

BECAUSE WORDS MATTER

THE CAMPUS OBSERVER

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Precautions to take in Summer

Summer season begins; it's time to get ready for the scorching sun and heat. We should take some precautions in this season. Drink lot of water, to avoid dehydration during summer. Drinking water in regular interval is advisable. Nothing works as water to quench the thirst. The body rejuvenates with a glass of water after returning from hot sun. Lots and lots of water have to be taken in summer. If walk a lot or if you are involve in other sports activities use suitable shoes and cotton socks. Wear a hat to be cool and shade. Also use good sunscreen to prevent sunburn. You should wear free size and light color clothes to help you stay cooler. Use sunglasses to protect your eyes from sun rays. Avoid smoking. Eat fruit that contain lot of water such as water melon, orange, grapes, cucumber etc. Don't push yourself beyond

your limits, balance activities with rest. Also maintain energy level by limiting your intake of fat and sugar. Avoid spicy and oily food. Always wash your face properly whenever you come from outside. Sleep after washing your face. Taking bath twice a day is advisable. Whenever you come to home and you faced scorching heat outside, never drink chilled water it harms you a lot. Do keep a pot and try to drink that pot water only in whole summer. If you want to keep the water cool cover the pot with a wet towel and check it every hour or two whether it is wet or dry. You have to keep the towel wet. In summer try to always cover your head and face. Vegetables like onion, carrot, beans, garlic should be taken immediately after returning home from the hot sun. The anti-oxidants present in these will protect our body from skin diseases that may arise in this season.

Joys of Hostel Life

By: - Ibrar Ahmad

Home life cultivates emotions of man whereas hostel life develops individuality. Mother's affection, father's vigilance and brother's interest may be missing in the hostel but there are many compensatory benefits. I think, without hostel life man is incomplete and he cannot live an independent life successful till he has lived in a hostel. Hostel life is the most suitable type of life particularly for the students. In hostel a person is able to develop independent relations with his roommates and with other students. These relations are based on feeling of equality which is missing at home. At home a person may talk to his father only as a son and to his younger brother only as an elder, in the hostel there is the sense of equality. Consequently one learns the way of life. A person learns to live within means. While living in hostel one gets a fixed amount of money every month and he cannot demand more money at any time of the month. In hostel one has to be very particular about one's budget. This habit of

economy stands in good stead during one's life. In hostel one gets every opportunity for studying properly and no one can disturb him. In the hostel one leads an independent life free from curbs; one is to decide oneself whether he has to do a particular thing or not. He learns how to come to a definite decision. In hostel one can come across different types of people and those people may make us to how much about life and the way of life. Students with different types of family background live in the hostel and so he comes to know about the different standards of living. In hostel a person learns the culture of different people belonging to different area because of living together. Above all one's life becomes somewhat disciplined in a hostel. In some of the hostel every student has to get up at a particular time whereas in other hostel one has to play games in the evening compulsorily. So this makes the life quite regular. Hostels make us to learn many things about life and its ways.

The Smartest Man of the World

By: - Siraj Ahmed

A doctor, a lawyer, a little boy and a priest were out for a Sunday afternoon flight on a small private plane. Suddenly, the plane developed engine trouble. In spite of the best efforts of the pilot, the plane started to go down, finally, the pilot grabbed a parachute and yelled to the passengers that they better jump, and he himself bailed out. Unfortunately, there were only three parachutes remaining. The doctor grabbed one and said, "I am a doctor, I saved lives, so I must leave" and jumped out. The lawyer then

said, "I am a lawyer and the lawyers are the smartest people in the world. I deserve to leave". He also grabbed a parachute and jumped. The priest looked at the little boy and said, "My son, I have lived along and full life you are young and have your whole life ahead of you. Take the last parachute and live in peace". The little boy handed the parachute back to the priest and said, "Not to worry father. The smartest man in the world just took off with my back pack". Moral: Your job doesn't always define you, but being a good human being does.

Entertainment Media ViolenceReviewed by:
Majid-ul-Ghafar
(Lecturer (CMS))

Article written by Kimberly Greder on the issue of "Entertainment media violence: Role of Extension Professional". Present research article author discussed in detail about the media violence extension and its negative effects on children behavior and individual's behavior. He said, "Media violence positioned well through its vast networks". Author discussed in detail on issue of negative media violence in children behavior in USA. Author argues that parents and the media producers blame each other responsible for negative media entertain-

ment effects. He says, "Media producers say they produce what American say that they want and its parent's responsibility to look after their children. While the parents blame network television, movies, games and media producers are the responsible for violence behavior of the child.

Politicians in USA say there should be some strict regulations so that violent content and games monitored properly. In response to this statement author argues that, "regulations with only be meaningful if they are enforced". The article also reveals that an average 4 hours per day an American child watch television in different forms, like music, games etc.

Critics say that on the basis of numerous studies it can be said that all these studies are flawed because there are so many other factors involved which affect the children behavior. These factors include: parental support, peer group, teen age alienation etc.

Entertainment media violence also discussed by other discipline experts

like Surgeon General Scientific Committee (1972), in its statement warn American people on the negative effects of television viewing on the emotions and behaviors of children.

In present research article author Kimbley use different research techniques to investigate the issue in different ways. These techniques includes: content analysis, surveys, laboratory experiment, field observation etc. However, Fischhoff (1999) says, "Studies made on media violence are lab experiments which cannot be generalized to the real world. The question of violence behavior cannot be empirically tested". Keeping in view over all discussion it can be said that violence in entertainment media has negative effects on children behavior but due to some other factors like parental support, peer groups, teen age alienation also effects on children violent behavior. If parents and media producers both play responsible role that they affect may be decrease but not fully demolished.

Our Education SystemBy:-Ihtisham Ul Haq
(MA English)

According to the Oxford dictionary, education is a process of training, learning and teaching to improve knowledge and develop skills. "Education is the ability to listen almost everything without losing temper or self confidence" says Robert Frost. It means education does not just make a well knowledgeable person but it also enables man to judge others men, things or situations. It makes a person able to see the things beneath the surface. Education cannot change the human nature but it refines it. Education makes one well tolerant and patient, making him morally, ethically and socially a perfect individual which is the primary objective of education. Our education system does not make difference between literate and illiterate. In our society, the concept and objective of education is different because our struggle is just for

obtaining marks and getting grades and degrees which is not the primary purpose of education. Why the primary purpose of education is ignored? Our education cannot produce morally and socially responsible, knowledgeable well patient and perfect man. Our education produces just degree holders and not real educated persons. Sir Francis Bacon writes: "reading maketh a full man; conference a ready man; and writing an exact man;" here Francis Bacon points out three main features about education- reading, writing and discussion- but we brush aside all these aspects of the studies. Our students are busy all the time on social media instead of studying books; they are always engaged in mobiles- activating packages or text messages instead of writing something creative.

The focus of our discussion in our academic environment is not academic in nature but it is about some

useless issues. We do not know the relation of literature to real life. As students of social science we do not know the relation of our subjects to real life. Once an engineer asked an LLM student that we create buildings, what is your contribution as a social scientist to the real life? He could not give a satisfactory answer. Why? Because he did not know his subject's relation to the real life. As science students, the purpose of our studies should be to create or invent new things but we struggle just for the sake of jobs. "Crafty men condemn studies; simple men admire them; and wise men use them" says Francis Bacon. We mostly take the negative aspects rather than taking the positive ones. To conclude the above, we need to modify our education system and to make it useful, and we as students should take every subject seriously rather than just studying them for the sake of degrees.

Health Benefits of Watermelon

By:- Tauqeer

Despite popular belief that watermelon is made up of only water and sugar, watermelon is actually considered a nutrient dense food, a food that provides a high amount of vitamins, minerals and antioxidants for a low amount of calories. Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions. Many studies have suggested that increasing consumption of plant foods like watermelon decreases the risk of obesity and overall mortality, diabetes, heart disease and promotes a healthy complexion and hair, increased energy, overall lower weight. Asthma prevention: The risks for developing asthma are lower in people who consume a high amount of certain nutrients. One of these nutrients is vitamin C, found

in many fruits and vegetables including watermelon. Blood pressure: A study published by the American Journal of Hypertension found that watermelon extract supplementation reduced ankle blood pressure, brachial blood pressure and carotid wave reflection in obese middle-aged adults with prehypertension or stage 1 hypertension and that watermelon extract improved arterial function. Diets rich in lycopene may help protect against heart disease.

Cancer: As an excellent source of the strong antioxidant vitamin C as well as other antioxidants, watermelon can help combat the formation of free radicals known to cause cancer. Lycopene intake has been linked with a decreased risk of prostate cancer prevention in several studies. Digestion and regularity: Watermelon, because of its water and fiber con-

tent, helps to prevent constipation and promote regularity for a healthy digestive tract. Hydration: Made up of 92% water and full of important electrolytes, watermelon is a great snack to have on hand during the hot summer months to prevent dehydration. Inflammation: Choline is a very important and versatile nutrient in watermelon that aids our bodies in sleep, muscle movement, learning and memory. Choline also helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat and reduces chronic inflammation. Muscle soreness: Watermelon and watermelon juice have been shown to reduce muscle soreness and improve recovery time following exercise in athletes. Researchers believe this is likely do to the amino acid L-citrulline contained in watermelon.