

Tarbiyyat Medical

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حضرت اقدس مسیح موعود علیہ السلام فرماتے ہیں:

”لوگ اولاد کی خواہش تو کرتے ہیں مگر نہ اس لئے کہ وہ خادم دین ہو بلکہ اس لئے کہ دنیا میں ان کا کوئی وارث ہو۔ اور جب اولاد ہو جاتی ہے تو اس کی تربیت کا فکر نہیں کیا جاتا۔ نہ اس کے عقائد کی اصلاح کی جاتی ہے“۔ الحکم جلد ۵ نمبر ۳۵

The Promised Messiah alaihissalam says:

“People do wish to have children but not so that they should be helpers of faith, but rather so that they would have someone to succeed them after death on this earth. And when they do have children, then they do not worry about their moral reformation. Neither is any correction made of their beliefs”

Al Hakam Vol5 page 35

VITAMIN A and Beta Carotene



Vitamin A comes from animal sources such as eggs, meat, fish and dairy products such as milk and cheese. Beta carotene is a precursor of Vitamin A (which means taking that will get converted to Vitamin A in the body). It comes from green leafy vegetables and also from fruit and vegetables that are brightly coloured. Cereals are a poor source of vitamin A though.

Vitamin A plays a role in:

Vision – both night and day vision
Total blindness – due to the cornea getting deranged
Gene transcription – enabling our genes to express themselves and perform their functions optimally.
Immune function – enhancing body's immunity
Embryonic development and reproduction
Bone metabolism
Haematopoiesis – in the formation of blood
Skin health – keep skin texture and health right
Dental – keeps from enable from going soft

Signs of Vitamin A Deficiency

1. Eye symptoms – reduced night vision, night blindness, dry eyes, eye inflammation, corneal inflammation.
2. Rough Skin
3. Dry Skin
4. Growth retardation in children
5. Vulnerability to respiratory infections
6. Vulnerability to urinary infections

HAZRAT MUSLEH MAUOOD (MAY ALLAH BE PLEASED WITH HIM) HAS MENTIONED 26 POINTS RELATING TO TARBIYYAT OF CHILDREN IN HIS BOOK CALLED MINHAJUTALIBEN.

THE SECOND POINT IS TO:

Keep children clean as the external has an influence on the internal – the SOUL.

Influence of external factors on a child!

‘A child should be kept neat and tidy and, should be properly cleaned after stools. Some of you might say that this particular chore belongs to the mother. This is true. But it is equally true that the mother will perform it properly only if the father is properly orientated in this regard. It is men's duty to bring home to women the fact that an unclean child will not have a clean mind. Unfortunately not much attention is paid to this matter. Women are sometimes guilty of grave negligence in this regard.’

‘How can you look after the inner cleanliness of the child if you do not look after its external cleanliness? Let the child have a clean body. Its impact on his mind will be great. As a consequence, the child will come to have a clean mind and will become immune to sins which are caused by un-cleanliness. Medical research bears out that a child commits its first sin because it is dirty. Dirt irritates the anal passages which the child rubs and manipulates. It finds pleasure in the process and becomes conscious of sex. It can be safeguarded against sexual eros to a very large extent if it is kept clean. This training must begin the very day it is born.’

Mirza Mahmood Ahmad, Kahlifatul Masih II

Minhajutalibeen



Clean nappy, clean carpet, clean mind

PERSONAL TAHARAT (CLEANLINESS) AND PRACTICES IN THE WEST:

1. Toilet Paper:

The use of toilet paper is common in the West. All this does is to absorb urine from the body, but leaves behind a thin layer that cannot be absorbed. Similarly, after opening of the bowels, using toilet tissue wipes the residual faecal material off the body, but leaves a thin invisible layer smeared on it. The only way to cleanse the body of these 'najasats' is to wash the areas thoroughly with clean water.

2. Micturition (passing urine):

The act of micturition should be performed whilst sitting down on the toilet seat or crouching on the heels on the ground if proper toilet facilities are not available. The reason for that is simply that the stream of urine doesn't splash back and fall on one's clothes and body causing the body to come in contact with najasat.

3. Urinals:

The use of urinals for men in public toilets or some other place is unacceptable for two important reasons. One is very simply that it goes against the rules of modesty, where one's modesty must be protected by the command of Allah. Secondly, the splash back from the urinal is often directly onto the clothes and there is no water available to wash off the private parts after the end of micturition. It would be better to go to the normal toilet, where at least one could use toilet tissue (which is not possible at the urinal). Proper taharat with clean water must be performed at the first opportunity thereafter.

4. When water is not available (e.g. whilst travelling):

It is permissible to use clean toilet paper, or pebbles to clean off urine or faecal material (or other najasats) off the body. However, once water does become available, one should use that to purify the body as soon as possible.

رسول کریم ﷺ نے فرمایا۔

”جب تم میں سے کوئی پانی پئے تو برتن میں سانس نہ لے

اور جب بیت الخلاء میں آئے تو دائیں ہاتھ سے اپنی

شرمگاہ نہ چھوئے اور نہ اپنے دائیں ہاتھ سے استنجا

کرے۔“ بخاری، کتاب الوضوء۔

The Holy Prophet Muhammad SalAllaho Alaihi wasallam said:

“When any of you drinks, then do not breathe into the vessel from which you are drinking, and when any of you goes to the washroom, then should not touch your private parts with the right hand, and neither should you use the right hand to wash yourself after passing urine”
Bukhari, Kitab ul Wodo.



This newsletter is meant to go out on a quarterly basis. It is intended to provide a means of information to parents and youngsters about various issues that can affect their moral and physical well being. Any comments about the content, the presentation and the format will be welcomed. Please write to:

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