



RABIUL AKHIR 1437

AT TIBB



FEBRUARY 2016

Teenage love...GOOD or BAD

VALENTINE'S DAY?

Reemerging diseases

BEST places to eat in Kuala Ketil!



Words from Editor in Chief

السَّلَامَةُ عَلَيكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

I visited a foreign town sometime last year. We got lost. My lady friend asked a man she met at the shop for direction. I said *man* because he dressed like a perfect gentleman. I did not notice any facial hair, but I think that is normal. Chinese or Japanese do not grow much of facial hair. Inside my mind, I was thinking; *this man looked almost like a woman*.

Only when he left, I inquired about the “man” ... only then I realized he was a “she”. It could be a joke. Honestly I felt very confused. Being a doctor I should have known the external anatomical feature of a woman. Was I deceived by the look or am I getting senile?

World is full of deception. What you received through the sensory organs may be different from the real truth. You need to think and use the cognitive ability to understand the reality of the surroundings that you perceived. Looks can be deceiving. Hearing can be confusing.

Indeed there are many cases of deception in our everyday life. What worried me is when the deception is deeper than its superficial signs. What if it involved the value system? What if it involved the history of our country? What if it involves our fundamental belief in religion?

The article in this issue, “Do you know..” is the first attempt to bring you to the real meaning of what you take for granted. Eating *croissant* is no big issue. But if you know the history, **IT IS** a big issue. Some of us; especially teenagers, celebrating Valentine’s Day is just an event to express your love for someone special in your life. Things that happen during a few hours of celebration could result in lifetime regret in the form of unwanted baby being born 9 months later.

A family of single woman used to be a great taboo in any society in the world. Today, we have women and men who display their children proudly to the world without identifying the other partner. Being a single parent has been accepted as a norm. Some of them are even celebrities, idolized by many.

For those who watch football, you surely couldn’t miss the tattoo on majority of the players. Tattoo used to be a culture of the ancient civilization. It was a symbol of backwardness. Today, it is common to show off the symbols or drawing on body parts. What used to be a practice of the ancient tribe, has been adored by civilized society of today.

Gay used to be a harmless word. It means happy. Today *gay* refers to a man whose sexual orientation is toward another man. A few countries have even legalized gay marriage. Only last week we read a Malay student who declared that he is gay. I am unsure of the reason to reveal his preference. He could be the first Malay brave enough to declare his sexual perversion.

Alcohol is known to be the origin of many disasters; lives are lost, careers are ruined, marriages are broken and children abandoned due to alcohol. Yet when we watch TV, hardly any film or an episode without drinking alcohol where it has become part of daily practice.

Human civilization does not move in a straight line. It moves in a circle. The story of prophet Ayyub and his gay society was clearly described in the al-Quran. The right word to describe homosexual is sodomy, in memory of Saddum, the city where the civilization was destroyed by Allah. By design, gay is used to replace sodomy. This is to change the perception. Destructive behavior, wrong value, unhealthy practice are presented to the public in a twisted picture. Bad become good, wrong become right, ugly become beautiful etc. This is the world we are living today.

Dr. Shahidan Hashim
Editor in Chief



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DO WE REALLY KNOW *the stories behind....*

Written by: Dr. Suhaidah Ibrahim

Valentine's Day

Every year when it comes to the month of February, the first thing comes to our mind is Valentine's Day. It really remarks the romantic moments for youths worldwide. According to the Greeting Card Association, 25% of all cards approximately 150 million are Valentine's Day cards being exchanged annually making it such a big festival day celebration. However, how many of us really do know what kind of day is it to be commemorated in such a way?

Definitely, the origin of Valentine's Day has a Roman root even if the history is obscure and clouded by various fanciful legends. The holiday's roots are in the ancient pagan Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan festival as a Christian feast day declaring February 14 to be St. Valentine's Day. Nevertheless, which St. Valentine this early Pope intended to honor still remains a mystery. According to the Catholic Encyclopedia, there were at least three early Christian saints by the name of Valentine. One was a priest in Rome, another a bishop in Terni, Italy and the third one was almost nothing is known except that he died in Africa. Rather astonishingly, all three Valentines were said to have been martyred on Feb. 14.

Going back to Lupercalia or so called "Wolf Festival"; it was a pagan, very ancient, possibly pre-Roman festival, observed on February 13 through 15, to avert evil spirits and purify the city, releasing health and fertility. The Lupercalia Festival was also partly in honour of Lupa, the she-wolf who suckled the infant orphans, Romulus and Remus, the founders of Rome. According to the legend, when Numitor, grandfather of the twins;

Romulus and Remus, was overthrown by his brother; Amulius, the twins was casted into the Tiber River. They were rescued by the she-wolf who cared for them until a herdsman, Faustulus, found and raised them. The festival was celebrated near the cave of Lupercal on the Palatine Hill where Rome was founded. The festival began with the sacrifice of two male goats for fertility and a dog for purification by the Luperci, Roman priests. They would then strip the goat's hide and dipped them into the sacrificial blood and take to the streets and gently slapping both women and crop fields with it. Lupercalia survived the initial rise of Christianity but was later outlawed as it was deemed "un-Christian". At the end of the 5th century, Pope Gelasius I declared February 14 as St. Valentine's Day replacing Lupercalia Festival.

It was not until the 14th century that this St. Valentine's Day became associated with love. In 1381, Chaucer, the Father of English literature and is also considered as the greatest English poet of the Middle Ages, composed a poem in honour of the engagement between England's Richard II and Anne of Bohemia. As was the poetic tradition, Chaucer associated the occasion with a feast day, "The Parliament of Fowls," the royal engagement, the mating season of birds, and St. Valentine's Day are linked into romance. Furthermore, during the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The oldest known valentine, still in existence today, was a poem written in 1415 by Charles; Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting is now part of the manuscript collection of the British Library in London, England. After acquired all the informations here, do we really know what kind of Day or festival we celebrate??? Are we clear of its point of celebration?

Chinese New Year



Chinese New Year which is well-known with a wording of "Gong Xi Fa Chai" is just another important festive celebration in our society when it comes to the month of February. Not only in Malaysia but millions of people across China, Korea, Vietnam, Japan and other countries around the world are today celebrating the Chinese New Year and, this year, welcoming the Year of Monkey as part of an ancient custom that dates back at least 3,400 years ago. Chinese New Year is rooted in the celebration of spring, a start of preparations for a new growing season. In 104 BC, Emperor Liu Che of the Han Dynasty (206 BC – 220 AD) formulated the solar lunar calendar which is similar to the Hebrew Calendar with the purpose of keeping track of time to facilitate agriculture. It was important in that time to know when to till the soil and sow the seeds.

New Year's Day as well as the winter solstice was the Emperor's most important dates. In ancient China it was the responsibility of the Emperor to keep track of important dates. The marking of the winter solstice was an important event because if an emperor miscalculated, the kingdom wouldn't know which day marked the coming of the New Year. Thus, these two historical dates of the lunar calendar are traditionally set in stone. The ancient Chinese calendar, on which the current Chinese New Year is based on, also functioned as a religious, dynastic and social guide. Divinations inscribed on oracle bones uncovered at Anyang; the northernmost city in Henan, indicate that the celebrations existed at least as early as 14th century BC, when the Shang Dynasty was in power, although some believe it started from as early as Emperor Yao and Shun (2,300 BC).



The date of Chinese New Year, which is also called Spring Festival, changes every year as it is based on the lunar calendar. The western Gregorian calendar is based on the earth's orbit around the sun while the lunar calendar is based on the moon's orbit around the earth. The Chinese New Year starts on 23rd or 24th day of the 12th month of the lunar calendar and ends with the Lantern Festival which is on the fifteenth day of the first month of the Lunar New Year, which is a full moon. While both Buddhism and Daoism have unique customs during the New Year, Chinese New Year itself is far older than both religions. There are many stories and legends worth mentioning related to these unique customs. The first and most well known is the legend of Nian. The old Chinese word "Nian" meant ripe grains but during the Zhou Dynasty (1046-256 BC), the year was formally called "Nian" and the beginning of the year was called "Sui Shou".

According to the legend of Nian, there was a monster in ancient times with a body of a bull and the head of lion. It was a ferocious animal that lived in the mountains and hunted for a living. Towards the end of winter when there was nothing to eat, Nian would visit the villages and attack and eat whatever it could, this phenomenon has caused the villagers to live in terror. As the time passed, the villagers realized that the ferocious Nian was afraid of three things; the scarlet color, fire, and noise. So the villagers decided that when it was time for Nian's annual visit, towards the end of winter, they would start a fire in front of every door, hang a scarlet painted board in front of every house, and make a lots of noise instead of going to sleep.

One night when Nian was spotted coming down the mountain, they started the fires, put up the boards painted with scarlet, and stayed up all night long making noises. The monster came down saw and heard the ruckus, freaked out, and ran into the mountains never to return again. The next morning everyone congratulated each other and had a big celebration.

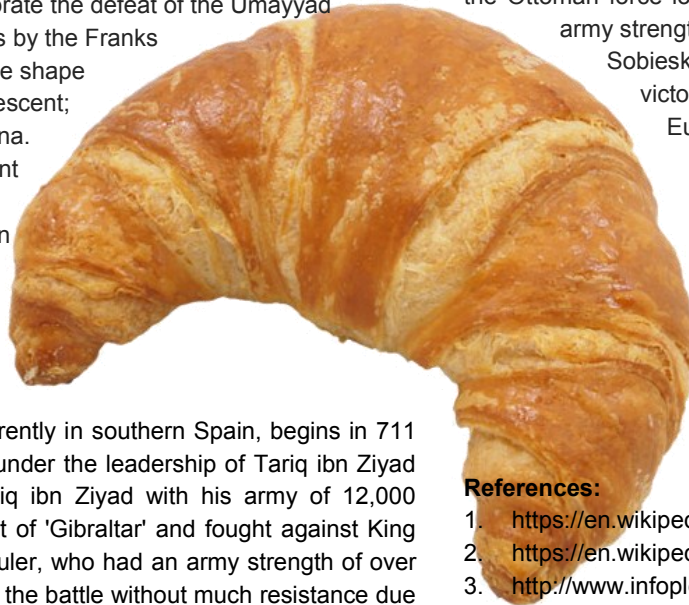
Celebrating an ancient custom

Nowadays Chinese New Year celebrations trace back to the legendary story of Nian in which windows and doors are decorated with red colour paper decorations with themes of "good fortune" or "happiness", "wealth", and "longevity." Red is the predominant colour used in the New Year celebrations. It carries the emblems of joy and symbolizes virtue, truth and sincerity. Gifts of money given to friends, family, and colleagues are put up well in red paper envelopes. A tradition of lighting fireworks, burning bamboo sticks and firecrackers is done with an intention of making as much noise as possible to chase off the evil spirits as encapsulated by Nian.

Other customs and traditions include honouring elders and visiting the oldest and most senior members of the extended families. Normally at the evening of Chinese New Year's Eve, the whole family get together for annual reunion dinner. It is also traditional for every family to thoroughly cleanse the house, in order to sweep away any ill-fortune and to make way for good incoming luck. A symbolic ritual like lion dance troupe is performed to usher in the Chinese New Year as well as to evict bad spirits from the premises.

Croissant Pastry

A croissant is a buttery, flaky, and Vienna-style pastry named for its well-known crescent shape. It could be an amazing mealtime for most of us. BUT how many of us know the story/legend behind this tasty sweet mouth-watery pastry? It is a staple of Austrian and French bakeries and patisseries. A culinary legend of croissant could bring us back to the golden age of Andalusia in 19th century. The legends include stories that croissant was invented in Europe to celebrate the defeat of the Umayyad forces at the Battle of Tours by the Franks on October 10, 732, with the shape representing the Islamic crescent; that it was invented in Vienna. Stories also relates croissant to the celebration of the Ottoman defeat by Christian forces in the siege of Vienna in 1683, as a reference to the crescent on the Ottoman flags.



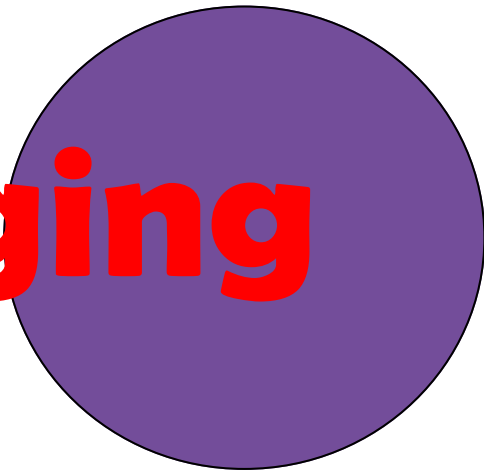
A history of Andalusia, currently in southern Spain, begins in 711 with Muslims took control under the leadership of Tariq ibn Ziyad of Umayyad Dynasty. Tariq ibn Ziyad with his army of 12,000 troops crossed the Strait of 'Gibraltar' and fought against King Roderic; the last Visigoth ruler, who had an army strength of over 90,000 men. Muslims won the battle without much resistance due to internal conflicts within Visigoth kingdom. Within 3 years, in 714, Muslims had occupied almost all the Iberian Peninsula or so called southern Spain; cities of Almeria, Malaga, Cadiz, Huelva, Seville, Cordoba, Jaen and Granada, Portugal, Southern France, Sicily, and the Balearic Islands. Later on there were military expeditions into the Frankish territories of Gaul, Aquitaine, Burgundy Bordeaux and Autun. The Battle of Tours followed 21 years of Umayyad conquests in Europe. Expansion of Muslim establishment northward of France was soon defeated by Charles Martel. The Battle of Tours was fought in an area between the cities of Poitiers and Tours, in north-central France. The battle pitted Frankish and Burgundian forces led by Charles Martel against an army of the Umayyad Caliphate led by Abdul Rahman Al Ghafiqi, Governor-General of al-Andalus. The Franks won the battle and Abdul Rahman Al Ghafiqi was martyred, the battle was considered as the greatest victories for Christian Europe which halts Islam's expansion. The Muslim defeat was symbolized into croissants and this has led it being banned by some Islamic fundamentalists. However, The Golden Age of Islamic establishment in Andalusia began under the leadership of Abdur-Rahman ad-Dakhil, or so called the "Falcon of Quraysh", the son of the last Umayyad Ruler; Caliph Mu'awiya ibn Hisham, he became a Governor-General of Cordoba in 756.

The Ottoman Empire had been expanding into Europe ever since Constantinople fell to the Turks in 1453 and took over Hungary in 1526. During the sixteenth and seventeenth centuries the Christian inhabitants of southeast Europe lived in perpetual fear of Muslim invasions. In fact, The Ottomans were trying to conquer the city Vienna, since the fall of Vienna meant an open road for the rest of Western Europe. In 1683, Kara Mustapha Pasha, an Ottoman military leader led an Ottoman force of 140,000 army in an attempt of stopping political interference of Portugal Hapsburg over Hungary. In a battle known as the Battle of Vienna; on 12th September 1683, the Ottoman force lost to a smaller European troops, with an army strength of 41,000 under a leadership of Jan Sobieski. The Ottoman lost remarked a second victory for European Christian and saved Europe from Islam for a second time after the victory of Charles Martel in 732. Once again, the lost of Muslim forces in this battle was also suggested to be celebrated with croissant in which its shape symbolized the crescent's shape on the Ottoman flags.

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Reemerging diseases



Written by: Dr. Shahidan Hashim

Introduction

The opening of Port Klang (Port Swettenham) during the 1880's was abandoned due to Malaria outbreak among foreign workers who worked on the project. This is due to the swampy area which is ideal for breeding of mosquito that transmits the Malaria parasite¹.

After independence, Malaria eradication program was started in 1966. Malaria cases were significantly reduced. Most of the Malaria control activities and Malaria surveillances were halted or become inactive.

The above story refers malaria as an example of reemerging disease that is happening currently in Malaysia.

List of ten emerging and re-emerging diseases in Malaysia's history.

The world of microorganism is continuously changing. The war against these diseases has recorded more failures than successes. The elimination of small pox is one example of men's success against communicable diseases.

Many factors contribute to the emerging and re-emerging of new diseases.

Disease's agents	Year of outbreak
Avian flu (H1N1)	2009
Chikungunya	1998
EV71	2000,2003
Hand Foot and Mouth Disease (HFMD)	1997
Nipah	1998
Viral encephalitis	1999
SARS	2003
Tuberculosis	Endemic
Avian influenza (H5N1)	2004, 2006, 2007
Dengue Fever	Endemic

Table 1: List of Emerging and Reemerging Diseases in Malaysia²

Development

Deforestation provide breeding place for mosquito. This happened in colonial era and post independent era. Opening of land for agricultural purposes usually followed by Malaria outbreak in the area. The outbreak is facilitated by a new group of people who moved to the said area. Usually these people are very susceptible to the infection due to low immunity.

Mobile Population

The ever changing world open unpredictable opportunities for re-emerging of certain diseases. The invention of airplanes where men can travel within a few hours from countries thousands of kilometers away begin the risk for diseases importation from country to country. A person can get infected in Africa, remain healthy, travels back to Europe or Asia and finally developed the disease. No restriction can prevent the spread of the virus from continent to continent. This is the globalization aspect from health point of view.

Almost every year we heard outbreak of meningitis among pilgrims in Makah. The close contact of millions of human from all over the world provide suitable condition for the spread of the disease's agents; be it a virus of bacteria.

Zoonotic Diseases

The openings of large animal farms to meet the food demand open the opportunities for close contact between animal and human. Nipah outbreak in 1998, in Ipoh, Perak is a classic example of virus jumping from pigs to human being as the host.

Chicken farm where hundred thousands of chickens are kept in close building provides an effective environment for virus from chicken to infect human being. This outbreak happened in 2004 in Kelantan. Similar outbreak actually started earlier in China in a larger scale.

Drugs Resistance

Bacteria, protozoa and insects exhibit this capability more often. Development of resistant strains microorganism is assisted by indiscriminate use of drugs, low dosage and over the counter drugs selling. *Mycobacterium tuberculosis*, *Streptococcus aureus*, *Salmonella sp* are among the known bacteria which has developed resistance to drugs. Chloroquin-resistant plasmodium appeared in Malaysia among the illegal immigrants. Drug resistant *Salmonella sp* is associated with widespread use of Chloramphenicol in chicken industry.

Antigenic Drift/Shift

These genetic changes occur naturally. New virus strain appears continuously over time. Influenza virus develops this mutation capability. Seasonal influenza outbreak occurs mostly during winter. Every year a new influenza vaccine need to be developed to prevent major outbreak since body do not recognize viruses which underwent antigenic shift or drift.

Unethical farming practices

Some farms in Europe recycle parts of animal carcasses for other animal's food. The reason behind this practice is protein from unused animal should be used in animal food. The main justification is actually economic. Obviously forcing herbivores such as cows to eat meat (carnivores) is against nature. Some farmers even use chicken dung in making cow food.

This practice was suspected to be the source of outbreak of bovine spongiform encephalopathy⁵ (BSE) or mad cow disease.

The danger of this BSE is it can be transmitted to human being and is presented with almost similar symptoms known as *variant Creutzfeldt-Jakob disease* (vCJD). The interesting point about this BSE is not only it is a new disease; the agent that cause the disease is also new. It is known as prion, a protein found in brain tissue of cow with BSE.

Conclusion

If we think we can survive by remaining static, think again. The microbes teach us if we stop changing we shall perish. Small pox virus disappeared from this world because it remains unchanged. The second lesson learned from the above story is never to go against nature. The greedy human being fed cow with other cow's body part. This is against the animal ethic. The result is a new disease caused by a new agent. The ultimate price is paid by human being.

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TEENAGE LOVE

Written by: Ms. Ireena Ismail

Love. The word love make us think about a person that is always in our mind, someone that we hold dear in our heart. Love can take up many forms, love between spouses, between parents and their children, between friends as well as between human and its Creator.

Being in love is a such a happy feeling. However it can go awry when falling head over heels over someone at the wrong time albeit a wrong reason. The consequences may range from being disappointed and upset which are mild and may go as extreme as death.

When talking about teenagers, what is their main purpose at that time of life? Teenagers are the group of people between the age of 13-19 years old. The turbulent years where everything starts to change; from their physical growth starting with the development of their secondary sex characteristics as the females becomes more feminine while males with their coarse voices and increase muscle strength. They will also begin to notice the opposite gender as the hormones raging on, their feelings being acknowledged and returned converting that feeling of liking someone into love.

Looking at their age, we know that teenagers are mostly students. Those age indicates the group of people in their schooling years. They would be attending secondary high school and matriculation institutes

Hence, their main responsibility is studying. Nevertheless, It is without fail we heard accidents and cases involving students in the news and majority it is due to love.

Do we still remember the unfortunate student who was slashed to death on the North-South Expressway on the neck and left to die by the person whom his romantic intentions was rejected by the victim^{1,2,3}. Love definitely cost this student's life.

We are not even approaching the month of February or some might say the month of love when the whole nation was pranked by a teenage girl smitten with love. In order to celebrate New Year with her beloved^{4,5}, a girl stage her own kidnapping which renders the whole nation from police , firemen and citizens including her parents into a state frenzy, with information circulated on the web and shared numerously through Facebook as well as a search party lasting over a week.

Eventhough the girl was found to be safe, it end up being an embarrassing situation for the mother who apologizes to the citizen on the aftermath of her daughter wrongdoing.

What is happening to our young generations? Blinded by love and following their own desires, foolish decisions was made which eventually jeopardizes their whole lives. The young man who slain the female student is now facing a crime indictment and life in the prison cell. The girl who 'kidnapped' herself and lies on her whereabouts are now have to deal with court cases and penalties. Employers might have to think twice and deeply before hiring these persons.

Love. It is a wonderful feeling. But it is also a transient phase. Being in love clouded a person judgement and thinking. We cannot blame this solely on hormones or on the teenager themselves for being too easy to fall in love. Love is a natural thing, but when it is expressed without guidance from the adults while adhering the religious and moral values, is a recipe for disaster.

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languages among adolescents

Written by: Ms. Hazirah Abd. Radzak

With the evolution of information and communication technology (ICT) nowadays, various communication devices were invented for example mobile phone, tablet and notebook which helps in making the communication faster, easier and rapid with each other worldwide. Not only that, the arrays of great applications and software available to be installed in mobile phone enable human to surf on the internet for collecting and disseminating information, checking email as well as searching unknown places through maps. There are various social application networks including Whatsapp, Twitter, Wechat, Facebook Messenger and email which are being used extensively for communication. Currently, mobile phone is one of the necessities in today's modern life style for every adolescents and adults. Each person, old and young could have at least one mobile phone with some having as many as three. However, invention of the device may indirectly cause negative impact to modern adolescents generation in terms of languages.

Simple messaging system (SMS) is an English slang more popularly known as text messaging is a first by-product in the mobile phone industry. In present, teenagers have their own SMS languages when communicating between them while unconsciously destroying the languages with their newfangled slang with the good intention to become faster in responding to friends messages. This is a case where intention does not justify the end result. When we look deeper into this foreign SMS language, we can see there are a lot of short forms or abbreviation used for example 'haha', 'lol', 'omg', and 'btw' that are frequently used by them in the

conversation. Besides, they tend to shorten words by dropping vowels or ending or use single letters, numbers, symbols as a replacement for syllables, letters or whole words. Examples are, 'going' become 'goin' ' or 'gonna' and 'great' becomes 'g8'. In fact, this short forms is very good to keep the sentence as short and simple as possible but somehow it could gradually ruin the purity of languages which lead to inability in mastering that particular language. How sad it is.



According to the study done by Salomé Geertsema in 2011, they found that SMS language is negatively influencing the written language skills among students. The effects can be observed from the spelling, sentence structure and punctuation used by students in examination answer script and school assignments. The majority of teachers revealed that students construct very short, simple, inappropriate sentences with spelling errors, incorrect use of full stops, comma and exclamation marks. As a result, the academic achievement of students are inflicted due to deduction of

marks for incorrect spelling, reduced sentence length and improper punctuation which can be attributed to the influence of SMS languages.

Research article published in International Journal of English Linguistics showed that lecturers discovered various abbreviation in students answer script including 'E' for 'the', 'c' for 'see', 'u' for 'you', 'b/4' for 'before', '2moro' for 'tomorrow', '&' for 'and', 'etc' for 'etceteras', 'eg' for 'example,' 'Eng' for 'English/Engineering', 'ur' for 'your', 'pls' for 'please' , '2day' for 'today', 'lke' for 'like', 'nub' for 'number','shd' for 'should', 'luv' for 'love' and 'lol' for 'laugh out loud'. It was observed that several of these abbreviations were unsuitable as well as very difficult to recognize and harder to understand in specific the short forms which also make the sentences very problematic and meaningless. Apart from that, characters sequences such as joining a colon, a dash and a parenthesis are commonly used to create "emoticons" that express emotion with letters capitalized to express strong emotions. Table below showed some basic emoticons and their intended meanings.

Table 1: List of commonly used emoticons.

Emoticon	Meaning
: -)	Smiling face
;-)	Smile with a wink
:- (Frown
:- #	My lips are sealed
:- D	Laughing
:- O	Shocked
B-)	Cool
:- @	Screaming
: P	Sticking tongue out
: /	Confused

This phenomenon is proven as one of the harmful effects on the use of text abbreviation in teens literacy specifically and language learning in tertiary institution generally.

On the other hand, SMS also yields positive impacts to the adolescents in terms of improving communication. Indeed, texting had become an approach to maintain friendship among adolescents while contributes to their sense of well-being. Second, it also encourages teenagers to spend time for re-read, re-edit and write messages while having a relaxed and private

forms of communication. Third, it allows adolescents to stay connected to their parents at all the times especially parents who are mostly occupied with work. Indirectly, texting is the best strategy for parents to keep trace of their childrens.

Although text messaging enhances communication (informally), it still has more negative influences to the adolescents. It is true that text messaging allows for creativity among users but to what extend does it enhances mutual intelligibility? And to what extend do the "texter" achieve possibility, feasibility, and appropriateness which are needed for successful communication in English? Therefore, adolescents should not be overwhelmed by the social relevance of the text messaging. In a nutshell, they should posses the mastery of the language and communication in a correct manner because bastardization of a language will not enhance its development skill of the users.



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BEST places

to eat in



Written by: Normaizatul Afizah Ismail

It is so hard to find good places to eat in Kuala Ketil. I know that most of us in INSANIAH would agree with me. Isn't it? WHY???? Perhaps I just miss Mergong Campus in Alor Setar. A sudden change in place has also change our appetite.

Kuala Ketil is just a small area compared to Alor Star. Here, stalls are everywhere by the roadside but as the name implies stalls is small and there was not much variety of food you can get. There are also a few restaurants like Al-Kautsar, Mak Nah Ikan Bakar Reataurant, Ikhwan Restaurants and a few more. In Agro Bazaar, you may find a food court selling more variety of foods. There is also a food court near Kuala Ketil bus station but this place is seldom full with customers.



Surprisingly, Kuala Ketil has Kentucky Fried Chicken (KFC) in town!!!! This is great about Kuala Ketil. On top of that, there are a few bakery and cake shops but I never imagine that Fairy Cake House is here! At least to the Secret Recipe fans, they can try Fairy Cake as alternative when they crave for cakes.

Inside the college, the one and only cafeteria does not provides enough variation of food to the students and staff. Last time, I remembered there were a few more stalls in front of the cafeteria selling roti canai, chicken rice, crackers (keropok), sweet corn and waffle to give more options to the students and staff. At that time, cafe was a lively place; loud and hectic where students gathered and do so many things. Now, the stalls were gone and the cafeteria seems like



the most quite place in the campus. I do hope management of INSANIAH is concerned about this issue and would be able to provide us with more stalls in the coming future. The campus is huge and it needs a place of similar size for food service to cater all students and staff so that we do not have to journey outside the campus to find good food. Let us feel the campus life!

Anyway, while waiting for our dream to be materialized, here I have compile a few good places to eat around Kuala Ketil. Hope this guide will help us and the newcomers.

According to Health Department, District of Baling, the restaurant in Kuala Ketil which was graded A in the Cleanliness Inspection is only KFC. Other restaurants were mostly rated as B in 2015. However, this kind of grading were no longer practiced in 2016, you may not find the grading inside the premises anymore.

Do you know any good places to eat? Let us know (contact: attibkuin@gmail.com) and share with our friends here.

Places	Details	Breakfast	Lunch
Al-Kautsar	Mamak's restaurant – capati, tossai, roti canai, naan, nasi kandar *student's price	✓	✓
Ikhwan Restaurant	Roti canai, fried mee, soups	✓	✓
Kak Nah Ikan Bakar Restaurant	Rice with dishes, ikan bakar, vegetables		✓
Stalls near the roundabout at Gate C	Roti canai, nasi lemak, mix rice, fried bihun	✓	
AFC Restaurant	Fried chicken, mix rice, naan, capati, ala carte'		✓
Agro Bazaar Lazaria Food Court	Ala carte', chicken rice, soup, ABC		✓
Kedai Abah (students' favorite)	"Student price" of rice and 2 dishes mix		✓
Hashim Ikan Bakar Selera Kampung SYS (near the junction at Health Clinic, Kuala Ketil)	Ikan bakar, soup, curry		✓
Kak Bee stall	Rice with dishes		✓

Recall that INSANIAH campus in Kuala Ketil is surrounded by palm trees with beautiful views over a large lake in front of the Chancellery building along with the dates' trees planted everywhere around the campus as landscape. Also, it is a common knowledge among the residents of Kuala Ketil that there is a chicken's farm actively operated here that contributed to the populations of house flies that has infiltrated our beloved campus specifically and Kuala Ketil generally. Bear in mind everytime we wanted to have a meal and the flies attacked. Not just a few but groups of them. It is indeed inconvenient and gross for some. The smell of food attracted flies just like bees attracted to pollens of flowers. Now, let's have a good look what we have prepared for you about these flies.

Written by: Madam Noor Azimah Norbidin



House Fly Biology & Habits



Each adult female begins laying eggs a few days after hatching, laying a total of five to six batches of 75 to 100 small white oval eggs. In warm weather these hatch in 12 to 24 hours into cream-colored larvae, which burrow into the food material on which they hatched. These larvae grow and pupate in 4 to 7 days in warm weather. The mature larva contracts until its skin forms a case about 1/4 inch long. Inside this case, the true pupa forms. When fully formed, the adult fly breaks open the end of the pupal case and emerges. It is ready to mate within a few hours after emerging. The hardened larval skin, which is left behind still exhibits most of the characteristics which are used in larval identification; thus determination can often be made on the basis of the skin alone. During warm weather, two or more generations of house flies may be completed in a month.

House fly eggs are laid in almost any warm moist material which will furnish suitable food for the growing larvae. Animal manure, human excrement, garbage, decaying vegetable material and ground contaminated with such organic materials are suitable

materials. Although they are attracted to a wide variety of food materials, house flies have mouthparts which enable them to ingest only liquid materials. Solid materials are liquefied by means of regurgitated saliva. This liquefied food is then drawn up by the mouthparts and passed onto the digestive tract. During daylight hours, house flies will rest on floors, walls and ceilings indoors. Outdoors they will rest on plants, on the ground, on fence wires, garbage cans and other similar surfaces. At night, they will rest principally on ceilings, electric wires and dangling light cords indoors. In all situations, house flies prefer corners and edges or thin objects such as wires and strings. Night resting places are usually near daytime sources of food and are usually 5 to 15 feet off the ground.

House Fly Control

The first step in house fly control is exclusion and sanitation. After these measures, you can use insecticides that come in residual forms, aerosols, fogging materials, and baiting forms. Fly traps have long been a favorite. There are many forms of fly traps, from disposable fly traps to electronic fly light traps with replaceable light bulbs and glue boards.

Exclusion and Sanitation

1. Sanitation is the first measure of defense, even though there are various traps and sprays that are used to kill flies, it is necessary to eliminate the source in order to eliminate them.
2. Whenever possible, food and materials on which the flies can lay their eggs must be removed or destroyed, which will isolate the egg-laying adult. Killing adult flies will reduce infestation, but elimination of breeding areas is necessary for good House Fly control management.
3. Garbage cans and dumpsters should have tight-fitting lids and be cleaned regularly.
4. Drainage will often aid control, getting rid of extra moisture.
5. Openings of buildings should be tightly screened with screen.

Fly Control Products - House Flies

Insecticide Residual Concentrates

House flies rest on sunny surfaces in the daytime, and have a tendency to come inside or under eaves at night. These areas where the flies are resting can be sprayed with residual or contact insecticides. The flies rest on the sprayed surface and pick up enough insecticide to kill them. When spraying the surfaces, it should be wet enough to the point of runoff, but not enough to form puddles.

Pyrethrin Insecticide Aerosols

For immediate results, use pyrethrins in an aerosol form and space spray. Pyrethrins work quickly but give no lasting residual. These aerosols can be used as a quick kill insecticide, reducing populations of flying insects for short term results.

- CB 80 Pyrethrin Aerosol
- PT 565 Plus

The Automatic Dispenser is an automatic dispenser to be used with the On Time Mist Metered Insect Killer with Pyrethrin.

Fly Baits - Outside Use

Insecticide granule fly baits such as can be used to aid in house-fly control. These baits should be distributed along walls, window sills or other areas where flies congregate inside buildings, and in areas outside where flies congregate. As with all fly control, sanitation is extremely critical when using a fly bait. Remove trash and other breeding sources, so the fly bait will be there only feeding source. Make sure the baits are inaccessible to animals or children.

Fly Light Traps - Inside Use

These electronic fly light traps are very efficient and functional to be used inside only. They are very popular in restaurants and commercial buildings.



Inspecting For House Flies

Inside: Trash cans, dirty diapers, rotten foods, etc are possible breeding areas for inspecting house fly activity.

Outside-breeding sites: House flies may be found feeding and breeding in fresh manure, rotting fruits and vegetables, garbage, damp garbage, and decaying organic materials that are located outside of the structure. Most of the time, when you find house flies inside, it is because they are coming inside the structures. Check cracks around windows, doors and vents as possible entry points. It is crucial to find out where the breeding sources are located and how they are entering the buildings. Rural areas where farms are present may be more problematic for the higher number of breeding sites than areas in a urban setting. In residential areas, pet manure, which is not picked up regularly, can be a breeding source for house flies.

Conclusion

We can fight the flies by reducing its population as we can help in eradicating them by using all these measures. Remove their common favourite areas by covering the trash cans, cover the food and don't let the food left exposed, sanitized the food area and clean thoroughly without trace of food waste to avoid the flies from breeding and also assure that there is no flies eggs on your food before you eat! Dump the rotten food into waste bin and this will not attract the flies and thus, we will have a flies-free environment. Good luck!

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1. <http://www.doyourownpestcontrol.com/house-fly.htm>
2. <http://www.orkin.com/flies/house-fly/>

MYSPACE

Student's Corner

Introduction to Clinical Years (Part 2)

Written by: Norliana Shakri (MBBS Cohort 1)

The next best thing about learning in the hospital is having a session with clinicians. They are clinical lecturers from Insaniah and also involved-hospital specialists. We normally have case presentations and bedside teaching sessions with them. Medical students usually 'clerk' one to three cases to be presented and discussed on the history-taking procedures, symptoms, differential diagnosis and management. Those clinical cases trained us through idea brainstorming and given us a better chance of asking further questions regarding the cases. Every clinician has their own specific requirements and templates that we have to adhere for presentation. Some of them are quite strict while others are easy-going. At first, they do not expect us to know every single basic management of the diseases, but it would be an advantage if we do and it is good to impress them as well. However, as we move further into the courses, clinicians would then start to expect more from us in which it may create stressful situations for some students, enough to make one lose their confidence. This kind of problem arises due to incompetence of the students in knowledge acquisition that we, students, always neglect the most

important parts or key factors of case presentation. As I said, every medical student has a specific format/template to be adhered to, then we really need to uphold it for our benefit. As the saying goes 'nobody is perfect', there will be some loop holes pointed out by the specialists that should be taken positively instead of being disheartened about it.

Once entered the clinical year, every student is expected to have a good basic knowledge on history taking, symptoms of diseases or even better knowledge on differential diagnosis of the symptoms. Therefore, I highly encourage my dear juniors to brush up on the basic pathology of diseases. At the very least, medical students should have a ready-list of differential diagnosis in their mind whenever a patient of the case-study is presented to them. In clinical year, case presentation is about history and discussion and bedside teaching is about physical examinations. We performed examinations according to systems. So, my advice is..... do follow the guidelines or schematic ways of physical examination closely, otherwise, we will not be able to pick up or worse when we missed the important signs altogether. The things that we learned in clinical years are part of the learning process in which will be applied later throughout our life as a medical doctor.

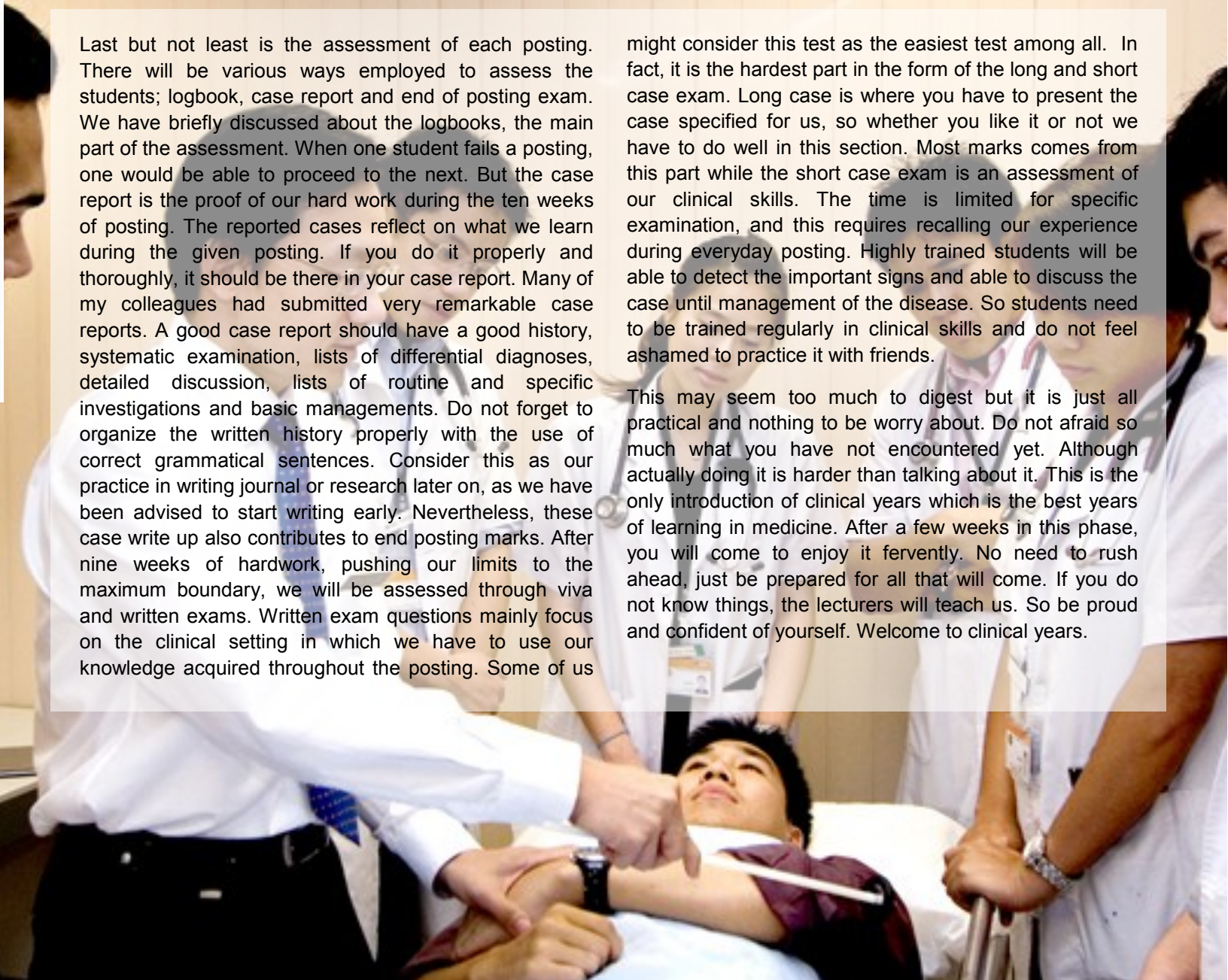
Therefore, start practicing and brushing up your clinical skills.



Last but not least is the assessment of each posting. There will be various ways employed to assess the students; logbook, case report and end of posting exam. We have briefly discussed about the logbooks, the main part of the assessment. When one student fails a posting, one would be able to proceed to the next. But the case report is the proof of our hard work during the ten weeks of posting. The reported cases reflect on what we learn during the given posting. If you do it properly and thoroughly, it should be there in your case report. Many of my colleagues had submitted very remarkable case reports. A good case report should have a good history, systematic examination, lists of differential diagnoses, detailed discussion, lists of routine and specific investigations and basic managements. Do not forget to organize the written history properly with the use of correct grammatical sentences. Consider this as our practice in writing journal or research later on, as we have been advised to start writing early. Nevertheless, these case write up also contributes to end posting marks. After nine weeks of hardwork, pushing our limits to the maximum boundary, we will be assessed through viva and written exams. Written exam questions mainly focus on the clinical setting in which we have to use our knowledge acquired throughout the posting. Some of us

might consider this test as the easiest test among all. In fact, it is the hardest part in the form of the long and short case exam. Long case is where you have to present the case specified for us, so whether you like it or not we have to do well in this section. Most marks comes from this part while the short case exam is an assessment of our clinical skills. The time is limited for specific examination, and this requires recalling our experience during everyday posting. Highly trained students will be able to detect the important signs and able to discuss the case until management of the disease. So students need to be trained regularly in clinical skills and do not feel ashamed to practice it with friends.

This may seem too much to digest but it is just all practical and nothing to be worry about. Do not afraid so much what you have not encountered yet. Although actually doing it is harder than talking about it. This is the only introduction of clinical years which is the best years of learning in medicine. After a few weeks in this phase, you will come to enjoy it fervently. No need to rush ahead, just be prepared for all that will come. If you do not know things, the lecturers will teach us. So be proud and confident of yourself. Welcome to clinical years.



*We encourage
students to
contribute for
Student's Corner.*

attibkuin@gmail.com



Write to us..

HEALTH

segment



Written by: Dr. Shahidan Hashim

NEW LOOK at food pyramid

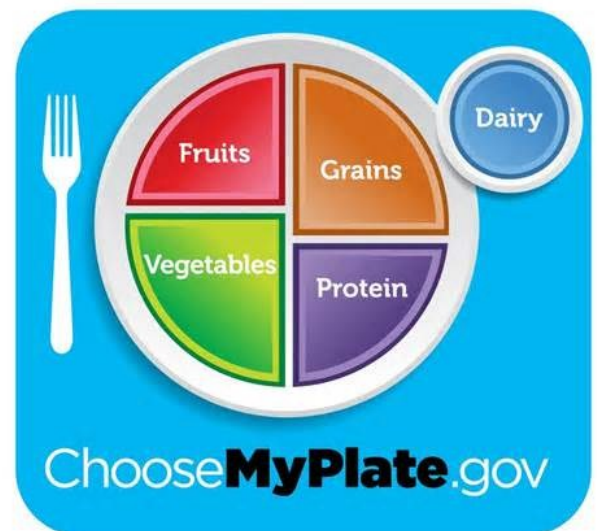
After the introduction of food pyramid, the intended effect was not seen among American population. Prevalence of obesity increases. The same effect was seen in our country. Instead of reducing obesity rate in our country, the prevalence increases significantly. What went wrong with the food pyramid?

From the beginning, American food pyramid was farce. It was designed by American Farmers Association. Naturally food produced by the local farmers is designated at the bottom of the pyramid so that people consume more of that particular food.

Harvard healthy eating plate

Nutrition experts at Harvard's School of Public Health designed an alternative guide to food intake. This guide is called Harvard Healthy Eating Plate¹. The idea is simpler and easy to follow. A plate is divided into four sections of equal size. Each section is filled up with major food groups; fruits, vegetables, protein and grains, and dairy food is attached and of a smaller portion.

One thing that is very different from the previous food pyramid is the Harvard Healthy Eating Plate recommends taking healthy oil without putting the limit.



The question now is ... are we going to follow the suggestion made by the Western scientists and repeat the same mistake as we committed in the previous food pyramid?

The alternative theory

The new theory suggested by other scientists regarding the obesity problems in the world now is sugar, which is the actual problem. The end result of sugar and carbohydrates digestions is glucose, a simple sugar. This sugar in the blood circulation is useless or even toxic. Insulin is needed to push sugar into the cell. Sugar in the cell can be metabolized to produce energy.

The metabolic syndrome that afflicts almost 50% of Malaysian's adults today is closely related to insulin resistance. In this situation, body needs higher level of insulin to push glucose molecules into the cells. The breaking point is reached when pancreas is exhausted and cannot produce insulin adequately. The end result is glucose will remain in the circulation at a higher level. Thus, complication from hyperglycemia is established.

Glucose metabolism

The end result of glucose metabolism is glycogen and fatty acids. Glycogen which is stored in liver and muscle is used as instant source of energy. While excess glucose is stored as fatty acids in adipose tissue.

It is easier to understand the alternative theory by referring to Figure 2. Sugar is the main cause of this metabolic disease. It is sugar that causes obesity, not fat. Limiting fat intake will not solve the problem since fat deposit come from excess sugar intake. This explains why low fat diet failed to reduce weight. Fat instead should become the main source of human energy to replace sugar or carbohydrate.

By eliminating sugar, insulin requirement is reduced. Fat metabolism follow different pathway and did not require

insulin. Instead of putting fat at the apex of pyramid, inverted pyramid look more plausible. By eating low carbohydrate diet, the hyperglycemic stage is eliminated since digestion of fat produce fatty acid.

The light at the end of tunnel

Diabetic patients have been told that there is no cure for diabetes. Drugs given to diabetic patients are only to control blood sugar and delay the complication of hyperglycemia. Patients who suffered from insulin deficiency are given insulin injections. All this treatments is for lifetime.

To be informed there is no cure for our problem is depressing enough. To be lectured on the danger of not taking care of our own health every time we visit our doctor is doubly stressful. No wonder some of our diabetic patients just ignore the advices and eat whatever they fancy. The vicious circle is complete.

Currently there is a new movement in some part of the world who proposed and practiced the alternative theory. The result is encouraging. Diabetic patients have been cured from diabetes using low carbohydrate diet.

But the most difficult thing in life is to undo whatever we used to do previously. Officially this new concept of diabetic treatment is not accepted by the health authority. More evidence is needed to convince people of this new hope for this supposedly "untreatable disease".

References

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2. https://commons.wikimedia.org/wiki/file:insulin_glucose_metabolism.jpg

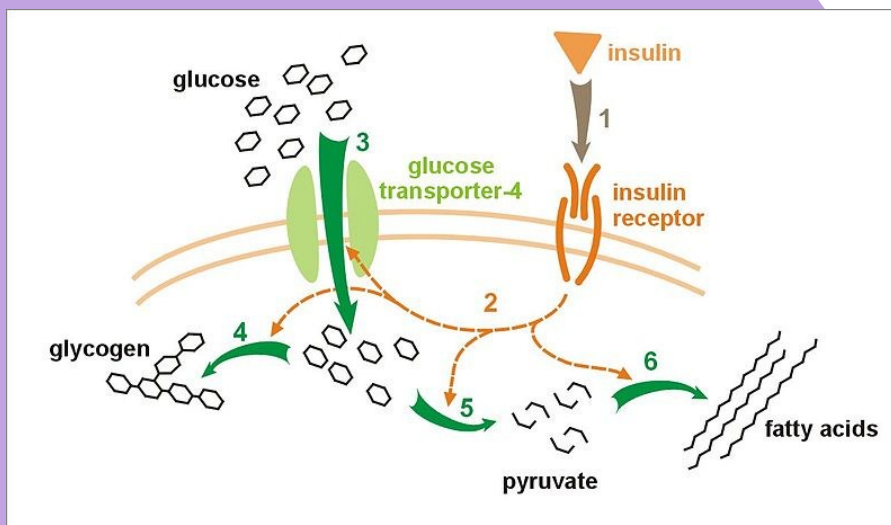


Figure 2: Glucose metabolism²

WELCOME

NEW

Academic Staff



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- 2014-2015: Occupational Health Doctor in Klinik Rantau Petronas, Kerteh, Terengganu.
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- 2006-2008: Medical Officer in Klinik Kesihatan Trong, Taiping, Perak.
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- 2012-2013: Consultant- Mathi Integrated Health Centre, Sivakasi, India.
- 2012: Consultant-Hindu Mission Hospital, Tambaram, Chennai, India.
- 2011: Registrar- Department of ENT, Head & Neck and Skull Base Surgery, Apollo Specialty Hospital, Chennai, India.
- 2010-2011: Senior Resident- Department of Otorhinolaryngology and Head & Neck Surgery. All India Institute of Medical Sciences, New Delhi, India.

February 2016

- IMSA Annual Dinner (11/2)
- Sharing Session with MO from hospitals (12/2)
- Mid-Sem Examination

March 2016

“Kursus Pengurusan Jenazah”

2-3 May 2016

- Jadual Spesifikasi Ujian (JSU) Training

22 May - 2 June 2016

- Final Examination MBBS

**"Indeed,
Those who devour the
property of orphans unjustly
are only consuming into their
bellies fire. And they will be
burned in a Blaze."**

-Quran 4:10-



Condolences

Al- Fatihah

***To Dr Suhaidah's father whom
passed away on 26th January 2016.***

~to Allah we belong and to HIM we shall return~

2016 February

HAPPY BIRTHDAY!



T
Dr Tarek Mahbub Khan
3 February



K
Dr Khairullizam B Sapari
4 February



R
AP Dr. Ropilah Bt Abdul Rahman
7 February



T
Abdul Mutallib B Maidinsa
11 February



S
Dr. Shahidan B. Hashim
12 February



A
Prof Aruljoethy A/L Ratnasingam
22 February

*Let the number
of years you have
lived not be a
reminder of
how old you are,
but
a medal of
everything you
have been
through in life.*



Tahniah

Atas Pencapaian STAM 2015



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