

WHILE housewives and bachelorettes over the age of forty at Brighton, Port Philip Bay or the Riviera have waistlines and bosoms that movie stars would envy, our women in Bangladesh tend to slack at times, about their appearance, health and apparel. Even the octogenarians in Melbourne and London are often seen dressed to kill, while they ride tubes, buses and trains. Meanwhile our women are busy cooking, cleaning, supervising the children and servants, and are flat to their backs pandering to the needs of the lord and master of the house.

Why so Lacklustre and Lackadaisical?

by Fayza Haq

Bangladeshi women have ample opportunities to slim down, improve their complexion; have proper diet; and are genetically gifted with good looks. A woman of 30 years in Brisbane, though slim and suave, will sometimes look older than her Bangladeshi counterpart. Our women can find plenty of vitamins and protein in the seasonal fruits and vegetables like bananas, jackfruits, "amra", "kamranga", pineapples, oranges and mangoes. When hungry, they can always nibble into slices of carrots or boiled raw papaya or even have cups of "daal", or tea, or even lemon-water. There is the beetle leaf and beetle nut saps the "chuna", to cut down on the pangs of hunger, which arise in some when it is under duress.

What often hinders this possible dancing is the undue concern about what the neighbours and in-laws will think of a woman is dancing by herself or with her woman friend in a closed room. The servants are always at hand to peep and pry, and so are many neighbours, in the cases one has known. Yes, second-hand exercise bicycles can be obtained at reasonable prices in places like Dhaka; but often our women cannot afford it, as it has to be obtained via friends from the Gulshan Market in the capital city. People are not inclined to lend their slimming vibrators or exercise bicycles, even if they have more than one in the houses, as one has known to happen in places like Dhanmandi, Tikatuly and Badamtuly.

Our women forget to put on the "uptan", or any other face-mask like one from egg white or smashed cucumbers; or they are not inclined to do as they are so careworn by their domestic duties. Sometimes their skins are so sensitive, that even ordinary creams

make them break out in rashes. Even in the villages in the outskirts of Matlab, the country women know of the value of the green and other hued vegetables. They are only too aware of concentrates. Anyone who has been viewing the billboard ads., or the communal TV, or even the black and white "magic box" in the house, should be aware of the easily available contraceptives in the major cities of the country. Yet our women in the cities have been known to be ruffled with their handful of young ones—precious as they are.

However, what one discovers is that our women have no patience or aptitude. In various cases that one has studied, and are too preoccupied with one thing or another—their office jobs or their household chores—to find the time or the inclination to even go for short walks, or stop snoozing on a full stomach in the afternoon. They have their children to appease; guests to take care of; family members to entertain; household chores, like cooking the main dish of the day, to see to. These jobs get the priority.

One also needs an inspiration to slim down. In yoga one is trained to concentrate on something wonderful, and they

often suggest "your husband" at the yoga clubs. This is also done by writers on yoga. When the male bread winner is also, at times, somewhat of a womaniser, as is the case of some that one has known in Dhaka and the major cities of Bangladesh—man being polygamous by nature, as said by Havelock Ellis and Margaret Meade—one has to concentrate on the memory of some impressionistic image rather than what is prescribed by the yoga instructors. Since yoga and aerobics, as well as dancing, and on the spot cycling are out, one can do on-the-spot jogging. Yet doctors warn, one about being tested by physicians before diving into that, specially if one has crossed the thirty-first year. Who has the time or mood to consult a doctor for something like on-the-spot jogging when the family funds are needed for apparently more urgent matters?

As for clothes, how can one afford anything more than cheap imported nylon "saris" or cotton ones, or even locally made "shalwar-kameez" that need to be constantly washed, have the starch put on, and later ironed? In many homes in the country, the wife too is a bread earner, and has little time for this. Even in middle-

class homes, where the woman is earning Tk. 15,000 per month, one has known of cases where ironing is a hassle. Keeping maids is not an easy job, when the woman of the house is away at work. Even though she maybe at home, with no job to worry over, the prospect of having maids is a problematic one—specially when there are grown children in the house, and drivers and gate-keepers in the neighbourhood. Again, male servants at home or in the neighbourhood, are another annoyance, should there be a maid in the house. One need not go into details about this matter. Most people are aware of the hazards of domestic help, whether they are full-time or part-time.

Even when the children are young, and the wife is working or studying, there are bound to be complications too, going by bases studied in Dhaka.

Although the parents of the Bangladeshi woman have known to have taken great care to chose the bridegroom for their daughter, one has noticed that the wife of even millionaires in a city like Dhaka, have lost their natural laughter, and let themselves look like orange balls; and allowed their hair to grow grey. This is even when they are in their early thirties.

Where is the inspiration to come for our women to look attractive, use colognes, powders, eat healthy food, wear pleasant clothes and appear contented with life? To have an admirer on the sly—as a possible cure—even a "telephone friend," is easily detected by the rest of the family. One can well envisage the furor that may ensue if one dared to talk to someone via the telephone line. The children are always there to sulk, and carry messages to the master of the house. If there are in-laws at home, the situation would perhaps be even out of question. Even pen-pals are often not tolerated by the family.

The "magic-box" portrays our women as happy, pretty, well-dressed, well-fed, and a sight to marvel at. Yet, when one visits homes in our country, one often finds the lady of the house lacklustre and lackadaisical. It is not easy to migrate even to the Middle-East or elsewhere for our women—leave alone float off in a balloon as in "Around The World In Eighty Days" by Victor Hugo.

Our women must be contented with reading magazines, newspapers and listening to the radio or TV, or the cassette player—which at times can go out of work—as it maybe shared by many in the household. After sedentary jobs, and working with figures or words in offices and schools, women want to relax. Yet family



Women at a tete a tete

friends, neighbours, and even personal friends have their own tales of woe, before one can butt in and put in a word about oneself, and one's possible claustrophobic and careworn existence.

All the world's a stage as one knows only too well. Our women, as they are, with hair uncombed, with teeth and eyes neglected, with acting feet or back must keep up the stiff upper lip, and go on with the "Carry On Jeeves" act. Jeeves was smart and conniving where as our women are often so simple. The training that they get in schools and colleges do not always equip them to face the world. One has known some ex-Home Economics students to have bags under the eyes, and lumps on their waistline, at the age of thirty. One can only offer the suggestion of having a subject like "How to Handle your Husband and Servants." It sure is hard for our women to appear like Dresden dolls, even if the need should arise!

Would You Like to Know More About Karate?

by Rani Padamsi

The origins of karate can be traced back through the centuries from modern Japan via Okinawa to China and possibly to India the fourth and fifth centuries B.C. Much of this history is documented, while some is embedded in myth and romance. Whether fact or fiction, however, it has had a strong influence upon the attitudes of karateka, or students of karate, and it provides an illuminating insight into a fighting art which has also recently evolved into a sport. For many years karate remained cloistered behind thick temple walls of Zen Buddhism. It was not practised until samurai begin to train within temple compounds and so came to learn of the existence of the art. Karate as we know it today has been perfected within the last century by Gichin Funakoshi, it was the one and only who moulded karate and introduced it to the world.

In the execution of any sport or fighting form there are always certain basic principles which apply, some although not all of these, are in fact applicable to all sports and even to daily living. For example, the relationships between muscular relaxation and potential speed of movement or between relaxation and breathing habits are obviously not peculiar to karate or even just to sport. Both are equally applicable to the housewife or to the main on the street. Some of these basic principles are described here as they apply to karate.

"Stances" The way in which one stands obviously influences the actions one can immediately take. A very broad based stance with low centre of gravity is extremely stable and good for launching powerful punches and blocks, but it is not good for rapid move-

thereby creating friction, is good for side ways thrusts as well as stability.

(Zenkutsu dachi) The front stance is the most popular and is used the most in both offensive and defensive moves. All stances have their own built advantages and disadvantages, and the all round karateka must acquire a broad reper-



The author instructing her student at school.

ment. On the other hand, a narrow based stance with high centre of gravity is suited to quick movements but not to powerful punching. The backword stance (Kokutsu-dachi) for example is a defensive position in which the direction of the potential thrust is primarily to the front.

The horse stance (Kiba-dachi) is particularly suited to strong side ways techniques. A stance such as the hourglass stance (Hangetsu-dachi) in which the feet are virtually screwed into the ground

toile so that one can instinctively adopt the one that is suited to the situation. Being of fundamental importance, a good stance is the first thing fought to a karateka.

Power and speed The power of a moving body depends upon its mass and velocity. To achieve full power you must be properly positioned with a firm stance, powerful rear leg thrust and co-ordinated hip rotation. This thrust and rotation can then be transferred via the trunk to the striking arm. Being much

lighter than the leg, the arm is potentially maker, provided it is kept relaxed and tension free, it is capable of considerable speed of movement, with proper co-ordination full use can be made of one's might, as represented by the leg and trunk, and speed, as represented by the arms, and maximum power thereby achieved. It is very important to relax. The effect of tension would be similar to that of using a long

stiff pole instead of a flexible whip, and maximum acceleration would not be achieved. It is only at the last possible moment on focus or impact that tension is applied. The entire body is then tensed, firming up the karateka's joints and converting the tip of his whip into a firmly supported but rapidly moving hammer. It is through the effective application of this technique, and by developing hands which are sufficiently hardened to with stand impact.

(to be continued)

Artificial Lens to Improve your Looks

by Dr Rezina Quddus

DO you see your grand child properly these days? If not don't worry. You are not suffering from any deadly disease. Your lens have developed opacities which is just a normal phenomenon if you are ones 50 known as cataract. The lens of the eye is a transparent biconvex body of crystalline appearance enveloped in a capsule which slowly loses its transparency with age, trauma or other disease like diabetes.

Although cataract cannot be cared with drugs you can see again if the mature opaque lens is removed and a cataract glass is worn. This glass has quite a few disadvantages because it makes the image size about 30% larger and much nearer.

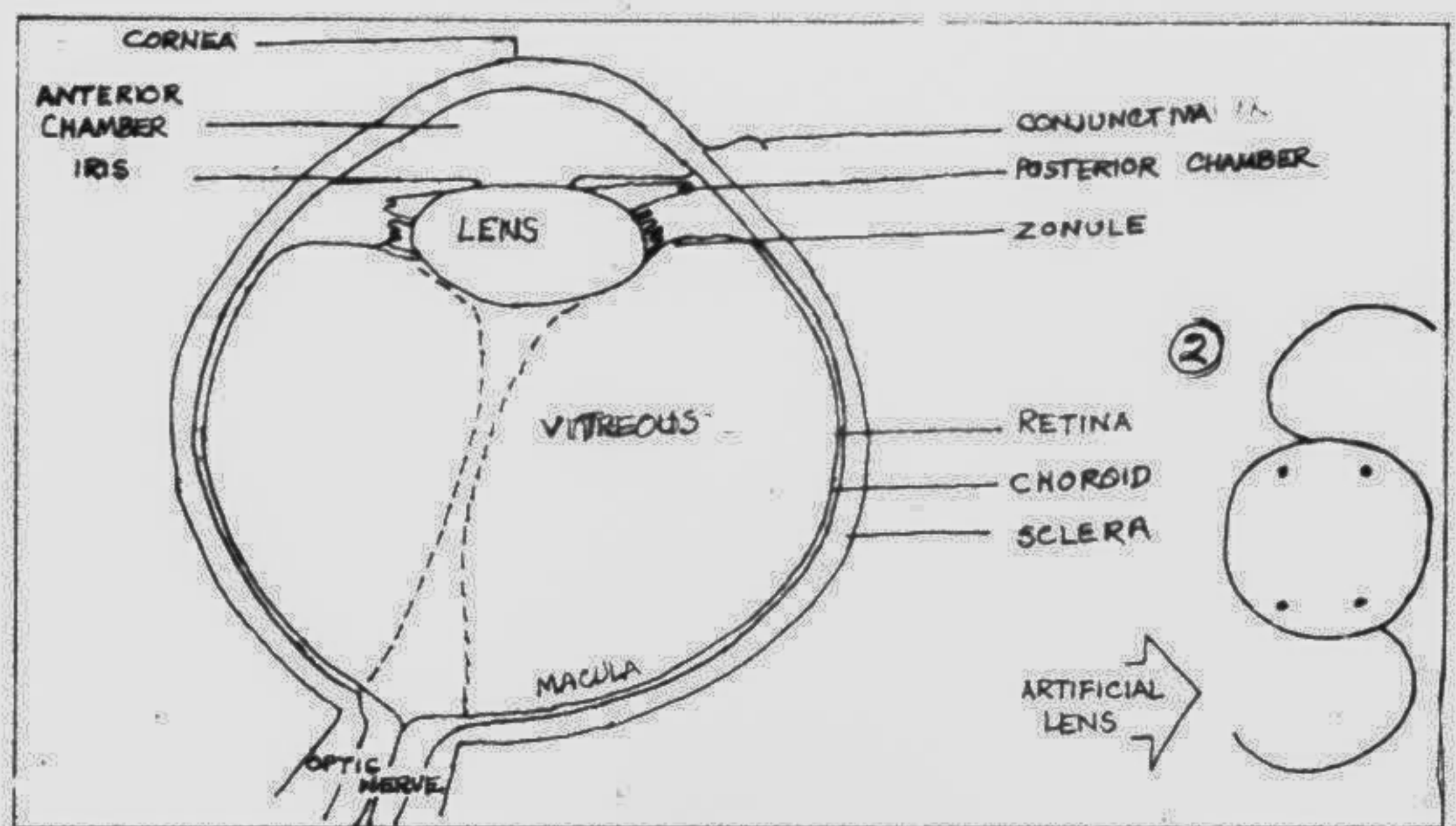
The field of vision is constricted and moreover elderly people have a tendency to lose their glasses. But you are lucky artificial lens are being used these days to replace your old ones and you can see as good as before without any glasses. In this case the lens does not have to be mature and it is simply scooped out from its capsule and an artificial lens is inserted. The power of the artificial lens is not the same for all patients and the exact power for the individual is determined before the surgery takes place. Intraocular implantation (IOL) can be done on most patients with cataract except if he is suffering from severe diabetes or ocular diseases like glaucoma or retinal detachment. It is specially beneficial to those patients who has developed cataract in only one eye. It is also undoubtedly a better choice for surgeons, pilots and driver's for whom wearing glasses could be a menace.

The surgery usually takes about an hour and can be done under local anaesthesia except in children. There is hardly any complication with a good surgeon and you can go home in just 4 or 5 days.

The material used for the lens is a variety of non toxic plastic known as PMMA (poly methyl methacrylate). The first intraocular implantation (IOL) was done by Dr Harold Ridley at St Thomas Hospital in London on the 29th of November 1944. Since then the lens has been modified over the past 50 years for better adjustment.

The use of artificial lens has become a routine procedure in all developed and most of the developing countries but in our country it is still on expensive treatment because the lens and the instruments have to be imported. Not only that but also only a few doctors in our country perform this surgery because of lack of facilities in most hospitals.

It is truly a matter of great regret that even in our neighbouring countries, intraocular implantation is within the reach of the general public. Efforts should be made to avail the benefits of the artificial lens to the general public of our country.



Chocolate Cake

- 3 ounces unsweetened chocolate
- 1/2 cup sweet milk
- 1/2 cup butter
- 1 teaspoon vanilla extract
- 3/4 cup granulated sugar
- 3 eggs
- 1 1/2 cups sifted flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup sweet milk

Combine first three ingredients and cook to a thick paste. Set aside to cool. Cream butter until it is soft and creamy and add vanilla while creaming. Gradually add sugar and beat until mixture is light and fluffy. Beat eggs with rotary beater until foamy and add gradually to fat-sugar mixture, beating thoroughly. Add chocolate paste and blend well. Mix flour, salt, baking powder and baking soda and sift 4 or 5 times. Add dry ingredients alternately with milk, making 3 or 4 additions, beginning and ending with dry ingredients. Stir gently and quickly until butter is well blended, but do not over mix. Spread carefully into well greased 8 inch square cake pan and bake in moderate oven (350-375°F) for 45-50 minutes. Allow baked cake to "set" for 15-20 minutes before removing from pan. Cool and spread with any desired icing.

Cakes for the Occasion

Orange Cake

- 1/2 cup butter
- 1 cup granulated sugar
- 2 eggs
- 2 tablespoons orange rind
- 1/4 cup orange juice and pulp
- 2 1/4 cups sifted flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 5/8 cup sour milk or buttermilk
- 1/3 cup chopped raisins or currants
- 1/3 cup chopped nuts

Cream butter until it is soft and creamy. Gradually add sugar and beat until mixture is

light and fluffy. Beat eggs with rotary beater until foamy and add gradually to fat-sugar mixture, beating thoroughly. Add graded orange rind and juice and beat until well blended. Mix flour, salt, baking powder and baking soda and sift 4 or 5 times. Add dry ingredients alternately with milk, making 3 or 4 additions, beginning and ending with dry ingredients. Stir gently and quickly until butter is well blended, but do not over-mix. Fold in fruit and nuts and spread carefully into well greased 8 or 9 inch square cake pan. Bake in moderate oven (350°F) for 40-50 minutes. Allow baked cake to "set" for 15-20 minutes before removing from pan. Cool and serve plain or spread with Japanese Icing (Recipe 184), Orange Butter Icing (Recipe 169), or any desired icing.

Two Egg Plain Cake

- 1/2 cup butter
- 1/2 teaspoon vanilla extract
- 1 cup granulated sugar
- 2 eggs
- 3/4 cups sifted flour
- 1/4 teaspoon salt
- 2 1/2 teaspoons baking powder
- 2/3 cup sweet milk

Cream butter until it is soft and creamy and add vanilla while creaming. Gradually add sugar and beat until mixture is light and fluffy. Beat eggs with rotary beater until foamy, add gradually to fat-sugar mixture and beat thoroughly. Mix flour, salt and baking powder and sift 4 or 5 times. Add dry ingredients alternately with milk, making three or four additions, beginning and ending with dry ingredients. Stir gently and quickly until butter is well blended, but do not overmix.

Spread carefully into a well greased 8-inch square cake pan and bake in moderate oven (350°F) for 40-50 minutes.

Allow baked cake to "set" for 15-20 minutes before removing from pan. Cool and spread with (and) any desired icing.

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