

It also has antibacterial
tablespoons of turmeric
of boiled water. Soak a
the mixture and use it as a
the affected eye.

ASK THE DR

Why are mad men healthy?



I have noticed that mentally ill
people are strong, and do not fall sick
anyhow. Why? Mimo

Dear Mimo,

It is expected that many mentally ill people on the streets live a risky life because of coldness, not eating a balanced diet, eating contaminated food and water apart from accidents and therefore should be getting sick more often than those who are not mentally ill. What surprises many people is that these individuals apart from not looking well kempt, seem healthy.

It is wrongly thought that mentally ill people enjoy a balanced diet in dustbins where various types of foods are thrown. Weight gain is one of the side effects of many drugs for mental illness because they increase appetite. It is also said that germs in the bins create some kind of immunisation process, preventing infections.

Whereas this is theoretically possible, it is true that immunisation should have properly compounded and weakened germs. It is likely that these "uncompounded" germs take their toll, contributing to mentally ill people dying earlier than the general population. (It is difficult to meet an old mentally ill person though their early demise may be as a result of other reasons, save from germs).

It is true the mentally ill people on the streets do not have anybody to tend to them and take them to hospital when they are sick and therefore it may be difficult for anyone to monitor their hospital attendance or know that they have died. Many people you call mentally ill may actually be mere drug addicts.