

DIFFERENT FACETS OF THE PHILOSOPHER'S STONE: A HUMAN IN SEARCH OF HARMONY AND HAPPY LIFE.

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Happiness is the natural desire of every person. The way we understand happiness embodies our idea of our harmony with the world, other people and ourselves as well.

During all of its history, philosophy has been trying to find an answer to the question of what happiness is. Alchemists, trying to find the formula of happy life, use to call it “philosophical stone”.

Literally, the philosopher's stone is a substance which was expected to turn various substances into gold. As a metaphor, this concept can be understood as the philosophical consciousness which transforms human life experience into values and meanings.

Our “philosophical stone” shows just some of the various facets of happiness.

Our aim is to educate young people in the medical and pharmaceutical field on the importance of happiness and to help reduce the number of depressed and unenthusiastic students looking to pursue a stable career in future. And, what is not less important, to respect the other's right for being happy.

Happiness is a combination of how satisfied you are with your life and how good you feel on a day-to-day basis. Both of these are relatively stable that is, our life changes, and our mood fluctuates, but our general happiness is more genetically determined than anything else. You have the ability to control how you feel and with consistent practice, you can form lifelong habits for a more satisfying and fulfilling life.

We can use the experience of the great thinkers who showed the way to happiness. For Epicurus, the solution to happiness was to avoid thoughts and deeds which lead you to discomfort and sufferings. And to create a special community where you interact with those like-minded pursuers of wisdom. For German philosopher Immanuel Kant, it's committing yourself to a life of rationality and morality in which you perform worthy deeds out of a rational sense of duty. For the Austrian psychologist Viktor Frankl, the way to happiness is in finding the connection between the person's spirit and health. By focusing on the humanistic spiritual values people find the way to happiness.

Upon our findings and interactions with most students, we found out that most students are not happy, so they find it really difficult to have the motivation in their study due to lack of interest and passion for a certain class or lecture. So to help them we propose 10 simple steps in which they can follow to find a reason to do what they have to do to achieve a better future. These steps are the summary out of philosophical and life “recipes”:

First, be with others who make you smile. *We are happiest when we are around those who are really happy.*

Second, hold on to your values. *What you find true, what you know is fair, and what you believe in are all values.*

Third, accept the good. *Look at your life and take stock of what's working, and don't push away something just because it isn't perfect.*

Fourth, Imagine the best. *Don't be afraid to look at what you really want.*

Fifth, do things you love. *As long as you do, you will find greater happiness.*

Sixth, find the purpose in everything you do. *Those who believe they are contributing to the well-being of humanity tend to feel better about their lives.*

Seventh, listen to your heart. *You are the only one who knows what fills you up.*

Eight, push yourself, not others. *Stop blaming the world, and you'll find your answers much sooner.*

Ninth, be sincerely open to change. *Plan your life projects and change will come.*

And Finally, bask in the simple pleasures. *They are the ties that bind and the gifts that keep on giving.*

The inner feeling of happiness must be supported by outer factors. As social beings we need freedom, respect and equality in our right to be happy.

What prevents people to be absolutely happy nowadays? Often, it is injustice of the modern society and our shame for the past.

As A. Lincoln said, those who deny freedom to others, deserve it not to themselves. Racial discrimination dates back some centuries ago in many cultures, societies and political systems. People have been denied and treated inferiorly because of their skin color or origin. In extreme cases victims subjected to severe verbal or physical abuse, humiliation, and interrogation based on their conceived race, national origin, religion, or ethnicity.

The one of the example of this is a slave trade. Human slave trade spells out the procuring, transportation or selling of individuals against their will among various superior stakeholders. This is the gravest crime against humanity and human right to live and be happy. The reasons for this were: antihuman ideology, greed, political and economic dominance.

The problem of racial segregation did not disappear with time. Our global world which is considered to be the world without borders and limitations only aggravated the problem.

With modern day migration, significant number of people of different race and ethnicities live in places on the globe other than their native origins. This has contributed to the richness in diversity of cultures, ethnicities and races in developed countries as well as numerous cases of human segregation, discrimination, hate crimes, human right abuses and violations. So the new question is dual. On the one hand, how to learn the lessons of the past and to educate people to be respectful and attentive to differences. On the other hand, how to integrate the new society without losing your own roots and cultural identity.

The solution of this problem we see in getting the human rights oriented education, providing awareness programs (e.g No To Racism), amendment of race-targeted laws (e.g Apartheid), punishment where appropriate.

Racial segregation in history, notably the slave trade played a significant role in the present-day racism and race-related injustices in our society. The recognition responsibility by modern people for the past can solve the problem in the future.

In conclusion, happiness includes all the things to be done for the sake of the feelings associated with them. Injustice and not being free, false beliefs and ignorance, disrespect of others and yourself, attachment to unnecessary material desires and ignoring real human values produce unhappiness.

Freedom, equality, respect, dignity, feeling of solidarity, safety of your personal and cultural identity and good education are the values necessary to human who wants to be happy in the modern world. Keeping this mind we should never forget the lessons of the past, realize who we are in the present and care about our future.

The real state of happiness can be achieved through philosophical contemplation rather than through pursuit of tactless physical pleasures lastly happiness is not a private affair: it can be more readily achieved in a happy society where like-minded individuals band together to help inspire one another's pursuit of happiness.

VITAMIN C AS A REMEDY FOR ARVI.

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Introduction. Questions about the role of vitamin C (ascorbic acid) in cold related diseases remain actual for many years, but despite this drug is in great demand as a preventive and therapeutic agent.

Aim. Review study of data on the role of Vitamin C in cold related diseases.

Materials and methods. Ascorbic acid, meta-analysis.

Results and discussion. Vitamin C has become a popular preparation of preventing and treating colds since the 70s of the XX century. It was at that time the research of the Nobel laureate, Dr. Linus