

Metropolitan

Dhaka Day by Day

Sing Thee to Thy Sleep

by Fayza Haq

Sleep is an integral part of our psyche and normal existence. In literature and religious stories sleep plays an unparalleled role. It was in her sleep that Titania fell in love with Bottom with his ass's head. Romeo and Juliet failed to sleep through the night and confused the skylark for the nightingale.

Anguish ridden sleepless Lady Macbeth paced up and down crying "Out damned spot". DeLilah stole Samson's lock of strength in his sleep, and Hamlet's uncle poisoned the king in his sleep in the orchard. "Aaja ninny aaja" is the most common nursery song since the pre-Mutiny times in the Subcontinent.

While some nine-to-five workers and young school children never get enough sleep, as a result of which they skip their aerobics or plaiting their hair or even breakfast, others — not necessarily the old — find sleep a major problem. They must count sheep, or read pages of novels, repeat "surahs", watch video, or even take sedatives or nips of whisky, to catch up with the essential part of life.

Modern, metropolitan, mechanised life is such that the natural is not necessarily no longer the normal. The fishermen in the villages may have no problem going to bed with the birds, and waking up early for their task, but sleep forms an important essential part of life, which does not ensue from the spontaneous yawn and a slump on to the cot. Incurable problems often nag the city dweller such as how to forget the child that died of a nasty accident, or how to obliterate from the mind the experience of a traumatic divorce, or even an impending tricky lawsuit. Students too become chronic worriers over their grades. They waver between the world of tension and sleeplessness.

Abdul Hamid Quazi, born in West Bengal but educated at Dhaka initially, was here recently delivering lectures at a local hotel on the subject of sleep and relaxation. This was the Jose Silva method of how to control your sleep and efficiency in the waking hours.

"Life" magazine has this to say about the method: "Even the doubters among us really feel a mounting in the sense of well being." "Mademoiselle" comments, "How do I use it? Let me count the ways ... to go to sleep ... wake

up without a clock, without pills, Anytime. On time. To relax, calm down, COPE. To memorise, remember." Similarly "The Day" reports, "The amazing almost scary thing is, it works. Students are trained to be functioning psychics."

The pitfall of the lectures of the Silva method in Dhaka maybe the fees which is Tk 5000 for four days' lessons. Yet calculating the saving in medicine bills for sedatives and sleeping pills, and the not so inexpensive visits to the "peer sahab", and also taking into account the effect on the health of the individual, perhaps the money factor is not quite so overwhelming or so questionable.

The method of controlling the mind through psychorientology was developed by Jose Silva in a self-taught Mexican American. He began the research in this field in 44 and formulated the method in 66 in Texas, USA.

Psychorientology, as founded by Jose Silva, is a study of orienting and learning to function in this dimension. "Mind control is a way of using more of our brain, a way of consciously learning how to use the subconscious," it is explained.

Mr. Quazi said at the lecture that Beta waves occur during wakefulness when the brain is fully perceiving through the five senses. The next frequency of the brain was branded as the state in which the brain was processing visual information. Alpha was considered a state of relaxation and even conducive to creativity.

This was a nouveau method of using the conscious and subconscious levels of the mind. The method is said to help you function better, relax and even dispel "bad habits".

The lectures certainly undermined the basic knowledge of science particularly medicine. It ignored religious teachings but did not go in for hypnosis or claimed not to. It was not as simple as yoga meditation. To know the intricacies of the sleep inducing system one would have to possess considerable purchasing power. As in Dhaka we do not earn in dollars nor in pounds, Tk 5000 is not a mean amount to part with even to learn esoteric and eternal secrets of the vital passage to sink "lethwards".

Shibir leader stabbed to death

CHITTAGONG, Mar 12: Firoz Mahmud (22) a final year student of Chittagong University and leader of Bangladesh Islami Chhatra Shibir, succumbed to stab injuries at Chittagong Medical College Hospital here last night, police said today, reports BSS.

A Kotwali police patrol party found the victim screaming with stab injuries near the Railway Wajhiullah Institute. He was rushed to the hospital, but he died there within a few minutes.

According to an FIR lodged with Kotwali police in this connection by a fellow student, the victim along with two of his mates, was kidnapped in a microbus from near Gulzar Cinema at Chowkbazar at 11:30 pm.

SAARC FMs likely to meet in Male in May

SAARC Foreign Ministers are likely to meet in the Maldives capital Male during the third week of May, diplomatic sources said Tuesday, reports UNB.

They will review implementation of the decisions of the 5th summit of the 7-nation forum during the two-day meet and discuss agenda for the next summit, the sources added.

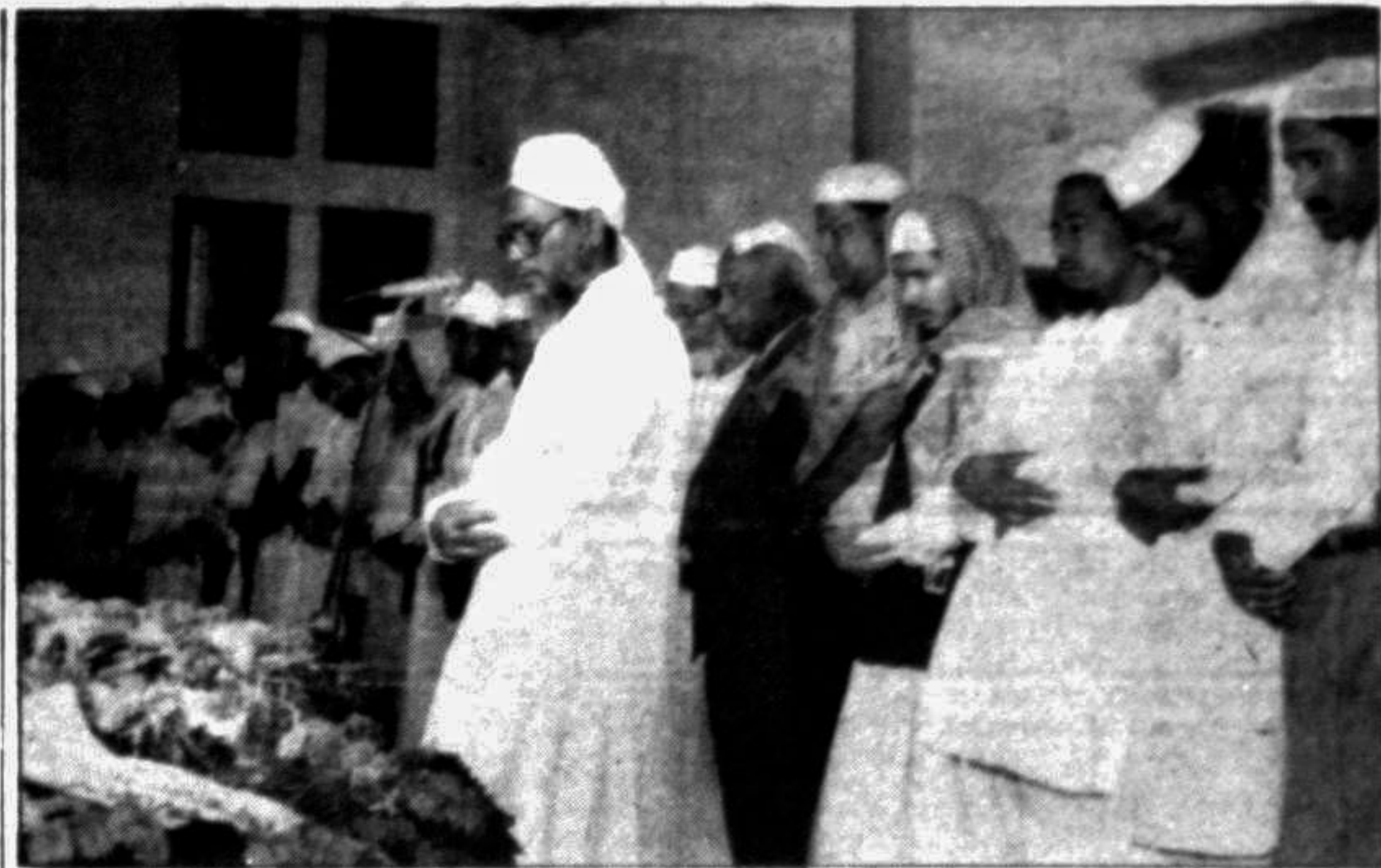
Canadian Foreign Ministry official in city

A senior Canadian official arrived in the city Tuesday on a 4-day visit to discuss with officials here matters of mutual interests, particularly economic affairs, reports UNB.

John J. Scott, Director of the Asia-Pacific South Relation of the Department of External Affairs and Trade, is expected to have talks with Foreign Secretary Abul Ahsan, Foreign Office sources said.

Nehru Varsity South Asian debate champion

By Staff Correspondent
Jawaharlal Nehru University of New Delhi became champion in the first South Asian debating arranged by the Dhaka University Theosophical Society, says a press release. Sri Lanka became runners



Janaza of Principal Abul Kashem was held at Baitul Mokarram Mosque on Tuesday. — Star photo

Glowing tributes to Language Movement hero Abul Kashem undying

Various socio-political organisations and personalities on Tuesday continued to condole the deaths of Principal Abul Kashem a language movement hero and eminent litterateur and Syed Abdus Sultan a litterateur and politician, reports BSS.

Condolence meetings were organised by various organisations where discussions on their contribution to enrich Bengali language and education were held.

Nazrul Institute held a condolence meeting at its premises with Dr. Maniruzzaman in the chair.

Secretary General of National Democratic Party and MP-elect Salahuddin Kader Chowdhury expressed his profound grief at the death principal Abul Kashem and Syed Abdus Sultan.

In separate statements Education Secretary of Chattogram Samity in Dhaka Syed Abdul Mabud and President of Betikram Sahityya Parishad Mohammad Sazzad Hossain condole the deaths

Islamic Biplabi Parishad Bangladesh Islami Biplabi Parishad has condole the

death of eminent litterateur Principal Abul Kashem. In a separate message on Tuesday Sheikh Md. Obaedullah Bin Sayeed, Chairman of the Council urged the government to rename the Bangla College after Principal Abul Kashem being the founder of the college.

The Acting Amir of Jamaat-e-Islami, Bangladesh Mr. Abbas Ali Khan, Monday night expressed his condolence at the death of Principal Abul Kashem, a pioneer of the Language movement.

In a condolence message he said "we have lost two of the worthy sons of the soil in a very brief span of time."

Dr. Ashraf Siddiqi

Renowned litterateur and Chairman of the Broad of Directors of Bangladesh Sangbad Sangstha Dr. Ashraf Siddiqi Tuesday expressed his profound grief at the death of eminent litterateurs and politicians Principal Abul Kashem and Syed Abdus Sultan.

In a condolence message, Dr. Siddiqi lauded the contribution of Principal Abul Kashem and Syed Abdus Sultan in the field of Bangla literature. He said Principal Kashem was the guiding spirit in the Historic Language Movement and torch bearer of education.

PROGRAMME

Freedom Party meet
The Freedom Party has arranged a joint meeting today at 10 a.m. at Party's central office at 48 Dhanmondi Residential Area Road No. 15/A.
Party's Chairman Col(Rtd) Syed Faruk Rahman will address the first session of the meeting, says a Press release.

Rotary Club meet
The regular weekly meeting of Rotary Club of Dhaka North West will be held today (Wednesday) at 5-30 pm at Sonargon Hotel, Dhaka. Rtn. P P M Mosharraf Hossain, Managing Director, Rappot Bangladesh Ltd. will give a talk on "Human Resources Development" as guest speaker, says a press release.

Rajbari Zila Samity
Rajbari Zila Samity and Pangscha Upazila Samity will jointly accord a farewell reception to Rajbari Zila Samity President Mohammad Abu Hena at 4-30 p.m. today (Wednesday) at ICMA auditorium, Nilkhet, Dhaka. Mr. Abu Hena has been appointed Bangladesh Ambassador to Japan and is leaving for Tokyo soon.

Debidwar Samity
Debidwar Upazila Kalyan Samity in Dhaka will arrange a function at Debidwar on March 15 at 10 a.m. to distribute scholarships among 160 students reading in schools, colleges and madrassas of the upazila, says a press release.
President of the samity and former Minister A.B.M. Golam Mostofa will attend the function as the chief guest.

Seminar at BUET
A seminar on "Geomorphic analysis of the Brahmaputra river: Implication for stabilization of the right bank" will be held tomorrow at 9-15 am at the seminar room of Bangladesh University of Engineering and Technology (BUET) here, reports BSS.
Prof. Colin R. Thorne of Nottingham University, U.K. and Prof. Donald M. McDowell of Manchester University, U.K. will speak at the seminar.

A month-long advanced course on "Bank Management", conducted by Bangladesh Institute of Bank Management (BIBIM), concluded in the city Monday, reports UNB.

Census begins

The third population census in the country began on Tuesday with the enumerator recording the family members of the Acting President Shahabuddin Ahmed.

Nearly three lakh people, including 2.15 lakh enumerators and 45 thousand supervisors, have been employed for counting the total population in four days ending on Friday. The population census being held under Presidential Order No 70 (revised) of 1972, makes it mandatory for all cit-

izens to furnish correct data during enumeration.

Enlisting of floating population at hotels, hospitals, jails, railway, bus and launch, terminals, places of worship; and also in slums was completed Monday night, designated as "census night".

Preparations for the current census, which is thirteenth in series, began in 1987 and is estimated to cost about Taka 38 crore for all works including publication of final reports

ADAB to help 1990 movement martyrs

By Staff Correspondent
Association of Development Agencies in Bangladesh (ADAB) in a Press release on Tuesday urged the families of the martyrs of the mass ursege '90 to contact its office at 1/3, Lal-matia, Block-F, to avail the help given by ADAB for them.
It said ADAB has already listed 19 families its programme help the martyrs' families. It hopes to implement the programme in two phases. In the first phase, the families will be given monthly allowance. The second phase includes employment of at least a

Open market sale of rice geared up

The government has geared up the open market sale (OMS) of rice to combat the artificial price-hike of rice in some areas of the country, reports UNB.
This measure would help stabilise the market price of rice, says PID handout.

TV seeks viewers' opinion

By Staff Correspondent
The Bangladesh Television has sought views of its viewers on different programmes now being telecast. The viewers have been asked to send their comments to the Director, Programmes by March 20.
A number of televiewers told the Daily Star on Tuesday they are missing television programme column in the print media. "It is easier for millions of its viewers to be aware of different programmes if such programmes are announced well in advance", they opined.
But when contacted, a number of newspapers complained they are not getting the usual programme sheets any more. The Daily Star is publishing in under special arrangement.
"It's simply impossible for us to sit before the sets to wait for the time the TV announces its programme", the viewers said.

TV Programme Wednesday

5-00	Opening and recitation from Al Quran
5-20	News in Bengali
5-30	Population programme
5-55	Sports programme
6-20	Anu Paramanu : Science programme
7-05	Hizal Tamal : Programme based on folk songs
7-20	Dance programme
8-00	News in Bengali
8-30	Parikrama : Programme on current affairs
9-00	Film : MacGyver
10-00	News in English
10-30	Muktadhara
11-30	Khabar / The news
11-45	Closing

Special radio transmission during Ramzan

Radio Bangladesh will broadcast a special Shari transmission at 3-45 am everyday during the holy month of Ramzan, reports UNB.
The transmission will be continued till the Azan for Fazar prayer.
All station of Radio Bangladesh will simultaneously relay the programme, according to an official handout today.
It will also broadcast "Hifzul Quran" at 5-50 pm everyday to be continued till Iftar.
Hamd, Naat and excerpts from the Hadith will be broadcast after the Azan of Magreb prayer.

Weather

Light rain/showers accompanied by temporary gusty/squally wind likely to occur at one or two places over Dhaka division and the regions of Rajshahi, Pabna, Bogra, Rangpur, Kushtia, Jessore, Comilla and Sylhet. Weather likely to remain mainly dry elsewhere over the country. Day temperature is likely to rise by 1 to 2 degree Celsius over the country.
The highest temperature of 36.6 degree Celsius was reported from Rajshahi and the lowest temperature of 19.3 degree from Rangpur.
The sun sets today (Wednesday) at 6:07 pm and rises on Thursday at 6:10 am.
Outlook for subsequent two days: Little change.
Extended outlook for another five days : No marked change.
Temperature and humidity of some cities recorded on Tuesday:

City/Town	Temperature in Celsius		Humidity (%)	
	Max	Min	9 am	6 pm
Dhaka	33.0	23.2	82	62
Chittagong	31.4	22.4	82	73
Cox's Bazar	31.0	22.0	80	77
Rajshahi	36.6	20.0	67	39
Khulna	33.8	22.2	87	71
Sylhet	31.3	20.5	79	65
Comilla	32.2	21.6	95	74
Srimangal	32.2	20.7	78	59
Rangpur	33.7	19.3	77	30
Bogra	35.0	21.4	82	49
Ishwardi	36.1	21.7	71	30

Maximum temperature of some international cities on Tuesday:

City	Temp	Unit
Beijing	07	degree Celsius
Colombo	31	"
Delhi	32	"
Hong Kong	22	"
Calcutta	34	"
Karachi	31	"

CROSSWORD PUZZLER

ACROSS

- Church part
- Sums up
- Drag
- Metal
- Secluded valley
- Maria
- Myself
- Fall in drops
- Sweet potato
- Note of scale
- The sweetsop
- Sour
- Orangutans
- Supercilious person
- Indian weight
- Fruit of the oak
- Colorless
- Mother
- Draw tight
- Worn away
- Agave plant
- Winter white
- It on

DOWN

- Goal
- Forecast
- Therefore
- Terminate

Answer to Previous Puzzle

VIM NIPS SEW
 MANE ETON ERA
 UP NOW TOWERS
 SIL FEW BED
 EDIT LOG TELL
 HE PAD BAD DOE
 HE BABBLES BE
 OWN MIL WAG
 WEEK DEN DEFT
 AES SON TOE
 RETAIL TEA US
 ALE TONE TILT
 MAR STUD EOS

5 Mine entrances
 6 Rely
 7 Lamour ID
 8 Tricky
 9 Lorenzo —
 10 T-W linkup
 11 Evigan ID

17 Sun god
 19 Near
 21 Aroma
 23 Painful
 25 Recalled to mind
 26 Barbers
 27 Squanders
 28 Periods of time
 30 Sharp projection
 33 Single-edged knife
 35 Remark
 40 Arrow
 43 Become less good
 46 Lowest point
 48 Loop
 51 Proceed
 53 Yes, to Juan
 56 Spigot
 58 Exp. rm.
 60 Female sheep
 61 French article
 62 Babylonian deity
 64 "Magnum."
 66 Negative