

Note Making

Note making is a tool used to systematically write down things quickly and briefly in such a way that a person does not miss out on the important points. It involves and tests both reading and writing ability of the user. Have you ever come across the term “running notes” or note down the important points while reading a chapter? Well, this is it. Notes will help you prepare for your examinations and seminars.

There are various ways of making notes. Each format has its own advantages and limitations.

1. Linear notes
2. Keyword notes
3. Time lines
4. Flowchart
5. Matrix format
6. Mind maps

Today we'll be exploring the most common form of all, Linear note making

How to make notes?

One needs to follow a few simple rules:

1. First, read the passage carefully.
2. Have a heading which indicates the main idea behind the passage.
3. Subheading: A heading is often divided into various parts. Subheadings are used to indicate that.
4. Each subheading involves points and not lengthy passages.
5. Use abbreviations and bullet points to make the sentences clear and easy to read.

Note Making Solved Example

Read the following passage and answer the questions that follow:

1. Occasional self-medication has always been part of normal living. The making and selling of drugs has a long history and is closely linked, like medical practice itself, with

belief in magic.

Only during the last hundred years or so has the development of scientific techniques made diagnosis possible. The doctor is now able to follow up the correct diagnosis of many illnesses-with specific treatments of their cause. In many other illnesses of which the causes remain unknown, he is still limited, like the unqualified prescriber, to the treatment of symptoms. The doctor is trained to decide when to treat symptoms only and when to attack the cause. This is the essential difference between medical prescribing and self-medication.

2. The advance of technology has brought about much progress in some fields of medicine, including the development of scientific drug therapy. In many countries, public health organization is improving and peoples' nutritional standards have risen. Parallel with such beneficial trends is two which have an adverse effect. One is the use of high-pressure advertising by the pharmaceutical industry which has tended to influence both patients and doctors and has lead to the overuse of drugs generally. The other is the emergence of sedentary society with its faulty ways of living: lack of exercise, overeating, unsuitable eating, insufficient sleep, excessive smoking, and drinking. People with disorders arising from faulty habits such as these, as well as from unhappy human relationships, often resort to self-medication. Advertisers go to great lengths to catch this market.

3. Clever advertising aimed at chronic sufferers; who will try anything because doctors have not been able to cure them; can induce faith in a medicine, particularly if it is steeply priced.

Advertisements are also aimed at people suffering from mild complaints such as simple colds and coughs which advertisements claim will clear up within a short time due to the intake of a medicinal product.

4. These are the main reasons why laxatives, indigestion-remedies, painkillers, cough – mixtures, tonics, vitamins and iron tablets, nose drops, ointments and many other

preparations are found in quantity in many households. It is doubtful whether taking these things even improves a person's health or it simply makes it worse. Worse, because the preparation may contain unsuitable ingredients making a person dependent on them. They may also cause poisoning and worst of all the symptoms of an underlying problem may be masked and therefore medical help may be sought. Self-diagnosis is a greater danger than self-medication.

Self Medication- A Growing Trend

1. Self Medication and Medical Prescription

- a) Occasional self-medication practiced in past
- b) Medical diagnosis recent-100 yrs.¹ approx.²
- c) Difference between a prescribed medicine and self-medication
 - 1. Doc.³ : trained –knows when to treat symptoms & when to treat causes.
 - 2. Indiv.⁴ doing self medication ignorant abt.⁵ above.

2. Growth in Technology- Benefits and Adverse Effects

- 1. a) Improvement in medicines, public health systems, nutritional stds.⁶
- b) Sedentary society: lack of exercise, overeating, unsuitable eating, insufficient sleep, excessive smoking and drinking.
- c) Self Medication-Ppl.⁷ with lifestyle disorders or relationship prblms⁸ target of advertisers.

3. Types of Self Medication & Effects

- a) Laxatives, indigestion-remedies, painkillers, cough –mixtures, tonics, vitamins and iron tablets, nose drops, ointments etc
- b) Can worsen prblm
 - I. Unsuitable ingredients
 - II. Medicine may mask real cause

SUMMARY

Advancements in diagnostic techniques and improvement in medicines and public health systems are accompanied by harmful effects. Technological advancement promotes a sedentary lifestyle with lack of exercise, overeating, eating wrong foods, insufficient sleep, excessive drinking and smoking. This leads to a rise in disorders, self-medication and relationship problems. Further advertising promotes

self medication when doctors cannot find cures. Easy cough, cold indigestion medicines promising quick recovery attract consumers. However self medication might mask the real problem and unsuitable ingredients might harm.

Abbreviations:

1. Yrs- Years
2. Approx.- Approximately
3. Doc.-Doctor
4. Indiv.-Individual
5. Abt. –about
6. Stds.-Standards
7. Ppl.-People
8. Prblms.-Problems