afzal Baloch



Anwar Kurd



Zia Ahmed



Nizamuddin A. Zaki
Vice-President
Photographic Society



THE D.M.C. POP CLUB
WITH
Mr. Max. Nazareth (Patron) and
Hammerheads (Hon. Members)



Pre-clinical Evening at Hotel Jabees



*Shahnaz Soomji singing
with 'Hammerheads'
at the inauguration
ceremony of
D.M.C. Pop Club*



*Pop Fans at the Pop Show held in
D.M.C. Auditorium*



*Ali Tahir (V Year) with Prince Agha Khan
Orchestra at the Annual Function*

GYMKHANA

SECTION

Digitized by eGangotri
Gangotri, Dehradun



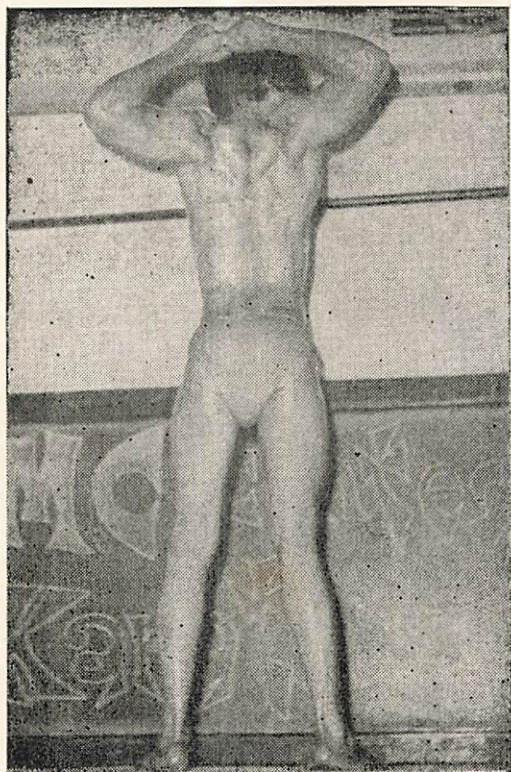
*ANWER MOHIUDDIN
GYMKHANA SECRETARY*



Friendly Match between L.M.C. and D.M.C. Table Tennis Players



L.M.C. Guests are Hosted to a Tea Party at D.M.C.



SAYEED FAYYAZ

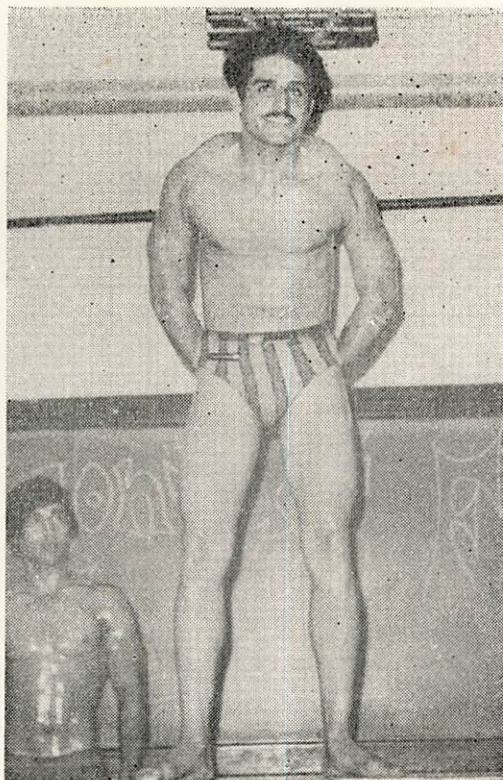
IS

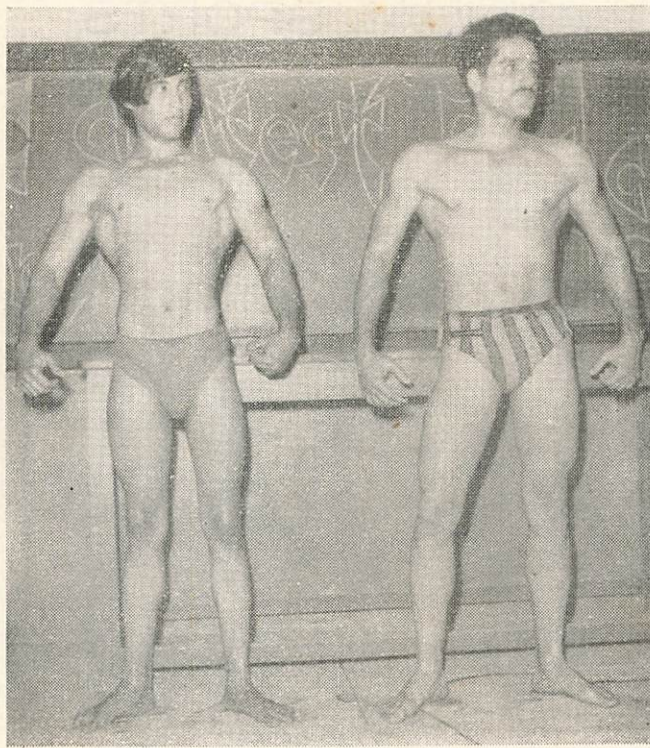
MR. D.M.C.

MR. FAIQ

IS

JUNIOR MR. D.M.C



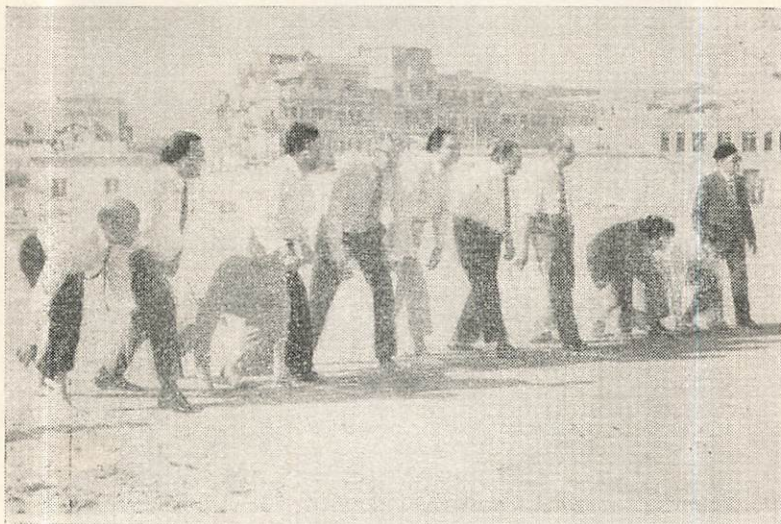


POSING



Body Building and Karate Fans

ANNUAL SPORTS



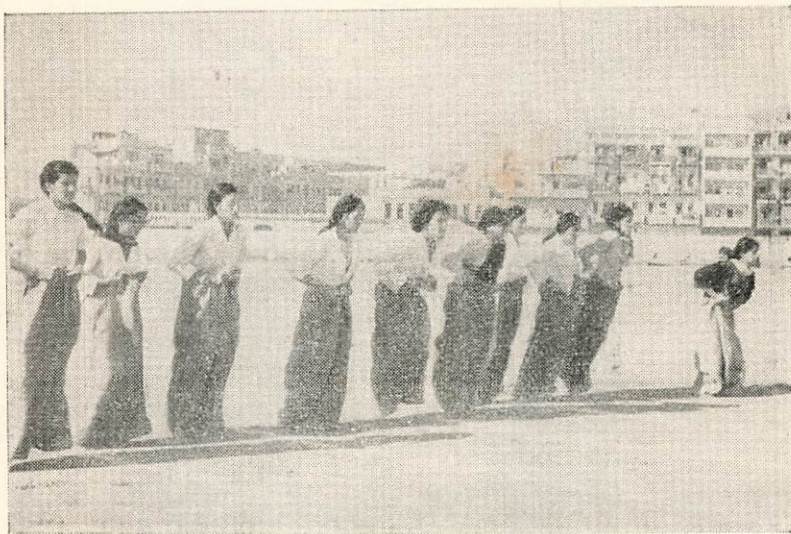
Teachers on the run!



Eagerly watching them go!



Tariq Alam Clears the Pole!



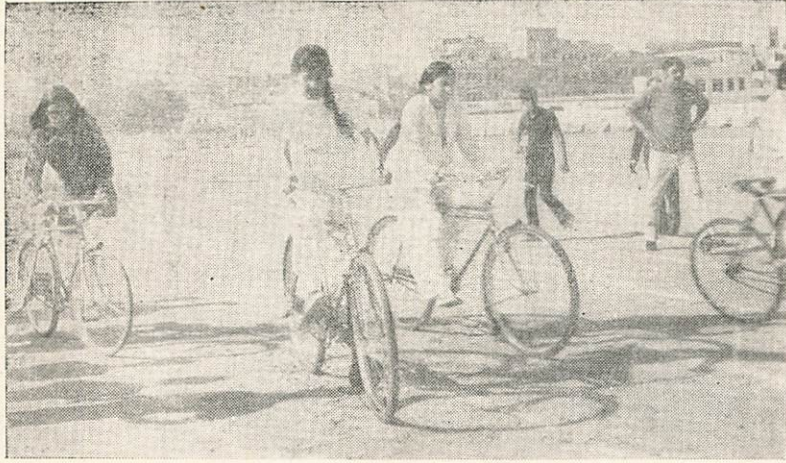
Its in the bag!



Teachers enjoy their musical chairs



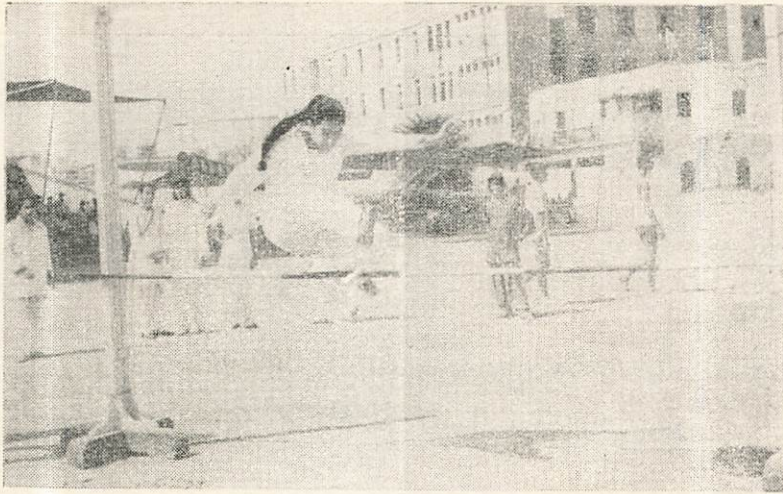
Katpar is on top



“Beco Cycle Ko Chala Kar Dekh Lo”



Sprint to Victory!



She is high!



Teachers' children are
always winners!



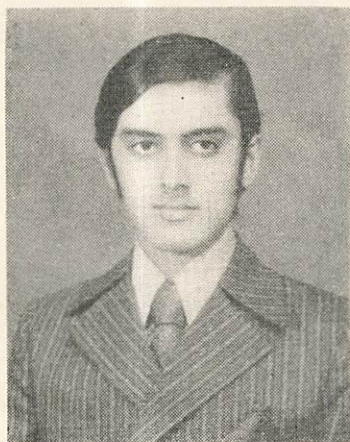
Sarfraz Khan,
Captain, College
Hockey Team 1971-73



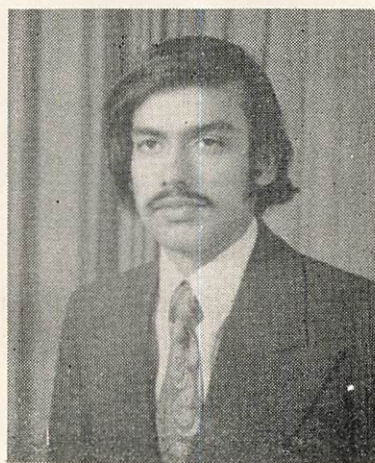
Rahman gets a prize !

SPECIALLY GRATEFUL

TO :



PARWEZ B. NAYANI

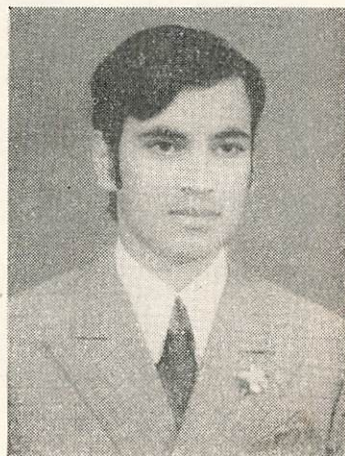


RAYMOND SILVEIRA

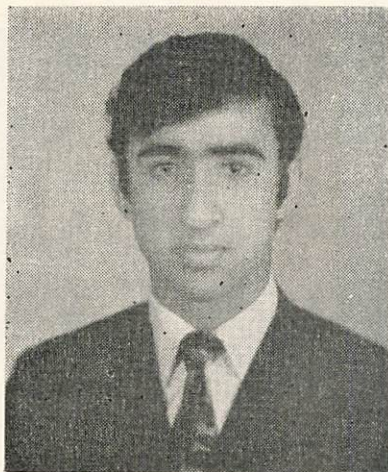
Magazine Committee



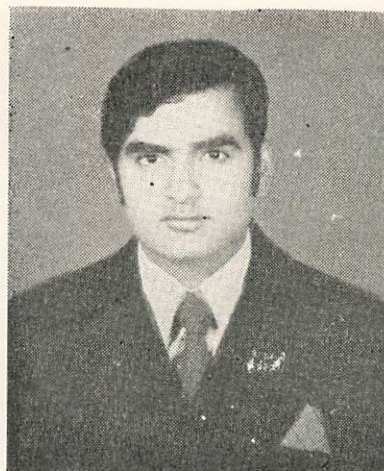
AZRA RAZA



SIDDIQUE BUGTI



RAMESH KUMAR



I. K. LALVANI



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KOLN., WEST GERMANY.



BACTERIOLOGICAL INSTITUTES :

Storage of bacterial strains, viruses, bacteriophages, antitoxins, vaccines

BLOOD BANKS :

Blood plasma preserves, plasma fractions, anti-bodies, complement, special proteins

SURGICAL CLINICS :

Storable grafting material (e.g. arteries, bones, nervous tissue, skin), blood plasma

HYGIENE INSTITUTES :

Vaccines, antitoxins, anti-bodies, serums, blood-group preparations, bacterial cultures

CHILD HEALTH CLINICS :

Mother's milk, protein preparations, high-grade infant food

CLINICAL LABORATORIES :

Enzyme preparations, test papers or test rods, hormone preparations, electrophoretic preparations, serum, blood plasma, protein preparations, antigens

OPHTHALMOLOGICAL CLINICS :

Vitreous body tissue, corneal grafts

PHARMACEUTICAL INDUSTRY :

Preservation of sensitive medicaments, e.g. hormones, vitamins, enzymes, plant extracts, liver extracts, histotherapy, various antibiotics (Bact. coli), tea extracts



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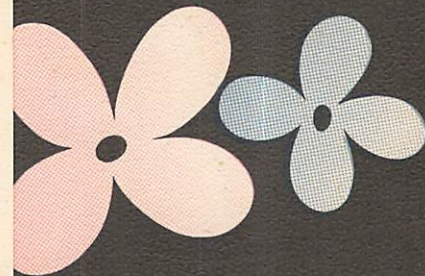
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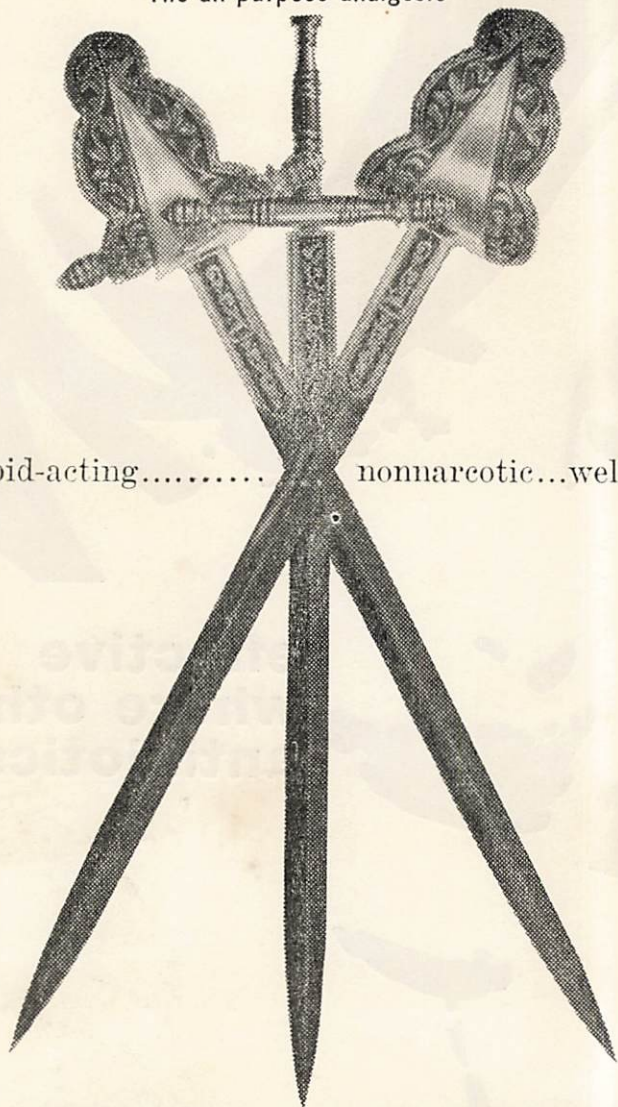
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The all-purpose analgesic



Potent...rapid-acting.....

nonnarcotic...well tolerated.

PONSTAN has proved to be effective in the relief of: muscle and joint pain (e.g. lower back pain, bursitis, muscular aches, arthritis pain)/traumatic pain (e.g. sprains)/dysmenorrhoea/dental Pain/postoperative pain/postpartum pain/miscellaneous (e.g. headache).

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satisfaction



Move up to
Red & White
that's where you get

Rs. 1.50 for 20's
Plus 30 Paise surcharge
Rs. 0.75 for 10's
Plus 15 Paise surcharge


Largest National
Tobacco Enterprise

satisfaction

VITANE+



**What a combination !
Extraordinary !**

**More mileage.
Extra power.
Better
performance.**



"...outside every sanatorium window there is an area where the grass does not grow because of the PAS tablets which have been thrown down there."¹

let the grass grow

Like PAS, MYAMBUTOL* ethambutol apparently blocks the synthesis of RNA/DNA by mycobacteria, but MYAMBUTOL is effective with single, small daily doses that seldom cause gastric distress.

When MYAMBUTOL ethambutol and isoniazid are administered together, each one blockades escape routes that the other leaves open, so that bacterial resistance rarely develops and therapy stays effective. MYAMBUTOL penetrates all body compartments, even passing the blood-brain barrier. It is free of cross-resistance with all other presently available antibacterials.

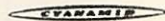
MYAMBUTOL ethambutol has successfully become the primary companion for isoniazid in initial treatment of tuberculosis in many parts of the world. Your patients (and the grass) will thank you for prescribing it.

1. Cited in Arduini, M.: Paper presented at the Congress of the Central Southern Urology Society at Montevergine, Italy, on June 18, 1967.

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Only Rs. 8
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Use Caution
Use Reckitt & Colman's

Dettol

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Cream

COMPARISON WITH OTHER ANTISEPTIC CREAMS

Percentage reduction in number of bacteria
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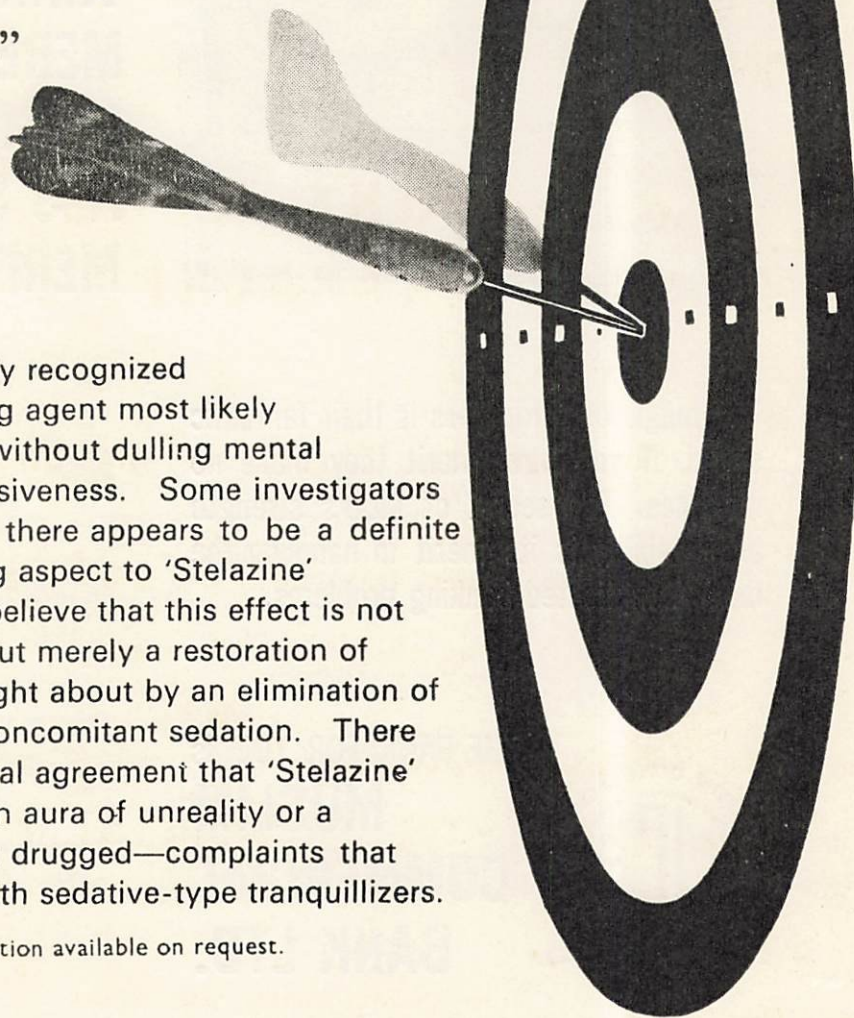
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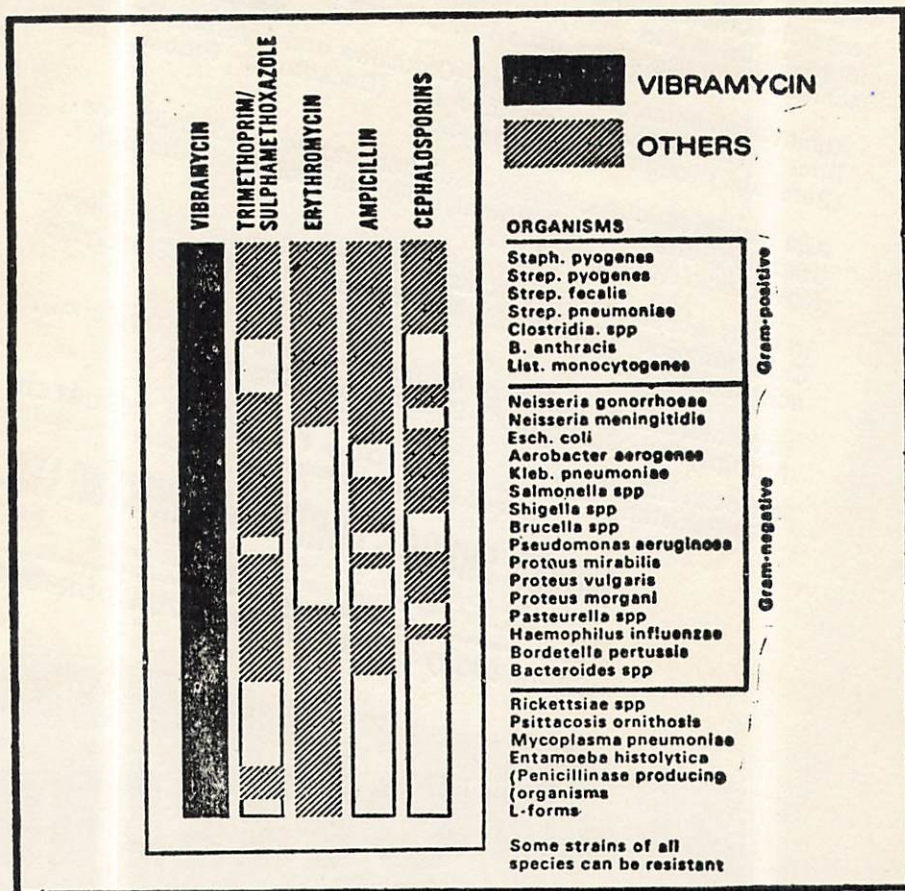


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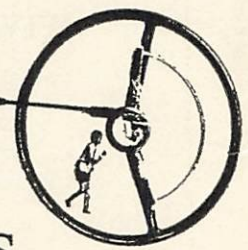
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