

How to successfully bring a pet home

BUSHRA ZAMAN

You're scrolling through countless pictures of adorable pets on the internet and find yourself suddenly deciding to adopt a pet. You just need to convince your family/ those you live with, and here's how.

TEMPT THEM

If pictures were enough to convince you to adopt a pet, they must be enough to convince others of the need for a pet too. Technology and targeted advertisements on social media make the convincing easier; just discreetly enable notifications for pet-adoption pages from your family members' or housemates' social media accounts, and technology will do its thing and suggest adopting a pet for them.

You may also try to foster a friends' pets that you have carefully selected based on how good-natured they are, and casually show the wholesome animals to the people you live with. You could also mention how winter is a great time for pet adoption. There are countless animals deserving of love who shiver in the cold because they have no home to return to.

SHOWCASE YOUR SENSE OF RESPONSIBILITY

If your sense of responsibility is brought into question, you could start off by taking up other smaller responsibilities



PHOTO: ORCHID CHAKMA

around the household, which will gradually add up to your rapport.

For example, you may buy a sapling from a local nursery, show off your green thumb, and brag about how you never forget to water your plant despite any and all other work you may have. However, plants do take time to grow; if you want

more immediate proof of how responsible you are, you could try to successfully babysit a baby cousin. How hard can it be? Just use candy as a reward for getting homework done and going to sleep on time. Maybe even factor in the meals and hydration levels and you're now a professional level babysitter.

Does this coincidentally sound similar to how to treat a pet? Absolutely not. No, you'd be much nicer to your pet.

DEMONSTRATE THEIR ROLE IN THE HOUSEHOLD

The key to being a good pet parent is to have the ability to teach your pet to be a good boy/girl. You could casually bring up how your pet could be the best companion for both you and your housemates or family members.

You could also explain how, with the right amount of care and love, pets can understand humans better than other humans can. Who would not want a best friend who instantly understands if you're having a bad day, without you even having to say anything, and actively tries to cheer you up?

These should be enough to convince anyone to get a pet. However, it is important to note that pets are not commodities, and should only be adopted once everyone is onboard. Make sure you've properly convinced everyone involved so that you do not have to give back the pet, maybe just after they've gotten used to you.

Bushra Zaman likes books, art, and only being contacted by email. Contact her at bushrazaman31@yahoo.com

Paracetamol isn't your panacea

SUBAH NUZHAT HUSSAIN

It's winter morning, your toes are freezing. You've stayed up late to finish an assignment. There's an entire construction site inside your skull. Tiny construction workers are drilling, banging, hammering away like their paycheck depends on it. What do you do?

Most people would reach out for a paracetamol tablet, maybe two, and wash it down with water. Sometimes the pain goes away for a while, sometimes it doesn't.

Like salt on our tables, paracetamol is a staple in everyone's medicine stash. It's affordable, does the job and it's always stocked up in your local pharmacy. From sinus infections to migraines, from fevers to back pain, paracetamols are the ultimate salvation. The panacea of the 21st century.

This is why it's not surprising that people often swallow paracetamols like candy. Even though paracetamol is considered harmless enough to be used as an over-the-counter painkiller, it was not invented to be used every day, especially at dosages we often consume.

As a child, I'd get sick at the turn of every season. My fevers would often soar as high as 103°C. Yet, I was only allowed one tablet in 24 hours and only if I truly needed it. Back then, I'd wonder why I needed to suffer through so much when most of my other friends would take two

or even three pills to ward away minor headaches.

Consuming large amounts of paracetamol chips away at your tolerance to pain. For someone who experiences chronic pain, it can be a very slippery slope. Once you are down there it's hard to find your way back up.

Why should you tolerate the pain, especially when you have an important meeting or exams right around the corner? Why should you give up on relief when it's one pill away?

I am not saying that you should give

up on paracetamol entirely. Even though it was not as revolutionary as antibiotics, paracetamols have made trips to the doctor's office less frequent. Sometimes paracetamol is all you need to weather through a really bad migraine or a seasonal cold.

However, all drugs need to be used in moderation. Paracetamol is harmless if it is used occasionally. Taking more than two tablets daily for an extended period puts excess pressure on other organs.

Taking paracetamol as a reflex and not out of necessity reinforces a habit. This

habit renders the drug less effective over time. Which leads to the consumption of higher dosages. It is an endless loop that is difficult to get out of.

Paracetamol can temporarily provide pain relief, but it is just a Band-Aid over a deep cut. In order to deal with chronic pains you need to get to the bottom of it. Consult your doctor. Keep yourself warm if your sinuses get inflamed often. Know what triggers your migraine. Get to the heart of your problems.

Paracetamol is not a cure. Don't treat it like one.

Subah contemplates the meaning of life and existence until the sunrises. Contact her on Twitter @hussain_subah

