

Complex Problems Need Simple Solutions

Vidurava owes its credibility not only for its versatility in transmitting the messages of science and technology to the people and enhancing their scientific literacy, but also to its unique role in showing how complex problems could be solved with simple solutions.

There is a moral obligation on the part of professional scientists and technologists to consider new knowledge and factual information as matters of public domain, and thereby ensuring an equitable sharing of benefits of such information. **Vidurava** takes pride in making the communication and transmitting process of new knowledge a reality.

This volume contains few examples of how scientific and technical information can be of assistance to the general public to sustain a healthier lifestyle in a harmonious living environment.

Mathematics, considered by many of us to be a brain twister, can turn out to be a soft tool in home economics for cost effective decision making in day to day chores. This is the theme of a paper on 'Mathematics for Everyday Life'. Likewise a common urban problem discussed so often is the disposal of garbage consisting in part of non-degradable material, especially plastics and polythene. Substituting such non-degradable hazardous material in domestic use with degradable biological material that could be harvested in a sustainable manner is the theme of another presentation.

A review of measures to inculcate a sense of healthcare consciousness in the public minds about the ill effects of 'modern' lifestyles, and patterns of food consumption, is both timely and appropriate. Non communicable diseases as compared to communicable diseases may not sound so frightful, but obviously seems much more life threatening. Despite higher risk factors, it is interesting to note how simple observations and measurements can be used to assess one's vulnerability to such potentially fatal diseases. An understanding of such simple home diagnostic devices in resolving the complexities of life threatening non-communicable diseases through re-adjustments in lifestyles is certain to be picked up by many readers who may have been longing for sound medical guidance on tackling such diseases.

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