

OPPAM

O N L Y P O S I T I V E



**A SHORTCUT
TO HAPPINESS**

**IN THIS WORLD,
THESE THINGS
HAPPEN TOO...**

OPPAM

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Editorial

DR ANTONY P JOSEPH
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Contentment and Happiness

Once, when I visited a friend's house, I happened to have a chat with his mother, who was quite old. What really struck me was that she maintained a pleasant face despite her old age infirmities. She was so different from the usual old faces we see. She told me that her son, daughter-in-law and grandchildren were taking care of her very well. She was so thankful that God gave her the grace to live so long. Her husband was not fortunate like her to witness her son's days of prosperity. Her siblings do not lead a life as prosperous as hers. Thus she enumerated a number of things that made her happy and content.

When I conversed with my friend later, he said that his mother did not complain about anything. She exhibited amazing tolerance when the food was late to serve or when her bathing water was less warm or when her ailments tormented her. My friend added that it was very easy to nurse her because of this nature. When I bid farewell to him, the faces of many elderly people flashed through my mind. Most of them were discontent faces that keep complaining about their sons, daughters, daughter-in-laws and

son-in-laws or about the lack of life comforts.

Happiness is the hallmark of people who are content. But everyone who is happy need not be a content person. Most people are happy when they get what they desire. They will lose their happiness and contentment when they do not get what they desire. Only those who are content can be really happy. Their happiness will be permanent.

It is a delightful experience to live and work with people who are really content. At the same time, it is very difficult to deal with those who are not content.

The first phase of contentment is to accept ourselves as we are. The second phase is to be aware of the reality and accept it. And the third phase is to be grateful. How better is our today's when compared to our yesterday's. Nevertheless, many people do not have this realization. When we compare ourselves with others, we will lose our happiness and contentment. The fourth phase to regulate our desires. Each one of us needs to do a self-assessment to know if we are truly content or not. Let us reflect to know if the reason for happiness is contentment.

THE STORY OF AMEEN

His name was Ameen. He was a man of good character and he never wasted a chance to help others. Many adjectives could be added about his good qualities. But, he had a bad quality. That was his habit of sleeping. He used to sleep whenever and wherever he wanted.

Due to this bad habit of indiscreet sleeping, he had many losses. Several years passed. Ameen was at the gate of heaven. No doubt, he was worth entering heaven. Thus, he knocked at the door of heaven. The voice from the inside sounded thus: "The gate of heaven will not be opened always. Next time it will be opened after a thousand years. Please wait!"

"Why can't I have a sleep? There is ample time for the door to open" Ameen thought. Thus he began to sleep. A deep sleep indeed.

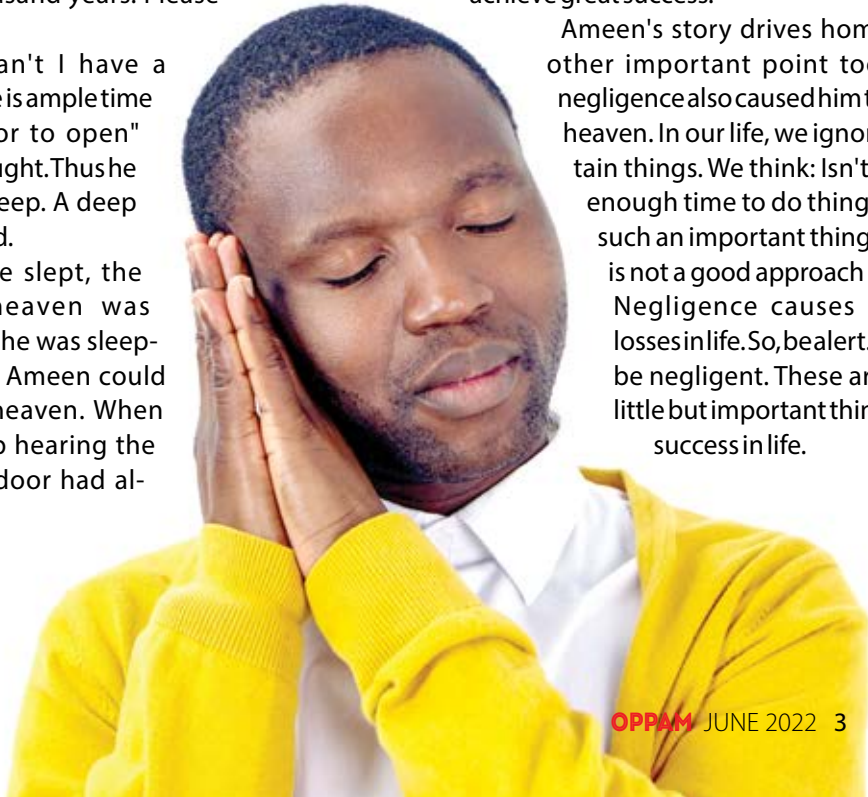
While he slept, the door of heaven was opened. As he was sleeping deeply, Ameen could not enter heaven. When he woke up hearing the noise, the door had al-

ready shut. Again he had to wait for another thousand years! Ameen began to sleep again. It is believed that Ameen is going on with his sleep even today.

This is a folktale. Sleep is good. It is essential for the body and mind. Nonetheless, it is not fair that your sleeping habit foil the good things in your life.

Obsession with sleep is the reason for the failure in the lives of many people. They think: I can sleep a little more time. I can sleep whenever I get time. How many of you have woken up seeing a beautiful dawn? Getting up early in the morning enables you to do more work and achieve great success.

Ameen's story drives home another important point too. His negligence also caused him to lose heaven. In our life, we ignore certain things. We think: Isn't there enough time to do things? Is it such an important thing? This is not a good approach to life. Negligence causes many losses in life. So, be alert. Don't be negligent. These are two little but important things for success in life.



The greatest WEALTH



Let me ask you some questions? Is there anyone who does not want to be rich? How can you be rich? Is there any shortcut to become rich? What is the greatest wealth in the life of a person?

Now let us find out the answers. Wealth is desired by everyone because wealth brings a lot of self-confidence. But, we should acquire wealth in a decent and morally acceptable way. Hence, there are no shortcuts for the acquisition of wealth. Our wealth consists of our house, our bank deposits and our gold. But our greatest wealth is none of these.

Time is the greatest wealth of a person. A person becomes rich depending upon the way he spends his time. When a person spends his time wisely, his life changes. Great personalities and successful persons have understood the value of time. Effective use of time and time management can lead to success in life.

Success and failure in the life of a person depend upon how he manages time. We realize that even a micro-second has immense value when we participate in athletics and sports. We miss trains and buses at the fraction of a second. We realize the value of time spent lazily when we fail in examinations. We need to realize one thing. We will never get back the time we have lazily spent. If we realize this fact, we will be able to spend time effectively without wasting it.

Henry Ford says that "he who is time-conscious is wise and he who is not is ignorant." Each one of us has 24

The success of life depends upon how well we utilize the time granted to us. Do not forget that a lazy student or an idle laborer will never achieve great heights.

hours a day. But every one of us does not spend time in the same way. Time management experts opine that if we manage time with the help of a time table, we can have success in life. Write down in a diary or a paper the things you have to do according to the priority, and do them accordingly.

Another idea is time-bound completion of duties. Prepare a list today itself about who you want to become tomorrow. Divide it into short term goals and long term goals. Some goals can be achieved in a short time, while some others require longer time. All these things need to be completed on time.

Time management requires proper allotment of time for sleep, food, entertainment, exercise and study. Proper sleep, health and recreation help us to achieve our goals. Hence, trying hard to achieve great goals at the expense of sleep and exercise is not advisable. The success of life depends upon how well we utilize the time granted to us. Do not forget that a lazy student or an idle laborer will never achieve great heights.



**In this world,
these things
happen too...**

Until recently, the attention and care of the society and family were focused on the girls. We trained and nurtured our girls with the view that sooner or later they are to be a part of another family. At the same time, we never attached that much seriousness in the grooming of our boy children. But, in the contemporary world, the scenario has undergone a change. It is high time that we give due attention to our boy children just in the same degree we give to our girl children.

You think that the safety of your girl child is very important, while you leave the safety of your boy child to his own responsibility. It is high time to reconsider this notion. This is a time in which girls and boys are sexually exploited alike. While the sexual exploitation of girls often hit the news headlines, the exploitation of boys seldom gets due attention.

According to UNICEF statistics, 54.68% out of 69% children who undergo domestic sexual exploitation are boys. This is indeed a shocking revelation!

Some of the recent news confirms this fact. A ten year old boy and his 12 year old sister were simultaneously raped by another teenager, who was their cousin. The mother of the children was ill; their father was away too.

The teenager-convict had come there under the pretext of taking care of the household matters. Unbelievable things followed. Perhaps, like every other mothers, that mother too must have been keen on her daughter. But, about her son, she might not have had the least clue. It is such situations that make boys more vulnerable.

Nowadays, it has become common

Give your children the air of freedom that will enable them to reveal their personal matters to you

that boys who are sent to the shops are sexually exploited. We must educate our boy children about such lurking dangers when they are young. We often have no clue or doubt when we send our boys to sleep with uncles and cousins who pay a visit to our house, due to the lack of bed space in the house. But, we must be aware of the potential dangers hidden in such situations.

Only if we give a warning to our boys about such dangers will they will have the courage to inform us whenever some sexual exploitation or harassment occurs in their lives. Otherwise they will be confused if such things could be revealed to their parents, and they will be prone to hide them within. That will lead to further exploitation.

It will be too late when eventually they reveal such things during the counseling sessions of child line activists. By the time, the predator would have gone in search of new victims.

In short, educate our children about the sexual exploitations that are taking place around us. Make them aware that even though the world as a whole is good, everyone in the world is not good, and that some people might exploit them sexually.

Give your children the air of freedom that will enable them to reveal their personal matters to you.

A SHORTCUT TO HAPPINESS

Everybody wants to be happy. Nonetheless, most often many of us are far away from happiness. It is a great thing to be happy and to be able to lead a happy life. But majority of people think that one needs some external elements to be happy. This is not right. What decides our happiness is our attitude and approach towards

happiness. If we are able to find out reasons for happiness and ways to achieve happiness, we can be happy men and women. Here are a few tips to find happiness:

Take up the responsibilities happily

Joy comes into our life when we





take creative decisions and imbibe a positive mindset. You could face disappointments and failures. But, try to find the face of ultimate happiness in life. We often shy away from responsibilities because we are unable to see this face. When you are able to do what you can do, the author of your joy is you alone. So, when responsibilities come in search of you, don't shy away, but face it, whether it is in home or in your office.

Find the positives and admire

Even in the midst for challenges and crisis, we can find out some good aspects. For example, when we see the sun rise, being in the rain and walking in the moonlight, we can feel the creativity within us rising.

Such external factors will help us to turn inwards and find out our inner goodness. Even though no one else is admiring your good qualities, never mind. Find them yourselves and encourage them.

If you are a smiling person, you will get smile in return. The smile you get from others will enable you to smile at life.

Always keep a positive mindset

What attracts you to others in the joy on their face and their positive mindset. If you are keeping a dismayed face and a pessimistic outlook, others will keep you away. Isn't it a good thing to have friends around you?

Keep a smile on your face

Smile is an attitude. It is a sign of a creative attitude one keeps towards life and other persons. If you are smiling person, you will get smile in return. The smile you get from others will enable you to smile at life.

Widows who have lost their Paradise

There is an unwritten law in the society which says that widows are outcasts, who are either expelled or to be expelled from the fortunes of life. The society condemns them that they spend the rest of their life in agony and isolation. Is it just to quarantine them so? Why the remarriage of widows is not encouraged in India? Only 10% of widows in India are getting married again. Even

in so called elite societies, widows are forced to stay away from remarriage. Even if remarriage is permitted, her own family members will often deter her from remarrying.

Usually it is the family of the deceased husband who deter the widow from remarrying. There are many reasons of this. They think that they will get a maid for the home without any pay. In joint fam-

A woman's springtime does not come to an end with widowhood. New springtime will arrive for her.

ilies and in the house of husbands, widows often lead the life of a slave. The husband's household is often unwilling to give her a share due to her deceased husband. Apart from this, it is not rare that she is sexually exploited too.

You will be shocked to know that incidents are happening around us that some widows living in their husbands' house are sexually molested by her in-laws. Even in traditional Catholic families, such things happened. Only thing is that they are rarely exposed to public. Widows are leading a life of living holocaust. Some widows think about a second marriage to come of this unhappy situation. But all things are not bright for them. Apart from the adversity of their relatives, their concern and anxiety about their daughters pull back the widows from taking a decision.

She would be worried about what kind of person is going to be her husband. She will be scared by reading news stories of sexual exploitations taking place around us. Thus she will drop the idea of a second marriage. These loving mothers will not dare to risk their daughters' life for the sake of a secure life for herself.

The close relatives of the widow must take initiative to get her remarried, if the widow is young. In case the

widow is not young and if she has got grown up children, leave the decision to her. They need not compel her to remarry. When she is ready to remarry, let her do so.

Recently, one of my acquaintances remarried. He was a man of sixty with three married children. He was living with his only son and his wife. But, even to fetch a glass of water, he had no one to help. It was in such a situation, he began to think about a remarriage. He began to seek alliance. Finally, he found a fitting alliance. It was a woman who was nearing sixty. She was a widow living in the houses of her daughters, in turn. Her daughters did not oppose to her idea of a remarriage. Both of them, with the consent of their children, entered into married life.

It was not sexual yearning that led them to wedlock. Their decision was led by a desire to support mutually. Every woman desires the security of living with a man. The woman I mentioned was happy to have a husband. That address boosted her confidence. Such practices must be encouraged and nurtured in our society.

We should take effort to wipe out the misunderstanding about second marriage. Educate them that it is neither sin nor absence of love.

A woman's springtime does not come to an end with widowhood. New springtime will arrive for her. New blooms will await her. If her body and mind are prepared, she should follow that way.

We should not block her way with erroneous set of beliefs and laws. Never try to encage her. Who gave to the authority to control the strings of her kite and hold her back from flying?



Some beautiful secrets

Why should we eat? You would reply that you are eating because you are hungry or to stay healthy. Your reply is right. But there is something to add. You are eating to stay beautiful. If you are able to include certain food items in the right proportion, you can achieve beauty. Beauty is very much related to skin. Texture of the skin displays one's beauty and age. Hence, the softness and youthfulness of skin plays a main role in maintaining beauty. So, it is recommended that you include the following food items in your diet.

Orange is rich in vitamins. Include grapes and orange in your diet. The skin smoothing collagen contained in these helps to maintain the beauty of skin.

Vitamin C is a good anti-oxidant, which

help to cure the damages caused by sunrays.

Blueberry is another valuable fruit. Rich in anti-oxidants, it fights cancer. Green tea increases blood flow. It enhances the glow of the skin. Some studies say that you can prevent skin cancer if you drink green tea six times every day.

Sunflower oil, which contains Omega 6 fatty acid prevents drying of skin. Inclusion of spinach and green leaves in your diet can enhance your skin quality. Sweet potato is vitamin rich like orange, which helps to clear wrinkles on the skin. Tomato can also help you to retain the youthfulness of skin.

The above mentioned natural methods are affordable means to achieve beauty. Try them instead of spending a lot of money in beauty parlors. Definitely, beauty will come to you.



HOW TO DEAL WITH MARITAL PROBLEMS?

Where ever two persons live together, there will be conflicts. Not different is the case with family life bonded with the marital covenant. Nonetheless, prudent handling of issues and care can avoid conflicts to certain extent. Here are a few tips.

Communicate. Try to understand each other

The cold war between most couple

begins with a mutual silence. Any one of them must have done something that the other one has not liked. Or the other one might have responded in an unexpected way.

However, 'no talking' or 'keeping silence' is never a good thing to follow. So, begin to communicate, listen to what the other one has to say. Try to understand mutually. In a busy life, couples often tend to avoid communi-

Quarreling with life partner



When do you quarrel with your life partner? What was the reason for the quarrel? Here are some possibilities of quarreling given below. Just think if they could be avoided. If such situations recur, how will you respond? Find the answer and settle the issue patiently.

- Financial issues
- Problems related to children
- Sex
- Social political issues
- Religious and ethic reasons
- Trivial reasons.

cation. They say: we have no time! This is not a good practice at all. No matter how busy you are, you must find out time to speak to the other one and express your emotion without hurting her/him.

Try to change yourself if required

When you begin to communicate, you will come to know what your partner is expecting from you or what he/she does not expect from you. With all sincerity, you must try to make amendments in your life accordingly.

Express interest in your partner's activities

Expressing interest in the activities of your partner and encouraging her talents will help to build a good mutual relationship. Many people have fallen into aridity because they did not get a word of appreciation from their life partner. It will also increase the mutual

distance. So, encourage and appreciate the good things your partner is doing and give support to her/him.

Change the habits

Often habits get the upper hand in our life. In a way these habits must be placing us in a comfort zone. Nevertheless, they must be adversely affecting your partner. It must be even threaten the existence of the family life. Hence, you must come out of such habits. For eg. Alcoholism, disorderliness, lack of hygiene etc.

Express love

Some couples hide their love within them and never express it explicitly. Love must be expressed in action. Actions are more powerful than words.

Help your partner in chores, give a hug at times, give a kiss, watch the television with mutually crossed fingers etc are good ways to express your love for the partner.



Air Pollution can cause Diabetes

New studies reveal that air pollution can cause Type 2 diabetes. One out of seven persons becomes a diabetic due to air pollution. So far such 32 million cases have been reported.

While mild air pollution does not create any serious issues, severe air pollution do increase the chance of diabetes. Reports say that diabetes due to pollution is on the increase and has become a global phenomenon.

So far Type 2 diabetes had been associated with obesity. Now it has also been associated with air pollution.

Now let us see how air pollution causes diabetes. Due to the impurities in the air, the body loses its ability to effectively respond naturally to hormone insulin. This is known as insulin resistance. Thus, glucose level in the blood rises and results in Type 2 diabetes. This information is handed over by the researchers of St Louis Missouri Washington University. It is the result of their eight years of research.

This report makes one thing clear. While diabetes is fast increasing all over the world, we need to give importance to ecological protection too.

Conversation is an art. It has the power to attract and repel others. When we converse with some people, we will not know how time passes. With some others, we will feel like running away from them when they speak. Although listening to conversation depends upon our personal liking and disliking, there are certain things we need to know in order to win hearts with excellent conversation. When we understand those things and converse appropriately, our relations will improve and we will become endearing to others.

Imagine that a person is talking to

you with a lot of interest. But, you are not paying heed to him. You are looking here and there instead. Or you are browsing the cell phone as he speaks. In such cases, we are actually ignoring them or disdaining them. You should never do it. Listen to the words of the one talking to you, attentively. There are some people who are shy to look at the face of the listener when they speak. This is not proper either. Try to speak looking at the face, at the eyes. At least look at the space beneath the nose. The listener must feel that your words are sincere and that you are speaking with love. Only then your

The art of conversation



conversation will grow into a good relationship.

It is not fair to break in when someone is speaking. You can speak when he or she has completed speaking. When two or three persons are engaged in a conversation, it is unfair to interrupt without first saying: excuse me.

There are some people who are only interested in talking. They are not interested in listening. Such people have a nickname: Radio! Because there is no give and take. They are like a radio which, when switched on, keeps talking continuously. Nobody will make friends with such people. There are also some people who always speak about themselves. Their conversation will be full of boasting and self-praise. Such conversations are not healthy either.

People are interested not only in listening, but also talking. Conversations should be to the point and clear. If something is not clear, you need to ask for clarification. We should not take

things for granted, because it can lead to misunderstandings. Sometimes, controversial issues can intrude into the conversations between two persons. Both of them may not have the same opinions about the issue. In such a situation, never go for an argument or try to impose your opinion on the other. Just as I have the freedom to stick on to my opinion, the other person also has the freedom to stick on to his opinion. Only by accepting the difference of opinions can we improve relationships. Do not think that nobody likes to talk to you and nobody is interested in you. Definitely, there are people who like you. It is important to find such people. You should carefully choose the topic of discussion. You should avoid slander, obscenity and untruth from your conversations.

Time is more precious than anything else. Make sure that you do not regret for wasting time by talking to someone. Then you have made a good conversation.



CANCER SYMPTOMS IN MEN

Majority of men do not give adequate attention to the important aspects of life such as health. This voluntary or involuntary carelessness can lead to grave problems. Among these problems, cancer is in the front row. Early detection and treatment can cure most cancer cases. Men need to be more cautious about the symptoms of cancer.

Breast cancer

It is a general notion that only women get breast cancer. But, that is not true. Men can also get breast cancer, even though that is uncommon. If you find fat accumulation in the breast,

occurrence of change in the breast, inward curling of the nipple, reddening of the nipple, scales in the nipple, discharge etc, consult your doctor immediately and get advice.

Changes in testicles

Changes in the size and weight of testicles, inflammation etc. can be symptoms of testicular cancer. This type of cancer mainly affects persons aged between 20 and 40.

Lingering pain

Body pain can be a symptom of various medical disorders. But, if the body pain is persisting or you have a



discomfort pervading all through the body, you should consult a doctor and take appropriate treatment. Remember one thing: all pains need not be due to cancer.

Inflammation in the throat

Difficulty to swallow food and throat pain can be due to infection. Sometimes, it could also be because of cancer. If the size of the throat grows unusually in the time of a month and there is gland inflammation, you must definitely consult a doctor.

Fever that lasts more than a week

Various types of fever occur these days. So, we need to be very cautious about fever. For cancers like leukemia, a week-long severe fever is a symptom. Especially if they read 103 degree Fahrenheit or more. It is important to diagnose the actual cause for the fever and give proper treatment.

Weight loss

If you happen to lose weight rapidly without any special effort from your part, you need to take care. Body contracts when the body generates cancer cells. If you have lost more than ten percent of your weight without diet or exercise, you should consult a doctor.

Stomach ache and depression

Stomach pain and depression are symptoms of pancreatic cancer. Although there is no clear explanation for how these are mutually related, pancreatic cancer patients generally have these symptoms. Yellowish colour on

the skin is another symptom. Change of colour in faeces is yet another symptom that needs special attention.

Mental and physical fatigue

Fatigue is related to many illnesses. This symptom is seen among patients with blood cancer and stomach cancer.

Persistent cough

Persistent cough is a common symptom among patients with allergy, influenza and tuberculosis. If the cough persists for more than three weeks, you should pay special attention as it could be a symptom of cancer, especially if you have a habit of smoking.

Bleeding

Blood seen in faeces, urine and saliva is a symptom of various types of cancer. Blood in the urine can be a symptom of kidney cancer. Blood in saliva is a symptom of cancer in the mouth, while blood in the faeces is a symptom of colon cancer. Be careful when you have bleeding in any of these parts of the body.

Some urinary problems

Do you feel like urinating frequently? Do you feel that you have not urinated enough even after urinating? Is your urine pressure low? These are some of the problems faced by men as they get older. But, these also can be symptoms of prostate cancer.

Indigestion

Indigestion is a symptom generally found in throat cancer and stomach cancer.



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