



THE JOSEPHITE



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From then to now

By Valentine Paulraj

Glad to be back with you through this issue. Life has gone through another three months and here I am writing to you all again. Looking back over the last ninety days I should say I am very grateful to GOD for all his blessings. The global economy is grinding and there are still many who are unemployed or not decently employed. What should we do to get everything working well? The summers have become warmer, the winters have become colder, and there is violence, war and lack of peace everywhere. Has anyone stopped to think what is going on? What is wrong? What should we do to stop this slippage further? If each of us bring the change in our lives our homes would be better, and every home would make a city better, and every city would make state better and every state would make a nation better and we can do it. It has to start at the bottom..... in our hearts. I feel we (mankind) have drifted far away from our creator, that we have taken too much for granted and have become our own GODs and have ignored his teachings and his value system. The further we moved away from him, the further his blessings have stayed away from us. This is one place to begin our roundabout turn.

Once again we thank all the contributors and we assure you that your ideas, suggestions and recommendations for improvement are welcome and we would love to cater to any of your needs based on its popularity.

INSIDE THIS ISSUE

| | |
|--|----|
| From then to now | 1 |
| Some quotable quotes & Recipe for your taste | 2 |
| Something to laugh | 3 |
| Judge Not | 4 |
| All the ways your laziness is costing | 5 |
| Alluvalagathi Bore Adikutha? | 8 |
| Dancing in the Rain | 10 |
| Malayalam Poem | 11 |
| Home Remedies for Dengue Fever | 12 |
| Summer Gardening Tips | 14 |
| Message from Alumni Director | 18 |

We encourage you to write to the news letter sharing your experience during and after SJC. Once again we thank contributors of articles for this news letter and 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 June.

With warm wishes

Valentine Paulraj

Here are some quotable quotes

Compiled by Rajasekar B. Com 1979

Don't worry about avoiding temptation... as you grow older, it will avoid you. - *Winston Churchill*

By the time a man is wise enough to watch his step, he's too old to go anywhere. - *Billy Crystal*

War never decided who was right, only who was left.

You can't change the past, but you can ruin the present by worrying over the future.

Love...and you shall be loved.

God always gives His best to those who leave the choice with Him.
All people smile in the same language.

Everyone needs to be loved... especially when they do not deserve it.

The real measure of a man's wealth is what he has invested in eternity.

Laughter is God's sunshine.

Everyone has beauty but not everyone sees it.

It's important for parents to live the same things they teach.

Thank God for what you have, TRUST GOD for what you need.

If you fill your heart with regrets of yesterday and the worries of tomorrow, you have no today to be thankful for. Take time to laugh, for it is the music of the soul.

Working through conflicts together strengthens love.

Harsh words break no bones but they do break hearts.

To get out of a difficulty, one usually must go through it. We take for granted the things that we should be giving thanks for.

Love is the only thing that can be divided without being diminished.

Happiness is enhanced by others but does not depend upon others.

Recipe for your taste

By Nagarjuna B.Sc Chem 1969

Spicy Chicken Masala Recipe

Ingredients:

Marinate:

½ kg chicken, washed and cut into medium sized pieces

3 tbsp curds

1 tsp red chilli powder (adjust to suit your spice level)

¼ tsp turmeric pwd

salt to taste

Make a paste:

6-7 cashewnuts

4-5 tbsps milk

Dry roast and make a fine powder:

1" cinnamon

10-12 curry leaves

3 cloves

Rest of the ingredients:

3-4 tbsps oil

2 big onions finely chopped

1 large tomato finely chopped

1 tsp ginger-garlic paste

1 tsp coriander powder

¾ tsp black pepper powder (adjust to suit your spice level)

¼ tsp cumin powder

coriander leaves for garnish

Procedure:

1. Marinate chicken pieces in chilli powder, turmeric powder, curds and salt for 20 mts.
2. While the chicken pieces are marinating, make a paste of cashewnuts and milk. Keep aside.
3. Dry roast cinnamon, cloves and curry leaves for 1 mt and make a powder of them. Keep aside.
4. Heat 1 1/2 tbsps of oil in a cooking vessel. Add the onions and saute till pink. Add ginger-garlic paste and saute further for another 3-4 minutes on medium heat.
5. Add coriander pwd, cumin pwd, pepper pwd and combine well and fry for another minute.
6. Add the tomatoes and let it cook for 3-4 minutes. Combine well and cook till oil separates. Turn off heat. Cool and grind the cooked masala. Keep aside this masala paste.
7. Heat 1 1/2 tbsps oil in a cooking vessel and add the marinated chicken and cook on high flame for 4-5 minutes, reduce heat and cook covered for another 4-5 minutes.
8. Add the ground masala paste, cashewnut paste and ground powder of cinnamon, cloves and curry leaves and combine well. (Add a cup of water for more gravy consistency). Cook till chicken pieces are soft and you get the desired curry consistency. Adjust salt.
9. Garnish with fresh coriander leaves.

Something to smile

By Ramesh Bsc Mathematics 1972

Albert Einstein - interesting anecdotes

One day during a speaking tour, Albert Einstein's driver, who often sat at the back of the hall during his lectures, remarked that he could probably give the lecture himself, having heard it so many times. Sure enough, at the next stop on the tour, Einstein and the driver switched places, with Einstein sitting at the back in his driver's uniform.

Having delivered a flawless lecture, the driver was asked a difficult question by a member of the audience. "Well, the answer to that question is quite simple," he casually replied. "I bet my driver, sitting up at the back there, could answer it..."

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Albert Einstein's wife often suggested that he dress more professionally when he headed off to work. "Why should I?" he would invariably argue. "Everyone knows me there." When the time came for Einstein to attend his first major conference, she begged him to dress up a bit. "Why should I?" said Einstein. "No one knows me there!"

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Albert Einstein was often asked to explain the general theory of relativity. "Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

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When Albert Einstein was working in Princeton university, one day he was going back home he forgot his home address. The driver of the cab did not recognise him. Einstein asked the driver if he knows Einstein's home. The driver said "Who does not know Einstein's address? Everyone in Princeton knows. Do you want to meet him?". Einstein replied "I am Einstein. I forgot my home address, can you take me there?" "The driver reached him to his home and did not even collect his fare from him .

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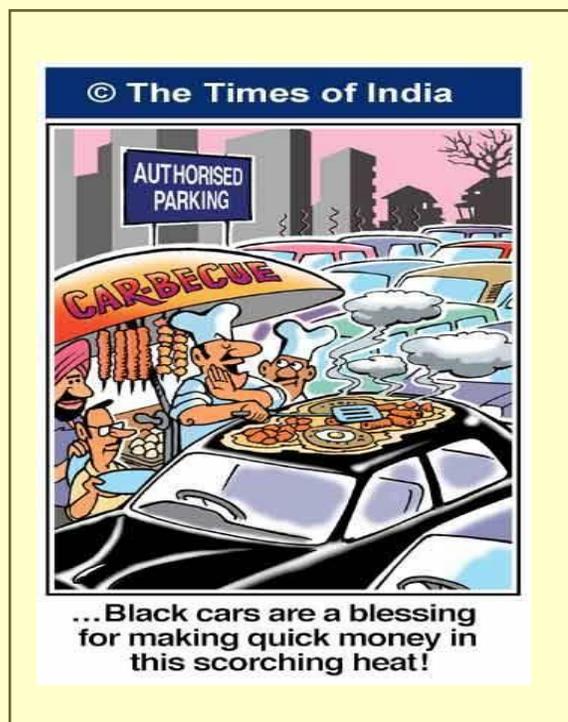
Einstein was once traveling from Princeton on a train when the conductor came down the aisle, punching the tickets of every passenger. When he came to Einstein, Einstein reached in his vest pocket. He couldn't find his ticket, so he reached in his trouser pockets. It wasn't there, so he looked in his briefcase but couldn't find it. Then he looked in the seat beside him. He still couldn't find it.

The conductor said, 'Dr. Einstein, I know who you are. We all know who you are. I'm sure you bought a ticket. Don't worry about it.'

Einstein nodded appreciatively. The conductor continued down the aisle punching tickets. As he was ready to move to the next car, he turned around and saw the great physicist down on his hands and knees looking under his seat for his ticket.

The conductor rushed back and said, 'Dr. Einstein, Dr. Einstein, don't worry, I know who you are. No problem. You don't need a ticket. I'm sure you bought one.'

Einstein looked at him and said, 'Young man, I too, know who I am. What I don't know is where I'm going.'



JUDGE NOT!!

By Justin Jebastin (1999)

He was shocked, confused, bewildered
As he entered Heaven's door,
Not by the beauty of it all,
Nor the lights or its decor.

But it was the folks in Heaven
Who made him sputter and gasp--
The thieves, the liars, the sinners,
The alcoholics and the trash.

There stood the kid from seventh grade
Who swiped his lunch money twice.
Next to him was the old neighbor
Who never said anything nice.

Herb, who he always thought
Was rotting away in hell,
Was sitting pretty on cloud nine,
Looking incredibly well..

He nudged Jesus, 'What's the deal?
I would love to hear Your take.
How'd all these sinners get up here?'
God must've made a mistake.

"And why is everyone so quiet,
So somber - give me a clue."
'Hush, child,' Jesus said, 'they're all in shock.
No one thought they'd be seeing you.

Remember...Just going to church doesn't make you a Christian
any more than standing in your garage makes you a car.

All The Ways Your Laziness Is Costing You

Brewer, abolitionist, social reformer and English Member of Parliament Sir Thomas Buxton said, "Laziness grows on people; it begins in cobwebs and ends in iron chains." Poet and philosopher Samuel Taylor Coleridge had an even darker take on the avoidance of work: "The love of indolence is universal, or next to it."

Indeed, laziness has been a scourge of humanity for millennia. In Christian mythology, sloth was one of the seven deadly sins, and the price was heavy. Transgressors were fed to the snake pits in Hell.

Better yet, why not just fleece them? These days countless businesses make hay by taking advantage of our collective indolence--everything from not bothering to spend 15 minutes surfing the Web for a better rate on a savings account to not taking half as much time to mail a \$50 rebate on a new laptop computer.

Forbes asked a slew of experts, in fields ranging from personal finance to health care, to estimate the not-so-hidden costs of our laziness, and to demonstrate what little you can do--because in many cases that's all it takes--to turn things around. Here are some highlights.

Not Choosing the Best Rate on Your Savings Account

Many Americans are content to keep their money in traditional brick-and-mortar banks. Put less charitably, they're too lazy to root around for a better interest rate offered by online institutions. According to Justin Pritchard, banking expert at About.com, the best annual percentage rate you'll get at a traditional bank is about 0.75%, while Internet banks such as EmigrantDirect and Doral Bank Direct can easily offer a 2.25% APY. May not sound like much, but it all adds up. On a \$100,000 principal, compounded monthly for five years, the higher interest rate yields an additional \$8,000. A quick search for a good rate at an FDIC-insured bank plus the few clicks to set up an account can take under 30 minutes. "People are creatures of habit," said Pritchard. "If their money is somewhere, and they're busy doing other things, they don't necessarily try to do better. But if people have a decent chunk of change, it's worth it."

Not Opening a Retirement Fund (As Soon As Possible)

Twenty-somethings aren't necessarily in touch with their own mortality. Take a hint: Old age comes quick, and you'll need a serious retirement stash if you want to ride it out in any kind of style. Too bad for those who don't bother to set up a 401(k) account--one that can automatically draw a certain percentage from each pay check without you having to lift a finger. Consider: If a 40-year-old starts saving \$5,000 annually at 6% interest per year (a conservative assumption based on historical returns for the stock market), he would have \$291,000 at age 65; if that same person started saving that much 15 years earlier, at 25, he would have amassed \$821,000, three times as much. How to set up a 401(k)? Simply call your company's human resources department--you'll be enrolled in a matter of minutes.

Not Sending in Rebate Offers

Department and electronics stores often advertise goods at post-rebate prices, assuming most customers will be too lazy to mail in the rebate, which could save them up to 10% on big-ticket items such as dishwashers, refrigerators and computers. At Staples, a \$650 laptop from Hewlett-Packard carries a \$50 rebate. Don't let them get away with this. Filling out and mailing the rebate takes all of 15 minutes. Says Tod Marks, senior project editor at Consumer Reports: "Anyone who walks away from rebates is giving money away."

Not Paying Attention to 0% Financing Deadlines

Ah, the Siren song of "no money down." Many stores offer 0% financing for a length of time, allowing customers to pay in installments without incurring interest charges. Great deal, right? Only if you remember (or bother) to pay in full by the end of the no-interest grace period. Fall short and the often very steep interest rate that kicks in applies not to the remainder of the debt, but the entire original purchase price. Example: Electronics retailer P.C. Richard & Son sells a \$3,200 television with 0% financing for 18 months. Say you've paid \$3,100 at the 18-month mark; one day later, you will owe an additional \$800--the \$100 you hadn't paid yet, plus the \$700 in interest (22% of the entire \$3,200). Not getting burned is as simple as reading your statement and sending in the bill.

Waiting Until the Last Minute to Send Mail

Overnight mail isn't just for cubicle warriors--it's also for procrastinating sons and daughters who forgot about Father's Day. Drag your feet and you'll pay a premium for speed. Overnight delivery at a U.S. Post Office starts at \$13.05 for items up to half a pound and within two "distance zones" (there are eight zones in all)--prices escalate quickly based on distance and weight. Say you're sending a four-pound care package four zones away; in that case, the shipping fee jumps to \$33.75. Meanwhile, regular delivery, which takes two to eight days, starts at \$4.95. Saving that money takes no extra time, just a little extra planning ahead.

Not Taking Advantage of Corporate Wellness Incentives

With health care costs rocketing through the roof, more corporations are willing to pay you to be healthy--or even just to try. According to Fiona Gathright, president of Wellness Corporate Solutions, a wellness consultancy, plenty of companies are happy to pay employees \$50 to \$150 per year to take a 30-minute health-risk assessment and biometric screening to determine health risk factors. (Talk about money for nothing.) Tack on a lunch-hour health seminar and you could pocket another few hundred clams. "[Encouraging participation in] wellness programs is common, and becoming more common," says Gathright. "Because companies are trying to control health care costs, they will encourage people to change their behavior." (For more, check out: "Yes, You Can Cut Your Health Care Costs.")

Not Bothering to Negotiate a Better Deal

"It never hurts to ask" isn't just a bromide--it's a serious penny-pincher. According to a recent poll by the Consumer Reports National Research Center, roughly 80% of haggling Americans were able to win better deals on hotel rates, cellphone bills and clothing; more than 70% paid less for electronics and furniture. Landlords? They're ready to negotiate too, especially in this nasty real estate market. What are you waiting for? (Check out "How To Renegotiate Your Lease" for more on wangling a better rate on your office lease.)

Oversleeping (But Not for Reasons You May Think)

Lying in bed too long is laziness defined, but the price you pay is not as obvious. Sleeping the day away can lead to insomnia, and that can be costly to treat. "This can be fairly common when people don't have a regular schedule, if they're on vacation, or unemployed," says Dr. Michael J. Breus, WebMD's sleep expert. "They pull themselves out of an overall routine, and that leads to a form of sleeplessness." The insomnia borne of oversleep can lead to obstructive sleep apnea and hypertension; co-payments for related medications run \$30 to \$40 per month. Sleep aids like Tylenol PM run another \$15 a month. And being up all night in the Internet age can lead to torching an extra few dollars on books at Amazon.com or downloads at Apple's iTunes store.

Who knows? When you get back to sleep, you may dream of snake pits.

Not Making a Grocery List

Here's a classic example of how laziness can sneak up on you. Not taking the two minutes to jot down what you need at the grocery store increases the likelihood you'll buy items you don't really need--be it that extra gallon of milk because you forgot there's one sitting in your refrigerator or that box of irresistible Nutter Butter cookies (to go with the milk, natch). Too lazy to make it to the store, let alone scratch out a game plan? Shop online. Every grocer from ShopRite to Trader Joe's has a Web site that makes it easy to compare prices and ignore temptation; you might not even have to pay for delivery.

Not Selling Stuff You Don't Use Online

That stack of ABBA records collecting dust in your basement? Never going to hang that Cheers wall clock again? "You could have \$1,200 worth of items you don't use, don't care about and could easily sell" just lying around your house, says Greg Kusch, who offers training for homebodies who aim to pay the light bill by peddling merchandise on eBay. "Just go on, set up an account and sell." Yes, it's that easy

Not Rooting Through Your Change for Valuable Coins

A penny saved is ... several hundred dollars? Jay Beeton, marketing and public relations director of the American Numismatic Association, tells the story of a man who found a dime worth \$800 on an ascent of Pikes Peak. While most of us won't be coin-hunting in the Rockies any time soon, the average attic can suffice. Your investment need only be the time it takes to read a book on identifying what makes coins valuable (printing imperfections, for example) and to, well, keep your eyes open for the occasional surprise. You could bag \$10,000 to \$15,000 over a 20-year-period, says collector and author Bill Fivaz. "There are coins out there, in collections and attics," he urges. "People ought to know what they have."

Ignoring the Lingering Fat in Your Budget

We get it: Combing through a budget is boring. But easy steps like bundling your phone and cable service, cutting those ballroom dance classes you never attend, or eliminating those QVC indulgences (despite the undeniable appeal of today's gemstone jewelry clearance) can save some serious coin--perhaps 30% on monthly household expenses, avers personal finance expert and creditcards.com columnist Erica Sandberg. "How often do people look at every line item?" she says. "By not doing that, the chances of overspending are so great."

Not Going the Extra Inch

We all know that staying in shape shaves society's overall health care bill (see the previous slide on corporate wellness initiatives). It would be one thing if you needed to run marathons to stave off heart disease or diabetes--but you don't. Even moderate activity, in small bursts, can have an impact. Walk a little farther for lunch; take an extra few flights of stairs; churn some earth in a garden. Every little bit helps--especially when you're lazy.

Put the glass down

Professor began his class by holding up a glass with some water in it. He held it up for all to see & asked the students "How much do you think this glass weighs?"

'50gms!' '100gms!' '125gms' ...the students answered.

"I really don't know unless I weigh it," said the professor, "but, my question is: What would happen if I held it up like this for a few minutes?"

'Nothing' ..the students said.

'Ok what would happen if I held it up like this for an hour?' the professor asked.

'Your arm would begin to ache' said one of the student

"You're right, now what would happen if I held it for a day?"

"Your arm could go numb, you might have severe muscle stress & paralysis & have to go to hospital for sure!" ventured another student & all the students laughed

"Very good. But during all this, did the weight of the glass change?" asked the professor.

'No'. Was the answer.

"Then what caused the arm ache & the muscle stress?"

The students were puzzled.

"What should I do now to come out of pain?" asked professor again.

"Put the glass down!" said one of the students

"Exactly!" said the professor.

Life's problems are something like this. Hold it for a few minutes in your head & they seem OK. Think of them for a long time & they begin to ache. Hold it even longer & they begin to paralyze you. You will not be able to do anything..

It's important to think of the challenges or problems in your life, But EVEN MORE IMPORTANT is to 'PUT THEM DOWN' at the end of every day before You go to sleep...

That way, you are not stressed, you wake up every day fresh & strong & can handle any issue, any challenge that comes your way!

So, when you leave office today,
Remember to ' **PUT THE GLASS DOWN !** '

௭ அலுவலகத்தில் போர் அடிக்கிறதா? இதோ உங்களுக்காக சில டிப்ஸ்

1.

சின்னதா ஒரு டிடெக்டிவ் ஏஜென்ஸியை உங்கள் அலுவலகத்திற்குள்ளாகவே உருவாக்கி அடுத்தது யார் வேலையிலிருந்து விடுபடப் போகின்றார் என்பதை கண்டறியுங்கள்.

2.

உங்க பாஸிற்கு சும்மா சும்மா பிளாங்க் (BLANK) கால் பண்ணுங்க

3.

உங்க YAHOOidள் இருந்து GMAILக்கு ஒரு மெயில் அனுப்புங்க. உடனே GMAILஐ திறந்து பாருங்க. மெயில் வர எவ்வளவு நேரம் ஆகுதுன்னு செக் பண்ணுங்க. இந்த முறையை அப்படியே ரிவர்ஸில் செய்யுங்கள்.

4.

மற்றவர்கள் பயன்படுத்தும் நாற்காலி, பிரிண்டர் ஆகியவற்றை இடமாற்றம் செய்து அவர்களுக்கு கோபம் வரச் செய்யுங்கள்.

5.

உங்கள் கைவிரல்களை எண்ணுங்கள். இன்னும் போர் அடிக்கிறது என்றால் கால் விரல்களையும் சேர்த்து எண்ணுங்கள்.

6.

மற்றவர்கள் வேலை செய்யும்போது அவங்க முகபாவனைகளைப் பாருங்கள். கண்டிப்பாக உங்களுக்கு சிரிப்பு வரும். உங்கள் முகபாவனைகளையும் மாற்றுங்கள் அவ்வப்போது. அப்போதுதான் நீங்கள் வேலை செய்வதுபோல் தோன்றும்.

7.

இரண்டு மணி நேரம் சாப்பிட எடுத்துக் கொள்ளுங்கள்.
சமுதாய பிரச்சினைகளை அலசங்கள்.

8.

விசில் அடிக்க பழகிக் கொள்ளுங்கள்.

9.

போன வாரம் அல்லது போன மாதம் நாளிதழைத்
திரும்பவும் படிங்க.

10.

தேநீர் பருகிய கப்பை குறிபார்த்து குப்பைத் தொட்டியில்
எறிய பயிற்சி எடுங்கள்.

11.

தொலைபேசியை எடுத்து தற்போது உபயோகத்தில்
இல்லாத எண்களுக்கு
போன் போடுங்கள்.

12.

உங்கள் கணினியில் ஒரே சமயத்தில் எத்தனை
அப்ளிகேஷனை திறக்க முடியும் என்று சோதித்துப்
பாருங்கள்.

13.

கணினியில் தேவையில்லாததை அழியுங்கள். பிறகு
Recycle Binல் இருந்து ரீ-ஸ்டோர் செய்து
விளையாடுங்கள். திரும்பத் திரும்ப இதையே
செய்யலாம்.

14.

உங்களுக்கு கொடுக்கப் பட்டுள்ள நாற்காலியில்
எவ்வளவு தூரம் சாய முடியுமோ அவ்வளவு தூரம்
சாய்ந்து பாருங்கள்.

Rain

By Ramachandran B.R (1976)

It was a busy morning, about 8:30, when an elderly gentleman, probably in his 80s, arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry.

The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?'

He smiled as he patted my hand and said,

'She doesn't know me, but I still know who she is.'

I had to hold back tears as he left, I had goose bumps on my arm, and thought,

'That is the kind of love I want in my life.' True love is neither physical, nor romantic.

True love is an acceptance of all that is, has been, will be, and will not be.

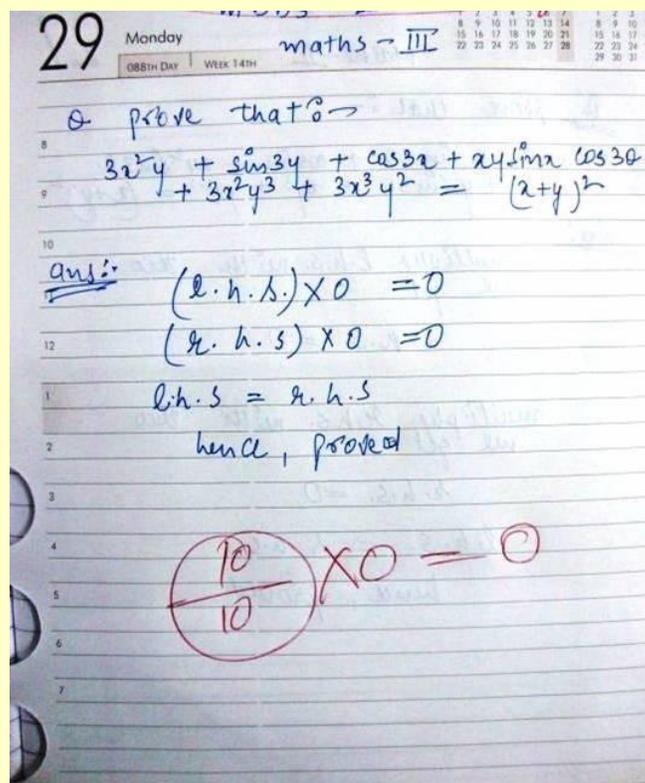
The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

'Life isn't about how to survive the storm, But how to dance in the rain.'

This is the height of Globalization



An Intelligent teacher's evaluation



Ente Nimishangal

A Malayalam poem by Nilambari

Rathriyude karutha mughatu ente velluta nizhyalugal.....

janalazhiyile chilandi valayil ente chindakal.....

chiveedinte tarattu pattil ente hridaya midipukal.....

mele karanguna pangayude kattil, ente veeyarpinte nanavu.....

adutu kidakuna ammayude kurkam valiyil ente dukhaswapnagal...

rathriyude oriyidalukalil, ente mownathinte derkhyam....

inni ente nimishangal.....

kurkam valichuranguna ammayude kazhuttu njerichu kollano....?

Addo.....



Dengue fever - Cause, Symptoms, Home Treatment and Remedy of Dengue fever

Compiled by Dr. Naresh Kumar

How Dengue fever spreads

It is transmitted by the viral infected female mosquitoes. "Where these mosquitoes grow: These mosquitoes thrive on the stagnant water in coolers, drums, jars, buckets, tanks, water reservoirs, bottles, etc., where stagnant water is found. It is, therefore, necessary that the water collected around the houses after rains should not be allowed to stagnate. Where it is not possible to let the water out, insecticides or burnt mobile oil should be sprinkled in the water. Kerosene oil or mobil oil creates a thin layer on the surface of the water which kills larvae. The other anti-mosquito measures could also be taken, viz., the use of mosquito nets, anti-mosquito creams, repellants and burning of *agarbattis*, etc. In the villages, the mosquitoes grow in the pens, wet, dark and humid places. In addition, full sleeve shirts and full length trousers should be used so that minimum bare part of the body is exposed.

Natural Home remedies for the treatment of Dengue fever

Traditional natural home remedy for dengue fever - Normal dengue fever is not that dangerous. The symptom-based treatment should be resorted to i.e., wet pads could be used if the temperature is high. Antidotes could be administered as per the necessity. Pain-killers should not be given to the patient of hemorrhagic dengue. Pain-killers tend to increase hemorrhage. Maintaining the water balance of the body and **controlling the blood pressure** of the patient is also necessary. The standard conventional analgesic treatment for dengue.

How to get rid of dengue fever - Getting rid of dengue fever

Simple home remedy for dengue fever - Dhatura is the Ayurvedic version of the homeopathic belladonna. Its leaves have potency in reducing the seriousness of the dengue fevers. However, the dosage must not exceed 2 decigrams, or it will lead to severe negative symptoms like **dryness of the mouth and dilation of the pupils**.

Homemade recipes for dengue fever

Good home remedy for dengue fever - The orange juice helps with digestion, increased urinary output, promotes antibodies for faster healing and recovery. It gives energy and vitamins, over all a **great source for fighting fevers**.

Effective home remedy for dengue fever - The raw papaya leaves, 2pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tablespoon per serving once a day. Do not boil or cook or rinse with hot water, it will loose its strength. This will **prevent dengue fever**.

The affected person is treated with Paracetamol to **bring down the fever**.

Diet tips for Dengue fever

Porridge and baked toasts (not fried) can be had for allaying hungers in the course of the day. Biscuits with tea can be had. The tea must be herbal, with *tulsi*, ginger, cardamom and other such **fever-reducing herbs in it**.

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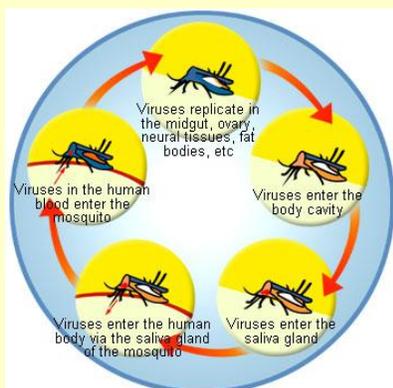
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Summer Gardening Tips

Extracted and provided by Sundar (2001)

Summer gardening tips . . .

Don't be afraid to trim those flowering shrubs and trees that need it. Failure to prune is probably the biggest gardening mistake a person can make. I spent 20 years landscaping homes and businesses, and I watched people make the investment in my services, then they failed to prune when the plants needed it, and before you know it their landscape looks terrible. If you make a mistake pruning, don't worry about it. It's like a bad haircut, it will grow out. Of course use common sense and read the previous articles that I've written on pruning.

Summer gardening tips . . .

Along with summer time comes high humidity. High humidity can cause a lot of problems with the plants in your garden and around your house. One of the simple things you can do is don't water just before dark. Make sure your plants are nice and dry when you tuck them in for the night and you can cut down of the chance fungus being a problem. One of the more common fungi that I get asked about a lot is powdery mildew. This appears as a white film on the leaves of ornamental plants. Dogwoods and Purple Sandcherry are often the victim of powdery mildew. Powdery mildew isn't extremely harmful to the plants, it's just that the foliage is damaged, and little growing takes place once it sets in. Your local garden center will have a general fungicide you can spray if you'd like to try and control it. Usually once the plant defoliates in the fall the plant is back to normal.

Summer gardening tips . . .

If you have Perennial Rye Grass in your lawn, and you probably do if you're in the north, you must be careful not to leave your grass wet at night. There is a fungus known as Pythium Blight that appears in very humid conditions. This fungus attacks and kills perennial rye grasses. Here in the north most of our lawns are a blend of fescues, perennial ryes, and Kentucky Blue Grass. If you have problems with pythium blight you will lose the perennial rye grass in large areas of your lawn, and even though the other grasses will still be there and fill in, your lawn will have areas that are much darker green than the rest of the lawn because you will then have concentrations of Kentucky Blue grass. You can see this fungus in the early morning. It looks like white cotton candy lying on top of your lawn. It usually appears along walks and driveways where the soil is the wet if you have been watering. To prevent pythium blight water as early in the day as possible.

Summer gardening tips . . .

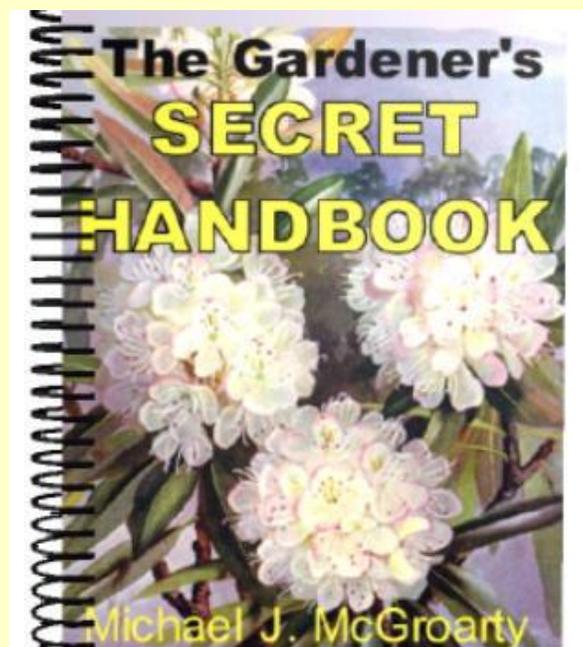
Another nasty little blight that likes summer time is Fire Blight. Fire Blight attacks ornamentals, especially Apple trees, Crabapple trees, Cotoneasters, and Pyracantha. You know you have Fire Blight when a branch on one of your plants dies and turns almost red. The leaves usually hang on but turn reddish brown. The damage usually starts out near the end of the branch and works its way toward the main stem of the plant. There is little you can do except prune out the affected branch, cutting it as far

back as possible. Fire Blight is very contagious to plants so you should burn the branches you prune out. You should also dip or wash your pruning shears in rubbing alcohol after each cut to keep from spreading this deadly fungus.

Summer gardening tips . . .

Unfortunately, I've got one more summer time culprit to warn you about. It's a handy little fungus that grows in mulch. Actually there are all kinds of fungi that tend to grow in mulches, and most of them are really disgusting looking. But this little gem is unique in the fact that as it grows it tends to swell. Then somehow it manages to explode, and it will spatter your house with tiny brown specs. The experts have appropriately named this one "Shotgun Fungus". Isn't that a cute name? These tiny little brown specs will fly as high as eight feet into the air, and once they stick to your house or windows, they stick like glue. I know that right now there are people hollering across the house at their spouse, "Hey, remember those brown specs all over the house? I know what they are. It's from the mulch!" Tell me I'm wrong, but I know I'm not. A lot of people are victims of this nasty little fungus, but they don't know it. All they know is that there are tiny brown specs on the house that look like paint. So far they have blamed everything from spiders to aliens. There's not a lot you can do to prevent this fungus. I have found that if you keep the mulch loose so air can circulate it is less likely to grow fungi. Don't just keep adding layer after layer to the mulch around your house. You should skip at least every other year and just loosen the mulch you already have down. If you loosen it and then rake it flat it will look like you've just mulched. Mulch is great, just don't let it get packed down hard. Loosen it up at least once a year.

Michael J. McGroarty is the author of this article. Visit his most interesting website, <http://www.freeplants.com> and sign up for his excellent gardening newsletter, and grab a FREE copy of his E-book, "Easy Plant Propagation"



Message from Alumni Director

Our Alumni director Fr. Mariadoss SJ sent the following information regarding the Alumni membership.

Account No: 20026 (Indian Overseas Bank)

Josephites interested in becoming a member they can do so by sending a cheque in favour of "**The Director, Alumni Association, St Joseph's College, Tiruchy -2** " payable at chinthamani branch in Tiruchy.

Membership Amount Details:

Life Member: INR 500

Patron: INR 2000, Anyone giving more than INR 2000 will be registered as Patron.

Mail id: alumnisjc@gmail.com

Please send the following details about you along with the membership fee.

Name:

Year of study:

Course:

Hostel or day scholar:

Blood group:

DOB:

Wedding day:

Address in India:

Current Address:

For more details, please look at the website: www.sjctni.edu/alumni