

Power of Thought: Hitting Unseen Target

Yogi Raman was a true master of the art of archery. One morning, he invited his favorite disciple to watch a display of his skill. The disciple had seen this more than a hundred times before, but he nevertheless obeyed his teacher. They went into the wood beside the monastery and when they reached a magnificent oak tree, Raman took a flower, which he had tucked in his collar and placed it on one of the branches. He then opened his bag and took out three objects: his splendid bow made of precious wood, an arrow and a white handkerchief embroidered with lilacs. The yogi positioned himself one hundred paces from the spot where he had placed the flower. Facing his target, he asked his disciple to blindfold him with the embroidered handkerchief.

The disciple did as his teacher requested. "How often have you seen me practice the noble and ancient sport of archery?" Raman asked him. "Every day," replied

his disciple. "And you have always managed to hit the rose from three hundred paces away." With his eyes covered by the handkerchief, Yogi Raman placed his feet firmly on the ground, drew back the bowstring with all his might – aiming at the rose placed on one of the branches of the oak tree – and then released the arrow.

The arrow whistled through the air, but it did not even hit the tree, missing the target by an embarrassingly wide margin. "Did I hit it?" said Raman, removing the handkerchief from his eyes. "No, you missed completely," replied the disciple. "I thought you were going to demonstrate to me the power of thought and your ability to perform magic."

"I have just taught you the most important lesson about the power of thought," replied Raman. "When you want something, concentrate only on that: no one will ever hit a target they cannot see."



Worldwide Surge in Cardiovascular Deaths Due to Particulate Matter Air Pollution

Research published in the *Journal of the American Heart Association* showed that particle matter air pollution (PM) is having a greater worldwide influence on death and disability.

PM pollution is made up of tiny particles floating in the air. The researchers examined PM pollution as a risk factor for mortality and disability by using information from 204 nations gathered between 1990 and 2019.

Data revealed that PM air pollution causes a 31% rise in premature deaths and years of cardiovascular impairment globally. The surge in fatalities overall was unequally distributed, with men seeing a 43% increase and women experiencing a 28.2% increase.

During the study period between 1990 and 2019, there was a 36.7% decline in age-standardized premature mortality linked to PM pollution, which means fewer individuals passed away from CVD but lived longer with disabilities. While regions with poorer socioeconomic circumstances lost more lives and saw fewer years of impairment, those with higher socioeconomic conditions experienced the lowest number of years lost to CVD related to PM pollution.

Men and women saw different changes in the CV effects of ambient PM pollution in the same study period, with increased disability and mortality from this pollution being larger in men than in women.

The study results can assist decision-makers in examining hundreds of illnesses, their risk factors, and their effects on mortality and disability throughout the globe.

(Source: <https://www.news-medical.net/news/20230809/Particulate-matter-air-pollution-linked-to-increased-cardiovascular-disease-death-and-disability-worldwide.aspx>)