

Health Matters

Easily stressed? You may be at risk of developing high BP

The tendency to take more stress during youth may increase the risk of developing high blood pressure later in life, suggests a study.



Also, stressed youths who are overweight are three times more likely to develop high blood pressure, showed the findings, published online in the journal Heart.

Casey Crump, researcher from the Stanford University in California, US used the national disease registry data to track the health of more than 1.5 million 18-year-old men, who had been conscripted into the army in Sweden between 1969 and 1997, till the end of 2012. None of the conscripts had high blood pressure when they began their stint in the military. Their stress resilience level was measured by structured interview. The men were quizzed about psychological adjustments made, their conflicts and successes, and responsibilities assumed at school, home, or at work, to gain a picture of an individual's emotional stability and maturity and arrive at a score of between one and nine on the stress

resilience scale, with nine indicating high resilience. Between 1969 and 2012, some 93,000 of the conscripts were diagnosed with high blood pressure. The average age of the men at the end of the monitoring period was 47, and the average age at diagnosis was 49. A low stress resilience score at the age of 18 was associated with a heightened risk of developing high blood pressure in later life. Men in the bottom 20 percent of scores had a more than 40 percent heightened risk of the condition than those in the highest 20 percent of scores.

Short Story

On the way to the sun

He had journeyed a long way, and was very tired. It seemed like a dream when he stood up after a sleep in the field, and looked over the wall, and saw the garden, and the flowers, and the children playing all about. He looked at the long road behind him, at the dark wood and the barren hills; it was the world to which he belonged. He looked at the garden before him, at the big house, and the terrace, and the steps that led down to the smooth lawn—it was the world which belonged to the children. "Poor boy," said the elder child, "I will get you something to eat." "But where did he come from?" the gardener asked. "We do not know," the child answered; "but he is very hungry, and mother says we may give him some food." "I will take him some milk," said the little one; in one hand she carried a mug and with the other she pulled along her little broken cart. "But what is he called?" asked the gardener. "We do not know," the little one answered; "but he is very thirsty, and mother says we may give him some milk." "Where is he going?" asked the gardener. "We do not know," the children said; "but he is very tired." When the boy had rested well, he got up saying, "I must not stay any longer," and turned to go on his way. "What have you to do?" the

children asked. "I am one of the crew, and must help to make the world go round," he answered. "Why do we not help too?" "You are the passengers." "How far have you to go?" they asked. "Oh, a long way!" he answered. "On and until I can touch the sun." "Will you really touch it?" they said, awestruck. "I dare say I shall tire long before I get there," he answered sadly. "Perhaps without knowing it, though, I shall reach it in my sleep," he added. But they hardly heard the last words, for he was already far off. "Why did you talk to him?" the gardener said. "He is just a working boy." "And we do nothing! It was very good of him to notice us," they said, humbly. "Good!" said the gardener in despair. "Why, between you and him there is a great difference." "There was only a wall," they answered. "Who set it up?" they asked curiously. "Why, the builders, of course. Men set it up." "And who will pull it down?" "It will not want any pulling down," the man answered grimly. "Time will do that." As the children went back to their play, they looked up at the light towards which the boy was journeying. "Perhaps we too shall reach it some day," they said.

National & International News

Rescuers find signs of life in rubble, 124 still trapped

AP **Taiwan, Feb. 7:** Rescuers on Sunday found signs of life within the remains of a high-rise residential building that collapsed in a powerful, shallow earthquake in southern Taiwan that killed at least 19 people, as families anxiously waited on site. The emergency center in Tainan, the worst-hit city, said Sunday that 171 people had been rescued from the building following the magnitude-6.4 quake that struck at dawn Saturday.

Tainan Mayor Lai Ching-te said in TV interviews from the site of the building collapse that there was an estimated 124 still trapped, many at the bottom of the wreckage. Lai said that they had been able to rescue many people by using information from residents who got out on the possible locations of those still inside.

A man in his early 30s was pulled out from the rubble Sunday morning and able to tell rescuers his name and other information.

A man in his 60s, whose son escaped and whose daughter-in-law was in serious condition in a hospital, was trying to help rescuers pinpoint his grandsons. "My 11- and 12-year-old grandsons are still

inside on the ninth floor," said the man, who only gave his surname, Huang. "I told my son not to buy an apartment here; it was suspiciously cheap."

Beside him, another man nodded in agreement as he waited for news of his own relatives on the seventh floor.

The emergency center and the city government said that 17 of the 19 confirmed deaths were from the building collapse. They said that 171 had been rescued from the building, 90 of whom were sent to a hospital. Another 104 people were rescued from other parts of the city, seven of whom received hospital treatment.

The rescued figures were lower than the city government had reported Saturday, and there was no immediate explanation for the discrepancy.

The spectacular fall of the 17-story high-rise immediately raised questions about its construction, and Taiwan's interior minister said there would be an investigation. Nine other buildings in the city collapsed and five careened.

On Sunday, thousands of rescuers in red, orange, yellow and black uniforms worked on different levels



of the folded building that was supported by steel pillars. Rescuer Su Yu-min said they were trying to cut through walls and pillars to go down further to try to reach people trapped in the bottom part of the rubble.

"It takes a few hours to complete a search for just one household and sometimes it takes two hours just to go forward 30 centimeters (12 inches)" when the way is blocked by a wall, he said.

The quake came two days before the start of Lunar New Year celebrations that mark the most important family holiday in the Chinese calendar.

The operators of Taiwan's high speed rail announced Sunday that the service would resume full operation from noon. The

earthquake had damaged power lines near Tainan Station and caused major disruption to the system at a busy time when many people were returning home to celebrate.

Following the collapse of the residential high-rise, questions surfaced about whether construction of the 1989 structure had been shoddy. Tainan's government said the building was not listed as a dangerous structure before the quake, and the interior minister, Chen Wei-zen, said an investigation would examine whether the developer had cut corners.

Earthquakes frequently rattle Taiwan, but most are minor and cause little or no damage. However, a magnitude-7.6 quake in central Taiwan in 1999 killed more than 2,300 people.

Security forces intensify counter-terror ops, neutralize 10 terrorists in two weeks

ANI **New Delhi, Feb. 7:** Undeterred by the inhospitable weather conditions, the Indian Army and the Jammu and Kashmir Police have upped the ante in their counter terrorist operations, neutralizing ten terrorists in two weeks.

The result of the operations are clearly manifested in the clinical,

intelligence based operations over the past two weeks that have resulted in the elimination of ten terrorists in all parts of Kashmir.

Conscious efforts are being made to ensure no collateral damage during these encounters and it can be gauged from the fact that there has been no civilian casualty in any of these operations.

The Army personnel have been careful in evacuating the occupants of the affected house and from other adjacent areas from the scene of action to ensure safety of the people.

"The quantity of weapons, ammunition and other war like stores including explosives that have been recovered from the terrorists would

have been a cause of major destruction and loss had it not been for the valiant efforts of all personnel of the army and police who have braved the initial volley of fire from the terrorists as also the rigours of weather before eliminating them in sustained operations even stretching overnight on occasions," the Army said in a statement.

Bomb blows a hole in passenger plane after it takes off, 1 dead

PTI **Mogadishu, Feb. 7:** It was a bomb that blew a hole in a jetliner, killing one person and forcing the plane to make an emergency landing on Tuesday in Somalia's capital, Mogadishu, a Somali official said on Sunday. "Experts who were investigating the cause of the blast in the plane concluded that a bomb was the cause," said Ali Jama Jangali, Somalia's transport minister at a press conference in Mogadishu. "The bomb aimed to kill all onboard

the plane. Al-Shabab was behind it," he said of the explosion on a Daallo Airlines Airbus 321. He said the findings are preliminary and the investigation is continuing.

Six people have been arrested in connection with the blast after examinations of CCTV images in the airport, a senior Somali intelligence official told the Associated Press. He insisted on anonymity because he is not authorized to speak to the press about the matter.

Somalia's Islamic extremist rebels, al-Shabab, have not claimed responsibility for the incident, although the group is suspected. One passenger, Abdullahi Abdusalam Borle, died, according

to Somali officials who did not give any details. A man's body was found in the town of Balad, 30 kilometers (about 18 miles) north of Mogadishu, according to police who said he might have been blown from the plane.

All other 74 passengers on the plane were safe after the pilot returned the plane safely to Mogadishu airport. The explosion happened about 15 minutes after the plane took off and it was still ascending. Capt Vlatko Vodopivec, the pilot, said he and others were told the explosion was caused by a bomb. "It was my first bomb; I hope it will be the last," Vodopivec told AP by phone from Mogadishu. He

said the blast happened when the plane was at around 11,000 feet (3,350 meters) and still climbing to its cruising altitude of 30,000 feet. It would have been much worse if we were higher," he added.

Had the blast occurred at a higher altitude, it could have led to explosive decompression on the plane, which might have caused more severe structural damage, and would have forced a more rapid descent because of limited supplies of oxygen to the passengers.

After the explosion, passengers put on oxygen masks and air could be heard rushing through the hole in the fuselage, according to a video taken by a passenger.

Boy found dead in private school in Ranchi

ANI **Ranchi, Feb 07:** A boy was found dead under mysterious circumstances in a private school in Ranchi. Assistant Superintendent of Police Prasaht Anand said the investigation will take time and some people have been detained for the probe. Parents of the deceased child blame the school authorities for lack of discipline. The police inspected the school premises and further investigation is underway.

Two brothers killed in car-truck collision

PTI **Jind (Har), Feb 7:** Two brothers were killed and two others seriously injured when the car they were travelling in collided with a truck on Jind-Rohatk Road in this district, police said today. The four youths were travelling from Gurgaon to Polly village here yesterday when they met with the accident in which Pardeep (24) and Ajit (20) were killed, they said. The injured, identified as Jitender and Sandeep, were admitted to PGIMS at Rohatk, police said.

UN chief condemns N Korea's provocative rocket launch

PTI **United Nations, Feb 7:** UN Secretary General Ban Ki-moon today denounced North Korea's launch of a long-range rocket and asked the country to halt its "provocative actions" and return to compliance with its international obligations. Condemning the launch as "deeply deplorable", the UN chief said it was in violation of UN Security Council resolutions. "It is deeply deplorable that the Democratic People's Republic of Korea (DPRK) has conducted a

launch using ballistic missile technology in violation of relevant Security Council resolutions despite the united plea of the international community against such an act," Ban said in a statement.

Ban reiterated his call on North Korea to halt its "provocative actions" and return to compliance with its international obligations. He reaffirmed his commitment to working with all sides in reducing tensions and achieving the verifiable denuclearisation of the Korean Peninsula, the UN statement

said. Meanwhile, United Nations Security Council has convened an emergency meeting today over North Korea's launch of a long-range rocket.

North Korea today said it had successfully put a satellite into orbit, with a rocket launch widely condemned as a ballistic missile test for a weapons delivery system to strike the US mainland. It is already subject to numerous UN sanctions over previous rocket launches and three nuclear tests in 2006, 2009 and 2013.

Two Pakistani among four drug smugglers killed by BSF on Indo-Pak border

PTI **Punjab, Feb. 7:** The BSF shot dead four persons, including two Pakistani intruders, and recovered 10 kg of heroin from their possession on the Indo-Pak border in the district in the wee hours on Sunday. Besides the Pakistani intruders, two

Indian nationals were also gunned down by the BSF. Deputy Inspector General of BSF RK Thapa said. The BSF personnel belonging to 191 battalion spotted some movement near the Mehndipur border outpost in Ferozepur sector at about 4:40 AM and opened fire, Thapa said.

He said 10 kg of heroin, two pistols and a motorcycle were recovered from the spot. One of the intruders is believed to have fled back to the Pakistan side, the DIG said.

The two Indian nationals are yet to be identified, he said, adding that investigation is underway.

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