

FROM THE EDITORS

समुद्रहव गम्भीरं नैव शक्यं चिकित्सितम्
वक्तुं निरवशेषेण श्लोकानामयुतैरपि ॥

*"The science of medicine is
fathomless like the sea and
cannot be exhaustively narrated
even in millions of couplets"*

(Sushrut-Samhita)

FOURTH ALL NEPAL MEDICAL CONFERENCE

The history of Nepal Medical Association is not very old. It is less than 25 years old. For many years even after the formation of the association perhaps there was no means to hold any conference and there might have been no need also. So the idea of conference was introduced by the members in 1962; when first conference was held. In country like ours there are many difficulties which must be overcome to have the gathering of the personnels from different parts of the world. However, medical colleagues from different parts of the world has taken sufficient amount of pains to attend the conferences so far.

First conference was held in Kathmandu. Biratnagar had the opportunity and privilege to have second conference there in 1965. Kathmandu was again selected as the venue for the third conference in 1967. All these things are only to remind the past. We have more important conference the Fourth All Nepal Medical Conference.

This fourth conference is going to be held in Birgunj. In our country there are not sufficient amount of facilities to meet the requirement for such conference. Birgunj though inhabited by very hospitable people yet the existing facilities does not seem sufficient. But for the men with strong determination there is no obstacle.

Good beginning in the index of better result. The colleagues of Birgunj has shown their capability by better beginning even amongst many adversity. So the members, all over the country, are confident of excellent result.

The conference has many values. The members of different parts

the country and colleagues from the different corner of the globe come closer, know each others, get acquainted with each other's problem, have opportunity to exchange one's experience with others and many others on such occasions. The world association itself carries the meaning of cooperation. Every individual has the privilege to serve the cause of it. No matter how hard some of the individuals may try, there is very remote chance of success unless majority of the members unite firmly to achieve its cause.

This simple fact is not unfamiliar with the members. Let us assemble in the fourth conference in Birgunj, where our colleagues are working very hard, and make it a grand success. That will be the appropriate time to recollect, remind and reinforce the main object of the association:- Fraternity, Unity and Service.

Longivity

The universe is dynamic. It can not remain stand still for even a single moment. There is one problem today demanding great deal of skill, perseveration, labour and determination for its solution. Some body may commit the mistake of thinking that by solving that problem one may come to end of it.

But if one thinks coolly one can see that solution of one problem may create other problem which may be more pressing than the original one. This thing is very clearly seen in medical field to-day. The expectancy of life has been increased to great extent in every part of the world. In some of the advanced countries it has happened that the death rate is decreased along with the birth rate. So there are many persons who are old to be employed. On the other hand the numbers of the young man is limited. The ultimate result being the great burded on the limited shoulder. The pensioners have outnumbered the workers. This problem is manifested socially, economically and even sentimentally.

The medical science in this way has to meet another challange from the world after it showed some victory over the diseases. Nobody knows whether the problem will be less serious than the other ones. Infective diseases used to sweep the great mass in no time. But one can be very certain that unless we can reduce the morbidity caused by the advancing

age the medical science can not claim that it has given any substantial things to the society. If mortality is reduced by substitution by morbidity well this is not really an achievement.

Now let all the scientific heads join together and work for having the longevity with the full range activity. The geriatric service must be activated and the practice of recruiting the personae, with less enthusiasm, in this branch, must be stopped. Very energetic peoples must be attracted with good opportunity and incentive.

If we do not take it as a problem now, this will swell up tremendously, even in developing country where this does not seem like an acute problem now. It can take a acute turn to make it a number one problem along with the application of advanced medical knowledge in the preventive and curative field of the medical science. If we envisage the future with all advanced medical science and successful implementation of family planning then we can analyse the situation after 40 years; as following:-

In every country there will be very high proportion of people over 65 years of age. Many of them may be morbid to be productive. The numbers below 40 years will be very few. So a few person shall have to shoulder all the responsibility of the majority. Many of the school will have to be closed. The hospital will be full of geriatric wards, perhaps many of the maternity wards will be substituted by the beds for the old peoples. For any nation it will be difficult to defend themselves being equipped with that type of resources. The problem of defending one's self however will not be so problematic because every nation will have the same problem.

This is the magnitude of the problem which we can visualise as cropping up in near future. But only seeing the problem is not enough. We must get a start in the proper direction to get a solution. The solution must be such that it must not counteract the present plan and programme and it must not be retrogressive. The last and most important question here is who are to come to solve the problem.

Medical men are the main responsible agents. As the medicine is a composite science there must be many branches of science joined together firmly to the one and particular cause of solving this problem. So let the different kind of scientists come together to achieve longevity without morbidity.