राष्ट्रदुत

St. Xavier's Jaipur Makes to the top 10

Top 10 Schools in India Every Parent Should Know About, From Delhi to Bengaluru



St. Xavier's Senior Secondary School, Jaipur



learn math and sci ence, it's where they develop values, con fidence, creativity, right school is one of the most critical decisions a parent will ever make. A thoughtful choice today lays the groundwork for a child's success tomorrow, in college, career,

What to Look for in **India's Best Schools** When evaluating schools, par-

ents should look beyond academics. Consider factors such Infrastructure and Safety

- Academic Excellence and Curriculum Extracurricular
- Opportunities Faculty Qualifications Student-Teacher and
- Boarding vs. Day School Ontions Holistic Development
- Approach Alumni Feedback and Parent Engagement
- Culture and Personalized Learning Don't forget practical aspects like location, transport facilities, and fee structure. A wellbalanced approach ensures your child gets more than just a report card, they gain the confidence and skills to thrive

in an ever-changing world.

Institutional Framework (IIRF) 2025, here are the most highly rated schools across India Delhi Public

Bangalore Bengaluru Bombay Scottish School, Mahim, Mumbai

Secondary School, Rai Niwas Marg, Delhi

Salwan Public School. Mayur Vihar, Delhi Xavier's Senior

Gangaram, New Delhi

A Strong Start Leads to a Strong Future Take the time to visit schools,

long journey.

India's Top 10 Schools

According to the Indian Ranking

St Xavier's Senior

l Cathedral and John Connon School, Mumbai

Secondary School, Jaipur Barakhamba Road, Delhi 8. R.N. Podar School,

9. Bal Bharati Public School, Mary's School,

Final Thought:

speak with faculty and other review each institution's offerings. The right environment can help your child flourish, academically, emotionally, and socially, Remember, education is more than textbooks: it's the launchpad for a child's life-



Empedocles used four properties to describe the four elements: hot, dry, wet, and cold. Each element opposed each other in its properties. For example, water was wet and cold, so, it opposed fire which was hot and dry. These properties were used as the foundation for Hippocrates' theory of the four humors, positing four 'roots' to the human body.



he theory of the four

ical practice for thou-

5th century BCE, the

theory of the four

humors continued to

Period. This theory

explains precisely how the body

works, including how illness, pain,

and even personality, form inside a

Only falling out of style with the

scientific advancements of the 18th

century, this theory's longevity can

be attributed to its approach to all

life as consisting of four parts, corre-

sponding with the four elements.

four seasons, and four tempera-

ments. The theory's methods for

diagnosis and treatment approached

medicine as a scientific topic, the

first medical model in the world to do

so, allowing it to beat off criticism

and alternative methods for thou-

In the mid-5th century BCE, the

philosopher Empedocles devised a

sands of years.

Four Elements

Empedocles and the



theory that divided human life into

four elements: fire, water, air, and

earth. He wrote, "Now, hear the four

fold roots of everything: enlivening

Hera, Hades, shining Zeus. And

with tears." He connected each ele-

ment with a divine power to illus-

Empedocles used four properties

describe the four elements: hot,

dry, wet, and cold. Each element

opposed each other in its properties

For example, water was wet and cold

so it opposed fire which was hot and

dry. These properties were used as

the foundation for Hippocrates' theo-

ry of the four humors, positing four

Hippocrates' Original Theory

Hippocrates had a monumental

impact on the science of medicine.

Even now, his legacy shines as he

was the first to record the belief that

disease occurred naturally, not from

any divine power. When Hippocrates

was born in the 5th century BCE

medicine and religion were closely, if

stances are in the correct proportion

quantity and are well mixed. Pain

occurs when one of the substances

presents either a deficiency or an

excess or is separated in the body

disease and pain form naturally in

Empedocles's four elements and

transcribed them onto the body, com-

ing up with the four humors: blood,

bhlegm, yellow bile, and black bile.

Each of these humors shares proper-

ties with one of the elements

phlegm (water) is cold and wet, blood

(air) is hot and wet, vellow bile (fire)

is hot and dry, and black bile (earth)

these four humors must be perfectly

health. An imbalance of these

ease and pain, either by a detriment

According to Hippocrates' theory,

is dry and cold.

LOVE SARCASM.

BUT WITH WORDS

In his attempt to theorize how

body, Hippocrates used

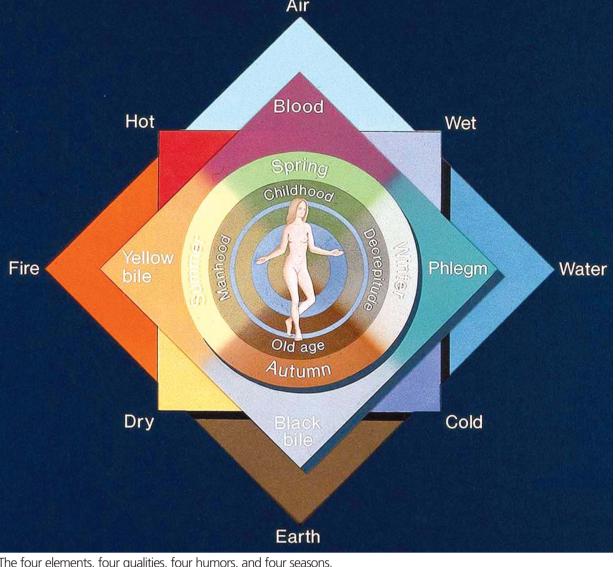
and not mixed with others."

to each other, both in strength and

between the two subjects.

Hippocrates wrote:





ties appeared in thousands of ways

in ancient, medieval, and early mod

ern periods, especially within art.

From characters within Chaucer's

Canterbury Tales to Shakespeare's

hroughout history took inspiration

from Hippocratic medicine to create

agonists, antagonists, and every-

Roman medical theorist Galen,

active in the 2nd and 3rd centuries

CE, years after the formation of

Hippocratic medicine, developed

aturally predisposed to certain dis

eases, as opposed to everyone being

Galen also argued that blood was

born with naturally healthy bodies.

the most prevalent humor and con-

tained all three other humors within

man to autumn, and the old man to

winter." The four seasons corre

sponded to the changes a person

experiences throughout their lives.

This meant that during different

Each season was related to proper

given a corresponding humor.

ppocrates' theory further. In his,

Galen's Development

of the Theory

The four elements, four qualities, four humors, and four seasons

#MEDICINE



A "theatre" of medicine and surgery, watercolor by Johann Heinrich Ramberg, ca. 1800.

Portrait of Galen

Come From?

categorizing illnesses as acute,

chronic, endemic, or epidemic.

Hippocrates also contributed to the

study of pulmonary medicine by

studying the symptoms of respirato-

ry disease. His findings and theories

were used as the model for ancient

and medieval medicine for centuries.

Hippocrates believed that the diges-

human production. During this

tion process was the center of

process, as food makes its way

hrough the organs, each humor is

formed one at a time: first, blood,

then phlegm, then yellow bile, with

Where Did the Humors

not entirely, linked. Hippocrates changed this, calling for separation bloodletting, dieresis, or catharsis. 'On the Nature of Man, Although Hippocrates may not have invented this theory, it may "The Human body contains actually have originated from ancient Egypt or Mesopotamia, he blood, phlegm, yellow bile, and black bile. These are the things that make was the first to systematically apply up its constitution and cause its pains and health. Health is primarily in which these constituent sub-

The Creation of Hippocratic Medicine

The Hippocratic ideal for medicine. created in the 6th century BCE. sought to give medical professionals signs to look out for in order to diagnose patients and cure their ills. An imbalance of humors was the direct cause of any and every medical issue, so, medical professionals could study the amount of humors in a patient's body to diagnose and

Someone could have a humor imbalance due to a variety of factors, including their diet, their activity and their contact with the environment around them. For example, Hippocrates hypothesized that people from different climates would face different issues based on how the properties of their humors (wet, cold, dry, warm) interacted with the properties of the world around them.

mixed in the body to produce good In addition to his theory of the humors was the direct cause of disfour humors, Hippocrates conor excess in the body. Thus, treatdiagnoses and treatment methods to ments based on Hippocratic medimedicine. He began the practice of black bile coming last. An imbalance would appear if something needed to be fixed within the production process, causing too much or too little of one humor to develop. Thus, the stomach and liver were the cen model, which saw diet and digestion as being the fundamental root of illness and its treatment.

Theophrastus's Connection of Personality With the

philosopher active in the 2nd and 3rd centuries BCE. He developed multi-Theophrastus's ideas was that personality is fundamentally connected with the four humors.

The four humors are not only based on the theory of the four elements but also on the ancient idea of four temperaments: sanguine, choleric, melancholic, and phlegmatic. A person with an imbalance of one humor within them was said to have one of these personality types Someone with too much blood was said to be sanguine. Too much phlegm and you were phlegmatic. An overflow of yellow bile made you choleric, and an imbalance of black bile meant you were melancholic. These naturally occurring personali-

it. Because of this, medical professionals used blood for diagnosis, as well as utilizing it as a fundamental developed Theophrastus model, by

Theophrastus was an ancient Greek

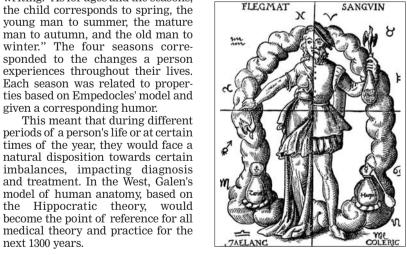
theorizing that mood can cause an imbalance, not just the other way around. For example, too much anxi ety could cause a buildup of black phlegm, thus creating a system where mind and body are linked through one theory of medicine.

young man to summer, the mature

ple theories throughout his life and even became Aristotle's successor at his school in Athens. One of

> periods of a person's life or at certain times of the year, they would face a natural disposition towards certain imbalances, impacting diagnosis and treatment. In the West, Galen's model of human anatomy, based on the Hippocratic theory, would become the point of reference for all medical theory and practice for the Other Humor Models While the Hippocratic model of the four humors was widely popular in

Galen is also responsible for raieshsharma1049@gmail.com drawing a connection between the four humors and the four seasons writing: "As for ages and the seasons the child corresponds to spring, the



Europe during ancient and medieval

times, other people throughout the

world adopted other models that con-

formed more closely with their

based on five elements, adding ether

to Empedocles' list of fire, water,

earth, and air. This model believed in

three humors as opposed to four,

while still maintaining the theory

that the humors must be balanced

for good health. Other models includ-

ed two, three, or six base elements

from which to base medical theories.

The 19th-century theory of germs

and bacteria as a cause for the

fippocratic medicine obsolete. This

each disease, illness, and pain had

specific and unique causes, differ

ing from the all-inclusive humera

theory of the four humors.

Hippocrates' argument still lives on

'humoral regulation' are sometimes

used to describe hormones or anti-

bodies. The theory of the four

humors is often brought up in pop

culture, bloodletting with leeches or

medieval methods to induce throw

ing up are frequently shown as meth-

ods of medical treatment.

Regardless of the demise of the

approach to medicine

Influence on Modern

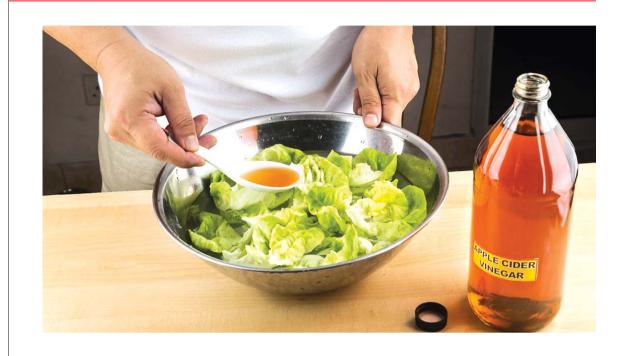
Medicine and Culture

The Indian Ayurveda model was

Depiction of Four Humors, from Quinta Essentia, by Leonhart

Vinegar Benefits

The Wonderful Uses of Vinegar in Everyday Life



inegar is one of those amazing household items that often gets overlooked. Beyond adding zest to your salads or pickling vegetables, vinegar is an incredibly versatile and natural product that has countless uses around the home and even in personal care. Affordable, ecofriendly, and easy to find, vinegar has been a trusted helper in kitchens and households for centuries. Let's explore some wonderful ways vinegar can make daily tasks easier and more effective, including its uses for cuts on fingers, tooth whitening, boiling eggs, scissors maintenance, and cleaning greasy pot lids.

Vinegar and Minor Cuts: A

chemicals.

Maintaining a bright and healthy smile is important, and vinegar can play a surprising role here. Thanks to its mild



Natural Cleanser

When you get a small cut on your finger, cleanliness is key to preventing infection and encouraging quick healing. Vinegar contains acetic acid, which has natural antibacterial properties. This makes diluted vinegar a minor cuts and scrapes. It gently cleans the wound by reducing bacteria around the area. Many water as a mild antiseptic before applying a bandage. This natural approach can help keep wounds clean without relying on harsh

with Vinegar



While it's important to use it carefully and not too often, vine gar provides a simple and natural way to enhance your tooth care routine without expensive

Brightening Your Smile





ly cuts through grease, lifting oily residue without the need for harsh detergents. Wiping your pot lids with this natural cleaner leaves them sparkling and fresh It's a simple, affordable, and envi-Vinegar is truly a household hero with a wide range of beneficial uses. From helping clean minor cuts to brightening teeth natural ly, from making perfect boiled eggs to maintaining scissors, and effortlessly cleaning greasy lids. vinegar simplifies many every day tasks. Its natural properties make it a safe, affordable, and ecofriendly alternative to many com mercial products. The next time you reach for vinegar in the kitchen, remember all the amaz ing things it can do beyond

cleaner for maintaining scissors.

Simply wiping or soaking scissor

blades in vinegar removes sticky

residues and light rust, restoring

smooth cutting action. This keeps

your scissors working well for

THE WALL

Blood-letting, by Tibero Malfi, 1626.



BABY BLUES





By Rick Kirkman & Jerry Scott





ISTHAT HOW IT'S GOING



TO POLITE SOCIAL DISCOURSE BETWEEN PARENTAND CHILD?





By Jerry Scott & Jim Borgman