

monthly

ZAMZAM

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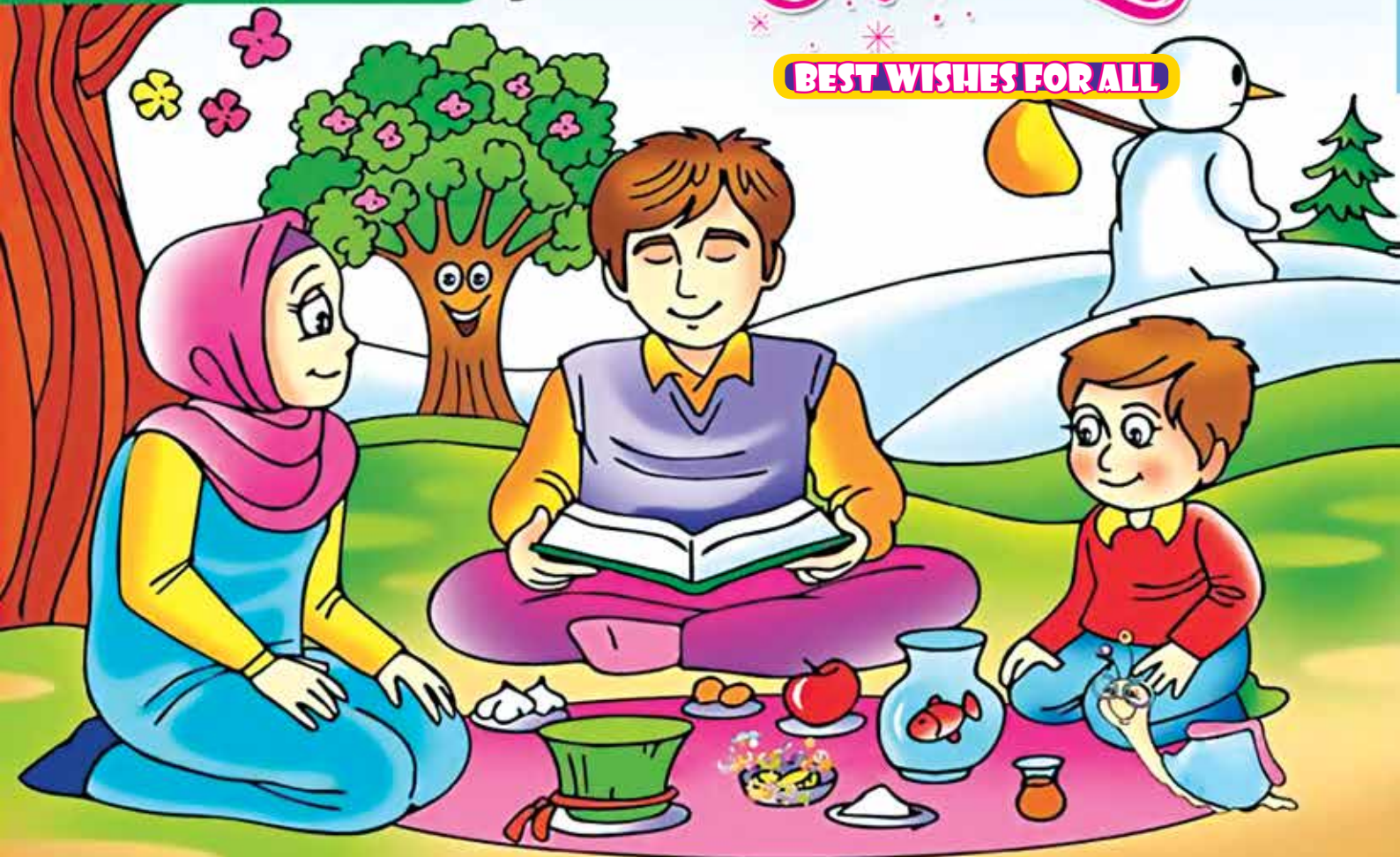
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March 2020

Happy New Year

BEST WISHES FOR ALL



Lebanon 7000 LL
Italy 4.50 €
Qatar 20.00 QR

Morocco 36.00 DH
Germany 4.50 €
Tunisia 3.70 TD

UAE 21.00 DH
Turkey 5.50 YTL
Spain 4.50 €

S.Africa 26.00 R
America 3.00 \$
Mexico 65.00 MEX\$

France 4.50 €
Kenya 250 KSH
Kuwait 2.000 KD



«O Transformer of hearts and eyes
O Regulator of night and day
O Turner of conditions and states
Make our state of affairs into the best one!»

ZAMZAM

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ZAMZAM MAGAZINE welcomes contributions for all sections.



Nature

Sherine Shah

The morning sun shines
so bright with its light.
The owl and moon come
out at night.

I watch the birds fly high
in the sky.
Oh, how I love to see
them go by.

When spring comes
around, butterflies
flutter their wings
in happiness of fresh
flowers saying,
«Yes! It's spring.»



As boys and girls, you are in fact in the spring of your lives, full of hope, full of energy and full of beauty. Now that spring has come again, sure you feel more hopeful and youthful than before and so have become more active. We wish you many happy springs and advise you to try to make life spring-like for

the others. How? By trying to be obedient to your parents, studying, learning more and more, being nice to your siblings, friends and the others and of course praying to God and asking Him for help. This way, you can feel the fragrance of the flowers of happiness even in the winters.

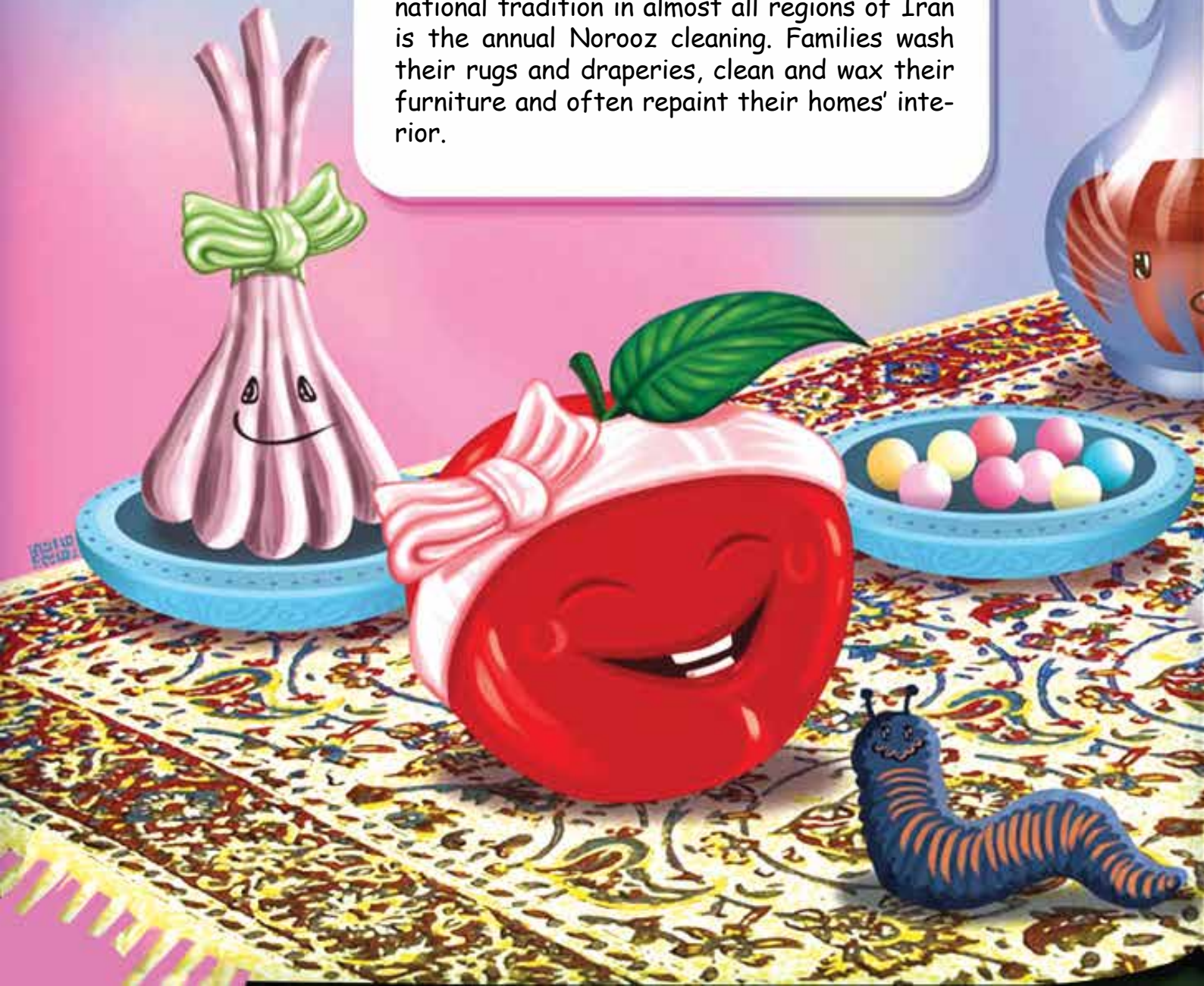
Shiva Mirhassani

Spring Brings Happiness

Arman Alimohammadi

Norooz means "New Day" in Persian language. Norooz is the traditional festival which marks the beginning of the solar year as well as the New Year on the Iranian and several other national calendars. It is also the most widely celebrated Iranian holiday.

Norooz is a time of renewal and symbolizes rebirth, awakening, cleanliness and newness. A national tradition in almost all regions of Iran is the annual Norooz cleaning. Families wash their rugs and draperies, clean and wax their furniture and often repaint their homes' interior.



One of the ancient symbolic representations of Norooz is based around the idea of the triumph of good over evil. According to the Shah-nameh (The Book of Kings), the national Iranian epic by Ferdowsi, Norooz came into being during the reign of the mythical King Jamshid; when he defeated the evil demons (Divs) seizing their treasures, becoming master of everything and bringing prosperity to his people. On the night before Norooz, the entire family gathers around a table (or spread) with an arrangement of several items, each of which symbolizes a wish or theme. Of all the items in this

arrangement, seven of them, starting with the Farsi letter "seen" (the English "S"), must always be included. The Farsi translation of number seven is "haft" -- hence the name Haft Seen.

The Haft Seen spread is usually put out a couple of weeks before the Norooz day and symbolizes the holiday season and its special mood very much like the Christmas Tree for the Western holidays.

Zoroastrians celebrated the creation of life by offering their deity,





Ahura Mazda, seven trays, full of symbolic objects representing truth, justice, good thoughts, good deeds, prosperity, virtue, immortality and generosity.

The seven items starting with the letter "seen" in the contemporary Haft Seen are:



1-Senjed; the sweet, dry fruit of the lotus tree portraying love and happiness.



2-Sabzeh; or sprouts, usually wheat or lentil representing rebirth.



3-Samanu; a pudding like food in which wheat sprouts are transformed and given new life as a sweet after a lengthy and sophisticated cooking process representing prosperity.



4-Seer; or garlic, representing medicine and health.



5-Sib; or apple is standing for health and beauty.

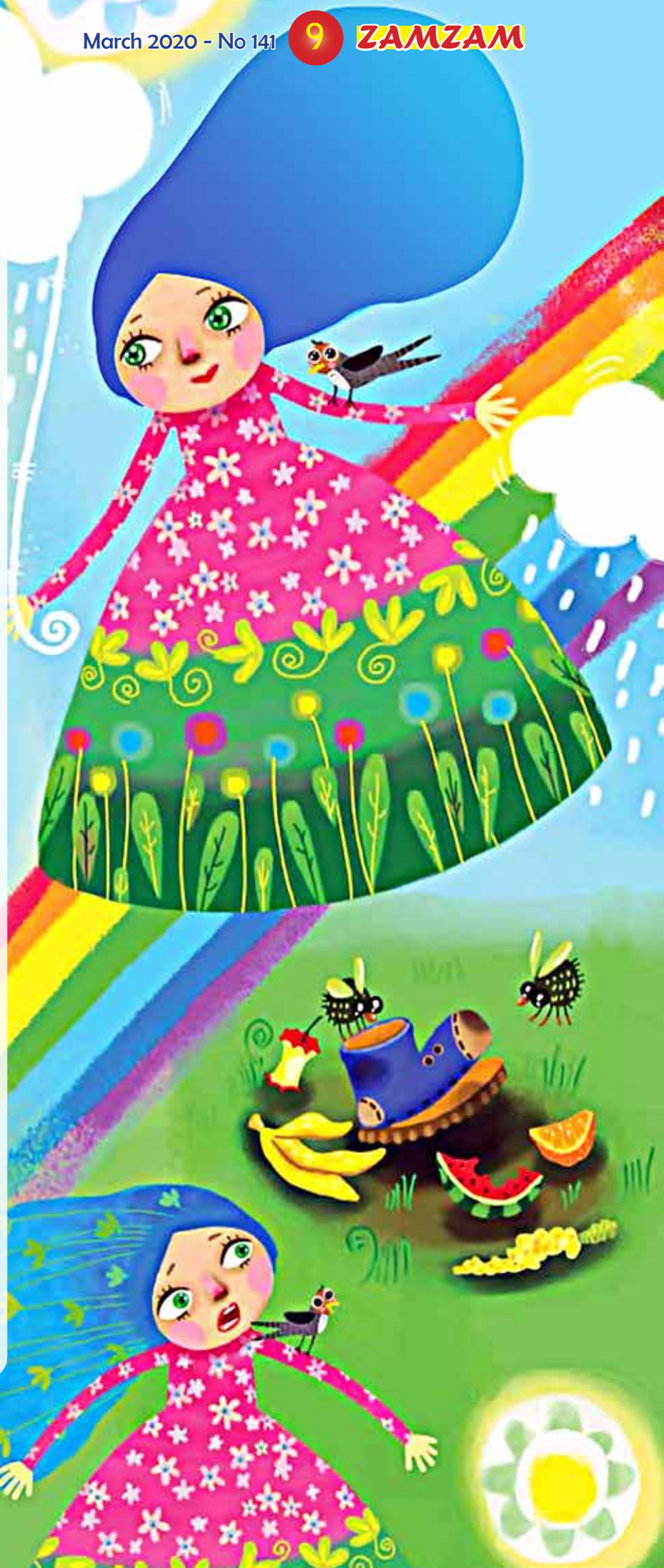


6-Serkeh; or vinegar, representing age and patience.



7-Sumac; ground Sumac berries is the colour of the sunrise, symbolizing the victory of good over evil.

Iranian people never forget to place their Holy Book (Qur'an) on the Haft Seen table. Other items often included with the Haft Seen are some flowers, sugar cookies or



pastries called Shirini, a mirror, candles, eggs, and a bowl with goldfish. Looking at the goldfish at the turn of the year is believed to bring good luck and fortune.

After announcing New Year (which has been calculated exactly) all the family members kiss each other on the cheek and then the elder people i.e. grandfathers give some money or other gifts to their young children as a New Year present.

In the first days of the New Year, the people visit their relatives and friends and renew

the friendships. The festival lasts for 13 days during which all the schoolboys and girls are on vacation. Finally on the 13th day, all leave their houses for outskirts carrying their Sabzeh with them, and have their lunch in open space. Also, on this day, the gold fishes are set free in the streams or in the pools so that they may enjoy the nature's resurrection. By the end of the 13th day, the festival ends too, and people particularly children wait impatiently for the next year's arrival.

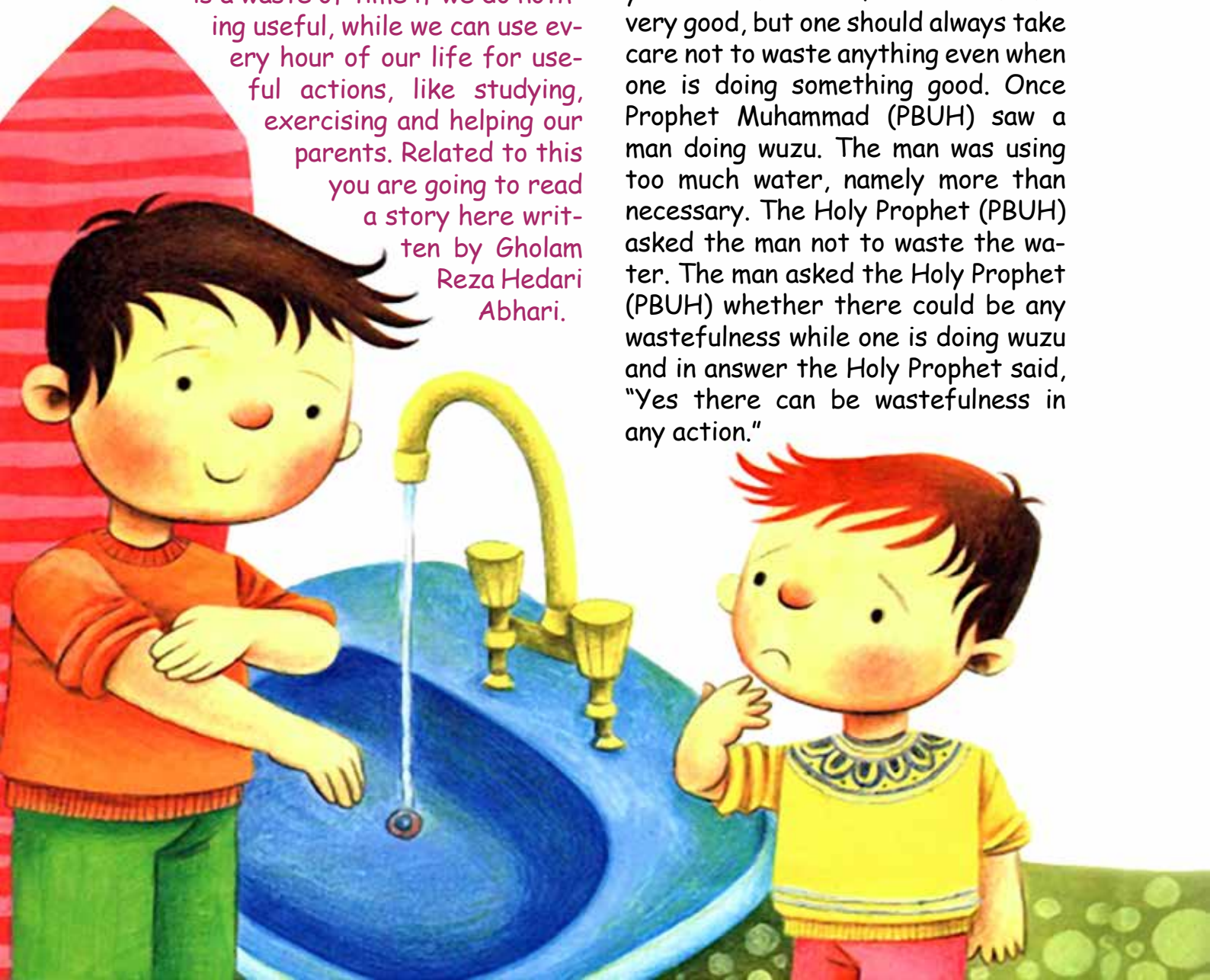


Doing Good Things without Wasting

As we know, using everything in the proper way and not more than the necessary amount is very important in Islam, and so wasting things through using them in an improper way or more than is necessary has been forbidden by our religion. Of course, we do not want to be wasteful, but sometimes out of carelessness or because of not knowing the proper way of using things, we may waste our money by spending it on buying what we do not really need or what is harmful for us. Also, it is a waste of time if we do nothing useful, while we can use every hour of our life for useful actions, like studying, exercising and helping our parents. Related to this you are going to read a story here written by Gholam Reza Hedari Abhari.

Taha had turned on the water tap for making wuzu (ritual ablution) because he wanted to pray together with his father. He was using too much water, which as his mother thought, was waste of water. His mother who was watching him, came near and said kindly: "My dear son! Be careful not to waste the water."

Taha asked, "Why mother, what have I done?" His mother replied, "You are wasting water because you can make the wuzu with less water. You should not let the water be wasted. I know you want the water for wuzu which is very good, but one should always take care not to waste anything even when one is doing something good. Once Prophet Muhammad (PBUH) saw a man doing wuzu. The man was using too much water, namely more than necessary. The Holy Prophet (PBUH) asked the man not to waste the water. The man asked the Holy Prophet (PBUH) whether there could be any wastefulness while one is doing wuzu and in answer the Holy Prophet said, "Yes there can be wastefulness in any action."



Keeping One's Promise

By: Hussein Amini Poya

"... And those who preserve their trusts and their pledges..." The Holy Qur'an, 23 :8

Keeping one's word and being committed to one's pledges are among norms of social conduct on which depend the well-being of the whole-society and the soundness of social relationships.



And so, Islam places much emphasis on these virtues. There are some people who promise to do what they are not able to. This is not proper behavior. One should just promise to do what he or she is able to do and that within certain limits, since things may not always happen as we expect them to.

And now, we should try our best to stand by our word and do as we have promised. For example, if we tell our mother that we will return home by 4 P.M., we should try not to be late and be at home by that time. We need to make prior proper planning, of course, for being able to do so, and consider any probable obstacles including busy traffic in our plannings to avoid annoying the others by not keeping our promise. Besides, being trustworthy

and considerate is an outstanding sign of respect for the others which in turn, makes ourselves respectable to the others. And breaking one's word shows carelessness and disorderliness in one's life. The one who does not stand by his word, in fact harms his or her own prestige since the others will start losing trust in and so respect for him or her. Being careless about one's word and promises is also a sign of lack of faith and of being careless about one's duties to God, since faith includes being careful about our duties and pledges to our Creator -The One and Only God Who has ordered us to be trustworthy and Who in His Book (including in the above verse) has regarded preserving one's trusts and pledges to be among the manners of the believers.



By: Elham Salimi

Skillful Shopping

As youngsters, sure you all like shopping, both for yourselves and for your family. During summer holidays, you have more free time and so can make shopping a useful way of spending your time. Here, we are offering you a few tips for a successful, fun shopping:

- Do some research before you shop. Check out products online because you need information before you buy something.

- Get some information about how advertising can influence shopping decisions.

- Help your parents to write the shopping list or make a list of what you are going to buy before you go shopping, and stick to it. This can help you avoid impulse buys.

- Set a spending limit. At the shops, buy less so you stick to the limit, or shop around so that you get what you need with the money you have to spend.

- choose the best fruit and vegetables
- Observe turns: Certainly a shop or a supermarket has other customers too. So, we need to wait for our turn to come. Impatience is of no good while shopping, because, among other things, it can annoy the others.
- Avoid taking things out of the centers: Be sure to ask the salesperson for help in picking items to avoid unpleasant situations such as the displeasure of the shopkeeper.
- Observe the rules of each shop: Some shopping centers have particular rules which you may find written down. For example, some shopkeepers do not allow the customers to open the door of the refrigerator for taking out, say, an ice-cream. So, it is important to be careful about such rules, too.
- Ask your parents exactly what they want you to buy if you are going to shop for them, because if for example, they want you to buy milk for them, you need to know





whether they want high-fat milk or low-fat milk. This list can be extended to include many such questions, because nowadays, there are different kinds of many products available in shops and supermarkets and if you do not ask such questions before going for shopping, you may end up feeling unhappy because of not having bought what your parents wanted. Try to buy healthy, wholesome food-stuffs, for otherwise you will have to either throw them away, or return them to the shopkeeper who may this

time behave to you in an annoying way.

- You should also remember that you may find what you want in other shops, so do not just return home, telling mommy that you could not buy what she wanted. Sometimes one might have to go to several shops in order to get what one wants.

- Don't be afraid to say no. This helps you not to bear pressure from salespeople or special offers.

● Be careful and not in a hurry when paying for the items you buy. Miscalculations may happen, but through care and concentration, you may be able to prevent many embarrassing situations. If you are good at mathematics, you can probably help the shopkeeper in deciding the amounts to be paid. Anyway, being in a hurry is of no good when shopping, as with many other things.

● If you're not sure, read the label and pause before buying. Is this the product that you want? If it's an expen-

sive purchase, you might also like to ask the salesperson to show you how the product works, or check what's inside the box.

● Keep the receipt. Be sure that it is OK to take something back if it's faulty or parts are missing - but you need the receipt to do this.

● Remember that you are more likely to enjoy shopping if you can plan to do it when you are not tired, hungry or overexcited and when the shops aren't too busy.



Good Conduct, Good Life

Part two

AS you read in the previous issue, etiquette or manners to be observed in our relations with the others are very important, because through them we show affection and respect to the others. Of course people in different societies may have different manners and customs, just as their race, language, skin colour and religion may be different.

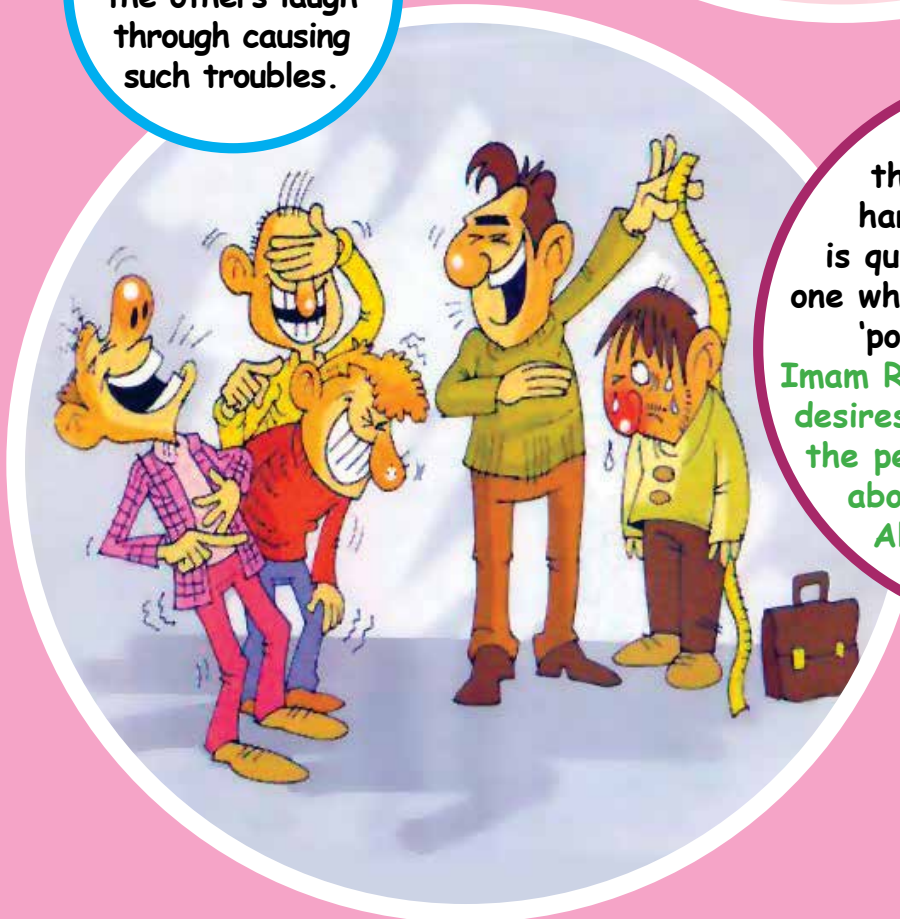


Modesty is good and breeds affection, even through taking off one's hat.

And be very cautious about companionship: The companionship of those who find faults with the others or ridicule the others to make you laugh. Remember that they will do the same to you too; making fun of you to make the others laugh.



It is very bad to make the others laugh through causing such troubles.



Avoid making fun of the others. Avoiding harsh mode of talking is quite necessary for the one who wants to be regarded 'polite' by the others. Imam Reza (AS): "The one who desires to be honoured among the people should be careful about her/his duties to Allah, both in public and in private."

How can we teach the others how to behave if we cannot control our own temper?



There are certain rules for using every method of communication. Being a good listener is a key to success in many fields and in fact we need to learn the culture of every means of communication before using them.

Imam Hussein (AS): "The one who desires a longer life and increased blessings should strengthen the ties of kinship through visiting and doing good to relatives."

Remember that you can use your tongue in softer ways too.

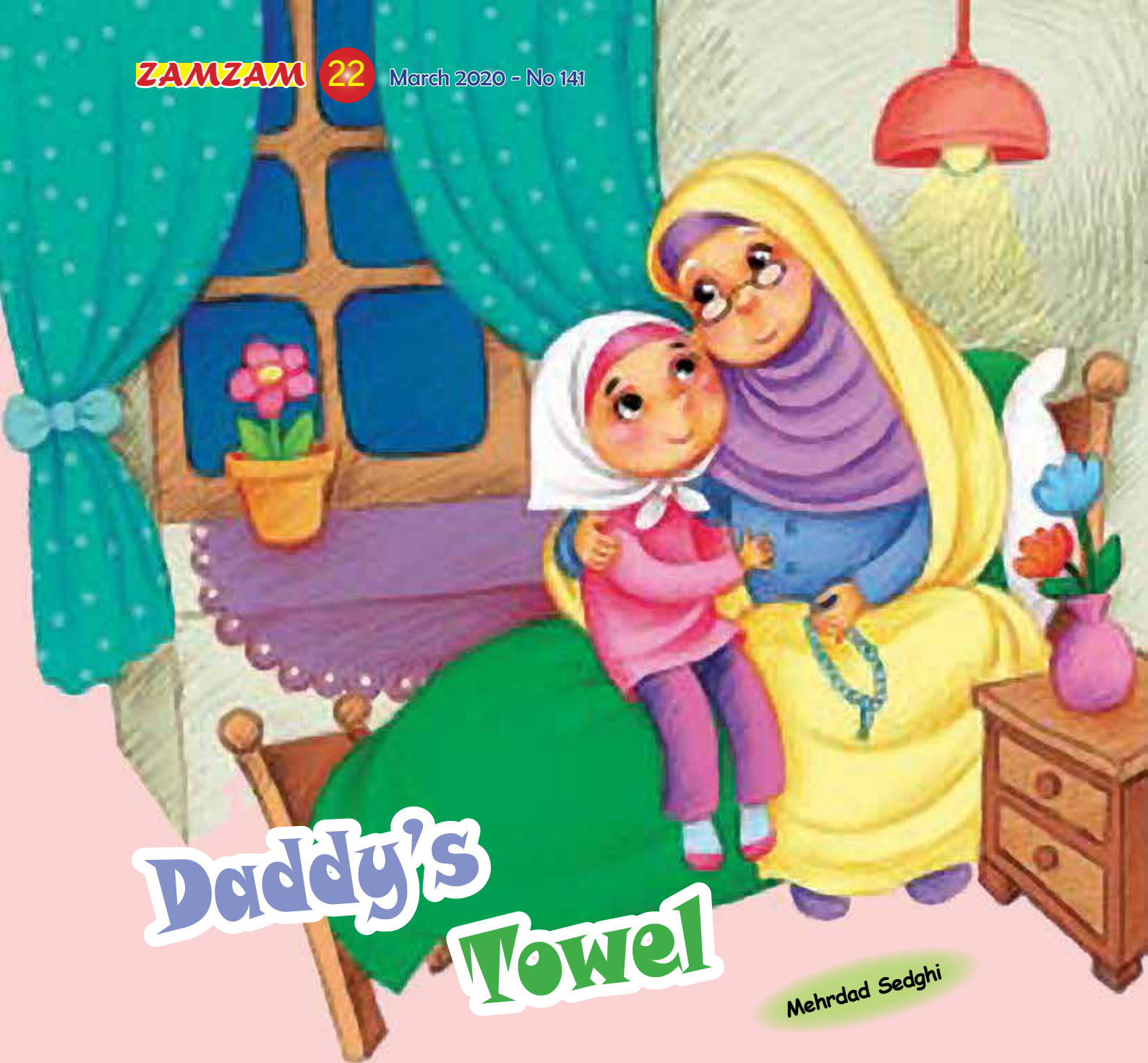
Prophet Muhammad (PBUH): "Avoid disputes and harsh arguments among yourselves, for they breed hostility."



Of course one's appearance is also important, because people make the first judgment of us by our appearance.



Practical jokes and trouble-making are considered bad and impolite in all cultures.



Daddy's Towel

Mehrdad Sedghi

I wonder why each time I help in cleaning the house, something annoying happens. For example, yesterday, after we finished the housework, daddy said that he wanted to take a bath, but he could not find his towel. We spent about an hour looking everywhere for daddy's towel, but it was useless. At last daddy

took his bath and called out from the bath: "Did some clever kind human being find my towel?" On hearing this, grandma got up from her bed to help in the search operations. Her getting up solved the problem, because I saw that quite by mistake I had spread daddy's towel on her bed instead of sheets.

The Transparent Fridge

By: Mostafa Mashayekhi

My father is a very clever man. He always finds a solution to any problem. And he did so with the fridge in our kitchen. The fact is that my brother and I used to go to the kitchen and open the fridge too frequently, so much so that my father started worrying about the condition of the fridge, and advised us that opening its door repeatedly would impair it and of course he was right. He even thought of installing things like a monitor or an information sys-

tem upon the fridge so that we could know what was added (in that) without having to open the door, but none of these things worked well and so eventually my father thought of a transparent door, which turned out to be very useful. Now, without opening the door we can see what (of edibles) mummy has put in the fridge. Interestingly enough, I just read that a fridge-producing Factory in Japan has applied that very transparency idea of my father to its fridges.



Do
You
Know...?



WHAT IS A LEAP YEAR?

Each year is divided into twelve months, and each month into a certain number of days. Three years out of every four, a year has 365 days in it. In the fourth year, there are 366 days. This is a leap year. Every leap year an extra day is added to the month of February. Normally February has 28 days in it, but in a leap year it has 29 days.

The purpose of this is to make up the difference between the calendar year and the solar year. It is convenient for us in daily life to go by a calendar year of 365 days. The solar year, which measures time by the Movement of the Earth round the Sun, is actually 365 days and about six hours long. In four years, these six hours a year make extra day, so we have a year with an extra day in it, a leap year.

WHY DOES THE WIND BLOW?

The wind is the air moving. We can also call this a breeze or a gale or many other names. Winds are caused by the surface of the Earth heating or cooling. Where warm air rises, the atmosphere pressure is high. Winds blow from high-pressure areas to low-pressure areas. Wind speed depends on how great is the difference in pressure between the cool and the warm areas.

Land or sea breezes occur because land heats during the day more quickly than water, so warm air rises over land causing low pressure. Over the cooler sea, the air sinks, causing a high-pressure area. During the day, the sea breeze blows towards the land. At night, the land cools quicker than the water, so the pressure over the land is higher and the land breeze blows out to sea.

WHERE DO SO MANY WELL-KNOWN WILD ANIMALS COME FROM?

The African bush, a vast area of grassy, Shrub and tree-covered plains south of Sahara Desert is probably the home of more wild animals than any other.

The lion, one of the world's largest carnivores, or meat-eaters, lives there. So too does the largest animal to live on land, the African elephant. The giraffe, the world's tallest animal, growing to a height of 5.5 meters, is found there also, along with a host of others, like the antelope, the jackal and the hyena, lions prey on the herds of antelope which find the bush an ideal home, with plenty of grass to eat and sufficient water to drink. Giraffes eat leaves and twigs from the tops of the acacia trees, and elephants eat tree branches which they pull down with their trunks, or roots which they dig up with their tusks.

The Little Boy and the Twelve Months

By: Ahmadreza Ahmadi

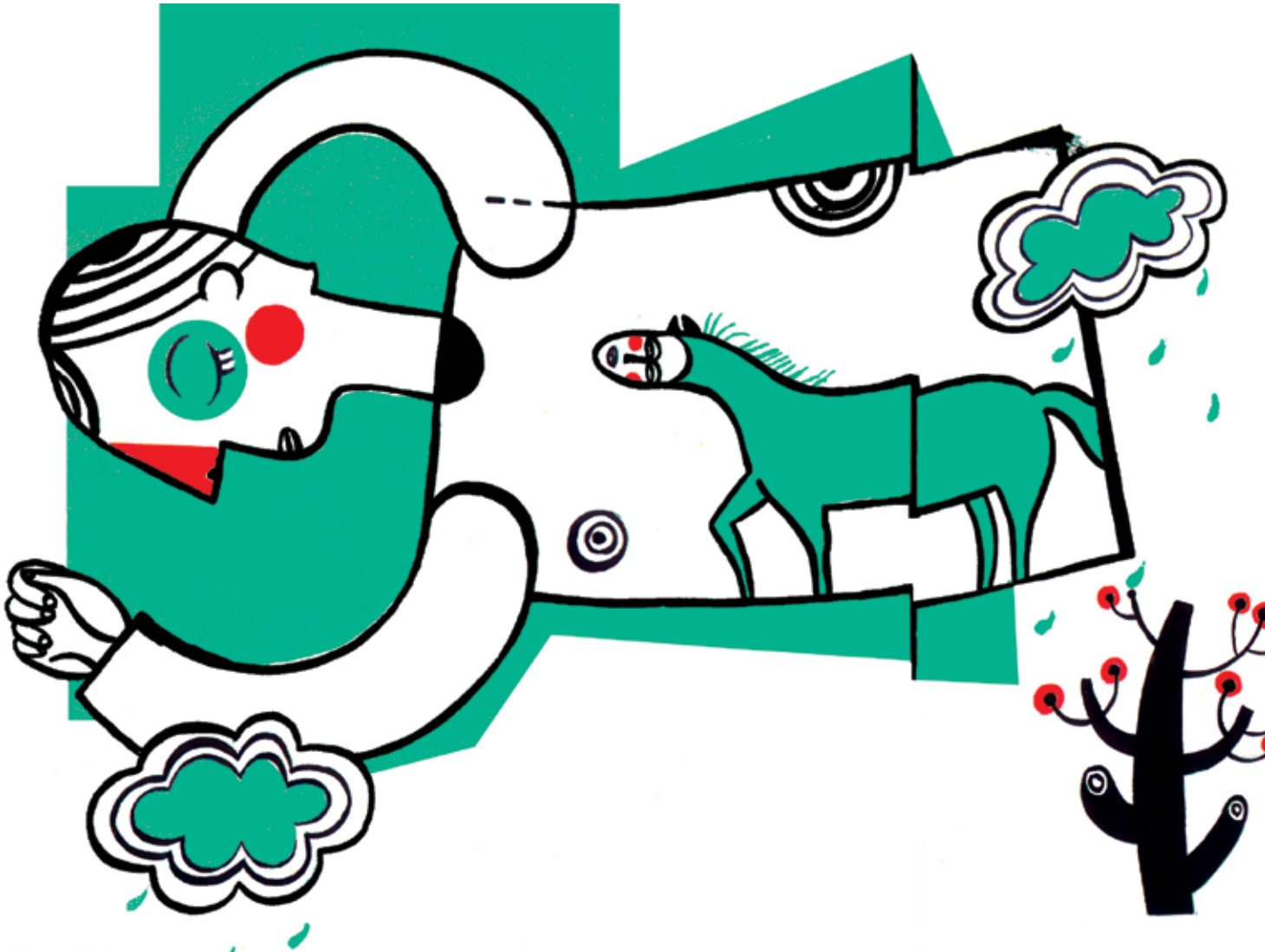
Illustrated by: Melica Saeeda

It was the first month of spring (the month of Farvardin as called in Persian). The little boy went to a shop - a spring shop and bought a spring season. His mother spread the spring on the trees and they blossomed.

It was the second month of spring (the month of Ordibehesht). The little boy went to a shop - a sun shop, bought a sun and returned home with the sun. His mother placed the sun round the neck

of a white horse in the yard and the house became shining with the sunlight.

It was the third month of spring (the month of Khordad). The little boy went to a shop - a moonlight shop, bought some moonlight and returned home. He put the moonlight upon the ceiling of the house and all the rooms in their house took the color of the moonlight.





It was the first month of summer (the month of Tir). The little boy went to a shop where summers were sold and bought a summer season. He returned home with that and his mother spread the summer on the trees. The trees bore fruits. It was the second month of summer (the month of Mordad). The little boy went to a shop where stars were sold. He bought a few stars and returned home. He put the stars in the

bowl in which they kept a little red fish and so the little fish was no longer lonely. It swam in the water together with the stars and the house was lit with the light of the stars.

It was the third month of summer (the month of Shahrivar). The little boy went to a shop - a blue sky shop, bought a blue sky and took it home. His mother put it upon his bed sheet and it became white and blue.

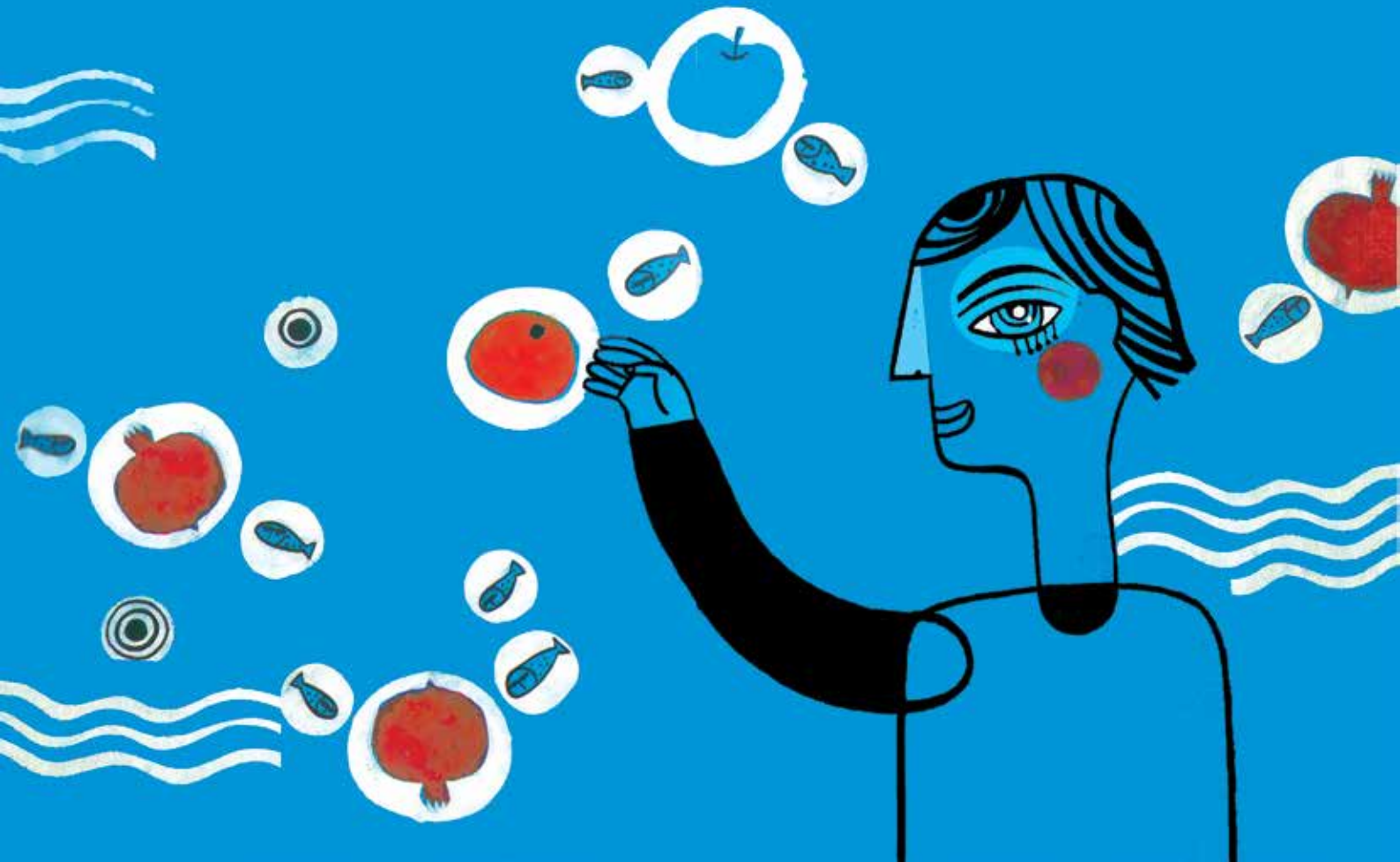
It was the first month of autumn (the month of Mehr). The little boy went to a shop where autumns were sold. He bought an autumn, returned home and gave the autumn season to his mother who spread that on the trees. The leaves of the trees became yellow and started falling on the ground.

It was the second month of autumn (the month of Aban). The little boy went to a

sea-shop, bought a sea and took it home. His mother put the oranges, apples and pomegranates in the sea and they took the color and sound of the sea.

It was the third month of autumn (the month of Azar). The little boy went to a rain-clouds-shop, and bought some rain-clouds. He took them home to put above flowers for his mother's hair.





It was the first month of the winter (the month of Dey). The little boy went to a winter-shop, bought a winter and returned home. He gave the winter to his mother who spread it on the trees. Then the trees were covered with snow.

It was the second month of the winter (the month of Bahman). The little boy went to a shadow-shop, bought some shadow and went home. His mother put the shadow upon the faces of the children who were sleeping in the sun.

It was the third month of the winter (the month of Esfand). The little boy went to a week-shop. In that shop the days of a week were sold. He bought two days and returned home. His mother put the flowers, the seasons, the shadow, the moonlight, the stars, the sky, the sea, the rain-cloud upon those days.

The next spring, the little boy took all - the flowers, the season, the blue sky, the seas, the moon, the white horse and ... to his dreams.



**"I enjoin two things particularly on you; monotheism and unity."
Prophet Muhammad (PBUH)**

As unity is very important in Islamic teachings, we were supposed to write about the effect of being close together and united to be successful when we came across this provoking writing in internet. You could find it here: <https://motivateus.com>

I would like to talk a little bit about "Teamwork» and to thank our team members (you) for really being involved. Most of you know me through Motivating Moments, as an editor and publisher, but I also do other work including website evaluations, re-design, web log analysis, and research for companies looking to improve sales or for acquisitions. I work with

smaller companies where I can help them immediately.

Often I am asked the value of having multiple people work on a project. The true value, as I see it, if you can assemble a team of individuals who have unique talents, and all are willing to listen and learn from one another, no one can beat you. In my day-to-day dealings with clients, I am part of their team, helping them with solutions, and they are part of my team, helping me to improve our services. I like to think of it as a Virtual Company with multiple resources.

Sometimes I'm asked, «How do we get our people motivated to participate in this project?» I reply, «Believe they have value, show

them that their input is important and will be considered, and that if you can help people uncover what motivates them individually and show them how self-motivation is their greatest asset, then I think you will find them ready, willing and able to help».

I don't believe that people want to be negative, I just think that sometimes we are so bombarded on a daily basis with it, that it's hard to shift gears back to the way we want to be and think.

So often we look for answers on the outside, when the true answers are really within us. Sometimes we get stuck, and that's when we need helpers: quotes, stories, visual and

audio aids, seminars, a coach, or a friendly ear from a friend or family member to remind us of what we want and that we are good enough to have it. So the next time you feel a little negative, remember your helpers and put yourself back into the mindset you want and be part of this worldwide team trying to make a difference «one person at a time» (meaning starting with ourselves first).

Be inspired to do something that you've wanted to do for a long time. Find ways to keep yourself motivated. With commitment, action and constant assessment you will be on your way to success.





Absence of Disease

or Being Healthy

Part two

Compiled by: Morteza Afradian

Path to improved health

The preventive service you need might be a test, a vaccine, or advice from your doctor. Which preventive services you need depends on your age, medical history, and family history. For adolescents and young adults, there are several key areas that your doctor will probably focus on.

Kinds of Health

■ Physical health

Get regular exercise, eat a healthy diet, get enough sleep, and maintain a healthy weight. Take care of your teeth, wear sunscreen.

■ Mental and emotional health

Learn how to manage stress, and develop a good balance between school, work, and social life. Pay attention to your moods and feelings, and don't be afraid to ask for help if you need it.

■ Social and behavioral health

Adolescents and young adults face many issues every day that

affect their social and behavioral health. These could include violence, harassment, school bullying, and so on. These types of issues can affect you in many ways. You may experience depression, anxiety, or an eating disorder. It is important for you to talk to your family doctor if you are having trouble with any of these kinds of things. You should also talk to your doctor if you have any of these warning signs: agitation or restlessness, weight loss or gain, a drop in grades, trouble concentrating, ongoing feelings of sadness, not caring about people or things, lack of motivation, feeling tired, low energy, lack of interest in activities, low self-esteem, trouble sleeping

Healthy habits

Developing healthy habits when you are an adolescent or young adult may decrease your chance of getting sick or hurt. The habits you have now

really do make a difference when you're older.

Comparison of health and fitness

Fitness and health seems to be same for everyone but they have entirely two different meanings. Fitness can be defined as the physical ability to perform work, sports etc with ease. While health is a condition in which the body should have resistance capacity from all illness and all parts of the body should work fine without any problem. Your body should possess both fitness as well as health. Men and ladies are equally concerned about their body. They want their body to be fit and healthy.

Health can be maintained by proper diet, exercise and hygiene. But in the other case to keep your body you need to do proper exercise. Usually sports people will have a fit body. They shape their body in such a way that it will be fit for their respective sport. But coming to healthy body it is just a matter of controlling weight and making your body immune to diseases. Some people will try to make their body fit so vigorously that they will not think about their diet and health. This creates a problem. So always make sure your body to be healthy and fit. Compared to healthy body, fit body needs more exercise and diet. For a healthy and fit body walking

is very good exercise which helps in burning the excess fat in your body. A fit body doesn't mean that it should look good from outside. A fit and healthy body should be physically active and energetic and smart enough to accept any tasks given to them.

Tips for a healthy and fit body

Most important is the exercise. Make it a routine to move your body. You can do this by running around your home, playing with your kids, climbing up and down the stair case and so on. This will help in increasing your blood circulation. You can also join a gym where you will have an instructor who can guide you to have a healthy and fit body. Try to avoid fatty food and junk food. These foods are not going to give any nutrients to your body. Better stick on to a diet which includes fresh vegetables, fruits, fish and Dairy Products such as milk. Limited number of dried fruits can be included in your diet. Reduce intake of foods which are more salty and food with more sugar. Too much sugar and salt is bad for health. Have food at proper timings. Try not skip any meals. If you don't feel hungry also eat something but don't skip the meals. Try to manage your stress by walking or watching any sport channel or anything that makes you relaxed. Keep your hands clean regularly because

many diseases can attack your body through your hands. Do a regular body as well as dental checkups. Maintain your healthy weight and make sure it is under control.

How Can Regular Exercise Keep You Healthy

Both nutrition and exercise play a very vital role in the amount of fat stored in the body. All types of exercise will not reduce your body fat. For reducing body fat, first try to increase the duration of exercise rather than decreasing the level of food intake. Studies have proved that there is a significant relation between lack of physical activity and fat build up.

Just by being more active generally such as ascending stairs instead of taking the lift, moving in the office instead of sitting still in front of our desktop as well as showing some enthusiasm instead of boredom, are all various means to burn calories and reducing body fat. It seems everyone have forgotten the value of being active. Dieting without exercising will result in getting fatter. One should increase his/her metabolism by exercising regularly to avoid getting fat.

The easiest exercise for strengthening your bones, controlling weight, leg muscles toning and improving self esteem is walking. It is advisable to walk at a moderate

pace. Walking at high speeds every alternate day will help improve one's system. Walking aimlessly for an hour per day will be effective too. Exercise and diet are linked to each other when it comes to good health and weight loss. Better than maintaining a balanced diet without exercise, it is better to exercise without dieting. Performing sit ups and crunches alone, the fat in your body will not transform to muscles. You have to do many other activities like active sports, running, cycling that help get rid of excess body fat as it burns lots of calories.

Running at full vigor burns more calories than walking at brisk pace. It is very important that you keep in mind to lose body fat; burn more calories and eat less. More calories can be burnt and you can attain your goal quicker if you focus on exercising harder. And also: eat a varied and balanced and healthy diet, drink plenty of water, get lots of sleep, get regular exercise, avoid drinking alcohol and smoking, maintain a healthy weight, get enough sleep, keep up with vaccinations, brush and floss your teeth, wear sunscreen, do not listen to loud music.

Getting regular exercise

Exercise is a great way to relax after being in lessons all day. You're recommended to take at least half an hour of exercise every day if you can. You might get some of this

through your PE lessons in school, but it's also good to do more exercise outside school if you can. Exercise doesn't have to mean taking part in a team sport or spending lots of money on expensive equipment. Try doing something you enjoy. It could be: walking, swimming, jogging, skipping, and so on.

Meanwhile, there are plenty of great ways to keep fit, like joining a sports team. Joining a team outside of school is a great way to stay fit and healthy and also make new friends. You can build exercise into your daily or weekly routine and get your friends involved too which will help motivate you.

Plenty of ways to keep fit

Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. None of the nutrients are available in these junk foods so no point in having them. Your diet should contain food which has more nutrients. Try to include leafy vegetables, fresh vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. If water content in your body goes low then it will lead to dehydration. So to keep the body healthy make sure you drink more amount of water daily.

Having a balanced diet

It can be hard to keep a healthy diet. Especially when there is a temptation to eat sweets and junk food. But it's important to get a balance in your diet of the right amount of each food group. A balanced diet also includes drinks. Your body needs to stay hydrated to keep healthy. But think about what you drink. Caffeine and sugary drinks can cause mood swings, affect your energy levels, feeling full of energy before a «sugar low» where you may feel tired and grumpy, can make you put on weight if you have too much sugar, can give you trouble sleeping if you have them at night. It is best to drink water and natural juices which don't have loads of sugar.

One portion should include:

- **Carbohydrates** - like potatoes, pasta, rice and bread. A portion should be about the size of a fist.
- **Protein** - from non dairy sources - like meat, fish, beans, and soya. A portion should be about the size of a deck of cards.
- **Dairy** - like milk and cheese. A portion should be about a 200ml of milk, a matchbox size piece of cheese or an average pot (125ml) of yoghurt.
- **Fruit and vegetables** - at least five portions per day. For fresh fruit and vegetables, a portion should be about a cupped hand. For dried fruit, a portion should be about half a cupped hand.

Fun & Frolic

What does a tree do when he is ready to go home?

He leaves

What did one ear say to the other ear?

Between us we have brains!

How do you make a band stand?

Hide all their chairs!

What did the policeman say to his stomach?

You're under a VEST!

Why did the police wake the child?

Because they'd heard there'd been a kidnapping!

Father:

"I have already told you not to take anything back from your little brother by force."
Son: "Yes dad, but I had to."
Mother: "Why?"

Son: "Because he was biting my finger and wouldn't let it go."

Mother:

"Son! You were wearing your new trousers when you fell to the ground?"
Son: "Yes mother. I was."
Mother: "Then, why you didn't take care of your trousers?"
Son: "Because I didn't have time to take them off before falling down."

A

man went to see a doctor and was told that for the first visit, the doctor would have to be paid 500 dollars, but for the second time the fee would become just 100 dollars. So, he decided to cheat the doctor and upon entering said: "Hello doctor, I am here for the second time." The doctor examined him and then said: "Your condition is as before. So take the same medicine I prescribed for you the first time."

A

man was looking very carefully around a piece of ice. His friend asked him the reason and he replied: "It is leaking, I am trying to find the hole in it."

The Obstacles in Our Path

Author Unknown

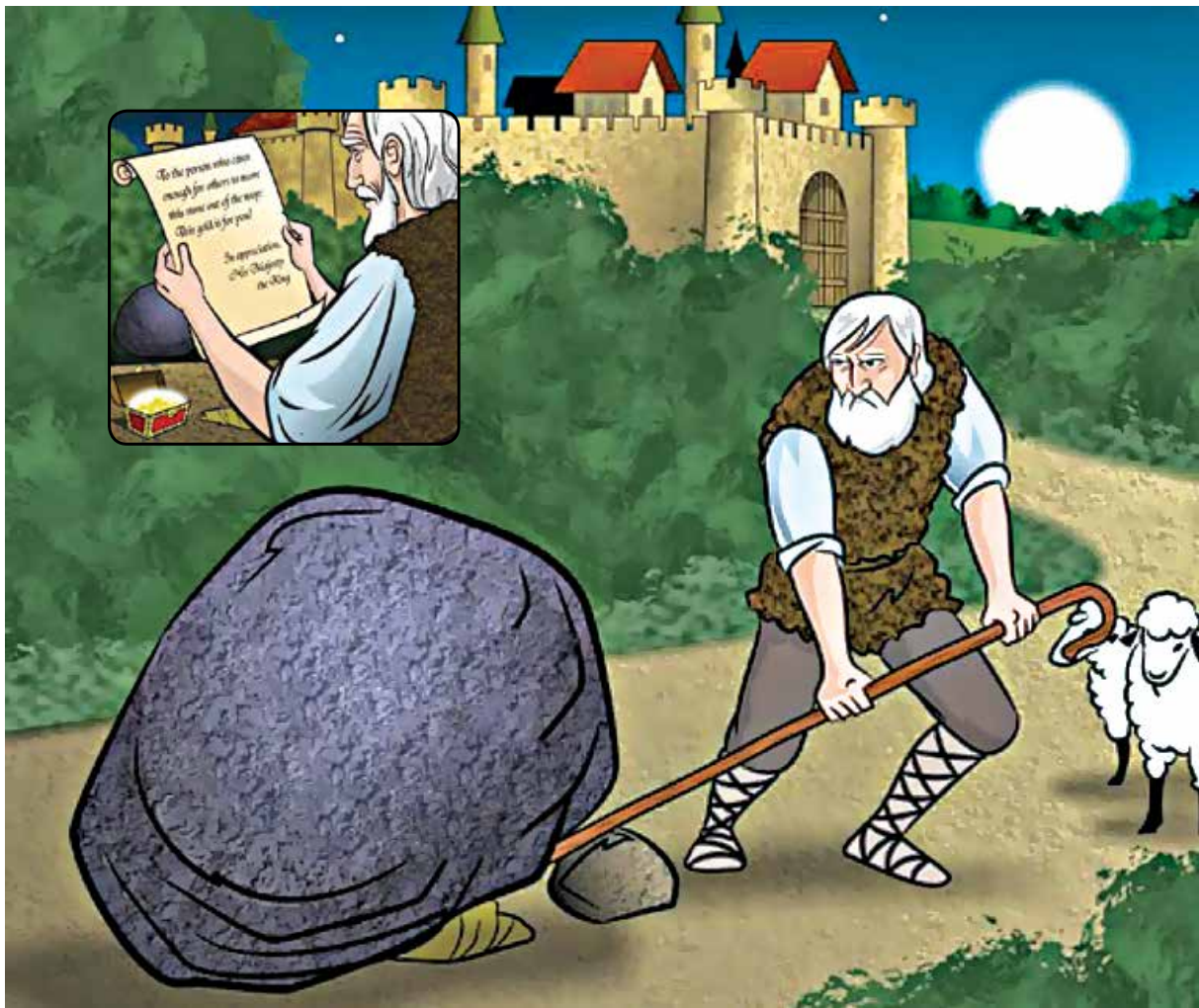
In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side

of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand - Every obstacle presents an opportunity to improve our condition.

Spiritual-Short-Stories.com



The Candy Mouse

By: Mostafa Araki

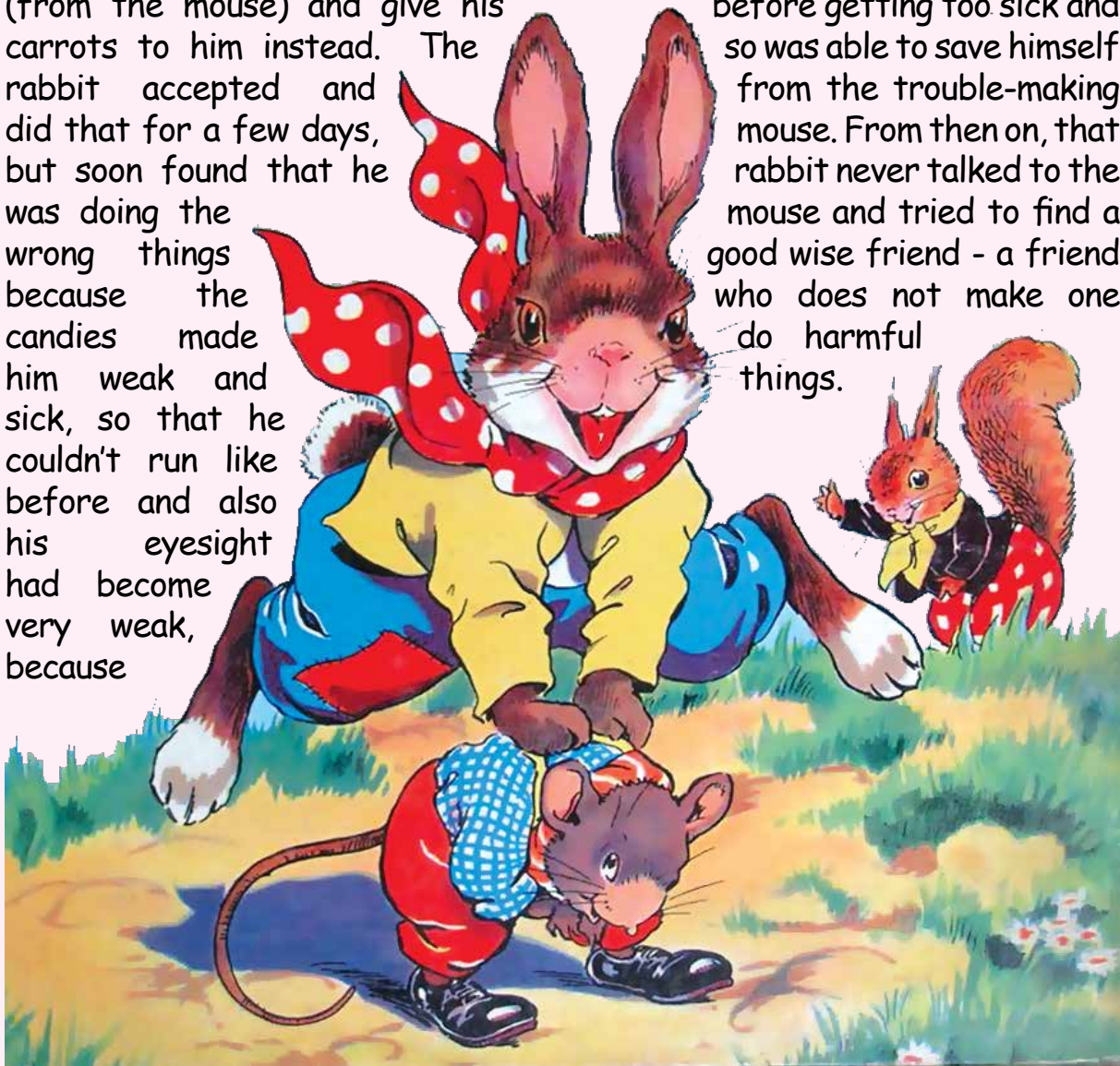
There was once a rabbit living happily in a forest. He would gather carrots everyday for his meals and was quite pleased with his food. But one day he met a crazy mouse who offered him candies and told him that he really didn't need to have carrots for food and could instead take candies from him (from the mouse) and give his carrots to him instead. The rabbit accepted and did that for a few days, but soon found that he was doing the wrong things because the candies made him weak and sick, so that he couldn't run like before and also his eyesight had become very weak, because

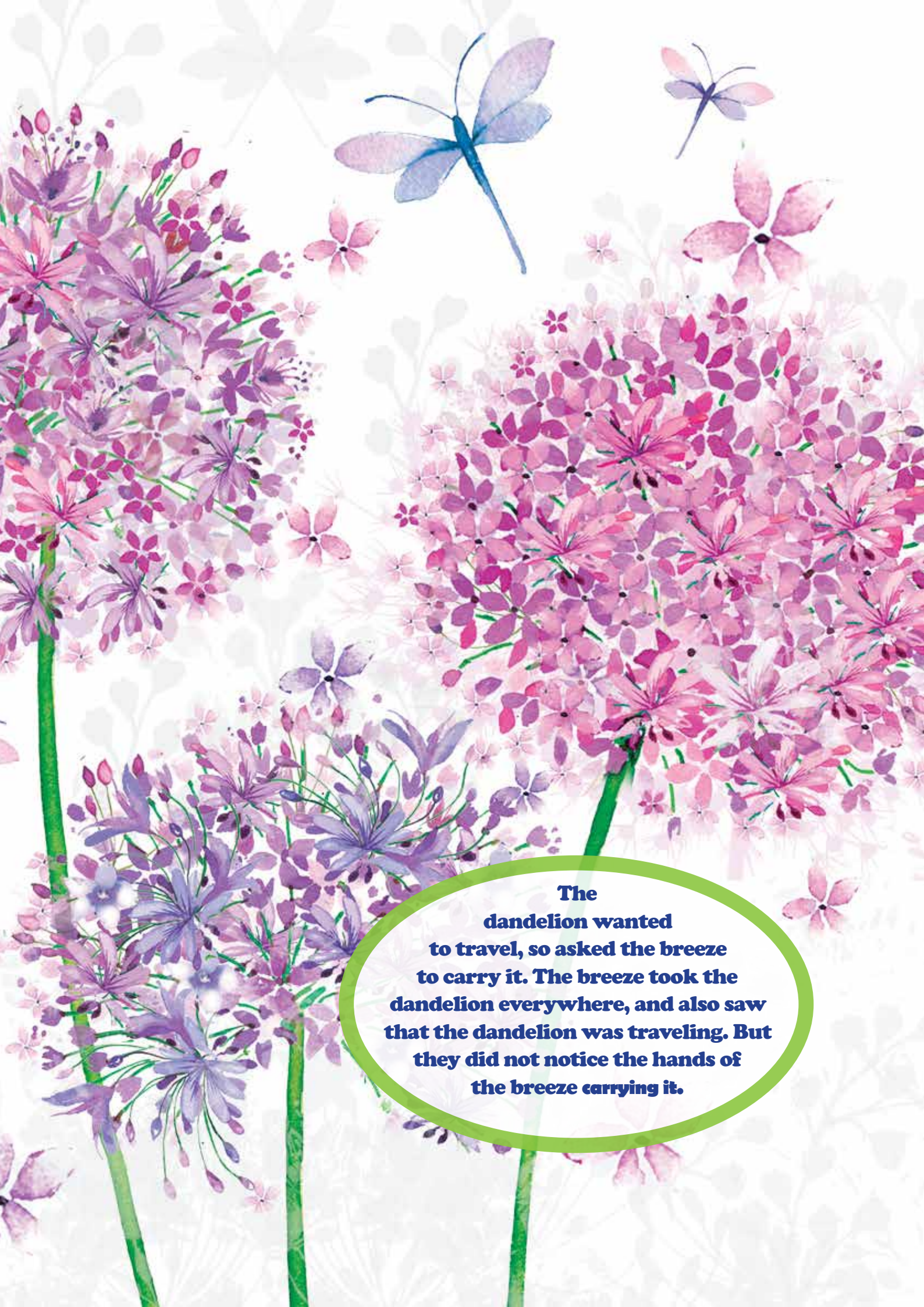
candies have no vitamin A so needed for the health of rabbits.

Then the rabbit thought that he should no longer listen to the mouse and that he should avoid eating candies and return to his normal diet - eating carrots.

Fortunately, that rabbit found out the fact before it was too late -

before getting too sick and so was able to save himself from the trouble-making mouse. From then on, that rabbit never talked to the mouse and tried to find a good wise friend - a friend who does not make one do harmful things.





**The
dandelion wanted
to travel, so asked the breeze
to carry it. The breeze took the
dandelion everywhere, and also saw
that the dandelion was traveling. But
they did not notice the hands of
the breeze carrying it.**

The red fish came to the surface of the water, saw the red rose which had grown at the side of the river and said to it: "What a beautiful colour you have!" The rose answered: "You have the same beautiful color as I have." Then the butterfly which was moving around the rose said: "You both have the same color but you do not know it."

