

Building indissoluble national unity paramount importance

To widely and extensively distribute and impart medical knowledge at any assigned places

NAY PYI TAW, 26 Dec—*The following is the full text of the address delivered by Commander-in-Chief of Defence Services Senior General Than Shwe at the Graduation Parade of the 10th Intake of Defence Services Medical Academy in Yangon this morning.*

Comrades,

Today is the graduation day of the 10th Intake of the Defence Serv-

ices Medical Academy. I wish to point out some salient points to all of you as you have successfully

completed the military and medical studies at the Academy, and are going to discharge the duties for

the State defence and medical undertakings.

Comrades,

As all of you are members of the Medical Corps of the Defence Services, your primary responsibilities are to provide medical services to the Tatmadawmen and family members at your assigned regiments and units.

In providing medical services to the Tatmadawmen who serve in the remote border areas, it is of utmost importance for them to have

medical knowledge by themselves. Similarly, as the saying goes, "Prevention is better than cure," it is important to widely and extensively distribute and impart medical knowledge at any assigned places since it is the vital part of protection.

As a member of medical corps, you have to serve not only at the frontier areas together with your colleagues but also at the headquarters of Infantry Divisions to provide medical services to Tatmadawmen and fam-

ily members. Wherever you serve, in line with the aim of the medical corps "Get healthy and strong to join the battlefield", you have to work with goodwill and kindness in imparting medical knowledge as well as giving medical treatment with the motto "Goodwill and kindness to keep danger away".

Apart from that, in order to provide more effective medical services nationwide, it is necessary to accumulate experiences

(See page 8)



Senior General Than Shwe delivers an address at Graduation Parade of 10th Intake of Defence Services Medical Academy. — MNA

It is necessary to accumulate experiences by making systematic research on the characteristics of region-wise diseases.



Four political objectives

- * Stability of the State, community peace and tranquillity, prevalence of law and order
- * National reconsolidation
- * Emergence of a new enduring State Constitution
- * Building of a new modern developed nation in accord with the new State Constitution

Four economic objectives

- * Development of agriculture as the base and all-round development of other sectors of the economy as well
- * Proper evolution of the market-oriented economic system
- * Development of the economy inviting participation in terms of technical know-how and investments from sources inside the country and abroad
- * The initiative to shape the national economy must be kept in the hands of the State and the national peoples

Four social objectives

- * Uplift of the morale and morality of the entire nation
- * Uplift of national prestige and integrity and preservation and safeguarding of cultural heritage and national character
- * Uplift of dynamism of patriotic spirit
- * Uplift of health, fitness and education standards of the entire nation

PERSPECTIVES

Saturday, 27 December, 2008

Enhance people's health awareness

The government has laid down and is implementing the long-term national health plan in order to provide people with health care service to the fullest. Each and every citizen is to lay emphasis on enjoying longevity, health and fitness.

Steps are being taken for screening and diagnosis of diseases in the drive for uplift of health and fitness of the entire nation. As a result, the government has been able to prevent the outbreaks of diseases.

As prevention is better than cure, systematic measures have been taken to enhance health awareness of people in rural regions and border areas.

Indispensable is broadening the health awareness of the people. Only when they are healthy, fit and free from diseases will they be able to serve the interest of the State and the people to their best.

In particular, it is required to widen their scope of knowledge on epidemic diseases, mosquito-borne diseases and HIV/AIDS usually infected from questionable intercourse.

Everyone needs to be equipped with health awareness and to strictly follow the practice that is in conformity with healthy life style. And they are to lead a healthy life based on health awareness.

Such being the case, the entire national people are to actively take part in the health promotion programmes together with the health staff in accord with the objective of ensuring every citizen to enjoy longevity and to be free from diseases.

Deputy Minister Col Hla Thein Swe delivers address at opening of work proficiency course No. 36 for heads of township IRD.
F&R



People's Desire

- * Oppose those relying on external elements, acting as stooges, holding negative views
- * Oppose those trying to jeopardize stability of the State and progress of the nation
- * Oppose foreign nations interfering in internal affairs of the State
- * Crush all internal and external destructive elements as the common enemy

North-West Command Commander's shield volleyball tourney opens

NAY PYI TAW, 26 Dec—Chairman of Sagaing Division Peace and Development Council, Commander of North-West Command Maj-Gen Myint Soe and wife attended the opening ceremony of North-West command commander's shield men/women volleyball tournament, held at gymnasium of the division on 23 December. The commander delivered an opening speech on the occasion and enjoyed the first day matches.

On 24 December, the commander attended the work coordination meeting for distribution and export of products to local and foreign markets at Myathala hall of Sagaing Division PDC office.

Afterwards, officials reported to the commander on distribution and export of rice and gram produced in the division. After hearing the report, the commander gave necessary instructions and made concluding remarks.—MNA

Work of Pyu Creek Hydro-Power Project well under way

NAY PYI TAW, 26 Dec— Minister for Electric Power No.1 Col Zaw Min inspected the Pyu Creek Hydro Power Project, about 7 miles west of Pyu Township, Bago Division yesterday.

He looked into construction of gates, building of water intake tunnel and revetment in the tunnel. He also inspected building of outfall channel and diversion channel.

The Ministry of Agriculture and Irrigation is undertaking work for the section of construction of dam of the hydro-power project and the Ministry of Electric Power No.1 is



Minister Col Zaw Min inspects Pyu Creek Hydro-power Project.

MNA

taking measures for construction of hydro-power section. So far, 43.7 per cent of the hydro-power section have been completed.—MNA

Work Proficiency Course for IRD officials concludes

NAY PYI TAW, 26 Dec— The closing ceremony of Work Proficiency Course No. 36 for Heads of Township Internal Revenue Department of the

Ministry of Finance and Revenue was held at the meeting hall of the ministry here this morning with an address by Deputy Minister for Finance and Revenue Col Hla Thein Swe.

The deputy minister presented first, second and third prizes to outstanding trainees and completion certificates to a trainee.

Altogether 50 trainees attended the four-week course.

MNA

All this needs to be known

- * Do not be frightened whenever intimidated
- * Do not be bolstered whenever flattered
- * Do not be softened whenever appeased



People stand at the site of car bomb explosion in Shula, Baghdad, Iraq, on 25 Dec, 2008. The bombing outside a restaurant frequented by police killed four people and wounded 25 others in the Shiite neighbourhood of Shula.—INTERNET

Attacks kill five in Iraq

BAGHDAD, 26 Dec—At least five Iraqis were killed and scores were injured on 25 December attacks in Iraq, the government and the US military said.

Most of the deaths occurred in a car bomb attack in the predominantly Shiite district of Shola in northeastern Baghdad, officials from the interior and defence ministries told AFP.

“Four people were killed and 13 wounded

when a car bomb that was parked on the side of the road blew up,” an interior ministry official said, adding that women were among the wounded.

The American military said in a statement, however, that only one person was killed and 21 were injured, among them a policeman, in the Shola blast. Also Thursday, a bomb exploded in the Shiite neighbourhood of Kadhimiyah in western Baghdad, the US military

said.

“A civilian was killed. Eleven civilians and three policemen were wounded in the attack,” it said.

Elsewhere in the conflict-ridden country, a suicide driver targeting an American patrol blew up his vehicle 37 kilometres (23 miles) northeast of the dangerous central city of Baquba Thursday, wounding seven civilians, the US military said.—*Internet*

Two NATO troops die in Afghanistan

LONDON, 26 Dec—A British Royal Marine was killed during combat on Wednesday in southern Afghanistan, the British Defence Ministry confirmed on Thursday.

The fatality occurred in Helmand Province, where British troops are operating under NATO’s International Security Assistance Force (ISAF).

The Marine “died from enemy fire in the Nad-e-Ali district near Lashkar Gah” during an operation “to remove enemy forces from the north of the district.”

“The death of this Royal Marine is a tragic loss and coming so close to Christmas, this is particularly poignant. Our thoughts and prayers are with his family and friends at this dreadfully sad time,” said Cmdr Paula Rowe, Task Force Helmand spokeswoman.

Internet

US military deaths in Iraq war at 4,217

WASHINGTON, 26 Dec—As of Wednesday, 24 Dec, 2008, at least 4,217 members of the US military had died in the Iraq war since it began in March 2003.

The figure includes eight military civilians killed in action. At least 3,398 military personnel died as a result of hostile action, according to the military’s numbers.

The British military has reported 176 deaths; Italy, 33; Ukraine, 18; Poland, 21; Bulgaria, 13; Spain, 11; Denmark, seven; El Salvador, five; Slovakia, four; Latvia and Georgia, three each; Estonia, Netherlands, Thailand and Romania, two each; and Australia, Hungary, Kazakhstan and South Korea, one death each.—*Internet*

Rocket attack kills four road workers in E Afghanistan

KABUL, 26 Dec—Four employees of a road construction company were killed as they came under rocket attack carried out by militants in Kunar Province east of Afghanistan, local officials said Thursday. “A rocket fired by insurgents in Sauki district Wednesday evening leaving four employees of a local road construction company Unique Builders dead,” director of the company Hasib Kulimzai told *Xinhua*.

Kulimzai added that four more employees including two guards were injured in the incident.

Meantime, police chief of Kunar Province Abdul Jalal Jalal said that the company was a national one and all the victims were Afghans.

No groups or individuals have claimed responsibility for the attack.—*Internet*

US-led force says 11 Taliban killed in Afghanistan

KABUL, 26 Dec— The US-led coalition in Afghanistan said Friday it had killed 11 Taliban militants in an operation against a network behind a series of roadside bombings, including some that killed foreign soldiers.

Another two suspected militants were arrested in the raid on Thursday in the southern province of

Kandahar, the US military said in a statement.

It said the head of the extremist cell was among those killed in the district of Maiwand, a Taliban stronghold about 75 kilometres (45 miles) west of the provincial capital of Kandahar.

Militants barricaded inside a compound had opened fire on the troops

who retaliated with gunfire and hand grenades.

“After neutralising the threat, the force searched the buildings, discovering 11 militants were killed,” the statement said.

They also found a wounded woman inside the building who was taken to a military hospital for treatment.

Internet



An Afghan woman walks with her daughter past the Darul Aman’s palace, destroyed during the civil war of 1992, in Kabul, Afghanistan, on 19 Dec, 2008.—INTERNET

A Pakistani paramilitary soldier stands guard in southwestern province of Baluchistan. Two Pakistani girls were killed Friday when a bomb exploded in their home in a remote village in restive southwestern Baluchistan Province, police said.—INTERNET



Bomb kills two girls in southwest Pakistan

QUETTA, 26 Dec—Two Pakistani girls were killed Friday when a bomb exploded in their home in a remote village in restive southwestern Baluchistan province, police said.

Unknown attackers, apparently targeting the girls’ male relatives, planted the bomb in the mud-brick home in the village of Teenda in Naseerabad district, local

police official Muhammad Ali Khoso told AFP.

“Two girls, aged six and eight years, were killed in the bomb blast,” Khoso said, adding that one wall of the house was destroyed. The apparent targets of the attacks escaped injury as they had already left for work on nearby farms, he said.

“The incident is being

investigated, but the attacks appear to be linked to the ongoing unrest,” the official said.

Hundreds of people have died in violence in gas-rich Baluchistan since an insurgency flared in late 2004, with rebels demanding political autonomy and a greater share of profits from the region’s vast natural resources.—*Internet*



Visitors gather at the entrance of the Mao Zedong Relic Museum in Shaoshan Village, the birthplace of late Chinese leader Mao Zedong, in Xiangtan City of central China's Hunan Province, on 25 Dec, 2008. —XINHUA

Sino-Australian trade ties can be stronger

CANBERRA, 26 Dec—Australian Trade Minister Simon Crean said that trade relations with China has been strong and can be even stronger in the future.

“Australia’s relationship with China has gone from strength-to-strength since the establishment of diplomatic relations more than 35 years ago. Two-way trade with China reached 63.8 billion Aus-

tralian dollars (46.4 billion US dollars) in 2007-08, a 16.5 percent increase on 2006-07,” Crean told *Xinhua* in an interview recently.

He said this success demonstrates the strong commitment of both countries to advancing the economic relationship. “As Minister for Trade, I always believe more can be done and the trade relationship between the

two nations can become stronger and closer.”

Talking about the bilateral trade ties, Crean said a lot has been achieved in the trade areas between the two countries in recent years. China has become Australia’s largest trading partner. It is also Australia’s second largest export market, accounting for 13.5 percent of total exports of Australia.

Xinhua

Japan mulls sending SDF ships on antipiracy mission near Somalia

TOKYO, 26 Dec—Japanese Prime Minister Taro Aso on Friday instructed Defence Minister Yasukazu Hamada to explore the possibility of dispatching Self-Defence Forces (SDF) vessels on an antipiracy mission to waters off Somalia, *Kyodo News* reported.

In order to protect Japanese ships from pirate activities, the government is expected to issue an or-

der for “maritime policing activity” in line with the Self-Defense Forces Law as early as in January.

Maritime policing activity under the law, which is restricted basically to safeguarding Japanese-registered ships or Japanese nationals under threat, is ordered by the defence minister with approval of the prime minister.

Internet



Members of local special police capture an impersonative suspect during an anti-hostage-taking drill in Guiyang, capital of southwest China's Guizhou Province, on 25 Dec, 2008. —XINHUA

Russia sends three navigation satellites into space

MOSCOW, 26 Dec—Russia launched a carrier rocket on Thursday to put three navigation satellites into orbit, authorities said.

The *Proton-M* carrier blasted off at 1:43 pm Moscow time (1043GMT) from the Baikonur space center in Kazakhstan with three Glonass navigation satellites on board, a spokesman for the Russian Space Troops was quoted by *Itar-Tass* news agency as saying.

Glonass, a Global Navigation Satellite System, is the Russian version of the US Global Positioning System (GPS) and is designed for both military and civilian use. Both systems allow users to determine their positions to within a few meters.—*Xinhua*

Man kills himself after shooting eight dead near Los Angeles

LOS ANGELES, 26 Dec—A man who killed eight people on a party overnight was found dead on Thursday from self-inflicted gunshot wounds, Los Angeles police said.

The 45-year-old man committed suicide around 3:30 am at his home in Sylmar, a suburb about 50 kilometres north of downtown Los Angeles, after his shooting spree at the gathering. Bruce Jeffery Pardo was in a Santa Claus suit when he showed up at the party and began shooting, before torching the house in Covina of east Los Angeles, according to police spokesman Pat Buchanan.—*Xinhua*

India IT industry to cut 50,000 jobs in next six months

MUMBAI, 26 Dec—India’s IT industry is to cut 50,000 jobs in the next six months due to the impact of global economic melt-down on the export-driven industry, reported Press Trust of India on Thursday.

The union of IT Enabled Services, a politically neutral union of IT professionals, on Thursday forecast that over

50,000 IT professionals in the country may lose their jobs over the next six months as the situation in the sector is expected to worsen.

“There would be 50,000 job losses (IT and BPO put together) over the next six months,”

Karthik Shekhar, general secretary of IT Enabled Services.

The job loss in the IT and BPO sector in the country topped 10,000 in the September-December period, Shekar said.

Xinhua

China’s industrial profits up 4.9% in first 11 months

BEIJING, 26 Dec—China’s major industrial firms reported 2.4066 trillion yuan (353.9 billion US dollars) in profits in the first 11 months of this year, up 4.9 percent from the same period last year, the National Bureau of Statistics (NBS) said on Friday.

The growth was 31.8 percentage points lower than the same period of last year, or down 14.5 percentage points from the first eight months of

this year.

Major industrial enterprises defined as those with more than 5 million yuan in annual revenues from their main business.

Among them, the NBS said, state-owned industrial companies had combined profits down 14.5 percent to 798.5 billion yuan.

Oil and natural gas mining sector saw an increase of 37.2 percent in profits, while the coal sector reported a jump of

133.7 percent, followed by the building material sector with a growth of 27.7 percent in profits.

The power sector’s profits fell 84.1 percent year-on-year, followed by chemical fiber sector with a drop of 74.9 percent, and non-ferrous metal and processing industry, which reported a drop of 34.1 percent in profits. The iron and steel sector recorded a decrease of 13.7 percent.

Xinhua

All items from Xinhua News Agency



The Tokyo Tower is decorated with colourful lights in Tokyo, capital of Japan, to marks its 50th anniversary on 25 Dec, 2008. The 333-metre-high tower opened to public in 23 Dec, 1958, and has attracted about 157 million tourists since then.—XINHUA

Bumpy year for European integration

BRUSSELS, 26 Dec—The passing year has been an “annus horribilis” for European integration as the “no” vote by 860,000 Irish voters in June 2008 derailed the Lisbon Treaty, which was designed for 490 million European Union (EU) citizens.

To make it worse, the subsequent financial crisis hijacked the agenda of EU leaders, who had decided to revisit the treaty impasse at an informal summit in October, making its

entry into force impossible before European Parliament elections.

When EU leaders signed the Lisbon Treaty in December 2007, they had hoped that the treaty can be ratified by all 27 member states by the end of 2008 so that its provisions on the composition of the European Parliament and the European Commission can apply.

At their December 2008 summit, EU leaders decided to give conces-

sions to Ireland so that a second referendum can be held in the autumn of 2009.

EU leaders have agreed to yield to a demand from Irish voters that the country have one national on the European Commission. The Lisbon Treaty had previously planned to downsize the European Commission, the executive body of the EU, to a college of commissioners from only two thirds of the EU member states.

Internet



Photo taken on 26 Dec, 2008 shows the site of an explosion in Baoshan District of Shanghai, east China. The explosion happened at the early morning Friday at a six-story residential building in Baoshan District, causing two people dead and eight injured. An initial investigation showed the explosion was probably caused by gas leak.—XINHUA



German soldiers take part in a maneuver to secure the frigates Karlsruhe and Mecklenburg-Vorpommern in Djibouti on 23 Dec, 2008. The German navy foiled a hijack attempt by Somali pirates on an Egyptian bulk carrier Thursday that left one crewman wounded on the merchant ship, Germany's military said.—INTERNET

Germans save Egyptian ship from Somali pirates

CAIRO, 26 Dec—A German military helicopter chased away pirates who were trying to board an Egyptian ship Thursday off the coast of Somalia. One of the ship's crew was shot in the attack.

The bulk carrier with 31 crew was passing through the Gulf of Aden on its way to Asia when gun-toting pirates in a speedboat began pursuing it, said Noel Choong of the Inter-

national Maritime Bureau's piracy reporting center.

A passing ship alerted the Kuala Lumpur-based bureau, which asked a multinational naval coalition force in the area to help, said Choong.

In response, the German navy frigate Karlsruhe dispatched a helicopter, a military spokesman said on condition of anonymity, citing

policy.

The pirates fled as the chopper reached the vessel, according to a statement from the German military, but not before shooting and injuring one the ship's crew.

A second helicopter, carrying a medical team, retrieved the injured crewmember, who is now receiving treatment on the Karlsruhe, the statement said.—Internet

Bomb explosion in SW France, another defused

PARIS, 26 Dec—A bomb exploded at a real estate agency and another device was defused at a European sports rehabilitation center in southwestern France on Thursday, local sources said.

The explosion occurred before dawn in a real estate agency's office in Anglet of France's Basque region, the local police said. No one was injured. A phrase “Basque is not for sale” was spray painted across the building.

In Carbreton, 20 kilometres from Anglet, another explosive device made of a water bottle of flammable liquid with a detonator was discovered around midday Thursday.

Internet

Israel set for Gaza invasion after rocket barrage

JERUSALEM, 26 Dec—Israel moved closer to invading Gaza, saying Thursday it had wrapped up preparations for a broad offensive after Palestinian militants fired about 100 rockets and mortar shells across the border in two days. Israel's foreign minister brushed off a call for restraint from Egypt's president, and Israeli Prime Minister Ehud Olmert made a direct appeal to Gaza's people to pressure their leaders to stop the barrages. But the attacks showed no signs of ending. By nightfall, three rockets and 15 mortar shells had exploded in Israel. Olmert issued his appeal in a rare interview with the Arabic language satellite channel al-Arabiya, saying Israel would not hesitate to respond with force if the attacks continued. “I am telling them now, it may be the last minute, I'm telling them stop it. We are stronger,” he said.

Thursday's rocket fire was far less than the barrage of 80 rockets the previous day, and there were no reports of injuries. But Israeli leaders said the continued fire — the most intense since Egypt brokered a cease-fire last June — was unacceptable.—Internet

Labourers work on the construction of waterpipes in Aceh Singkil, on 21 December. When the deadly waters of the Asian tsunami smashed into this fishing village in Indonesia's Aceh province four years ago, not one house was left standing. Now there are too many of them.—INTERNET

Indonesia marks four years since Indian Ocean tsunami

MEULABOH, 26 Dec—Indonesia marked four years since the deadly Indian Ocean tsunami with prayers and remembrance of one of the world's worst ever natural disasters. Indonesia was the nation hardest hit by the tsunami, with at least 168,000 people killed when walls of water smashed into Nias island and Aceh province, which

sits on the northern end of Sumatra.

Thousands of Acehnese gathered in the shattered remains of a military base in the coastal town of Meulaboh, one of the areas most thoroughly destroyed by the earthquake-triggered tsunami, for a sombre Islamic prayer ceremony.

“The four year anniversary of the tsunami holds

deep meaning, because right here we witnessed the first place the waters of the tsunami came into Aceh,” local government head Ramli Mansur told the crowd.

“We are here to remember the martyrs who were killed in the tsunami and to give us momentum to rebuild a better Aceh,” he said.

Internet



Practice integrated farming for higher income (3)

Kyaw Ye Min

Kyaw: As Maung Toe says the story is not up yet. They also used fish waste. Content of chemical agents in fish waste is equal to that of other farm animals. So, fish waste can be used as fertilizer. Fish waste dissolves in water, so the water is rich in nutrients. The water is used to generate crop plantations.

Aye: What a good method!

Kyaw: Moreover, fish waste helps small plants in the pond grow fast. So, they grow water spinach in the fish pond. It is used for cooking soup. It is also used as feedstuff for rabbits. Rabbit waste is semi-digested substance, so it is good for fertilizing the soil.

Tha: They are worthy of note. You are telling us every detail of the topic. Go on, please, Ko Kyaw.

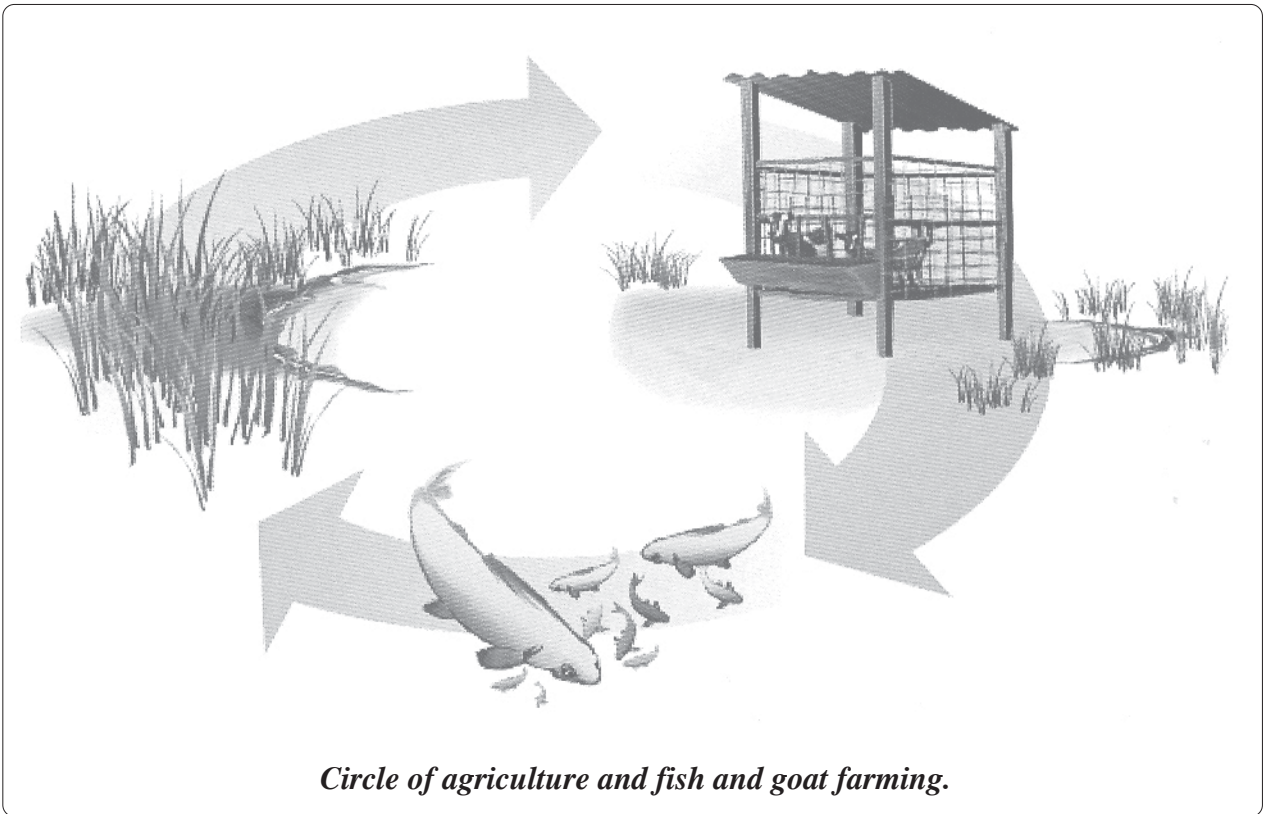
Kyaw: No, I'm just discussing in general, not every detail. They do all they can do in integrated farming. For example, they even don't waste paddy straw and use it in mushroom farming. Animals can't digest lignin or cellulose in paddy straw. Straw mushroom neutralizes lignin and enriches the nutriment of the straw. So, straw humus is a good fertilizer. **Running a straw mushroom farm, a family can save some money on meals, and can get income. They use same paddy straw twice in farming straw mushroom to get fertilizer. The benefit of paddy straw reaches its peak after it has been used twice in straw mushroom farming.**

Aye: What a pity! Piles of paddy straw are seen everywhere here in my whole life, but I don't know that much of use of paddy straw.

Toe: Frankly speaking, paddy straw is not the only thing we haven't used effectively yet. Up to now, we haven't made good use of anything. Here, lands to grow crops and water are plentiful, and we enjoy food security, so no wonder we take these points for granted. Surely if we try, we can achieve success in integrated farming.

Tha: I am on your side. In this regard, what we should do is just to do it in practice.

Kyaw: If you want to try it, **you should know the cycle of integrated farming. Some cow dung is put in the biogas unit and methane emitted from the unit is used for the cooking. Byproduct is used for keeping earthworm and agricultural farming. We can feed chickens, ducks and fish earthworm. We can use earthworm casts for agricultural farming. We also can use paddy straw in farming straw mushroom instead of letting**



Circle of agriculture and fish and goat farming.

it go to waste. We can use it as feedstuff. We can get straw humus after using same paddy straw twice in farming straw mushroom. Fish eat spilled feedstuff and goat droppings that have fallen into the pond. Fish waste makes the water fertile, so the water is used in agricultural farming. So, nothing is wasted in every stage. Integrated farming is economically rewarding.

Tha: If so, as you say the whole system is well-organized to make sure nothing is wasted.

Kyaw: Yes, Ko Thayar, we really should emulate their success. There, every family heaps all waste materials a hole in the earth or a tank. That causes reaction of organics, and they are as effective as natural fertilizer such as earthworm cast and straw humus. They know well how to use things and can change even waste materials into products.

Aye: By the way, I wonder how much success Vietnamese farmers have achieved.

Kyaw: It is said that after the trial of this system in Vietnam, experts did research constantly. They carried out a test on integrated farming over 90 households in December 2002, and over 80 households in December 2004 to find out how successful the system proved. Mekong River basin has changed a lot in growing rice since it was in the past due to the practice of integrated farming. Local farmers made

substantial profits from their farms. However, there still is a gap of achievement between one region and another because of a gap of technical assistance and agricultural loans. Anyhow, farmers have enjoyed higher incomes and better living conditions and high education standard due to the integrated farming.

Now, not only farmers but also children are given educative talks on integrated farming in order that they come to get used to it. In Social Protection Institute, five miles from Can Tho City, rural children are trained with the sponsorship of Heifer Vietnam to become familiar with integrated farming. The institute receives homeless children, those who become orphans due to AIDS, child workers, those who were raped and young drug addicts, and teaches them basic education. In addition, it opens farming courses and TV and small motor servicing courses.

The institute also practises integrated farming on a small scale. The trainees of the institute have to work in the fish ponds, goat farm and agricultural farms. There, trainees are organized and trained well so that they come to realize the value of the system. The children know that the system is highly profitable, so the system is successful.

Aye: Good, everyone can enjoy results in proportion to what they have done. That is the system we farmers should practise for better living conditions.

Toe: You're right, Uncle Aye. There is nothing we can't do in that regard.

Tha: **In our country also, agricultural farming and livestock farming are done in combination in many places. But, we have yet to upgrade it to integrated farming. If we can practise it systematically and in various ways, we farmers will surely enjoy higher incomes, won't we?**

(See page 7)

Fish waste helps small plants in the pond grow fast. So, they grow water spinach in the fish pond. It is used for cooking soup. It is also used as feedstuff for rabbits. Rabbit waste is semi-digested substance, so it is good for fertilizing the soil.

Practice integrated farming for higher income (3)

Kyaw Ye Min

(from page 6)

Kyaw: Right, Ko Thayar. I am sure we will soon enjoy good results when we practice the system in a systematic way.

Our discussion was very satisfactory. All of them showed great interest in the integrated farming which represents food production, profit, security, security of farm animals, social security, and environmental conservation. That meant they had gained new hopes and renewed vigour for their future.

I would like to make a positive suggestion that all farmers including my friends in that village practise integrated farming for higher incomes.

Translation: MS



Paddy straw is not the only thing we haven't used effectively yet. Up to now, we haven't made good use of anything. Here, lands to grow crops and water are plentiful, and we enjoy food security, so no wonder we take these points for granted. Surely if we try, we can achieve success in integrated farming.

Cycle of integrated farming

- (a) **Use of cow dung:** Some cow dung is put into the biogas unit. The methane emitted from it is used for cooking. The byproduct of the cow dung is used for earthworm breeding and agricultural farming.
- (b) **Use of earthworm:** Humus earthworms produce is used for agricultural farming and as feedstuff of chickens, ducks and fish.
- (c) **Use of paddy straw:** Instead of being burnt or going to waste, paddy straw is used for farming mushroom, which gets handsome prices and as feedstuff and straw humus.
- (d) **Fish breeding (*Tilapia*):** Fish eats remnants of feedstuff and goat droppings. Fish waste generates nutriment in the water. The water is used for growing plants for feedstuff and watering the plants in gardens in summer.

Quiet bison sire more calves than louder rivals

LOS ANGELES, 26 Dec — During bison mating season, the quietest bulls score the most mates and sire the most offspring while studs with the loudest bellows see the least action, according to a surprising new study by researchers at University of California, Davis, and Point Loma Nazarene University in San Diego. The researchers also found that the volume of a bull's bellow was not related to its weight or age.

"We were expecting to find that the

bigger, stronger guys — the high-quality males — would have the loudest bellows, because they can handle the costs of it," said Megan Wyman, a graduate student in geography at UC Davis and the lead author of the study. "But instead, we found the opposite. My collaborator in San Diego wanted me to call the paper 'Speak softly and carry a big stick.'"

The study is the first to examine how the amplitude, or loudness, of a mammal's vocalizations correlate with reproductive success. It was published in the November issue of the journal *Animal Behaviour*.

Internet



Mystery of Hexagonal Column formations solved

TORONTO, 26 Dec — Physicists at the University of Toronto have cracked the mystery behind the strange and uncannily well-ordered hexagonal columns found at such popular tourist sites as Northern Ireland's Giant's Causeway and California's Devil's Postpile, using water, corn starch, and a heat lamp.

"The size of the columns, which varies from site to site between a few inches and a few yards, is primarily determined by the speed at which lava from a volcanic eruption cools," says U of T physics professor Stephen Morris, who supervised the thesis

project of PhD student Lucas Goehring. Cooling lava sometimes forms strange column-shaped formations with a remarkable degree of order. The most famous of these hexagonal columns are found at the Giant's Causeway in Northern Ireland, where

they are said to be the work of Finn MacCool, an Irish giant.

Using a combination of field observation, experiments and mathematical theory provided by Harvard University professor L Mahadevan, they have solved the problem of what decides the size of the columns.—Internet



Building indissoluble national unity...

(from page 1)
by making systematic research on the characteristics of region-wise diseases and exchanging and sharing information with others. In this way, besides what you have learned at the Academy, you consistently need to learn from the experiences of your own and apply it in practice.
Comrades,

The effectiveness of the micro-biological medicines is amazingly improving with the advancement of medical sciences. However, it



Commander-in-Chief of Defence Services Senior General Than Shwe inspects graduation cadet companies of DSMA.— MNA

needs to note the increasing side-effects of some

medicines. Medicines produced in the western

countries are effective but bring unexpected side-

effects.

cepted worldwide. Likewise, Myanmar is trying to promote our traditional medicines and customary treatments by doing research utilizing advanced technology. In this way, we are wisely exerting efforts to keep abreast with the world in production of medicines.

Comrades,

As you are medi-

trained at the Academy to the level of Platoon Commander, you must be able to command your troops to join the battlefield like an Infantry. Those medical experts of the Tatmadaw, who were honoured for their distinguished bravery and sacrifice in the battlefields in our history, reflect “the readiness in times of necessity” tradition of the

Myanmar is trying to promote traditional medicines and customary treatments by doing research utilizing advanced technology.



Commander-in-Chief of Defence Services Senior General Than Shwe meets three outstanding cadets and their parents.

MNA



Dignitaries seen at Graduation Parade of 10th Intake of Defence Services Medical Academy.— MNA



effects. Therefore, eastern countries nowadays are doing research on their traditional medicines by using advanced technology to be ac-

cal professionals as well as members of the Tatmadaw, it is imperative to serve the primary duty for the defence of the State. As you are

Tatmadaw.

You have to protect and preserve, by risking your life, the noble traditions of the
(See page 9)



Commander-in-Chief of Defence Services Senior General Than Shwe awards Cadet Soe Htet. — MNA



Commander-in-Chief of Defence Services Senior General Than Shwe awards Cadet Kaung Kyaw Swe. — MNA



Commander-in-Chief of Defence Services Senior General Than Shwe awards Cadet Ye Tun Soe. — MNA

Building indissoluble national unity...

(from page 8)

Tatmadaw who pledged and committed to sacrificing the life for his country, his people and

and Tatmadawmen of the people, must provide health care services without any racial and religious discrimination to the people wherever you

would, therefore, like to urge all of you to cooperate with national spirit in the implementation of Five Rural Development Projects laid down by the State with a view to achieving health and longevity of the entire

people.

Comrades,

Members of the medical services always sacrifice for the people in accordance with the fine tradition of our Tatmadaw. Our medical teams having our own

rations, carrying our own medicines and finding our own path went to the cyclone-hit areas caused by Nargis in May to provide health care services day and night regardless of the inclement weather.

Thanks to the concerted efforts of members of the medical corps of the Defence Services to the best of their abilities, not only the people, but also the international organizations acknowledged the goodwill, faithfulness and loyalty of Tatmadawmen toward its people and country.

Comrades,

You all are going to be posted in every region of the country and I would like to point out matters concerning the national unity. Our country where more than one

hundred national races are residing together requires to possess true patriotism or union spirit. It is of paramount importance to build indissoluble national unity to enable all national races residing in the country for ensuring true patriotic spirit so as to cooperate in serving the interest of the country. Therefore, I would like to urge that you all need to contribute substantially to development task of the region where you are assigned and to ensure strong national unity.

Comrades,

In conclusion, I wish to urge you

- to try to be a perfect medical officer who is endowed with full of martial and mental prowess to safeguard Our Three Main National Causes in accordance with the motto **“Hero Physician, Victorious Warrior,”**
- to be ready to safeguard the nation by observing the modern and current strife from military and medical point of views, and
- to build strong national unity by participating in the national healthcare tasks with might and main. — MNA



Distinguished guests seen at Graduation Parade of 10th Intake of Defence Services Medical Academy.— MNA

his Tatmadaw. In addition, it is necessary to have continuous study and observation on the developing military tactics and effectiveness of the sophisticated military equipments such as chemical and biological weapons. It is also your permanent work to find out causes which will affect the health and fitness of the warriors with military awareness.

Comrades,

You, being members of the Medical Corps of the Defence Services

are being posted. Besides, all of you must carry out tasks beneficial to the betterment of the people while cooperating in the national health projects laid down by the State for the implementation of the objective—uplift of health, fitness and education standards of the entire people.

Since seventy-five per cent of the population is living in the rural areas, national developments can be achieved by uplifting of their living standards. I



Distinguished guests seen at Graduation Parade of 10th Intake of Defence Services Medical Academy.— MNA

Senior General Than Shwe attends graduation dinner of 10th Intake of DSMA



Commander-in-Chief of Defence Services Senior General Than Shwe attends graduation dinner of 10th Intake of Defence Services Medical Academy. — MNA

NAY PYI TAW, 26 Dec — Chairman of the State Peace and Development Council Commander-in-Chief of Defence Services Senior General Than Shwe

attended the graduation dinner of the 10th Intake of Defence Services Medical Academy held at the assembly hall of the Convocation hall of the DSMA in

Yangon at 6 p.m. today.

It was also attended by Member of SPDC General Thura Shwe Mann of the Ministry of Defence; Prime Minister General Thein Sein; SPDC members Lt-Gen Ye Myint, Lt-Gen Kyaw Win, Lt-Gen Maung Bo, Lt-Gen Aung Htwe; Lt-Gen Tin Aye of the Ministry of Defence, Commander-in-Chief (Navy) Rear Admiral Nyan Tun, Commander-in-Chief (Air) Lt-Gen Myat Hein; Maj-Gen Ko Ko, Lt-Gen Tha Aye, Lt-Gen Myint Swe of the Ministry of Defence, Adjutant-General Lt-Gen Thura Myint Aung, Defence Services Inspector-General Maj-Gen Thein Htaik, Military Appointment-General Maj-Gen Hsan Hsint, Judge Advocate-General Maj-Gen Soe Maung; Lt-Gen Myint Hlaing of the Ministry of Defence; Chief of Armed Forces Training Maj-Gen Hla Htay Win, Defence Services Inspection and Auditor-General (Army, Navy and Air) Maj-Gen Maung Shein, Commander of Yangon Command Brig-Gen Win Myint, the ministers, senior military officers, the Yangon mayor, the deputy ministers, officials of SPDC Office and departmental heads, senior military officers of Mingaladon Station, the commandant of DSMA and advisors, the professors and heads of departments, faculty members and graduate officers and their parents and relatives.

After the graduation dinner, artists of Myawady Music group, Myanmar Music Asiayon and Myawady Anyeint troupe and students of University of National Culture and Fine Arts performed entertainments.

MNA

Senior General Than Shwe attends Graduation...

(from page 16)

Maj-Gen Khin Maung Tint, Maj-Gen Than Aung, Maj-Gen Ngwe Thein, Maj-Gen Hlaing Myint, Brig-Gen Nyan Tun, Maj-Gen Than Htay, Maj-Gen Sein Lin and Maj-Gen Aye Myint, senior military officers, Yangon Mayor Brig-Gen Aung Thein Lin, deputy ministers, Commandant of DSMA Brig-Gen Tun Nay Lin, senior military officers of the station, parents and relatives of graduate cadets and guests.

Commander-in-Chief of Defence Services Senior General Than Shwe took the salute of the cadet companies and inspected them.

Afterwards, the graduate cadet companies marched past the Commander-in-Chief of Defence Services.

Commander-in-Chief of Defence Services Senior General Than Shwe presented Best Cadet Award to Cadet Soe Htet, Award for Excellence in Training to Cadet Kaung Kyaw Swe and Award for Excellence in Study to Cadet Ye Tun Soe.

Next, Commander-in-Chief of Defence Services Senior General Than Shwe delivered an address on the occasion. After that, Senior General Than Shwe left the parade ground.

After the graduation parade, Senior General Than Shwe met with three outstanding cadets and their parents at the main lecture hall of the academy.

MNA



Dignitaries seen at Graduation Parade of 10th Intake of Defence Services Medical Academy.

MNA

Commander views building of Bio-gas tanks

NAY PYI TAW, 26 Dec—Commander of Nay Pyi Taw Command Maj-Gen Wai Lwin inspected manageable scale bio-gas tanks which are constructed at farmer U Choe Tae's home in Khitaye village and farmer U Mya Maung's home in Otshitkon village on 24 December morning. The commander gave necessary instruction after hearing the reports of the officials

concerned.

Afterwards, the commander and party viewed purchasing of Ngwechae-6 long staple cotton from local farmers by Myanmar Textiles Industries under the Ministry of Industry-1 in Nyaunglunt village, Myaungmyaik village and of Nay Pyi Taw Tatkon Township.—MNA



A trekker walking close to Lirung Glacier in the Langtang Valley, some 60 kilometres (37.5 miles) northwest of Kathmandu. The glacier has retreated at least two kilometres in recent decades, an effect of global warming that is worrying local residents.—INTERNET

Himalayan villagers on global warming frontline

KYANGJIN GOMPA, 26 Dec—Standing in the Himalayan valley of Langtang, Rinjin Dorje Lama remembers where he used to play as a child in the 1960s.

“When I was a kid, it was a lot longer,” said Lama, pointing at the Lirung glacier surrounded by snowy peaks on Nepal’s northern border with Tibet.

“We used to play on the glacier, and it came right down to the monastery, but now it’s about two kilometres (1.2 miles) further back.” Temperatures in the Himalayas are rising by around 0.06 degrees Celsius (0.108 Fahrenheit) annually, according to a long-term study by the Nepalese department of hydrology.

The rate is far above the global average given last year by the UN’s senior scientists, who said surface temperatures have risen by a total of 0.74 degrees C over the past 100 years.

“I don’t really understand why the glacier has gone so far back, but I am told it’s due to global warming,” said Lama, whose weather-beaten face makes him look older than his 57 years. Lama has witnessed other changes in the roadless valley, 60 kilometres (40 miles) northwest of Kathmandu, where sure-footed ponies remain the quickest form of transport.—*Internet*



A nurse comforts a 43 year old patient who has been laboratory confirmed to have Ebola haemorrhagic fever (EHF). A deadly Ebola outbreak in the central Democratic Republic of Congo has killed nine and infected 21, the UN-sponsored radio Okapi quoted the health minister as saying.—INTERNET

Earthquake injures nine in SW China

KUNMING, 26 Dec—An earthquake measuring 4.9 on the Richter Scale injured nine people early Friday in Ruili, a city on China-Myanmar border in the southwestern Yunnan Province, the local earthquake bureau said.

The quake hit a village about 10 kilometres from Ruili’s city proper in Dai-Jingpo Autonomous Prefecture of Dehong at 4:20 am, the provincial seismic network reported.

The city’s Party chief Yang Yueguo said two villagers were seriously wounded and the other seven suffered slight injuries. “It’s still unclear who these people are and how they got injured,” he said.

The quake destroyed the city government’s old office building, Yang said. “Other damages are still under investigation.”—*Internet*

Toyota recalls more than 120,000 cars in China

BEIJING, 26 Dec—Toyota Motor Corp has issued a recall for more than 120,000 cars in China to fix a problem that could result in loss of steering control, China’s quality watchdog said Thursday in the latest piece of bad news for the Japanese automaker.

Tianjin FAW Toyota Motor Co, a joint venture between Toyota and China’s FAW Group, will recall 121,930 vehicles beginning on Friday, according to a notice on the Web site of the General Administration of Quality Supervision, Inspection and Quarantine.

The notice said the recalled models include Crown and Reiz luxury sedans produced between 2005 and 2006, and Lexus cars produced between 2004 and 2006.—*Internet*

NEWS ALBUM

Robots ready to run the world

Researchers predict there will be a surge in the worldwide dependency of robots during the next decade.

The gap between humans and robots is forecast to become significantly smaller as researchers announced that human’s social and physical reliance on robotic machines looks set to soar.

Whilst it has previously been considered it will take a long time for robots to match humans and human-controlled technology, it seems the moment is now imminent. As the International Federation of Robotics has stated, the next three years will see a phenomenal rise in the use of robots.



Ancient treasure found near Kremlin

An archaeologist conducting excavations in the Kitaigorod district of Moscow just outside the Kremlin has found an ancient treasure of rare coins, a glass bracelet, and a 12th century icon.

The most significant finding for us was the treasure of eleven rare coins. For the first time in history the Moscow numismatists have found a solid monetary treasure. “These are coins minted in Moscow dating from the times of Prince (Knyaz) Vasily Dmitrievich, the son of Dmitry Donskoy, to Vasily II [from 1371 to 1462],” Moscow’s head archaeologist Aleksandr Veksler said.

The archaeological works were carried out over an area of 350 square metres, and the extent of layers reached depths of up to six metres.

Arkansas family welcomes 18th child, a girl

An Arkansas woman has given birth to her 18th child. Michelle Duggar delivered the baby girl by Caesarean section Thursday at Mercy Medical Center in Rogers. The baby, named Jordyn-Grace Makiya Duggar, weighed 7 pounds, 3 ounces and was 20 inches long.

“The ultimate Christmas gift from God,” said Jim Bob Duggar, the father of the 18 children. “She’s just absolutely beautiful, like her mom and her sisters.”

The Duggars now have 10 sons and eight daughters.

Jim Bob Duggar said Michelle started having contractions Wednesday night. She needed the C-section, her third, because the baby was lying sideways. Jim Bob said both baby and mother were doing well Thursday night.

“We both would love to have more,” he said.



A performer dressed in full Peking Opera costume takes part in a press conference for the world premiere of director Chen Kaige’s new movie “Mei Lanfang” (“Forever Enthralled”) in Beijing, China. The movie marks Kaige’s comeback attempt after his last movie, the epic fantasy movie “The Promise,” was panned by critics three years ago.

People watch as a Ferris wheel rotates in London’s Hyde Park. It is one of many attractions and stalls at the park.

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 Dated: 27 December 2008

Earthquake strikes off Pakistan's coast

SINGAPORE, 26 Dec—An earthquake of 6.0 magnitude struck off Pakistan's coast on Friday, the US Geological Survey said on its website.

There were no immediate reports of casualties or damage.

The quake was recorded at a depth of 10 km (6.2 miles) and struck around 300 km (190 miles) west of Karachi at 2.40 am (10:40 pm BST).

Internet



A Thai vendor smiles as she sells roses in Phuket, Thailand, on 25 Dec, 2008.—INTERNET

Fumes 'leak into Seattle plane'

SEATTLE, 26 Dec—Fumes from a de-icing chemical are reported to have leaked into a passenger plane at Seattle-Tacoma airport in the US state of Washington on Wednesday.

About 20 people from the Alaska Airlines plane were treated for eye irritation, aviation officials said. An airport spokesman said three people had been taken to hospital, but their condition was not serious.

Fire engines and ambulances are on the scene. The airport has been hit by heavy snowstorms this week. The plane had been preparing to take off on a flight to Burbank, California, with 143 passengers and a crew of 5, reports said.—Internet



The airport has been hit by heavy snow this week.—INTERNET

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Grenade blows in packed Lima nightclub, killing five

LIMA, 26 Dec—Peruvian police say five nightclubbers are dead after a tear gas grenade was detonated in the middle of a crowded disco.

Police officer says nine people including a minor have been arrested on suspicion of setting off the canister in the "Boom" nightclub. He says the victims died of asphyxiation and seven others were hospitalized in the southern city of Juliaca.

Another police officer says the tear gas became lethal when released in a closed space with little ventilation. He told the AP the 800-capacity club had as many as 1,200 people inside when the grenade went off on Thursday.

Authorities are investigating how the suspects could have been in possession of the gas.—Internet



In this photo released by Andina Agency, a man, victim of a tear gas grenade detonated in a disco, rests as he speaks with an attorney, right, at a hospital in Juliaca, Peru, on 25 Dec, 2008. Peruvian police say five nightclubbers are dead after a tear gas grenade was detonated in the middle of a crowded disco.—INTERNET

Sleep disorder may be early sign of dementia

WASHINGTON, 26 Dec—People with a sleep disorder that causes them to kick or cry out during their sleep may be at greater risk of developing dementia or Parkinson's disease, according to a study published in the 24 December online issue of US journal *Neurology*.

The sleep disorder is called REM sleep behaviour disorder. People with the disorder do not have the normal lack of muscle tone that occurs during REM sleep, often known as the dream stage of sleep. Instead, they have excessive muscle activity such as punching, kicking, or crying out, essentially acting out their dreams.

The study involved 93

people with this type of sleep disorder who had no signs of a neuro-degenerative disease, such as dementia or Parkinson's disease. The participants were followed for an average of five years.

During that time, 26 of the people developed a

neurodegenerative disease. Fourteen developed Parkinson's disease, 11 developed dementia and were diagnosed with either Alzheimer's disease or Lewy body dementia. One person developed multiple system atrophy, a rare disorder that affects

movement, blood pressure and other body functions. The estimated five-year risk of developing a neurodegenerative disease was 18 per cent, with the 10-year risk at 41 per cent and the 12-year risk at 52 per cent.

Xinhua

Iran executes nine, including woman convicted of burying stepdaughter alive

TEHERAN, 26 Dec—Iran's state-owned newspaper says the country has hanged nine people, including a woman, convicted of murder.

A report on Thursday by the *IRAN* newspaper says all the convicts were hanged in Evin prison north of Teheran. They were identified only by their first names. The hangings took place on Wednesday after the country's Supreme Court approved the death sentences.

The woman, whose first name was Tayyabeh, was found guilty of burying her 8-year-old stepdaughter alive in a forest near a Teheran suburb. Murder, rape, armed robbery, kidnapping and drug trafficking are all punishable with the death penalty under Iran's Islamic penal law.

Internet

Genetics end fears of breast cancer

LONDON, 26 Dec — A baby genetically screened to be breast cancer free is due to be born within days.

In what is believed to be the first publicised case in the world, a British couple underwent pre-implantation genetic testing to free their children from the disease. At the same time, *IVF Australia* has announced it will start the genetic testing for the aggressive breast cancer gene BRACA 1 next year.

Testing for the breast cancer gene has been

available in Australia for about five years. Very few IVF clinics offer it due to the ethical dilemma involved. Pre-implantation genetic testing is used to screen for hereditary diseases such as cystic fibrosis.

But screening for breast cancer is considered controversial by pro-life groups because there is a chance not all embryos will develop the gene mutation and could have led a healthy life. The British couple, who do not wish to

be identified, are one of two in the UK who have publicly decided to undergo the test after their families had been afflicted with breast cancer.

Without screening, any daughter of the couples would have an 80 per cent chance of developing the fast-spreading form of breast cancer. Men can be carriers of the rogue gene. Had the couple conceived naturally, any child would have a 50 per cent chance of also carrying the gene.

Internet



Air stewardesses pose in front of a Chinese airliner's A321 plane painted with images of the Giant Panda to promote tourism at the Shuangliu International Airport in Chengdu of southwest China's Sichuan Province on 25 Dec, 2008.—INTERNET



Horsemen parade during the opening of the Sahara International Festival in Douz, south-western Tunisia. The 41st International Sahara Festival opened with camel races, desert dog hunting and Saharan music launching four days of cultural events with participants from around the world.—INTERNET

Physical therapy effective on neck pain

ALEXANDRIA, 26 Dec — The American Physical Therapy Association is urging US patients with musculoskeletal pain to consider treatment by a physical therapist.

Lead researcher and APTA spokesman Michael Walker says a 2007 survey indicated that more than one-third of the 32,000 US adults, and nearly 12 percent of children, use alternative medicine — with back and neck pain as the top reasons for treatment. The survey results were released by the National

Institutes of Health's National Center for Complementary and Alternative Medicine.

"This study, demonstrating the efficacy of physical therapy for a condition as widespread as neck pain, is particularly relevant in today's challenging economic environment," Walker said in a statement. Walker's study compared the effectiveness of a three-week program of manual physical therapy and exercise to a minimal intervention treatment

approach for patients with neck pain. Study participants consisted of 94 patients with a primary complaint of neck pain, of whom 62 percent also had radiating arm pain.

Patients randomized to the manual physical therapy and exercise group received joint and soft-tissue mobilizations and manipulations to restore motion and decrease pain, followed by a standard home exercise program of chin tucks, neck strengthening and range-of-motion exercises.

Internet

Group programmes may help kids lose weight

GAINESVILLE, 26 Dec — US researchers say group-based treatment programs may help overweight children lose weight. The study, published in the Archives of Pediatric and Adolescent Medicine, found that after six months, the children in a weight management treatment program were 4 percent less overweight, while children in the control group were about 3 percent more overweight. Researchers at the University of Florida in Gainesville said that although the weight

changes seem modest, the children's weight loss approached the amount shown by previous research to result in improvements in lipid and blood sugar level.

"When working with children it's important to introduce lifestyle changes slowly and make it fun, otherwise they may become resistant," study lead investigator David Janicke said in a statement. "Making big changes in their diets could lead to unhealthy habits like skipping meals, eating

disorders or weight gain." The study was based on 93 children between the ages of 8-14 years from four rural counties who had a body mass index above the 85th percentile for age and sex and were considered overweight or obese based on growth charts.—Internet

New way men can transmit HIV to women

CHICAGO, 26 Dec — Researchers at Northwestern University in Chicago say they have found a critical way a man can transmit the HIV virus to a woman.

The researchers showed that the HIV virus can penetrate a woman's normal, healthy genital tissue to a depth where it

can gain access to immune cell targets.

"This is an unexpected and important result," principle investigator Thomas Hope said in a statement. "We have a new understanding of how HIV can invade the female vaginal tract." Scientists had long believed that the normal lining of the female

vaginal tract was an effective barrier to invasion of the HIV virus during sexual intercourse and that the large HIV virus couldn't penetrate the tissue, Hope said.

Hope, his Northwestern colleagues and collaborators at Tulane University in New Orleans, discovered that interior vaginal skin is vulnerable to HIV invasion at the level where it naturally sheds and replaces skin cells—a point at which the cells are not as tightly bound together.

The Centers for Disease Control and Prevention in Atlanta estimated there were 56,300 new HIV infections in 2005 and traced 31 percent of the total to high-risk heterosexual contact. Hope presented his findings at the American Society for Cell Biology 48th annual meeting in San Francisco.

Internet

An air monitoring device sits on a rooftop in Mexico City. Twenty years ago, birds fell dead from the sky in Mexico City, then home to the world's most-polluted air. Today, nitrogen dioxide, sulfur dioxide and ozone pollution has been slashed in half and carbon monoxide and lead particle levels cut by 90 percent as restrictions on driving and industry reduce emissions and raise awareness.

INTERNET



SPORTS

Scolari puts his faith in Chelsea spirit



Luiz Felipe Scolari.

LONDON, 26 Dec — Luiz Felipe Scolari has responded defiantly to Chelsea's latest disappointment but knows his side cannot afford another setback when they begin their Christmas programme against West Bromwich Albion.

Twice in the last two weeks Chelsea have failed to take the chance to claim top spot in the Premier League after

leaders Liverpool slipped-up. And on the most recent occasion — against Everton at Goodison Park — Chelsea suffered the additional blow of having skipper John Terry sent-off, triggering a three-match ban for the England defender.

That means Terry will be absent when Chelsea face the bottom-of-the-table Baggies at Stamford Bridge here Friday and attempt to get their title charge back on course.

With Manchester United away in Japan at the Club World Cup, the past few days presented a golden opportunity to claim a significant advantage over the reigning English champions.

Internet

Alonso could be Fab for Gunners as Villa await

BIRMINGHAM, 26 Dec — Arsene Wenger is expected to revive his interest in Liverpool midfielder Xabi Alonso as soon as the January transfer window opens to compensate for the loss of club captain Cesc Fabregas.

Spain midfielder Fabregas will be sidelined until April, with partially ruptured medial ligaments and his absence will be keenly felt at Villa Park here on Friday.

Aston Villa, currently third in the table, are the club posing the biggest threat to Arsenal's perennial occupation of a top four place under Wenger.

They will now be looking to complete their first double over the Gunners since the inception of the Premier League and open up a six point gap.

Arsenal's title chances without Fabregas, who will miss 25 games if the gloomiest predictions regarding his length of absence are correct, could have to be salvaged by a move for his international colleague.

Internet



Arsenal's manager Arsene Wenger is expected to revive his interest in Liverpool midfielder Xabi Alonso as soon as the January transfer window opens to compensate for the loss of club captain Cesc Fabregas.—INTERNET

We're living in difficult times says Real coach



Real Madrid coach Juande Ramos.

MADRID, 26 Dec — Real Madrid coach Juande Ramos said Thursday the Spanish champions, trailing in fifth position behind arch rivals Barcelona in La Liga, were experiencing "a complicated situation".

Yet the former Tottenham boss who replaced Bernd Schuster at the Bernabeu this month, insisted things would only get better.

Since his arrival Real have won two games, a 3-0 Champions League success against Zenit Saint Petersburg and a 1-0 victory over Valencia in the league as well as losing the 'clasico' at Barcelona 2-0.

"The team's experiencing a complicated situation but I'm hopeful and I like challenges," Ramos told his personal website on Thursday.

"I'm sure the team's going to get better..we're not even at the halfway point of the season and we can still achieve lots of things and above all give satisfaction to our fans."

Internet

Fernandez charged with saving fallen Reims



Former Paris St Germain and Athletic Bilbao coach Luis Fernandez has agreed to take over as coach at struggling French second division side Reims, club sources said on Thursday.

INTERNET

REIMS, (France), 26 Dec — Former Paris St Germain and Athletic Bilbao coach Luis Fernandez has agreed to take over as coach at struggling French second division side Reims, club sources said on Thursday.

The much-travelled Fernandez, 49, has been working as a television commentator since he stood down as manager at Real Betis in Spain in June 2007, but he has always said that he would be ready to return to coaching if the offer was right.—*Internet*

Hleb named Belarus' Player of the Year



Barcelona midfielder

Alexander Hleb.

INTERNET

MINSK, 26 Dec — Barcelona midfielder Alexander Hleb was named Belarus Player of the Year for the fourth consecutive year, the country's sports weekly Press Ball announced Thursday.

The 27-year-old Belarus international was heralded by the national football federation, which also called BATE Borisov manager Viktor Goncharenko, who led his side into this season's European Champions' League, Coach of the Year.

Internet

BARCLAYS PREMIER LEAGUE

(26-12-2008)

Aston Villa	2 - 2	Arsenal
Chelsea	2 - 0	WBA
Liverpool	3 - 0	Bolton
Manchester City	5 - 1	Hull City
Middlesbrough	0 - 1	Everton
Portsmouth	1 - 4	West Ham Utd
Stoke City	0 - 1	Man Utd
Sunderland	0 - 0	Blackburn
Tottenham	0 - 0	Fulham
Wigan Athletic	2 - 1	Newcastle



Chelsea's Ashley Cole (R) challenges West Bromwich Albion's Robert Koren during their English Premier League soccer match at Stamford Bridge in London on 26 Dec, 2008.—INTERNET



Manchester United's Wayne Rooney (L) tussles with Stoke City's Abdoulaye Faye during their English Premier League soccer match at the Britannia Stadium in Stoke-on-Trent, central England on 26 Dec, 2008.—INTERNET



Liverpool's Sami Hyypia (L) and Yossi Benayoun (R) challenge Bolton Wanderers' Johan Elmander during their English Premier League soccer match in Liverpool, northern England on 26 Dec, 2008.—INTERNET

China naval ships to head for Somali waters

BEIJING ,26 Dec—Three Chinese naval vessels are scheduled to leave for the waters off Somalia on Friday to help tackle rampant piracy in a sign of the country’s rising global clout and diplomatic and military ambitions. The fleet—two destroyers and a supply ship—would have about 800 crew, including 70 special operations troops, the official *Xinhua* news agency said. “We have made special preparations to deal with pirates, even though these waters are not familiar to us,” it quoted mission commander Rear-Admiral Du Jingcheng as saying. The crack special forces are expected to give the fleet an edge in seeing off the pirates, with one of the soldiers able to “handle several enemies with (his) bare hands,” *Xinhua* said. “Our primary target is not striking them but dispelling them,” Du said. “If the pirates make direct threats against the warships or the vessels we escort, the fleet will take counter measures.” The destroyers Haikou and Wuhan, which will leave from the southern resort island province of Hainan, were two of China’s navy’s most sophisticated warships, *Xinhua* said. The victims have included a Hong Kong-flagged ship with 25 crew aboard and a Chinese fishing boat reported seized off Kenya.—*Internet*



In this photo released by China’s Xinhua News Agency, Chinese Navy’s DDG-171 Haikou destroyer is seen in Sanya, capital of South China’s Hainan Province on 25 Dec, 2008. On Friday, warships armed with special forces, missiles and helicopters will sail for anti-piracy duty off Somalia, the first time the communist nation has sent ships on a mission that could involve fighting so far beyond its territorial waters.—XINHUA

Singapore manufacturing falls 7.5 pct in November

SINGAPORE, 26 Dec—Singapore manufacturing fell 7.5 percent in November from a year earlier, more evidence the city-state’s economy likely extended a recession in the fourth quarter.

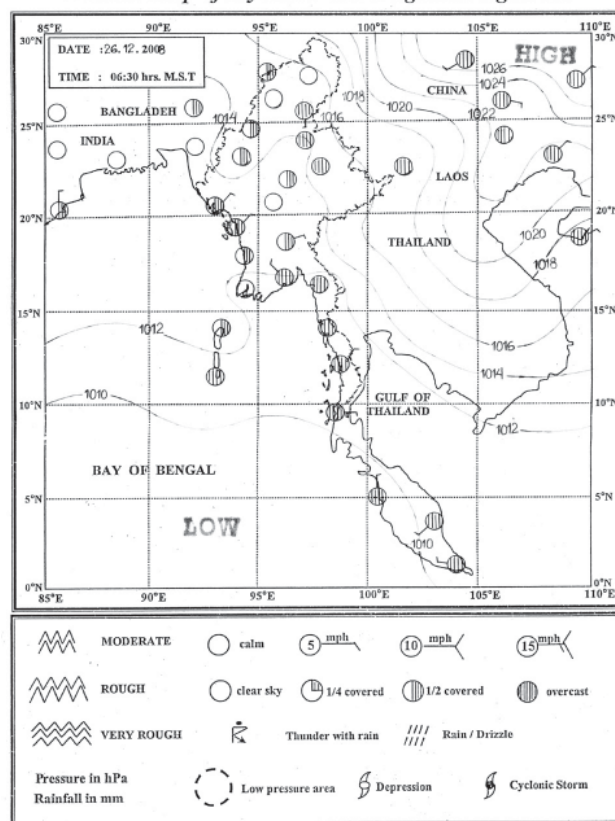
Electronics, which account for 30 percent of industrial production, fell 19 percent, the government said in a statement Friday. Pharmaceuticals, which make up 22 percent of production, rose 18 percent.

Manufacturing fell 12 percent in October from the same month a year ago while it rose 6.2 percent in November from the previous month, the government said.—*Internet*

Israel ‘to open Gaza crossings’

JERUSALEM , 26 Dec—Israel is due to re-open crossings into the Gaza Strip to allow humanitarian aid through, Israeli officials say. They said Defence Minister Ehud Barak had taken the decision after consulting security chiefs and following requests from the international community. UN officials have warned that the Hamas-controlled territory is facing a humanitarian catastrophe. The move comes despite Israeli warnings to Palestinian militants in Gaza to stop their rocket attacks on Israel. Some 50 rockets have been launched from Gaza in recent days, after the killing of three Hamas members by Israel. A six-month ceasefire in Gaza between Israel and Hamas ended last week. The Israeli defence ministry did not say for how long the Gaza crossings would remain open.—*Internet*

Weather Map of Myanmar and Neighbouring Areas



WEATHER

Friday, 26 December, 2008

Summary of observations recorded at 09:30 hr MST: During the past 24 hours, isolated light rain in Kayin and Mon States, Taninthayi Division, weather has been partly cloudy in the remaining States and Divisions. Night temperatures were (3°C) to (4°C) above December average temperatures in Kachin, Shan and Rakhine States, Mandalay, Magway, Bago and Taninthayi Divisions, (5°C) to (6°C) above December average temperatures in Kayah, Mon States and Yangon Division and about December average temperatures in the remaining States and Divisions. The significant night temperature was Hakha (4°C).

Maximum temperature on 25-12-2008 was 91°F. Minimum temperature on 26-12-2008 was 67°F. Relative humidity at (09:30) hours MST on 26-12-2008 was 76%. Total sunshine hours on 25-12-2008 was (7.0) hrs approx.

Rainfall on 26-12-2008 was (Nil) at Mingaladon, Kaba-Aye and Central Yangon. Total rainfall since 1-1-2008 was (110.31) inches at Mingaladon, (120.95) inches at Kaba-Aye and (140.94) inches at Central Yangon. Maximum wind speed at Yangon (Kaba-Aye) was (4) mph from Southeast at (12:30) hours MST on 25-12-2008.

Bay inference: Weather is generally fair in the North Bay and West Central Bay and partly cloudy in the Andaman Sea and elsewhere in the Bay of Bengal.

Forecast valid until evening of 27th December 2008: Possibility of isolated light rain in Shan, Kayin and Mon States and Taninthayi Division and weather will be partly cloudy in Kachin, Chin, Rakhine and Kayah States, upper Sagaing, Bago and Yangon Divisions and generally fair in the remaining areas. Degree of certainty is (40%).

State of the sea: Seas will be slight to moderate in Myanmar waters.

Outlook for subsequent two days: Likelihood of slight increase of night temperature in the lower Myanmar areas.

Forecast for Nay Pyi Taw and neighbouring area for 27-12-2008: Generally fair.

Forecast for Yangon and neighbouring area for 27-12-2008: Partly cloudy.

Forecast for Mandalay and neighbouring area for 27-12-2008: Generally fair.

Weather outlook for lastweekend of December 2008: During the coming weekend, weather will be generally fair in Nay Pyi Taw and Mandalay Division, partly cloudy in Yangon Division.



Saturday, 27 December
View on today

- 7:00 am 1. မင်းကွန်းဆရာတော်ဘုရားကြီး၏ ပရိတ်တရားတော်
- 7:25 am 2. To be healthy exercise
- 7:30 am 3. Morning news
- 7:45 am 4. အတိုးပြိုင်ပွဲ
- 8:05 am 5. ကဗျာပန်းဥယျာဉ်
- 8:15 am 6. Nice and sweet song

- 8:30 am 7. International news
- 8:40 am 8. “ကုသမနေ့တော်အား” (ရာဇာနေ့ဝင်း၊ သုမောင်၊ ညီကျော်၊ မတူး) (ဒါရိုက်တာ-ပန်းချီးစိုးမိုး)
- 11:00 am 1. Martial song
- 11:05 am 2. Musical programme
- 11:15 am 3. Yan can cook
- 11:35 am 4. Round up of the week’s TV local news
- 12:25 pm 5. နိုင်ငံခြားဇာတ်လမ်းတွဲ “အားကိုးချစ်သူကျေးတောသူ” (အပိုင်း-၈)
- 1:10 pm 6. ဆန်းကြယ်ထူးခြားပြိုင်ပွဲများ

- (Telematch)
- 2:50 pm 1. ၂၀၀၈ခုနှစ် (၄၇) ကြိမ်မြောက် တပ်မတော်ကာကွယ်ရေးဦးစီးချုပ် ဖလားတပ်မတော်ကြည်းရေးလေ့လာရေးပြိုင်ပွဲတိုက်ရိုက်ထုတ်လွှင့်မှုအစီအစဉ် (ပထမအကြိမ်လွှင့်)
- 4:45 pm 2. အဆိုပြိုင်ပွဲ
- 4:50 pm 3. Dance of national races
- 5:00 pm 4. အဝေးသင်တက္ကသိုလ်ပညာရေး ရုပ်မြင်သံကြားသင်ခန်းစာ တတိယနှစ် (အရှေ့တိုင်းပညာအထူးပြု) (အရှေ့တိုင်းပညာ)
- 5:15 pm 5. Songs to uphold national spirit
- 5:20 pm 6. Musical programme

- 5:35 pm 7. မြန်မာလေ့ရိုးရာလက်ရာ
- 5:50 pm 8. Musical programme
- 6:00 pm 9. Evening news
- 6:30 pm 10. Weather report
- 6:35 pm 11. အလှူရှာမယ်လှကမ္ဘာဝယ်
- 6:55 pm 12. ပဉ္စလက်ကျောင်းတော်
- 7:10 pm 13. နိုင်ငံခြားဇာတ်လမ်းတွဲ “သစ္စာနှင့်ယှဉ်သောမေတ္တာ” (အပိုင်း-၅)
- 8:00 pm 14. News
- 15. International news
- 16. Weather report
- 17. နိုင်ငံခြားဇာတ်လမ်းတွဲ “အချစ်စစ်ရှာဖွေခြင်း” (အပိုင်း-၁၉)

Senior General Than Shwe attends Graduation Parade of 10th Intake of Defence Services Medical Academy



ment-General Maj-Gen Hsan Hsint, Judge Advocate-General Maj-Gen Soe Maung, Lt-Gen Myint Hlaing of the Ministry of Defence, Chief of Armed Forces Training Maj-Gen Hla Htay Win, Defence Services Inspection and Auditor-General (Army, Navy and Air) Maj-Gen Maung Shein, Commander of Yangon Command Brig-Gen Win Myint; Ministers Maj-Gen Htay Oo, U Thaung, Col Zaw Min, Maj-Gen Maung Maung Swe, Maj-Gen Thein Swe, Brig-Gen Thein Zaw, Brig-Gen Lun Thi, Brig-Gen Thura Aye Myint, Dr. Chan Nyein and Maj-Gen Hla Tun; Vice-Chiefs of Armed Forces Training Maj-Gen Zaw Win and Brig-Gen Thoe Htein, Vice Quartermaster-General Maj-Gen Htin Aung Kyaw; Directors Maj-Gen Mya Win, Brig-Gen Kyaw Nyunt, Brig-Gen Maung Maung Ohn, (See page 10)

Commander-in-Chief of Defence Services Senior General Than Shwe takes the salute of graduation cadet companies.

MNA

NAY PYI TAW, 26 Dec—The Graduation Parade of the 10th Intake of Defence Services Medical Academy was held at the parade ground of DSMA at 7.30 a.m., in Yangon today, with an address by Commander-in-Chief of Defence Services Senior General Than Shwe.

Also present on the occasion were member of the State Peace and Development Council General Thura Shwe Mann of the Ministry of Defence; Prime Minister General

Thein Sein; SPDC members Lt-Gen Ye Myint, Lt-Gen Kyaw Win, Lt-Gen Maung Bo and Lt-Gen Aung Htwe; Lt-Gen Tin Aye of the Ministry of Defence; Commander-in-Chief (Navy) Rear-Admiral Nyan Tun, Commander-in-Chief (Air) Lt-Gen Myat Hein; Maj-Gen Ko Ko, Lt-Gen Tha Aye and Lt-Gen Myint Swe of the Ministry of Defence; Adjutant-General Lt-Gen Thura Myint Aung, Defence Services Inspector-General Maj-Gen Thein Htaik, Military Appoint-



Eye surgical team brings sights to Rakhine State

YANGON, 26 Dec —An eye specialist team provided free medical treatment to 1458 patients in Rakhine State from 20 to 25 December.

The medical team, comprising five ophthalmologists and five nurses, was led by Prof Dr U Kan Nyunt and Prof Dr U Ko Ko Tin from Yangon. The team gave treatment to 616 outpatients and do 121 operations for cataract patients in Thandwe Township from 20 to 22 December, and to 610 patients and

performed 111 operations in Taungup Township from 23 to 25 December.

The free medical treatment programme was funded by U Aung Myat of Mother Trading Co, Yangon, U Kyi Lin from Silver Beach Hotel in Ngapali, U Kyauk Taung of Taungup, Daw Than Ngwe and daughter Dr Kyi Kyi Ngwe of Yangon and Prevention of Blindness Program Department.

MNA

Practice integrated farming for higher income (3)

I N S I D E In our country also, agricultural farming and livestock farming are done in combination in many places. But, we have yet to upgrade it to integrated farming. If we can practise it systematically and in various ways, we farmers will surely enjoy higher incomes, won't we?

PAGES 6+7

KYAW YE MIN

Sparkling spray of stars seen



The colour image of the region known as NGC 2264.

LA SILLA, 26 Dec — NGC 2264 lies about 2600 light-years from Earth in the obscure constellation of Monoceros, the Unicorn, not far from the more familiar figure of Orion, the Hunter. The image shows a region of space about 30 light-years across.

William Herschel discovered this fascinating object during his great sky surveys in the late 18th century. The cluster is very bright and can easily be seen with binoculars. The dazzling star at the top is even bright enough to be seen with the unaided eye. It is a massive multiple star system that only emerged from the dust and gas a few million years ago.

Internet

Earthquake Report

YANGON, 26 Dec—A moderate earthquake of intensity (4.7) Richter Scale, with its epicenter outside of Myanmar (near Myanmar-China border) about 510 miles North-Northeast of Kaba Aye seismological observatory was recorded at (02) hrs (50) min (04) sec M.S.T on 26th December, said Meteorology and Hydrology Department.—MNA