

## Dr. Shafica Karagulla

Dr. *Shafica Karagulla*, a neuro-psychiatrist with an outstanding medical and psychiatric background of research and practice, has passed away on March 13, 1986 in the United States. She was the President and Director of Research of the Higher Sense Perception Research Foundation in Beverly Hills, California.

Born in Turkey, she received her early education at the American School for Girls in Beirut, Lebanon and later continued her education at the American Junior College for Women and the American University of Beirut, receiving her degree of Doctor of Medicine and surgery in 1940. Dr. *Karagulla* travelled to Edinburgh, Scotland, to obtain her training in psychiatry at the Royal Edinburgh Hospital for Mental and Nervous Disorders. In Britain, Dr. *Karagulla's* research in electrical shock therapy made medical history. Dr. *Karagulla* obtained in 1948 her diploma in Psychological Medicine from the Royal College of Physicians of London and the Royal College of Surgeons of England. In 1950 she became a member of the Royal College of Physicians of Edinburgh, the highest medical qualification in Britain. She crossed the Atlantic in 1952 to study the effect of electrical stimulation on the brain of conscious patients during neuro-surgery. At this time she received a research fellowship in the department of neurology and neuro-surgery at McGill University and the Montreal Neurological Institute, Canada.

By special invitation in 1956, Dr. *Karagulla* came to the United States and became an American citizen and practicing physician. One of her major contribution is her book *Breakthrough to Creativity*, which presents some of the fascinating findings of eight years of research in the field of Higher Sense Perception. She has discovered that HSP abilities are far more widespread than any one has supposed. She defines HSP as «the ability to observe and experience hitherto unperceived dimensions of environment».

### Publications

- *Breakthrough to Creativity Your Higher Sense Perception*, 1967.
- *Through the Curtain*, 1983.

## Mother inferior

«In rich countries more men than women die in middle age. In poor countries, the reverse is true. This is because childbearing in the developing countries is hazardous. About one woman in ten in the third world dies during pregnancy, more than 100 times as many as in the United States or Sweden. Yet relatively simple improvements in antenatal care and family planning could prevent at least a quarter of those deaths.

The incidence of the main causes of death during pregnancy varies regionally. In South Asia, haemorrhage during labour is a big problem. In Africa, women inherit relatively small pelvises and die because the equipment and skilled people to perform caesarean sections are in short supply. Botched abortions cause half of all deaths during pregnancy in Latin America, where laws permit abortions only when the mother's life is in danger. Infection is a problem everywhere.

If mothers are sick, their babies are usually sick too. Childbearing is a fulltime occupation for many women. About 80% of fertile women in poorer countries will have a child within one year of the last one and more than one-third of mothers are younger than 20 or older than 34. Pregnancies among unmarried teenagers are common. In Senegal, one urban study involving 764 mothers who were 16 to 21 years old found that 31 % of them were unmarried.

Many mothers are sick because they do not get enough to eat. In some male-dominated societies women go hungrier than men and visit the doctor less often. In many instances, however, medical services are simply not available...

In April 1985, the World Health Organization (WHO) got together with the Pan American Health Organisation (PAHO) to recommend ways of reducing the number of maternal deaths. They have run into criticism since for concentrating on medical techniques and giving too little prominence to simple measures that can reduce mortality in childbirth, such as cleanliness and a better diet. One Indonesian study found that one antenatal visit by a trained health worker lowered death rates among mothers-to-be to one-fifth of what they were...».

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