



# THE JOSEPHITE



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## From then to now

By Valentine Paulraj

Hope this finds you all doing well. We are a few days away from the election here in the US which would decide the next President of the US. Irrespective of your affiliation, I would strongly recommend that you pray and then cast your vote. Voting is a duty of every citizen and it is a responsibility, so do not waste your valuable vote and cast it to the right candidate.

With that said, I am sure that many of you would have celebrated Diwali, wishing you all on behalf of the Association a Happy Diwali. Wishing you and your families, good health, peace, happiness and prosperity.

With the recent issues on the economic side with banks falling and financial institutions failing and stock market collapsing, this issue has some information for you that can probably educate a few of you just in case you are not aware of the happenings. If you need financial guidance please, do not hesitate to write to us and we will be able to guide you as best as we can.

If the trend does not change much the going could get tough in the next few months and I advise everyone of you around the world to be watchful with your spending specially with the holiday season and its festivities. And while you are out spending do not forget the many who are not privileged and the many who do not have a decent job. Specially remember the people suffering after the earth quake that hit Pakistan and the refugee situation in Congo and Somalia and other nations suffering from lack of basic needs.

### INSIDE THIS ISSUE

From then to now	1
Some quotable quotes & Recipe for your taste	2
Something to laugh	3
Tamil Poem	4
A great philosopher's philosophy	5
Malayalam Poem	6
Home Remedies for Coronary Heart Disease	7
The Flat and Transparent World	9

Once again I want to repeat what I had said last month, while the world and news media propagate negative information in the name of NEWS; we do our best to share good news around. So 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. 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 and blessed November.

With warm wishes

Valentine Paulraj

## Here are some quotable quotes

Compiled by SR Azhagapan. – MA Lit 1986

Our society's values are being corrupted by advertising's insistence on the equation: Youth equals popularity, popularity equals success, success equals happiness. - [John Arbuthnot Fisher](#)

The secret to success is to own nothing, but control everything. - [Nelson Rockefeller](#)

The worst part of success is to try to find someone who is happy for you. - [Bette Midler](#)

I owe my success to having listened respectfully to the very best advice, and then going away and doing the exact opposite. - [G. K. Chesterton](#)

Truest SUCCESS is but the development of self. - [Charles Atlas](#)

Failure is not our only punishment for laziness; there is also the success of others. - [Jules Renard](#)

The danger of success is that it makes us forget the world's dreadful injustice. - [Jules Renard](#)

Failure is not the only punishment for laziness; there is also the success of others. - [Jules Renard](#)

A minute's success pays the failure of years. - [Robert Browning](#)

The secret to my success is that I bit off more than I could chew and chewed as fast as I could. - [Paul Hogan](#)

It is not the going out of port, but the coming in, that determines the success of a voyage. - [Henry Ward Beecher](#)

In order to gain the tools to fully address the broad impact of business on society, economic success is indispensable. - [Lee R. Raymond](#)

The freedoms that people have that flow from all civic institutions fundamentally come from the success of a market system. - [Lee R. Raymond](#)

The Lord gave us two ends - one to sit on and the other to think with. Success depends on which one we use the most. - [Ann Landers](#)

## Recipe for your taste

By Malathy Rajagopalan M.S Electronics

### Vegetable Perattal

#### Ingredients:

- 2 Potatoes
- 2 Carrots
- 1 Onion
- 1 Tomato
- 1/2 Cup peas
- 1/2 Cup coconut (shredded)
- 2 Garlic flakes
- 1 tsp Fennel seeds
- 1/2 tsp Poppy seeds
- 5 Red chillies
- 1/2 tsp Red chilli powder
- 1/2 tsp Turmeric powder
- 1 tbsp Roasted gram
- Green curry leaves
- Salt to taste
- Oil for frying

#### Procedure:

- ✚ Grind fennel seeds, poppy seeds, gram, red chillies and coconut to make a paste
- ✚ Peel the potatoes and carrots.
- ✚ Cut potatoes, carrots, tomatoes and onion into pieces.
- ✚ Boil carrots and potatoes for 10 minutes one by one.
- ✚ Drain all the water.
- ✚ Heat the oil and add green curry leaves.
- ✚ Add onions and tomatoes.
- ✚ Mix peas and stir it.
- ✚ Add boiled carrots and potatoes.
- ✚ Mix turmeric powder, red chilli powder and salt.
- ✚ Now add grinded paste.
- ✚ Turn over the mixture well.
- ✚ Cook till the mixture turns thick like gravy.
- ✚ Vegetable Perattal is ready.

## Something to laugh

By Rajashekar J B.Com 1986

- Do you speak English?
- Yes!
- Name?
- Abdul al-Rhazib.
- Sex?
- Three to five times a week.
- No, no... I mean male or female?
- Yes, male, female, sometimes camel.
- Holy cow!
- Yes, cow, sheep, animals in general.
- But isn't that hostile?
- Horse style, doggy style, any style!
- Oh dear!
- No, no! Deer runs too fast...

School Master from a remote rural area in Bihar was transferred to a new School in Mumbai. He reported for duty two days after the actual date of joining, consequently he was asked for an explanation in writing . . . . .

Dear sur,

If small small mistakes getting inside my letter, I big you pardon, ass I am not a good englis speaker.

This is my fist vijit to Bombai. Stickly speaking, I wanted to joint your school more fastly, but for the following reajon, too much time lost in getting slipper reservation in three-tyre compartment. I tolded I has head ache problem due to migration. Still the clerk rejected to give ticket to I and my sun. I putted a complain on station masterji. He said I to go to the lady clerk.

At first she also rejected. I then pressed for long time and finally with great difficulty she gave a birth to my sun.

Ass a hole it was a bhery diphicult experiment in my hole life. Anyway I thanked the station master also becos he was phully responsible for getting birth of my sun.

I hope u will look into explain my hole story after, and late me joint first. I am now ending this fastly. I am a waiter for your responsement.

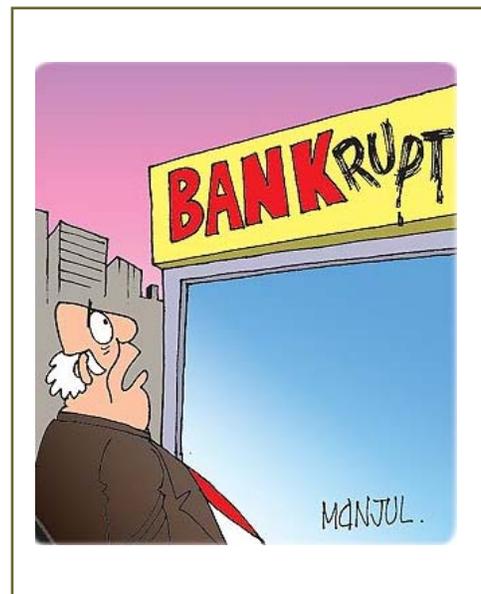
May God blast you!"

Yours awfully,

RAMKHILAWAN YADAV

What do you call..... (with a thousand apologies to all my Indian friends)

An Indian in a disco? Dan Singh  
 An Indian Handyman? Fik Singh  
 An Indian in the Ballroom? Walt Singh  
 An Indian DJ? Mix Singh  
 An Indian Mechanic? Service Singh  
 An Indian Hooligan? Menace Singh  
 An Indian in a Church? Confess Singh  
 An Indian Gymnast? Bounce Singh  
 An Indian Driving Backwards? Rever Singh  
 An Indian F1 Driver? Ray Singh  
 An Indian Cutting Bread? Sly Singh  
 An Indian Beautician? Wax Singh  
 An Indian Priest? Bless Singh  
 An Indian Throwing a Tantrum? Fuss Singh  
 An Indian Working in a Hospital? Nurse Singh  
 An Indian With One Leg? Balan Singh  
 An Indian With No Legs? Collapse Singh  
 An Indian Real Estate Agent? How Singh  
 An Indian washing his car? Ho Singh  
 Don't you think that this is.....Amu Singh!!\*





## பள்ளம் மேடுள்ள பாதையிலே...

பள்ளம் மேடுள்ள பாதையிலே  
பாத்து நடக்கணும் காளைகளே!  
பழைய போக்கிலே பயனிலை - நல்ல  
விஷயமிருக்கணும் மூளையிலே (பள்ள)

நல்லவர் செய்த செயல்களிலே - பயிர்  
நடனமாடுது வயல்களிலே - அது  
நெல்லுகதிராகி முதிரும் நாளிலே  
நிலமுதலாளிகள் கையிலே - போய்  
நிறைந்திடும் மார்கழித் தையிலே (பள்ள)

வல்லமையோடு வாழ்ந்திடும் எளியோர்  
வாடிக்கைக் காரர் நாட்டுக்கு - பலர்  
வாடுவதுண்டு சோற்றுக்கு - ஆனால்  
மாடுகளே உங்க பாடுதேவலே  
வைக்கோல் வந்திடும் வீட்டுக்கு (பள்ள)

உச்சி மலையிலே ஊறும் அருவிகள்  
ஒரே வழியிலே கலக்குது;  
ஒற்றுமையில்லா மனித குலம்  
உயர்வும் தாழ்வும் வளர்க்குது (பள்ள)

பச்சைக் கொடிகள் வேலியிலே  
பாகு பாடின்றித் தழைக்குது - அதைப்  
பார்த்திருந்தும் சில பத்தாம் பசவிகள்  
பக்கம் ஒண்ணாய்ப் பறக்குது - அன்புப்  
பாலம் பழுதாய் கிடக்குது (பள்ள)

From the desk of Xavier Luis M.A Lit (1992)

# A great philosopher's philosophy

**Keep this philosophy in mind the next time you hear or are about to repeat a rumor.**

In ancient Greece (469 - 399 BC), Socrates was widely lauded for his wisdom. One day the great philosopher came upon an acquaintance, who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students...?"

"Wait a moment," Socrates replied. "Before you tell me, I'd like you to pass a little test. It's called the Test of Three."

"Test of Three?" "That's correct," Socrates continued. "Before you talk to me about my student let's take a moment to test what you're going to say. The first test is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man replied, "actually I just heard about it."

"All right," said Socrates. "So you don't really know if it's true or not."

Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about him even though you're not certain it's true?"

The man shrugged, a little embarrassed. Socrates continued, "You may still pass though because there is a third test - the filter of Usefulness."

Is what you want to tell me about my student going to be useful to me?"

"No, not really..."

"Well," concluded Socrates, "if what you want to tell me is neither True nor Good nor even Useful, why tell it to me at all?"

The man was defeated and ashamed and said no more.

This is the reason Socrates was a great philosopher and held in such high esteem.

A poem provided by Judson Po

പ്രണയം മധുരം  
 പൂവിൽ ചുണ്ഡിലുറും മധുപോലെ.  
 ഹൃദയത്തിൽ ലോലതന്മുക്കളിൽ-  
 ഇഴപാകിയ പ്രക്രൂതിതൻ സംഗീതം പോലെ,  
 ആത്മാവ് ആത്മാവോടിഴുകി-  
 ഒന്നായ്ചേർന്ന് പുണരുമ്പോൾ-  
 ഉരുവായിടും അനുഭൂതികൾതൻ പുളകം പോലെ,  
 പടങ്ങൾ പടങ്ങളോട് പീണങ്ങൾവെ-  
 മൗനം മൗനത്തോടിണങ്ങി-  
 ഹൃദയങ്ങൾ കഥ പറയുന്ന നിമിഷങ്ങളുടെ-  
 അസുലഭമുഹൂർത്തം പ്രണയം.  
 ആകാശം ഭൂമിയോടും  
 ഭൂമി ആകാശത്തോടും പ്രക്രൂതിയോടുമുള്ള  
 അഗാധ വാഗ്ദാനം പോലെ  
 ഒരു നാളും അടരുവാനാവാത്ത-  
 നിഗൂഢബന്ധം പോലെ,  
 ഒരു മണൽ തുള്ളിയിൽ-  
 ഒരു മഴനീർത്തുള്ളിയിൽ-  
 ചിന്നിച്ചിതറും ഒരായിരം നിർമ്മലനക്ഷത്രങ്ങൾ പോലെ-  
 പവിത്രമെത്ര മൃഗുലം പ്രണയം.  
 പ്രക്ഷുബ്ധമായ ഭൂമിയെ-  
 തൊട്ടു തലോടി സാന്ത്വനിപ്പിച്ചീടും-  
 ഞാശ്വര ഛൈതന്യം പോലെ  
 ദിവ്യ ഔഷധം പോലെ  
 ഏകാന്തതയുടെ തീരത്ത് തനിയെയിരിക്കെ-  
 ആത്മാവിനെ മമിച്ചീടുമേതോയൊരിഷ്ടം-  
 തരളിതചിന്തതന്നുറവയിൽ നിന്നൊരു തുള്ളിയായ്-  
 സന്ധ്യയായ് ഉഷ്ണയായ്-  
 പുഴയായ് കടലായ്-  
 ഹൃദയം തേടിയാഴുകുന്നു-  
 പേരില്ലാമൊമ്പരത്തിൽ തേൻകണമായ് നിറയുന്നു.

# Home Remedies for Coronary Heart Disease

Dr. Rajarathnam MS MCH PUC 1972

## **CORONARY HEART DISEASE TREATMENT USING GRAPES**

Fresh fruits in general are beneficial in the treatment of heart disease. They tone up the heart. Grapes are especially effective in heart pain and palpitation of the heart, and the disease can be rapidly controlled if the patient adopts an exclusive diet of grapes for a few days. Grape juice is particularly valuable when one is actually suffering from a heart attack.

## **CORONARY HEART DISEASE TREATMENT USING APPLE**

Apples have heart-stimulating properties. Patients suffering from a weak heart will benefit greatly by making liberal use of this fruit and apple jam.

## **CORONARY HEART DISEASE TREATMENT USING INDIAN GOOSEBERRY**

Indian gooseberry is considered an effective home remedy for heart disease. It tones up the functions of all the organs of the body, and builds up health by destroying the heterogeneous elements and renewing lost energy. When the fruit is in season, one medium-sized Indian gooseberry can be taken with a little salt daily; when not in season, dry pieces can be chewed.

## **CORONARY HEART DISEASE TREATMENT USING ONION**

Onions have been found valuable in heart disease. They are useful in normalising the percentage of blood cholesterol by oxidising excess cholesterol. One teaspoon of raw onion juice first thing in the morning is beneficial in such cases.

## **CORONARY HEART DISEASE TREATMENT USING HONEY**

Honey has got marvelous properties to prevent all sorts of heart disease. It tones up the heart and improves the circulation. It is also effective in cardiac pain and palpitation of the heart. One tablespoon daily after food is sufficient to prevent all sorts of heart troubles.

## **CORONARY HEART DISEASE TREATMENT USING ASPARAGUS**

Asparagus is an excellent food for strengthening the heart. A good medicine for a weak or an enlarged heart is prepared by mixing the freshly extracted juice of this vegetable with honey, in the ratio of 2:1. A teaspoon of this medicine should be taken three times daily. Patients with heart disease will also benefit by steam cooking this vegetable.

## **CORONARY HEART DISEASE TREATMENT USING ALFALFA**

The herb alfalfa in the form of juice has been found very helpful in most troubles related to the arteries and heart diseases. Only the leaves of the plant are used for this purpose, when they can be obtained fresh. The juice of fresh alfalfa is, however, too strong and potent to be taken by itself. It is best taken with carrot juice in equal quantities of 125ml each, twice daily. In this combination, the individual benefits of each juice are intensified.

## **CORONARY HEART DISEASE TREATMENT USING SAFFLOWER**

Safflower oil has proved beneficial in lowering blood cholesterol. Hence it can be used liberally with persons suffering from cardiovascular disorders. An emulsion with the trade name Saffloxin-Cipla is used routinely during myocardial infarction, cardiac ischemia, and hypertension.

## **CORONARY HEART DISEASE TREATMENT USING VITAMIN E**

Patients with heart disease should increase their intake of foods rich in vitamin E, as this vitamin is said to promote heart function by improving oxygenation of the cells. It also improves the circulation and muscle strength. Many whole meal products and green vegetables, particularly outer leaves of cabbage, are good sources of vitamin E.

## **CORONARY HEART DISEASE TREATMENT USING VITAMIN C**

Vitamin C is also essential as it protects against spontaneous breaches in capillary walls which can lead to heart attacks. It also guards against high blood cholesterol. The stress of anger, fear, disappointment, and similar emotions can raise blood fat and cholesterol levels immediately but this reaction to stress can do little harm if the diet is adequate in vitamin C and pantothenic acid. One of the richest sources of vitamin C is citrus fruits.

## **Coronary Heart Disease diet**

[Coronary Heart Disease : Home Remedies suggested by users](#)

### **DIET SHOULD BE LACTO-VEGETARIAN, LOW ON SODIUM AND CALORIES**

The fundamental conditioning factor in all heart diseases is the diet, which should be lacto-vegetarian, and low on sodium and calories. It should consist of high quality, natural organic foods, with emphasis on wholegrains, seeds, fresh fruits, and vegetables

### **AVOID FOOD LIKE WHITE FLOUR PRODUCTS, TEA, COFFEE, TOBACCO, SALT AND SUGAR**

Foods which should be eliminated from the diet include white flour products, sweets, chocolates, canned foods in syrup, soft drinks, squashes, tea, coffee, alcohol, and tobacco, and all solid fats of animal origin such as butter, cream and fatty meats. Salt and sugar should be reduced substantially.

## **Other Coronary Heart Disease treatments**

### **MODERATE EXERCISE, TAKE PROPER REST AND SLEEP**

The patient should also pay attention to other laws of nature for health building such as taking moderate exercise, getting proper rest and sleep, and adopting a positive mental attitude.

# The Flat and Transparent World

By Johnson Sab

## PARENTING AND POSITIVE THINKING

The following are the quotes meant for the Positive Thinking:

- **A man is what he thinks about all day long.**  
Ralph Waldo Emerson
- **The lives of all of us have been molded largely by induction through suggestion.**  
William Walker Atkinson
- **If you think about disaster, you will get it. Brood about death and you hasten your demise. Think positively and masterfully, with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience.**  
Swami Vivekananda - Indian Spiritual Leader
- **A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.**  
Herm Albright
- **What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.**  
Buddha
- **People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.**  
Norman Vincent Peale
- **Better to do something imperfectly than to do nothing flawlessly.**  
Robert Schuller
- **To begin to think with purpose is to enter the ranks of those strong ones who only recognize failure as one of the pathways to attainment.**  
James Allen - New Zealander Statesman
- **I was going to buy a copy of "The Power of Positive Thinking", and then I thought: What good would that do?**  
Ronnie Shakes - comedian
- **A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.**  
Winston Churchill
- **There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.**  
W. Clement Stone
- **Positive thinking will let you do everything better than negative thinking will.**  
Zig Ziglar
- **Within you is the divine capacity to manifest and attract all you desire.**  
Wayne Dyer
- **There would be nothing to frighten you if you refuse to be afraid.**  
Gandhi

The Columbus messenger and the whole flattened world are going to watch a historic political decision on Nov 4<sup>th</sup> who should think positively towards prosperity in all sorts. Let us hope the best. What else?

.... Continue on next