

## #MIND&BODY

### Long-term Risk Of Stroke

The adverse effects of shift work can be long-lasting even after returning to a normal schedule, researchers report.



As most Americans wind down for bed, 15 million people are just clocking into work. These hospital workers, emergency responders, factory operators, and others are among the 20% of the world's population who do shift work.

Their different sleep-wake cycle elevates their risk for numerous health disorders including diabetes, heart attacks, cancer and strokes.

Shift work, especially rotating shift work, confuses our body clocks and that has important ramifications in terms of our health and well-being and connection to human disease," says David Earnest, professor in the neuroscience and experimental therapeutics department at the Texas A&M University College of Medicine.

When our internal body clocks are synchronized properly, they coordinate all our biological processes to occur at the right time of day or night. When our body clocks are misaligned, whether through shift work or other disruptions, that provides for changes in physiology, biochemical processes and various behaviours."

A previous study from Earnest and colleagues found that animal models on rotating shift work schedules had more severe stroke outcomes in terms of both brain damage and functional deficits than those on regular 24-hour cycles of day and night. Males were distinguished by worse outcomes in which mortality rates were much higher.

The new study published in Neurobiology of Sleep and Circadian Rhythms took a different approach. Rather than examining immediate effects of shift work on strokes, the researchers returned all subjects to regular 24-hour cycles and waited until their midlife equivalent when humans are most likely to experience a stroke to evaluate stroke severity and outcomes.

"What was already born out in epidemiological studies is that most people only experience shift work for five to eight years and then presumably go back to normal work schedules," Earnest says. "We wanted to determine is that enough to erase any problems that these circadian rhythm disruptions have or do these effects carry over even after returning to normal work schedules?"

They found that the health impacts of shift work do persist over time. The sleep-wake cycles of subjects on shift work schedules never truly returned to normal even after subsequent exposure to a regular schedule.

Compared to controls maintained on a regular day-night



cycle throughout the study, they displayed persistent alterations of their sleep-wake rhythms, with periods of abnormal activity when sleep would have normally occurred. When they suffered strokes their outcomes were again much worse than the control group. Females had more severe functional deficits and higher mortality than the males.

"The data from this study take on added health-related significance especially in females because stroke is a risk factor for dementia and disproportionately affects older women," says Farida Sohrabji, professor in the neuroscience and experimental therapeutics department and director of the Women's Health in Neuroscience Program.

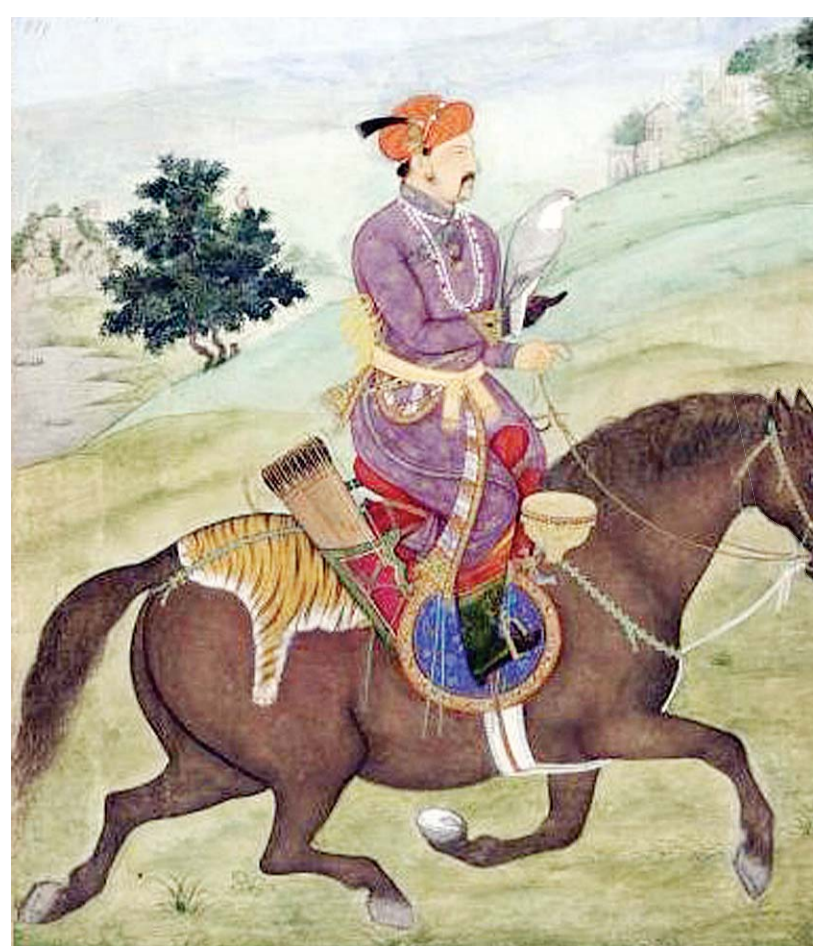
The researchers also observed increased levels of inflammatory mediators from the gut in subjects exposed to a shift work schedule. "We now think that part of the underlying mechanism for what we're seeing in terms of circadian rhythm disruption causing more severe strokes may involve altered interactions between the brain and gut," Earnest says.

The results of the study could eventually lead to the development of interventions that block adverse effects of disrupted circadian rhythms. In the meantime shift workers can improve care of their internal body clocks by trying to maintain a regular schedule as much as possible and avoiding a diet high in fat which can cause inflammation and also alter the timing of circadian rhythms.

This research has clear implications for shift workers, but it could extend to many other people who keep schedules that differ greatly from day to day.

"Because of the computer age many more of us are no longer working from nine to five. We take our work home and sometimes work late at night," Earnest says. "Even those of us who do work regular schedules have a tendency to stay up late on the weekends producing what is known as 'social jet lag' which similarly unwinds our body clocks so they no longer keep accurate time. All this can lead to the same effects on human health as shift work."

To avoid some of these health hazards Earnest says the best approach is to maintain a regular schedule of awake time, sleep time, and mealtimes that doesn't vary drastically from day to day. In addition avoid the usual cardiovascular risk behaviours like eating a high-fat diet, not getting enough physical activity, drinking too much alcohol and smoking.



## A Lion In The Durbar



Anjali Sharma  
Senior journalist & wildlife enthusiast

Once someone told Jahangir that lion and tigers cannot change their true nature and will kill any human if given an opportunity. So Jahangir kept his home bred lions and tigers in his bedroom for many months and when he came back one of his pet lion saw him and ran to meet his owner escaping clutches of caretakers into the Deewan-e-Aam. Soon chaos ensued as commoners and ministers alike were running helter skelter afraid of a huge lion running in Deewan-e-Aam during a crowded court time. Finally Jahangir had to get down from his Emperor's seat and calm the lion. Thus Jahangir and the courtiers had another royal company by their side through the days court proceedings as the lion refused to be coaxed back from Deewan-e-Aam leaving his owner and thus the proceedings were stopped to allow Jahangir to go back to his palace taking his lion along. It was common for Jahangir to take his pet lion/tiger for meetings with the ambassadors and other emperors.



During a hunt he had spotted a deer and tried to kill it but accidentally killed his own favourite, Mansraj. The emperor becomes so sad that he ordered to bury deer in the ground where it died and build a tower called Hiran Minar. This is a very rare example of love towards a pet, a gesture of love towards wildlife in a time when the western world was not even familiar with such intentions.

Once someone told Jahangir that lion and tigers cannot change their true nature and will kill any human if given an opportunity. So Jahangir kept his home bred lions and tigers in his bedroom for many months and even in his Deewan-e-Khas and none tried to kill him. Another incident mentioned about Jahangir's pet love is about his pet lion. Once Jahangir was away from Agra for few days and when he came back one of his pet lion saw him and ran to meet his owner escaping clutches of caretakers into the Deewan-e-Aam. Soon chaos ensued as commoners and ministers alike were running helter skelter afraid of a huge lion running in Deewan-e-Aam during a crowded court time. Finally Jahangir had to get down from his Emperor's seat and calm the lion. Thus Jahangir and the courtiers had another royal company by their side through the days court proceedings as the lion refused to be coaxed back from Deewan-e-Aam leaving his owner and thus the proceedings were stopped to allow Jahangir to go back to his palace taking his lion along. It was common for Jahangir to take his pet lion/tiger for meetings with the ambassadors and other emperors.

## #AKBARNAMA

observations about animals.

On this day Saibahan arrived from Burhanpur and exhibited to my view my late brother Danyal's horse and elephant. One of the elephants he had brought was named Mast-i-Alast. I liked its looks, so I named it Nur Gaj. An amazing thing was witnessed in this elephant. Beside both ears were bumps the size of small watermelons and there was also a bump on the place where fluid drips out from elephants when they are in rut. The bump on its forehead was larger than has been seen in other elephants. I thought it looked very handsome and awe-inspiring.

He was a keen and expert hunter too as noted in Jaghngirnama

On Monday the fourteenth (February 20), while on the road, it was heard that two lions were menacing travellers between Panipat and Karnal. I got my elephants together and set out. When I reached the place they had been spotted, I got on a female elephant and ordered the other elephants to encircle the lions as a qamargha. By God's grace I shot them both and eliminated the evil of these two which had blocked the people's way.

This is what he wrote about his pet turkey that he got as gift

Although His Majesty Firdaws-Makani (Babur) wrote in his memoirs of the shapes and forms of some animals, apparently he did not order the artists to depict them. Since these animals looked so extremely strange to me, I both wrote of them and ordered the artists to draw their likenesses for me, the Jahangirnama so that the astonishment one has at hearing of them would increase by seeing them in form. One of the animals was larger in body than a peahen and significantly smaller than a peacock. Sometimes when it displays itself during mating it spreads its tail and its other feathers like a peacock and dances. Its beak and legs are like a rooster's. Its head, neck, and wattle constantly change colour. When it is mating they are as red as can be - you'd think it had all been set with coral. After a while these same places become white and look like cotton.



Sometimes they look turquoise. It keeps changing colour like a chameleon. The piece of flesh it has on its head resembles a cock's comb. The strange part about it is that when it is mating, the piece of flesh hangs down a span from its head like an elephant's trunk but then when it pulls it up, it stands erect a distance of two fingers like a rhinoceros' horn. The area around its eyes is always turquoise coloured and never changes. Its feathers appear to be of different colours, unlike a peacock's feathers.

He even made his elephant caretaker a Raja; quote from Jahangirnama

Kishan Das, the overseer of the elephant department and stable who had held the two offices since His Majesty Arsh-Ashyani's time, and who had been hoping for a long, long time to be made a raja, was awarded the title of raja and given a rank.

Jahangir's elephants bitten by mad dog; quote from Jahangirnama

I knew that any animal bitten by a mad dog would certainly die but until now it wasn't known to be true of elephants. One night during my reign however a mad dog got into the area in which one of my personal elephants, Kachhi by name, was tied and bit the leg of the female elephant that was my elephant's companion. The female elephant immediately roared and the elephant keeper came running to drove the dog away into a thorn brake in the vicinity. A little later it came back, went to my elephant, and bit it again on the leg. The elephant stepped on the dog and killed it. One cloudy day a month and five days later, a clap of thunder hit the female's ear while it was grazing. All at once it bellowed, its limbs began to tremble and it threw itself on the ground. It got up again and it drooled for seven days until suddenly it bellowed in distress. No treatment, the elephant keepers tried, did any good. On the seventh day it fell down dead. One month after the female elephant's

death they were taking the male to the fields by the river bank, and it was cloudy and thundering again. In a rage the elephant began trembling and sat down on the ground. The keepers brought it home showing every sort of kindness and concern, but after the same period of time and in the same way the female had died. This one died too. Such an occurrence was astonishing. It is truly amazing that an animal with a body so large and big could be affected so by a wound inflicted by an animal so small.

Jahangir loved being with his pet animals when they gave birth to baby animals and observed it closely

On the eve of Sunday the eleventh of Tir (circa June 22), a female elephant from my personal stable gave birth in my presence. I had repeatedly ordered investigation made into the length of an elephant's gestation. Finally, it was learned that a female was in the mother's womb for one year and six months, while a male was there for nineteen months. In contrast to human babies which usually come from the mother's womb head first, an elephant calf usually comes out feet first. When the calf was separated from the mother, the mother kicked down on it with her feet and began to show love and reassure it. The calf remained down for an instant and then it got up and went for the mother's udders.

Jahangir's tribute to his pet a tomb to rival Taj Mahal in middle of the river in Lahore

Hiran Minar was built at the site of a game reserve in honour of Mughal Emperor Jahangir's pet antelope, due to his fondness of nature and relationship between human's pets and hunting. Therefore, Hiran Minar was built during the reign of the Mughal Emperor Jahangir in a hunting reserve used by the Mughal rulers. During the reign of Emperor Salim from 1605 to 1627, Sheikhpura had the status of royal hunting ground. The minaret itself was built in 1606 as a monument to Emperor Jahangir's beloved pet antelope, Mansiraj or 'Light of the Mind'. Who had been trained to lure wild animals to the tank in order to be hunted from the royal hunting ground. The practice of building such tomb-markers over the skulls of game animals is an ancient Persian custom. Mughal Emperor Jahangir ordered a tower and a grave to be built for his deer, Mansraj. During a hunt he had spotted a deer and tried to kill it but accidentally killed his own favourite, Mansraj. The emperor becomes so sad that he ordered to bury deer in the ground where it died and build a tower called Hiran Minar. This is a very rare example of love towards a pet, a gesture of love towards wildlife in a time when the western world was not even familiar with such intentions.

writetorabit@ashtradoot.com



Jahangir & Abbas I



Hiran Minar near Lahore.

## Sprinkle Day

If there's anything, a child can tell you it's that no matter how bad life is, it can always be improved with the addition of sprinkles. These delightful confectionery decorations bring a bright splash of joy to whatever you put them on and they're most popularly added to cupcakes, cakes, and ice cream. It doesn't end there though sprinkles are used in all sorts of things all over the world and Sprinkles Day is all about learning about these variations and trying them out at home.



## #LIFESTYLE

### Pretty Fluffy

That's right, doggy raincoats can be both practical and stylish.



#### Summer Stripes

One of the biggest style trends of the year is Stripes! According to Vogue, stripes was predicted to capture the attention of fashion forward folks this spring and monsoon. A classic print with ties to the '90s, stripes are having a serious moment this year. Have some fun with the design this summer by mixing and matching with different prints and various colours.

#### Transparent Raincoat

If you want to go for a transparent raincoat for dogs here is an affordable choice that you can consider for your pet. This raincoat is made of polyester and has a webbed pattern to ensure proper fitting for your pet. The poncho design of this raincoat makes it easy to put on your pet. So you will not have a hard time convincing your beloved pet to wear a raincoat.

Make the next wet walk around the neighbourhood or park a dry and stylish one with the perfect doggy raincoat, whether it boasts a classic, nostalgic print or embraces one of spring and summer's edgiest fashion trends. But remember, your dog's comfort comes first, so when it comes time to finally making the purchase make sure your dog loves it as much as you do.

A little rain in the forecast doesn't mean you have to postpone your pup's walk, at least not if you have the right doggy raincoat for the occasion. And when it's time to upgrade your dog's raincoat keep in mind the two F's: Is it functional? In other words, will it help keep your dog from turning your home into a water park? And is it fashionable? (Because you wouldn't want your pup to look as good as you do?)

That's right, doggy raincoats can be both practical and stylish. And this year fashion trends are as exciting as ever embracing bright, bold hues and celebrating the return of some of our favourite nostalgic prints.

So without further ado, ahead are the best raincoat options for dogs that'll not only keep your best friend dry but also help your pup show off the latest in dog and pet parent fashion.

#### Cut-out Culture



Peekaboo! No, we're not referring to the game you might play with your puppy when they're feeling particularly restless. This spring it's all about cut-outs seen in everything from swimwear to dresses. But it isn't just the pet parents who can rock this daring trend. Does can too and we found just the doggy raincoat that embraces the style.

#### Double Layered Water Proof Rain Gear

This double-layered raincoat can be fastened on your pet with the help of a buckle and velcro straps to prevent the fur from getting wet. The raincoat is harness or leash-friendly making it apt for walk sessions. You can choose from different colours and multiple sizes allowing you to shop the one that is apt for your pet dog.



#### Spish-Splashing in White

White might always be in rotation over the summer months for many of us but this particular summer you're bound to see more of it especially in the form of a white tank. Plus Pantone included a shade of white to their Spring/Monsoon 2022 colours: Snow White. The hue is described as a 'clean and pure white'.

Colours for Spring/Monsoon 2022 bring together our competing desires for comforting familiarity and joyful adventure through a range of soothing and timeless colours, along with joyous hues that celebrate playfulness.

#### Big, Bold Hues

This year, let your dog go big with bold hues, another spring/monsoon trend. And when we say 'big, bold hues', we mean the brightest, most eye-catching colours possible, from summery tangerine, sun-bright yellow and hot, hot pink to saturated sky blue and, a personal favourite, chartreuse.



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman

## THE WALL

