

LETTER FROM EUROPE

Spain: The Death of a Dictator and the Rebirth of a Nation

I still remember the night when Franco died (Nov 19-20, 1975). It was a bitterly cold winter night...

grievously, the young and the intellectuals could not celebrate the occasion in public because no one was absolutely sure...

Next day, quite sunny but very cold, some of my friends and elderly members...

The country was in the middle of an economic and political crisis. In the sixties, the decade-long economic boom...

Today, twenty-five years after Franco's death, Spain is a different country. It has undergone an amazing metamorphosis...

by Chaklader Mahboob-ul Alam

had led to rapid industrialisation of the country.

These two phenomena had changed the social and political climate of the country. From basically an agricultural society...

tion of the republic, which from their point of view was too leftist. Franco, who, no doubt was very shrewd, united these diverse groups...

The Spaniards did not expect much from the new king, who was only thirty-seven years old at that time.

Although there was hardly any possibility of a leftist revolution like the one that overthrew the Salazar dictatorship...

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Dr. Rubaiul Murshed

All health information to keep you up to date

Know Your Medicines

NSAIDs: Non-steroidal anti-inflammatory drugs

Examples of NSAIDs are: Aspirin, Diclofenac, Indomethacin, Ketoprofen, Mefenamic Acid, Naproxen, etc.

What are NSAIDs used for? NSAIDs are used to relieve some of the symptoms caused by arthritis, such as swelling, stiffness and joint pain.

How should I take these medicines? These medicines are best taken with a full glass of water with food or antacids.

What should I do if I forget a dose? Take the missed dose as soon as you remember it. If it is almost time for the next dose, do not take the missed dose.

What other effects may these medicines cause? Certain side effects as the following are not unusual and many even disappear during treatment.

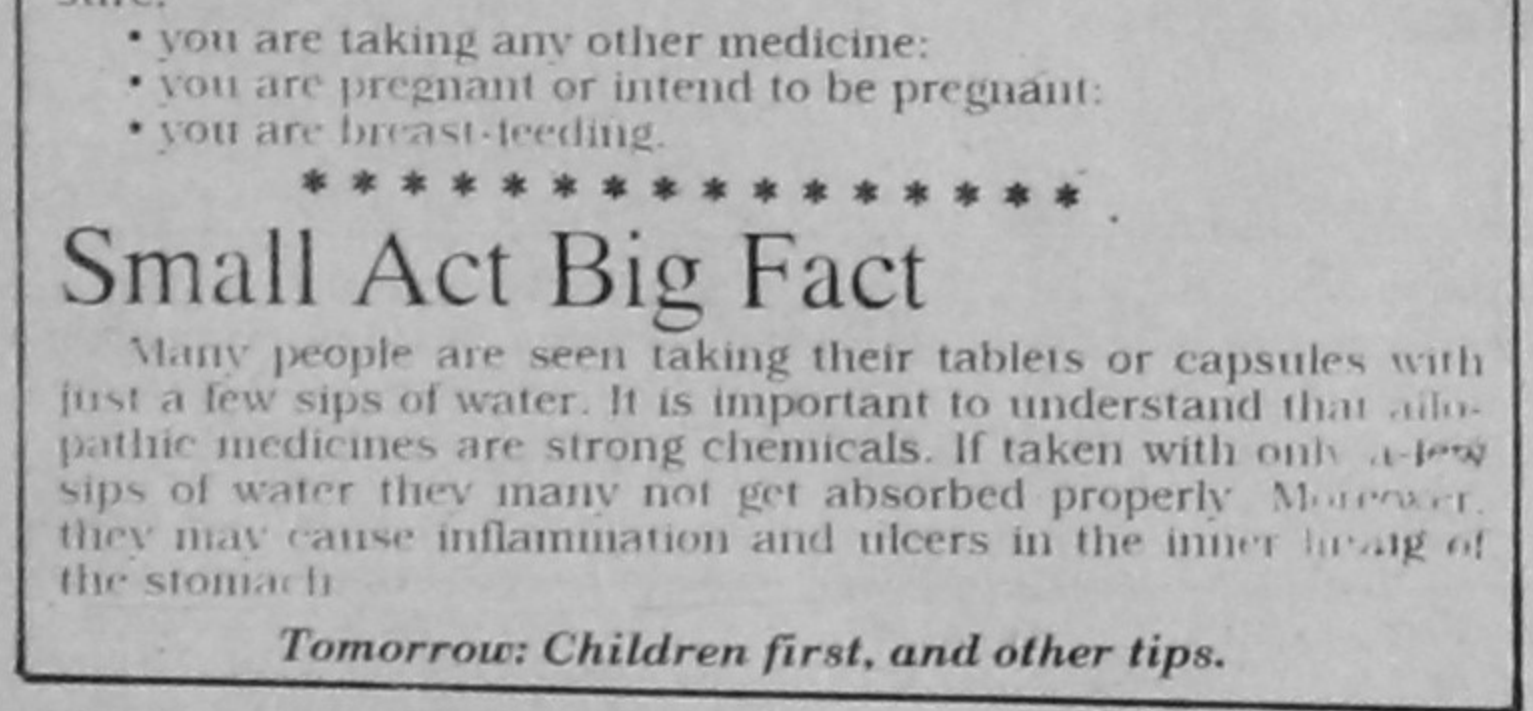
What precautions should I take? Inform your doctor if: you are allergic to any medicine; you have stomach ulcer, kidney disease or high blood pressure.

Small Act Big Fact

Many people are seen taking their tablets or capsules with just a few sips of water. It is important to understand that allopathic medicines are strong chemicals.

Tomorrow: Children first, and other tips.

Garfield



James Bond



by Jim Davis



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