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ALL dieters know that once you refrain from a particular kind of food, or delete it from your diet (be it chocolates, carbohydrates, etc), you'll end up craving it more than ever and would go to all lengths to obtain it.

Thus, I find the call to ban the sale of beer and condoms in convenience stores ridiculous and can't believe such an idea could have come from an elected MP: "Put a cap on it, MP advised" (*The Star*, Oct 19).

As a Muslim, I don't consume alcohol, and though I am very much aware that some Muslims do consume alcoholic drinks in the country, I leave such issues for them to take up with God, as the matter is indeed between them and the Almighty.

And though I am concerned that alcoholic drinks are easily available for people, especially youths to buy, simply banning its sale is not an effective solution. Somehow, and in some way, people will eventually get their hands on the drinks – just look at the number of incidents involving firecrackers during the festive seasons, which are banned in the country.

As such, I agree that education is more important than controlling people's behaviour because most people will do the exact opposite when told how to behave.

As for the sale of condoms, it is indeed imperative that they should be on the shelves, be it at the pharmacy, healthcare centres or convenience stores. They are indeed useful to prevent HIV/AIDS from spreading.

Condoms have always been used to practise safe sex or as a contraception and, as far as I know, the sale does not contribute to the rising number of sexual diseases nowadays. If anything, condoms inhibit such cases.

On that note, I seriously believe sexual education should be implemented in the school curriculum, as youths are more exposed to external influences now more than ever before. And maybe some of our elders need to be educated on the use of condoms as well, so that they will not simply brand people who use them as "up to no good".

**BIBI,
Rembau.**