

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Avoid hanging with co-workers. Trips will be favourable. Love could develop at social events. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

You have a need to be vocal. Take a short trip to visit someone. You can enjoy short trips. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUNE 21)

Try to stay ahead of the game. Don't reveal any personal details. Be cautious who you deal with financially. Your lucky day this week will be Monday.



CANCER (JUNE 22-JULY 22)

Romance is possible if you reach out first. Get involved in physical activities. It could be difficult to deal with co-workers. Your lucky day this week will be Tuesday.



LEO (JULY 23-AUG 22)

Your temper may get the better of you. Don't be too quick to sign documents. You'll have amazing ideas regarding work. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEPT. 23)

Lay down ground rules. Make money using your ingenuity. Ask your friends for assistance. Your lucky day this week will be Monday.



LIBRA (SEPT. 24-OCT. 23)

Keep tempers in check. Passion should be your goal. Taking on too much won't help the situation. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Try to visit friends. Do your research before starting your own business. Try to understand everyone's problems. Your lucky day this week will be Wednesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Try not to get into disputes. Put your own family first. Go after your professional goals. Don't believe everything you hear. Your lucky day this week will be Saturday.



CAPRICORN (DEC. 22-JAN. 20)

Financial prospects are high. Gambling will be a waste of money. Do your job well. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Don't exaggerate. Your sensitive nature will allow others to connect. Try not to stress yourself. Your lucky day this week will be Monday.



PISCES (FEB. 20-MARCH. 20)

Don't let your jealous imagination get to you. Visit friends you don't get see often. Don't be too quick to spend money. Your lucky day this week will be Sunday.

SPECIAL FEATURE

Demons of the night

Spells, charms and all evil one can spew – these are what we associate with night. From the time men lived in caves, nightfall was feared and while civilisation has moved on, fear still remains impregnated deep into the amygdala of our brains. Read on and get spooked...

It all started out with checking under your bed for monsters after tiring yourself with a grisly ghost story at bedtime. That sloshy bit of creeping fear had you believing in the paranormal universe of demons and ghosts until you consoled yourself with logic and science.

Frequenting these supernatural thoughts makes for sleepless nights and the absolute terror often keeps the lights on at night.

There are two kinds of people when it comes to demons haunting our nights. The first kind is people who find an inexplicable thrill in the mystery of ghosts. Lurking shadows and rustling leaves fail to get the better of them. However, these exact scenes do torment the second lot; the bunch who have given in to the fear of the dark.

Blind superstitions have followed us over decades. A black cat crossing our paths, especially at night, howling dogs and disturbing tunes of a bamboo flute are all believed to be bad omens; although silly enough to be dismissible.

While fear is common, the feeling is somewhat amplified in the darkness of nights. Staring into your unnerving reflection in the mirror at midnight when you hear feet tapping the floor in an empty, silent room will have most of us overtaken by fear.

Exchanging paranormal stories about ghostly shadows and alleged experiences is a textbook activity at sleepovers. It is amusing; until it isn't.

Thinking about a supposed experience of a black mass with red, demonic eyes and low-pitched voice in the flickering glow of torches in a dark room is not too scary anyway. But put yourself in your friend's shoes when he saw a glowing blur of a man in white performing a night time prayer and the sight disap-

pears in the blink of an eye.

Or believe in the possibility of being entrapped in a haze created by an evil presence. Not being able to move a fibre in your body and being held down to be smothered, or at least being tormented to feel so. If you think about these experiences long enough, they get to you. However, in modern times this can also be classified as a medical condition caused by insufficient R.E.M. sleep. If that is so, steps can be taken to improve sleeping habits.

Horror folklore has us believing a lot of strange things in the name of ancient legend. No matter how brave your soul may be, the faded sound of a crying baby, a chilled breath down your shoulders, a sudden thud in the distance or a pounding door in the dead of the night; all strike fear like no other.

But what if you share a horrific story of witnessing a black figure with a vague face with your sister at midnight and she recognises your story to be her own experience? In that case, neither of you will want to sleep alone.

Do ghosts really walk the face of the earth?

The eternal debate for a definitive answer continues. Demons hiding in the darkness of the night may all be nothing but a disappointing heap of over exaggerated conjecture at the end of the day. Or maybe they are, indeed, lurking behind the shadows, quietly waiting for their chance.

By Ramisa Haque

Jump to the Centrefold to read on our after nightfall trepidations and see P12 for interpretations of dreams.

HEALTH

Smoking is responsible for 80 percent of all lung cancer worldwide

Dr Lim Hong Ling is a senior medical oncologist with more than 25 years of experience in the field. In addition to general medical oncology, he has a special interest in lung cancer, as well as head and neck cancers.

Earlier in March, Star Lifestyle had an opportunity to sit with Dr Lim at the Parkway Cancer Centre, Singapore. He shared his vast experience regarding cancer - lung cancer in particular.

"We can only prevent cancer if we know the cause," said Dr Lim. "And at least for lung cancer, studies have identified smoking as the major risk factor."

Harmful chemicals in smoke damages lung cells and overtime these damaged cells may become cancerous. This is why smoking cigarettes, pipes, or cigars can contribute to lung cancer.

"If you are a non-smoker, do not start. And if you are, stop immediately," this was the basic suggestion of this experienced oncologist.

Dr Lim also observes a steady rise of women smokers, which may have increased the predominance of cancer in the overall population, but current findings show that in Singapore at least, men have a three times higher chance of getting lung cancer than women. Smoking by pregnant women may also prove harmful for the unborn child.

"Although smoking is the biggest risk factor, other contributing agents may include carcinogens like radon, exposure to asbestos, arsenic, chromium, nickel and air pollution".

In a country like Bangladesh where air pollution is high, the continual increase in the number of lung cancer patients can be associated to it.

"Air pollution can increase the chance of getting cancer by 1.5 times. However, smoking can increase it by 15 times. So the importance of awareness against consumption of tobacco cannot be undermined," said Dr Lim.



Early stages of lung cancer often do not show symptoms, but as the disease spreads some signs are evident – a cough that is not healing, breathing problems, constant chest pain, coughing up blood, a hoarse voice, frequent bouts of pneumonia, dramatic weight loss, etc.

"Most often these symptoms are not due to cancer," and the doctor continued, "but if you have any of these symptoms, consult a physician who may look into the matter in-depth." Physical examination, chest X-ray and CT scans are often done to diagnose lung cancer.

"Screening lung cancer is a major problem. Regular chest X-rays often prove inadequate as well, so CT scan in the way to go," opined the renowned oncologist.

"There are several types of lung cancers, and once cancerous cells in the lungs are detected, the exact form is identified along with the stage of cancer, which essentially shows how much the disease has spread in the body," said Dr Lim.