

#TRIED&TASTED

Tempting and Delicious

What better way to spend some time changing the taste as well as mood. You can let go off the diet but keeping in mind the immunity factor can go for these favourite old recipies during these trying times. There is no doubt something beneficial about the vegetables that we have in India and our grandmothers and mothers know how to make them look tempting and taste delicious.

Chena Fry



- Elephant foot yam, or chena,** is an extensively used tuber in Kerala. You will find it in vegetarian dishes like aviyal and kootu curry, and you will also find it turned into chips. Parboiled and fried in coconut oil, it makes for a delicious and crunchy treat. Jimikani or elephant foot yam is full of good gut bacteria and can help rebuild the digestion process. Hence, people experiencing weight problems due to bloating, gastric issues and irritable bowel syndrome (IBS) can benefit from eating this veggie.
- Ingredients**
- 2 cups yam, clean and cut into 1/2-inch cubes
 - 3 cups water
 - 2 cups coconut oil
 - 3/4 tsp turmeric powder
 - 1/2 tsp chilli powder
 - 1/2 tsp coriander powder
 - 1/6 tsp asofoetida powder
 - 15 garlic cloves with skin, crushed
 - 2 springs curry leaves
 - Salt to taste
- Preparation**
- Heat water in a vessel, add 1/2 tsp turmeric powder, coriander powder, salt and yam cubes. Boil for 15 minutes.
 - Drain off the water. Sprinkle a pinch of salt, asofoetida, 1/4 tsp turmeric, 1 tsp of chilli powder, crushed garlic and curry leaves onto the yam and mix.
 - Shallow fry in coconut oil and transfer onto absorbent paper.
 - Serve hot as a snack or as an accompaniment with rice.

Crispy Okra Salad



- Originally,** we halve the okra lengthwise and marinate it with chickpea flour, lemon juice and spices. Although I think of it as a salad, others call it a side dish, an ideal substitute for French fries. Okra boasts an impressive nutrient profile. It has an excellent source of vitamins C and K1. Vitamin C is a water-soluble nutrient that contributes to your overall immune function. Additionally, okra is low in calories, carbs, contains some protein and fiber.
- Ingredients**
- 450 gm okra, stems removed and thinly sliced lengthwise
 - 1.5 tsp chaat masala
 - 1 tsp sea salt
 - 1 tsp toasted cumin seed powder (bhuna jeera)
 - 2-3 small red onions, thinly sliced
 - 3 small tomatoes, cored, seeded and thinly sliced
 - 1/4 cup chopped fresh coriander
 - Juice of 1/2 lemon
 - Canola oil or any neutral oil
- Preparation**
- Heat 2 inches of oil in a large heavy-bottomed pot to 350°F (approx 176°C). Add 1/3 of the okra and fry for 5 to 7 minutes until browned and crisp.
 - Transfer to a paper towel-lined plate and repeat with remaining okra, making sure the oil temperature comes back to 350°F before frying additional batches.
 - In a large bowl, toss the okra with the onions, tomatoes, coriander, lemon juice, chaat masala, toasted cumin powder and salt. Taste for seasoning and serve immediately.
- Tip:** For nicely seasoned crispy okra, season with chaat masala and some salt as it comes out of the oil and you drain it on the paper towels, in addition to the seasoning you will add as per the recipe.

The Hippocratic Oath is one of the oldest binding documents in history. Written in antiquity, its principles are held sacred by doctors to this day: treat the sick to the best of one's ability, preserve patient privacy, teach the secrets of medicine to the next generation, and so on. Even today, most graduating medical-school students swear to some form of the oath. But the oath is not always related to a doctor's medical practice, it also reflects his life choices however trivial they may seem, as this charming story from Jaipur's leading cardiologist demonstrates

In Hippocrates's Footsteps



he express train from Jaipur rolled into the Meerut railway station carrying eleven members of the cricket team from SMS Medical college. Also accompanying them was the twelfth man – Inam – included at the eleventh hour.

Inam had surrendered to his affable instincts when, Badshah, the captain, mentioned to him the night before, "Mian, Meerut chal, maje karengi!" All through a hockey player, a trip with the cricket eleven had Inam fire his imaginations on all cylinders.

The team had got off to a flying start, winning the initial two matches of the All-India Inter Medical College tournament with handsome margins. An undercurrent of amiability and goodwill was sweeping gently across the team, and Inam let go himself with the tide. He would chip in with entertaining tales of the exploits of his college days and his hockey prowess.

Stiff Upper Lip

Anil, the Badshah and the captain, would try hard to put up a stiff upper lip so as not to dilute the seriousness of the whole affair. But come evening and even the Badshah would let his sparse hair down in the carefree relaxation of his restraints as a captain. The well-oiled team gelled smoothly with the Badshah-Birbal duo cementing it from stem to stern.

But like a dark cloud athwart the bright skies, events unfolded to mar the harmony of the proceedings. The third tie with the Meerut Medical College was threatening to be a tense affair with passions boiling on both sides. To douse the raging fire of disbelief, the administrators decided to field one umpire each from the two teams. Finding Inam to be at a loose end and with nobody else to fall back on, Anil asked suggestively, "Inam umpiring



kar sakega?"

It would be paltering to say that Inam didn't miss a beat or two, but finding the ball in his court, Inam realised that the moment for him to repay for the innumerable cups of tea and omelettes had arrived. History would never forgive him if he did not rise to the occasion as a twelfth man, however capable or otherwise he was. "Kar lenge," he replied nervously.

His flatfooted forays in cricket had been limited to casually watching Test matches on TV and playing friendly games in the hostel corridors in Jaipur. And now he was to be an examiner in a subject, which had hardly caught his attention in life till then.

So, a crash course to educate the examiner got underway on the penultimate night. Aware of Inam's learning capabilities, Badshah decided to take the bull himself by



Meerut Medical College.

its horn. His room was soon a host to senior players, ensconced cosily in blankets, tutoring Inam in the nuances of cricket umpiring.

To start, with the knowledge of basics like number of balls in an over under his belt, Inam carried himself with aplomb. Soon, he was to be caught in a quandary of complicated signs and signals of fours, sixes, no-balls, and wide-balls. The list was unending. Instructions flew wildly from different corners of that small room messing up the swamp of commotion that his mind was already in.

The wealth of umpiring information bestowed upon Inam made him first gape, then gurgle, then gasp and then finally shoot for yet another cup of refreshing tea. Failing to curb the demon of discontent arising from Inam's lackluster performance, Badshah chided, "Inam, bilkul dhakkan hai kya? Exam mein kaise pass hua tha?" The answer to this question had always eluded Inam himself.

He had hoped that with the passing of weeks and months those grueling moments of his examination

were a thing of the past. But now its mention had twisted the knife in his wound.

With Inam's retaining skills dwindling as the night ticked by, the occupants of the room found their patience leave them. Ultimately, they rose, looked into his eyes and asked him to repeat after them.

"Chahе kuch bhi ho jaye, apne khiladi ko out nahi dena hai!" in a stilled tenor laced with a tinge of the Hippocratic oath.

Lofty Ideals

Inam burned in baffled exasperation. Not that he could boast of any lofty ideals, his conscience had never been stilled so conclusively even in his most unregenerate days. His mind was hurt as his new responsibility seemed to sap his moral fibre. The things were getting increasingly sticky. Perhaps some sleep could make them less sticky.

Meerut woke up to a cold and foggy morning. Releasing themselves from the warmth of their quilts and blankets, the members of our cricket team from SMS Medical College descended on the dining



Tilak

ilak, Sanskrit word tilaka, is a mark, generally made on the forehead, indicating a person's sectarian affiliation. The marks are made by hand or with a metal stamp, using ash from a sacrificial fire, sandalwood paste, turmeric, cow dung, clay, charcoal, or red lead. Tilaka may be worn daily or for rites of passage or special religious occasions only, depending on regional customs. It is marked on the forehead of the guests as well as a custom in India.



Badshah & Birbal flanked by friends.

solemn disposition as he fretted along the sidelines like a timorous rabbit. Occasions, like this, with gigantic implications would always turn his blood into ice.

The events of the previous night bore heavily on Inam's mind. Many a man in Inam's position would have found it impossible to choose between the honest delivery of his duties as an umpire on one side and fidelity towards his team on the other. But not Inam. He had decided to be true to his team and to the Hippocratic oath thrust upon him! This culmination of thoughts had steeled Inam's resolve. The uncertainty in his own capabilities melted into thin air. He picked up his hat, stuck it at a rakish angle on his head and sallied forth into the challenging world of umpiring.

Conspiratorial

The day started with Jaipur losing the toss. Invited to bat, Raju and I opened the innings. As I went through the ritual of taking guard, I exchanged a conspiratorial glance with Inam. We got into the groove soon and were timing the ball well. The ball was coming up to us fast and was highly conducive to our drives and square cuts. The crowds went into a silent huddle. But not for long, when Inam got into his element.

His expertise, or rather lack of it, was slowly unmasking. The fours were signalled as no balls when he would stick out his right arm but forget to swing it and then break into an ataxic gesturing as an afterthought. His upper limbs moved gratuitously and involuntarily to convert a wide ball into a six. His gestures would lag way behind his calls. The scorers cried themselves hoarse to sort out Inam's confused gesticulations. The crowd went berserk but Inam would remain calm as a cucumber amidst all this commotion.

As the innings wore on, Inam



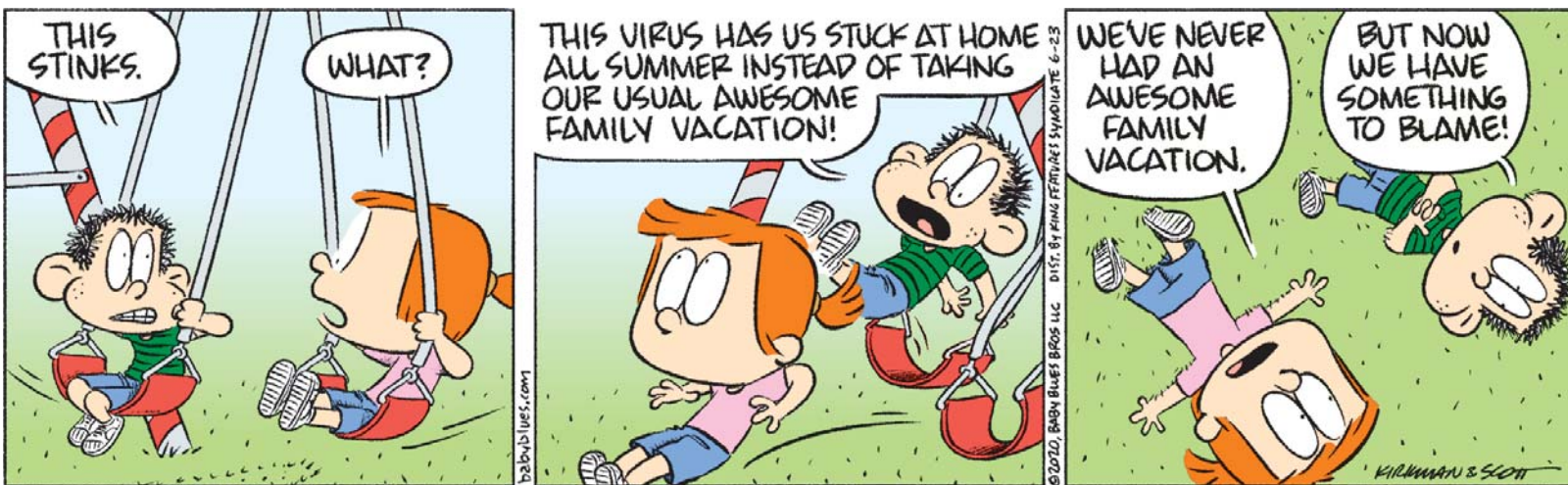
By Rick Kirkman & Jerry Scott

ZITS

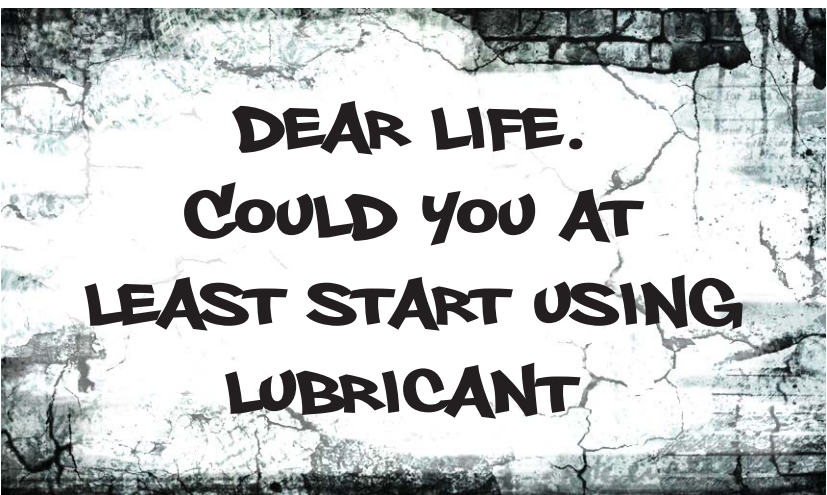


By Jerry Scott & Jim Borgman

BABY BLUES



THE WALL



#COVID-WATCH

No Vaccine Will Work As If By Magic

To dream of imminent solutions is only human. But progress will come from controlled expectations

Jeremy Farrar
Director, Wellcome Trust

As the Covid-19 pandemic continues to reverberate globally, there is no doubt that we must be ready to face a long road ahead, certainly beyond the end of this year. The fact that a vaccine, alongside effective treatments, is our only true exit strategy remains unchanged. The speed and scale of vaccine development have been remarkable but it's important to avoid false hope. I am optimistic that we will soon see results from the first vaccines coming through late-stage clinical trials. However, we must temper this optimism, this talk of the perfect vaccine just around the corner or the idea that it will be a complete and immediate solution.

The UK has manoeuvred itself into such a leading position



A technician at the Covid-19 testing lab at Queen Elizabeth University hospital in Glasgow.

Over the summer, the UK vaccine taskforce has done an impressive job of securing access to a broad portfolio of potential Covid-19 vaccines. But I worry that, beyond the taskforce, too much hype is being applied to the first vaccines and in some countries too much focus on a political agenda and domestic provision.

The "first" vaccine, or even the first generation of vaccines, will most likely not be perfect; we need to be pragmatic and transparent on that front. The reality is that with these vaccines, we will be taking small steps to return to a sense of normality. However, the first generation of Covid-19 vaccines will probably be only partially effective. It is very possible that they might provide immunity only for a limited period, even as short as 12 to 18 months.

Urgency must not be misunderstood; accelerating vaccine development must not mean compromising safety. Transparency in the assessment by independent regulatory bodies without political interference is non-negotiable. Already, there are worrying signs of diminishing trust in potential Covid-19 vaccines. Polls suggest that in countries with some of the highest global case numbers, such as the United States, there could be low uptake of any Covid-19 vaccine, no matter how effective.

We have to do everything possible to avoid this. The first vaccine may not be a magic bullet that sends us back to normal in a matter of months. However, by using doses wisely on the people who most need them and doing this alongside truthful, considered public health messaging that does not deal in false expectations - we will be in a strong position to avoid a repeat of early 2020.