

Vanik Voice



LIVE AND HELP TO LIVE

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Disclaimer

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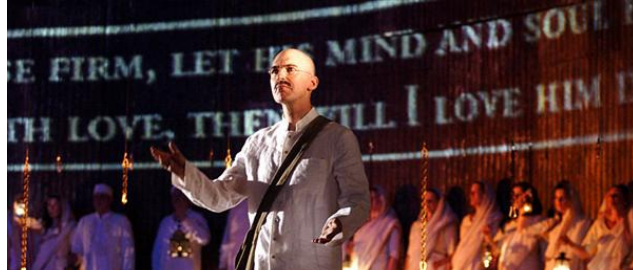
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Gandhi's Wonder Years

Philip Glass's 'Satyagraha' may be in Sanskrit, but its messages are universal.



Glass believes that Gandhi's ideas are 'more present' in modern life than ever

Composer [Philip Glass](#) became famous--or infamous--when his minimalist opera "Einstein on the Beach" debuted in 1976. His second major work, "Satyagraha" (1979) is being staged with much fanfare at New York's grand Metropolitan Opera. "Satyagraha," which is actually part of a trilogy that includes "Einstein" and "Akhnaten," focuses on [Mahatma Gandhi](#)'s politically formative years in South Africa. The production has received rave reviews for its music as well as its theatricality: giant puppets and props are made from humble materials like newspapers and corrugated metal. Glass, a decades-long devotee of Gandhi (and a Buddhist now himself), talked to NEWSWEEK's Vibhuti Patel. Excerpts:

NEWSWEEK: Why did you choose "satyagraha" for the title?

Philip Glass: It's a Sanskrit word, coined by Mahatma Gandhi, meaning truth force or, the power of truth. Gandhi turned an idea into a word. He understood the power of communication: he'd started a newspaper in South Africa, which was mailed to [India](#) so everyone knew who he was when he returned. All modern political movements have borrowed from Gandhi. In America, his legacy reappears in the work of Martin Luther King. It transformed our country.

What inspired you to write this opera?

Having worked with Ravi Shankar, I visited India in 1967 to learn more about its culture. There, in a small-town cinema, I saw a clip of Gandhi's Salt March. To protest the British-imposed tax on salt that was hurting the poor, Gandhi marched to the sea and made salt. Thousands joined him on that long march. His charisma came through so clearly that I read his autobiography. I had no idea then about doing an opera.

But why in Sanskrit?

That's the language of the Bhagavad Gita, a discourse on the value of action, which Gandhi had memorized by pasting its passages on his shaving mirror. The Gita preaches activism--Gandhi was not passive; he preached not pacifism but nonviolent resistance. Also, the words in opera are not understood anyway. We project translations onstage. When I wrote the opera, I was moved by the violent state of the world. It never occurred to me that 30 years later, there could be so much more violence. China's engaged in a genocide of an entire nation, America is in Iraq. The opera is more relevant today than it ever was.

Gandhi was against industrialization. How would he react to today's technology and to global warming?

He would have marched! I am of the Vietnam generation when people marched in protest.

Today's young stay home, on the Internet. That has to change. When young people understand that the power of change is in their hands, they'll take it. The idea of satyagraha applied to ecology is powerful. It's about nonviolence to the environment.

Ironically, Gandhi's ideas are largely ignored now in India, where the information technology boom and a 9 percent economic growth are results of industrialization.

Every industrialized country has to come to terms with that. The modern world is in the thrall of technology. We mustn't let it run rampant--it can be controlled. Developing countries first develop the technology, then they learn to control it. India is still in the early years of development. It will come to terms with this because protection of nature is part of its tradition.

Provided by Mansukh Shah

**Groups affiliated to the
NCVA**

Aden Vanik Association
UK

Digamber Jain Visa

Mevada Association UK

Jain Association of UK

Jain Samaj Europe

Jain Samaj Manchester

Jain Sangh Birmingham

Jain Sangh of Europe

Mahavir Foundation

Navnat Vanik
Association UK

Navnat Youth
Association

Oshwal Association of
UK

Shree Jain Sangh East
London & Essex

Shree Navyug Jain
Pragati Mandal,

Shree Sidhpuria Vanik
Samaj

Shrimali Soni Mandal
London

Vanik Association UK

Vanik Samaj Leicester

Vanik Samaj Coventry

Vanik Samaj of UK
Brighton

Vanik Samaj
Southampton

Veerayatan UK

Young Jains

**Groups Established by
NCVA**

Vanik Professional

Yoga retreat

Following the resounding success of the first two Yoga retreats, NVK proudly presents its third Yoga retreat which will be conducted by Chandrikaben Bheda and Sejal Khajuria.

Please find the amended Yoga Retreat application form which is on our website at www.nvk.org.uk in the 'events' section.

Please complete this new form when applying for the retreat. Both NVK members and non-members can apply now. However, priority will be given to NVK members who apply within three weeks (i.e. by 5th February 2009) and non-members will go on waiting list. After this date NVK members and non-members will be treated equally.

If you have any query do not hesitate to contact Jayantibhai (tel: 020 8954 1859), BT Shah (020 8440 9968) or me (020 8905 0415).

Regards
Surendra

Barack Obama - celebrations and realism

Although it is an amazing achievement, not just because he is a positive black role model, not just because he brings us hope, not just because he brings us away from the Bush administration but because he is fresh/new and with that, we hope that he will not be stuck in the past or blinded by it. We hope for a new beginning. So much pressure! Can we expect so much? We also need to be realistic don't we? Perhaps the note to the Editor below can help us maintain a realistic view.

Dear Editor,

We all yearn for and hope for closure, for answers, for solutions to all our problems, yet short of death itself there is seldom any final answer, any action that will solve all our problems. Life is mostly struggle, seldom is it satisfaction. Only God is the Alpha and Omega.

Let me remind us all not to be too carried away with the election of a black man to the office of president of the United States. The problems of America and the world did not start with the previous man, nor will they end with his replacement. We are all contributors to those problems, and we must all in some way participate in their solution.

Let me remind all as well that there are many forces aligned against Barack Obama, to destroy his best hopes and dreams and as such, our hopes and dreams - forces that we must be constantly vigilant against, forces that are both within and without, forces that are as much a part of his enthusiastic followers as his determined enemies.

Therefore, take time to celebrate, but take even more time to rededicate yourselves seriously to being a stronger contributor to the betterment of the world around you. Just as this man's life and its symbolic promise represent a new time of a renewed hope for change. Let your own lives represent hope for a better day in Jamaica soon, and pray that it be so for us all.

Ed McCOY - mmhobo48@juno.com

Want to improve your health? Help save animals? Reduce your carbon footprint?

Why not go vegan for a month?

You will receive a health questionnaire and basic checks from our friendly GP, nutritional information and recipes- all completely free.

For more information or to sign up online visit www.vegancampaigns.org.uk or contact us: info@vegancampaigns.org.uk or 07890 136663

A report of last years Vegan Pledge can be downloaded as a PDF from

Jindal health farm, as it is popularly known, is situated outside the city of Bangalore in the township called Jindal Nagar. Jindal Nature Cure Institute and the sister organisation, Institute of Naturopathy and Yogic Sciences, was established in 1978 as a charity by Dr Sitaram Jindal, an industrialist, after whom the local township is named. Dr Jindal had a serious stomach illness in his young age and doctors advised surgery but his family did not agree, and Dr Jindal was advised to try naturopathy, which in due course totally cured him. It was his desire that others should benefit from this little known science, and this led him to establish this health farm. He travelled all over the world and checked out other similar health farms, and then planned this Institute.

The Institute is established on a plot of eighty acres. It has accommodation for about 200 patients, and more accommodation is being built all the time to meet ever increasing demand for the same. There are quarters for the staff of the institute in the adjoining land. But over 60 acres are occupied by farm land where all the needs of the Institute are grown. There is a large reception area with offices for doctors. There is a well equipped hospital just outside the gates. There is a large hall for recreation where several indoor games are available. There is a library, large hall used for yoga and meetings, a large dining hall with kitchen, a laundry area, separate treatment centres for males and females, a utility centre for the service of the patients and different types of living accommodations.

Living accommodations are of various types and cater for people of all incomes. There is a free ward housing six beds in each room with bathroom facility. Then there are simple single and double rooms with beds and bathroom facilities. Executive room has a large double bed, television and a bathroom. All the patients in these rooms pay only half the normal treatment charges. Going up the ladder, there is cottage with a double bed room, lounge with sofas and television and a bathroom. One step higher brings the hut which is similar to a cottage but has two bathrooms, one for each occupant. Top of the range is a nest with two double bedrooms, each with two bathrooms, a large lounge with television, a large garden with sets and swings. Recently they have added deluxe huts and nests.

There is a very well laid out garden near the accommodation with seats and swings, and an elevated cycling track. There is a two kilometre two metre wide cement track going through the farmland, and then there is an additional one kilometre dust track through the farm. The whole track is kept immaculately clean, is lighted all the way, there are benches for rest, and at intervals shelter huts are built. There is provision for drinking water and toilets. There is a large lake on one side of the institute grounds. Benches and swings are placed along the lakeside. The whole place is maintained and cleaned immaculately. Nearby there is a open air podium used for laughing sessions. There is a swimming pool where water is heated up for aerobic exercises. There is a special circular track prepared with sand and pebbles of various sizes, with cold and hot water puddles so that patients can walk in there and get reflexology on their feet.

I am told that the Institute is always full, and reservation is difficult to get. On arrival, and after the accommodation has been shown, and the person, or patient as they prefer to call, has settled in his accommodation, the patient is seen by the doctor. All the medical history is noted, blood test, ECG and any other tests are arranged with the adjoining hospital. Based on that, the doctor prescribes various treatments and food for the following day. The Institute is very strict on its rules, and strictly prohibits any eatables or medicines without doctor's permission. Even balm is not permitted without permission. Spot random checks are made in accommodation, and any item found against the rules is taken away, and if the breach of rules is serious or persistent then the patient is thrown out without any refund.

Instrumental music starts playing in the campus at five o'clock in the morning on loudspeakers which are placed in such a way that every one in the campus can hear the music loud and clear. After fifteen minutes the music stops, allowing a snooze period of fifteen minutes. After that, at 5.30 sharp, devotional songs are played on the campus. The motivated patients wake up and walk around the two kilometres trek. Then later on there is Kriya time when everyone goes to the treatment centre. The Kriyas include putting warm ghee drops in the nostril, blowing out the noses, taking steam on the face and through the nostrils, and gargling with warm salt water. Also water is put through one nostril and water comes out of the other nostril, which helps to clean the nostrils. There is herbal water prepared to wash the eyes. For specific problems, some patients are made to vomit. At 6.45 there is laughing session which takes place in the open podium near the lake. Laughing is supposed to relax and to improve the facial skin, and exercise the mouth and the face.

In the dining hall black tea, herbal tea, pudina water, boiled garlic and amla, tulsi, nim and other leaves, lime, methi etc are kept. Also there are juices or other drinks as prescribed by the doctor. The juices and other drinks are given at intervals of two hours. There is no breakfast as such. At lunch time there is either food or fruits as prescribed by the doctor. Naturopathy advocates that one must not mix cooked and uncooked food, and that for good health it is advisable to eat cooked meal at lunch time and uncooked food (fruits and salads) at dinner time. Naturopathy states that our body takes four hours to digest cooked food, and three hours to digest uncooked food. That is why it suggests that they should not be mixed and thereby cause confusion in our digestive system. Also by eating uncooked food at night, one is allowing the body to digest the food in three hours before one goes to sleep. Naturopathy also states that fasting allows the digestive system to rest and permit the body to detoxify. So a stay at the Institute normally envisages a day or two of normal food, followed by a few days on fruits and salad, and then a few days fasting, depending on the duration of the stay and the medical condition of the patient.

Nature Cure to Better Health continued

Lunch starts at 11.00 in the morning, and dinner is at 6.00 in the evening. The quantities of food or fruits and salad are stated by the doctor and each patient is expected to follow the same. Normally a slice of papaya and one more fruit is allowed in the evening, and sometimes salad is added to the same. Soup is now served at evening time. Last juice is served at 8.30 before bed time.

There are two yoga sessions in the morning of an hour each. The first session is in Hindi and the next session is in English. In the morning and after lunch, mud pack is put on the stomach for fifteen minutes. In the afternoon there are three yoga sessions of half hour each starting with easy and ending with some difficult asanas. There is yog nidra (relaxation) at 5.20 in the evening. Also there is a swimming pool with heated water, and aerobic exercises are conducted in the afternoon. The reflexology pond is available with hot and cold water in the evening time, and many patients take advantage of the same.

The range of treatments is vast. Some take place in one's room while others are given in the treatment centre. Naturopathy gives importance to hot and cold packs. Tying ice bag on the stomach and hot water bottle on the back, or tying a cold water cloth on the chest and then wrapped with warm cloth, or putting arms or legs in tanks where cold and hot water alternatively is released are some of the examples of this type of treatment. Massages would include whole body massage with oil, Kairali type of oil massage, powder massage with vibrators, use of jets to massage the body are some of the main massage treatments. Mud bath is also given if the weather permits that. Castor oil on the stomach, mustard pack on the knee or any other part of the body, and magnetic treatments are some of the other treatments prescribed by the doctor.

Modern equipment is installed in the hospital. At first enema and then the colon hydro therapy is given to clean up the colon and the large intestines. Amongst other treatments I experienced included laser treatment on the stomach for acidity problem and points therapy to stabilise blood pressure. Acupuncture treatment is also available. For people with other problems different treatments are prescribed. Every day I was prescribed two treatments in the treatment centre plus I had two treatments in the hospital. Attending all the activities and doing all the treatments hardly left any free time.

All the treatments, including the massages, are given only on doctor's recommendation. The way the whole system is set up there is no possibility of trying to bribe one's way around. However, after the initial few days, and once the main treatments have been tried out, the doctor normally asks the patient what he would like to try again. The body gets used to lesser quantity of food in no time. Juice or some liquid every two hour stops the body feeling hungry at any time, and even the fasts become easy to handle. All the walking, yoga, and treatments, and eating only limited but healthy food, makes one feel wonderful and the body feels rejuvenated.

I spent thirteen days at the Institute, and made the best of my time. I used to walk every morning for up to an hour. I took part in yoga in the morning, and tried to take part in one or two sessions in the afternoon. I tried the swimming pool aerobics a few times. I had colon hydro therapy which cleaned up my system. I had mud bath, Kairali massage, dry powder vibrator massage and oil massage quite a few times. I got used to eating small portions of fruit, and even the three days of fasting seemed quite easy to handle. Having woken up early, the afternoon nap felt sweet and most welcome. The mud packs in the morning and after the nap gave a chance to relax. I tried the sky bicycle once and found it quite challenging. Running around the campus, attending each treatment or hospital appointment hardly left much time to rest or relax. And after the water aerobics a walk in the reflexology pond was refreshing. After dinner we had some games of bridge which made our evenings interesting. Out of twelve full days, I had cooked food for four days, fruits only for five days and fasted for three days. With my walking and all the activities, I lost five kilograms in weight. But at the end of my stay I felt rejuvenated and refreshed; I felt fitter and healthier. For me it was a wonderful experience, and it gave me a chance to recharge my body batteries. During the stay we meet people from all countries and all walks of life. It is at lunch and dinner time that socialising takes place, and acquaintances are made. While many are genuine patients trying to improve their health, quite a few of the people come basically to loose some flab on their body, and they succeed too in that though not for too long.

We take our car for MOT every year, but we do not do the same for our body. If one believes in doing the same for the body then this is the place to go and do an overhaul of the body system. The standard of cleanliness, efficiency, discipline, timing and general maintenance of the whole place is faultless and immaculate. One may not be able to follow everything after the visit, but one is taught how to live a healthy life. It may not cure many of the modern diseases, but it certainly does help to cleanse the body, and show the way to a healthier lifestyle. There are many such health farms in India, but none can match the standards and discipline of this Institute. A visit to this Institute is a must if one believes in living a healthy life.

Website www.inysonline.org For more details please email jubhai@aol.com

An Oasis in Wilderness (A Jain temple in Goa)

Who would have thought that there would be a Jain temple in Goa? Thanks to Viryashbhai and Jyotshanben Shah who had been there before and given us the address and detailed instructions on how to get there, we made our way to the **Shree Sumatinath Jain Mandir** at Pajifond, Margao, Goa. The presiding deity, *mulnayak*, at the temple is Shree Sumatinath, the fifth Tiranthakara. (He attained salvation at Samed Shikhar in the presence of one thousand other munies). His idol (*moorti*) is flanked on either side by the idols of Shree Mahavirswami and Shree Parshvanath Bahgwan. Before commencing any auspicious function we pray to the Lord and seek his blessings that our mission would be successfully accomplished. We sang stavans and recited *Chaityavandan* and after making appropriate donations, we left to visit the remains of the relics of **St Francis Xavier** at the church of Bom Jesus. The 450 or so year old body of St Francis Xavier is on public display here. St Francis is famous for his prayer; "Lord, make me an instrument of thy peace. Where there is hatred, let me sow love, where there is injury, pardon. Where there is discord, vision. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy." He is considered the greatest missionary since the time of the Apostles. The zeal he displayed, the wonderful miracles he performed, and the great number of souls he brought to his faith gives him the distinction of a great missionary.

Our next visit in Goa was to see the **Doodhsagar waterfalls**. We were taken by a four wheeler jeep on an unmade and rough road to a point as far as the jeep can take us. From here we had to walk and climb rough rocks and boulders to reach the falls. From afar, we could discern white rivulets of milky waters gushing down the rocks and hills from a great height. Doodhsagar waterfalls is situated at a distance of 60 Km from Margao and is a beholder's delight. It is amongst the top 100 highest waterfalls in the world. This cascading waterfall takes a steep plunge of 2000 feet down the wooded mountains of the Western Ghats. It is also believed to be one of the highest falls in India. The magnificent falls are located in an idyllic tropical forest with intersecting streams all along, thus, rendering an awesome look when viewed from the top. The falls looks even better in the mysterious radiance of the morning sun. Here we also met our distant relatives, the monkeys, who came down the hills in their dozens and fed bananas and nuts from our hands - not for the faint hearted!

Other interesting things that we did in Goa was a one hour **cruise on the River Mandovi** with music and dances on board, and went on a **Dolphin Chase** deep in the rough sea on a ten seater boat. There is also the cliff edge from where **Dona Paula**, the daughter of one of Goa's Portuguese Viceroy's, threw herself into the sea and gave her life for the unrequited love of a local fisherman. While in Goa, an **Ayurvedic massage** is a must. For 250 -300 rupees, you will be pampered to a whole body massage for 90 minutes and come out soaking in different kinds of ancient oils. Then one must not forget the cashew nuts roasted in their shells and for those who fancy a tippie, there is the **Fenny**. An alcoholic drink made from the fruit of cashew nut (cashew apple). A tiny shot will send one in a trance and in the process get rid of any cough and cold one may be suffering from!

Dinesh Sheth

How precious are your eyes?

Please click here to find out about the children's eye hospital at Wankaner Saurashtra India which the Lions club of Enfield support.

The other link refers to super specialist children's eye unit in Gujarat, where children are treated (Medical and Surgical) totally free of charge.

http://farm4.static.flickr.com/3521/3215854268_956a4fbef2.jpg?v=0

<http://www.scribd.com/doc/11033234/Gujarat-Samachar-301108>

Ramnik Mehta



Do you know what's good for your heart?

Do you receive emails and verbal suggestions giving contradictory information?

Here are some questions and answers about health. The questions have been answered by a health professional that is experienced in evaluating medical information.

The question	The good doctor's response	Comment
Is eating non-veg food (fish) good for the heart?	No	There's meat and there's meat and not all non-vegetarian food is injurious to the heart. In relation to fish, the British Heart Foundation's advice is: Eating oily fish regularly can help to reduce the risk of coronary heart disease and may help improve the chances of survival after a heart attack. Aim to eat at least two portions of fish a week one of which should be oily.
It's still a grave shock to hear that some apparently healthy person gets a cardiac arrest. How do we understand it in perspective?	This is called silent attack; that is why we recommend everyone past the age of 30 to undergo routine health checkups.	A bunch of things conspire to produce a heart attack. Some are 'visible' (such as being overweight and receiving treatment for diabetes) but others can remain undiscovered such as excessive amount of 'bad' cholesterol.
Is walking better than jogging or is more intensive exercise required to keep a healthy heart?	Walking is better than jogging since jogging leads to early fatigue and injury to joints.	There is nothing inherently wrong with jogging as long as one builds up to it and care is taken to avoid overstraining and to stop as soon as it hurts. Sensible footwear, running on grass (or on a treadmill) rather than on roads can help to reduce damage to the joints. Here's the British Heart Foundation's advice: Everyone can benefit from being more physically active and any amount of activity will be better than none at all. We should aim to do at least 30 minutes of moderate activity on 5 days or more a week.
Does cholesterol accumulates right from an early age (I'm currently only 22) or do you have to worry about it only after you are above 30 years of age?	Cholesterol accumulates from childhood.	As with most body chemicals, cholesterol is produced constantly and is also removed by the body constantly. The problem is when too much is produced - this might be because of diet or because of inherited tendency for producing excessive cholesterol. The consequences of high cholesterol in childhood are not so serious because children don't yet have other problems such as high blood pressure, diabetes, and obesity. But the subtle damage from too much cholesterol in childhood can possibly accumulate.
Which is the best and worst food for the heart?	Fruits and vegetables are the best and the worst is oil.	Here's what the British Heart Foundation has to say: A healthy diet contains plenty of fruit and vegetables and starchy foods such as wholegrain bread, pasta and rice; and is low in fat (especially saturated fat), salt and sugar. As for oils, see next comment and the first one about meat and fish.
Which oil is better - groundnut, sunflower, olive?	All oils are bad.	Not all oils are equally bad (indeed, some might even be protective). The British Heart Foundation says: Too much fat in your diet particularly saturated fat, can increase your blood cholesterol levels which can increase your risk of developing coronary heart disease. To help reduce your cholesterol level you should cut down on the total amount of fat you eat and replace saturated fats with monounsaturates and polyunsaturates and cut down on foods containing trans fats.

Continued - Here are some questions and answers about health.

The questions have been answered by a health professional that is experienced in evaluating medical information.

The question	The good doctor's response	Comment
How do you differentiate between pain caused by a heart attack and that caused due to gastric trouble?	Extremely difficult without ECG.	<p>This response could have the consequence of overwhelming the NHS if every attack of indigestion were to be investigated with ECG! In fact, one can often tell a heart attack apart from a case of heartburn with a fair degree of confidence even without ECG. Knowing a little about the person's previous health and what the person has just been doing can be helpful in making the diagnosis. The chest tightness of a heart attack is often accompanied by pain that spreads from the chest to arms, jaw, neck, back and stomach. Also, the patient is likely to sweat, feel lightheaded, feel nauseous, and have difficulty breathing.</p> <p>The important point, however, is not to dismiss the symptoms of a heart attack as the effects of indigestion.</p>
Can a person help himself during a heart attack (Because we see a lot of forwarded emails on this)?	Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary care unit without any delay and do not wait for the ambulance since most of the time, the ambulance does not turn up.	On the whole this is sound advice, except about the ambulance. In the UK, dialling 999 and calling for an ambulance is exactly the right thing to do. Often the ambulance paramedics will be able to start treatment even before the patient arrives at hospital.
What are the modern anti-hypertensive drugs?	There are hundreds of drugs and your doctor will chose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.	<p>There are indeed probably hundreds of brands of medicines that can control blood pressure. But it's really important to recognise when one should call it a day with non-drug remedies and start medical treatment. If the blood pressure is significantly raised or it is persistently high (despite non-drug treatment), then it's time to start drug treatment. And it's important to take the medicines conscientiously - half-hearted compliance isn't a good idea.</p> <p>As for 'natural ways of controlling blood pressure' it is important to mention that reducing the amount of salt in food can be helpful and even when taking blood pressure medicines, it can be beneficial to train the palate to accept less salt.</p>
Does dispirin or similar headache pills increase the risk of heart attacks?	No.	The doctor's advice is correct. However, there is some evidence that a few medicines used for controlling the pain and swelling of arthritis can increase the risk of heart attacks very slightly. This group of drugs is sometimes called 'coxibs' and include celecoxib, etoricoxib, and lumiracoxib.

Navnat Vanik Bhagini Samaj's next event

Please visit here for details - <http://www.scribd.com/doc/11582078/NVBS-Dementia-and-Alzheimers>

An exhibition expressing some personal stories of Black people who were involved in the First and Second World Wars.

Here's some info about Glaucoma from the 100 Black Men of London newsletter.

To mark the 60th anniversary of the arrival of the MV Empire Windrush in Britain in 1948, this exhibition tells some of the the personal stories of the Black men and women who were involved in the First and Second World Wars.

Among the exhibits on display are the MBE belonging to Sam King, who returned to Britain on the Windrush after serving in the RAF and subsequently served as the first Black mayor of Southwark, and the telegram announcing the death of Walter Tull, the first Black British Army officer.

The exhibition runs through to March 2009 and will be accompanied by a series of monthly lectures, held in conjunction with the 100BMOL, which will provide the opportunity to explore and discuss various related topics including:

- (a) loyalty within the British Empire and what it means to fight for 'your' country,
- (b) Britain's use of propaganda in Caribbean recruitment and the anti-Black propaganda employed by the Nazi regime,
- (c) the Black victims of Nazi persecution before and during the Second World War, and
- (d) an examination of the American presence in the Caribbean and the influence of US segregation policies on Britain.

There are also a series of family events linked to the exhibition.

Admission is free.

Imperial War Museum, Lambeth Road, London SE1 6HZ. For more information see *From War to Windrush*



Research about Jains

The research is on young Jains (18-30 year olds) who have been born and/or brought up in the UK or USA. The kinds of things I am interested in learning about are:

- a) how are young Jains interpreting Jainism and what kind of religious practices are they involved in? How might these be different to their parents' generation?
- b) what kinds of organisations or networks are young Jains building and what are the goals of these organisations/networks?
- c) Do young Jains translate the principle of 'Ahimsa' into wider concerns in society, such as non-violent solutions to conflict, concern for the environment, promoting vegetarianism, sustainable living, etc. If so, how do they do this?

I am looking for people who would be interested in participating in the research. Interviews generally take an hour to hour and a half. And I can meet at a time, day, and location that is convenient for you.

Please contact Bindi via email at B.Shah@roehampton.ac.uk

The unconsidered life is not worth living.

My friend Ashik, sent this quote to me. The quote is from A C Crayling and it is amazing! It's encourages being thoughtful, reflection, the best use of time, taking control. It's something that the teachings of Shrimad Rajchandra advocates.

What do you think? Do you agree?

Socrates famously said that the unconsidered life is not worth living. He meant that a life lived without forethought or principle is a life so vulnerable to chance, and so dependent on the choices and actions of others, that it is of little real value to the person living it. He further meant that a life well lived is one which has goals, and integrity, which is chosen and directed by the one who lives it, to the fullest extent possible to a human agent caught in the webs of society and history.

<http://www.heenamodi.com/2008/12/05/the-unconsidered-life-is-not-worth-living/>

Two wolves

My friend Ajay sent this to me. It is great at explaining the struggle that goes on within us all. Have a read....

One evening an old Cherokee told his grandson about a battle that goes on inside all people. He said, 'My son, the battle is between two 'wolves' inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.'

The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?'

The old Cherokee simply replied, 'The one you feed.'

