

HEALTH FOCUS

"The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance."

— Viktor E. Frankl

OUR ATTITUDE ...



I was sitting in the bird hide at Mankwe Dam in Pilanesberg National Park recently, when a Spoonbill came in for landing. An old croc had been baking in the sun for some time and showed no interest in all the movement around him. I was wondering how the bird would react, but it showed no fear and simply landed next to the old croc, checked out the monster and started wading in the water for food. I put down my camera and while watching the wading Spoonbill, my mind started wandering ... When life's crocs seem to endanger our pathway; when people and situations threaten our *safe landing*; when life seems unfair and we feel victimised, do we protest and lament, or do we respond by choosing to demonstrate the attitude of Christ? The freedom of choice is ours.

It was Viktor Frankl, prisoner in Auswitch Camp during the Second World War, who said: **The last of one's freedoms is to choose one's attitude in any given circumstance.** Sometimes it takes a Spoonbill to teach us this very important lesson in life.

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FROM THE POST BOX

Dr David Birkenstock writes from Somerset West:

Dear Hein,

Thanks for another edition of Health Focus, as a non-medical person I really do appreciate getting this information, especially as it relates to the mission of the church. Too often we think of the Health Ministry as something apart from the Mission of the church. Your Health Focus strengthens our belief in the role of the Health Ministry as an integral part of the Mission of the church. The report of the orphan program, the report on the outreach of the health ministry in various areas of our country is very encouraging. Thanks for the update on Peter Landless and we also wish them well in their appointment. Wishing you every blessing as you continue to remind us of the place and work of the Health Ministry in South Africa. Keep well and God bless, David & Veronica.

Thank you Dr Birkenstock for your interest in the mission of the Church and especially for your continuous support and encouragement.

I also had word from Drs Variato & Marianne Ferreira:

Dear Hein

Thank you so much for the newsletter. It is ALWAYS a blessing to read news from "home".

I treasure our friendship and feel very close to all of you, faithful brothers and sisters and colleagues in ministry.

With brotherly love

Variato and Marianne

We have always treasured your friendship and look forward to your next visit "home."



Mr Hennie van der Ness, CFO of APHHS, writes:

Dear Hein,

Thank you for a very informative Health Focus. The information that you give makes much of the work that APHHS does very clear.

Whilst reading I was impressed with both the work done for the orphans and that of the medical students in Natal. Lyn did a wonderful work and possibly with my busy programme as Union Treasurer and attempting to address the financial crisis at Maluti, I did not appreciate as I should have the great work she did.

Thanks Hennie, we all appreciate the great work you have done as Treasurer over the years, both here and abroad, to render financial assistance to all our institutions. Maybe we haven't appreciated your work as we should have.

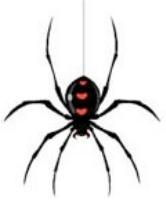
THANK YOU to the following people who sent emails indicating that they enjoy reading Health Focus: Heinrich von Hörsten, Dr Arnold Raubenheimer, Juanita Pretorius & Sarie Engelbrecht. Your support and contributions are appreciated.

GOD'S ACCURACY

God's accuracy may be observed in the hatching of eggs. For example: the eggs of the potato bug hatch in 7 days; those of the canary in 14 days; those of the barnyard hen in 21 days. The eggs of ducks and geese hatch in 28 days; those of the mallard in 35 days. The eggs of the parrot and the ostrich hatch in 42 days. (Notice, they are all divisible by seven, the number of days in a week!)

Fear or phobia?

Do you have an intense fear for animals, heights, blood, injections, planes? Would you rather climb ten flights than to get into a lift? If so, you may be suffering from a phobia.



Getting over phobias isn't easy, as phobias are not rational things. Someone could explain to you fifty times that it is far more dangerous to get into your car than it is to fly to Johannesburg, but that doesn't make your fear of flying go away. Most people have something they really fear: heights, certain insects, closed spaces, open spaces, rats. So what

can you do? If the object of fear is easy to avoid, people with phobias may not feel the need to seek treatment.

When phobias interfere with a person's life, treatment can help. Successful treatment usually involves cognitive behavioural techniques such as desensitisation or exposure therapy, in which patients are gradually exposed to what frightens them until the fear begins to fade. Three-quarters of patients benefit significantly from this type of treatment. Relaxation and breathing exercises also help reduce anxiety symptoms. Sometimes certain medications may be prescribed to help reduce anxiety symptoms before someone faces a phobic situation.



For more information, visit the following website: [Fear or phobia](#)

A friend for life

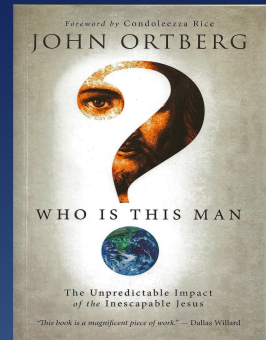
Having good friends actually increases your lifespan, a new study finds. And it's not difficult to see why. Good friends are not only companions, they are also stress relievers.

But good friendships do not happen spontaneously. You have to work at them, as you do with any relationship. They do need to be nurtured. You cannot expect people to be there for you when you need them unless they've been able to rely on you in the past. Pick up the phone, send an SMS, organise a night out, cook dinner for someone. Even if you don't feel like it right now, you will always be pleased afterwards if you took the trouble.

Good friends lengthen your lifespan!

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BOOK REPORT



John Ortberg -

Who is this Man

"John Ortberg in *Who is this Man?* proves beyond a shadow of doubt what James A Francis wrote about over 80 years ago in *One Solitary Life* – all the armies that have ever marched, all the navies that have ever sailed, all the parliaments that have ever sat, all the kings that have ever reigned, put together have not affected the life of mankind on this earth as much as Jesus." - Max Lucado, Pastor and Bestselling Author

On the day after Jesus' death, it looked like whatever small mark he left on the world would rapidly disappear. Instead, his impact on human history is unparalleled.



The health benefits of honey

Honey is one of the world's oldest known medicines. Its strong anti-bacterial healing properties make it a great natural remedy for many common health problems.

RELATED LINKS

[Honey may ease nighttime coughing in kids](#)

[Honey helps heal wounds](#)

[Honey acts as an antibiotic](#)

Honey: Nature's liquid gold

When last have you stopped to think about bees and their precious gift to humankind?

I recently watched *Bee Movie* with my niece and nephew - it tells the wonderful story of how one little bee discovers that humans are stealing their honey; and what happens when the bees go on strike and there is no more pollination or honey.

Honey has been known to us for many centuries. Before the discovery of cane sugar in Asia, honey was the only sweetener available to people in Europe and North Africa, and it was treated like gold. It was deemed so precious in Ancient Egypt, that it was used as a form of currency.

It wasn't long before the wonderful healing properties of honey were discovered. Honey has strong antibacterial properties, is a natural antibiotic, reduces swelling and pain, and promotes healing. Roman soldiers used honey to treat cuts and wounds and the ancient Greeks used it to treat ulcers and sores.

Hippocrates, the father of modern medicine, believed in honey as the great golden healer. "Honey causes heat, cleans sores and ulcers, softens hard ulcers of the lips and heals carbuncles and running sores," he wrote.

One of the best-known health benefits of honey is its ability to soothe sore throats and kill the bacteria that causes the infection. Combine a spoonful of honey with some freshly squeezed lemon juice and drink at regular intervals. If you suffer from a persistent cough at night, taking a teaspoon of honey before bedtime can bring great relief.

Honey is an excellent first aid remedy as it is a natural antiseptic. After cleaning the wound with soap and water, you could apply a layer of honey on a dressing before covering the wound to help keep it clean and free from infection and speed up healing.

There are many more health benefits of honey: from treating hay fever to hangovers, mosquito bites and acne. The list is endless.

The best of all is that honey is the one medicine and food that never expires. The sugar content is so high, that it kills almost all bacteria; and the moisture content is too low to allow fungus to grow. Archaeologists found 2 000-year-old jars of honey in Egyptian tombs that still tasted delicious!

Next time you find that your honey has crystallised, remember that it definitely has not gone off. Simply return it to its liquid form by heating it slowly in a bowl filled with warm water; or by popping it into the microwave for a few seconds. Here's to a sweet, healthy life with honey.

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ENGLISH - THE OFFICIAL LANGUAGE?

The European Commission has just announced an agreement whereby English will be the official language of the European Union rather than German, which was the other possibility. As part of the negotiations, the British Government conceded that English spelling had some room for improvement and has accepted a 5- year phase-in plan that would become known as "Euro-English".

In the first year, "s" will replace the soft "c". Certainly, this will make the sivil servants jump with joy. The hard "c" will be dropped in favour of "k". This should klear up konfusion, and keyboards kan have one less letter.

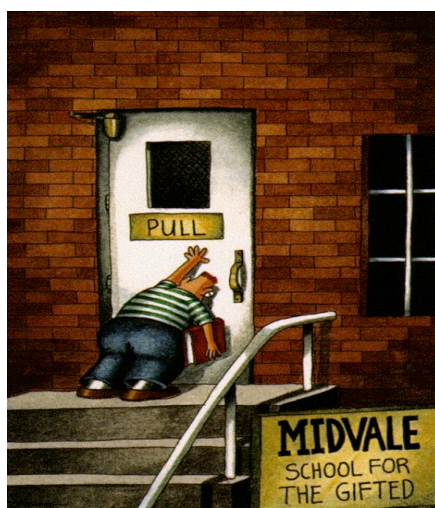
There will be growing publik enthusiasm in the sekond year when the troublesome "ph" will be replaced with "f". This will make words like fotograf 20% shorter.

In the 3rd year, publik akseptanse of the new spelling kan be ekspekted to reach the stage where more komplikated changes are possible. Governments will enkourage the removal of double letters which have always ben a deterrent to akurate speling. Also, al wil agre that the horibl mes of the silent "e" in the languag is disgrasful and it should go away.

By the 4th yer people wil be reseptiv to steps such as replasing "th" with "z" and "w" with "v".

During ze fifz yer, ze unesesary "o" kan be dropd from vords kontaining "ou" and after ziz fifz yer, ve vil hav a reil sensi bl riten styl. Zer vil be no mor trubl or difikultis and evrivun vil find it ezi TU understand ech oza. Ze drem of a united urop vil finali kum tru. Und efter ze fifz yer, ve vil al be speking German like zey vunted in ze forst plas.

Very Smart People Who Have Done Very Dumb Things



- W.B. Yeats was denied a post at Trinity College in Dublin for spelling "professor" wrong on the application.
- Ben Franklin nearly killed himself giving an electric shock to a turkey.
- Charles Darwin ate an owl.
- Isaac Newton served in Parliament for a full year and only spoke one sentence.
- Einstein forgot his own address.
- Virginia Woolf accidentally baked her wedding ring into a pudding.
- Thomas Edison electrocuted an elephant.
- Shakespeare couldn't decide how to spell his own name.

WOMEN'S HISTORY MONTH



Someone once said: "Men and women are wired differently and we women may never understand what men go through." Maybe the illustration at the top suggests that men are not that complicated after all ...

Women's History Month is an annual declared month worldwide that highlights the contributions of women to events in history and contemporary society. It is celebrated during the month of August in South Africa as a tribute to the thousands of women who marched to the Union Buildings on 9 August 1956 in protest against the extension of Pass Laws to women.

Maybe *Women's Month* is a good time to reflect again on what the Word says about a virtuous woman. Proverbs 31 is a *hymn to a good wife*.

- *A good woman is hard to find, and worth far more than diamonds*
- *When she speaks she has something worthwhile to say and she always says it kindly*
- *She's quick to assist anyone in need, reaches out to help the poor*
- *Her children respect and bless her; her husband joins in with words of praise*
- *Charm can mislead and beauty soon fades. The woman to be admired and praised is the woman who lives in the Fear-of-God. Give her everything she deserves! Festoon her life with praises! (The Message)*

"A man's got to do what a man's got to do. A woman must do what he can't." - Rhonda Hansome

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