

FYI

Lemons immaculate!

CULINARY products are often used as home remedies. Lemons are a common fruit used in almost every food items. But have you ever tried lemons for non-culinary use? Here are some amazing remedies using lemons.

Many remedies for dry, damaged hair or even problems with growing our hair have been tried and tested. This time try lemons.

Lemon juice can be a great choice to alleviate common issues associated with poor hair health. Lemons help improve the health of hair follicles. Many who are opting for more natural shampooing routines or those who want to eliminate artificial hair care products from their routine can use lemon juice as a part of their new hair care procedure to maximise their hair and scalp health.

Regular consumption of lemon juice can help clear toxins from your body to keep your hair healthy and strong and in many cases hair will grow more effectively. You can also soak your hair in lemon juice; this will protect your hair from the outside damage. This also removes built-up materials that can make your hair heavy and limp. You can also massage lemon juice onto your scalp to help remove build-up and dandruff that can cause the scalp to become itchy and uncomfortable. Removing build-up from the scalp can also help your hair grow.

Beauty treatments burn big holes in your pocket and even then some of the treatments may not be effective. However, in this case, lemons might come in handy. Blackheads are a common problem for both men and women. Removing blackheads is a tough job as well as time consuming. But you can remove blackheads at home with lemons.

Take a slice of lemon, rub the juice all over your face and wait for 5 minutes before rinsing it off with cold water. Lemons have antibacterial properties making it a perfect blackhead remedy. It also helps lighten old acne scars. Instead of heading to a dermatologist take a cotton ball and soak it with a little freshly squeezed lemon juice and rub it all over your face. When applied daily, this will gradually help lighten up the scar.

There are many other uses of lemons. They do not only help in beauty treatments but also have surprising household uses. Lemons are good weed killers and so you can do without the chemical weed killers which can be harmful for you. Lemon also sanitises metal jewellery. The acid in lemon juice works to remove rust. You can dip your silver into lemon soda and it will come out sparkling.

Lemons help naturally restore furniture; mix mayonnaise, olive oil, and lemon juice together. When worked into wood, this mix will add oil to the wood and the lemon juice will work to cut through polish that built up on the furniture. Just see the difference.

By Mehnaj Kabir



SOMERSET Maugham in his novel, *The Moon and Sixpence*, about the tumultuous life of an artist obsessed with his art above all else, draws the perfect analogy. A fictional artist based on the great Paul Gauguin is described as being "so busy yearning for the moon that he never saw the sixpence at his feet."

What is it about the moon that it has always made its way into art, literature and music? Van Gogh's exploding stars contrasted by a whirlpool moon or Ella Fitzgerald's booming voice singing - "Say, it's only a paper moon/Sailing over a cardboard sea" never fails to mesmerise.

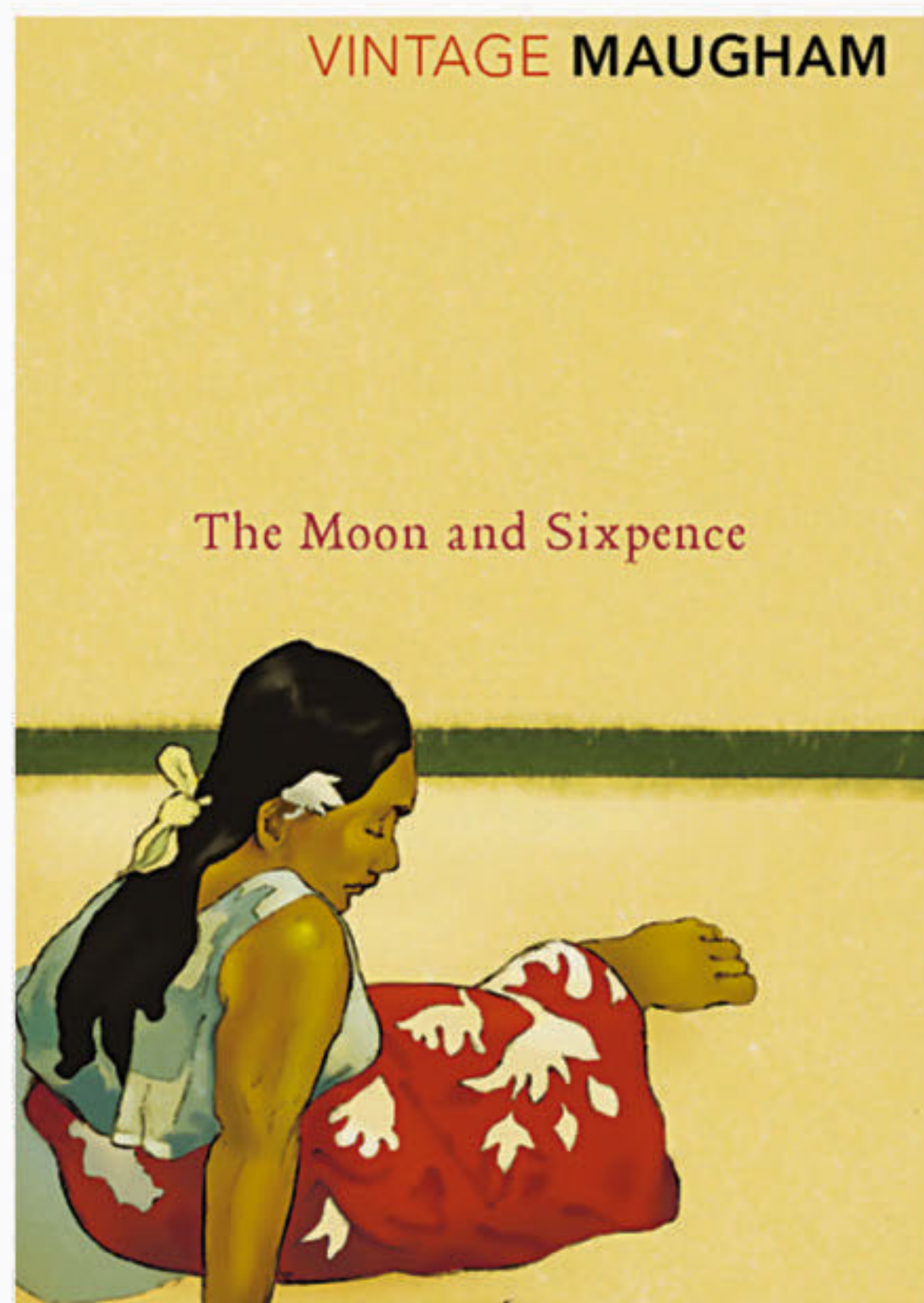
A ragged, yellow rock in the night sky which changes its shape throughout the days and plays a hide and seek game with the clouds; it's no wonder the moon has fuelled the imagination and heightened the senses.

In Hindu mythology the moon is said to have been born when the gods churned the sea of milk - and the beautiful moon was then taken by Shiva as a jewel for his forehead. In the Upanishads the moon is given its rightful place - "Fire became

speech and entered the mouth. Wind became breath and entered the nose. The sun became sight and entered the eyes... The moon became mind and entered the heart".

But the moon figures just as much in legends and beliefs that are still held dearly by its adherents. A popular belief is the association of the moon with madness - so much so that the word 'lunacy' derives from the Latin word 'luna' or moon.

Numerous scientific studies have been



done to find a correlation between mental diseases and the phases of the moon, and although no such evidence has ever been found, the myth lives on. Policemen and nurses in some countries report higher cases of violence during full moons. While all these are probably cases of confirmation biases, legends are tenacious and nights of full moons still inspire panic and inspiration.

While western literature speaks of werewolves that prowl on nights when the full moon peaks from the cover of clouds, our culture too holds these astronomical events with certain significance. Purnima and amabossha are recurring motifs in horror stories and eclipses are caused by demons swallowing the sun.

Then there's the side unseen, compared to the side of humans that they prefer to keep out of sight. The dark side of the

moon has inspired artists all over, and anyone who has heard Pink Floyd magnum opus, *The Dark Side of the Moon*, knows the feeling this image can invoke.

But the moon is not all creepy crawlies - though never any less enigmatic. From barren old ladies to yearning maidens, poets and artists have given this night rock in the sky personalities throughout the ages. Cat Stevens singing of nostalgia - "Cats in the cradle and the silver spoon/The little boy blue and the man of the



moon" to our own folk stories about the old lady with the spinning wheel who knits, the craters of the moon bear striking resemblances to larger than life human beings. And who can forget the childhood favourite - Chand Mama - the moon as an uncle who comes down to bless children and is an augury of good fortune.

City lights might have taken away the splendour of the lunar light, and space exploration has established with scientific accuracy of the craters and dust. But the moon still continues to inspire, a muse from afar, a bringer of maladies and a refuge for the lovelorn. It is still as much a part of us even in this age of electric lights. As Anton Chekov said, "Don't tell me the moon is shining; show me the glint of light on broken glass."

By Moyukh Mahtab

Photo: Collected