EDITORIAL

Stay hydrated, stay protected

Dear Colleagues,

The seasonal change in climate has already started and we wish the elderly to take care of their health, especially those who are weak, feeble, frail, infirm, etc.

In our nation, the climacteric period is very critical. Our nation being on the hot belt, people have to face scorching heat at least twice a year—from April to June, and again until the end of September, when this climatic condition remains active. This period is very scorching and is commonly referred to as October Heat. During this period, the south-west monsoon winds gradually become weak and slowly retreat. Thereafter, the summer ends and slowly the winter begins. Let us hope that all these seasons remain energetic, warm, and helpful and not troublesome.

Let us hope that after the summer we receive good showers this rainy season to create a cooling effect. So let us wait until it begins. We have to take extra precautions during the coming season, as many people may become victims of eye diseases, infectious diseases, and fever with cough and cold during this hot weather. Consumption of polluted water (especially in hilly areas and villages) causes many gastrointestinal track problems. Also, wearing wet clothes for a long time during hot summer days may lead to skin diseases. If there is any doubt of fungal infection, it should not be neglected.



As far as possible, avoid walking in the hot sun as it may cause a dry throat. In such cases, avoid ice-cold juices, water, and drinks. Lukewarm water or water cooled slightly after boiling, is preferable. Chewing cardamom, lump sugar, or a piece of liquorice may also help relieve dryness of the mouth and thirst. Even buttermilk is useful. Drinking one cup of lukewarm water with one teaspoon of honey early in the morning, before sunrise, is also effective.

United we stand. Please remain in touch with your branch. Go through the Journal. Convince your friends to join you.

JAI HIND, JAI NIMA

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