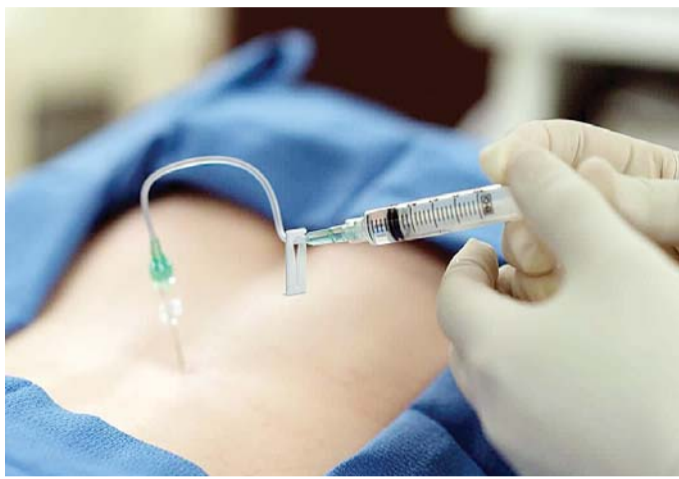


#TESTING

Steroid Shot To Ease Neck Pain

Injected steroids can reduce the swelling and pressure on nerves that contribute to pain.



A quick clinical test can predict which people with neck pain are more likely to benefit from epidural steroid injections, researchers report. These injections deliver drugs directly around the spinal nerves to stop nerve inflammation and reduce pain. The uncomfortable injections are a common treatment for neck pain, but can cost hundreds of dollars each, carry risks, and help only a minority of patients, studies show.

A new variation on physical exam, as described in the journal *Mayo Clinic Proceedings* among 78 people with neck pain, could help guide best use of the treatment.

"Until now, it was really a 50/50 coin flip whether an epidural steroid injection would help any given neck pain patient," says Steven P. Cohen, professor of anaesthesiology and critical care medicine at Johns Hopkins University School of Medicine.

"We looked at many different variables and believe we've figured out a quick and reliable way to provide patients with much more accurate, personalized information on their chances of getting better, and actually improve their odds of treatment success."

According to the American Medical Association, neck and back pain are among the ailments that incur the highest amounts of total health care spending in the United States. Each year, doctors administer more than 10 million epidural steroid injections for back and neck pain.

Injected steroids can reduce the swelling and pressure on nerves that contribute to pain. However, the underlying causes of back and neck pain are diverse, and not all patients experience pain relief from the injections. As a result, the procedure is facing increased scrutiny by hospital systems and insurers, fueling a search for ways to better identify patients most likely to benefit.

In the new study, Cohen and collaborators adapted Waddell signs—a group of eight physical signs named for the physician who developed them, more than 50 years ago, as a tool to identify patients whose back pain may not be due to physical abnormalities that can be treated surgically for neck pain patients.

The signs, which can be assessed in a few minutes by a clinician, include checking for tenderness, overreaction to light stimulation, weakness not clearly explained by any physical injury or abnormality, pain that disappears when the patient is distracted, and

'Free as a bird' is a figment of human imagination. Birds are so tied-in to their life routines that some bird species have been known to die out in an area because a tree on which they were dependent for food or nesting had been cut down. The importance of habitat conservation in the protection of avian and animal species can hardly be overemphasized. This is why when logging companies talk about reforestation, by planting millions of trees of one species in the place of the multi-species forest they demolished, it is such a farce. Especially the animals, birds, insects, amphibians, and reptiles that used to live in the natural forest and which died with the trees, will never return. That is why when you walk in one of these so-called forests, plantations really, there is dead silence. The silence of the grave. While when you walk in a natural forest, as Hashim and I were doing that morning, the forest speaks to you. You can hear the breeze in the treetops. You can hear the murmuring of the river as it flows over the rocks at the base of the sluice gates, where we used to fish. You hear the rustle of leaves as a Rat Snake chases its prey. You can hear the booming call of the Nilgiri Langur sentinel as he sounds the alarm.

The Forest Speaks to You (...1)



Mirza Yawar Baig
Naturalist and wildlife conservationist

One of my favourite places in the Anamalais is Manamboli is the fishing spot near the road from Uralikal Forest Checkpost at the bottom of the dam on the Parambikulam River. Sandy (Sundeep Singh) was the Assistant on Uralikkal and Mr. Saleem Sheriff was the Manager. My dear friend Hashim Tyabji was visiting us and I decided to take him to see what we could see in this beautiful forest. Hashim, apart from being my dear friend, which is not his best achievement, is a very famous naturalist with an encyclopaedic knowledge of birds. I never missed an opportunity to learn from him, the best way for which was to take him for a walk in

#THE WILD

the bush. It was very early in the morning and as Hashim and I walked along pathway that followed the Parambikulam River, the mist rose from the water and cast shadows as well as it played with early morning sunrays. It is a good idea when walking in such places to stay with your car for a while and allow the buzz in your ears, the sound of our noisy environments to fall silent. This is important for two reasons. One, only then will you be able to listen to the forest. Two, in a forest that is as full of beings which can be potentially dangerous to life, it is a good idea to have your hearing operating at peak performance. Nothing in the forest will attack you unprovoked. Animals don't eat junk food. But you can blunder into one and irritate it enough for it to respond in kind to your own detriment. I have walked, sat in silence, even slept on the ground in river sand or a hammock in Amazonian rainforests as well as the forests of Central and South

India and I am writing this now. I wouldn't try this in Africa, though. Lions operate by different rules. Unlike tigers, they love junk food.

An Amazing Insight

At one place where a forest giant had fallen, the sun was shining through and there was a leafy tree with some type of berry on it. On this tree were a multitude of birds, all apparently flying around randomly, eating the berries. Hashim stopped me silently with a hand signal and we squatted on our haunches to watch the birds. He showed me how different species of birds were eating from different levels on the tree. An amazing insight into the highly ordered life of birds. Free as a bird is a figment of human imagination. Birds are so tied-in to their life routines that some bird species have been known to die out in an area because a tree on which they were dependent for food or nesting had been cut down. The importance of habitat conservation in the protection of avian and animal species can hardly be overemphasized. This is why when logging companies talk about reforestation, by planting millions of trees of one species in the place of



Jenny, Bertie and me with our trout catch (1986). Me and Sandy in Corbett, Jan, 2007.



Uralikal Forest.



Sambar scenting the air.

the multi-species forest they demolished, it is such a farce. Especially the animals, birds, insects, amphibians, and reptiles that used to live in the natural forest and which died with the trees, will never return. That is why when you walk in one of these so-called forests, plantations really, there is dead silence. The silence of the grave. While when you walk in a natural forest, as Hashim and I were doing that morning, the forest speaks to you. You can hear the breeze in the treetops. You can hear the murmuring of the river as it flows over the rocks at the base of the sluice gates, where we used to fish. You hear the rustle of leaves as a Rat Snake chases its prey. You can hear the booming call of the Nilgiri Langur sentinel as he sounds the alarm.

The Western Ghats have ever-green rainforest. The first calls in the Anamalais, as the sun went down were always the jungle fowl going up to roost. First the cocks would crow - kakkaak, kaakak?? - with a question mark at the end. Then the hens would sometimes cackle as they flew up to their roosts. Once they settled in, the

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World Health Day

Established in 1950, World Health Day is an important event that includes a theme each year that is meant to draw attention to a current health issue in the world. The World Health Organization (WHO) has 194 member states who are tasked with putting together regional, local, and international events on this day. The World Health Organization has been involved in mobilizing many health efforts all over the world for the past 70 years by describing what medicines are essential for public health and which diseases to give a particular focus to.

ffa

Sambar call only if they see one of the big cats and so when you hear a Sambar calling, you can be sure that the tiger walks. If you follow the call, you can tell the direction of the tiger's travel. If it lies down, the Sambar will stop calling. Just listening to sounds in the forest is a delight.

But at night, the Langur are among the first to go to the treetops where they spend the night, safely out of harm's way. Langurs are at the top of the leopard's dietary preference and so no wonder they prefer to be where the leopard is not subjected to any temptation. Despite that they fall prey because at night Langur are blind in the dark while for the leopard, it is like hunting in daylight. Leopards are totally at home in treetops, even taking prodigious leaps, seeming to fly from one branch to another and one tree to another. It is a dangerous world for all prey, everywhere. Listening and recognizing sounds is a critical survival skill that one must learn if



An Owl in flight

when they see these predators. In the Anamalais we do not have Cheetal (Axis or Spotted deer) who also are reasonably reliable as alarms for tiger sighting. We have the Muntjac (Barking deer) who is so skittish that it sounds the alarm for almost anything. But Sambar call only if they see one of the big cats and so when you hear a Sambar calling, you can be sure that the tiger walks. If you follow the call, you can tell the direction of the tiger's travel. If it lies down, the Sambar will stop calling. Just listening to sounds in the forest is a delight. During the day, the Nilgiri Langur with the black faces, beautifully shiny grey fur and impossibly long tails who have one of the number as a permanent lookout are the sentinels. Everyone relies on them because their high vantage point gives them a distinct advan-

Sounds In The Forest

Then there would be silence for a while as the jungle settled for the night. As the first light of the moon strengthened, the owls would come out of their roosting places, where they had been hiding both from the sun as well as from crows who harass them mercilessly if they saw them in the open. They hunt in pairs. They flew out onto the branch that was their take off perch, one followed by the other. They would sit there for a while and talk to each other, perhaps discussing strategy. Then he would glide away in one direction and she in another. You must see an owl in flight to understand the meaning of grace. Complete silence so that its prey has no idea of death as it comes to it in the dark.

Suddenly, you would hear the dhank-dhank of the Sambar. This was the alarm call telling the other tenants of the jungle that one of the two big cats that live in this forest, the tiger, or the leopard, is on the prowl. The Sambar is the most reliable of the sentinels which call out



Langur sentinel - ever alert - many lives depend on him.

#DINE OUT

The newly opened Café Orleans in Narain Niwas is Kanota family's ode to General Amar Singh Kanota and the memorable days he spent as a captain of the British Army during the First World War in France.



Tusharika Singh
Freelance writer and city blogger

The renowned heritage hotel of the Pink City, Narain Niwas was built in 1928 by General Amar Singh Kanota, an important figure in the Kanota family and the Commander-in-chief of the Jaipur Maharaja's army. General Kanota's legacy is etched in history as he was among the first batch of cadets to be inducted in the British Indian Army as officers in 1905. During his wait for deployment orders to the frontlines, he spent close to a month in Orleans, the picturesque French city renowned for its enchanting café culture. It was here that he found solace in the stimulating conversations with his fellow officers over a cup of coffee, while basking in the warm embrace of the French culture.

For General Kanota, food was more than just sustenance - it was a way of life. His love of culinary delights passed down



The ambience of Café Orleans.

through generations, and today his grandson, Thakur Man Singh Kanota, a noted food connoisseur himself, pays a tribute to his legacy with the addition of a new historical feature to Narain Niwas - Café Orleans, to mark the 80th year of his passing. The café is Kanota family's ode to General Kanota and the memorable days he spent as a captain of the British Army during the First World War in France.

Captivating interiors

Located right across the reception of Narain Niwas, lies Café Orleans beckoning you with its historical charm. As you step inside the café, you are greeted with blue and gold intricately designed interiors. The neatly stacked books by the window, the aroma of freshly brewed coffee, and the view of lush greenery and peacocks outside through the large windows adds to the inviting atmosphere of the café. And if you are lucky, you can catch a glimpse of the peacocks spreading their plumage in all their glory.

Of Legacy, History & Food



Mezze Platter.



General Amar Singh Kanota.

Amidst an eclectic mix of captivating antiques and fascinating décor pieces, one feature that truly stands out is a wall brimming with history and marvel. This awe-inspiring wall boasts a striking collection of photographs that meticulously document the illustrious life of General Amar Singh Kanota.



A wall in Café Orleans that showcases pictures of General Amar Singh Kanota.

the evening sun sets in the horizon, casting a golden glow over the verdant greenery, the deck transforms into a magical spot.

A selective yet satiating menu

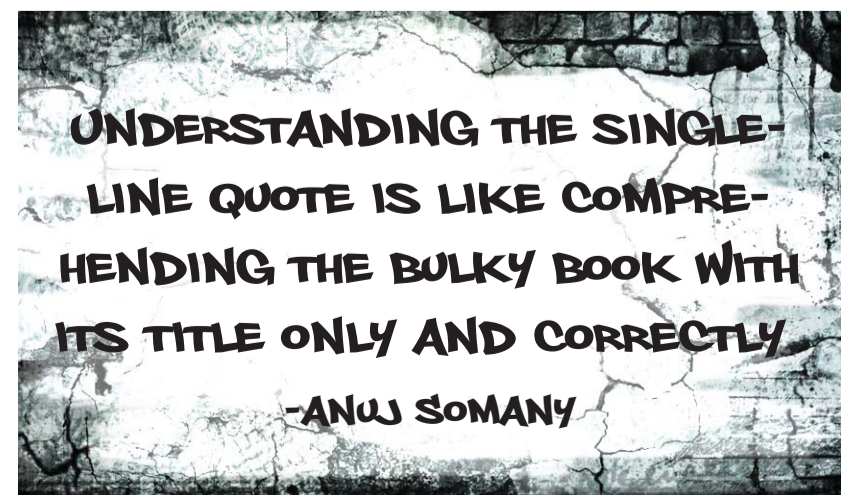
Despite having a smaller selection than other eateries in the hotel, the menu is meticulously crafted to appeal to both tourists and locals. If you are looking for something light and refreshing, the farm-fresh naked leaf fig salad or compressed watermelon feta cheese salad are excellent choices. If you need something more filling, the Kanota Panini with cottage cheese, tomato, hummus, and veggies or the European Panini with pesto, chicken, olives, jalapeno, and lettuce are perfect for a quick bite. The menu also includes soul-satisfying soups, like the ginger carrot soup and slow-roasted bone chicken soup, as well as filling wraps and burritos. Be sure to save room for dessert and indulge in homemade donuts or the orange and wild honey cake. To wash these down, there is a selection of freshly brewed coffee, tea, and refreshing shakes and juices on offer.

Where: Café Orleans, Hotel Narain Niwas, Narayan Singh Circle
Timings: 6 am to 10 pm



The outer seating area of Café Orleans.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

