

Dhaka Day by Day

Right Diet to Combat Maladies

by Rahat Fahmida

'Cancer has no answer', is today a horrendously familiar saying. And the initial remedy for heart diseases or high blood pressure in our country is to put a check on the calorie and fat intake — without any change in the food habits.

Macrobiotic dietary system is somewhat an unknown phenomenon to most of us. It is, however, on its way to reach many of us in this country, as sadly enough, there are a number of serious illnesses that are at present quite common in this country.

Ms Aporn Samad, a Thai statistician, married to a Bangladeshi, is in the vast research world of this dietary system and way of life. In short, macrobiotic diet comprises of whole cereals, grains, soup, vegetables and sea food.

This diet advises, that each meal of the daily diet should be divided into 50-60 per cent of whole grain cereal; that is, brown rice, barley, millet, corn, rye and similar grains. But partially processed products and flour products should be avoided.

The ratio of soup is to be around 5 per cent, and the intake of vegetables is advised to be 20-30 per cent. This should also include 5-10 per cent of beans and vegetables. And it allows only occasional supplementary food which should not be more than 5 per cent of the meal. Along with various other advice of macrobiotic dietary system milk and dairy products are strictly forbidden, while eggs and animal fat should better be avoided. The system is not concerned with food habits alone; but gives a range of suggestions for better and healthier living, including physical exercises and yoga.

This dietary system is essential in the prevention of illness and in promoting a greater appreciation of mental, physical and biological benefits to be gained through changing to a macrobiotic diet. It is in a way a natural approach to the cure and prevention of cancer, heart diseases, high blood pressure, arthritis and many other maladies.

Ms Samad now lives in Thailand, as her husband, Dr Abdus Samad is the chief of general demography section (population division) of ESCAP, based in Bangkok. She learnt about macrobiotics in 1987, during the illness of her former boss. At the time of his initial treatment the director of Kushi Institute in Switzerland organised a course on macrobiotics in Bangkok.

Kushi Institute is a chain institute named

after Mr Michio Kushi, who is the founder of Kushi Institute in Boston, USA. This institute mainly deals with the study and research of macrobiotic diet.

'In order to learn more, I went to attend an international summer seminar on macrobiotics, in Lenc, a small city in Switzerland. From then onwards I follow this diet — not only for myself, but importantly and religiously enough for my husband, who has had cancer since mid-1986', says Ms Samad.

This Thai born statistician, is an active member of Thai Macrobiotic Group (TMG), of which she is one of the ten founding members. The TMG programme includes lectures by local and foreign experts, cooking demonstrations and class, and other activities related to health.

She has put in endless efforts for days together, studying and understanding the main needs of this system, identifying the problems of the people of this part of the world and

drawing up a logical solution. Her calm and composed appearance helps others, including those who are ill, to be confident.

Ms Aporn Samad says with an essence of satisfaction, 'The patients come back to us with reports of recovery. And without going very far, my husband is a very good proof.'

Mrs. Samad is now in Dhaka, and is on her way for a Bangladesh Macrobiotic Group, with nearly the same programme as that of TMG. 'This diet is suitable for everyone. It is not only a way of treatment but a preventive, too. The traditional diet of this country is close to macrobiotic. It needs less spice, less oil, and less time for cooking. This programme is designed to create awareness amongst the mass here about macrobiotics and its effectiveness.'

Ms Aporn Samad is arranging to talk on 'Natural Way of Living by Macrobiotics, on June 25, 1991, at the Institute of Statistical Research and Training auditorium of Dhaka University, at 5:00 pm. This will be followed by a cooking demonstration on the following day, that is on June 26, 1991, at 9/9-Iqbal Road, Mohammedpur, at the same time.

[In an earlier feature that appeared in this column on June 10 under the caption 'Luncheon with a Difference', WVA was misinterpreted as Women's Voluntary Organisation in one place, while it should have been Women's Voluntary Association.]



Ms. Aporn Samad

Privatisation ineffective without strategy

Star Economic Report

Clare E Humphrey, a World Bank consultant in an open Discussion on Privatisation in Dhaka on Tuesday said the privatisation policy of any government would be ineffective unless it is preceded by a well-thought out strategy.

He said the strategy should clearly define long-range objectives, backed up with political will and commitment. The strategy should be implemented through a long-term action plan that is coherent, comprehensive, coordinated and consistent.

Speaking at a discussion session at American Cultural Centre, the consultant said privatisation is often more influenced by political issues than by strictly economic considerations.

He said the privatisation process should be aimed at the whole economy, not merely the unloading of shares of inefficient state enterprises.

Humphrey said privatisation of state enterprises will accomplish little without a parallel government-sponsored integrated package of policies and programmes that encourages, assists and cooperates with private sector. The private sector must be viewed as a partner in national economic development, not as a competitor.

He stressed the need for capital market for privatisation process. Humphrey pointed out, Bangladesh has strong potentials for growth of capital market. 'This country has many similarities to Taiwan in the process of industrialization,' he observed.

Bangladesh Women Forum's founding anniversary today

By Staff Correspondent

The first founding anniversary of Bangladesh Women Forum will be held today (Wednesday).

A meeting was held at the Central office of the organisation with its Chairman, Advocate Ferdousi Sultana, in the chair to mark the occasion.

The meeting decided that the annual conference of the forum would be held on September 6.

A five-member preparatory committee with Advocate Ferdousi Sultana as convener has been formed to make the September conference a success.

Prof Rozki Khan and Selima Begum have been made joint convener of the committee.

Prof Zahurul Huq joins Dr Rashid Chair

Eminent educationist, researcher and litterateur Prof Dr A M Zahurul Huq has joined as 'Dr Rashid Chair' of Bangladesh University of Engineering and Technology (BUET), a press release said.

The Syndicate of the university appointed him for one year as per decision of the Board of Trustees of Dr Rashid Foundation. He will assist educational development through research programme, lecture session and writing books.

Dr Huq was awarded many prizes including UNESCO prize and Bangla Academy award.

BUET classes suspended from June 22

By BUET Correspondent

All classes of Bangladesh University of Engineering and Technology (BUET) will be suspended for a week on June 22 on the eve of Eid-ul-Azha. This was released by the Academic Council of the University. The classes will resume on June 29.

Boy killed in road mishap

By Staff Correspondent

A minor boy was killed in a road accident at Malibagh on Tuesday morning.

According to police sources, Titu, 10, died on the spot, near Mowchak Market at around 10-30 am, when a speeding truck hit the rickshaw he was riding from behind and as he fell on the road he was crushed under the wheels of the truck.

The dead body was later taken to the Dhaka Medical College Hospital for post mortem.

A case was registered in this connection with Ramna police station. Police arrested the driver, Hormuz Ali, and impounded the truck with the registration Tangail-Ta-268.

Ship purchase bungling

Sk Shahid, 4 others sued

Shipping Minister MK Anwar on Tuesday said a case has been filed against former Education Minister Sheikh Shahidul Islam and four others for committing irregularities of nearly Taka 29 crore 57 lakh in buying two ships from Pakistan, reports UNB.

The Minister was replying to Col (Rtd) Shawkat Ali of Awami League during question hour in the House.

Under an agreement between Bangladesh and Pakistan, two ships were purchased for 44.50 million US dollar (about 144.62 crore Taka).

The Anti-Corruption Bureau in its enquiry report found that the government had incurred a loss of about Taka 29

crore 57 lakh in the purchase of two ships.

The Bureau lodged an FIR with Ramna police station on February 29 last. The final charge sheet is yet to be submitted.

Four others against whom the Bureau filed the FIR are: Tarek Anis Ahmed, ex-Managing Director of BSB, Nurul Wahab Khandaker, present Managing Director, BSB, FT Rahman General Manager (Workshop) and Major Gen (Rtd) Mi Karim, Chairman and Managing Director Vantage International Ltd, 66, Motiheel, Dhaka.

Noor Uddin back home

Chief of Army Staff Lt General Muhammad Noor Uddin Khan returned to Dhaka on Tuesday after a goodwill visit to Pakistan an ISPR press release said, reports BSS.

He led a military delegation. During his stay in Pakistan, General Noor Uddin Khan called on the President, the Prime Minister and the Chief of Army Staff of Pakistan and discussed matters of mutual interests with them.

He also visited military training institutions and other military establishments. The press release added.

Weather

Thundershower likely

By Staff Correspondent

Weather forecast valid till 6 pm of Wednesday says rain or thundershower with a few moderately heavy fall accompanied by temporary gusty wind likely to occur at most places over Chittagong, Dhaka, and Khulna divisions and at many places over Rajshahi division. Day temperature likely to remain unchanged over the country.

Heavy rain warning: Heavy to very heavy falls likely to occur at one or two places over Khulna, Dhaka and Chittagong divisions during the next 24 hours.

Meanwhile, rain or thundershower occurred at most places over the country on Tuesday. Chief amount of rainfall recorded are Maizdi Court 8 cm, Feni 6 cm, Chandpur and Ishardi 5 cm, Dhaka 2 cm. The day temperature remained nearly unchanged. The highest temperature recorded on Tuesday is 35.7 degrees Celsius from Jessore.

Outlook for subsequent two days: Rainfall activity likely to increase. Extended outlook for another five days: No marked change.

The temperature and humidity of some cities on Tuesday was:

| City | Temperature in Celsius | | Humidity |
|------------|------------------------|------|----------|
| | max | min | |
| Dhaka | 27.6 | 22.8 | 87 |
| Chittagong | 27.5 | 24 | 97 |
| Rangpur | 31.4 | 24 | 83 |
| Rajshahi | 32.2 | 25.4 | 95 |
| Feni | 27.5 | 21.5 | 91 |
| Khulna | 31 | 23.8 | 72 |



Government employees brought out a procession in the city on Tuesday demanding announcement of new pay scale. — Star photo

Females are more vulnerable to death than males during disaster

Able people fled to safety leaving dependents behind

Women are more exposed to deaths than men at times of natural disaster because of various reasons in a male dominated society like ours, reports BSS.

This was observed by three women officials of different organisations and a woman journalist of The Daily Star at an open discussion on 'women to face calamity' organised by Naripakkha, a women welfare organisation, at the United Nations Information Centre (UNIC) in Dhaka on Tuesday evening.

They said from their personal experiences gained from cyclone affected areas of Chittagong and Cox's Bazar districts that the less mobile people including women in greater number died during the catastrophe than their male counterparts.

Ms Hasna Hena of World Food Programme, who visited some areas for relief distribution, said that the able people fled to safety during the disaster leaving their wives, children and parents in the lurch. 'Some of them defying the warning signals went for fishing while their wives were washed away with their children by the tides,' she said.

Ms Hena also pointed out the dress of the rural women was partly responsible for their deaths in such calamity as this kind of dress made them less mobile.

Ms Sona Bari, a reporter of The Daily Star, who visited several areas for news coverage said that the women, being helpless due to the absence of their male counterparts at home, had died because they could not leave their children

to the tide of the sea. 'Some women were seen dead holding strongly their babies under their breasts,' she said.

Ms Kharunnessa of Ganasthya Kendra said that the men had reportedly fled to safety leaving their wives and other family members in the mouth of tidal surge. 'At this stage, the women with their children and other less mobile family members were in a fix,' she said.

Ms Rashida Begum of Oxfam said she heard that unscrupulous people had gone on a stealing spree of ornaments of the dead women instead of burying them.

The speakers also charged that the women were pushed forward to receiving relief materials from various organisations in the areas they said that the men were seen standing a little far away from the

DUCSU Literary Week begins

The DUCSU Literary Week '91 started Monday at the Dhaka University Teachers' Centre in the afternoon, reports BSS.

The Vice Chancellor Prof. M. Moniruzzaman Miah inaugurated the programme while DUCSU Literary Secretary delivered the opening speech.

The final round of the inter-hall quiz competition was held in the afternoon. Fazlul Haq Hall clinched the championship defeating Jagannath Hall.

The Literary week programme includes competitions on recitation of poems in Bangla and English, self composed poem, continuous story telling, extempore speech quiz and debate.

distributing centres. In some areas, they said, it was seen that women with their children were waiting for hours together for a piece of bread or some rice but their husbands or brothers were not seen there.

It was also widely observed that women first came forward to bring the scattered household materials to order, they said.

Varsities need to reduce dependency on gov't grants

By DU Correspondent

Prof. Mohammad Shahjahan, Vice Chancellor of Bangladesh University of Engineering and Technology (BUET) called upon the teachers to play active role in research.

He was addressing a meeting Sunday organised by the Engineering University Teachers' Association (EUTA) to accord reception to Prof. Shahjahan and former Vice Chancellor Prof. Mosharrar Hossain.

Prof. Shahjahan stressed the need for introducing audio-visual system in teaching and said that the university would have to find out new sources of funds in order to reduce dependency on governmental grants.

The meeting presided over by Prof. Zafiqul Zaman and it was addressed, among others, by Prof. Iqbal Mahmud, Prof. Syed Fazel Rahman, Prof. Mirshahidul Islam, Prof. Tofazzal Hossain and Dr Sarwar Jahan.

Flood situation likely to remain unchanged in Sylhet

The flood situation in the greater Sylhet district is likely to remain unchanged during the next 24 hours ending 6 am today (Wednesday) according to a Flood Forecasting and Warning Division press release Tuesday, reports BSS.

The rivers Surma both at Sylhet and Sunamganj, the Kushiara at Sheola, the Manu at Maulvibazar, the Khawal at Habiganj are likely to fall during the period.

The Gumti may fall and likely to flow below the danger mark at Comilla.

The Brahmaputra and the Ganges will continue to record considerable rise during the next 24 hours.

Meanwhile, heavy to very heavy rainfall has been recorded at Noakhali, Chittagong, Pabna and Sunamganj during the last 24 hours ending 6 am Tuesday.

The rainfall recorded was 95 mm at Noakhali, 53 mm at Chittagong, 50 mm at Pabna and 45 mm at Sunamganj during the period.

Tk 10 lakh liquor recovered in Ctg

CHITTAGONG, June 18: The Directorate of Narcotics Control recovered foreign liquor worth over Taka 10 lakh from different places here during the past one week, official sources said today, reports BSS.

Several persons including two foreigners were also arrested.

The recovered foreign liquors included Whisky and Brandy.

Nine departmental cases were registered against the persons involved in dealing in these contraband, the sources added.

Motorcycle recovered

By Staff Correspondent

Dhanmondi police on Tuesday recovered a motorcycle when a gang of armed miscreants robbed it from an office.

A gang of miscreants came to an office at Dhanmondi Road No 2 at around 1 pm and robbed the motorcycle at gun point took away the bike by rickshaw.

Dhanmondi police, upon hearing the news immediately searched Dhanmondi area and found the rickshaw and its puller. The puller led the police team to a House No 54, Road No 5 of Dhanmondi and the police found the motorcycle.

A case was filed in Dhanmondi thana but none was arrested.

CROSSWORD PUZZLER

ACROSS

- Expire
- Harvest
- English tavern
- Jog
- Comfort
- Guido's high note
- Faroe Islands whirlwind
- High mountain
- Prison official
- Pale
- Lamprey
- Cut off
- Pintail duck
- Once around track
- Promontory
- Michael Knight role
- Hylon
- Regret
- Hirt of music
- Iterates
- Hebrew letter

Answer to Previous Puzzle

PAC STEAL SAC
ORA TORTI EGO
PES ORAL DROP
HARMS YE
BC BEE SALUTE
OAR SNICKERED
ADITY TOO SAND
REGIMENTS LET
STARED CHI TE
ET THROB
BAND BAME LIT
OWE NOMAD ULE
GET OPENS ELA

DOWN

- 44 Armed conflict
- 45 Cosmos
- 47 Cheques
- 49 Scold
- 51 "— Street"
- 54 Cover
- 55 Bass
- 58 Actress
- 59 Thrur
- 62 Roman bronze
- 64 Early morn
- 65 Vandal
- 66 Seed coating
- 68 Sharpen
- 70 Good
- 71 Makes into leather
- 72 Abstract being

3 Greek letter

- 10 Prohibit
- 11 Hasty
- 16 French article
- 18 Vast age
- 20 Seine
- 22 To the side
- 25 Hearing organ
- 27 Edible seed
- 29 Eat
- 30 Disease
- 32 Condensed moisture
- 34 Mischief goddess
- 36 — Wednesday
- 37 Meadow
- 39 "Peter —"
- 40 Proverb
- 43 Be present
- 46 A Hunter
- 48 Cry
- 50 Ice hockey scores
- 52 incline
- 53 Crippled
- 55 Fleet estate map
- 57 "The Way — We're"
- 59 Article
- 60 Hurry
- 61 Period of time
- 63 Haggard heroine
- 67 At home
- 69 Running

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30

31 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50

51 52 53 54 55 56 57 58 59 60

61 62 63 64 65 66 67 68 69 70

71 72 73 74 75 76 77 78 79 80

81 82 83 84 85 86 87 88 89 90

91 92 93 94 95 96 97 98 99 100

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TV

Wednesday

5.00 : Opening, Recitation from Al-Quran

5.15 : Recitation from the Geeta

5.20 : News in Bangla

5.30 : Drama

7.05 : Programmes of new artistes

8.00 : News in Bangla

8.30 : Probaha

9.00 : Megver

10.00 : News in English

10.25 : Parliament round-up

10.40 : Dristikone

11.30 : Khabar/News

11.45 : Closing

PROGRAMME

IEB meet

The 334th council meeting of the Institution of Engineers, Bangladesh (IEB) will be held today (Wednesday), at 5.15 pm at the council room of IEB. All Council members of IEB are requested to attend the meeting.

Rotary Club

The regular weekly meeting of Rotary Club of Dhaka North West will be held today (Wednesday) at 5.30 pm at Sonargaon Hotel. Prof Dr S Manzurul Islam, Chairman, Deptt. of English, Dhaka University will speak on 'Literature and Humanity' as guest speaker. Rotarians with their Anns are requested to attend the meeting in time.

Jessore Zila School ex-students re-union

A re-union of the ex-students of Jessore Zila School will be held in Dhaka on July 18. This was decided at a meeting of the Jessore Zila School Ex-students Association, held recently. Prof Zillur Rahman Siddiqui will attend the re-union as chief guest.

Sathkira Samity meet

The executive and advisory committee meeting of Sathkira Samity, Dhaka, will be held at 7.00 pm at House No-49, Road No-6/A, Dhanmondi R/A, today (Wednesday).

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