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AT TIBB



APRIL 2016

April Fools' Day

is not our culture

El Nino

Extremely hot
temperature may cause
heat stroke

New Rector

Get to know our
New Rector

Marriage during
student life





Words from Editor in Chief

السَّلَامَةُ عَلَيْنَا وَمَرْغَمَةُ اللَّهِ وَبَدْرُ كَائِنَا

The subject I taught in medial course is known as epidemiology. Directly it has nothing to do with love and marriage. Somehow the topic keeps on asked by the students is.... When is the right time to get married?

I tried to be objective as much as possible. From fertility point of view, the peak fertility for any woman is between the ages of 18 to 40. So the students seemed very happy with the answer. On average our students is 22 years old. By the time they graduated they are already 25-27 years old. A few years has been "wasted".

Decision to get married is not solely based on fertility. Other considerations must be taken into account seriously before anyone jump into marriage. Life as medical student must be viewed at the right angle. What I am worried most is falling in love becomes the only reason for getting married. Medical course demands a full commitment. I don't remember anyone passed the medical degree on part-time basis. The only name I know who passed medical course while doing other job is Christian Bernard, the South African who pioneered heart transplant. Not only he passed with flying colour but he finished the course shorter than the rest of his classmate. But you are NOT Christian Bernard!

Love can be classified as a type of neurosis. It has all the characteristics of neurosis. Those who fall in love experience intense feeling toward the loved object. There are elements of obsessive, compulsive, hysterical, etc. Those who are in love will experience overstimulation of sympathetic nervous system; heart rate increase, sweating, restless, insomnia etc. All of these characteristics are not compatible for medical students. The paradox of falling in love is the patient will enjoy the feeling; something not very unique among psychiatric patients. This could explain why some people fall in and out of love many times in their lifetime. You just need to read the gossips among film stars and artist to appreciate these habits.

Like any other diseases, love will progress by time. If the object of love responds positively, we will have a pair of patients. Both of them love each other. The interaction can no more occur at the distance. The urge to be together is very strong. That is why you find two people sitting very close together in the bench under the tropical sun, holding hands and oblivious to the surrounding environment . They are living in a separate world!!

I have seen enough cases of students falling in love, failed to get married for some reason and end up failed as medical students. By I have seen couples falling in love and get married. Instead of the improved performance, they flunk the final examination. Get the clue, love is not a good reason to get married! Of course my finding is confined to a few examples. Personally I do not believe love will be a stimulus for studying.

If you find the girl sitting next to you suddenly causing tachycardia, go and take the wudhu and perform solat immediately. Water from wudhu will kill the fire inside of you. That fire is called love. If you failed to douse the flame, I suggest you go and see Dr Saidi Bin Moin. He is the right person to give advice on this particular issue.

There are certain situations where marriage will not affect the study. If you do not experience the intense feeling of love, if you follow the criteria given by Rasullullah SAW, then I suggest you go ahead and get married. But please don't get pregnant. Pregnancy and medical course is too heavy burden for a person to carry. Children can wait. I am sure increasing Malaysian population is not in your mind when you think about marriage.

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Contents

- Message from Chief Editor 2
- Our New Rector 4
- April Fools' Day 5
- MUST READ
 - Marriage During Students Life 8
 - El Nino 10
- Garlic the Magic Antioxidant 12
- The Red Devil 15
- Health Segment 17
- New Staff 18
- Upcoming News/Events 19
- Guides From Al-Quran 19
- Wishes 20

Our New Rector



Written by: Hazirah Abd. Radzak

We are privileged to welcome our New Rector, Dato' Dr Mohd Fakhruddin Bin Abdul Mukti, who will lead Insaniah College University for the first time in 2016. He was officially started his duty on 16th February 2016. He was born in Pendang, Kedah on 9th Mac 1957. He is Al-Azhar graduate who majored in Usuluddin. He has accomplished two master degrees in religious studies; Master in Comparative Religion from Temple University, USA and Master in Islamic Philosophy from 'Ain Shams University, Cairo. He then pursued his Ph.D in Islamic Theology at Birmingham, UK. His Ph.D thesis was "The Development of Kalam in the Malay world: Ideas and Contribution of Syekh Daud Al-Fatani".

His academic career started in 1981 when he assigned as tutor. He was a Deputy Dean of Faculty of Usuluddin (1990-1993) and appointed as Associate Professor in 2002. Later on he was promoted to be a Deputy Director for Academy of Islamic Studies, University of Malaya in 2007. He also held several important international positions:

- Malaysian Ambassador to Egypt (2010-2013).
- Deputy Dean of Asian Ambassador in Cairo (2013).
- Chairman of ASEAN Ambassadors in Cairo (ACC) (2011).
- Director of Malaysian Students' Department (MSD) in Egypt (2005-2007).

In Malaysia, he was appointed as National Dakwah Council Member (2014-2016), Committee Member of Wasatiyyah Chair University of Malaya (2015-2018), Islamic and Moral studies committee members since 2015 and Islamic Thought Seminar (PEMIKIR) in 2014. His in-

volvement not only in Government Organization, he also contributed his knowledge and thoughts in Non-Government Organization. Interestingly, he had published various attractive books and journals. The followings are among his achievement in publication:

Books

- Kenapa Umat Islam Mundur Umat Lain Maju.
- Konsep Tabi'i Manusia Menurut Islam.
- Surah Al-Fatihah Tafsiran Sheikh Said Hawa.

Journals

- Ibn Kahldun's Attitude on Philosophy in Islam, Journal of Akademi Pengajian Islam (2014).
- The Beginning of Kalam in the Malay World, Journal of Usuluddin (2008).
- Interreligious Dialogue in the Quran: Interpretations of al-Tabari and Sayyid Qutb, Journal of Katha (2008).

As a person who like exploring the knowledge particularly in Islamic studies, he actively participates and presents papers in several conference and seminars such as presenting paper on "The Unity of al-Ummah: The approach of Al-Azhar" in Kuala Lumpur (2015), "Kepentingan Ilmu dalam Ibadat" in Pahang (2015), "Pola Politik dan Ekonomi Melayu dari Perspektif Akidah" in Bangi (2015) and "Ahli Sunnah wa al-Jamaah" in Kedah (2014). Due to his outstanding successful history as an academician and researcher, he was awarded Setia Diraja Kedah (S.D.K) and Dato Setia Diraja Kedah by Kebawah DYMM Sultan of Kedah in 2010 and 2011 respectively.

APRIL FOOLS' DAY APRIL 1

is not our culture

Written by: Normaizatul Afizah Ismail

April Fools' Day is observed throughout the Western world and sadly followed by us in Malaysia. April Fools' Day is celebrated every April 1st. The practices include sending someone on a "fool's errand," looking for things that don't exist, playing pranks or pulling practical jokes on their colleagues or by organizing larger-scale hoaxes and trying to get people to believe ridiculous things. However, the celebration in Malaysia is not that obvious and this tradition slowly becoming unpopular nowadays. May be it is because we Malaysians have noticed and witnessed more bad rather than good out of practicing this type of culture.

As April Fools' is celebrated in different ways throughout the world, it is unknown exactly how the tradition originated. There are many theories have been put forward about the history of April Fools. Which one is true is up for a debate.

1. The most popular theory about the origin of April Fools' Day involves the French calendar reform of the sixteenth century. Ancient cultures, including those of the Romans and Hindus, celebrated New Year's Day on or around April 1st. It closely follows the vernal equinox (March 20th or March 21st.) In medieval times, much of Europe celebrated March 25th, the Feast of Annunciation, as the beginning of the new year. In 1582, Pope Gregory XIII ordered a new calendar (the Gregorian Calendar) to replace the old Julian Calendar. The new calendar called for New Year's Day to be celebrated Jan. 1st. That year, France adopted the reformed calendar and shifted New Year's day to Jan. 1st. According to a popular explanation, many people either refused to accept the new date, or did not

learn about it, and continued to celebrate New Year's Day on April 1st. Other people began to make fun of these traditionalists, sending them on "fool's errands" or trying to trick them into believing something false. Pranksters would surreptitiously stick paper fish to their backs. The victims of this prank were thus called '*poisson d'Avril*', or April fish; which, to this day, remains the French term for April Fools' Day and so the tradition was born.



2. Others say that this started a long time before that, and that it was initiated during the ancient ages as a part of polytheistic celebrations on a set date on the beginning of the spring season. Yet others say that fishing did not yield any catch in the first days of the spring season and thus this was innovated as a new practice on the first of April.
3. According to legend, the Duke of Lorraine and his wife were imprisoned at Nantes. They escaped on April 1st, 1632 CE by disguising themselves as peasants and walking through the front gate. Someone noticed them escaping and told the guards. But the guards believed the warning to be a "*poisson d'Avril*" (or April Fools' Day joke) and laughed at it, thus allowing the Duke and his wife to escape.
4. British folklore links April Fools' Day to the town of Gotham, the legendary town of fools located in Nottinghamshire. According to the legend, it was a tradition in the 13th century for any road that the King placed his foot upon to become public property. So when the citizens of Gotham heard that King John planned to travel through their town, they refused him entry, not wishing to lose their main road. When the King heard this, he sent soldiers to the town. But when the soldiers arrived in Gotham, they found the town full of lunatics engaged in foolish activities such as drowning fish or attempting to cage birds in roofless fences. Their foolery was all an act, but the King fell for the ruse and declared the town too foolish to warrant punishment. Ever since then, according to legend, April Fools' Day has commemorated their trickery.

The first lie on this occasion was recorded in a British magazine. The April 2nd, 1698 CE edition of *Dawks's News-Letter* (a British newspaper) reported that, "Yesterday being the first of April, several persons were sent to the Tower Ditch to see the Lions washed." Sending gullible victims to the Tower of London to see the "washing of the lions" (a non-existent ceremony) was a popular prank. It became traditional for this prank to be played on April Fools' Day. Examples of it occur as late as the mid-nineteenth century. In the eighteenth century written references to April Fools' Day became numerous and appeared throughout Europe.

One of the most famous incidents that happened in Europe on April 1st, was when the English newspaper, *The Evening Star*, announced in March 1746 CE that on the following day, April 1st, there would be a parade of donkeys in Islington, in England. The people rushed to see these animals and there was a huge crowd. They continued waiting and when they got tired of waiting, they asked about when the parade would be held. They did not find anything, and then they finally realized that they had come to make an exhibition of themselves, as if they were the donkeys!

The Earth Loses Gravity: in 1976, BBC Radio 2 reported that due to rare astronomical alignment of Pluto behind

Jupiter, the Earth's gravity would decrease. Listeners were told to jump in the air at 9:47 AM to take advantage of this, which would result in a floating feeling. Many reported that they had felt this floating sensation, one even stating that she and her friends lifted from their chairs to float around the room together.

Home Grown Spaghetti Trees: one of the most famous April Fools' pranks occurred in 1957, when BBC news program *Panorama* reported on Switzerland's spaghetti harvest. The region's mild winter and lack of natural spaghetti pests allowed for the fruitful production of home-grown spaghetti. The BBC received many calls from people interested in growing their own spaghetti, who were told that they should place a sprig of spaghetti in tomato sauce.

LYING IS PROHIBITED IN ISLAM

The above was just to show the history of this event. However, it is not important to know what its real source is or how it originated. What matters to us is the ruling of lying on this day. This practice certainly never existed in the bright eras of Islam during which the Muslims highly cherished the rulings of Islam and adhered to them as closely as they could. This event was certainly not initiated by the Muslims but rather by their enemies.

The unfortunate part is that many Muslims have made it a common practice for them to lie to their wives, friends or relatives and cause them great sorrow and frighten



them by lying on this day, claiming that it is only a joke. Many a times, people have died as a result of some of these lies due to heart attacks or become paralyzed from the impact of the lie on them. Some people have even divorced their wives and others have uttered such lies about a man's wife that he went and killed her. There is no end to such tragic stories associated with this day. The only way one can restrain him/herself from falling in this evil practice is by remembering the Islamic ruling which prohibits lying even in jest.

Noble Qur'an says: "O you who believe! Be careful of (your duty to) Allah and be with the true ones." (9:119)

Lying is one of the most common wrong acts that we commit throughout our daily life. Lying is a subject that we should all take some time to think and reflect on. Lying is against human nature and physiology. Like any disease, it has its own signs and symptoms. The act of lying produces inner conflicts between various control centers of the brain. The moment one begins to lie, their body sends out contradictory signals to cause facial muscle twitching, expansion and contraction of pupils, perspiration, flushing of cheeks, increase eye blinking, tremor of the hand and rapid heart rate. These symptoms constitute the basis of lie detector instruments. In addition, you will notice that the liar is unconsciously performing some body movements, like covering the mouth, touching the nose, rubbing the eyes, scratching the side of the neck, rubbing the ear etc. One of the clearest signs is that the liar keeps their palms closed and eyes pointed to another direction rather than facing the person eye to eye when they are lying. A liar is fully aware of his body signals. Therefore they find lying easier when no one can see them like over the phone or in writing.

Truthfulness is a command of Allah ﷻ, part of faith, and a quality of must for all prophets and is mentioned in 100 places in the Noble Qur'an. Therefore, there are two positive traits that Allah ﷻ wants the Muslim to acquire and be committed to in building his Islamic personality.

Allah ﷻ wants the believer to aspire among the people they live with a feeling of trust whether in what they say or in how they deal with them. They would feel that the money or other trusts they have with him are safe, while the things he says to them are true. Being truthful and trustworthy is among the greatest virtues any human being can possess on the other hand lying leads to corruption and deceit in any society. Prophet Mohamed ﷺ, as we are told by his sira (biography), was known in the forty years before he declare his Prophet Hood by his truthfulness and returning the trusts, to the extent that he was called: The truthful and the trustworthy. People use this phrase when they want to talk about him; the truthful and trustworthy said or did it, instead of saying Mohammed. Even his enemies confirmed that he was truthful as described by Abu Sufyan a leader of the tribe of Quraish and the arch enemy of Prophet Mohamed ﷺ in

the court of Hercules, the Byzantine emperor of Eastern Roman Empire.

Imam Ali Ibn al-Hussain ؑ said: "Refrain from lying in all things, big or small, in seriousness or in jest. For when one starts lying in petty matters, soon he will have the audacity to lie in important matters (as well). "For example a joke like April fool's is prohibited just the same as serious lying. If man starts by small lies then he will end up making big lies, as the saying goes ... "He that will steal an egg will steal an ox."

The Noble Qur'an explicitly categorizes liars as disbelievers; "Only they forge the lies who do not believe in Allah's communications, and these are the liars." (16:105). Imam Ali Ibn Abi Talib ؑ has said: "Lying is the most abominable trait." Imam Hassan Al-Askari ؑ has said: "All spiteful traits are placed in a house and the key to this house is lying."

In order to further clarify what Imam Hassan Al-Askari ؑ said, we bring your attention to the following prophetic narration. Once a man came to Prophet Mohamed (pbuh) and said, "O Messenger of Allah, I have many bad habits. Which one of them should I give up first?" Prophet Mohamed ﷺ said, "Give up telling lies first and always speak the truth." The man promised to do so and never again commit another transgression and went home. At night the man was about to go out to steal. Before setting out, he thought for a moment about the advice of Prophet Mohamed ﷺ and his promise. "If tomorrow Prophet Mohamed ﷺ asks me where have I been, what shall I say? Shall I say that I went out stealing? No, I cannot say that. But nor can I lie. If I tell the truth, everyone will start hating me and call me a thief. I would be punished for stealing. "So the man decided not to steal that night, and gave up this bad habit of stealing. Next day, he felt like drinking wine, when he was about to do so, he said to himself, "What shall I say to Prophet Mohamed ﷺ if he asks me what did I do during the day? I cannot tell a lie, and if I speak the truth people will hate me, because a Muslim is not allowed to drink wine." And so he gave up the idea of drinking wine. In this way, whenever the man thought of doing something bad, he remembered the advice of Prophet Mohamed ﷺ to tell the truth at all times. One by one, he gave up all his bad habits and became a good Muslim and a very good person.

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Marriage And Academic Performance of Students in University and College

Written by: Dr. Shahidan Hashim

Introduction

Colleges and universities see a dramatic change in sex ratio of the students. Until 1990's male outnumbered female students by 7:3. However this trend reversed to become 3 to 7 in the new millenium¹. It is not clear the cause of this reversed trend. This phenomenon was not only seen in developed countries but also in developing countries. Could this be the fruit of women emancipation which started in 1960's?

The gender composition changes lead to another pertinent question; Marriage during student life. Since university students are in a marriageable age group, more and more student get married during student life. One thing leads to another, what about if they have children? Will this affect their studies?

Among reasons why students get married during study year is convenience. Through marriage they can share living place and domestic need such as food, washing facilities etc. This is more relevant for international students. This article attempts to answer the question of what is the effect of marriage to the academic performance of students in university and college.

Methodology

The objective of this study is to find the affect of marriage on academic performance among university students. Our hypothesis is married students performed poorly in academic score.

Data review

Several studies are reviewed. Attempt is made to include various countries where the research was conducted. We focus only on relationship between marriage and academic score of the students.

Result

Six studies from 5 countries were reviewed. A total of 4598 students were involved in the study. Three studies involved medical students and 2 studies involved students from all faculties. Three studies involved only female students and 2 studies involved both male and female students.

Conclusion: two studies found a positive effect of marriage on academic performance. One study found negative effect of marriage on academic performance and three studies did not find any effect of marriage on academic performance.

Discussion

What we found in the internet is research report conducted in developing countries. Nigeria, Phillipine, Saudi Arabia, United Arab Emirates and China are the countries where the studies were conducted.

Various study designs were used in the study. Sample size varies from 16 students to 3676 students. The

Table 1: Studies of academic performance and marital status among students in higher learning institutions

Country of study	Study subjects	Number of sample	Conclusion
China	Male and female students	374	Higher score Not if children
Saudi Arabia	Female medical students	53	No effect
Philippines	Female students	120	No effect
Nigeria	Male and female medical students	359	No effect
Nigeria	Female medical students	16	Lower score
United arab emirates	Male and female students	3676	Higher score
		4598	

small sample size paper approached the students individually. The large sample size used data from university registry.

Two studies from China and UAE found a positive association between marriage and academic performance. Both studies include male and female students in their analysis. The China study found the positive correlation conditional on not having children. Having children was found to reverse the effect of marriage on academic performance.

Finding from Nigeria studies were mostly inconclusive or negative correlation. Other cultural factors were more influence on the academic score. This is especially true for female since female in that community is burdened with additional task in running the family affair such as cooking, care of the children and other domestic tasks.

Conclusion

This article was written with the aim of giving some guide for our local students who plan to get married during their student life. Evidences from studies we analyzed do not offer a straight “yes” or “no” answer. Those who plan to get married during student time must consider decisions from every single aspect. If love is the only reason to get married, get the advice from third party. Love alone is not a good reason for someone to get married. Factors such as financial, housing and responsibility to each other must be given proper assessment in decision making process.

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Written by: Siti Syariah bt Mamat

You may have noticed how HOT it has been recently. The peak ambient temperature in Malaysia has reached 37-39.5°C last month; March 2016. Sadly, it looks like this hot weather is not only going to persist for several more months, it is going to get worse. This weather condition is caused by the strong El Nino phenomenon. It started since January 2016 and is expected to last through the first quarter of 2016.

El Nino is a warming of the sea surface temperatures which occurs six months in a row every two to four years in the eastern Pacific Ocean. It can affect rainfall patterns and temperatures worldwide. El Nino may cause heavy rainfall in some areas and prolonged drought in others. The effect of this phenomenon is most intense in the tropics with significant impacts on human health. The United Nations (UN) released a statement in December last year stating that the El Nino phenomenon was sweeping across the world. The phenomenon began with mild and localised conditions in the Pacific in late 2014, and now had intensified to cover large portions of Asia and the Pacific.

In Malaysia, the hot and dry weather that is currently happening in Perlis and Kedah is expected to extend to the whole of Peninsular Malaysia by the end of January and lasting until March 2016. The same weather is also expected to affect Sabah and Sarawak.

Regarding to previous record, Malaysia had been strike

by the El Nino from June 2009 and May 2010. The worse cases to afflict the nation happened during the period of 1982-1983 and 1997-1998 in which widespread forest fires contributed to severe haze conditions.

The strong El Nino phenomenon causes a significant reduction in rainfall by 20% – 60%, El Nino also contributes to heat stroke which the symptoms include:

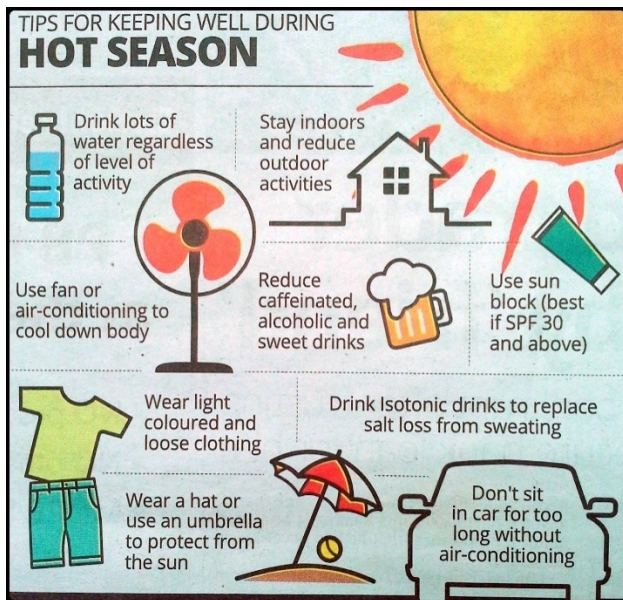
- **High body temperature**
- **Altered in mental state or behaviour.**
Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
- **Alteration in sweating.**
In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel moist.
- **Nausea and vomiting.**
- **Flushed skin.**
- **Rapid breathing.**
- **Racing heart rate.**
- **Headache.**

Treatment

Heat stroke is a medical emergency. If the symptoms detected, the heat stroke victim needs to see a doctor as soon as possible, but the first step is to get the body temperature under control.

The best solution is to remove them from the sun, immerse the body in cold water, such as a river, stream, or bathtub. Otherwise, remove most of their clothes, douse them with water, and fan them vigorously. Wrapping in wet sheets can help increase the rate of heat loss. If the person is conscious and alert, offer him or her water or other fluids. Avoid caffeinated or alcoholic drinks because these drinks would dehydrate the patients.

If the victim starts shivering, slow down the cooling treatment because shivering raises core temperature.

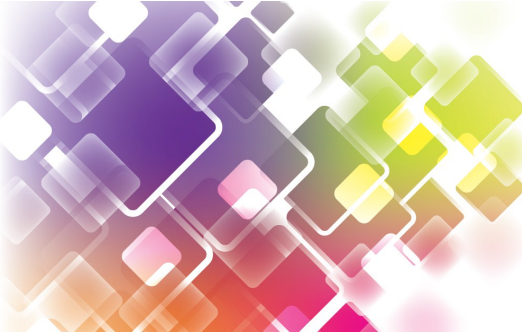


Take the person's temperature every 10 minutes if you have a handy thermometer. You should not let the body temperature fall below 38°C (100°F), as this can result in an uncontrollable slide towards dangerously low temperatures (*hypothermia*), arrange the victim to an emergency room, watch for signs of respiratory arrest (breathing failure) and be ready to give mouth-to-mouth resuscitation (rescue breathing).

As a precaution, take the following actions to prevent heatstroke during a hot weather.

- Apply **heat-reflecting film** on your windows. It will significantly cut down on the amount of heat and UV rays entering your home.
- Consider **insulating your house roof** and/or **installing a roof turbine** to reduce the amount of heat your house absorbs during the day.
- **Service your air-conditioners.**
- Start **reducing your water usage** where possible.
- Invest in a **big water tank**. That will allow you to make it through any water rationing exercise that may come.
- Invest in a **rainwater storage tank**. That will allow you to save money on water, and continue watering your plants during the heat wave.
- Invest in a **solar panel system**. It will help to generate income for you, and help to mitigate the higher electricity costs that you will incur from running your air-conditioners during this El Nino heat wave.





Garlic

the Magic Antioxidant



Written by: Prof. Dr. Saad El-Jasabi

For thousands of years amazing magical and medicinal

powers have been attributed to garlic. It is mentioned in *Quran*, *Bible*, and *Talmud*, and in the *Odyssey* by Homer. The Egyptian pharaohs looked to garlic as a tonic which boosted physical strength and consumed it while building the pyramids as well as they used it for sexual potency. The Greeks utilized its laxative properties, and the Chinese prescribed it for high blood pressure. Vikings and Phoenicians alike extolled the virtues of garlic and used it both for flavouring foods and treating disease.

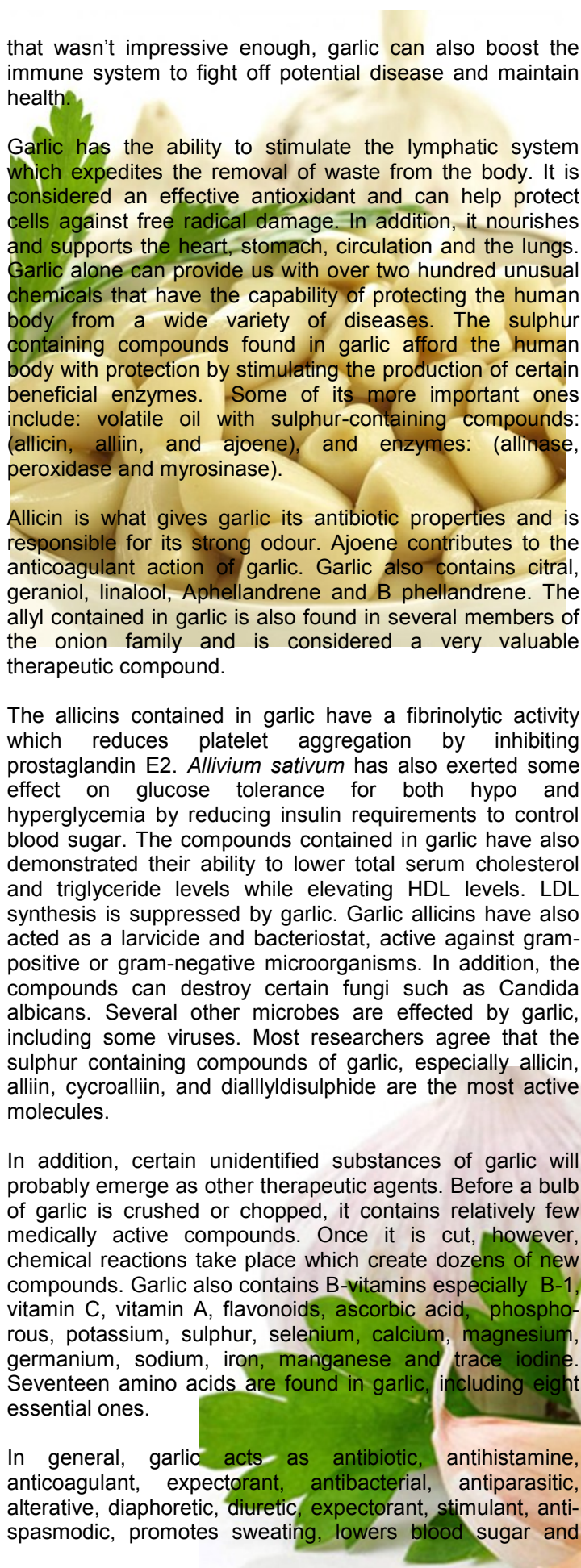
Garlic is a member of the Liliaceae family. The scientific name for garlic is, *allium sativum* may have been derived from the Celtic word *all* which refers to "pungent." Hippocrates believed that garlic could treat uterine cancer and Native Americans used it for stomach cancer. During the Bubonic Plague years in Europe, garlic was used to boost immunity against the infectious organism responsible for so many deaths.

During the eighteenth century, Russians utilized garlic to treat influenza. Because of its potent effect against bacteria, viruses and parasites, garlic would become known as "Russian penicillin." In the nineteenth century, Louis Pasteur finally proved scientifically that garlic contains antibiotic properties. His discovery led to the initiation of hundreds of studies which have substantiated his findings. What was thought to be nothing more than a culinary ingredient has medicinal value.

In the late nineteenth century, garlic was routinely used by physicians as an effective treatment for typhus, cholera and whooping cough. It was highly recommended by medical practitioners and considered as staple treatment for infection. Albert Schweitzer used garlic for treating amoebic dysentery in Africa. Early in this century, tuberculosis was treated with garlic and it was also used as an antibiotic/antiseptic for wounds during World War II. American and European doctors alike noted a remarkable high cure rate in tuberculosis patients treated with garlic.

Today, the widespread use of antibiotics have relegated garlic to the back burner of medicinal therapies for infection. The discovery of penicillin resulted in classifying garlic as nothing more than a folk remedy. Herbalists have always considered garlic as an effective treatment and preventative agent against colds, flu and other infectious diseases. The present focus on garlic as a medicinal agent promises to support the notion that garlic should be utilized by medical practitioners much more than it currently is. Recently, medical research has focused on garlic's potential value in treating cardiovascular disorders and as an anti-cancer agent.

Garlic is one of those foods which may have profound cancer prevention potential. It can rightfully be called one of nature's wonders. It can inhibit and kill bacteria, fungi, parasites, lower blood pressure, blood cholesterol and blood sugar, prevent blood clotting, protect the liver and contains anti-tumour properties. If



that wasn't impressive enough, garlic can also boost the immune system to fight off potential disease and maintain health.

Garlic has the ability to stimulate the lymphatic system which expedites the removal of waste from the body. It is considered an effective antioxidant and can help protect cells against free radical damage. In addition, it nourishes and supports the heart, stomach, circulation and the lungs. Garlic alone can provide us with over two hundred unusual chemicals that have the capability of protecting the human body from a wide variety of diseases. The sulphur containing compounds found in garlic afford the human body with protection by stimulating the production of certain beneficial enzymes. Some of its more important ones include: volatile oil with sulphur-containing compounds: (allicin, alliin, and ajoene), and enzymes: (allinase, peroxidase and myrosinase).

Allicin is what gives garlic its antibiotic properties and is responsible for its strong odour. Ajoene contributes to the anticoagulant action of garlic. Garlic also contains citral, geraniol, linalool, Aphellandrene and B phellandrene. The allyl contained in garlic is also found in several members of the onion family and is considered a very valuable therapeutic compound.

The allicins contained in garlic have a fibrinolytic activity which reduces platelet aggregation by inhibiting prostaglandin E2. *Allivium sativum* has also exerted some effect on glucose tolerance for both hypo and hyperglycemia by reducing insulin requirements to control blood sugar. The compounds contained in garlic have also demonstrated their ability to lower total serum cholesterol and triglyceride levels while elevating HDL levels. LDL synthesis is suppressed by garlic. Garlic allicins have also acted as a larvicide and bacteriostat, active against gram-positive or gram-negative microorganisms. In addition, the compounds can destroy certain fungi such as *Candida albicans*. Several other microbes are effected by garlic, including some viruses. Most researchers agree that the sulphur containing compounds of garlic, especially allicin, alliin, cycroalliin, and diallyl disulphide are the most active molecules.

In addition, certain unidentified substances of garlic will probably emerge as other therapeutic agents. Before a bulb of garlic is crushed or chopped, it contains relatively few medically active compounds. Once it is cut, however, chemical reactions take place which create dozens of new compounds. Garlic also contains B-vitamins especially B-1, vitamin C, vitamin A, flavonoids, ascorbic acid, phosphorous, potassium, sulphur, selenium, calcium, magnesium, germanium, sodium, iron, manganese and trace iodine. Seventeen amino acids are found in garlic, including eight essential ones.

In general, garlic acts as antibiotic, antihistamine, anticoagulant, expectorant, antibacterial, antiparasitic, alterative, diaphoretic, diuretic, expectorant, stimulant, anti-spasmodic, promotes sweating, lowers blood sugar and

blood cholesterol levels, lowers blood pressure. When added to the diet, it works as a prophylactic against infection, helps to reduce high blood cholesterol and improves the cardiovascular system. Eating garlic regularly can also help to lower blood sugar levels. Garlic juice can be taken for digestive disorders, infectious diseases and for atherosclerosis (hardening of the arteries).

Garlic's strong, pungent odour compounds are excreted through the lungs and the skin. Eating fresh parsley and lemon juice can help to neutralize garlic odour (on the breath.) Garlic cloves can be steeped in water overnight and taken as a treatment for intestinal parasites. It is considered safe when taken in reasonable amounts however it is very heating and when ingested in excess can irritate the stomach. It is not recommended for pregnant women to take fresh garlic during pregnancy because it may causes gastric upset.

Using fresh, raw garlic or garlic oil directly on the skin may also cause irritation, therefore, should apply a layer of olive oil to the skin first. Cytoprotective effects of chemopreventive agents may be attributed to the induction of antioxidant enzymes. Among these, the induction of glutamate-cysteine ligase (GCL) protects cells from oxidative injury by increasing glutathione (GSH) content.

Nuclear factor erythroid-2-related factor 2 (Nrf2) transcriptionally regulates the expression of genes encoding for GCL and other cysteine-metabolizing enzymes. Despite extensive studies on the components in garlic, little information is available on organosulfur by-products made from garlic.

Immunoblotting and reporter gene assays were performed in HepG2 cells. Ajoene treatment activated Nrf2, as indicated by increased phosphorylation and nuclear accumulation of Nrf2, decreased interaction with Kelch-like ECH-associated protein-1 and decreased Nrf2 ubiquitination. Consistently, treatment of ajoene increased antioxidant response element reporter gene activity and the mRNA and protein levels of GCL subunits.

Garlic-derived organosulphur compounds (OSCs) have highly effective antitumor effects, but the mechanism has yet to be investigated. Garlic-derived organosulphur compounds such as diallyl sulfide (DAS), diallyl disulfide (DADS), and diallyl trisulfide (DATS) provide significant protection against carcinogenesis. Allicin, a major ingredient of fresh garlic extract that is produced during the crushing of garlic cloves, exerts various beneficial biological effects, including a broad spectrum of antimicrobial activity, antihyperlipidaemic and antihypertensive effects.

Garlic has probably been most popularized as a

complementary therapy for blood pressure control, as it is used by approximately 50% of patients who have hypertension and found excellent results. Recent *in vitro* studies have confirmed that the vasoactive ability of garlic's sulphur compounds whereby red blood cells convert garlic's organic polysulfide's into hydrogen sulphide, a known endogenous cardio protective vascular cell signalling molecule. In one pilot study, a high dose of garlic tablet (2400 mg, containing 31.2-mg allicin) had been used and overall blood pressures decreased at approximately 5 h after the dose, including a 16 mm drop in diastolic pressure.

Garlic likely has several synergistic biological effects that either prevent or possibly may fight cancer. The chemopreventive activity has been attributed to the ability to modulate the activity of several metabolising enzymes that activate (cytochrome P450s) or detoxify (glutathione S-transferases) carcinogens and inhibit the formation of DNA adducts in several target tissues. Also, garlic was shown to stimulate immune effector cells including T- and natural killer cell number and activity. Numerous epidemiological, clinical and laboratory studies have demonstrated the role of garlic in cancer prevention especially in relation to digestive tract cancers, including oesophageal and stomach cancers. There is also promising research evaluating the use of garlic in leukemic, melanoma and neuroblastoma cell lines.

Glutathione is a compound essential for liver detoxification. It has been hypothesized that garlic organosulphur compounds may be able to prevent glutathione depletion. Patients who experience increases in reactive oxygen species-induced stress on liver function may be protected by garlic ingestion. Among its many uses, garlic appears to have the fortunate capacity for protecting against the ravages of stress that affects the autonomic nervous and neuroendocrine system. Garlic was able to block the lipopolysaccharide induced immune cytokine and plasma corticosterone and catecholamine changes following cold water immersion stress. Aged garlic extract is also effective to prevent adrenal hypertrophy, hyperglycemia and elevation of corticosterone in hyperglycemic mice induced by immobilization stress. Given the extreme chronic stress many people now face during daily life, garlic may prove useful to counter the negative impact this stress has on human physiology.

Taking garlic continuously means:

- **No stress**
- **No diabetes**
- **No heart problems**
- **No hypercholesterolemia**
- **No high blood pressure**
- **No more asthma**
- **No more cancer**
- **Sexual potency in male increased by 1.3 fold**

Wondering what's the best way to prepare your garlic remedy?

Eat it raw!



To benefit from its anti-fungal properties, consume 2 cloves a day:

- **diced up in salads**
- **pulsed into pesto**
- **juiced**

Use the following:

1. **1 cup of yogurt.**
2. **7 cloves of garlic (cut it in very small pieces, add it to yogurt).**
3. **1 cucumber (cut it into small pieces and add it to the yogurt).**
4. **½ cup of finely chopped celery, or parsley, to be added to the yogurt.**
5. **Juice of ½ lemon, to be added with the above.**
6. **Mix well and use it daily.**



The RED devil !



Written by: Dr. Tarek Mahbub Khan, MBBS, M.Phil

INTRODUCTION

Bauxite is a reddish clayey material often forms the topsoil of the tropical and subtropical countries. This particular soil is rich in iron, aluminium and silica. These chemical compounds are leached out from the soil through water from rainfall. Historically it was discovered near the village of Les Baux in France in 1821. Later on French chemist Henri Sainte-Claire Deville named the compound Bauxite. Countries that have this clayey material therefore can use it to produce aluminium. But from the industrial point of view extraction and purification of aluminium from bauxite needs high electric consumption, therefore countries that generate electricity at lower cost are at the top in establishment of this industry. However many countries who are rich in bauxite can participate in this process by supplying raw materials. Bauxite is found in abundance at many locations around the world. In 2010 the ten leading bauxite producing countries were: Australia, China, Brazil, India, Guinea, Jamaica, Russia, Kazakhstan, Suriname and Greece. Each of these countries has enough reserves for many years of continued production. Some have reserves for over 100 years of production. Malaysia is one of the countries who export bauxite to few countries to enrich their raw materials for aluminium industrialization.

Recently mining of bauxite bring about a health issue in Malaysia. Like other environmental pollutant it could be associated with diseases involving CNS, respiratory, cardiovascular or integumentary system. A research fellow at Universiti Sultan Zainal Abidin (UniSZA) quoted 'Long-term exposure to bauxite dust can lead to miners and residents living along transport routes developing

Alzheimer's disease. Air Quality Division of the East Coast Environmental Research Institute has recorded a hazardous level of Air Pollutant Index reading of 468 near Bukit Goh Tahfiz School, Pahang. This school is located near the main bauxite transport routes.

BAUXITE RESIDUE (RED-MUD)

Bauxite residue is a reddish brown, non-combustible solid. It is actually the left-over bauxite ore after extraction of alumina. This residue is usually stored in a restricted place as red mud and sand. Chemically bauxite residue contains iron, alumina containing mineral and silica. Trace quantities of metals such as arsenic, manganese, cadmium, chromium, nickel, mercury, beryllium, lead and naturally occurring radioactive materials, such as thorium and uranium, may be present. Due to the presence of sodium carbonate and sodium hydroxide, the pH level is very high (up to 13). This alkalinity is one of the reasons of the corrosive effect over living tissue.

HEALTH EFFECT

SKIN: Irritation and burning due to alkalinity of the compound. May have a delayed appearance but can be worsen in preexisting skin diseases.

EYE: Eye splashes can cause irritation and burning sensation. Corneal soften or ulcerate and even severe case corneal opacity may develop.

GIT: Corrosive effect may lead to mouth, throat, chest and abdominal pain and vomiting. The effect may delay

after exposure and depends on the extent of alkalinity of the ingested compound.

RESPIRATORY TRACT: Inhalation can irritate nose and throat. If enter in the airway may lead to cough, difficult breathing, chest tightness. Symptoms may worse if there are underlying lung diseases like bronchial asthma and bronchitis.

Dust arising from de-watered residue may cause irritation in the eye, nose, throat and lungs.

FIRST AID

People who reside in the mining area should use personal protective equipment:

- *Respiratory protection:* N95 respirator, alternatively any fitted respirator with particulate filter.
- *Skin protection:* Impervious chemical-protective clothing, footwear and gloves.
- *Eye protection:* Tight-fitting goggles (or full face respirator)

SKIN: Brush/irrigate any solid materials from cloths, skin and hair after taking appropriate protection of the eyes. Remove contaminated cloths and flush the area with water for at least 20 minutes. Irrigation should start as soon as possible after contamination.

EYE: Flush exposed or irritated eyes with water for 20 minutes. Start this irrigation immediately after exposure. Keep the eye lid apart during flushing and follow a medical assessment without any delay.

INGESTION: Do not induce vomiting or attempt to neutralize stomach contents. Advice to take conscious individuals water, normal saline or milk (120 ml children, 240 ml adult). Do a medical assessment following this first AID.

INHALATION: Remove to fresh air. Check for clear airway and breathing. Advise to have an immediate medical assessment.

CONCLUSION

Aluminium toxicities is one of the concern that scientist are looking for from a bauxite mining. Nevertheless our daily consumptions of aluminium from food and drinking water, water purifier, cooking utensils vary from 2.5-13.5 mg. As aluminium is less water soluble, its tissue bioavailability is low enough to cause any serious and detrimental health effect. However continuous environmental exposure could have some cumulative effects. Health awareness among the local residence and practice of occupational safety can prevent those health hazards.

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HEALTH

segment



Written by: Dr. Suhaidah Ibrahim

Exercise



for

FITNESS

Whenever we see somebody jogs, runs, or works out in a gym, we always think that they are trying to keep themselves physically lean or lose some weight. We can lose weight or keep ourselves lean without exercise. Crunches are not the key for a flat tummy. In average we burn 600kcal during our 8-hr sleep. We can have an ideal body weight or lose weight without exercise as long as we practice a healthy eating style. However, is that having physically lean is all in our mind??? Even at the same time we are ventilating after climbing up staircase to the second floor. Here is the different between being physically lean and physically fit.

Before the industrial revolution, most of the day's activities were carried out using a physical capacity. Nowadays lifestyles have changed with automation. Exercise is mean to improve physical fitness. Physical fitness is generally considered as a physical endurance performing work efficiently and effectively. Mental, social and emotional health is also included as parts of overall fitness. Exercising regularly builds up a stronger heart and alleviates some mood disorders or suppresses stress. We are suggested to have at least 30-minute of mild exercise; brisk walk, daily. Other benefits of having regular exercise are:

1. **Neuropsychological effects:** Regular exercise is effective for preventing the age-related decline in cognition and improving overall neuropsychological function.
2. **Promote the growth** of new tissue, tissue repair, and various anti-inflammatory functions. Muscle contraction during exercise release multiple substances known as myokines which in turn reduce the risk of developing various inflammatory diseases and repair damage tissues.
3. **Boost the mood:** By being involved in regular activities it can improve the psychological health, reduces stress.
4. **Strengthen the bones:** Physical activity can slow down the bone loss and reduce the chance of bone fractures and osteoporosis.
5. **Reduce the risk of disease:** Excess weight can increase the risk of heart disease and type 2 diabetes. Regular physical activity can counter these effects.



NEW

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