Vegetarianism. (Part III)
Why Our Food is Delicious!
1+999, Ancient Tale Retold.
Plastics Recycling......

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Mumbai Police’s crime branch along with the Food and Drugs Administration (FDA) busted a milk adulteration racket on 17 March 2020, Tuesday and arrested two people from Jogeshwari. Police recovered 233 liters of milk worth ₹12,000 of different brands. The arrested are Srinivas Nalmadi (41) and Janaya Battu (42).

2 HELD FOR MILK ADULTERATION (Courtesy: Hindustan Times 18 March 2020)

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Shri. Sukh Dev Puri was a Graduate from Agra University and has been in the Labor field for the last more than 75 Years. He had completed a Diploma in Labor Welfare in the year 1952-53 and Law Degree from Bombay University and had worked as a Labor officer, Personnel Officer and Personnel Manager and legal officer for about 10 years and thereafter practiced Labor Laws for about 40 years before Labor Court, Industrial Court, High Court and Supreme Court. He had conducted many seminars and workshops on Labor Laws and presented papers on Labor Laws and he was an office-bearer of many Employer's Organizations in India. He had made 6 Video Cassettes on Labor Laws as back as in the year 1980 on, ‘How to write Charge Sheet’, ‘How to conduct Domestic Enquiry’, ‘Strike & Lockout’, ‘Employing Contract Labor’, ‘Audio-Visual Guide for Employers’, ‘Negotiation Skills and Collective Bargaining’. He was the author of 12 reference labor law books and notes, the synopsis on 28 bare acts (central and state)

He was the first advocate to use computer in the year 1984 itself. He was a visiting faculty in Jitendra Law College, Vile Parle West attached to Mumbai University and was a visiting faculty for Post Graduate Diploma Course for Medical Administration in Hospitals. He was an examiner at The University of Mumbai for the thesis of LLM students. He was also Trustee of Consumer Guidance Society of India, member of International Council of Jurists, Supreme Court Bar Association and Rotary Club of Bombay West.

Advocate Puri was a Life and Managing Committee Member of CGSI from 2006 and became our society Trustee in 2010. His legal advice to CGSI during this long association, has no parallel. His demise is an irreparable loss and CGSI will surely miss this inspirational legal genius for a long time.
The Corona epidemic is probably the biggest disaster India has ever faced. Even the best-case scenario is thousands of people dead and lakhs of families financially ruined. The economy, which was already in decline, is now almost comatose. Our health infrastructure is near collapse. State governments are bickering, and even the Centre seems to be losing the plot. Under these circumstances, how can we stay positive? Let us try.

No matter how bad our situation, many countries, even in the West, have more infections, more deaths, and weaker leadership. If this sounds like BJP propaganda, compare our leaders with those from some other countries. Donald Trump first called it a hoax, then said USA would be virus-free by end-Feb, and finally suggested a cure: inject patients with Phenyl, to disinfect the lungs from inside!

British Prime Minister Boris Johnson boasted that he was not afraid to shake hands with corona patients and ended up in the ICU. The King of Thailand went into self-isolation, booking an entire hotel in Germany. For some reason (for regular testing, perhaps) 20 young women accompanied him.

**Quick response.**
The Indian government responded quickly to the first signs of trouble. China sent out a warning on 31 Jan, and India had a single reported case. By late Feb – when we had only a handful of cases – standardized procedures were notified to hospitals in every state, and isolation wards set up in preparation for an epidemic. Large-scaling training programs for medical staff and surveillance officers were completed in all states by 15th Mar. The Railways are converting 20,000 coaches into isolation wards; more than 3 lakh beds in total, with oxygen cylinders, blankets and medical supplies. New testing facilities were established almost overnight. Initially, India had only one testing center, the National Institute of Virology in Pune.

By end-Mar we had more than 100 labs; by mid-May we had nearly 400 labs. Contact tracing has been particularly impressive, e.g., a restaurant worker in Kerala served a Corona-infected customer. He was screened and asked to remain in quarantine but ‘escaped’. Within 3 days, he was tracked down, found on a train in Assam, 3000 kilometers away.

**Is the virus winning?**
India’s response was proactive, well calibrated and (considering our huge population) well implemented... for a while. We seemed to be winning until about the end of Lockdown 2. We even seemed to have overcome the challenges of the ‘single-source infections’ like the Tablighi Jamaat in Delhi and Corambid market in Chennai. But by the end of Lockdown 3 (as on 17th May), it appears that our crisis-response systems are being overwhelmed.

Lockdown was the right approach, up to a point. But lock downs alone will not be enough to move to the next stage, reopening the economy while making sure we can cope with the next wave of infections. As we move into Lockdown 4, three big challenges must be overcome.

**First, migrant laborers.**
This scale of migration, this level of desperation, has not been seen since Partition – and it could get worse. As huge numbers of migrants return to rural areas (which are still relatively virus-free), the virus will spread further, especially in states like UP and Bihar, which are least equipped to handle an epidemic. In hindsight, migrants could have been sent home in Mar or early Apr, when they were mostly negative.

The virus, initially, was confined mostly to people returning from Europe, and their immediate contacts. Mumbai’s epicenter was not Dharavi but Malabar Hill, home of the wealthy. The virus has now spread; Dharavi alone has more cases than Bihar or Karnataka. It is now impossible to stop the migration because people are desperate. They will try to get home somehow, whether trains are available, whether or not their home state wants them back, whether or not they get infected (or worse) on the way.

**Second, deciding how far and how fast to re-open.**
This decision must be taken after comparing the economic cost of lockdown versus health/social cost of an epidemic. Unfortunately, our understanding of the virus is still limited. Scientists cannot accurately predict future transmission patterns and death rates. Disease models are speculative and often wrong. As a result, government can only make educated guesses on how to re-open the economy. If they guess wrong, all the gains made so far will be lost.

**Third, the ‘silent spreaders’.**
These are infected people who show no symptoms but could be unknowingly spreading the virus. As many as 70-80% of Covid cases are asymptomatic. How to find and isolate them? Do we have the resources to test everyone who is at risk, e.g., close contacts of people who are confirmed positive? If not, should we continue to test only people with symptoms? Do asymptomatic people transmit differently (faster, slower, more/less virulent)? Do we need to modify our disease models accordingly? Scientists and bureaucrats are struggling with these questions.

**India fighting back.**
At the end of Lockdown 3, India has 90,000 cases and nearly 3,000 deaths. But there is still hope. In the face of disaster, the country has come together. Police and health staff are working like heroes. Local manufacturers are producing 2 lakh PPE kits every day. Breweries and perfume manufacturers are producing sanitizers. Hotels are supplying free food to hospitals. More than 90,000 NGOs and self-help groups are providing food and other assistance to migrant workers. It is not perfect, of course.

People are flouting lockdown rules, and even attacking police and health workers. Corona rumors are sparking off communal clashes in some areas. But India, for all its chaos and divisions, is capable of great things. We can still beat Corona. Follow instructions, stay home as much as possible, and forget about personal comfort for a few more weeks.

If you are bored, if you worry about putting on weight, you are incredibly fortunate. Never forget that for millions of people, lockdown means not boredom or lack of exercise but unemployment, hunger and desperation. Be thankful and be generous.
A story with MORAL!

A woman went shopping. At the cash counter, she opened her purse to pay. The cashier noticed a TV remote in her purse. He could not control his curiosity and asked, “Do you always carry your TV remote with you?” She replied “No, not always, but my husband refused to accompany me for shopping today because of football match, so I took the remote”.

MORAL: Accompany and support your wife in her hobbies...........

The story continues........................................................................................................
The cashier laughed and then returned all the items that lady had purchased. Shocked at this act, she asked the cashier what he was doing. He said, “Your husband has blocked your credit card...........”

MORAL: Always respect the hobbies of your husband............... Story continues........................

Wife took out her husband’s credit card from purse and swiped it. Unfortunately, he did not block his own card.

MORAL: Do not underestimate the power / wisdom of your WIFE. Story continues..................

After swiping, the machine indicated, “ENTER THE PIN SENT TO YOUR MOBILE PHONE”........................................

MORAL: When a man tends to lose, the machine is smart enough to save him! ..........Story continues........................

She smiled to herself and reached out for the mobile which rang in her purse. It was her husband’s phone showing the forwarded SMS. She had taken it with the remote control so he does not call her for the remote during her shopping. She bought her items and returned home happily.

MORAL: Do not underestimate a desperate woman!......................

Story continues........................................................................................................

On getting home, her car was gone. A note was pasted on the door.

“Couldn’t find the remote so decided to go out with the boys to Spain to watch the premiership match. Will be home evening after the match. Call me if you need something”

Damn... He left with the house key too.

*MORAL: Do not try to control your husband. You will surely LOSE........................................

Contributed by V. M. Kamat (CGSI Office Manager)
During Corona Global Pandemic, Shri. Narendra Modi, our Prime Minister addressed the nation saying, “The corona virus is spreading at such a rapid pace that despite all the preparations and efforts, many countries are finding it hard to manage the crisis. This is the time to keep our patience, discipline and faith in the almighty and resolve to successfully overcome the situation”.

This statement reminded me of an ancient tale, my late father had told me during my childhood days. The story unfolds as follows.

Thousands of years ago in ‘Tretha Yuga’ a dreadful disease stuck the continent of Jambudvipa wiping out towns after towns city after city. At that time a righteous king ruled over Bharatavarsha.

The king sent summons to all the wisest people in his kingdom and said, “O learned people, you are all aware how this fatal epidemic is fast approaching our kingdom. Please tell me what we should do to ward this and save our people?”

The wise discussed among themselves for a long time and the wisest among them said, “Your majesty, the disease is but the dark Asuraic force of destruction as is the nature of Asuras!”

“How can we drive away this Asuraic power?” asked the king.

“O King! Offer prayers to Lord Shiva and seek his benevolence, that alone seem to be the solution for now!”

So, the king ordered his people to invoke Lord Shiva in their homes and in all the temples in the kingdom. The caring ruler also paid for all the expenses incurred for the worship from the royal treasury.

Several months passed and the terrible epidemic was now nearing the boundaries of the kingdom. One night the mighty God appeared before the king. “Your people’s devotion has pleased me, and I will grant you one boon”, he said.

Awe-struck the king prostrated before the Lord saying, “O Lord, please protect us from the fast approaching disease!”

“Do not panic. Your prayers were sincere and have touched my heart. My disciple Nandi, will guard your land from the approaching evil”, assured Lord Shiva, before his heavenly figure disappeared.

The following day the people of the kingdom rejoiced at the happy news. The great Nandi to prevent the epidemic from entering the realm kept a strict vigil on the frontiers of the kingdom.

One stormy night, suddenly the Asuraic disease appeared in form of a terrible and fierce being threatening to ravage the kingdom.

“Be off, you Asura! One more step forward and I will finish you”, warned Nandi brandishing his powerful trident.

The Asura was not the one to give in easily. There was a great duel between the two powerful beings. Hours rolled into days, days into weeks, weeks into months and still the fierce battle continued seeming no end to their fierce fight.

Finally, fatigued and drained of his strength and energy, the Asura gave in and agreed to make truce with Nandi, but on a condition that the king announce in his kingdom that the Asura will be visiting the capital and stay for one day, taking only one human being as his victim. He will then depart from the land and never again return.

The Asura assured Nandi and the king that he will keep his word and be true to his promise. The king accordingly made the necessary announcements to his people asking them to sensibly stay at home for the day and pray to Lord Shiva to ward of the evil disease. “All right, but mind you, only one day and not more than one victim” reminded Nandi glaring at the Asura.

Alas, the next day, by late evening the city plunged into gloom, as one thousand people died instead of only one as expected. The sad king, with tears in his eyes gave this report to Nandi. Hearing this news Nandi was annoyed, assuring the king, to teach the Asura a lesson for breaking his promise.

The King and Lord Shiva’s servant seething in anger rushed out of the capital to find the Asura relaxing jubilantly in a dark dingy mountain cave on the outskirts of the kingdom.

“How dare you break your promise? Not one but a thousand people have died. You are now going to pay for it and perish and you, ungrateful wretch?” thundered Nandi, taking his opponent by his neck.

The Asura only laughed saying, “Friends, I have not broken my firm promise to you. I have taken only one victim according to my solemn word given to you”.

“How then did the other nine hundred and ninety-nine people all perish?” asked the King and Nandi in unison.

“Well, the others only became sick, due to simple fever, however, they illogically mistook their mild infection as a sign of my fatal approach and unwisely died out of my fright!” answered the Asura with a wide smile on his face.

Nandi finally set the Asura free from his fiery grip. The King returned to his capital and Nandi went back to his Master in the snow-clad mountains pondering. “Alas, if only the people could hold their mind, logically firm, without panicking and keeping their faith steady on Lord Shiva’s Grace……!”

American NRI Friend: What is the meaning of “Monkey Bath”? Indian Friend (Surprised): Monkey Bath!! I have never heard about it.

American NRI Friend: You do not know? Entire America is talking about “Monkey Bath” between Trump and Modi.

Indian Friend: You stupid, it is not, “Monkey Bath” it is “मन कि बात”
6 Essentials of Effective Face Mask

AREFA CASSOOBHOY, MD, MPH

Is a Board-certified internal medicine doctor, WebMD Medical Editor and on the team that makes sure all WebMD content is medically correct, current and understandable and sees patients at the Women’s Wellness Clinic at the Atlanta Veterans Affairs Medical Center.

At some point, all of us will have to leave our homes and venture into public places. For now, it may be the grocery store or the doctor’s office, but later as social distancing measures slowly ease, we may be able to get a haircut or return to the office for work. The new normal will be different- seating will be spaced far apart, there will be plenty of clear barriers to protect workers, and you will likely be wearing a face mask. In many places, you are already required to wear a cloth face covering, and it makes good sense. According to Dr. Anthony Fauci between 25% to 50% of people can be infectious and spread the virus without symptoms. It is easily transmitted by respiratory droplets simply by speaking or laughing, along with coughing or sneezing. Of course, a cloth face mask is not foolproof protection from COVID-19, but it is much better than no mask. It is another important layer to physical distancing when used in combination with 6 foot spacing from others and hand hygiene. Unfortunately, there are not enough N95 or other medical masks in the U.S. for everyone. We need to save those masks for people on the frontline caring for those sick with COVID-19. Not surprisingly, the cloth face mask market is increasing exponentially to meet demand, and the science behind what makes a good cloth face mask is inching along slowly. It is difficult to know what qualities to prioritize when searching for a face mask. Here we will know, what makes a good cloth face mask.

Sew or no-sew: Either sew or no-sew options are fine when used correctly. Do what is reasonable for you. If you are in a rush, go with a no-sew option. If you are crafty, make your own mask at home. Or, order your masks locally or online. Choose mask designs recommended by reliable sources. Another option is to check your local hospital’s website. Many are posting patterns with precise instructions to make masks they will accept as donations.

Fabric: The best cloth masks will use at least 2 layers of a tightly woven cotton fabric. Look for a high thread count. This acts as a filter blocking respiratory droplets while still allowing you to breathe comfortably.

Filter: Some will have a space to slip in a filter for an added layer of protection. The CDC recommends adding coffee filters to homemade masks. Online I have seen many filter options pop-ups as people experiment with products in their home. These include cutouts from reusable fabric grocery bags made of polypropylene nonwoven fibers, nylon fabric from pantyhose, paper towels, kitchen towels, bra pads, denim, and canvas to name a few.

Fit: You need to be able to breathe comfortably with the mask on so that you do not have to slip it off while you are in public to take a breath. The face mask must have a snug fit from nose to under the chin and back towards the ears. It is useless if there are gaps that allow the air in. There are face masks available that come in different sizes. Also, you do not want to have to fiddle with the mask, for example if it is stiff, and potentially contaminate your fingers touching the outside layer of the mask. If you feel like you cannot breathe comfortably with your mask, do not use it, and talk to your doctor about other face covering options.

Ease of use: Once you find a face mask you like; it is only as good as how you use it. Make sure you can easily untie or remove the loops from your face and pull the mask away from your face without being contaminated by touching the front of the mask. Infinity scarves are not a good option for masks because they are difficult to cleanly take on and off. Plan your outings knowing you should not slip the mask on and off to eat or talk on the phone. If you are exercising outdoors, you may not be able to tolerate a mask when you breathe hard. In that case, choose your exercise location carefully to make sure you can keep a physical distance from others and be safe.

Durability: You will need to wash the cloth mask after each use, so look for reviews online that comment on the masks wear and tear. If the mask loses shape, you will not be able to use it. If you are adding a filter, cleaning it will depend on what kind of filter you use. A coffee filter should be thrown away after each use. Also, the fabric should be pre-washed so that you do not need to worry about shrinkage. When you wear a cloth face mask, it shows you care about your own health and the health of others. It signals to others to be respectful of physical distancing measures and keep a 6-foot distance from you. A cloth face covering is also a subtle reminder that the professional masks are for those on the front line. With all the cool colors and patterns, you can even make it a style statement.

Vitamin D, Lower Risk of Severe COVID-19?

WebMD Health News/ Reviewed by Michael W. Smith, MD on May 18, 2020

Could having a healthy blood level of vitamin D help you avoid the intensive care unit and death if you are infected with COVID-19?

Several groups of researchers from different countries have found that the sickest patients often have the lowest levels of vitamin D, and that countries with higher death rates had larger numbers of people with vitamin D deficiency than countries with lower death rates. Experts say healthy blood levels of vitamin D may give people with COVID-19 a survival advantage by helping them avoid cytokine storm, when the immune system overreacts and attacks your body’s own cells and tissues. The early research is not yet peer-reviewed, and other experts say scientific proof is lacking that vitamin D could prevent COVID-19 or make the infection milder. Researchers are trying to figure that out -- at least 8 studies are listed on clinicaltrials.gov to evaluate vitamin D’s role in preventing or easing COVID-19. In the meantime, some people say there is no harm in taking the vitamin as a precaution. "I feel like if there is anything, we can be doing at the moment to support our body, I am totally on board”, says Jackie Wilcox, 38, of Newburyport, MA, near Boston. Her family, including her husband and two children, are taking daily supplements.

How Did Researchers Start Looking at Vitamin D?

Vitamin D, produced when the sun hits your skin, has many other benefits, such as bone health. It is also found in some foods and supplements. Among recent studies finding a link between vitamin D levels and how severe COVID-19 is:

- Researchers from the U.K. evaluated the average vitamin D levels and the number of COVID-19 cases, as well as the death rates, across 20 European countries. Countries with low average vitamin D blood levels in the population had higher numbers of COVID-19 cases and deaths, says study leader Petre Cristian Ilie,
MD, PhD, research and innovation director at the Queen Elizabeth Hospital Foundation Trust in King’s Lynn, U.K.

• At Northwestern University, researchers used modeling to estimate that 17% of those deficient in vitamin D would develop a severe COVID-19 infection, but only about 14% of those with healthy vitamin D levels. They estimated the association between vitamin D and severe COVID-19 based on a potential link between vitamin D deficiency and C-reactive proteins, or CRP, a surrogate marker for severe COVID-19

• In a small study, Louisiana and Texas researchers evaluated 20 patients hospitalized with COVID-19, finding that 11 of the patients admitted to the ICU were vitamin D deficient, but only four of those not needing the ICU.

• Indonesian researchers evaluated 780 documented cases of COVID-19 and found that most patients who died had vitamin D levels below normal.

• Irish researchers analyzed European population studies and vitamin D levels, finding countries with high rates of vitamin D deficiency also had higher death rates from COVID-19. Those researchers asked the government to raise the vitamin D recommendations.

Pre-COVID-19 Research on Vitamin D’s Benefits
While the recent research on vitamin D and COVID-19 is just starting, other research has found that vitamin D supplements can help reduce the risk of respiratory infection. And researchers who looked back at the 1918-1919 influenza pandemic found that patients with healthy vitamin D blood levels were less likely to die. The research linking vitamin D levels and COVID-19’s cytokine storm is also just starting, but not surprising, says Bart Roep, PhD, chair of the department of diabetes immunology at City of Hope, a cancer center in Duarte, CA. Vitamin D, he says, is “the negotiator” because “it doesn’t suppress the immune system, it modulates it. Vitamin D makes the immune cells less inflammatory. While research finds that low vitamin D may affect how severe COVID-19 is, it is not yet known if restoring vitamin D to normal levels would help as a treatment. Nor can anyone say for sure that having a healthy vitamin D level will help you avoid the virus. A researcher from the University of Southeastern Philippines evaluated the vitamin D blood levels of 212 people diagnosed with COVID-19 and found the blood level of vitamin D was lowest in those in critical condition and highest in those with a milder infection. The conclusion of his paper, not peer reviewed, is that supplements “could possibly improve clinical outcomes of patients infected with COVID-19”. We already know we need it for bone health, says Ilie, the U.K. researcher. “Waiting for the evidence on vitamin D and COVID-19—how do I say this—the evidence may come too late to help”. But not everyone agrees that vitamin D may be useful in taming COVID-19. Researchers from the Center for Evidence Based Medicine posted a “rapid review” of the evidence on May 1, concluding “There was no evidence related to vitamin D deficiency predisposing to COVID-19, nor were there studies of supplementation for preventing or treating COVID-19”. The researchers also say that while there is “overlap” between some groups at risk of being low in vitamin D and groups at high risk of getting COVID-19, including older adults, people of color, and those with chronic diseases, those associations are not proven. In a recent peer-reviewed study, researchers who evaluated more than 348,000 people, including 449 with confirmed COVID-19, found no link between vitamin D levels and risk of infection, nor a link that might explain ethnic differences in developing the infection.

More about Vitamin D
A simple blood test can detect whether your levels of vitamin D are healthy or deficient. A level of 20 nanograms per milliliter or over is needed to maintain bone health; under 12 nanograms/ml is termed deficient. Vitamin D also helps modulate cell growth and reduce inflammation. Some research suggests it could help prevent and treat diabetes, high blood pressure, and blood sugar. More Vitamin D, Lower Risk of Severe COVID-19? problems, but the National Institutes of Health views that research as not clear-cut.

To maintain a healthy blood level of vitamin D, the Institute of Medicine recommends children under age 1 year take in 400 international units (IU) of vitamin D daily, and people ages 1 year to 70 years take in 600 IUs. People over age 70 should get 800 IUs a day. Vitamin D is naturally present in few foods, but it is added to others and is also available as a supplement. A cup of 2% vitamin D-fortified milk has 120. But during the pandemic, it may be wise to take more, says JoAnn Manson, MD, DrPH, a professor of medicine at Harvard Medical School and chief of the Division of Preventive Medicine at Brigham and Women’s Hospital. “The recommended dietary allowance of vitamin D is 600-800 IU/daily, but during this period, a multivitamin or supplement containing 1,000-2,000 IU/daily of vitamin D would be reasonable”, she told Medscape. Vitamin D toxicity can occur with doses of 50,000 to 60,000 IUs daily, experts say. Too much can lead to a buildup of calcium in the blood, along with vomiting, weakness, frequent urination, and an irregular heartbeat. Manson also told Medscape that she and her colleagues are planning to launch a clinical trial to see if vitamin D supplements could reduce the risk of getting infected or make the infection less severe.

The Great Invader: How COVID Attacks Every Organ

WebMD Health News | Reviewed by Hansa D. Bhargava, MD on April 23, 2020

We have underestimated and misunderstood COVID-19 since it first appeared. And as we learn more, COVID-19 can be more than just a respiratory disease. It is joined the ranks of other “great imitators”- diseases that can look like almost any condition. It can be a gastrointestinal disease-causing only diarrhea and abdominal pain. It can cause symptoms that may be confused with a cold or the flu. It can cause pink eye, a runny nose, loss of taste and smell, muscle aches, fatigue, diarrhea, loss of appetite, nausea and vomiting, whole-body rashes, and areas of swelling and redness in just a few spots. In a more severe disease, doctors have also reported people having heart rhythm problems, heart failure, kidney damage, confusion, headaches, seizures, Guillain-Barre syndrome, and fainting spells, along with new sugar control problems. It is not just a fever and coughing, leading to shortness of breath, like everyone thought at first. This makes it incredibly difficult to diagnose and even harder to treat. “This is a disease progression we have never seen for any infection that I can think of, and I’ve been doing this for a couple of decades,” says Joseph Vinetz, MD, an infectious disease specialist at Yale School of Medicine.

How It Invades: When viral particles land in our eyes, nose, or mouth, “spike proteins” on the virus connect with a specific receptor, known as ACE2, on the surface of our cells, allowing entry. ACE2 receptors make a great target because they are found in organs throughout our bodies. Once the virus enters, it turns the cell into a factory, making millions and millions of copies of itself - - which can then be breathed or coughed out to infect others. To evade early detection, the coronavirus uses multiple tools to prevent the infected cells from calling out for help. The virus snips off distress signal proteins that cells make when they are under attack. It also destroys antiviral commands inside the infected cell. This gives the virus much more time to make copies of itself and infect surrounding areas before it is identified as an invader. This is part of the reason why the virus spreads before immune responses, like fever, begin.

Keemat: May – June 2020
Direct Attack: Many with mild or no symptoms are able to fend off the virus before it gets worse. These people may have symptoms only in the upper airway, at the site where they were first infected. But when someone’s body can’t destroy the virus at its entry point, viral particles march deeper into the body. The virus seems to take a few paths from there, either setting up camp in the lungs, fighting its way into the digestive tract, or doing some combination of both.

“There’s clearly a respiratory syndrome, and that’s why people end up in the hospital. Some people get a gastrointestinal illness with diarrhea, maybe some abdominal pain, which may or may not be associated with a respiratory illness,” says Vinetz.

Once the virus is deeply embedded in the body, it begins to cause more severe disease. This is where direct attack on other organs that have ACE2 receptors can occur, including heart muscle, kidneys, blood vessels, the liver, and potentially the central nervous system. This may be one reason for the vast array of symptoms COVID-19 can cause. “It’s highly unlikely that any other organs can be affected through direct invasion without severe disease,” Vinetz adds. The brain and nerves may also fall prey to direct attack.

Kenneth Tyler, MD, chair of the Department of Neurology at the University of Colorado School of Medicine, cautions that direct central nervous system (CNS) attack is still being worked out at this time. There are many routes a virus could take to invade the CNS. One somewhat disputed view is that the loss of smell could indicate that the nerve responsible for smell is infected and can carry the virus into the CNS, including the brain. “This can be shown to occur in experimental models with non-human coronaviruses and is a potential route of invasion for some other viruses. However, there is no evidence to date establishing that this occurs with SARS-CoV-2,” the official name of the virus that causes COVID-19. Early findings, including those from autopsy and biopsy reports, show that viral particles can be found not only in the nasal passages and throat, but also in tears, stool, the kidneys, liver, pancreas, and heart. One case report found evidence of viral particles in the fluid around the brain in a patient with meningitis.

Collateral Damage That Kills: Severe damage to the lungs may be one trigger that activates and overstimulates the immune system through a barrage of signaling chemicals, known as cytokines. The flood of these chemicals can set off what is referred to as a “cytokine storm.” This is a complex interplay of chemicals that can cause blood pressure to drop, attract more killer immune and inflammatory cells, and lead to even more injury within the lungs, heart, kidneys, and brain. Some researchers say cytokine storms may be the cause of sudden decompensation, leading to critical illness in COVID-19 patients. A new finding suggests there may be another deadly culprit. Many doctors are discovering that abnormal clotting, known as thrombosis, may also play a major role in lethal COVID-19. Doctors are seeing clots everywhere: large-vessel clots, including deep vein thrombosis (DVT) in the legs and pulmonary emboli (PE) in the lungs; lots in arteries, causing strokes; and small clots in tiny blood vessels in organs throughout the body. Early autopsy results are also showing widely scattered clots in multiple organs.

Adam Cuker, MD, a hematologist at the Hospital of the University of Pennsylvania who specializes in clotting disorders, says these clots are happening at high rates even when patients are on blood thinners for clot prevention. In one study from the Netherlands, 31% of patients hospitalized with COVID-19 got clots while on blood thinners. Cuker says that “new studies validate what we have all been seeing with our eyes, which is that ‘boy, it seems that these patients are clotting a lot.’... And it could be that the rate of thrombotic events are even higher than we truly recognize.” Though the reason for the clotting is still not clear, it seems to be playing a much larger role in death than previously understood. Beyond the collateral damage from cytokine storms and clots, other things like low blood pressure that comes from a severe illness, low oxygen levels, ventilator use, and drug treatments themselves can all harm organs throughout the body, including the heart, kidneys, liver, brain, and other organs.

Double-Edged Sword: Even though researchers are learning more each day about the virus and how and where it attacks the body, treatment geared toward these targets also pose significant problems. Many drugs come with a risk of destroying the delicate balance that allows the body to help fight the disease or to manage inflammation. The ACE2 receptor that the virus uses to enter cells is a key player in lowering inflammation and reducing blood pressure. Targeting or blocking this receptor as a treatment strategy to prevent viral entry into cells may worsen blood pressure, increase the risk of heart failure and kidney injury, and increase inflammation that may worsen lung injury. Drugs that target the immune response to lower the risk of a cytokine storm may also tamp down the immune response, making it hard to kill off the virus over the long run. Using medicines to prevent clotting may end up causing severe bleeding. Cuker points out that “we don’t have a good read on bleeding ... we have limited evidence about the clotting risk ... we have zero evidence on bleeding risk in these patients, and it’s a real priority to understand this risk, especially because one of our strategies to treat the clotting is stepping up intensity of the anti-coagulation.” Timing is likely to be key in treatment strategies. E.g., patients may need a drug to boost the immune system early in the disease, and then one to tamp it down if the disease progresses and cytokine markers begin to rise.

Just the Tip of the Iceberg: Cuker says that what we know about clotting and almost everything else when it comes to COVID-19 “is just the tip of the iceberg.” Sandbar Amin, MD, PhD, a dermatologist in Texas, agrees. She’s been tracking the wide variety of skin findings that dermatologists across the world have been noting on social media. She recently posted images on social media that show the wide variety of skin findings she has been seeing and hearing about. Her post received a massive response. Amin says that “dermatologists from around the world, from Turkey to France to Canada to the U.S., are sharing information about rashes that they’ve observed in people with COVID-19.” Some rashes seem to be consistent with what’s called a viral exanthema, which is a term for a general rash that can happen with almost any virus. But, Amin says, “some skin findings are more consistent with superficial clotting in blood vessels close to the skin.” This is what some have started to call “COVID toes,” also called pernio. Dermatologists are seeing more cases of these small clots in toes and fingers, especially in children. It’s hard to know which skin conditions are related to COVID-19 because a lot of people without “typical” symptoms are not being tested, Amin says. Researchers will still need to work out which symptoms may be caused by the virus and which may just be unrelated early findings.

Unanswered Questions: For now, much of the information we have about the symptoms of COVID-19 come from hospitalized patients who are very sick by the time they seek care and may not be able to share information about the early signs and symptoms they may have had. Because of the lag in testing in the U.S., we still don’t know the full extent of what mild and moderate versions of the disease look like, or what effects the disease has on people who have many symptoms but aren’t quite sick enough to be hospitalized. One open question is what the long-term effects may be for survivors. What does life look like after being on a ventilator or suddenly needing dialysis? Will we see decreases in heart, lung, and kidney function that is long-lasting and permanent, or will patients eventually recover? We also don’t know how people will clear infections. If the new coronavirus ends up being an acute infection, like other coronaviruses, most recovered people should develop at least a short-term immunity. It’s also possible that the virus may persist as a latent infection, like chickenpox, lying dormant in the body, only to re-emerge periodically as shingles does, or become a chronic infection, like hepatitis B, living within the body for a sustained period of time, causing long-term damage.

“It’s definitely going to be an acute infection ... there’s no way it’s going to be latent or chronic, no way ... I think so ... we’ll see,” Vinetz says.
(d) Views of eminent scientists / thinkers / philosophers

Apart from the great philosophers and eminent thinkers of ancient Greek civilization, mentioned many other eminent philosophers, thinkers and prominent personalities from almost all the fields belonging to modern times have expressed themselves strongly against the killing of animals for one’s diet on ethical ground.

“He will be regarded as a benefactor of his race who shall teach man to confine himself to a more innocent diet. Whatever my own practice may be, I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals as surely as the savage tribes have left off eating each other. The faintest assured objection which one healthy man feels will at length prevail over the arguments and customs of mankind….. No human being past the thoughtless age of boyhood will at length prevail over the arguments and customs of mankind.…. No human being past the thoughtless age of boyhood will at length prevail over the arguments and customs of mankind….. No human being past the thoughtless age of boyhood will at length prevail over the arguments and customs of mankind….. No human being past the thoughtless age of boyhood will at length prevail over the arguments and customs of mankind….” – Henry David Thoreau1

“The question is not, “Can they reason?” nor “Can they talk?”, but they suffer?” – Jeremy Bentham2

“The time will come when people such as I will look upon the murder of (other) animals as they now look upon the murder of human beings”. – Leonardo da Vinci3

“But for the sake of some little mouthful of flesh we deprive a soul of the sun and light, and of that proportion of life and time it had been born into the world to enjoy”. – Plutarch4

“Let the advocate of animal food force himself to a decisive experiment of its results. Tear a living lamb with his teeth and plunging his head into its vitals, slake his thirst with the steaming blood; when fresh from the deed of horror let him revert to the irrepressible instincts of nature that would rise in judgement against it, and say, Nature formed me for such work as this. Then, and then only, would he be consistent”. – Percy Shelley5

“Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind”. – Albert Einstein6

“Where the strong and the weak are face to face, all the rights are on the side of the weak and the duties on the side of the strong. People say, “We have rights over animals. They are given to us for use”. You have no rights over them. You have duties towards them”. – Annie Besant6

“To my mind, the life of a lamb is no less precious than that of a human being. I should be unwilling to take the life of a lamb for the sake of the human body. I hold that the more helpless a creature, the more entitled it is to the protection of man from the cruelty of man”. – Mahatma Gandhi8

“We manage to swallow flesh only because we do not think of the cruel and sinful thing we do. There are many crimes which are the creation of man himself, the wrongful-ness of which is put down to their divergence from habit, custom, or tradition. But cruelty is not of these. It is a fundamental sin, and admits of no arguments or nice distinctions”. – Rabindranath Tagore9

The long list of illustrious vegetarians also includes some most prominent names such as Albert Schweitzer10, Ralph Waldo Emerson11, George Bernard Shaw12, Bertrand Russell13 and Count Leo Tolstoy14. In fact, there is a very interesting story about Tolstoy. A non-vegetarian lady who was invited by him to dinner had stipulated that meat must be served. As he escorted her to the dinner table, she found a live chicken tied to her chair. When asked the meaning of this, the great man replied: “My conscience forbids me to kill it; as you are the only guest taking meat, I would be greatly obliged if you would undertake the killing first”. It is reported that the meal served in the end was strictly vegetarian!

The endless list of the well-known present-day personalities who are vegetarians include Amitabh Bachchan, India’s most popular Film Star who besides being a staunch vegetarian is also a strong supporter of the movement for vegetarianism. Sir Paul McCartney, Bryan Adams, Pamela Anderson and well-known Indian actresses, Juki Chawla and Hema Malini, are few of the other well-known personalities who are vegetarians.

Among some of the other most prominent Indians who were vegetarians are Sardar Vallabhbhai Patel, the first Deputy Prime Minister of India, Dr. Rajendra Prasad, the first President, Dr. S. Radhakrishnan, who succeeded him and the popular former Prime Minister Lal Bahadur Shastri and the Ex-President, Dr. Abdul Kalam. Among the staunchest promoters of Vegetarianism as a part of its animal welfare activities is Maneka Gandhi, Ex-Cabinet Minister Govt of India.

(e) Religious / Spiritual aspect

Religion is probably the most important reason that supports and protects vegetarianism in India. All the major Indian religions- Hinduism, Jainism and Buddhism preach, in greater or lesser degrees, ahimsa (non-violence) and reverence for all life as the sacred principles to be adhered to in the conduct of life.

Hinduism

“Meat can never be obtained without injury to living creatures, and injury to sentient beings is detrimental to the attainment of heavenly bliss: let him therefore shun the use of meat”.

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1 One of the most well-known American philosophers, poets & naturalists (1817–1862)  
2 Well-known English jurist, economist and philosopher (1748-1832). His pursuit of legal reforms made him one of the most influential 19th century thinkers.  
3 The legendary Italian painter, sculptor, scientist and inventor (1452-1519). His painting Mona Lisa is World’s famous.  
4 Greek philosopher, biographer and essayist (46 A.D. – 127 A.D.)  
5 A well-known 19th Century English poet and humanist.  
6 One of the most well-known scientists of 20th century (1879 - 1955) He won the Nobel prize for physics in 1921.  
7 English theosophist. Founder of the theosophist movement in India. (1847-1933), also the President of Indian National Congress.  
8 Hailed as the architect of India’s freedom through non-violence, also a spiritual leader (1869 – 1948)  

9 Among the most respected and well-known Indian poets (1861-1937). He was awarded the Noble Prize in literature in 1913. Also known for devotion to peace and love.  
10 Well-known German theologian, philosopher and musician. Recipient of Noble Peace Prize in 1953 for his humanitarian work in Africa.  
11 Eminent American poet and philosopher (1803 – 1882)  
12 One of the most famous journalists and dramatists of 20th century (1856 – 1950)  
13 One of the most well-known philosophers, sociologists and mathematicians of the twentieth century.  
14 Russia’s most well-known novelist, social reformer and moral philosopher (1828-1910).
“Having well considered the disgusting origin of flesh and the cruelty of fettering and slaying of corporeal beings, let him entirely abstain from eating flesh”. – Manu Smriti

“The heart of the man that tasteth flesh turneth not towards good, even as the heart of him that is armed with steel”. – Saint Tiruvalluvar

A large segment of Hindu community especially the Brahmans and Vaishnavas are predominantly vegetarians. Even among the followers of Sikh religion, there is Nirankari sect which is strictly vegetarian. Among the Kshatriyas – a martial community - which mainly constituted the ruling class in Hindu community, non-vegetarian diet is quite common as it was supposed to give more strength and energy required for fighting a battle whereas by and large the Brahmans and Vaishnavs, the other major communities in Hindus involved in other trades and professions are vegetarian.

As far as vegetarian food is concerned, no other country provides such a choice of exquisite vegetable cuisine as found in India. Even in remote areas, it is common to find a vegetarian restaurant. So widespread was the belief about additional strength and vigor provided by the non-vegetarian diet that even a person like Swamy Vivekanand, the great spiritual and Hindu leader of late nineteenth century was also carried away by this notion. While admitting that taking life is undoubtedly sinful and endorsing vegetarianism, he also believed that vegetarian food did not provide enough strength and was responsible for weakening of the Hindu population in India and was one of the reasons for Hindus to have ended up on losing side against foreign invaders and suggested non-vegetarian food on this count. Apart from being a Saint, Swamy Vivekanand was also a great patriot like Mahatma Gandhi and this suggestion was perhaps made out of his intense patriotic feelings. Had he been aware of the present-day research and findings, he would have undoubtedly been among the staunchest supporters of vegetarianism.

Yoga and Non-Violence

Yoga is an integral part of Hindu religion. Vegetarian food is strongly recommended for those who follow the path of yoga, peace and meditation. One of the necessary conditions enjoined upon the person seeking to be a yogi is the attitude and practice of non-injury. A Yogi must not think of injuring anyone, by thought, word or deed. The Vedic scriptures of India stress vegetarianism as the ethical foundation of non-violence. All Hindu religious leaders and saints have therefore followed strict vegetarian diet.

Jainism

“All beings are fond of themselves, they like pleasure, they hate pain, they shun destruction, they like life and want to live long. To all, life is dear; hence their life should be protected”. - Lord Mahavir

Of all the religions in India, Jainism among the most ancient religions in the World is undoubtedly the most emphatic and forthright in preaching ahimsa (non-violence) and reverence for all life including that of all animals, birds and insects. Jainism teaches that life has same sacred quality in all creatures right down to the tiny ant and vegetarianism finds explicit mention in the Jain religion. For more than a thousand years till the ninth century A.D., Jainism had a very large following in several parts of India and undoubtedly it is the influence and impact of Jainism which has resulted in vegetarian diet being lot more common and popular in many regions and communities in India among the Hindu population. In fact, in a State like Gujarat where Jain population is still significant, almost the entire Hindu community is predominantly vegetarian. Similarly, in Rajasthan too where there is sizeable Jain population, the Brahmans and Vaishnav communities in Hindus are strictly vegetarian.

Special mention must also be made of Bishnoi sect in this state who are not only strict vegetarians but do their utmost to protect the birds and animals considering it their sacred duty. They also avoid cutting a tree. The popular ‘Udupi’ vegetarian restaurants which are so well-known in serving authentic South Indian vegetarian cuisine are owned and operated by Shetty community who are themselves strict vegetarians hailing from the State of Karnataka which is known for the famous Jain temple of Shravan Belgola. This State too had a large Jain population in the past.

While fully appreciating the fact that principle of vegetarianism is most emphatic in Jainism than any other religion, in author’s personal opinion the unfortunate part of this great religion is that the principal of non-killing or sanctity of life has been extended to the extreme and is supposed to cover all living organisms including those not visible to the naked eyes. Jain monks do not even use the vehicle and walk bare-footed even in extreme heat or cold. They refrain even from the use of electricity. Normal Jain food excludes even root vegetables such as potatoes, onions, carrot, ginger, garlic etc. as they are supposed to contain microorganisms not visible with naked eyes. Because of these severe restrictions and the extreme austerity practiced especially by the monks, this religion whose basic doctrines have been applauded even by the followers of other religions including eminent philosophers from Western world has remained confined to a few million followers in India.

Buddhism

“He, indeed, is wise who does not hurt any creature, whether feeble or strong, who does not kill nor cause slaughter”. – Lord Buddha

‘One who eats meat kills the seed of great compassion – Ō’ Kashyapa! from now on, tell my disciples to refrain from eating any kind of meat’. – From Chapter 7 of Nirvansutra

1 Tamil Sage & Poet (200 B.C.)
2 While Islam has forbidden pork, all sects of Hindus exclude beef on religious grounds. However, the considerations seem to be more out of respect for the tremendous services provided by the cow family including the bull. Apart from providing milk, the cow-dung has been widely used for manure and due to its antiseptic properties, many of the rural houses in India still use cow-dung for floor finish. Bullocks have been doing all the hard work for the rural population in India including tilling of the farms and bullock-cart is still one of the important modes of transport in villages. Undoubtedly, no other animal has served rural India more than the cow family and as such it is looked upon with reverence. It is now well established that cow-urine has also lot of medicinal properties.
3 (1863 – 1902). Vivekanand’s visit and lectures in Europe and the USA helped a great deal in removing many misconceptions about Hindu religion in the western world.
5 Lord Mahavir (599-527 B.C.). Last (24th) of the enlightened masters of Jain religion.
6 It should be mentioned in support of root vegetables such as potatoes, onions, carrots, garlic etc. that they are the best value for money for a common man as compared to other vegetables as far as ‘energy aspect’ is concerned. Besides value for money, the root vegetables like carrot, garlic, ginger and onions have also lot of medicinal properties and it is certainly preferable to include them in regular diet rather than having allopathy or homeopathy medicines many of which are made out of non-vegetarian products. It is also possible to store them for a long time in normal temperature unlike other green vegetables whose shelf life is limited to a day or two unless refrigerated.
7 (563-483 B.C.). Founder of Buddhism.
It is interesting to note that Lord Buddha and Lord Mahavir were both near contemporaries and led their spiritual lives in the same regions of India. Undoubtedly one finds so much similarity between the lives of both including the principles of both the religions. Like Jainism, Buddhism also strongly preaches love and respect for all creatures and emphasizes against killing any creature and taking any life for food and for performing religious rituals. However, it is intriguing to find that while Jains are strict vegetarians a large majority of Buddhist are non-vegetarians.

The reason for this sharp contrast according to Late Dr. Ramanlal C. Shah an eminent Scholar of Jainism and Buddhism, is that the Buddhist clergy while adhering to the principle of non-killing any creature and taking any life for food, did not object to non-vegetarian diet if the same was procured from the animals or birds who had died a natural death. They restricted meat eating if the same was made available by killing of any living creature. (This compromise was never made in Jainism). However, over a period, being used to taste of non-vegetarian diet, this distinction was soon forgotten by the followers of Buddhism and the killing of animals became a common practice for diet. It may be mentioned that of late there is an increasing trend towards vegetarianism among Buddhists and several of its followers especially those belonging to Mahayana Sect have switched over to vegetarian diet. There are large numbers of Buddhists who are vegetarians in China, Japan and other Asian countries.

**Judeo-Christian** (Islam, Judaism and Christianity)

If the lower animals, as we call them, were to formulate a religion, they might differ greatly as to the shape of the beneficent Creator, but they would nearly all agree that the devil must be very like a big white man.

- *William Inge*

There is not an animal that lives on the Earth, nor a being that flies on its wings, but forms part of communities like you. Nothing have we omitted from the Book, and they all shall be gathered to their Lord in the end.

- *Al-Qur'an 6:38*

While the kindness to all living creatures is advocated in all the religions, it may be mentioned that vegetarianism does not find explicit mention in the Judeo-Christian religions, viz. Islam, Judaism and Christianity. The reason why vegetarianism is not explicit in the Judeo-Christian religions could be

1. The places where these religions originated viz. middle east region had vast areas under the desert and the growth of vegetables and plants was restricted e.g. Saudi Arabia where Islam originated and where the holy cities of Mecca and Medina are situated is mostly desert area. This was also true of region which constitutes present day Israel where Judaism and Christianity originated. (Only now with advances in science and technology, resulting in better irrigation facilities that the situation has improved).

2. Till recently, after the research and study now has, scientifically proved beyond doubt the superiority and suitability of vegetarian diet from health angle, it was widely believed that non-vegetarian diet provided more strength and vigor due to higher protein and fat content and was considered a superior diet as compared to a vegetarian diet. However, more and more people outside the Indian sub-continent belonging to all the religions and in all parts of the world are turning to vegetarianism either due to feeling of compassion for all living creatures or for health reasons.

**RITUAL OF ANIMAL & BIRD SACRIFICES PERFORMED IN THE NAME OF RELIGION**

“If a man lives a hundred years and engages the whole of his time and attention in religious offerings to the gods, sacrificing elephants and horses and other things, all this is not equal to one act of pure love in saving life”.

- *Lord Buddha*

“All the acts of devotion will avail nothing to a man who sacrifices animals”.

- *Kabir*  

“It is not their flesh, nor their blood, that reaches Allah; nor yet their blood, but your devotion will reach him”.

- *Quran 2:196; 2:28. 35-37*

“Whoever is kind to the creatures of God, is kind to himself”.

- *The Prophet Muhammad*

**The practice of offering animals for sacrifices in the name of religion is still a tragic reality and common feature in our present-day society.**

On the day of Bakri-Id, goats or sheep (or even camels in some countries) are sacrificed in large numbers as a part of their ritual tradition by Muslims in the name of religion. Over a period of time, it has become a socially imposed custom in most of the Muslim communities. (The flesh of slaughtered animals is eaten as a part of the festival).

**Is killing or sacrificing of innocent animals in the name of religion justified?**

The practice of offering animals for sacrifices to please deities was also common in ancient India among Hindus. It was the impact of teachings of Mahavira and Buddha which nearly put an end to these cruel rituals and changed the thinking of the Society.

However, even now in few Hindu communities in rural areas as well as in some tribal communities, these rituals to sacrifice animals continue and are performed on certain festival days. The flesh of the animals sacrificed is eaten by many as a part of the festival. It is to the credit of Organizations like ‘Beauty without Cruelty’ and ‘Peta’ that vigorous efforts are made to stop this inhuman activity in the name of religion.

**In this regard, especially concerning the Bakri Id festival, an article published in the Times of India, dated. April 13, 1998 India’s leading newspaper written by Firoz Bakht Ahmed is reproduced below.**

“Offering the sacrifice of the self”

Eid-ul-Azha, which was celebrated last week, is also known as Eid-e-Qurban. The Urdu word qurban, meaning sacrifice, comes from the Arabic qurb, meaning closeness to God. This festival of the spiritual leaders in the name of the religion it is rigorously followed by large majority of their followers.

2 The reasoning behind eating of pork being forbidden in Islam seems to be more for health reasons as pigs live and breed in dirty and filthy surroundings and eating its meat was obviously felt to be hazardous for health. When a particular suggestion is preached by the religious leaders in the name of the religion it is rigorously followed by large majority of their followers.
3 A mystic Saint (15th century A.D.) equally revered by both the Hindus and Muslims in India.
4 By Abdallah bin Amru, in Bukhari and Muslim collections.
sacrifice is intended to bring human beings and God closer to each other. It is also known as Eid-uz-Zuha or Bakri Eid, the latter term having been coined in northern India, indicating the goat sacrifice. The true sacrifice that is offered on this occasion is not that of the symbolic goat, ram, camel or sheep, but that of one’s own self.

Qurbani is one of the major religious activities in Islam, and to sacrifice one’s comforts and resources for those less fortunate is the basic essence of this festival. This sacrifice is also known as the Sunnat-e-Ibrahim, as the tradition is traced back to the prophet Ibrahim (Abraham in the Bible). Indeed, Ibrahim belongs to three religious’ traditions – Judaism, Christianity and Islam.

Each of these traditions reveres him as its ancestor; but each has a distinct understanding of what he stands for. Ibrahim was almost 90 and childless. After sustained prayers, God listened to him and blessed him with a child: Ismail. As the child grew, Ibrahim saw a dream in which Allah asked him to offer sacrifice. He sacrificed his favorite camel. But the dream came to him again. He then sacrificed all his camels. But the dream still repeated itself. Then Ibrahim understood that God wanted the sacrifice of that which he held dearest to his heart. Ismail. It was a near-impossible test of faith, but Ibrahim took his son away after the child had been bathed by his mother Hajra.

Earlier, too, Ibrahim has been tested by God and left his devoted and pious wife and baby Ismail in an arid wasteland that had no water. The child has felt thirsty, but there was not a drop of water between the two hillocks of Safa and Marwa. She searched everywhere, without success; at length, to her amazement, she saw that a ceaseless spring of water has appeared, gushing with such force that Hajra had to say “Zam, Zam” (stop, stop).

The water of this spring is as holy to Muslims as the water of the Ganga is to Hindus. Safa and Marwa became symbolic in the sense that the Haj pilgrims have to circumambulate these two hillocks.

Now the knife of a father was going to slit the jugular of his only son! But Ibrahim’s faith in God was unshakable. When he asked for Ismail’s consent, the child replied, “Oh father! please go ahead and what he saw was a miracle. His son Ismail was safe and sound, playing near the altar. What had been sacrificed was a ram. Faith had been vindicated.

Through this, God had made it clear that He did not want a blood sacrifice. He wanted to test the love and steadfastness of His messenger. After this sacrifice, Ibrahim came to be known as ‘Khalilullah’, God’s loved one. As the Surah-e-Kausar, in the Koran, says: “Fasalle le rabbeka wanhar”, sacrifice is not to be made merely for one’s own appeasement but for the sake of God. It is said that a sacrifice is accepted in heaven the moment it is made, even before a drop of blood falls to the earth.

The revered Islamic scholar, Late Maulana Abul Kalam Azad, relates in his book – Eiden – that Eid-ul-Azha does not mean the sacrifice of animals for the satisfaction of one’s ego or sense of custom. The inner sacrifice is that of one’s own existence for the uplift of the needy, the weak, the aged, the downtrodden. That is the message to be learned from the example of Ibrahim and Ismail.

I write to thank you for Mr. Firoz Bakht Ahmed’s eye-opening article “Offering the sacrifice of the self” (‘The Speaking Tree’, April 13). Islam is misunderstood on many counts, and the festival of sacrifice, Eid-ul-Zuha, is a case in point. Mr. Ahmed has helped us understand the real significance of the qurbani or sacrifice.

In this context, I would like to offer a suggestion. If every Muslim would stop the killing of animals on the occasion and, instead, donate a sum equivalent to the price of the animal sacrificed to any charitable organization of their choice, s/he would do humanity a great service. At the same time, the inner spirit of Ibrahim’s sacrifice would be preserved in the finest possible sense.

R. Hoosein, Mumbai (The Times of India, April 20, 1998)

Extracts from Author’s letter (published in The Times of India, May 5, 1998).

“A True Sacrifice”

“I fully endorse Mr. R. Hoosein’s views (April 20) suggesting that the ritual of animal sacrifice be replaced with that of donating a sum equivalent to the price of the animal to be sacrificed to any charitable organization. I would say that such a gesture will be the single most important step in bringing the Muslim community closer to all other major religious communities in India especially the Hindus, Jains and Buddhists wherein killing of innocent animals in the name of religion is considered inhuman”.

Animal Sacrifice or Blood Orgy?

Once again, Muslims around the world have “sacrificed” millions of animals in a three-day period during the month of Eid-ul-Adha to please God.

Sacrifice inherently means that you part with something that is very close to your heart and experience a certain degree of pain during the process. Abraham proceeded to sacrifice his son who was very close to his heart and with whom had great attachment. This act of Abraham can be seen as a spirit of true sacrifice.

Today, if I say that I sacrificed an old sofa for a greater cause, I will be laughed at, since the sofa doesn’t mean much to me. However, this hypothetical act of mine is not much different from someone slitting the throat of a goat to please God and call it a sacrifice, since the person has had no attachment to the goat except a few bucks that he would soon forget.

I am just wondering if that is what God had in his mind when he asked us to follow a path in remembrance of Abraham’s devotion to God. Today what we do on the streets of Karachi during the Eid-ul-Adha is a mockery of Abraham’s devotion to God.

It is beyond my comprehension that our God, whom we regard as compassionate and merciful finds pleasure watching a helpless camel with one of his front legs tied off the ground and two of his hind legs so closely tied together that he becomes incapable of using those legs independently. And apart from that, his jaws are tied with a rope that he cannot even bawl. And then, a pious looking person sticks a knife into the camel’s throat. The camel bleeds for tens of minutes and suffers excruciating pain until death.

By Syed Rizvi1
Source – www.islamveg.com

1 Syed Rizvi is a physicist by profession and is the Founder and is the Founder and President of Engineers and Scientists for Animal Rights. Syed lives in California.
THE INTERNATIONAL VEGETARIANISM MOVEMENT

Although vegetarianism does not find any explicit mention in the Christianity both in Europe and the USA which are predominantly Christian there has always been strong support for vegetarianism. This is obvious from the long list of eminent philosophers, scientists and thinkers narrated earlier. In Great Britain, vegetarianism was promoted by George Cheyne (1671-1743), a Scottish doctor. His treatise on vegetarianism was published under the title ‘Essay on Regimen’ in 1740.

J. F. Newton’s book ‘Return to Nature, or Defense of Vegetable Regimen’ was published in 1811 & in 1847 the Vegetarian Society was founded at Manchester in Germany, Eduard Baltzer (1814-87), a German liberal, introduced the movement in Germany, and founded at Nordhausen in 1868 a “Verein von Freundender Naturlichen Lebensweise.” His book ‘Die Naturliche Lebensweise’ reached a fourth edition. Other leading German pioneers of vegetarianism are Gustave von Struve (1805-70), author of ‘Die Pflanzenkost, die Grundlage einer neuen Weltanschauung’ (1869) and Theodore Hahn, author of ‘Die Naturgemasse Diat’ (1859) and ‘Der Vegetarismus’ (1869).

Among the chief French works on vegetarianism are the ‘Thalyse, ou la nouvelle Existence’ (1821) of Jean Antoine Gleizes (1773-1843) and ‘Le Vegetarisme rationnel scientifique’ (1889) of Dr. É. Bonnejoy. The early leaders of vegetarianism in America were Amos Bronson Alcott (q.v.); Sylvester Graham (1794-1851), author of ‘The Science of Human Life’ (1839) and Charles Lane, author of ‘A Brief Practical Essay on Vegetable Diet’ (1847).

The Asian Vegetarian Union is the apex body of the Vegetarian Societies of Asia. It came into existence on the eve of the World Vegetarian Congress held in the year 1998 at Bangkok. These Societies publish guides for various cities around the world giving details of places where the vegetarian food is available. The vegetarian restaurants are now common in all major cities around the world. There is also The Indian Vegetarian Congress based at Chennai has its affiliated bodies in major Indian cities. There are also Vegan societies in several countries who also publish guides giving details of vegan food available in major international cities like New York, Paris, London, Berlin, Amsterdam etc.

PETA (People for the Ethical Treatment of Animals) is another international organization committed to promote vegetarianism as a part of their overall campaign for the Ethical Treatment to Animals. Other organizations promoting vegetarianism is Mumbai’s Vegetarian Society (Reverence for Life).

It will be of interest to note that the Ex-President of the Organization ‘Beauty Without Cruelty - India,’ a Pune based Indian NGO which is solely committed to promoting non-violence towards all living animals in every aspect including the vegetarian diet is Akbar Ali Jetha, a Muslim, its Chairperson is Diana Ratnagar, a Parsee (Zoroastrian faith) and its Hon. Secy. Swamy Chetan Namito is a Hindu.

Vegetarianism – The Scientific & Spiritual Basis by Mr. Jashwant. B. Mehta concludes with this issue.

In 1970’s, John and Bob communist party members living in America decide to emigrate to USSR to live among communist comrades. They do not believe, American media’s negative reports on the living conditions, shortages and persecution in the USSR; however, they decide to exercise caution.

First, only John would go to Russia. Contrary to the media, if the living conditions and KGB persecution reports are false, then John will write a letter to Bob using black ink, signifying that the letter is to be taken at face value and communism is as good as they hoped. If, however, the situation in USSR is bad and John is afraid of writing the truth, he will use red ink, indicating that Bob should not believe the written letter at all.

Three months later Bob receives a letter written in black ink. “Dear Bob! I’m so happy here! It’s a beautiful country, I enjoy complete freedom and a very high standard of living. Everything the capitalist American press writes is a bunch of lies. Everything is readily available! Only one small thing of which there’s shortage: Red ink”.

***************************************************************************

A surgeon was giving a lecture on the circulation of the blood. Trying to make the matter clearer, he said, “Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.” “Yes,” the class said.

“Then why is it that while I am standing upright in the ordinary position the blood doesn’t run into my feet?”

A joke at the back shouted, “Cause your feet isn’t empty.”

Keemat: May – June 2020
What makes Indian food so delicious

Roberto A. Ferdman, - Reporter for Wonkblog, (Ex- the Washington Post)

Indian food, with its hodgepodge of ingredients and intoxicating aromas, is coveted around the world. The labor-intensive cuisine and its mix of spices is often a revelation for those who sit down to eat it for the first time. Heavy doses of cardamom, cayenne, tamarind and other flavors can overwhelm an unfamiliar palate. Together, they help form the pillars of what tastes so good to so many people. But behind the appeal of Indian food — what makes it so novel and so delicious — is also a stranger and subtle truth. In a large new analysis of more than 2,000 popular recipes, data scientists have discovered perhaps the key reason why Indian food tastes so unique: It does something radical with flavors, something very different from what we tend to do in the United States and the rest of Western culture. And it does it at the molecular level. Before we go further, let us take a step back and consider what flavors are and how they interact. If you were to hold a microscope to most Western dishes, you would find an interesting but not all-too-surprising trend. Popular food pairings in this part of the world combine ingredients that share like flavors, which food chemists have broken down into their molecular parts — precise chemical compounds that, when combined, give off a distinct taste.

Most of the compounds have scientific names, though one of the simpler compounds is acetal, which, as the food chemist George Burdock has written, is "refreshing, pleasant, and [has a] fruity-green odor," and can be found in whiskey, apple juice, orange juice and raw beets. On average, there are just over 50 flavor compounds in each food ingredient. A nifty chart shared by Scientific American in 2013 shows which foods share the most flavor compounds with others and which food pairings have the most flavor compounds in common. Peanut butter and roasted peanuts have one of the most significant overlaps, but there are connections that are more difficult to predict: strawberries, for instance, have more in common with white wine than they do with apples, oranges or honey.

Data crunching Indian recipes

Chefs in the West like to make dishes with ingredients that have overlapping flavors. But not all cuisines adhere to the same rule. Many Asian cuisines have been shown to belie the trend by favoring dishes with ingredients that do not overlap in flavor. And Indian food is one of the most powerful counter examples. Researchers at the Indian Institute for Technology in Jodhpur crunched data on several thousand recipes from a popular online recipe site called TarlaDalal.com. They broke each dish down to its ingredients, and then compared how often and heavily ingredients share flavor compounds. The answer? Not too often. Here is an easy way to make sense of what they did, through the lens of a single, theoretical dish. Say you have a dish with 4 different ingredients, like the one below:

![Diagram of recipe with 4 ingredients]

Each one of those ingredients has its own list of flavor compounds. And any two of those ingredients' lists might have some overlap. Take the coconut and onion, for instance. We can all agree that these two things are different, but we can also see (Venn diagram) that there is some overlap in their flavor make-up. You could create the same diagram for all the ingredients with overlapping flavor compounds, as in this diagram. There are six that have overlap. The researchers did this for each of the several thousand recipes, which used a total of 200 ingredients. They examined how much the underlying flavor compounds overlapped in single dishes and discovered something very different from Western cuisines.

Indian cuisine tended to mix ingredients whose flavors do not overlap at all. "We found that average flavor sharing in Indian cuisine was significantly less than expected," the researchers wrote. In other words, the more overlap two ingredients have in flavor, the less likely they are to appear in the same Indian dish.

The unique makeup of Indian cuisine can be seen in some dishes more than others, and it seems to be tied to the use of specific ingredients. Spices usually indicate dishes with flavors that have no chemical common ground. More specifically, many Indian recipes contain cayenne, the basis of curry powder that is in just about any Indian curry. And when a dish contains cayenne, the researchers found, it is unlikely to have other ingredients that share similar flavors. The same can be said of green bell pepper, coriander and garam masala, which are nearly as ubiquitous in Indian cuisine. "Each of the spices is uniquely placed in its recipe to shape the flavor sharing pattern with rest of the ingredients," the researchers noted. Milk, butter, bread, and rice, meanwhile—all of which are hallmarks of Western cuisine—were found to be associated with just the opposite: flavor pairings that match.When any of those ingredients appeared in an Indian dish, there was a good chance there would be a lot of flavor overlap.

A lesson for all chefs

The takeaway is that part of what makes Indian food so appealing is the way flavors rub up against each other. The cuisine is complicated, no doubt: the average Indian dish, after all, contains at least 7 ingredients, and the total number of ingredients observed by the researchers amounted to almost 200 out of the roughly 381 observed around the world. But all those ingredients — and the spices especially — are all uniquely important because in any single dish, each one brings a unique flavor. But the upshot should also be a thought that we might be approaching food from the wrong angle. Combining ingredients with like flavors is a useful (and often delicious) strategy, but it might be a somewhat misleading rule of thumb.

Indian cuisine, after all, is cherished globally, and yet hinges on a decidedly different ingredient pairing logic.
I, __________________________________________ of ___________________________, aged__________ years, Indian Inhabitant of Mumbai, having address at ___________________________________________, Mumbai - 400 XXX, do hereby revoke all my former Wills, Codicils and Testamentary dispositions made by me at any time heretofore.

I declare this to be my last Will and Testament.

I maintain good health, and possess a sound mind. This Will is made by me of my own independent decision and free volition. I have not been influenced, cajoled or coerced in any manner whatsoever.

I have interest ________________.

The ___________ is owned by my __________ although my name is on record as co-owner.

I hereby appoint my __________________________________________, as the Sole Executor of this WILL.

I hereby give life interest immovable properties in India including my interest in __________________________________________ to my __________________________.

I bequeath the immovable properties in India subject to life interest of my __________________________ in __________________________ to my __________________________.

I bequeath all my movable properties in India to my __________________________ forever.

This Will is in respect of my properties in India only.

IN WITNESS WHEREOF I have hereunto set my hands on this ____________ day of ____________, 2020 at Mumbai.

SIGNED by the above named )
Testatrix / Testator __________________________ )
as his / her last WILL and Testament in the )
presence of both of us being present at the )
same time and we at his / her request and )
in his / her presence and in the presence of )
each other have hereunto set and subscribed )
our names as Witnesses. )

WITNESSES :

1. Signature
   ☐ Name
   ☐ Occupation
   ☐ Address

2. Signature
   ☐ Name
   ☐ Occupation
   ☐ Address
Plastics in its varied forms is in-built in every aspect of human life. However, today “plastiphobia”, is part of our lexicon that regulators are glad to become tough in this matter and pressurize the industry already facing numerous complex challenges. Plastic is not a demon as some people wrongly portray but is the crux of our modern living. Plastic as such is not a problem although its recycling and inappropriate use is.

Today, the plastic industry has itself become conscious and reflective and flaunting recycled plastics is a significant sustainable strategy, to ensure not only reuse of valuable resources but also to improve ecological balance. Nevertheless true, mechanical recycling of plastics also leads to its degradation in performance properties, confining its use to lesser demanding product applications, even though efforts to improve performance profiles of recycled polymers is continuously ongoing.

Governmental regulatory pressures, consumer activism, today has forced several brand owners to announce ambitious plans to reduce consumption of virgin plastics by innovatively utilizing more recycled plastics in packaging designs, even though enough recycled polymers are unavailable that meet performance guidelines standards.

### Polymer Stability

Virgin polymers have added stabilization additive systems to maintain performance integrity for lifetime use. Stabilization additive system stability and its effects in recycled plastics is still unknown, therefore it is difficult to finalize any further requirement of additive system to compensate losses without adversely affecting the stabilization of recycled product. Multi-layer films that incorporates different polymer structures provide a good barrier to oxygen, UV light, moisture, etc., and substituting it with a single layer film is no doubt a big challenge to confirm performance even though this could enable or improve recyclability finally. We can only say that compromises may be necessary in conventional product attributes to make packaging more sustainable eventually and simplification of packaging structures will only happen if there is active collaboration between all stakeholders right from resin producers to film extruders to the users of packaging.

### Plastic Recycling Issues

The cost of recycling consumer plastic waste as on date is high largely due to high cost of waste plastic collection, sorting and segregation, mechanical handling, cleaning and processing. Capital cost of setting up an automated system is not only expensive but also not perfect enough to prevent leakages. The only option in these circumstances is to depend on manual sorting and segregation that has its own problems even though it can provide employment opportunities to millions of unemployed poor all over the world. In these circumstances the best method of inducing one to use recycled plastics is by mandates that require blending with virgin plastics or by offering fiscal incentives to plastic product manufacturers. One better alternative is to shift from massive mechanical recycling plants to small scale units that can capably recycle plastics at local levels.

Creating packaging materials by leveraging plastic properties with smart selection of polymer types is easy for virgin plastics, however, for recycled plastics which is a blend of different polymer grades, color, contamination, etc., it is difficult. We are aware, in process wastes being of high quality are suitable for a reuse, however, industrial and post-consumer use plastic wastes generally contaminated with food, fluids (including blood) and materials like paper, metal, other incompatible polymer types, etc., pose a serious threat to plastic quality, safety and human health.

Using post-consumer or post-industrial recycled materials regularly is still in its nascent phase, as most of them have poor performance due to contamination and previous use. Continuous improvement in recycling plastic technology will no doubt improve the performance attributes of mechanically recycled plastics, but it is also clearly apparent, there will be limitations on the amount of iterations that a recycled product could practically undergo.

### Mechanical & Chemical Recycling

Chemical recycling namely reprocessing plastic wastes to liquid hydrocarbons through pyrolysis that can effectively dislodge naphtha or natural gas liquid demand, be more resilient to crude-oil price fluctuations also be profitable is a better option. The biggest advantage of chemical cracking technology is its ability to handle mixed plastic wastes that have already exhausted their potential for mechanical recycling. However, chemical recycling that could without doubt, curtail annoying environmental waste plastic leakages, would require liberal financial support from all stakeholders to succeed.

**Additional Reading**: Plastics – Boon or Bane, Dr. Sitaram Dixit, Keemat: July – August 2019
Consumer’s Crossword! (Answers to the clues are present interspersed in the current Keemat itself)

ACROSS
10. Avoid persons. (7) 22. Against infection. (10) 34. Separation. (11)
33. Closest to wine. (11) 34. Separation. (11) 62. Fail is dangerous. (5)
37. In Indian dishes. (5) 38. Cruel (6) 64. Era. (4)

DOWN
40. Mad. (5) 41. Purification. (8) 42. Footpath (8)
43. Dishes. (8) 44. Expire. (3) 45. Roasted snack. (7)
49. Investment. (7) 50. Desert city. (6) 51. Snowclad Mount (8)
55. Delicious foods. (6) 56. Prevention needs 57. It is neither born nor
57. It is neither born nor 58. Are not animals. (6) 59. Ultimate Truth. (6)
62. Fail is dangerous. (5) 63. Nonwovens. (13)

Keemat: May – June 2020  Designed by Dr. Sitaram Dixit, Chairman CGSI
A devoted man and woman spending all their life alone, finding no love, finally die and go to heaven. As per chance, they both meet at the heavenly library, discovering that they both have a deep love for books, they start talking and amazingly enough, after a lifetime of unhappiness, fall in love. They go to God and ask to be married.

“Give me some time. This is quite extraordinary”, says God! Four years pass by and the couple wait patiently. God finally tells the man and woman that he can have them married. After some years the couple fall out of love. They approach God once more and this time they ask, for a divorce.

God responds: “It took me four years to find a priest in this place. How long do you think it will take me to find a lawyer?!?”

Salman, his wife is waiting at the bus stop with their 9 children. A blind man joins them after a few minutes. When the bus arrives, it is overloaded. Wife and kids alone are able to board the last bus. Salman and the blind man decide to walk. After a while, Salman gets irritated by the ticking of the stick of the blind man as he taps it on the sidewalk. He says, “Why don’t you put a piece of rubber at the end of your stick? That ticking sound is driving me crazy.”

The blind man replies, “If you would have put a rubber at the end of your stick, we would both be riding the bus.”

Father to a Peon outside the Principal's office: How are the studies in this college? Where do I see my son in future?

Peon: Future is bright; I had also completed my engineering here!

A middle-aged male professor receives a knock on the door of his office on campus. After fumbling about for a few moments, he opens the door to find an old man, greeting him with a big smile.

“May I come in? I worked in this very room thirty years ago when I was a professor at this college.”

“Sure!” replied the professor. “Be my guest!”

The old man examined the room, fondly remembering everything. He said, “The same old room, the ventilator, the same old window that opens to the garden, the same old wooden table and desk”.

When examining it, he notices a young girl hiding under the desk. The young man gets alarmed and says, “Don’t mistake me. She’s my daughter. She dropped her earring and is searching for it.”

The old man said, “And the same old story…………………….“

Bob comes home to see an email from his neighbor Alan.

‘Hi Bob, This, is Alan next door. I am sorry buddy, but I have a confession to make to you. I’ve been riddled with guilt these past few months and have been trying to pluck up the courage to tell you to your face, but I am at least now telling in writing as I cannot live with myself a moment longer without you knowing. The truth is, I have been sharing your “wife” day & night when you’re not around. In fact, probably more than you. I have not been getting it at home, but that’s no excuse I know. The temptation was just too much! I can no longer live with the guilt and I hope you will accept my sincerest apologies and forgive me. I promise that it won’t happen again. Please come up with a fee for your “wife” and I’ll pay you.

Warm Regards, Alan………………………………………………………..”

Unsurprisingly, Bob felt an incredible rage upon reading this email. Feeling insulted and betrayed, grabbed his gun, walked briskly outside and into his neighbor’s house and shot his neighbor dead.

He returned home where he poured himself a stiff drink and sat down on the sofa to brood. He took out his phone where he saw he had a subsequent email from his neighbor he did not notice earlier.

‘Hi Bob, this is Alan next door again. Sorry about the slight typo in my last email. I expect you worked it out anyway, but as I am sure you noticed that my Autocorrect changed “Wi-Fi” to “wife.” Technology hey?? Hope you saw the funny side of that!

Best Regards, Alan………………………………………………………..”

A fifteen-year-old came home with a Porsche and his parents began to yell and scream, “Where did you get that car?”

He calmly told them, “I bought it today.”

“With what money?!, We know what a Porsche costs.”

“Well,” said the boy, “this one cost me only 15 US$.”

The parents began to yell even louder. “Who would sell a car like that for fifteen dollars??” they asked.

“It was the lady up the street,” said the boy. “Don’t know her name -- they just moved in. She saw me ride past on my bike and asked me if I wanted to buy a Porsche for 15 US$.”

“Oh, my goodness!” moaned the mother, “she must be a child abuser. Who knows what she will do next? John, you go right up there and see what’s going on.”

So, the boy’s father walked up the street to the house where the lady lived and found her out in the yard calmly planting flowers. He introduced himself as the father of the boy to whom she had sold a Porsche to for 15 US$ and demanded to know why she did it.

“Well,” she said, “this morning I got a phone call from my husband. I thought he was on a business trip, but I learned from a friend he has run off to Hawaii with his secretary. Then apparently, she stole all his money and stranded him there! Well he called me, without a dollar to his name asked me to sell his new Porsche and send him the money. So that’s exactly what I did.”

Four students are on a road trip coming back, only to find out there is a test the very next day, they had completely forgotten and had not studied at all. So, they decide to miss the final and ask for a chance to take it on another date. They tell the professor that they got stuck on the way back to school with a flat tire and therefore could not make it back on time.

The professor agrees to let them take the test the next day. Excited they go home to be given the night to study before taking the test. The next day the professor seats each of them in separate rooms and places a sheet of paper in front of them which reads. This test is scored out of 100 points.

Q1. Please write your name. (1 point)

Q2. Which tire had the flat during your road trip? (99 points)

A very sick man is lying in bed. He realizes he does not have much time left, so he asks his nurse to bring his wife, daughter, both sons to him, as well as witnesses and a camera to record his last wishes. When all assemble, their eyes misty and drawn faces, he begins to speak.

“My son, Sam, I want you to take the Ocean Reef houses”. “My loving daughter Sybil, you take the apartments between mile markers 100 and ‘Tavernier’.

“My son, Jamie, I want you to take the offices over in the Marathon Government Centre”. “Sarah, my dear wife, please take all the residential buildings on the bay side on Blackwater Sound.

The nurse and witnesses are blown away as they did not realize his extensive holdings and as Doug slips away, the nurse says, “Mrs. Smith, your husband must have been such a hard working man to have accumulated all this property………….. The wife just grunts.

“The $***y……… a***ol only has a newspaper distribution route”.

A New York attorney of a wealthy art collector calls his client.

He says, “John, I have some good news and some bad news.”

Art collector, “I’ve had an awful day; let’s hear the good news first.”

Attorney, “Well, I met with your wife today and she informed me that she invested $5,000 in two pictures that she thinks will bring a minimum of $15-20 million. I think she could be right.”

John replies enthusiastically, “Well done! My wife is a brilliant businesswoman! You’ve just made my day. Now that I know that I can handle the bad news, you mind telling me what it is?”

The attorney replies, “The pictures are of you and your secretary.”
**ROUNDABOUTS** puzzle consists of a square or rectangular array of squares in which some of the squares contain a circular roundabout. We solve the puzzle by drawing a path which passes through the center of every square without crossing over itself until it returns to the square in which it started. The path must change direction at every roundabout and it must also change direction exactly once in the intervening squares between ROUNDABOUTS.
Guidelines for use of mask – The correct procedure of wearing triple layer surgical mask

1. Perform hand hygiene
2. Unfold the pleats; make sure that they are facing down.
3. Place over nose, mouth and chin.
4. Fit flexible nose piece over nose bridge.
5. Secure with tie strings (upper string to be tied on top of head above the ears – lower string at the back of the neck.)
6. Ensure there are no gaps on either side of the mask, adjust the mask to fit correctly.
7. Do not let the mask hanging from the neck.
8. Change the mask after 6 hours or as soon as they become wet.
9. Disposable masks are never to be reused and should be disposed after use.
10. While removing the mask great care must be taken not to touch the potentially infected outer surface of the mask.
11. To remove mask first untie the string below and then the string above and handle the mask using the upper strings.
12. Disposal of used masks: Used mask should be considered as potentially infected medical waste. Discard the mask in a closed bin immediately after use.