

# LIVING

## Getting on with In-Laws

by Fayza Haq

married with jewellery and cash money which her father gave her. She sighed a great relief when after fifteen years of marriage her husband was posted thousands of miles away from the rest of the joint family.

One knows of another case of a daughter-in-law who spent her time in packing, and put aside her education and having

**Parents make innumerable sacrifices to make sure that the daughter is adequately educated, trained, and provided with a reasonable dowry before getting her married. They do without many luxuries and even necessities — going without fine clothes, a car or servants. Yet when the young woman goes to her in-laws she is often plagued with situations that she can barely handle. The fairy-tale ending of 'and they lived happily ever after' appears too simplistic in some cases.**

a family of her own while she got her three sisters-in-law married in Dhaka with money that she had earned in London. She also educated her two brothers-in-law in USA, apart from sending money to the retired and needy parents in-laws.

There is the case of another daughter-in-law, who spent her time in cooking and clean-

ing for the joint family from dawn to dusk and beyond. The family has money of its own but she feels the daughter-in-law should be kept occupied. "Even the servant in the house is treated better than me because my mother-in-law knows that she will bolt if she is not treated with kindness and consideration. Whereas, if I leave with my two young sons, they will find a second wife

for their son with ease, but I will be nothing but an embarrassment for my own family." Another daughter-in-law says, "It is so hard to please the in-laws. They do not like you to read or listen to music or watch television. They will not let you take up a part time job and feel that a woman should be confined to the four walls of the home, feeding her

husband, cooking, and dusting, and looking after the children. You have to tolerate the male temper and when the in-laws visit you, you must have trays of goodies to please them, and let them rattle on for hours about one thing or another, although you yourself might be tired as all hell. While you give them expensive presents for Eid and birthdays they will invariably

spent on the children, while my in-laws look on indifferently or simply advise me to pack up and go back to my parents with my children." I know of another case of a daughter-in-law, who had to pay rent and money for her and her husband's upkeep at the in-laws. One day she came home from the university, where she studied, to find that

bring her friends to the house because there would be discussions and laughter and her mother-in-law could not tolerate this. They had to dine at a specific hour, and if the couple missed it for some reason or another, they would have to go hungry to bed.

Another young woman tells of how she would stitch and embroider clothes for all her four sisters-in-laws and their children, do their hair and make up, help with the cooking and dusting, and yet when the crucial divorce came, none of the in-laws were of any help, and today put all the blame on the woman. This is even though she worked and sent her husband abroad with her savings and there was question of neglecting her children. The mother-in-law could never stand her, and always gave her the smallest pieces of fish or meat at meal times.

When the fate of the city dwelling wives is often so lamentable you can envisage the situation of the village woman, who cannot take a rickshaw and visit her friends or family. Her fate is sometimes worse than the domestic animals, who are gently fed and tended. She has to bear the children according to the whims of her husband, cook, clean, make 'pithas', 'pickles', look after the kitchen garden; tend to the animals like the cows and the goats; catch fish to supplement the food in the house; do sewing and mending; making of 'patis' for sale; and prepare all other goodies for the inmates of the house which include her in-laws.

What about the men in our society? They are the lords of creation, as elsewhere in the Subcontinent, and even in the west. They are treated with the best of food in the house of the in-laws, and everybody is there rushing to please them, and they treat the daughters badly. Yet, there are cases where the in-laws have created havoc in the normally placid home and caused conditions in which the husband and wife live apart or where the wife stays with her mother for weeks on end, much to the annoyance of the husband. This often happens if the wife comes from a well-to-do snobbish family and tends to be indifferent or to have contempt for the husband's family.

All said and done, marriage may sometimes be seen as a strange gamble, specially for the women. It is like putting your hands into the sea — you might get a pearl or have your hands chewn off by a shark. Fortunately most marriages in our country pull along, despite the vicissitudes.



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give you something that tells you that it is not from the bottom of the heart, and that it was simply given because something had to be placed before you, in exchange of the effort you made and what you gave."

Yet another married friend has this to say about her in-laws "Whenever there are fights with my husband, they pretend to take my side and

all the fine 'saris' that her mother had given her had disappeared. She first suspected that the servants had done the mischief and when she went to report to her mother-in-law, she discovered that it was the mother-in-law herself who had removed the clothes. "You can only get them when I give them to you, when you go out", were the dictatorial terms. This young woman dared not

## For Children's Parties

### Chocolate Golliwogs

- 1 orange jelly
- 2 bananas
- 2 level tablespoonfuls custard powder
- 1 level tablespoonful cocoa
- 1 pint coffee
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- 3 oz. sugar

A little whipped cream  
Make up the jelly to just under 1 pint, and set in individual dishes with two-thirds of the bananas, cut into slices. Allow to set. Mix the custard powder, cocoa and sugar together and blend with a little cold milk. Mix the rest of the milk and coffee together, bring to the boil, pour on to the blended custard, return to saucepan and boil 1 minute. Allow to become almost cold, then pour on to the set jelly. Set aside until quite cold.

Cut the rest of the bananas into slices to form eyes, pipe cream on top and place a currant in the centre to complete eye. Use the rest of the cream to make the nose and mouth. Serve quite cold.

### Sponge Sandwich

- 4 oz. flour 4 eggs
  - 4 oz. castor sugar
- Prepare two 7-in. sandwich tins by greasing and flouring. Sieve the flour. Break the eggs into a basin and whisk. Add sugar, and whisk over pan of hot water on low flame until the mixture is thick and creamy and will retain the impression of the egg-whisk.



Delicious to eat and easy to make

Remove from heat. Beat for a few minutes until cool. Fold in flour quickly and put into sandwich tins.

Bake in quick oven for 10 minutes or until cooked. To test, press gently with finger. If impression remains, the cake is not ready.

### Suggested Fillings

Coffee butter cream and raspberry jam. — Spread one cake with thick layer of raspberry jam and the other with coffee butter cream.

Orange and cream. — Whip small-size carton of double cream. Add grated rind of 1 orange. Spread half on each

cake and sandwich together.

Chocolate and cream. — Whip small-size carton of double cream. Add 2 oz. grated chocolate. Spread half on each cake and sandwich together.

Orange and lemon cream. — Make butter cream as for vanilla butter cream (see Rainbow Gateau recipe), but substitute 1/2 grate rind of 1/2 lemon and 1/2 orange instead of vanilla essence. Spread and sandwich cakes together.

A plain fruit cake which can be iced or not, according to taste, is a good stand-by and may be popular with older children.

## Dhaka Dining

by Dominic Douse

THE newly opened Wakana Japanese and European restaurant on Gulshan Avenue is a definite destination for Dhaka diners.

The Japanese section of the menu offers no hints to those



Chinese Wakana Restaurant

It was my second visit to the Wakana in three weeks. Our party of six was greeted with much bowing by a vanguard of waiters, then promptly shown to a private room decorated with an inter-

unfamiliar with Japanese dishes, however at length rough descriptions can be obtained which makes ordering unusually entertaining! The highlights of our meal were 'Kakiage', crunchy tem-

pura shrimps, 'Maguru Sashimi' raw tunny fish, both of which were served with different 'Wasabi', a horseradish sauce varying in strength and colour from the mild white to the absurdly strong green. 'Sumashi Jiru', a spicy clear soup and my favourite 'Nataane', cold octopus and spinach salad which unfortunately consisted of only three or four mouthfuls.

As is the case with Japanese food, part of the pleasure is visual: at the Wakana this was clearly so!

After enjoying a delicious and authentic Japanese meal complete with Sake, I visited the kitchen to find Kazuyuki Matsuda, the chef, who via his Japanese speaking Bangladeshi interpreter, conducts the cooking. The system seemed slightly chaotic, but the authentic and aesthetic Japanese food proved it worked extremely well!

The Wakana is expensive by Dhaka standards but one enjoys more than an ordinary meal: it is surprising entertainment built around a meal!

## Karate: Defense Against Illness

by Rani Padamsi

THIS refers less to chronological age than to the teacher's wisdom. In spiritual terms he or she is your elder and thus your teacher.

The martial art *Sensei* is very much like the Zen master. He has not sought out the student, nor does he prevent him from leaving. If the student wants guidance in climbing the steep path to expertise, the instructor is willing to act as a guide on the condition that the student be prepared to take care of himself along the way. Women and children are given extra care and more time. If the student has the necessary dedication and the leader provides the proper spiritual inspiration, then the meaning and essence of the martial arts will finally reveal itself.

Karate do not only helps to develop a healthy mind but a very strong body as well. A well-trained body repels sick-

ness and disease.

There are three kinds of ailments that afflict a human being: illnesses that afflict a human being, illnesses that cause fever, malfunctions of the gastrointestinal system and physical injuries. Almost invariably, the case of a disability is rooted in an unwholesome life style, in irregular habits, and in poor circulation. If a man who runs a temperature practices *Karate* until the sweat begins to pour from his body, he will soon find that his temperature has dropped to normal, and that his illness has been cured. If a man with gastric troubles does the same, it will cause his blood to circulate more freely and so alleviate his distress. Physical injuries are, of course, another matter, but many of these too may be avoided by a well trained man exercising proper care and caution. *Karateka* (student of *Karate*) places spe-

cial emphasis on the need to develop powerful diaphragms and one of the methods they use to achieve this is yoga type strong diaphragmatic breathing.

By powerful exhalations focused on the diaphragm, muscle contention is intensified and power boosted, thus many people suffering from asthma have been cured. *Karate* do is not merely a sport that teaches to strike and kick; it is also a defence against illness and disease.

The knowledge that self-defence instruction gives, generates in itself a high degree of self-confidence in the majority of people. Its like having a five extinguisher in your home and hoping you never have to use it but its nice to know it's there. One should always hope for the best and get prepared for the worst.

(Concluded)

## Breast feeding: Material Use of Drugs

by Dr. M. Abdul Matin

KNOWN to have caused adverse reactions in infants through breast milk-atropine, anti-coagulants (Phenindione), anti-thyroid drugs, anti-cancer drugs, Cathartics or Laxatives (except Senna group), Iodides, narcotics, radio active agents Bromides, Erzot, Retracrydines and Metronidazole (used in dysentery).

They are generally contraindicated for use in nursing mothers.

They require close observation because of the potential toxicity of continuous.

1. Corticosteroids used in allergic manifestations and emergency managements, when given to mothers in large doses it can attain high concentration in breast milk and thereby pose the danger of suppressing growth in infants.

2. Nalidixic acid (anti-diarrhoea and blood dysentery). Sulphur drugs can cause the breakdown of blood cells in certain babies with pre-existing defects.

3. Barbiturates and Phenytoins (used in epilepsy) enhance the degradation of endogenous steroid production in the infant-body.

4. Salicylates (pain killing agents) taken occasionally are not harmful but its chronic use by a mother can induce decreased coagulability or increased bleedio in baby. This is also true for oral anti-coagulants like war Farin & Dicumarol (used in patients with certain thrombo-embolic and heart diseases).

5. Tetracycline group of antibiotics if given to a nursing mother, the drug comes to the breast milk causing permanent staining in baby-teeth. Other antibiotics are known to be safe. There are some antibiotics like Streptomycin, Kevamycin which readily pass in to breast milk but are not absorbed from in fact govt-but their persistent accumulation in the intestine causes destruction to the normal flora (bacteria those produce vitamins) and induces harmful effects on immune system.

Some drugs taken by nursing mothers that are not generally considered to be harmful to the infants in optimum doses include Insulin (for diabetes), epinephrine, alcohol, caffeine, but their large doses may affect the infants even, after breast feeding. Some of mothers do have the habit of smoking tobacco regularly — now it is more or less obvious that their breast-fed children will have retarded growth.

lower passage to breast milk, causing weaker dentition of teeth, mothers suffering from jaundice due to hepatitis-B may be source of infection to their breast-fed children.

Late weaning problem:

From the fourth month of age, children should be supplied with additional other foods along with breast feeding and a complete weaning (discontinuation of breast feed) should be done by 18 to 24 months. In developing countries, particularly in moral areas, majority of the babies tend to cling to breast-feeding up to the age of 3-4 yrs. In fact such late weaning prohibits the intake of balanced food and creates gross malnutrition. (Concluded)

## Body Maintenance

IT has convertible, easily digested protein, plus a lot of things not found in meat. This is in the magnesium area which is good for nervous energy, good for brain function, concentration, studying, that sort of thing.

Honey: Still the easiest to absorb and process of any natural sugar, and it has one extremely important function: it enables your body to sue calcium correctly.

Most of the things that go wrong in civilized living start with calcium levels. Either they are too low, you cannot sleep, your nervous energy drops, your skin starts to pack up, your muscles sag.

Or you get the other side of the pattern: calcium builds up and your body loses its ability to handle it properly. So you get arthritic joints, stone formation, kidney stones, gall stones, this type of thing. And you get heart disease, calcification of the arteries.

What honey does is preserve calcium. It makes sure your body can handle every bit of calcium that goes in. Dentists are taught that it is high in sugar (which it is) and once it hits the saliva it starts to corrode tooth enamel. They say don't give children honey, it is a bad thing.

But it depends what else the child is having in the diet. It also depends whether they have honey in such a way that it is removed fairly quickly from their teeth, which means having something to drink afterwards, or cleaning teeth. Honey is also the best preservative in the world, it is believed. If you put something in a jar of honey it will never go bad. For example, you can cut up a clove of garlic, or an

onion and cover it with honey for 24 hours.

"Absolutely everything except the tissue is extracted and goes into the honey. This is good for sore throats, for children with tonsillitis or infected throats, in fact any sort of infection in the body that is giving off heat, temperature, or inflammation. The thing to do

is chop up the garlic and a couple of onions or shallots, pop it into the honey and eat it a day later."

As for those who say they will put on weight if they eat honey the answer is not necessarily easy. (to be continued)

GDH



Ruposhi creation.