

Tarbiyyat Medical

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بچوں کو ڈراؤنی کہانیاں نہیں سنانی چاہئیں اس سے اُن میں بُردلی پیدا ہو جاتی ہے اور ایسے انسان بڑے ہو کر بہادری کے کام نہیں کر سکتے۔ اگر بچہ میں بُردلی پیدا ہو جائے تو اُسے بہادری کی کہانیاں سنانی چاہئیں اور بہادر لڑکوں کے ساتھ کھلانا چاہئے۔
حضرت خلیفۃ المسیح الثانی، (انوار العلوم جلد ۹، منہاج الطالبین)

Children should not be told tales of horror. This would make them cowards. When they grow up, they would do nothing brave. If a child exhibits a tendency towards cowardice, it should be told stories of courage and made to play with children who are brave.

Point 12 from Minhaj-ul-talibeen by Hazrat Khalifatul Masih II (may Allah be pleased with him)

Toddlers and young children who watch violent movies, including Halloween horror films, television shows or video games may be more likely to develop anxiety, sleep disorders, and aggressive and self-endangering behaviours.

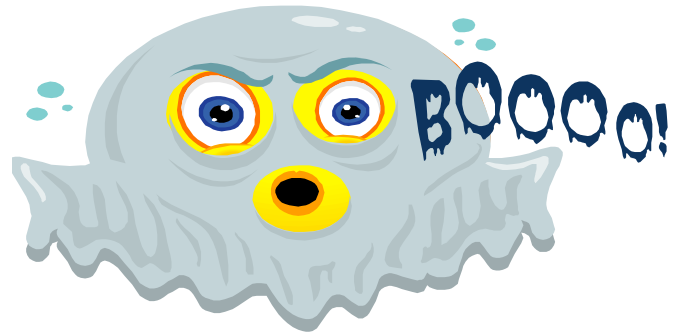
The Morgan Stanley Children's Hospital of New York-Presbyterian and Columbia University Medical Centre study.

Science Daily (Oct. 31, 2006)

TELL CHILDREN STORIES



- BUT REFRAIN FROM TELLING THEM HORROR STORIES.



The Holy Prophet Muhammad salAllahoalaihwasallam is reported to have said:

‘Woe to the one who talks to make the people laugh and tells lies, woe to him, woe to him.’

Abu Dawood

‘Three are the signs of the hypocrite, even if he prays, fasts, and pretends to be a Muslim: When he talks, he lies; when he makes a promise he breaks it; and when he is given a trust, he betrays it’

Bukhari

اب ایک بات میں نے گذشتہ سال بھی کہی تھی خاص زور دے کے،
اب دوبارہ کہتا ہوں اور یہ بڑی ضروری چیز ہے کہ کوئی بچہ، کوئی
بھی احمدی بچہ، وقف نو تو بہت اونچا معیار ہے ان سے تو یہ Expect
(امید) نہیں کیا جاسکتا کہ وہ کبھی جھوٹ بولیں گے، کسی بھی احمدی
بچے کو کبھی بھی مذاق میں بھی جھوٹ نہیں بولنا۔

فرمودہ حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ، ۲ مئی ۲۰۰۴

**Hazrat Khalifatul Masih V
ayyadahullahota'ala says:**

I specifically stressed on an issue last year also, and will say it again as it is very important. It is not expected from a child, any Ahmadi child let alone a waqfe nau child whose standards are very high, that they will ever tell a lie. No Ahmadi child should even jokingly tell a lie.

2nd May 2004

Vitamin C

Vitamin C is required all over the body where growth or repair is needed. Skin, scar tissue, tendons, ligaments, and blood vessels need collagen which relies on Vitamin C. It is essential for:

1. Wound healing,
2. Repair and maintenance of cartilage, bones, and teeth (wear 'n' tear repair)
3. Prevention of premature ageing by its antioxidant action.

Vitamin C deficiency can cause:

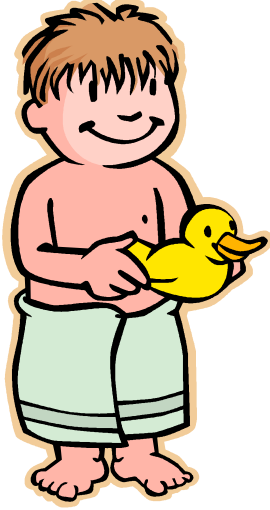
- Dry and splitting hair
- Gingivitis (inflammation of the gums)
- Bleeding gums
- Rough, dry, scaly skin
- Decreased wound-healing rate
- Easy bruising
- Nosebleeds
- Weakened tooth enamel
- Swollen and painful joints
- Anaemia
- Decreased ability to fight infection
- Possible weight gain because of slowed metabolism

All fruits and vegetables contain some amount of vitamin C. Foods that tend to be the highest sources of vitamin C include **green peppers, citrus fruits and juices, strawberries, tomatoes, broccoli, turnip greens and other leafy greens, sweet and white potatoes, and cantaloupe/melons.**

Sources of Vitamin C



Bathing in Islam



Bathing is promoted as a means of cleanliness and hygiene in Islam, as well as a symbol of spiritual cleansing of oneself.

There are 3 essential components to taking a bath:

First! Washing and clearing of the mouth with water.

Second! Clearing of the nose with water

Third! Pouring water over the entire body until no part of the body remains dry. In ladies, if the hair is thick and pleated, it is not necessary to undo them and wet them entirely. It is sufficient to just pour water over the head three times, and run your hands over the head (i.e. doing Massah).

In next issue, how and when to take a bath!

اسلام میں نہانا ذاتی اور روحانی صفائی و پاکیزگی کے لئے اہم ہے۔ صحیح طور پر نہانے کے لئے تین باتوں کا لحاظ رکھنا چاہئے۔

اول یہ کہ منہ کو پانی کے ذریعہ سے اچھی طرح کھلی کر کے صاف کرنا۔

دوئم یہ کہ ناک کو بھی پانی سے اچھی طرح صاف کرنا۔

سوئم یہ کہ سارے جسم پر پانی ڈالنا یہاں تک کہ جسم کا کوئی بھی حصہ خشک نہ رہے۔

خواتین کو یہ سہولت ہے کہ اگر بال بہت گھنے اور کثرت سے ہوں تو یہ ضروری نہیں کہ ساری گتھی کھول دی جائے تاہم بال تر ہو سکے۔ صرف سر پر تین مرتبہ پانی ڈالنا اور ہاتھوں سے مسح کر

لینا ہی کافی ہے۔

اگلے شمارہ میں نہانے کا طریقہ اور نہانا کب واجب ہو جاتا ہے۔

A Tarbiyyat Story (modified but based on true events)

A father complained bitterly one day that his fourteen year old son was no longer taking any interest in Islam, and was coming down to offer his prayers with the rest of the family very grudgingly. He was keen to spend time with his friends at school and beginning to question if it was necessary to be a Muslim and adopt Muslim ways. The last straw was when he found out the son was also beginning to smoke cannabis.

During discussions, the following transpired:

- **Father and son had never had a serious discussion about Islam.**
- **The father was not sure whether his son had ever been told about the importance of Salat and why it is compulsory.**
- **Neither he, nor his wife had ever questioned why he came home from school at 5 or 6 pm, when school closed at 3.30 pm.**
- **Father had no idea who his son's friends were and he could not recall whether he had ever told his son how to select his friends.**
- **Both parents could not explain why there was a need for their son to have a mobile phone,**
 - **whether they knew who his contacts were,**
 - **whether he made calls unbeknown to them after 8pm.**

The proposed solution:

Parents were advised to supplicate before Allah and seek His help and then to confront the son. Tell him they knew he smoked cannabis. They were told to adopt a non confrontational style, not to raise their voices and not to get into an argument with the son. They were also told that they were to allow the son to vent his fury if he wanted and to soak his anger without losing their patience and dignity. But after all the commotion settled, they were to calmly say to the son that because their trust in him had been breached, they are going to impose the following conditions on him. First, he will go to school and come straight home at the end of it. Secondly, he will have no further contact with his erstwhile best friend. Thirdly, his mobile phone is being confiscated for two weeks, following which it will be returned to him if he agrees that every day, he will return the phone to his parents at 8 pm, and will promise not to ring his 'mates' without parental knowledge.

The outcome:

When confronted by the parents, the son went into a rage, but then quietened down admitted his mistake, and affirmed he still wanted to stay a Muslim. He agreed to the sanctions. The parents began to talk more, the father learnt about Islam himself and about the importance of its institutions. They both pray for themselves.

اللہ تعالیٰ نے والدین سے حسن سلوک کے بارہ میں بڑی تاکید فرمائی ہے سوائے اس کے کہ اللہ تعالیٰ کی عبادت کرنے سے روکیں۔ یا شرک کی تعلیم دیں۔ اس کے علاوہ ہر بات میں ان کی اطاعت کا حکم ہے۔ اور یہ حکم اس لئے ہے کہ جو خدمت انہوں نے بچپن میں ہماری کی ہے اس کا بدلہ تو ہم نہیں اتار سکتے۔ اس لئے یہ حکم ہے کہ ان کی خدمت کے ساتھ ساتھ ان کے لئے دعا بھی کرو کہ اللہ تعالیٰ ان پر رحم فرمائے اور بڑھاپے کی اس عمر میں بھی ان کو ہماری طرف سے کسی قسم کا کبھی کوئی دکھ نہ پہنچے۔ یہ بھی یاد رکھنا چاہئے کہ خدمت اور دعا کے باوجود یہ نہ سمجھ لیں کہ ہم نے ان کی بہت خدمت کر لی اور ان کا حق ادا ہو گیا۔ اس کے باوجود بچے جو ہیں اس قابل نہیں کہ والدین کا وہ احسان اتار سکیں جو انہوں نے بچپن میں ان پر کیا۔

فرمودہ حضرت خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز، ۱۶ جنوری ۲۰۰۴



Allah Almighty has laid great emphasis upon treating parents well and elegantly, unless they stop you from worshiping Him, or are encouraging the teaching of Shirk (associating partners with Allah). But this apart, they are to be obeyed in everything else. This is so because as we are unable to repay them for the service they have rendered us in our childhood we should pray for them as well as look after them. We should pray that even in their old age they should not get grief and pain from any of our actions. It should however be borne in mind that despite all our prayers and service to them, we should not assume that we have fulfilled our obligations to them. **We (as their children) are not capable of repaying the favour they bestowed upon us in our childhood.**

Hazrat Khalifatul Masih V, 16th January 2004

THE BENEFITS OF ASPIRIN!?

The humble aspirin, around for over a hundred years has again been in the news lately. It has been shown to reduce deaths from some cancers.

How this was found was that people who had had a heart attack in the past had been asked to take an aspirin a day to stop further such events as part of several research trials. Many years later and once the trials were over researchers went back and looked at national cancer registers to establish how many had died from cancers in the population. What they found was that people who had participated in their trials (and had been asked to take an aspirin a day), had a **significantly reduced** risk of dying from some cancers. This mainly applies to cancers of the gut, the lung and prostate (but some others as well).

So, what do we do? All start taking aspirin??

Not quite yet, I would have thought. Wait for the evidence to come in fully and be evaluated fully. The studies were not properly controlled high quality trials, they were statistical data. No one knows for sure whether all those in the original trials were indeed taking aspirin or had stopped.

What is known however is that there is no benefit in taking more than the advised dose of 75mg daily.

Women appear to benefit less.

Side effects of aspirin can include stomach ulcers and bleeding from the gut, which can be fatal.

So, if you have to take aspirin, then do consult your doctor, and always take it with food, never on an empty stomach.

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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