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Nowadays, people are getting more and more involved in Music and for them, it has become a part of their daily life. Their mind has become so saddled with tension, and the tempo of life is so fast that they seem to accept high blood pressure and nervous breakdown as the unavoidable side effects of modern civilization.

It is a pity that they do not pause to think about the adverse effects of music on their physical and mental health.

I have endeavoured to present in this booklet the scientific and spiritual points of view on music and dance etc. These observations have been quoted from various books of Persian, Urdu and English languages.

I am very grateful to Maulana Sayyid Sa'eed Akhtar Rizvi, the Chief Missionary of the Bilal Muslim Mission of Tanzania for editing and scrutinizing this effort of mine.

I hope this booklet will help the readers in understanding the philosophy of the rule of Islam which forbids music.

A.H. Sherriff 1/5/1983

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