

It is in human nature to feel pleasure on a happy occasion or on receiving a good piece of news, and distressed when faced with calamity, disaster or loss of a dear one. The greater the degree of pleasure or distress the longer and lasting its effect and accordingly one is obliged to smile or weep.

A greatly distressed human heart causes the formation of vapours in the body rising up to the brain and eventually turning into tears which flow out through the eyes. This shedding of tears provide great relief from the shock of a calamity which otherwise could result into a mental disorder and even heart failure.

A child when just born is expected to cry to show sign of life. If the child does not cry, life is suspected to be in danger. Every normal baby cries just after birth but cannot shed tears. Not until the child is four or five months old do tears flow, because it is only then that the tear-glands are developed. It is just the contrary with snake's eyes which are always filled with tears but they cannot cry because they have no eye-lids. In place of them a transparent skin protects the eye.

Modern medical science has proved that the impact of distress on human mind is such as to cause blood clot in brain and but for the nature of shed tears through human eyes, it can cause ^{fatal} haemorrhage resulting into heart failure.

Scientists have also discovered that tears are one of the strongest means of protection against infection and many of the secretions of the human body have antiseptic qualities due to containing a chemical called 'lysozyme' contained in large quantities in tears. It is said that a tea-spoonful of tears is capable of destroying germs in over a hundred gallon of water. A woman's tears are one of the strongest natural anti-septics. If a girl's tears are diluted 5000 times they will still kill of scores of different kinds of microbes.

Eyes are but delicate parts of human body hence the creation of tears to safeguard against any external harm. In fact moisture from the tear ducts is continuously running down our eyeballs to flush them and prevent them being dry. When we blink, we are simply dispersing this film of water evenly over the eyeball.

Scientists also maintain that those who never shed tears in life are not normal human-beings. Their not crying at all particularly on sad moments is a sign of mental defect. The inability to cry may cause serious illness and ulcers and asthma are the complaints commonly found among people who never cry. Shakspeare said 'To weep is to make less the depth of grief' to which medical men and psychiatrists agree.

Treatment of various diseases by application of human tears is to be found in the olden Greek medical books. It was customary in ancient times of Egyptian women to accumulate tears in bottles. Tears was considered holy and bottles of tears were buried along with the dead in graves. That the Nile floods every year consisted of the tears of the goddess Isis, was the belief of the ancient Egyptians. She was supposed to be mourning the loss of her brother and husband, Osiris.

The woman who never cries is not normal and according to psychiatrists such women are suffering from neurosis and want to have everything done for them. To prove devotion while husbands were absent at the wars, 16th century women kept the tears they shed in flasks, highly decorated and encrusted with jewels. Some times wives had a whole row of filled bottles to show returning husbands.

Psychologists believe that the exposition of ones sincerity and true feelings of heart is done through tears of eyes. It is experienced that after shedding tears, the purity of heart increases and a spiritual development therefrom encourages quick acceptance of good teachings and an appeal is felt for abstaining from evils and sins.

It is said that 110 nerves on human face work when one weeps whereas only ten nerves operate when one laughs.

Considering the natural benefits and the deep philosophy in shedding tears it is no wonder therefore that Islam has commended weeping particularly in fear of God and remembrance of the martyrs who had sacrificed their every thing to uphold the noble ideals of Islam.

The holy Quran in its several scientific teachings for the perfection of human mind and body has enhanced the value of tears by saying:

" They shall laugh little and weep much" (Sura Al-Baraat- verse 82)