

Book Review 'Memasuki Gerbang Perkahwinan' (Malay Version)

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Written by Dato' Syeikh Ghazali Hj. Abd. Rahman, Prof. Madya Dr. Abdullah Al-Hadi Mohamed, Prof. Madya Dr. Siti Zalikah Md. Nor, Dr. Maznah Baba, Dr. Tengku Aizan Tengku Abdul Hamid, Dr. Roslinah Ali, Haji Shafiee Khatib Jali, Haji Sulaiman Endut, Haji Iran Herman, Haji Mohd. Asri Abdullah, Haji Che' Mat Che' Ali, Haji Omar Abu Bakar, Sheikh Ahmad Faisol Hj. Omar, Zawanah Mohammad, Aishah Abdul Majid, Wan Yusof Wan Hassan, Paimuzi Yahya, Wan Morsita Wan Sudin and Che' Husain Isa, health has different perceptions among individuals and communities. It has been defined as being free from any illness or condition in which a person is ill, non-injured and has no disability. The definition of health according to the World Health Organization is the perfect physical, mental and social wellbeing and not just the absence of illness or disadvantages. What is meant by physical well-being is the state in which the body and system travel in the body are good. Wellness or mental health involves our positive attitude such as courage, self-confidence and so forth. Wellness or social health involves our interactions with the community such as helping, good association and so on.

Healthy couples are an important component of ensuring the happiness and well-being of a household and thus generating a healthy generation. Husband or wife who has a health problem will not only be able to complete his worship to God perfectly, but also affect his responsibilities to the family and not be able to concentrate fully on the home affairs because it has to spend time and money for treatment. The factors that affect the health of individuals, families and communities are the practice of healthy lifestyle, genetics and heredity as well as the formation of families. Health care is your own responsibility. Therefore, husbands and wives should adopt a healthy lifestyle which is a basic thing to ensure good health. Healthy lifestyle practices include balanced nutrition, limited social intercourse, good daily habits, continuous care and adequate rest. Foods consumed every day are not necessarily expensive but need to be balanced which contains all the nutrients the body needs at the right rate. These foods need to contain carbohydrates, proteins, vitamins, fats and minerals.

Apart from food, our body needs enough water. Lack of water can cause body temperature rise, fatigue and tired body. So, we should drink about eight glasses of water a day. Eating balanced food in the right amount and recreation can control weight gain and avoid diseases such as high blood pressure, heart disease and diabetes. Good nutrition practices and should be practiced by every member of the family are as follows: eat more fish and chicken than meat, choose less fat dairy, remove fat from meat before cooking, remove skin and fat from chickens or ducks before cooking, many eating boiled, steamed or grilled food, avoid eating fried foods, eating lots of fruits and vegetables, eating time should be orderly and stay away from foods containing excess sugar, fat or salt. In daily social intercourse each spouses need to restrict their association and be loyal to their respective spouses. Free association and couples often turn to health hazards. Adultery and sodomy may cause sexually transmitted diseases such as syphilis, gonorhera and AIDS. This disease can not only be faced by those who do this act but can also infect innocent husbands and infants. In addition, these diseases can cause infertility to the husband or wife and can also cause permanent physical and mental disabilities to the baby.

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