

LIVING

Eating Out for a Change

by Fayza Haq

PURBANI is another hotel in the heart of the city, where business lunches, dinners and conferences are held. Here too come families and friends to have a change from the cooking at home, or to save the hassle of toiling in the kitchen on a special occasion. There are money plants galore at the side of the hotel, and three massive clay elephants, plus artificial trees and berries, and more decor in brass and stone. There are delightful carved claypots with artificial palms and a mosaic of black, white, grey and beige tiles to greet you. The lounge is passable with its comfortable settees and artificial floral decorations. The carpets are of a Persian type in grey and brown, although well-worn. There is a blue, green and white mosaic tiled work as you enter and this delineates the life in rural Bangladesh effectively.

When you go to eat at the restaurant with its pleasant chairs and fairly acceptable decor, you need Tk 475 in your pocket per person to get "borhani", "kachi biryani", "murgh mullamam", "shami kebabs", a mixed salad and "firni" or "zarda" per person should you go in for the buffet. At the same "Shahana" restaurant you can get chicken sandwich for Tk 105 beef burger for Tk 130. Tea or coffee is for Tk 32. You might indulge yourself with "mughlai paratha" for Tk 80. There is vanilla or chocolate flavoured ice-cream for Tk 80.

The food and beverage manager tells you that you should carry Tk 1000 for a romantic night for two. If you settle for a buffet it will cost you Tk 360 per person. In it you will get a choice of two soups — chicken and asparagus. There are cold cuts in three platters — fish, beef and mutton for appetisers. There are hot dishes of four types of Bengali.

This comprises chicken, beef, mutton, fish, "kofia", "curry", "bhaji". There are Continental dishes to choose from

which again have a variety of fish, meat — chicken, beef and mutton. There are ten types of salads to choose from, along with boiled vegetables. There is rice, plain "palau", "nan" as well as butter fried "daal" and boiled vegetables.

For dessert there is cream caramel pudding, fresh fruit salad, chocolate cake, eclairs, pastries, lemon tarts and soufflé (orange or chocolate or lemon). Tea or coffee are included in the menu price. The buffet is shut on Friday while

used for banquets for thirty persons on the mezzanine floor. While the main restaurant can be enlarged by removing the partitions of the two "Mehlis". To hire the place for snacks and parties for four hours would cost Tk 1000, while a whole day session would incur Tk 2000. "Shahana" apart, there is the "Dilkusha Hall" and the "Jalsa Ghar" each hall having the capacity of 300. Each hall has the capacity of 300 and here are many wedding receptions are

four persons for Tk 970. The quick lunches have dishes like "tacos" and "raviolada" for Tk 110 and Tk 100. The ice-cream is the most attractive part of this restaurant, apart from its artistic and cosy decor. The "honeymoon" is for Tk 90, fruit bowl is for Tk 130, "sundae" for Tk 90 while plain ice-cream range from Tk 35 to Tk 70.

Among the many Chinese restaurants that have mushroomed in the city in the last twenty years, "Sung Gardens" at Bijoynagar Road is a fairly reasonable place to go

It is often a welcome change not to have the packed lunch, or to have to slave for hours over the hot cookers, even though there might be a helper or two to grind and chop. Dip into your savings and have an afternoon or evening out. You should not regret it except for the occasional runny tummy as a consequence, or perhaps the relatively high prices at the places you might venture to go.

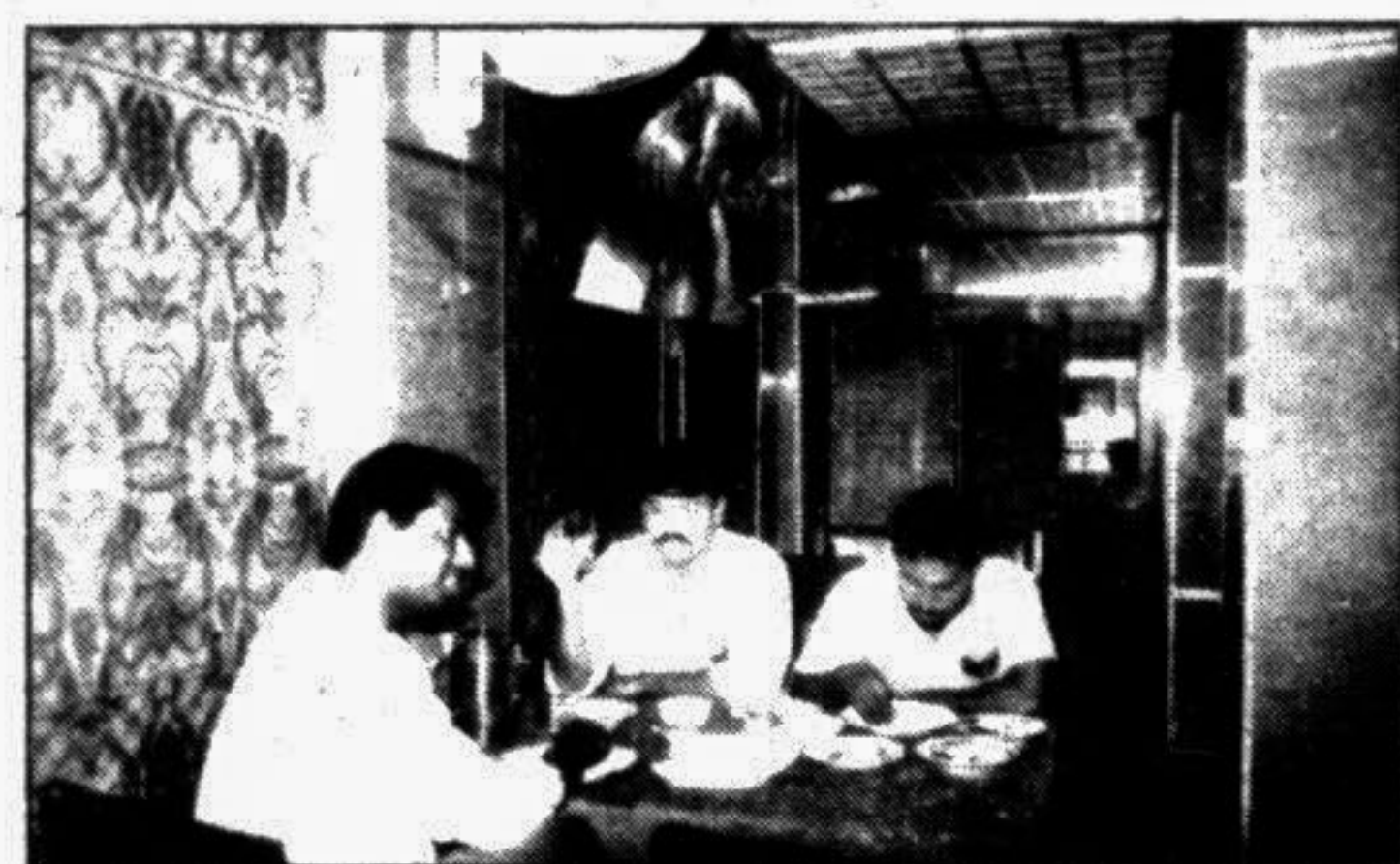
lunch and dinner are available every day of the week.

With Tk 4000, you can treat yourselves — a group of friends of four — to an individual soup, three orders of chicken "bhuna" can be divided but not something like the "shish kebabs", three orders of fish, two orders of vegetables, two or

held, the hall charge for four hours being Tk 4000. A minimum of 100 persons have to be at a gathering and it costs Tk 325 per person and you get "borhani", peas "palau", roast chicken, beef "kafali", a mixed salad and "firni" or "zarda".

There is too the "Shuda" bar and a pastry shop for

to, specially for the workers in. The chairs have chocolate fabric mounted on wood. The table cloths are chocolate and cream, while the napkins are chocolate and cream too. On each table is a single tuberosc placed neatly. For a family of three people it will cost Tk 450 at least, even if you are



Lunching at "Kasturi"

ders of beef, and individual sweets and soft drinks. You must have with you at least Tk 491 for each individual to have a soup, a smoked "hilsa", chicken "bhuna" served with plain rice and dessert.

There is too the "Buriganga"

added attraction. One cannot ignore "Dolce Vita" at Banani with spaghetti for Tk 125 to Tk 150, Pasta for Tk 175 to Tk 200, fish ranging from Tk 150 to Tk 200 vegetable pizza for Tk 450 and combination dinner for

very economical. Here a soup ranges from Tk 85 to Tk 99 per bowl. The starters like fried prawn or "sut-mie" are all for Tk 99. The main dishes of fried chicken, garlic prawn, hot sauce fish, beef ginger and pepper, shredded fish with



People having their fill at "Flesh Pots"

the centre of the city. It has a sitting capacity for 80 people. Vegetables and "chow mein" all cost Tk 99 each. The chicken dishes, whether drumsticks or "masala" chicken or even chicken with bamboo shoots or ashew nuts, range from Tk 99 to Tk 120 per plate. The prawn dishes ranging from sweet and sour prawn with capsicum and oyster sauce to prawn and mushroom bamboo shoots range from Tk 99 to Tk 120.

The fish dishes at the restaurant such as fried fish with garlic and oyster sauce or fried pomfret or steamed fish with mushroom and ginger range from Tk 99 to Tk 150. The beef dishes like beef mushroom with oyster sauce or beef mushroom and bamboo shoots range from Tk 99 to Tk 120. The vegetable dishes like vegetable with chicken/prawn/ beef or fish cost Tk 99 again. You can go in for a cheaper mixed vegetables for Tk 80. The rice "chow mein" or "chow suey" dishes range from Tk 45 to Tk 99. Jasmine tea is for Tk 20 per person, while coffee or ice-cream is obtained for Tk 25 per individual. Canned juice is for Tk 30.

At the numerous Chinese restaurants at Dhanmandi it costs at least Tk 250 for a small meal for two, you can



Tasting the wares at "Purbani"

are not pure Chinese and have a touch of Bangladeshi food. The corn soups and the Thai soups, for example, contain quite often, too much of the carbohydrate content. The fried chicken is simply tossed in batter and a little spice. One can only hope that their stan-

with which you can buy two "nans". A fried "chicken tikka" is for Tk 20 a piece. A small plate of meat curry is for Tk 16 to Tk 20. At "Kasturi" you have a fair range of Bangladeshi food. It has 90 chairs and 16 tables. Meals include rice is for Tk 16 the "daal" for Tk 6, the

serving. Meanwhile the "corola bhaji" is for Tk 20. The soft drinks is for Tk 10 while a "paan" is free of charge.

"Flesh Pots" at Bijoynagar Road is another reasonable place for dining out at a fairly cheap price. Although the setting is nothing to write home about, yet it is cheerful, somewhat decorated with prints, and certainly cleaner than some of the little restaurants in Motijheel, where the duster that the server uses puts you off your food at the outset.

There are four types of "bhorta" — "chingri" for Tk 10, "kola" for Tk 5, "borboti" for Tk 5, and "alu" for Tk 5. Meanwhile, "daal" is for Tk 4. The specialties are dove roast for Tk 25 and "eclish polau" for Tk 28.

There are all types of savoury thick "daals" and this is the haunt of students and even adventurous working men and women, who want to eat out on the cheap, when there are house rents and electric bills to pay apart from getting the money for the food and education of the children — their clothes and entertainment apart. (concluded)



At rush hour at "Cafe Jheel"

dards improve in the future as one and all cannot make it to the expensive oriental food houses in Gulshan and Banani.

"Cafe Jheel", in the lower section, has reasonable prices for the working person. There the "boti kebabs" is for Tk 32,

meat is for Tk 40 while the mixed vegetable is for Tk 20. The fish, which might be "rohi" or "pangash" is for Tk 60. The "chingri bharta", meanwhile is for Tk 12 and a large lobster is for Tk 160. The "alu bhorta", "kola bhorta" is for Tk 8 for a

Karate: Defence Against Illness

by Rani Padamsi

KARATE has now taken its place in the world as an internationally recognized sport. It is a lot more than just a fighting art. Martial arts in their finest form are much more than a physical contest between two opponents, a means of imposing one's will or inflicting damage upon another. Rather, for the true master, Karate, Kungfu, Aikido, Wing Chun and all the other martial arts are essentially avenues through which they can achieve spiritual serenity, mental tranquillity, and the deepest self confidence. Only after several years of training one realises that the deepest purpose of the martial arts is to serve as a vehicle for personal spiritual development.

The martial arts began to develop this emphasis on personal spiritual growth in the 16th century, when the need for fighting skills in the Orient diminished. The martial arts were transformed from a practical means of combat to a practical means of spiritual education. The training that emphasized the personal development of the participant. Thus the art of fighting with empty hand, Karate, became transformed into "the way of the empty hand", "Karate-do". Soon other martial arts were given the

ending -do, which means "the way" or more fully "the way to enlightenment, self realisation and understanding". This zen

with ourselves — our fears, anxieties, reactions and habits. It is an arena of confined conflict where we confront an op-

activity in the do jo call on us to constantly attempt new things so it is also a source of learning, a source of self en-



element is reflected to various degrees in Aikido, Judo, Ippodo, Taekwondo and Jeetkune do among others.

For this reason the practice halls Do Jo (Japanese), Dojang (Chinese) Kwoon (Chinese) where martial arts is studied are traditionally called "the place of enlightenment".

A Do Jo is a miniature cosmos where we make contact

ponent who is not an opponent but rather a partner engaged in helping us understand ourselves more fully. It is a place where we can learn a great deal in a short time about who we are and how we read in the world. The conflicts that take place outside. The total concentration and discipline required to study martial arts carries over to daily life. The

lightenment. Each do jo is presided over by a Sensei (Japanese) meaning "master". Sen means "before" and Set means "born". The literal meaning of the Japanese word is "one who is born before". Thus, the one who is born before you is your teacher.

(to be continued)

Breast Feeding : Maternal Use of Drugs

by Dr. Md. Abdul Matin

UNIVERSAL breast feeding day was observed recently all over the world including Bangladesh. About 25% of mothers breast-feed their babies, today in the developed countries, and the number seems to be increasing gradually, primarily in higher socio-economic groups. But the picture in Bangladesh is probably the reverse.

Breast feeding is one of the established norms in rural Bangladesh and even the urban mothers are keen to breast-feed their children in general. However, a section of mothers are reported to be not inclined to such a scientific care of their offsprings in our society, particularly those who are of higher socio-economic group.

Actually, given the adequate support encouragements, most women can nurse their children effectively. The major contradiction is the lack of de-

sire and interest on the part of the mother. We would like to be concerned with the vast majority of the willing mothers to breast-feed their infant from a different standpoint of view, which will help their natural and traditional inclination to be more perfect mothers and less harmful to their babies.

Human milk contains nutritional substances ideal in quantity and quality for optimal growth and development of infants. Its protective qualities save the babies from infectious diseases and deficiency disorders. But there are some normal variations also in mother-milk sanctity, in following situations:

- (a) Maternal use of drugs.
- (b) Nutritional status and unhealthy mother.
- (c) Late weaning problem.

Lactating mothers may, need to have some drugs for their health's sake. Drugs pass in to the breast milk, depend-



ing on lipid (fat) solubility, protein binding capacity, acid status (PH) of the milk etc. The concentration ingredient is the primary determinant of drug transfer between blood plasma and milk in mother. Almost all drugs pass in to breast milk to some extent, but its clinical significance depends on:-

- (i) Degree of drug passage in to breast milk.
- (ii) Amount & frequency of milk ingestion by the baby.
- (iii) Extent of drug absorption in the infant.
- (iv) Level of effects on baby health by the drugs.

However the drugs are categorised in accordance to their ultimate effects on the baby health in various groups.

(to be continued)

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The first one in the B Vitamin group, the grain, the seeds and the yeast. If you are not getting a good intake of these foods you are not getting your nervous energy for the day.

You should have a muesli breakfast or a grain breakfast rather than a fruit breakfast. Your energy level will go up until about 10.30 am and stay at that level right through the day; but if you have a fruit breakfast you use that sort of sugar very quickly and your energy is down by mid-morning.

The second is vitamin C, the fresh food needed for structural stress and for just ordinary physical tiredness. Not when you are mentally or emotionally down, but when you are physically low at the end of the day. That comes from vitamin C foods and depends on the freshness of the fruit and vegetables.

Even if you eat only sprigs of parsley off the balcony each day, make sure your vitamin C is going in fresh. Its value is great.

The other area where people don't get the right sort of nutrition is in dairy foods. "What happens not" say diet experts, "is this: Once milk is pasteurized and homogenized about 15 per cent riboflavin is lost; also B12, the A and D vitamin count goes down and the natural fat content is differently arranged. Homogenized milk builds up calcium within the body instead of giving it. It is almost impossible to absorb, and its value limited.

Good dairy products straight off the farm are still very good food, but eggs are in a fringe area. They are not exactly a dairy product, but an egg that was laid by a "chook" in the backyard is a far superior thing nutritionally to a battery egg. If in doubt you are better off with a cultured dairy product like cottage cheese, or a good plain yoghurt. As soon as there is fruit with yoghurt, or flavoured, it has got white sugar in it. With a cultured dairy product most of the fats and hard to digest minerals like calcium and phosphorus

Body Maintenance

are predigested.

What is the answer to all this? If we are not eating the right food and our fresh food and dairy foods aren't right either, and food is lacking in nutrients, should we all take vitamin pills?

Yes, if we know where the deficiency areas are, it is believed, we can make them up with vitamins or with mineral supplements. There are natural supplements like comfrey tablets, rosehips tea, herb teas, kelp tablets or herb oils; rub on or soak in the bath or something of that nature. Simple nutritional areas will then need supplementary kelp tablets rather than multi-vitamin tablets.

To maintain good health we are better on a couple of natural supplements, and kelp is a beauty.

It is disappointing for some people, because their weight stays exactly the same, but it works if the weight is because their metabolism cannot handle civilized food.

This is the reason for some people's chronic tiredness. Tell them so and they say, "That is exactly what I feel like. I need a good cleaning-out."

B12 is really the vitality vitamin, our life force if you like. Now, most people do not know the full potential of health. They think they are not sick so they have obviously got to be well. Not so. They might just be neutral, in the middle.

But if you want to do the plus-health, the bouncing-around-full-of-vitality and alive-all-day thing and cope with all sorts of stress, physical, structural, circumstantial, emotional, without sudden drops in function, comfrey will help.

B12 is in food such as kidneys, liver or heart, but not everyone likes offal. If you are not having something in the form of a B supplement you could be walking around with that half-alive feeling and never know your full potential. Taking a B12 tablet is better than nothing, but comfrey is better still.

Vitamin C is the one people know most about, but if taken in the wrong form, half of it can go away in urine. If you have it in the rosehips form, either as tea or tablets, you can get it in enormous amounts, something between three and 30 times the amount in orange

juice, weight for weight. This is a beautiful source of vitamin C, plus iron, calcium, folie acid, riboflavin and well. All the vitamin C can be completely absorbed — so you're saving money as well.

How long does it take for all this to take effect? With some people it's magic, within the space of a week. People say they have taken vitamins before but they have never felt so good. It is the combination they are taking that counts most of all.

Other people have a history of a slow metabolism or a much slower change-over pattern, so for them it could take maybe up to six weeks.

It is important to know our metabolism pattern, and really it is quite simple. People who rush around, high-speed people and fairly thin, usually have

a high metabolic rate as well. Somebody who is slow, placid, more phlegmatic, thinks slowly, makes no decision, has a slow metabolism.

Experts say: "You could, for instance, give kelp and alfalfa to an overweight woman who had hypo-thyroid. She might be an enormous lady who sat there with droopy eyelids and it might take two years to get the weight down and she'd have to have 10 times the dose. Whereas a fast metabolic person might start dropping off pounds in a week."

It is a good idea to have a little meat occasionally and again be selective about it. It can speed up the metabolic rate and burn off waste food. Fish has no acid producing substances, so there are no fats.

(to be continued)

GDH



A scene from a fashion show at "Sonargaon"—Star photo