



SCIENCE SCOPE

Volume

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Editorial Desk

Dear readers,

Could you imagine this world without science? Not that the world would crumble away and vanish without it. But that unrealistic reasoning and myths would flourish. The result? Confusion, unnecessary fears spreads and surely leads to a poor mental health. So, science is here to save us! Science doesn't make things more complicated; instead it simplifies and explains every single thing's occurrence. Understand the basic concept and you would be able to understand the rest.

Talking of health, Science does not only lighten our mental burden, but it also secures our physical health. So, we've chosen "Health" for this issues' theme. I know it's somewhat a 'since stone-age' topic, but that's because it's important and clearly our students are not taking very good care of themselves.

For a start, everyone knows that cigarettes, alcohol and drugs are extremely harmful junks. Some of them are actually beneficial, but when it's abused, it's bad. I hope that this time's focus would bring some strong points which could persuade those who are taking them to stop. Or to those who are curios about them and would like to try, there's nothing good about them, so don't!

Learn to say 'No' when you're forced to take them.

On diet, most of us are loading ourselves with all kinds of junk food (unhealthy snacks). We eat foods which are too spicy, too salty, too sweet or too oily. Some of us are even cutting down the normal amount of food we should be

eating so as to obtain a skinny look. But dear mates, nothing is important than a balanced diet. So eat smartly.

On hygiene, our students are having the least thinking of it. I know everyone washes themselves and laundries their clothes. But what about the environment? You've been littering the road side, coughing without covering your mouths and you're spitting! Oh my! We've been taught not to spit since we're in Kindergarten. I believe everyone knows that how disgusting and unhygienic it is, not to mention all kinds of disease which could be spread through your spit. Take care of not only your health but also try to care others' too.

Lastly, it's a new year and so there are some new changes in our Science Scope too. We've mixed something new into it. Hope you will find them interesting and informative.

☺ Happy Reading! ☺

Editor.

P.S. There's always room for improvement. So if you have any suggestions feel free to hand it to us and I'm sure your suggestions would be able to improve Science Scope!

Thank you!