



HEALTH MATTERS

Advice from David Needleman

As well as being the pharmacist at Cory's, 166 High Road, David Needleman practises homeopathy. He has broadcast on radio stations such as LBC and written for national magazines like "Bella". If you have any questions which you would like him to answer, please write to him at The Archer, PO Box 3699, London N2 8JA, leave a message on our voice mail on 01426 923 549, or e-mail him at the-archer@england.com.

Millennium Bug

"Now is the winter of our discontent," said the Bard. He followed this with a rather upbeat message but our discontent will be caused by our not getting the antibiotics we think we need this winter.

We seem to have an antibiotic culture here, convinced that if we are ill we must take a pill: our doctor is not doing his job unless he writes that little slip of paper.

Bitter pill

However antibiotics do not work for viral infections such as colds, flu or sore throats and their overuse takes valuable resources away from the National Health Service. They can also make infections last longer as they challenge the immune system which is already under strain.

Many colds are exaggerated into flu; flu sufferers are unlikely to get out of bed, let alone be the martyr and struggle into work. Both can be treated at home, with a little common sense.

The next gripe will be "Why can't I have Relenza?" the new wonder cure for flu. The answer is that the Department of Health has advised against prescribing it as evidence of its effectiveness is insufficient and the cost would be unthinkable.

Cold comfort

Pharmacies will be relieved as they would lose about £1.00 for every prescription: it is a little-known fact that pharmacy in England is a service which it is not always possible to provide except at a loss, particularly on the more expensive items.

Drop goal

To make your winter healthier take ten drops of Echinacea (adult dose) each day in a little water. Increase this to fifteen drops if you are ill and take Paracetamol for pain or temperature (remembering to check that none of your current medicines also contain it) and lots of hot drinks.

Do not be a martyr, and do enjoy a healthy winter and, if necessary, a speedy recovery.

Transport needs

An occasional column highlighting the transport needs of our community by Geoff Garfield

Whilst London Underground attempts to provide us with better services, local people feel that we are still badly served by buses.

There is no direct access to either the City or West End from East Finchley, and Hampstead can only be approached by changing at Golders Green.

Therefore, THE ARCHER once again asks London Transport and their sub-contractors to consider the following proposals:

Route cause

Firstly, that the 214 route should be extended from Highgate Village through to North Finchley, thereby offering an alternative to the 263 between East and North Finchley and providing a through path to the City via Camden Town.

Secondly, that a new route

should be created starting at either Turnpike Lane or Wood Green and covering Muswell Hill, East Finchley, Hampstead Garden Suburb and Hampstead, possibly ending at South End Green or even the Finchley Road.

Frequency modulation

And finally an improvement in the frequency of the 143 route.

If enough interest can be shown, perhaps we can persuade the powers in charge to listen.

Do contact THE ARCHER with any alternative proposals and remember: silence produces very little result.

Majjo, a woman of achievement

By Daphne Chamberlain

When Majjo Ashraf, of Majjo's Foods, was nominated for an Asian Woman of Achievement award, she was presented to Cherie Booth. The Prime Minister's wife told her that she loved Indian food and would like to try some of hers.

Majjo is no stranger to politicians. Aged 11, she met Jinnah, the Moslem leader instrumental in creating Pakistan. Her uncles were lawyers, her mother's people doctors, and a great grandfather - Cambridge-educated Sir Syed - founded one of India's top universities at Aligai. Her politician father worked with Jinnah and, as a child, she saw Gandhi. On the day of his funeral her family moved from India to Pakistan.

Her background was privileged, but Majjo was expected to be a traditional wife and mother. Following the death of her father, she married at 18, but her first child

- Imran - changed her life. He has learning difficulties and it was to get the best for him that she came to England.

Imran attended Oak Lodge School in Oak Lane and at first Majjo lived with her two sons in one room, with "just enough space to walk round the beds". Later her husband joined them, but the marriage ended in divorce.

Samosas to success

This is when, to support her children, she began selling samosas to local shops. Trade built up, "with the help of God and my children", and eventually she bought her Fortis Green shop from Tom the Butcher and now she also has a restaurant in Drury Lane.

Recognition

Her nomination came completely out of the blue - from a young woman banker whom she had taught to cook. After interviews, she made the final shortlist of four in her category of businesswomen.

There were sacksful of nominations for these awards, which Majjo feels are at last recognising successful Asian women.

"There is great pressure on women now as they combine a career with running a home. Asian families entertain a lot. Many women regularly have 10 or 15 guests to look after." She adds, a little ruefully, that many younger women - like her own solicitor daughter - don't want to get married!

Hard work and pride

Majjo, herself, is still working hard, dividing her time between East Finchley and Drury Lane, providing freshly cooked, home-made food - the same as the food which she eats herself.



Majjo Ashraf photo by Daphne Chamberlain

Ideally, she would have liked a career in social work or politics ("but not as a toe-the-line politician"), and she is proud of her daughter-in-law, Rachel Abedi, for spearheading the fight for

the Fortis Green pedestrian crossing. She says, "I want to be part of the local community."

Majjo's Foods is at 1 Fortis Green, N2. Telephone 020 8883 4357.

Emergency access

Proposals to use the Territorial Army (TA) site as a base for both the Finchley Fire Brigade and Ambulance Service are being put forward by the Church End Agenda 21 Partnership backed by Rudi Vis MP.

It is thought that the TA building and its grounds would give both services access to the North Circular and other main roads, so reducing risk of delays in an emergency.

As Janet Durrant, spokesperson for the 21 Partnership said, "Fire engines have great difficulty negotiating small and congested roads such as Long Lane and Squires Lane. Engines have been held up because of obstructions or sheer weight of traffic".

It is proposed to convert the TA centre, which is shortly to be sold by the MoD, into an emergency centre so

paramedics and the ambulance service together with the fire services can attend calls quickly where there are suspected casualties. The group is to write to the Home Secretary, Jack Straw.

Rudi Vis MP for Finchley Golders Green, has said there have been talks between the fire and ambulance services.

The Territorial site would be ideal as an emergency centre and this would free the Finchley fire station for other use. But an LECDA spokesperson said, "They are looking into these proposals but there are no plans to move in the near future".

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