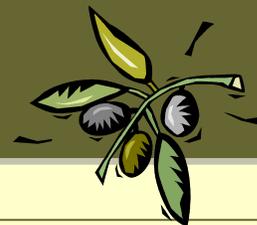




THE JOSEPHITE



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From then to now

By Valentine Paulraj

It is good to be back, with one more winter gone by and a new spring just begun, we wish prosperity and growth to all of you. The hottest topic and most affecting topic in the world are Economy and Recession. Whichever part of the world you maybe sitting and reading this, I am sure you must have either been affected or atleast able to notice the impact. As always we wish only to share good news, so while you have read the negative impact of the present economy, we intend to share some positive ways to handle the situation, and it might either assist you to get out or get over.

Of all the 'major' problems in the world, from starving kids to homeless to overpopulation to global warming to putting an end to war. Which of these problems do you think we need to put most of our interest and resources into to ensure a positive future for ourselves and the world in general? Do you feel like the problem is largely ignored now, or at least ignored by the USA or are they trying to do something about it? We would like to know what you think. So write to us and share it.

As the Western world faces a health care crisis, India offers the wisdom of its ancient system of natural medicine, Ayur-Veda, as an effective and inexpensive approach to preventative health care. East or West all I hope and pray is that we find end to many of the incurable diseases and disorders that affect so many who cannot even afford basic medical assistance. I would strongly

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suggest, that you make some time one of these days and, please visit a nursing home for invalids and you will then realize how much we are blessed and how much we have taken life for granted. Try to share a smile, a kind word and if possible one kind act a day and you will find the world a different place to live.

We encourage you to write to the news letter sharing your experience during and after SJC and also news from your part of the world. And, once again we thank contributors of articles for this news letter, wish you all the very best and remember to stay connected until we meet again. "United we stand, divided we fall".

Remember that we all have been blessed and that is why we are what we are today. Let the blessings not just stop with us but let us reach out and be a blessing to others in the days and years to come.

Wish you all a wonderful, prosperous, blessed and Happy April.

With warm wishes

Valentine Paulraj

Here are some quotable quotes

Compiled by Rajendran. – 1982

"Don't waste your life in doubts and fears: spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it." -- Ralph Waldo Emerson

"It is not work that kills men, it is worry. Work is healthy; you can hardly put more on a man than he can bear. But worry is rust upon the blade. It is not movement that destroys the machinery, but friction." -- Henry Ward Beecher

"After the game, the king and the pawn go into the same box." -- Italian Proverb

"There are no classes in life for beginners: right away you are always asked to deal with what is most difficult." -- Rainer Maria Rilke

"Most people never run far enough on their first wind to find out if they've got a second. Give your dreams all you've got and you'll be amazed

at the energy that comes out of you." -- William James

"There are two things to aim at in life; first to get what you want, and after that to enjoy it. Only the wisest of mankind has achieved the second." -- Logan Pearsall Smith

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us." -- Helen Keller

We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box". - Robert Fulghum

"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity." -- W. Clement Stone

Recipe for your taste

By Jayanthi Rajan 1994

Paneer Butter Masala

Ingredients: -

250 gms paneer (about 24 cubes)
 3 medium sized onions
 2 tsp ginger-garlic paste
 2 tsp red chilli powder
 4 ripe tomatoes
 3 tbsps cashewnut (grind to smooth paste with little water)
 1/2 tsp coriander powder
 1/4 tsp turmeric powder
 1/2 tsp kasuri methi (dry fenugreek leaves)
 1 1/2 tsp garam masala powder
 salt to taste
 3 tbsps butter
 2 pinches of orange food color
 Coriander leaves for garnish

How to prepare: -

- (1) In a saucepan, bring about 4 cups of water to boil. When the water starts dancing, gently drop in the onions, and tomatoes. Let them cook on high flame for 10 mts.
- (2) Drain the water and let onions and tomatoes cool down. Once cool grind onions to smooth paste. Peel the skin of the tomatoes and grind to smooth paste separately. Set aside.

- (3) Heat a tbsp of ghee and fry the paneer cubes to golden brown as shown in the picture.
- (4) While the paneer fries, bring one cup of water to boil and switch the flame off. To this add the fried paneer cubes and let it sit for 5 mts in.
- (5) In a pan/kadhai heat 3 tbsps of butter on medium low flame. Add the onion paste to the butter, increase the flame to medium, and fry for 5 mts stirring frequently till the gravy starts turning brown in color and the raw smell disappears.
- (6) Add ginger-garlic paste and fry for another minute. Add chilli powder, turmeric, cashew nut paste, and salt to taste. Combine well.
- (7) Add tomato puree, kasoori methi, coriander powder, garam masala. simmer the flame and let it cook for 4 mts.
- (8) Add fried paneer, mix gently and let it cook for another 4 mts
- (9) Now add 3/4 cup of water, and cook on medium flame till the gravy turns to a thick consistency. Check the salt and add if required.
- (10) Add 3 tbsps of water to the food color and mix it to the curry. cook for another minute or two before turning off the flame.
- (11) Let it sit for atleast 10 minutes and garnish with freshly chopped coriander before serving.

Something to laugh

By Illavarasan 1972

A dead smile

Three dead bodies turn up at the mortuary, all with very big smiles on their faces. The coroner calls the police to show them what has happened.

A Detective Inspector is sent and is taken straight to the first body.

"A XHOSA, 60, died of heart failure whilst watching a comedy TV show. Hence the enormous smile Inspector", says the Coroner.

The Detective is taken to the second dead man.

"A SOTHO, 25, won the lottery, spent it all on Brandy. Died of alcohol poisoning, hence the smile."

"Nothing unusual here", thinks the Detective, and asks to be shown the last body.

"Ah," says the coroner, "this is the most unusual one. A SADARJI, 30, struck by lightning."

"Why is he smiling then?" inquires the Detective.

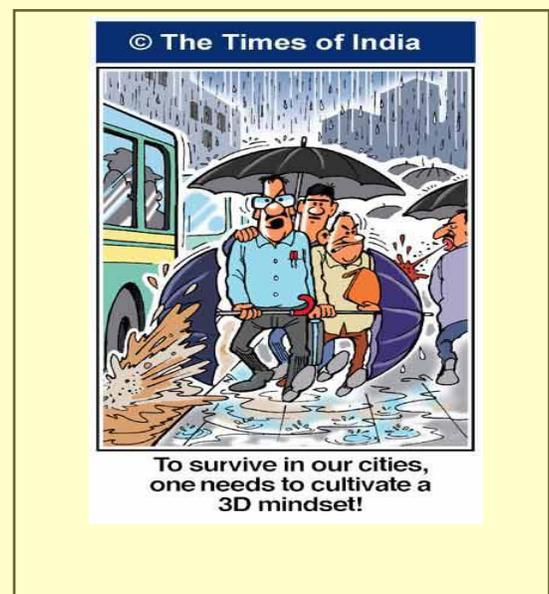
To which the coroner replies: "Thought he was having his picture taken".

A few deep thoughts

- A bus station is where a bus stops.
- A train station is where train stops.
- On my desk, I have a work station...
- If quitters never win, and winners never quit, what fool came up with "quit while you're ahead"?
- I was thinking about how people seem to read the Bible whole lot more as they get older, then it dawned on me. they were cramming for their finals.
- I thought about how mothers feed their babies with little tiny spoons and forks, so I

wonder what Chinese mothers use...Toothpicks?

- Why do they put pictures of criminals up in the Post Office? What are we supposed to do...write to these men? Why don't they just put their pictures on the postage stamps so the mailmen could look for them while they delivered the mail?
- How much deeper would oceans be if sponges didn't live there?
- If it's true that we are here to help others, then what exactly are the OTHERS here for?
- Go ahead and take risks....just be sure that everything will turn out OK.
- If you can't be kind, at least have the decency to be vague.
- Ever wonder what the speed of lightning would be if it didn't zigzag?
- Nostalgia isn't what it used to be.
- How come you don't ever hear about grunted employees? And who has been dicing them anyhow?
- Since light travels faster than sound, isn't that why people appear bright until you hear them speak?
- How come "abbreviated" is such a long word?
- If it's zero degrees outside today and it's supposed to be twice as cold tomorrow, how cold is it going to be?



பாட்டி நர்ஸ்

இடுப்பு வலி யெடுத்த
எங்க ஊரு பொம்பளையளுக்கு
எத்தனையோ பிரசவங்களை
இலவசமா பார்த்த பாட்டி

பாட்டின்னா பாட்டி
அப்படியொரு பாட்டி
உயிரோடு புள்ளையளை
உருவி எறியும் 'மொட்டையம்பட்டி' பாட்டி

காது கொஞ்சம் கேட்காத பாட்டி
காசு பணம் வாங்காத பாட்டி
கஞ்சி கொஞ்சம் ஊத்துனா
காலை நீட்டி குடிச்ச பாட்டி

காரியக்காரர் பொஞ்சாதிக்கு
கவனமா பிரசவம் பார்த்து
கருப்பு நிற குழந்தை என்னை
கண்டாங்கியில் கிடத்திய பாட்டி

வயிற்றுப் பசிபோக்க என் இல்லம் நீ
வந்தபோதெல்லாம் உனைக் கொடிய
வார்த்தைகளால் தூற்றிய என் இளம்
வயதை நினைத்து வருந்துகிறேன் பாட்டி

அறியாமல் நான் செய்த
அக்கிரமம் பொறுத்துக்கோ பாட்டி
அடுத்த தலைமுறைக்கு முதியோரின்
அருமைதனை எடுத்துரைப்பேன் பாட்டி

காலில் விழுந்து மன்னிப்புக்கேட்க
காலம் உனை விட்டு வைக்கலையே பாட்டி
காலப் பேராழியில் இந்தக்
கவிதை உனக்கு அர்ப்பணம் பாட்டி

குறிப்பு: சமீபத்தில் எனக்கொரு மகள் பிறந்தாள்

John Peter Benedict, USA



A poem forwarded by Thomas Eppen:

കവിത » സമകാലീനം

സ്നാപ്

സുരഭി എം എസ്

ഉയരെ
കുന്നിൻമോളിൽ
ജാക്കും ജില്ലും ഒരുതൊട്ടി നീരും

താഴെ
ഓരംപറ്റി
മണിയടിച്ചുനിൽക്കും ജഡ്ക

പുൽപ്പരപ്പിൽ
പതുകെ നിങ്ങാനൊരുമ്പെടും
കറുത്ത ജീനിക്കുതിര

അരികെ
പച്ചപ്പടർപ്പിൽ
ഊർന്നുവീഴാനോങ്ങും
വെളുത്ത പൂക്കൾ

ജാക്കു വീണതും
നീളേ കരഞ്ഞുതുവി
തൊട്ടിയുരുണ്ടുപോയതും
വെളുത്ത റിബ്ബണുകൾ
മുഖം കുനിച്ചതും
എല്ലാം
ഒരു നിമിഷം

Medical Page

Janakiraman 1972

HOME REMEDY FOR KIDNEY STONE

The formation of stones in the kidneys or urinary tract is not an uncommon disorder. The stones are formed from the chemicals usually found in the urine such as uric acid, phosphorus, calcium, and oxalic acid. They may vary in consistency from grit, sand, and gravel-like obstructions the size of a bird's egg. Stones may form and grow because the concentration of a particular substance in the urine exceeds its solubility. Most kidney stones are composed either of calcium oxalate or phosphate, the latter being most common in the presence of infection. About ninety per cent of all stones contain calcium as the chief constituent. More than half of these are mixtures of calcium, ammonium and magnesium, phosphates and carbonates, while the remainder contains oxalate.

KIDNEY STONES TREATMENT USING KIDNEY BEANS

Kidney beans, also known as dried French beans or Rajmah, are regarded as a very effective home remedy for kidney problems, including kidney stones. The method prescribed to prepare the medicine is to remove the beans from inside the pods, then slice the pods and put about sixty grams in four litre of hot water, boiling them slowly for six hours. This liquid should be strained through fine muslin and then allowed to cool for about eight hours. Thereafter the fluid should be poured through another piece of muslin without stirring. A glass of this decoction should be given to the patient every two hours throughout the day for one day and, thereafter, it may be taken several times a week. This decoction would not work if it was more than twenty-four hours old. The pods could be kept for longer periods but once they were boiled, the therapeutic factor would disappear after one day.

A patient with kidney stones should avoid foods, which irritate the kidneys, to control acidity or alkalinity of the urine. He should also ensure adequate intake of fluids to prevent the urine from becoming concentrated. The foods considered irritants to the kidneys are alcoholic beverages; condiments and pickles; certain vegetables like cucumber, radish, tomato, spinach, rhubarb; those with a strong aroma such as asparagus, onion, beans, cabbage, and cauliflower; meat and gravies; and carbonated waters.

For controlling the formation of calcium phosphate stones, the intake of calcium and phosphates should be restricted. Foods which should be avoided are whole wheat flour, Chickpea, peas, soyabean, beet, spinach, cauliflower, turnips, carrots, almonds, and coconuts. When stones are composed of calcium, magnesium phosphates, and carbonates, the diet should be so regulated as to maintain acidic urine. On the other hand, the urine should be kept alkaline if oxalate and uric acid stones are being formed. In the latter case, fruits and vegetables should be liberally used, and acid-forming foods should be kept to the minimum necessary for satisfactory nutrition. In case of uric stones, foods with high purine content such as sweet breads, liver, and kidney should be avoided.

Certain yogasanas such as pavanmuktasana, uttanpadasana, bhujangasana, dhanurasana, and halasana are also beneficial as they activate the kidneys.

How to Survive a Recession

Edited from Riche Goldman

The current state of world economy is not good and has everyone looking scared. Even people who have steady and secure 9 to 5 jobs are anxious about the markets. The values of peoples' homes are constantly falling and unemployment is high. There is no doubt that we are living in uncertain times. But take this opportunity to review your options and your assets because there are several things you can do to keep from getting caught up in the world that surrounds you.

To Begin With Make Changes to Your Lifestyle: Keep your life simple. Don't use debt to finance anything or any activity. If you were thinking of buying a car, don't. Put off that vacation if you planned on paying for it with your credit card; instead try and pay down your debt. Pull money from you savings account, from emergency funds and pay down those high interest bearing loans. Even if you owe a lot of money, paying down a little at a time will make a big difference in your bottom line.

Use Cash to Help You: If you need help increasing your cash flows, consider taking on a second job to help build up your secret stash. Using cash is a great way to survive a recession. You are avoiding debt and in addition, many small businesses will offer you a discount for using cash instead of paying with a credit or debit card.

Switch up Your Shopping Habits: Instead of purchasing brand name foods and drugs, try purchasing the off brand or the store brand. These products are almost always the same quality as their name brand competition, usually because they are manufactured by the same company. You can save yourself as much as a couple of hundred dollars a month on groceries if you follow this simple tip.

Consider Taking on a Second Job There are still many different options for employment besides the regular 9 to 5 jobs. These include opportunities that monetize hobbies. For example, if you enjoy designing websites, consider setting up a business as a freelance website designer. If you enjoy cooking, consider catering small affairs for friends for a fee. The internet is filled with all kinds of activities such as setting up shops on eBay, freelance writing, drop shipping, and becoming an editor. There are also many opportunities within your community. Students need tutors, families need baby sitters, and local gyms may need fitness instructors.

Take the venture seriously and set up a home office complete with marketing strategies and a marketing plan. To ensure maximum returns on your investment start with a small investment. The recession is frightening and the news on the media outlets is not comforting. It is possible to survive the recession by looking ahead and building your cash base and paying down your debt. A second job can be something enjoyable and turn into a financial viable endeavor. One doesn't have to spend a fortune to get started. So be of good cheer, you can do it. If you have any better ideas please share it to help the others.

The Flat and Transparent World

By Johnson S 1993 MCA

History of Economic Protectionism and World Impact

Protectionism is a set policies by which a government seeks to shelter its industries from foreign competition and or help them increase exports to international markets. The most common form of protectionism is a tariff, which is a duty or tax imposed on goods based on their value or size. Subsidies are direct payments or credit given by the government to a protected industry to encourage it to export its products. Quotas set upper limits on the amount of imports that can enter the protected country, and governments can also set limits on investments by foreign companies in domestic businesses. A more recent protectionist policy is the "voluntary export restraint" in which a foreign country is strongly "encouraged" to refrain from importing certain goods under the threat of some more severe action such as quotas. Protectionism can also take the form of preferential purchasing policies, such as the U.S. government's requirement that its agencies "buy American."

Throughout its history, the United States has been a protectionist country. A series of tariff laws throughout the nineteenth century steadily raised barriers to foreign trade to encourage the growth of U.S. industry. Beginning in the mid-1870s, however, the United States began exporting more than it imported and it became much more integrated in the global marketplace. Strong protectionist trade policies returned with a vengeance around the world in the 1920s, and the high tariffs the United States imposed through the Smoot-Hawley Tariff of 1930 were later credited with contributing to the United States' shrinking foreign markets during the Great Depression (1929–1939). After World War II (1939–1945) it was clear that strong protectionist policies had contributed to the destruction of the world order in the 1940s. The launching of the **General Agreement on Tariffs and Trade** (GATT) in 1948 represented a mostly effective attempt to reduce protectionism and create a positive climate for free trade worldwide.

Under GATT, tariff rates were cut and member nations agreed to drop discriminatory trade policies and adopt the same "most favored nation" trade practices for all other members. Under the so-called Kennedy Round (1964–1967) of GATT negotiations, the United States took a further step away from its protectionist history, and GATT members agreed to include agricultural products under GATT guidelines while adopting an "anti-dumping" code to prevent countries from flooding another's markets with cheap goods. The Tokyo Round (1973–1979) brought further tariff reductions, guidelines for outlawing unfair subsidy practices, and policies for encouraging trade with less developed countries. In 1995 GATT was replaced by a permanent free trade organization, the World Trade Organization, but protectionism was far from dead.

Trade War

In 1930, Congress fired the first shot in a protectionist battle that prolonged and deepened the Great Depression. After passing a bill aimed at saving American jobs by effectively barring 20,000 imported goods, including French dresses and Argentine butter, other nations retaliated by raising their own barriers on U.S. products, effectively bringing global commerce to a halt. Any actions towards the economic protection would cause a tremendous trade war between countries. This affects the flat and transparent world activities. What else there on the Trade war?

... Continue on next