



Prof. Kh. Saadiq Husain
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Critical analysis and review of book Reflections authored by Prof. Kh. Saadiq Husain

Dr. Tanveer ul Hasan Zubairi Prof. and Head of the Dept. of Radiology at SIMS Lahore and former President of Pakistan Islamic Medical Association (PIMA) deserve to be commended for having persuaded Prof. Kh. Saadiq Husain an eminent physician, distinguished medical personality of Pakistan, former Principal of King Edward Medical College and former President of CPSP to write his autobiography. The result is the 412-page Reflections which sheds light on the mysterious multifaceted personality of Prof. Kh. Saadiq Husain, the word mysterious I have used because his picture on the title of Reflections does not match with his present looks of a saintly figure with a beard. It is full of revelations and its reading will improve the clinical skills of the physicians, encourage professionalism and upholding of professional ethics. The book highlights Intellectual Corruption prevalent at the highest level in our institutions, is full of revelations which makes it an essential reading for every healthcare professional in general and the medical teachers in particular. There could be over a dozen reasons why you should read it but I do not wish to go into further details. From a handsome young man who was called as Prince, nicknamed as *Bijli* to the present day saintly figure, Prof. Kh. Saadiq Husain has gone through various phases in his life and he has honestly tried to describe it all in Reflections. In this write up I have tried to review and critically analyze its contents adding the missing links wherever I felt necessary to help the readers understand situation in its correct perspective.

The book has 132 small chapters which make it easy and very convenient for the reader and the author has tried to leave a take home message at the end of almost every chapter. It covers his

early childhood, the professional life, travel to various countries of the world and the family life as well. Kh. Saadiq Husain was born on November 4th1926 in an affluent family and had the good fortune of education in English Boarding School in Dehradun. His father used to call him Dr. Saadiq at his young age hence he was sure that he is going to become a doctor. He lived in Col. Brown's Cambridge school which was meant to cater to the needs of Indian elite. It included sons and relatives of Maharajas, Nawabs and Rajas, land owners and businessmen. He recalls that the school life at Dehradun was extremely organized and disciplined. The classroom was spacious, comfortable, well lit but only one blackboard and chalk to write and a duster to clean it. The students were Taught English and thinking in English. I learnt more life on the playgrounds than in the classroom; Team spirit is in terms of coordination, good cooperation and mutual assistance. Abiding by the rules and regulations, ethics or face punishment or disgrace. Values like character building, ethics, fair play, integrity and honesty were the basic objectives of education in those days and they were all taught this in the school, he says. He had interest in sports, i.e. Hockey, football, tennis and cycling. After the age of sixty he also started playing Golf and won many trophies. He even used to play squash with students while teaching in KEMC. He was very fond of eating and at school he was a member of the Gang of Four other members being Prem, Amar and Liaquat. There were only three or four day scholars in senior classes who were senior girls who were perhaps daughters of some senior officials.

Recalling the life in Central provinces in India where his parents lived, he says that this was kept poor, all water was drinking water and fields were bathrooms except in bungalows. People used to sleep outside under mosquito nets. Stepping on the ground could well be stepping to a scorpion or a snake instead of slippers which he has described as "Good Morning". That is why his father always kept at least two mongooses as pets, the animals which can easily be tamed and trained. He eloquently describes the fight between a Mongoose and snake. Taking a U Turn the Mongoose leapt in a flash and took the

snake's head in his jaws and eventually killed him. In yet another story he describes playing with the crocodile that after being shot at could only have movements above the neck since the bullet had hit his cervical spinal cord and it could not move his body, limbs or tail. After cutting into pieces, a silver women's necklace was discovered from the abdomen. Moral of the story he states is "Don't presume but always make sure." His father kept the promise made with his son who had died and never touched mangoes for many years thereby conveying a message that "Never betray the sanctity of a promise."

He joined Govt. College Lahore in 1943 and got admission to King Edward Medical College in 1944. Writing about the dedication and devotion of teachers at KEMC, Prof. Kh. Saadiq Husain says that last British Principal of KEMC Col. Fry a surgeon used to teach minor surgery in pathology lecture theatre. The degree of commitment shown by the teachers was such that they were more interested and keen than the students. In those days even students used to come for evening rounds and teachers also used to forgo their private practice. In 1945-46 he became aware of politics, its alliances and their implications, the leaders and their personal sectarian ambitions. Attracted by charismatic personality of Quaid e Azam he joined Muslim Students Federation affiliated to PML. As a member of MSF he got more opportunities to meet the Quaid who was not an arrogant. During our meetings with him, he writes, Quaid never talked about politics but about our duties and responsibilities to our profession, character building, determination and service, development of the upcoming State of Pakistan, honesty, integrity and patriotism. He was a charming conversationalist, he adds. He has numerous rare photographs with Quaid-e- Azam, Liaquat Ali Khan and Miss Fatima Jinnah which have been made part of Reflections.

Last Train to freedom

His father a senior officer in Indian Police, who was very fond of hunting, was offered to continue as Inspector General of Police in India but he opted to go to Pakistan. Hence all hunting

trophies and suitcases of crocodile skins artfully crafted and carved expensive Kashmiri wooden furniture, Prof. Kh. Saadiq Husain recalls were packed, locked and sealed in a wagon on a good train destined for Lahore where it never reached as it was burnt and looted. The family boarded the train for two days journey from Nagpur to Lahore with overnight stay at Delhi. It was about second week of August 1947. The train stopped at one of the station as the driver was Hindu who had refused to go any further for fear of his life and there was no one to take train any further. Luckily a similar train of Hindu refugees arrived from Ferozepur, the driver was a Muslim and he also refused to go further. So the Railway staff just switched the drivers and the trains moved on. The horror and our ordeal which they witnessed throughout their train journey was over and that is how we reached Lahore in Pakistan.

Pakistan's Nine Eleven

Death of Quaid-e- Azam on September 11th 1948 has been aptly described as "Pakistan's 9/11". As is well known, Quaid Azam during his illness consulted Dr. Jal Patel a Zoroastrian Parsi in Bombay who kept up the professional ethics and did not disclose the diagnosis. Later Lt.Col. Ilahi Bakhsh was consulted who chose Dr.Riaz Ali Shah Professor of Chest Medicine to accompany him to see Quaid. TB was a very common disease in those days. He also remained with Quaid during his last days and the book Col. Ilahi Bakhsh wrote was banned because of rivalry between the author and an army colleague. This book did not mention any diagnosis of his disease. "Quaid had told Maulana Shabbir Ahmad Usmani that once in London he was woken up one night in 1934 by an apparition of the Holy Prophet who told him "You are urgently needed by the Muslims of the subcontinent. I order you to go there and don't worry I will be with you. And you will succeed in your mission." Col. Ilahi Bakhsh wrote in his book that "Quaid believed that he was not scared of death. When it comes and it has to come, there is no reason for fearing it. He had told his physicians that he was neither worried about his health nor does He intend to do it in

future. Life and death are from Allah and death cannot come before the appointed time.” In one of his speeches before death he said “I am now tired and wish to rest. Now I am not interested in life anymore.” It was Miss Fatima Jinnah who disclosed that the Quaid is no more. He lived so that Pakistan may come into being. He died so that Pakistan may live.” From the Quaid’s conversations Col. Ilahi Bakhsh wrote there appear to be some apprehension at the back of his mind and I regret that his apprehensions appear to be more accurate than his aspirations.

In college days Prof. Kh. Saadiq Husain says the importance of punctuality, regularity organized distribution of time frame between work, rest, recreation, prayer and leisure were by now routine and he was neither a nerd nor a play boy. He made friends easily and many of them remain friend till today except those who have left this world. Our teachers not only knew us all by face but could also recognize our voice. Once few of us decided to mark presence through proxy but during roll call when one of us tried to do that, Prof. Ramzan Ali Syed said, “Don’t try to be too clever” as he had recognized the voice. During the Final professional examination one of the lady examiners from Karachi, he writes, who looked tired and sleepy asked me some question about causes of toxemia of pregnancy. I repeated the same causes quite a few times and she said, excellent you can Go. Prof. Kh. Saadiq Husain was nicknamed as *Bijli* because of his excellent performance in sports.

Describing the situation in Mayo Hospital Lahore during 1947, he says “there was acute shortage of common drugs, simple things like paper and pins. For weeks we used the Yellow X-ray wrapping covers for writing perceptions and thorns of bushes were used as paper pins.” He has talked about seeing and managing the caravans of refugees and their plight. Little do the crooked corrupt and disgusting politicians of today, he write, know the sacrifices made in bringing this country into existence as they are preoccupied with loot and plunder? Due to shortage of teachers, most of them used to teach more

than one subject in the college. Col. Ziaullah used to call him *Prince*. For the first time in 1949 KEMC reached finals of the university hockey championship under his captaincy.

Unlike the army of House Officers working in the units today, Wards, he recalls used to have only two House officers Senior and Junior who used to run the entire unit round the clock, twenty four hours a day looking after forty to fifty patients. The work of house officers included administering intravenous injections, aspirations, lumbar puncture. He remembers of having done thousands of Lumbar punctures in his tenure but not many can do it confidently in the medical ward today. Today in a ward of 55 beds total teaching staff medical officers, residents and house officers exceeds one hundred fifty and most of them are infrequent visitors to the hospitals, hence what they can learn and it also says a lot about the quality of their training.

When he went to UK on a ship for postgraduate training, the journey used to last three weeks and he recalls that he gained fifteen pounds of weight in those eighteen days which he never lost. During the several courses which he attended in UK there was emphasis on clinical practice and skills as in those days it was the mainstay of diagnosis.

He also recalls that while in England during cardiology clinical ward teaching rounds, in their batch there was an exceptionally beautiful young lady doctor who was asked to osculate the patient's heart while all others went ahead with the round and the consultant promised to comeback and ask her. After few minutes the consultant asked "Well doctor what are your findings." The girl who was flustered replied. "Sir, I am sorry I could not make out anything as his heart beat is so fast and it is very confusing." The consultant replied "Well Miss I am afraid you will have to get used to this situation because with your looks all your male patients are going to have very fast heart beats." The girl blushed and looked even more beautiful giving everyone present tachycardia but I am sure this everyone must have also included the Young Dr. Saadiq Husain

Humour in a Tumour chapter shows that at times the young registrars are more competent than the respectable professors,

hence one should never mind it and be prepared to learn, we all make mistakes and should not feel shy and remain lifelong learners. At yet another place, he recalls looking at a pamphlet being distributed when he was waiting on the footpath to see the glimpse of the Queen and Duke to drive past. It stated that except the last two or three Kings, most of the monarchs of England were illegitimate.

English sportsmen and the Cricket Team in particular used to be famous for its sportsman spirit. However, their tour of Pakistan in 1955-56, their beating up of Pakistan umpire Idris Beg was in a very bad taste. Those unpleasant memories have been summarized by him in a poem The Fair play which makes an interesting reading. This team included eminent names i.e UK Umpire Dickey Bird, Capitan Gating and Chris Broad as batsman.

Writing about his MRCP Final exam, he says that at times it is difficult to get history from the patient. The registrar of the ward came to his rescue saying “Doctor don’t waste your time. We could not get anything out of him for the last three weeks he is in the ward.” When the examiner came and asked me “I said I think he also gets seizures and explained that having seen the tumbler on the bedside table with tablespoon with its handle wrapped in bandages inside, it suggests that in case of sudden fit, the nurse can prevent a nasty tongue bite which impressed the examiner and I passed.” Saving a life is not the responsibility of one person but anybody who can help, he adds.

Life in Multan: On return to Pakistan, he got a job at Nishtar Medical College and Multan was famous for dust, storms and shrines of saints. Though trained in internal Medicine, he was posted Assistant Professor in pharmacology dept. in 1954 with Prof. Nazeer ud Din Ahmad as that was the only post available. From him he learnt his first lesson in dealing with students with kindness, friendliness but remaining firm disciplinarian. It was during his stay here that he wrote ***Shikwa*** and ***Jawab Shikwa*** which is a testimony of his multifaceted personality,

the God Almighty having blessed him with numerous qualities. It shows that he is very good at poetry not only in English but in Urdu as well, something of which I and many others may not be aware of. Here are a few selected couplets from that poem:

بنام: ڈاکٹر محمد جمال بھٹہ

شکوہ

یہ کالج کی بلڈنگ بنانے سے پہلے
 او کالج کے بانی تو رویا تو ہو گا
 ریتوں میں محل بنانے کی کوشش!
 جہنم میں جنت بسانے کی کوشش!
 خیالی پلاؤ پکانے سے پہلے
 او کالج کے بانی تو رویا تو ہو گا

جواب شکوہ

مرے رنگین خواب دُھندلانے سے پہلے
 گلہ کرنے والے ذرا سوچ لیتا
 اِس مٹی کو سونا بنا دوں گا اب بھی
 ہنسی میں یہ رونا بھلا دوں گا اب بھی

31st, October 1954

His next job was at KEMC where he was posted with Lt. Col. Ilahi Bakhsh who was the Principal at that time. He had written a comprehensive book on internal medicine when he became prisoner of war during Second World War. He entrusted him

with a number of his clinical duties and teaching assignment which showed his confidence in the competence and capability of this young physician. He remembers that Ilahi Bakhsh always treated him as a junior colleague and not a subordinate. Working with him he says was a great learning experience not only in diagnosing and management of the diseases but also how to deal with the patients. It is here that he must have learnt the Clinical Skills which he not only mastered but also passed on to his other colleagues and students. His communication skills were also superb.

In the good old days the hospital pharmacy used to have set of mixtures for fever, cough, carminative mixture, diarrhoea mixture and so on. During our student days as well as in postgraduate era, he says, there was emphasis on clinical methods, the art of history taking and a meticulous physical examination in a genuine effort to make a diagnosis. He still believes that to be honest to the patient and to the profession, only clinical acumen can guide one to choose or avoid correctly whatever a particular investigation is required or not besides appropriate line of treatment.

Pyrexia of unknown origin used to be the common diagnosis as the actual cause of fever used to be unknown in those days. He describes a few case histories of PUO and how he was able to correctly diagnose those cases based on clinical acumen and concludes with a message that Do not presume but make sure. He also diagnosed the first case of Glanders in Pakistan in a Tonga Driver again with the help of careful history.

Medical Education

Writing about medical education, he says that in the past the emphasis was not what the teacher has taught but what the learner has learnt. During his tenure as Principal (1981-1986), he established the Dept.of Medical Education at KEMC. He also attended one month's training course in medical education at Shiraz in Iran. Having attended that course, he compiled a small booklet of check list of physician signs in clinical examination not only in Medicine but in other subjects as well with the help

of colleagues in other disciplines. He has acknowledged all those who helped him in this tasks in the ward which included Dr. Sibtul Husnain, Nusrutullah Chaudhry, Akbar Khan, Moeed Ahmad, Haroon Ehsan, Baber Amin and Tariq Hameed. However, he has no hesitation to admit that he could not introduce MCQs in examination despite the fact that he suggested to the University Board of Studies in 1985 to have at least 25% of questions in MCQ. He also recalls his habit of writing a small poem after every workshop he attended. Reproduced below are some couplets from the poem he wrote which was published in WHO Newsletter:

*No participant was lazy
All were keen and eager
With tea and sympathy of Gardezi
Although the lunch was meager*

**College of Physicians &
Surgeons Pakistan (CPSP)**

This institution, Prof. Kh. Saadiq Husain writes was established in 1962 by untiring efforts and foresight of its founder President Lt. Gen. W.A. Burki but perhaps he is either not aware of the fact or forgot to mention the story behind all this. In fact it was Col. Najib Khan who had done the entire homework and also wrote its first Constitution in consultation with Col. S.M.K. Mallick who had started working on this project in 1957. They had suggested establishment of College of Physicians but Gen. Burki being a Surgeon also added the name of Surgeons. They did not like it, hence the list of handpicked Fellows did not include his name. He became very critical of CPSP with the result that he was never honoured with its Fellowship. Gen. Burki for quite some time ran and managed the affairs of CPSP the way he liked and nobody in the handpicked council ever dared to disagree with him. He proudly used to say that “This is a democratic institution whatever I say goes.” According to reports once the CPSP decided not to consider the names of Prof. Adeeb Rizvi, F.U. Baqai and Prof. Zaki Hassan for Fellowship and none among the council objected because they were all Yes Men. Even

Fellowship case of Prof. Jalisi was deferred twice because he was affiliated with the newspaper I was editing and we had published some reports including interview of Col. Najib Khan about CPSP. This was confirmed by Prof. S. M. Rab who informed Prof. Jalisi about it. I got the message that if I stop writing all this, Prof. Jalisi might get the Fellowship. But to the surprise of CPSP, Prof. Adeb Rizvi by establishing the SIUT became an institution in himself, Dr. F. U. Baqai established Baqai Medical University and also organized one of the most well attended conferences of International College of Surgeons which opened the eyes of CPSP. Prof. Zaki Hassan had earned a coveted post in UNICEF and he never bothered about CPSP. Hence, a time came that CPSP was virtually requesting them to accept the CPSP Fellowship to which both Prof. Adeb Rizvi and Dr. F.U. Baqai agreed. The way CPSP Honorary Fellowship used to be distributed raised many eyebrows. Almost anyone who became DG Health was awarded for reasons not difficult to understand. However, Prof. Kh. Saadiq Husain earned his well-deserved fellowship of CPSP in 1972, got elected Councilor for three consecutive terms from 1980 onward.

During the CPSP elections of 1992 held at Quetta, how the delegates had to reach there is a history. After final count the result was 13 council seats were won by Prof. Sultan Farooqui group and seven seats were won by the opposition. Prof. M. Younus and Ehsan ul Haque Chaudhry supervised elections. Now as per the prevailing rules only two newly elected Councilors Prof. Kh. Saadiq Husain and Prof. M. Luqman were eligible for Presidentship. Hence despite the fact that Prof. Kh. Saadiq Husain had got the highest number of votes, Prof. Luqman was elected President of CPSP (for the time being). When Prof. Kh. Saadiq Husain rang me up a few days later to inform about the election results, I told him that I knew the whole game plan and also informed him that Prof. Luqman won't be the President next month to which he seemed to be reluctant to admit at that stage. I told him just wait for a few weeks. The next month Council meeting was called and the agenda included changes in the rules and regulations related to the Elections. The situation

had become very intriguing. Prof. Luqman was not willing to give up the post of President though he asked Prof. Sultan Farooqui to run and manage the affairs of CPSP as he liked but let him continue as President which was not acceptable to Prof. Sultan Farooqui and without the vote of Prof. Luqman, it was not possible to change the rules. Hence it was under compulsion that in order to change the rules, it was agreed to split the four years term of President, Prof. Sultan Farooqui to serve as President first and after two years Prof. Kh. Saadiq will take over. Some councilors had expressed the apprehensions at that time that they (SF) will not abide by this agreement and it is exactly what happened.

When Prof. Kh. Saadiq Husain on taking over as President decided to enforce financial discipline, the vested interested turned against him. Two councilors from Punjab, one Prof. of Medicine and the other Prof. of Paediatric were entrusted the responsibility to launch a malicious campaign against Prof. Kh. Saadiq Husain and they did it to the best of their abilities addressing press conferences. He visited the CPSP auditor's office located in a narrow crowded street in downtown Karachi with dozen broken rickety wooden stairs. The man seated there, Prof. Kh. Saadiq Husain writes was the Auditor of the CPSP and for hundred rupees he would have sold his soul.

Prof. Kh. Saadiq Husain as President CPSP never availed the privilege of traveling in business class from the college exchequer, the privilege enjoyed by others who became President. The former President even gifted a Wrist watch to each councilor on finishing his two years of so called illegal and unlawful presidential term. Prof. Kh. Saadiq Husain writes that he checked the price of wrist watch from market and paid it to the College and got a Receipt as a proof. Within a year, he says, the things became intolerable and he realized that he could not carry on. At the same time the other group had planned to hold fresh elections. They had made up plans for this using majority in the council on the pretext of holding annual elections. However, since Prof. Kh. Saadiq Husain sent his resignation with dozen documentary evidences of malpractices and irregularities

in the college as a reason for his resignation to each and every councilor by courier post, they had a sigh of relief. Prof. Kh. Saadiq Husain writes that although it was the same council with which he worked as President but to his surprise not a single person responded to say that a single point raised was exaggerated, incorrect or invalid. I am rather surprised at Prof. Kh. Saadiq Husain's innocence and why he had expected any response from any one because *hypocrisy* or *Munafaqat* is so common in the higher cadre of the healthcare professionals and everyone seems to have a price tag. Once they and their interests are looked after, they think it better to keep their eyes closed and mouth shut and there has been no change in these unique characteristics till today. Of course there have been some exceptions who tried to raise their voice and they were shown the door. He has thanked Prof. Zafarullah Chaudhry the current President for inviting him as Chief Guest at the 50th anniversary of the College. He, it may be mentioned here was an important member of the Karachi Group and only parted ways much later and decided to jump from the sinking ship at the right time. The real down fall of the Karachi group in CPSP started with the resignation of Prof. Kh.Saadiq Husain and later the resolution passed by the academic councils of FJMC, JPMC accelerated the whole process. Then what happened is now history.

He has commended the adoption of modern educational technology and innovations which has made a tremendous positive impact on the standard and status of the CPSP under the current leadership of CPSP and dedication of his team. CPSP enjoys international recognition and is acclaimed the world over and he has rightly said that Pakistan should be proud of this fact.

Prof. Kh Saadiq Husain became very religious on return from England, became regular about his religious obligations especially during and after his posting in Multan. He used to take evening rounds. He was immensely impressed with Maulana Syed Abu Baker Ghaznavi Vice Chancellor of Islamia University Bahawalpur. He used to attend his *Dars* regularly. He believes that it is possible and easy how to react with parents, siblings, elders, children neighbors, employees, subordinates, teachers,

students, travelers, beggar's visitors friends and enemies as well. It is all covered in Haqooqul Ibad. We seldom hear what is expected of us today i.e never tell a lie, not to cheat, defraud, abuse, falsely accuse, steal, embezzle, over charge, hoard, bribe and many other sins which are common in our society today.

He performed Hajj in 1969, actually performed it four times. He refers to the significance of repetition of the happening to *Aad* and *Samood* in Quran and goes on to say that “ when communities or States degenerate, character wise morally mentally culturally in all spheres of life to the lowest level they are just wiped off the surface of earth. It is a grave warning to which we are paying little attention in Pakistan. He had a laparoscopic cholecystectomy after all the necessary investigations and consultation with specialists and later biopsy of the polyp turned out to be a perfectly healthy normal gall bladder. A fold of mucosa was probably giving a false resemblance to a polyp. It only proved the point that technology is not invariably flawless.

As regards eliminating quackery, he refers to the PDO strike and is absolutely right when he says that we cannot do that with rules and regulations. We cannot stop quackery till we can offer a better alternative, which is equally or more effective, cheaper, easily available and accessible. Menace of quackery, he believes, is being promoted by increased consulting fees, unnecessary investigations, laboratory costs, and in fact medical profession is not a part of the solution it has become a part of the problem due to all this.

Prof. Kh Saadiq Husain became Principal on the retirement of Prof. Akhtar Khan. As Principal of KEMC, he has also mentioned the names of his trusted faculty members which included Profs. SAR Gardezi, Prof. Shaukat Raza Khan, Prof. Nasib R. Awan, Prof. Munawar Hayat, Prof. Ijaz A. Tareen, Prof Khalida Ijaz Tareen, Prof.Sajid Maqbool, Prof. S.Zafar Haider, Prof. Naseer Mahmood Akhtar, Prof.Bilquis Jamal Zafar, Prof. Zahida Mir and thus they all helped him to achieve his major goals by the time he

retired as Principal and he has also provided the details of these accomplishments. Some of the office staff members worked hard beyond the call of duty few weeks before 125th celebrations and those he specially mentions include Stenographer Mukhtar Hussain, Javed Iqbal Awan in particular.

Medical University: He also recalls that on his request Governor Lt Gen. Ghulam Jilani Khan had promised to declare KEMC as a University but said that you will face too many problems. He asked him to visit Punjab University old campus and see the conditions there. You will have to beg to UGC in Islamabad for every penny which you will never get. I Prof. Kh. Saadiq Husain says, agreed and since I did not want the college to suffer just to be called a Vice Chancellor, I cancelled my request; there was no request from me and no announcement by the Governor in his inaugural address. But the time has proved that it was not a correct decision. It would have been much better had KEMC been the first medical university in Pakistan being the oldest medical college in the sub-continent but this privilege was earned by LUMHS as Benazir Bhutto declared it a medical university and then we saw numerous other medical universities coming up in quick succession. Not only that had KEMC become medical university during his tenure, it would not have suffered from certain congenital malformations which it did. The office of Principal has been eliminated which is very sad. By doing so, in fact the office of Vice Chancellors in the medical universities have been degraded to that of a Principal's office. Mohammad Khan Junejo Prime Minister and Lt. Gen. Jilani Governor Punjab attended the 125th year's celebrations of KEMC which was a great success graced by the presence of numerous luminaries from all over the world.

Prof. Kh. Saadiq Husain had a reputation of someone who drives too fast. He did get some tickets for fast driving and he was nicknamed as *Bijli*. Once he struck his head against the windscreen fairly firmly but there was no bleeding. Prof. Munawar Hayat insisted for an X-ray skull done which proved to be normal. A month later Prof. Munawar Hayat insisted to get another X-ray skull saying that Subdural hematomas behave

oddly sometimes and may present after a couple of weeks. The radiologist confirmed that I had a hairline fracture then but now it is ok thus conveying the message that in any such head injury a follow up is a must. In yet another case, he recalls that he had driven some 25 miles asleep without consciously knowing what I was doing as my mother's younger brother had died in Rawalpindi and we had to join his funeral. He had near misses and narrow escapes innumerable.

He was a chain smoker. Smoking was considered a symbol of adult behaviour, sign of manhood and a symbol of glamour. He started smoking on 4th November on his 20th birthday The habit is intoxicating and prone to dependence. One find excuses justifications and reason for not giving it up. He kept smoking while teaching students about harmful effects which he agrees was of course unforgivable. He used to smoke forty cigarettes a day. On 20th July 1969 the day Neil Armstrong landed on the moon he gave up smoking and never touched the cigarette since then.

Dr. Rashid Mian presented him a whole set of Golf clubs with bag and accessories to boot saying that since now he had retired, enjoy this wonderful sport. He started playing it and realized how planned, scientific and accurate exercise it was requiring patience, intense concentration and self-assessment after almost every stroke. And he won the Trophy at the age of 90 years followed by another Trophy at 92 during Zaman Memorial 2019. He also reveals that heavy betting is fairly common among golfers and the wives of golfers are often called as golf widows.

Paying rich tributes to him one of his students Tariq Kamal Malik from Class of 1960 speaking at KEMCANA meeting held on December 24th 2010 described him as Professor, teacher, scholar, ethicist, humanitarian, preacher without peer who was one of the most influential teachers of their times. When Pakistan Society of Gastroenterology and G. I. Endoscopy was formed, he was elected as the founder President.

Some of his proud students include Ayub Omiya, Khalid Fayyaz Hashmi, Prof. Shahryar Sheikh and many others. Dr.Arif

Muslim a noted gastroenterologist from USA who was one of his House Physicians recalls him as an astute clinician, humble who always taught and made them rely on history and physical examination as he used to say that Lab and X-rays are there to confirm the diagnosis. Post retirement he served at Hijaz Hospital for ten years going there once a week. He also served as Chairman Hospital Management Board at Fatima Memorial Hospital for three years. And those who wish to know that there is another kind of “Private Practice” as well, they have to read Reflections. These days Pakistan, he writes is choking with intellectual, professional, ethical, social, political moral corruption. The Controllers of Evaluation procedures, elections, brazenly manipulate the desired results; the “Guardians” of justice met it out at a price. An automatic annual increase in wages in proportion to the rising cost of living annually is essential. The book also contains a long list of “Sell Outs” of the century in Pakistan.

Details of his visit to various countries is also covered in detail. Of particular mention is the visit to Spain and the mosque at Cordoba. He has given details of Bull Fights and how the Bull is prepared for the ring with torture, pain, weakened with drugs, half blinded, stuffed ears and is kept in blacked out room for two days before being released in the blazing sunlight and then in the arena. His body is mutilated after death. Now there is worldwide movement against this cruel sport wherein the humans kill animals for entertainment.

Mughal conqueror Babar, it is reported, had once said, if there is a place like heaven on earth, it is Kashmir. Unfortunately, while leaving British left their hallmark in deceit and foul play by cheating Pakistan with the last minute alteration of the boundary and depriving Pakistan Kashmir.

Postponement of examination: He refused to postpone examinations and the students protest fizzled out. Next year an identical movement started again. And the rumor was that father of a female candidate who happened to be a highly placed dignitary in Islamabad was scheduled to go to India during the

examination period. The girl desperately wanted to accompany her dad. Prof. Kh. Saadiq Husain writes that first he did not believe it. In a meeting with Vice Chancellor Punjab University when everybody else in the meeting had agreed, even some one said that he was being difficult when everyone else has agreed. He said you have absolute majority in Board of studies and now the decision is easy for you but I will record my vote of dissent. They tried to convince him but later it was proved the original rumor regarding one of the candidates who wished to accompany her father to the visit to India was correct as the meeting had ended without my consent but he learnt in the newspaper next morning that the examination has been postponed due to danger of law and order disturbance. Everyone knew there was no such thing, he recalls and that is how things work in Pakistan.

Leakage of examination papers: He also recalls that when he came to know about the availability of examination paper before the exam in the market, he contacted a boy who promised to provide the paper for Rs. 500/- He brought it and brought to the notice of Vice Chancellor and to his surprise it was the same paper. The Vice Chancellor, Khawja Sahib further writes said Doctor Sahib can you get me the next paper to which he promised to try. Contacted the same boy again who promised to provide the next paper but demanded Rs. 1,000/- instead of Rs. 500/- and when asked why, the boy replied “Since you have met the Vice Chancellor yesterday, hence now the price of this leaked paper has increased to Rs. 1,000/- He paid him Rs. 1,000/- the boy brought the paper which was presented to the Vice Chancellor a day earlier and it was exactly the same next day. Prof. Kh. Saadiq Husain recalls that during both the visits to the Vice Chancellor Punjab University, there was no third person around. No investigations were ever held and I was never called before any such committee. Punjab University and the then Vice Chancellor he says owes him Rs. 1500/= this is what goes on in Pakistan.

He recalls yet another very interesting incidence related to the then Punjab Health Secretary who came to his residence at 8.30 AM saying that his son has appeared in final professional

exam and he has to appear in clinical exam for which he needed his help. When I asked him that I will appoint a special doctor to train him how to examine patients and pass the exam, but he left disappointed. I already knew that he had got his son admitted to AVH on the pretext of head injury by falling off a pony during a polo match, got permission from university to take his papers in a private room in the hospital a doctor standing guard thus a perfect arrangement. The health secretary also ensured his son's passing by getting his examination centre changed to Nishtar Medical College Multan from KEMC after Kh.Saadiq Husain had refused to help him. He retired on November 4, 1986.

Family Background: His parents belonged to renowned and influential families of Amritsar India. Both of their families were migrants from Kashmir and were running established business, textiles, woven carpets and wool. His three maternal uncles were Sheikh Sadiq Hassan member of India Legislative Assembly in Delhi; Sheikh Mohammad Sadiq was member of Legislative Assembly in Punjab and third was Mayor of Amritsar. His father was senior officer in Indian Police.

He got married for the first time in 1957 and had two children but the marriage did not last long and they decided to part their ways amicably since "our chemistry didn't suit". This he recalls was a traumatic experience hence he decided not to remarry for at least five years. His second marriage took place in 1970 at the age of 43 and his second wife was twenty years younger. He is full of praise for his wife saying that she treated her step children just as well as her own children. "She is a truly versatile genius who took over my responsibilities including practice accounts, travel arrangements, tax returns, reminding me dates of future commitments, visits and even trimming and shaping my beard." Mashallah Khawaja Sahib at 93 is still perfectly physically and mentally fit and it reminds me why Prof. S.M.K. Wasti used to advise the students not to get married to their class fellows because they will be of the same age. His son Omar is consultant physician in USA. Other son Haroon started medicine but gave up to join PIA where he is at present Capitan and an instructor. His daughter has Master's degree in clinical psychology and

is working towards her PhD in New York. Daughter from the first marriage is a surgeon in Milwaukee USA. His wife Nahida Hussain's parents also come from Amritsar. She had completed her Masters in English literature in Lahore. We, Prof. Kh. Saadiq Husain writes were five brothers and sisters and we had learnt to have the courage to admit our mistakes and restrain our egos as the time passed by. The main reason for my return from England he says, was the aging parents. I lived in a joint family after marriage as with one thousand rupees meager salary I could not afford and here everything was paid for by my parents.

He also talks about his brilliant students Prof. Ijaz and Khalida Tareen, Dr .Sarfraz Qutb, Prof. Munawar Hayat, and feels proud of the fact that Prof. Mahmood Ali Malik was his student, houseman, registrar, assistant and a very competent colleague.

Recalling some of his teachers he mentions about Lt.Col. Ilahi Bakhsh who published his monumental 2,335 page treatise Modern Medical Treatment published in 1956. He died at the young age of 57. According to reports it so happened that Col. Ilahi Bakhsh was member of the Medical Reforms Commission but did not see eye to eye with many other members and therefore had to put up a fight all the time. It was at the last dinner meeting of the Commission at Rawalpindi on 30th March 1960 when he got seriously agitated, developed a coronary thrombosis which killed him. Col. Ilahi Bakhsh Prof. Kh. Saadiq Husain says had fantastic memory and at time would crack jokes even at his own expense. No student of Prof. Amiruddin dared to forget a rectal examination of his patient because the punishment for that was doing the same procedure in front of the batch of student without a glove. Prof. M.A. Pirzada's ward rounds and bedside teachings were always fully attended and appreciated. Lt.Col. Ziaullah used to call him (Kh. Saadiq Husain) *Prince*. Prof. Akhtar Khan had a reputation of an individual with integrity, honesty of purpose, sincerity and discipline. He has lot of good words for Prof. SMK Wasti and Prof. Nazeeruddin Ahmad as well.

His father called him Dr. Sadiq from the age of five and hence choosing a career was not difficult for him hence he

joined Medicine but regrets that today Medicine is universally accepted as Industry. He has described in detail the difference between Secular ethics and Islamic Ethics and described the difference between commitment to the profession, variability, morality, professional career, desired objective, accountability and punishment. In Islamic ethics oath is with Allah as witness, variability is constant, morality is an obligation, and objective is what he can offer to the patient and accountability to Allah Almighty while there is no escape from punishment.

Science and Art of Medicine

Most important chapter in Reflections is Science and Art of Medicine. With the advances in medical technology which is being used more and more, Profession, Prof. Kh. Saadiq Husain believes has paid a very heavy price not merely in cash but at the cost of clinical judgment, doctor patient relationship and even ethics. He lays emphasis on the importance of History taking and physical examination, faith in ethics, communication skills advising the doctors to talk at the level of patient keeping in mind their level of education, intellect, occupation and capability. The doctors must make sure that they are not misunderstood by their patients. Unfortunately the communication gap between the doctor-patient relationship and humane element is being sacrificed at the altar of science. His advice is give more time to the patient, listen to him more attentively and half the time he will give you the diagnosis as many patients have psycho social problems and MRI won't help but a therapist will. Prof. Kh. Saadiq Husain had a stent put in his clogged coronary artery and then in 2001, he had a planned CABG performed by his student Dr. Fayyaz Hashmi a renowned cardiac surgeon working in USA who was visiting Pakistan.

Verbal Medicine: Talking with the patient and not talking to the patient and its virtues have been described in detail. Patient, he believes, has the right to ask questions which the doctor is obliged to answer. He gives details of the questions one should ask while history taking, during physical examination, during investigations. Doctor, he writes, should place the choice

before patient and recommend but never insist, discuss the cost of treatment and likely side effects. Handing a prescription of drugs is not enough. Tell the patient about the approximate duration of treatment, drug name dose, time to take must be explained to the patient. Educating the patient is doctor's responsibility. This particular chapter carry lot of useful tips, for example while drawing blood for tests, in winter if blood is not coming easily, dip the hand in hot water for a couple of minutes before pricking the finger. Physicians, he writes, must ensure correct use of BP apparatus, inhaler or nebulizer; diabetics should be educated how to recognize hypoglycemia and immediate management of foot care. Finally never ever give the patient X number of days, weeks or even months to live. In fact never predict life or death. In short never play God.

The number of people suffering from loneliness is increasing everywhere and the situation is not now uncommon in Pakistan as well. In the West a practice known as "social prescribing" will allow doctors to direct patients to community works offering tailored support. Remember Medicine is not only drugs and technology. Professionalism, humanism, ethics and talking sympathetically to the patients are all covered in Verbal Medicine which is often more rewarding than exotic diagnosis and fancy procedures.

CC Virus: A full chapter on CC virus (corruption and commercialization) is an FIR against a Mafia he has even named people in departments of Science and Technology and other ministries and how a brilliant Pakistani scientist Prof. Riazuddin was humiliated for formulating an economically priced Interferon. CC Mafia struck and this project could never materialize. This CC virus, he says, infects crooks with vested interests.

Writing about the Quranic injunctions and medical practice Prof. Kh. Saadiq Husain says that "A Fools concept of success is a fleet of bulletproof cars with armed guard, property and bank accounts overseas coupled with plenty of Chamchas." What I enjoyed the most reading in this book was how it ends. Prof. Kh. Saadiq Husain says that "I am a traveler in the departure

lounge of “One Way Airline” with a One Way Ticket to the “Unknown” with my boarding card and baggage all accurately recorded loaded to accompany me to my destination. My only Hand Baggage is Fear of his Verdict and Hope of his Mercy.” Let the readers take a note of it and prepare themselves for the last journey accordingly

Many distinguished medical personalities i.e. Prof. Mahmood Ali Malik, Prof. Shaharyar Sheikh, Prof. Ijaz Tareen, the current Vice Chancellors of UHS Prof. Javed Akram, VC KEMU Prof. Khalid Masood Gondal in their messages have called him Good human being, known for his honesty, integrity, quest of knowledge, emphatic understanding for patients, Handsome young man with a pleasant personality with a great sense of humour which made his lectures interesting. In view of his bedside manners and attitude towards patients, Prof. Kh. Saadiq Husain, they say, remains a beacon of light for his colleagues. He received many accolades for his diligence and diagnostic acumen. The book contains many messages and moral reminders from which many of the healthcare professionals can benefit.

Having said that, Prof. Kh. Saadiq Husain is a human being and he might have his own weaknesses and the following couplet is a true reflection of his personality.

فرشتہ مجھ کو کہنے سے میری تحقیر ہوتی ہے
میں مسجود ملائیک ہوں مجھے انسان رہنے دو

Libraries in medical institutions will find Reflections a rich treasure, the faculty members, postgraduates, medical students, physicians in private practice including Family Physicians will find this book extremely informative, useful. It can also be a very useful Gift for friends in the medical profession.

The book is edited by Prof. Tanveerul Hasan Zubairi, it is published by Universal Book Club. ISBN: 978-969-581-3. First Edition July 2019. Price Rs. 1500/- The quality of paper used, printing, quality of colour pictures is excellent though there is some duplication of information at a few places. Those interested may contact at e mail Tanveer.zubairi@gmail.com or WhatsApp: +92 322 4059496

Important points

1. Values like character building, ethics, fair play, integrity and honesty were basic objectives of education in good old days
2. Attracted by charismatic personality of Quaid-e-Azam he joined Muslim Students Federation which provided him numerous opportunities to meet the Quaid
3. I must have done thousands of Lumbar punctures during my tenure but not many can do it confidently in the medical wards today
4. Working with Col. Ilahi Bakhsh was great learning experience not only in diagnosing and management of disease but also how to deal with patient
5. When as President of CPSP he decided to ensure financial discipline, vested interests turned against him
6. I sent dozen documentary evidences of malpractices and irregularities in the CPSP with my resignation to every council member but was surprised that none of them responded
7. We seldom hear what is expected of us today i.e. never tell a lie, not to cheat, defraud, abuse, falsely accuse, steal, embezzle, over charge, hoard, bribe and many other sins
8. We cannot stop quackery till we can offer a better alternative equally effective, cheaper, easily available and accessible.
9. By increasing consulting fee, un-necessary investigations, medical profession has become part of the problem not solution

Important points

10. Had KEMU become medical university during his tenure as Principal, it might have been saved of some congenital malformations like elimination of the office of Principal
11. Pakistan today is choking with intellectual, professional, ethical, social, political, moral corruption. Controllers of evaluation procedures, elections, manipulate the desired results Guardians of justice, it is alleged met it out at a price
12. Despite my refusal as Chairman to postpone examinations, it was postponed since a girl student wished to accompany his father, a highly placed official in Islamabad on his visit to India
13. Secretary Health got his son admitted to AVH on the pretext of head injury to appear in exam with doctor standing guard. He also ensured his passing in Viva by getting his examination centre changed to Nishtar after Kh. Saadiq Husain refused to help him
14. Professionalism, humanism, ethics and talking sympathetically to patients are all covered in Verbal Medicine which is often more rewarding than exotic diagnosis and fancy procedures
15. A Fool's concept of success if fleet of bulletproof cars with armed guards, property and bank accounts overseas coupled with plenty of Chamchas
16. At present I am traveler in the departure lounge of "One Way Airline" with One Way Ticket to the "Unknown"