



# sun!

who are  
social problems



these vans and buses are bent on stuffing in more and more passengers in their vehicle without giving a minute's attention to the complaints (read curses) of the passengers.

Nabeel Asif is a government servant. When asked about how does he cope up with the heat, he says 'It's safe while one is in office but the moment you go out for some work you are reduced to a poor creature. He recalled that a couple of days back, the rainstorm brought a change but that proved to be a only temporary relief.

The present wave of heat is affecting everybody. Notably the children and those who have to remain under the sun due to the nature of their work. This heat

has caused a number of heart attacks. Many people have fainted as their body's defence system could not put up a resistance. To be at a safer side, doctors suggest to remain indoors during the peak hours of heat that is from 12 am to 4 p.m. They also suggest to take in a lot of water and juices. Dr Amjad Mahmood, an MBBS, says that water and juices must be a part of your breakfast. But one should also know the fact that there is no alternative of water. So clean water is one of the best preventive measures to beat the heat. He also stressed the use of cap and umbrella before going out in the open.

This is one thirty in the afternoon, a nearby school rings the bell and a swarming crowd of little kids and boys and girls rushes out. The first thing they do is to go for drinks. The heat is on. The little boys and girls think it suitable to enjoy a juice or an ice cream or even both before heading home. Amid all this 'pleasant mayhem' I spot a little kid who is licking his melting ice cream with a too obvious innocence on his face. What's your name I ask? 'Jaid' (Zaid) is the reply in his peculiar pronunciation. 'How pleasant is it? I say while being unable to hide my smile. 'Garmee' (heat!!) he shrieks and runs away.

The elder ones are more concerned about the increasing temperatures. Standing at the bus stops or lining up to deposit the bills, they have no option but to wilt in the disgusting heat. But we can find solace in the fact that nothing is permanent but change. So for the change to come, we have to wait for a while.

Even those sturdy horses and donkeys which always look active in their harness appear in a poor condition. The heat has really affected each and every one of the living things in one way or the other. With a break in the previously hot season there is a ray of hope for each one of us. ■