

Renewing The Fight Against A Preventable Disease

Observed every year on March 24, World Tuberculosis Day raises awareness about the global fight against TB and the urgent need to eliminate it. Despite being preventable and curable, tuberculosis continues to affect millions worldwide, including a significant number in India. The day marks the discovery of the TB-causing bacterium by Dr. Robert Koch in 1882. It serves as a reminder to strengthen early detection, ensure complete treatment, reduce stigma and improve public health outreach. Ending TB requires collective action, from governments and healthcare systems to communities and individuals.

#HEALTH AND WELLNESS

The Power of Coffee Blends

When coffee is mixed with cocoa, it creates a potent blend that not only satisfies your taste buds but also enhances your cognitive functions



Coffee, one of the world's most beloved beverages, is not only a source of energy but also a potential powerhouse for improving health when combined with various natural ingredients. Each addition to your morning cup can bring specific benefits to your body and mind. Let's explore how mixing coffee with other ingredients like cocoa, star anise, sweet cloves, cinnamon, and ginger can improve memory, digestion, inflammation, and more.

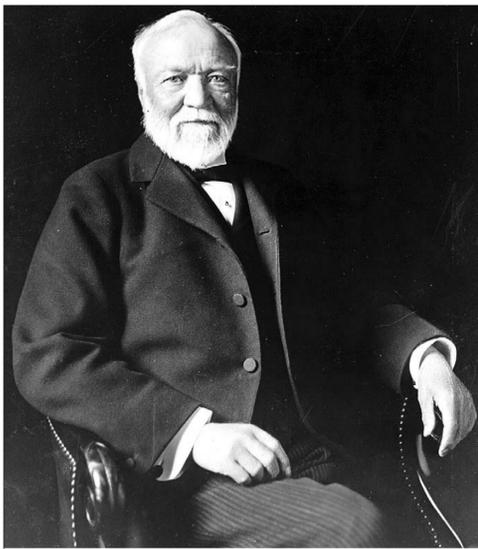
Coffee and Sweet Cloves: Improving Digestion
The addition of sweet cloves to coffee can do wonders for your digestive system. Cloves are packed with antioxidants and have antimicrobial properties that can help improve digestion and soothe the gastrointestinal tract. By stimulating digestive enzymes, cloves aid in breaking down food more efficiently, reducing bloating, and promoting overall gut health. The combination of coffee and cloves inflammation, and more.

Coffee and Cocoa: Boosting Brain Power
When coffee is mixed with cocoa, it creates a potent blend that not only satisfies your taste buds but also enhances your cognitive functions. Cocoa is rich in flavonoids, which are known to improve memory, concentration, and overall brain health. When combined with coffee's caffeine, this mix may help prevent dementia and age-related cognitive decline. The antioxidants in cocoa protect brain cells, while coffee's stimulating properties help keep you alert and focused, making this blend ideal for mental clarity and long-term brain function.

Coffee and Cinnamon: Controlling Blood Sugar
Cinnamon, known for its ability to regulate blood sugar levels, is a perfect companion for coffee. This warming spice has been shown to improve insulin sensitivity, helping to control blood glucose levels and prevent spikes after meals. For people with diabetes or those looking to maintain stable energy levels throughout the day, cinnamon in coffee is a delicious and beneficial way to manage glucose. Additionally, cinnamon's anti-inflammatory properties further enhance coffee's overall health benefits.

Coffee and Star Anise: Easing Bloating
If you often experience belly bloating, adding star anise to your coffee could be a game-changer. Star anise is known for its digestive properties and has been used in traditional medicine to relieve indigestion and bloating. It contains compounds that help promote the smooth flow of digestion and reduce gas buildup. When mixed with coffee, star anise helps soothe the stomach, reducing discomfort and making your coffee break both calming and refreshing.

Coffee and Ginger: Reducing Inflammation
For those dealing with inflammation, the addition of ginger to coffee provides significant relief. Ginger is a well-known anti-inflammatory agent, with compounds that help reduce swelling, pain, and discomfort in the body. When combined with coffee, ginger boosts its anti-inflammatory effects, making it an ideal choice for individuals with conditions like arthritis or chronic pain. This combination helps soothe the body while providing the stimulant effects of caffeine.



Andrew Carnegie.

Verna Mohon
Andrew Carnegie was a Scottish-American industrialist and philanthropist. Carnegie led the expansion of the American steel industry in the late-19th century and became one of the richest Americans in history. He became a leading philanthropist in the United States, Great Britain, and the British Empire.

In 1878, in the middle of building a steel empire, he decided to go on a world tour with his friend John Vandervort. The two set off from the Pacific Coast of the United States, spending time in Japan and China, before arriving in Ceylon and India.

The Scottish-born industrialist, whose parents immigrated to the US when he was 12, was raised in a traditional Christian family and harboured a range of odd ideas about India. His biggest obsession was the caste system. Starting from Ceylon, he kept observing its visible manifestations and wrote about them, along with other reflections, in his travelogue *Round the World*.

Entering India from Madras, Carnegie and Vandervort went to Calcutta, and from there, took a train to Benares, travelling in the most comfortable manner.

"We had all to ourselves a first-class carriage compartment containing two sofas lengthwise of the car and one across; above these were three upper berths, to be let down, if necessary, and used as beds," Carnegie wrote in *Round the World*. "A smaller compartment contained dressing-room, etc. for all of which there is no extra charge."



He was just 4.10, really short for an American.

white poppies were just beginning to bloom," he said. "I did not know before that only the white variety is grown, but, curiously enough, the red flower is not nearly so productive. This set us to thinking that there may, after all, be something in the Chinaman's preference for a black dog to one of another colour."

An unabashed supporter of the British Empire, Carnegie found it difficult to outright condemn the opium trade from India to China. "My readers may safely assume, I think, that the difficulties we encounter in restraining or abolishing the use of liquor among ourselves, also surround the opium question in the East," he said. "It is their liquor. China grows most of what she consumes, and I believe would grow it all if the Indian drug was not admitted. Its exclusion by the Chinese would not therefore seriously lessen its use. Still, it places England in a false position before the world to enforce its admission by treaty stipulations."

At the time, the colonial authorities were earning about £7 million a year as revenue from the opium trade with China, which would work out to £1 billion in today's prices. "I wish England's hands were entirely free from all stain in connection with this business," Carnegie wrote. "China should not be compelled by England to admit a drug which is considered pernicious."

Travelling on the Indian railways, Carnegie could not help but comment on its impact on Indian society. He felt that the introduction of the railways in the country had helped lower caste barriers.

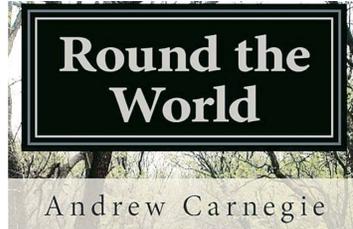
"Caste also goes slowly with the tide of change, and Brahmans are now occasionally found taking employment below that of their caste; and while a high-caste Hindu

American steel baron comments on Banaras and the Taj

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Banaras by Friedrich Perlbeg.



Andrew Carnegie



Banaras Wellcome collection.

#ANDREW CARNEGIE



Birthplace of Andrew Carnegie, Dunfermline.

some years ago would have considered himself defiled if even the garments of a low-caste person touched him, he now rushes into the same railway compartment among the general crowd and struggles for a seat with various castes, and says nothing about it," he wrote. "One stand the English home Government took, in deference to English ideas as opposed to those of the Anglo-Indian authorities, which alone dooms caste, sooner or later, to extinction: it would not permit different classes on the railways to be established for Hindus or Mohammedans, or for castes of the former."

Carnegie said that many in India feared that people will not use the railway for fear of mixing with other castes, "but the result has wonderfully belied these fears and vindicated the sagacity of those who ventured to inaugurate this system." He added that one saw "Hindoo and Mohammedans, high caste and low caste, jostling each other in their efforts to get desirable seats in the third-class compartments, where, by the way, they travel for less per mile than anywhere else in the world, third-class fares in India being uniformly one-half of a cent per mile."

He was mesmerised by the textiles he saw in the holy city. "Benares has been famous for centuries for its manufacture of gold and silver embroideries," Carnegie wrote. "I remember that Macaulay speaks of them in his essay on Warren Hastings as decorating alike the court of Versailles and the halls of St. James. We went to the native village and saw the work carried on. How such exquisite fabrics come

The American industrialist witnessed a cremation in Banaras. As he watched the burning pyre, his guide told him that some women were still keen on committing sati even though the practice was outlawed by the British. To Carnegie, this did not seem outrageous. He said that he would not blame the widows for taking their lives: "I'm sure I don't see why, beyond the mere instinct of self-preservation, they should have a wish to live on..."

From the antiquated looms situated in mud hovels it is hard to understand, but they do." Carnegie could see that, as a member of the ruling race, the racial hierarchies of the Ganga, Carnegie saw the king of Nepal by one of the ghats, gazing at the sun and reciting his prayers. "For one full month, this intelligent ruler, who speaks English fluently and is well informed of the views Europeans hold of his religious ideas, will nevertheless work hard, visiting daily the temples, going through various exercises, and bathing every morning in the Ganges," Carnegie said.

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He seemed to enjoy the "respectful salaams of the locals and their 'deferential, not to say obsequious, attitude' towards the sahibs. "That 'all men are born free and equal' will not enter the Hindoo mind for centuries, not till England has brought it up to the standard of self-government, which it is gradually doing, however, by its schools and colleges," Carnegie argued. It saddened him to see the plight of the poor in a country that he said had the "cheapest labour" in the world. "It is doubtful if men can be found anywhere else to do a day's work for as little as they are paid in India," he wrote. "Railway labourers and coolies of all kinds receive only four rupees per month, and find themselves; these are worth just now forty cents each, or, say, \$1.60 in gold for a month's service."

"Is it any wonder that the masses are constantly upon the verge of starvation?" he continued. "Women

earn much less, and of course, every member of a family has to work and earn something."

By the river

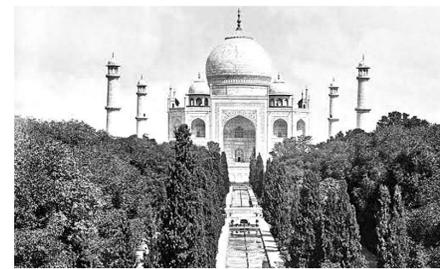
Like many other visitors to Banaras, Carnegie could not help but admire the hypnotic scenes by the river, which he said far exceeded any representation he had seen or any description he had read.

"Photographs cannot be made to convey a just idea of its picturesque beauty" because the view is enlivened by such masses and combinations of colour as (English Romantic painter Joseph Mallord William) Turner alone could do justice to," he said. "Indeed, my first thought as I saw the thousands on the ascending banks, one tier of resting-places above another, culminating in the grand temples towering at the tops, was that I had seen something akin to this in a dazzling picture somewhere."

Only in London's Turner Gallery could such colours be seen, he said. Turner "should have painted the 'Hindoo Bathers at Banaras,' and given the world one more gem revealing what he alone, in his generation, fully saw in the mind's eye, 'the light which never shone on sea or shore,'" he wrote. "We have voted this scene at Banaras, the finest sight we have yet witnessed."

From Banaras, Carnegie and Vandervort travelled to Lucknow, a city they associated with the 1857 Indian War of Independence, and appreciated its bazaars. They also visited Agra, where Carnegie was awestruck by the Taj Mahal.

"We have seen it, but I am without the slightest desire to burst into rapturous adjectives," Carnegie said. "Do not expect me to attempt a description of it, or to try to express my feelings. There are some sub-



Taj in the Raj era.

jects too sacred for analysis, or even for words, and I now know that there is a human structure so exquisitely fine, or unearthly, as to lift it into this holy domain."

So amused was he by the Taj that he proclaimed: "If I am ever sentenced to hard labour for life for some unattractive offence, I will make one request as I throw myself upon the mercy of the court: Let me be transported to India, and allowed to perform my daily task in beautifying and preserving the Taj. This would be a labour of love, and I should not be unhappy with my lot to worship, doing my part to hand it down untarnished to future generations."

Carnegie and Vandervort left India from Bombay, a city Carnegie described as "by far, the finest city in India in 1879 seems eerily similar to how some expatriates or non-resident Indians describe the country now. "Life in India is only rendered tolerable by the opportunity people have to enjoy things which would be beyond their reach at home without fortunes."

Physically, Carnegie barely reached the shoulder of his rivals, but his influence was colossal. By perfecting the large-scale production of steel, the material that made skyscrapers and transcontinental railways possible, Carnegie helped define modern America. "He is, I think, and I don't think this is an exaggeration, the central figure in what we call the Gilded Age, the age of the Robber Barons, the age of the Moguls, the age in which the United States leaps from being a rural backwater to being an industrial manufacturing powerhouse," says Carnegie biographer's David Nasaw.

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rajeshharna1049@gmail.com

#WORKOUT

Diamonds Need A Makover

Why Diamonds Mined from the Ground Aren't Ready for Jewelry

Diamonds, often referred to as nature's masterpieces, are not immediately ready for use in jewelry once they are mined from the earth. The raw, rough diamonds extracted from the ground are far from the dazzling gems that sparkle in engagement rings and necklaces. They require several steps of processing, including cutting, polishing, and certification, before becoming the finished product we admire. In this article, we explore why diamonds need extensive work before they're ready for jewelry, as well as other important uses of diamonds beyond adornment.



1. Rough Diamonds Aren't Shaped or Polished

When diamonds are first mined, they are in their rough state, irregularly shaped and often containing inclusions (imperfections) and varying colors. These diamonds need to be cut and polished by skilled artisans to transform them into the sparkling stones used in fine jewelry. Cutting a diamond is a delicate process; it requires careful planning and precision to bring out the stone's brilliance and to avoid damaging it, as diamonds, despite being the hardest natural material, are also quite brittle.

2. Evaluation of Quality

Before being made into jewelry, diamonds are sorted based on their four Cs: Cut, Colour, Clarity and Carat weight. These characteristics determine the diamond's value and its suitability for different types of jewelry. A rough diamond's natural imperfections (inclusions) and its colour grade can influence whether it's used in high-end jewelry or more affordable pieces. Only the highest-quality diamonds are used for engagement rings or top-tier jewelry.

3. Breakage Risk During Cutting

While diamonds are incredibly hard, they are also brittle along certain crystallographic planes. This brittleness makes the cutting process high-risk, as diamonds can crack or break if not handled carefully. Experts in diamond cutting use advanced technology and techniques to avoid damaging the stone, and often work with the rough diamond's natural crystal structure to achieve the most beautiful result.

Other Uses of Diamonds Beyond Jewelry

Beyond their aesthetic appeal, diamonds have numerous industrial and scientific applications, owing to their unmatched hardness and thermal conductivity. **Cutting and Drilling:** Diamonds are used in industrial tools such as cutting saws, drills, and grinding wheels due to their hardness. These tools are essential for industries that cut and shape other hard materials, such as concrete, metal, and stone.

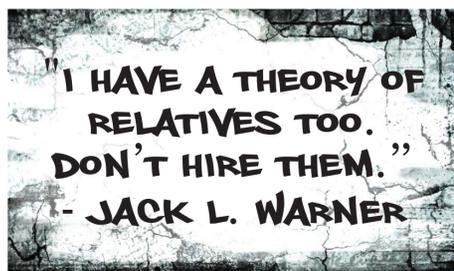
Electronics and Technology: Diamonds are used in high-performance semiconductors and lasers. Their ability to withstand high temperatures and conduct heat efficiently makes them ideal for advanced electronics, including microelectronics and high-power devices.

Medical and Scientific Research: Diamonds are also used in medical and scientific applications, such as biological imaging and radiation detection. Their unique properties enable highly precise measurements and imaging techniques in research.

Diamonds extracted from the earth require extensive work before they can be used in jewelry. The rough stones need to be cut, polished, and certified to ensure their quality and brilliance. This process also involves ethical considerations, especially concerning conflict-free sourcing. Aside from their ornamental use, diamonds are invaluable in industry, technology, and science, showing that their worth extends far beyond the world of fine jewelry.



THE WALL

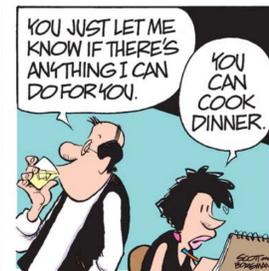
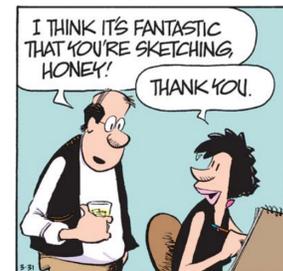


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

