



Not all illnesses make a scar after injury—common cold, flu, malaria, sore-eyes are some examples. But some illnesses cause a scar inside the body. TB is one example. It leaves a scar in the lungs after cure.

Some illnesses have a cause in the mind—mental illnesses.

Healing is a natural process. Good nutrition and immunity help healing. Healing leads to cure. And most illnesses heal. But some can get worse as they have no cures. Can you name some diseases with no cure.

Germs, worms, insects-illnesses and immunity

Most of the common illnesses are due to germs, small insects and worms. We can often see worms in the excreta. The small insects like louse are visible. The scabies insect is even smaller. Germs are too small to see with eyes. For this we need a microscope. Have you seen a microscope.

Examples of germ illnesses are: Malaria, chickenpox TB, measles, leprosy, many types of diarrheas and dysentery. The gravity and period of illness vary with the germ-type and our resistance to that germ.

Immunity is the resistance of our body to fight germs. Immunity develops as body gets experience of

fighting germs. Immunity helps us recover from a germ-illness. Immunity may be natural like in leprosy. Remember only some people get leprosy illness, many escape it.

Mother's breast milk gives some immunity for the baby. The first few days' thick milk is a priceless shield for the baby. Sadly, many infants do not get it because wrong beliefs and practices.