



Celebrating National Roots Day

National Roots Day is a special occasion that encourages people to reconnect with their heritage, family history, and cultural traditions. Observed annually, the day reminds us of the importance of understanding where we come from and appreciating the values, stories, and lessons passed down through generations. It's a moment to explore ancestral origins, document family trees, and share memories with loved ones. From traditional recipes and folk music to storytelling and preserving heirlooms, National Roots Day inspires individuals to honour their lineage. By embracing our roots, we strengthen identity, community bonds, and a sense of belonging.

#THE BEST

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.



Modern school, Delhi.

A school isn't just where children learn math and science, it's where they develop values, confidence, creativity, and lifelong friendships. That's why selecting the 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, and life.

What to Look for in India's Best Schools

When evaluating schools, parents should look beyond academics. Consider factors such as,

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



India's Top 10 Schools in 2025

According to the Indian Institutional Ranking Framework (IIRF) 2025, here are the most highly rated schools across India.

1. Delhi Public School, Bangalore North, Bengaluru
2. Bombay Scottish School, Mahim, Mumbai
3. St. Xavier's Senior Secondary School, Raj Niwas Marg, Delhi
4. Cathedral and John Connon School, Mumbai
5. Salwan Public School, Mayapuri Vihar, Delhi
6. St. Xavier's Senior Secondary School, Jaipur
7. Modern School, Barakhamba Road, Delhi
8. R.N. Podar School, Mumbai
9. Bal Bharati Public School, Gangaram, New Delhi
10. St. Mary's School, Mumbai

Final Thought: A Strong Start Leads to a Strong Future

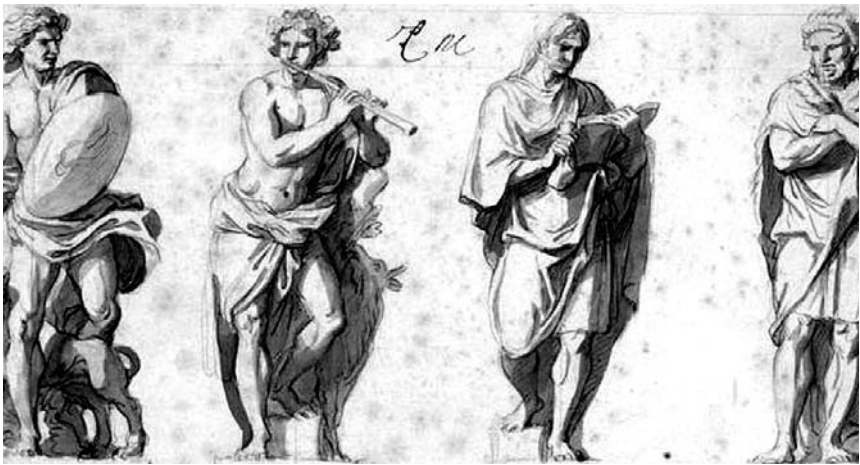
Take the time to visit schools, speak with faculty and other parents, and thoroughly review each institution's offerings. The right environment can help your child flourish, academically, emotionally, and socially. Remember, education is more than textbooks; it's the launchpad for a child's life-long journey.

What Is the Theory of the Four Humors?

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.



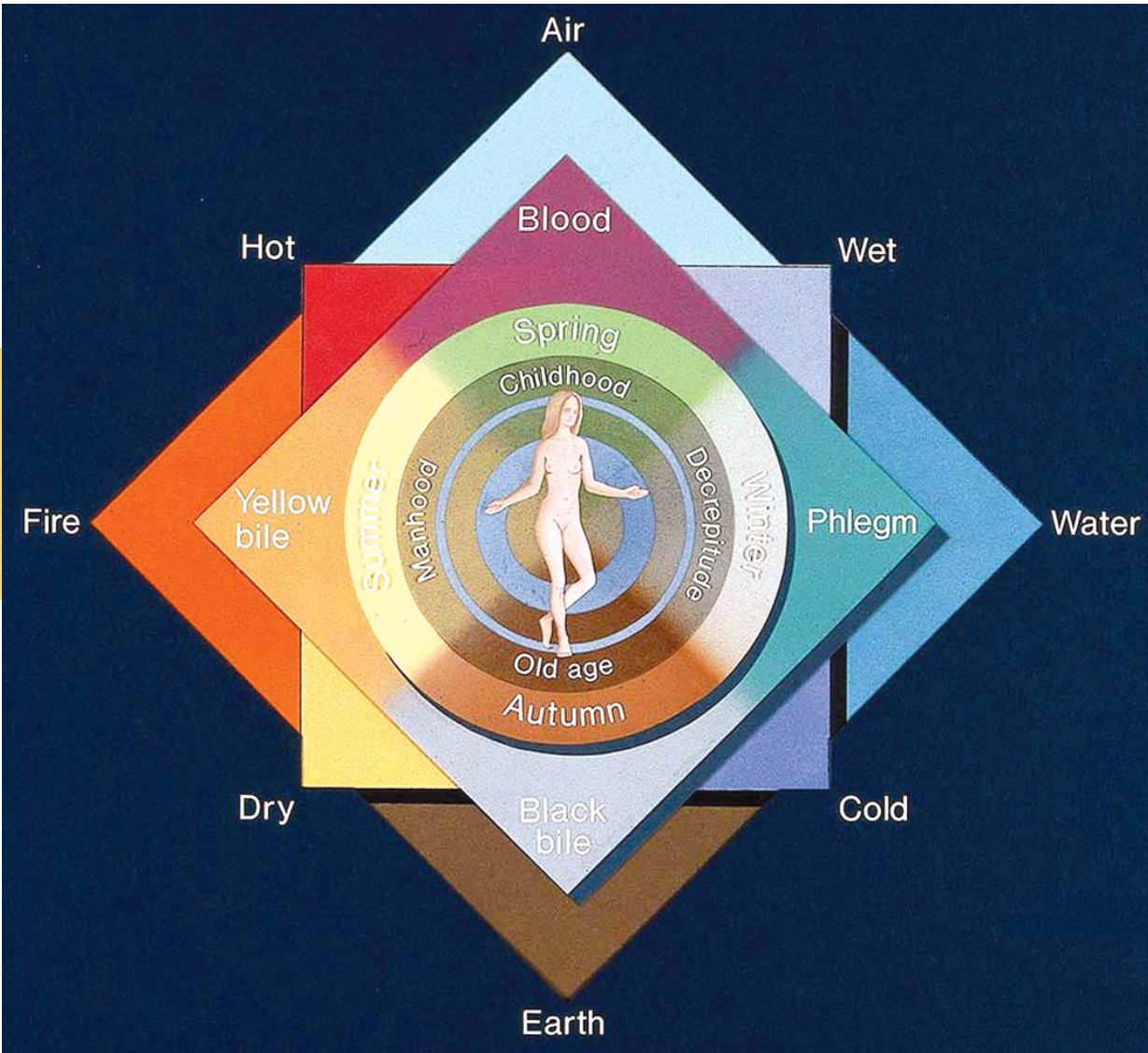
Hippocrates Line Drawing.



Les Quatre complexions de l'homme.



Empedocles.



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

#MEDICINE



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

cine usually involved some form of bloodletting, diuresis, or catharsis. Although Hippocrates may not have invented this theory, it may actually have originated from ancient Egypt or Mesopotamia, he was the first to systematically apply it to medicine.

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 treat them.

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.

In addition to his theory of the four humors, Hippocrates contributed many different medical diagnoses and treatment methods to medicine. 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 center of attention for the Hippocratic model, which saw diet and digestion as being the fundamental root of illness and its treatment.

Theophrastus's Connection of Personality With the Humors

Theophrastus was an ancient Greek philosopher active in the 2nd and 3rd centuries BCE. He developed multiple theories throughout his life and even became Aristotle's successor at his school in Athens. One of 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-



Portrait of Galen.

categorizing illnesses as acute, chronic, endemic, or epidemic. Hippocrates also contributed to the study of pulmonary medicine by studying the symptoms of respiratory disease. His findings and theories were used as the model for ancient and medieval medicine for centuries.

Where Did the Humors Come From?

Hippocrates believed that the digestion process was the center of human production. During this process, as food makes its way through the organs, each humor is formed one at a time: first, blood, then phlegm, then yellow bile, with

#LIFE

Vinegar Benefits

The Wonderful Uses of Vinegar in Everyday Life



Vinegar 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, eco-friendly, 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 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 helpful natural cleanser for minor cuts and scrapes. It gently cleans the wound by reducing bacteria around the area. Many people use vinegar diluted with water as a mild antiseptic before applying a bandage. This natural approach can help keep wounds clean without relying on harsh chemicals.

Brightening Your Smile with Vinegar

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



Keeping Scissors Sharp and Clean

Scissors are essential tools for many household tasks, but they often get sticky or rusty over time. Vinegar is an excellent natural cleaner for maintaining scissors. Simply wiping or soaking scissors blades in vinegar removes sticky residues and light rust, restoring smooth cutting action. This keeps your scissors working well for longer and saves you money on replacements. Plus, vinegar is safer and more eco-friendly than many chemical cleaners.

Cleaning Greasy Pot Lids with Ease

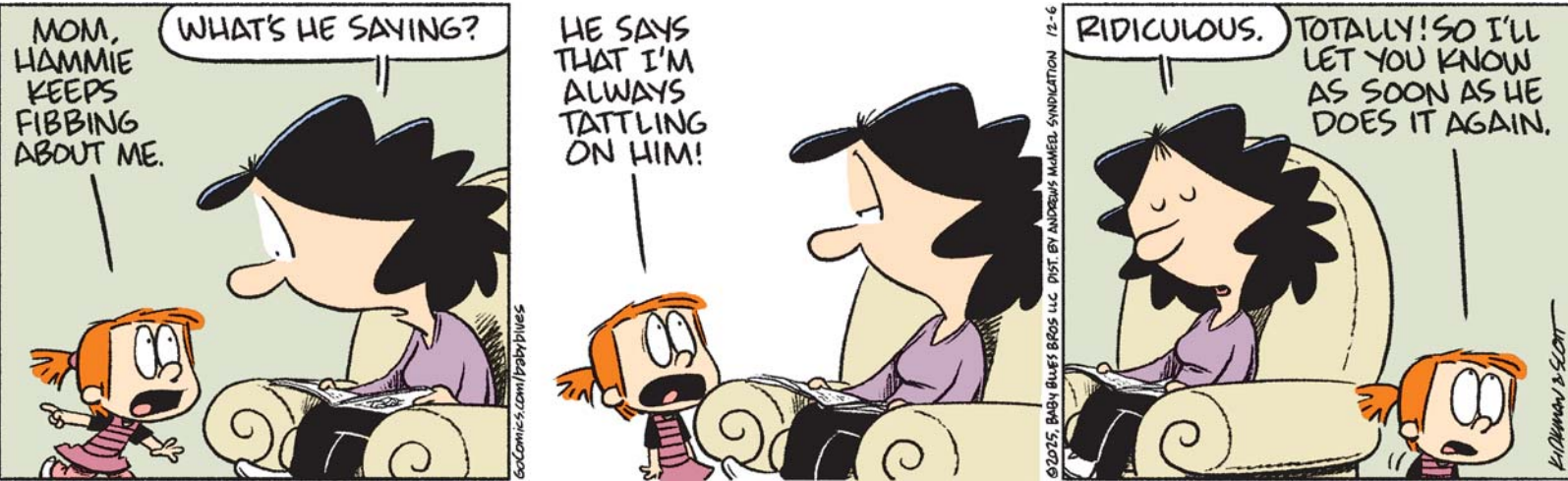
Greasy pot lids can be tough to clean, especially after frying or cooking oily foods. Vinegar's acidic properties make it a powerful degreaser. A mixture of equal parts hot water and vinegar easily cuts through grease, lifting oily residue without the need for harsh detergents. Wiping your pot lids with this natural cleaner leaves them sparkling and fresh. It's a simple, affordable, and environmentally friendly way to keep your kitchen utensils spotless. Vinegar is truly a household hero with a wide range of beneficial uses. From helping clean minor cuts to brightening teeth naturally, from making perfect boiled eggs to maintaining scissors, and effortlessly cleaning greasy lids, vinegar simplifies many everyday tasks. Its natural properties make it a safe, affordable, and eco-friendly alternative to many commercial products. The next time you reach for vinegar in the kitchen, remember all the amazing things it can do beyond flavouring your food!



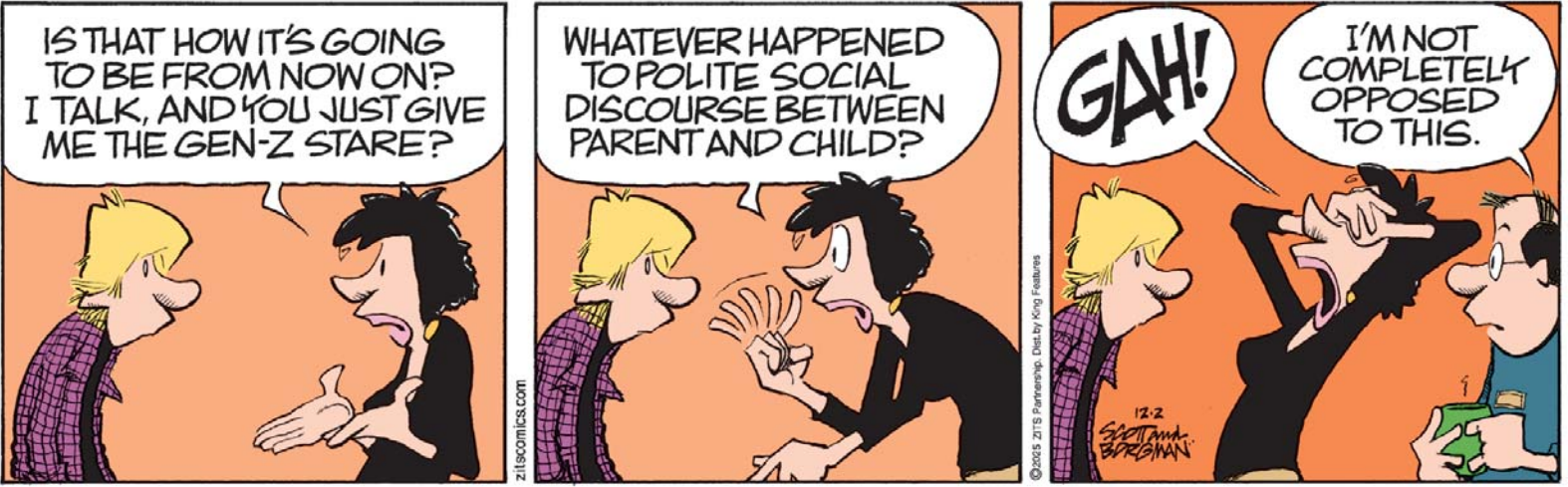
Depiction of Four Humors, from Quinta Essentia, by Leonhart Thurneisser zum Thurn, 1574.

By Rick Kirkman & Jerry Scott

BABY BLUES



ZITS



By Jerry Scott & Jim Borgman

THE WALL

