

LIVING

Happy Marriage

There is no blueprint for realising a dream, a happy marriage isn't something that is handed over with a marriage certificate.

Just think of the number of recipes there are for a happy married life, and you'll realise that not only do the recipes differ, but also the ingredients. Because the two people making a marriage are quite different from everyone else, so the life they create together is unique.

Modern marriages are freely and easily — sometimes all too easily — entered into. Husband and wife regard each other as equal partners. With the old order, the husband was the boss, and the wife just a piece of his property, but at least everyone knew where they stood. Today, the woman is much more personally responsible for the outcome of a marriage. If it is successful it is much more rewarding than in Victorian times, but there is a greater chance of failure. As in everything, more freedom means more responsibility.

How then can anyone, let alone a book, tell you how you should run your life? No-one can work out a recipe for married life that's right for everyone. But it is easier to cope with the bad patches if we understand the basic reasons for them.

Two People

Every woman who enters into the married state is really marrying two people, and her husband is taking on two wives. No wonder there is often some sorting out to do at

first! When we fall in love we pin on to our partners all the virtues we would like them to have. Our man must be strong, yet tender; exciting, but not too exciting to other girls, and so on. We idolise and idealise him and don't see the ordinary person he really is. Similarly a man sees a woman as the perfect wife, and at times she may wish she could take off the fancy dress costume and be herself.

Gradually these two wives and two husbands settle down together, but sometimes they have some hard jolts in the process. She may feel cheated when her hero turns sulky because his shirt isn't ironed. She feels let down and thinks that life with this moody creature is not what she undertook

by Sylvia Saleem

at all. He, in turn, feels disillusioned; in his dream, wives are always patient and understanding.

However, as time passes husbands and wives should realise that the foursome can settle down together so long as they don't become rivals to each other. The two "ideals" can cast a magic spell over the two "reals" doing the washing-up together in a homely atmosphere.

After all, what do we mean by a home? Surely it should be the one place where we can show our good side and our bad, where we are loved despite our faults? A place where we can truly be what we are and not what we think the

world wants us to be.

If the bad feelings inside us are always kept buried, we are only going to be half-people. This doesn't mean that we are entitled to fling the teapot at our partner because the tea is cold, but we should be able to say we loathe cold tea and set about getting some more.

Home or Career?

Nowadays so much advice is poured over young couples by well-meaning relatives, by television and the Press that they must wonder how people ever managed to stay happy and married in the past. But social customs have changed. Instead of merely taking a delight in mastering housewifely crafts and expecting babies to appear at fairly frequent intervals, the young wife is now constantly faced with decisions.

Should she keep on her job? Perhaps part-time work would be better, allowing more time to organise housework.

Just how should a couple strike the balance between achieving financial goals and making the home the reassuring and comforting refuge it should be?

Whether or not a young wife should continue work after marriage is a question that has to be considered by most couples, and the answer isn't simply "yes" or "no".

(To be continued)



A Taste of Living Together

Joint family living, an old system, has come down as a necessary tradition in some of the families and its members accept it as daily routine without much questioning or misgiving. Their complaint at the most, is that they have to be more patient and tolerant as in case of the young woman with her new in-laws, who does not want to be labelled as bad tempered.

Those enjoying the benefits of a joint family system point out that there are others to share the responsibility in the form of, say, the grandmother who looks after the children while the young mother is away at work. When there is one set of servants, a single electricity bill, and one television instead of three or four, living is more economical.

However, there is less measure of independence in living with one's parents and brothers and sisters. Often this can be oppressive and depressing if one is bullied and browbeaten by brothers and the other more vocal members of the family. Many modern young people today are against this form of living and often prefer to have separate establishments of their own at the cost of greater family expenditure.

MUSA Azam, a 27-year-old account executive lives with his wife and baby daughter with his parents and his elder married brothers. Listening to his account of the joint family system one would believe it to be the sensible and economic way to be living in the city. "The life style of the sons and parents should suit each other. There should, moreover, be total non-interference. If there had been any interference I would have lived separately with my family no matter how hard separate living might be," he says.

He goes on to say: There is such a sense of tremendous joy and vibrancy in the brothers living together. The dining table, for instance, is the hub of the joint family structure. There are long lunches and prolonged dinners with exchange of jokes, talk of politics, and discussion of socio-economic problems. If I have bought a car or won a scholarship, I can share my happiness with so many others. Again, take the way my little daughter is growing up. If Sharmeen and I lived alone, she would have had the love of only two persons apart from the affection of her 'aya'. In our house she has her aunts, uncles and cousins greeting her with love the whole day. Is that not an ideal picture for a baby to have?"

Musa's wife Sharmeen has an eight-to-five job and she could hardly take it up if she had not the protection of the joint family system. Sharmeen comes home in the afternoon to be with her baby for an hour, but that would not have been enough, had it not been for the loving care of the aunts and the grandmother. "The child has better chances of growing up with love and affection in the present surrounding," Musa comments.

"Of course there are problems. Friends would have come over more often if we stayed on our own. Sharmeen and I can't stay out at parties very late, because we know that someone is staying up to lock the door after us and even if we ask them to go to sleep early it will be of little avail. Again, there will be differences such as the differences of opinion on how to bring up Amber. My mother will have her orthodox views but the last word will be either mine or Sharmeen's," he further comments about the joint family system.

Parvez Rashid, a banker, with years of foreign training, is a 30-year-old bachelor who is chiding against staying with parents and other brothers. "At a certain stage, after being through a student career, it is difficult to get adjusted to the joint family system. No matter



how congenial and understanding the family background and people maybe, there are bound to be some complications," he says.

Parvez elaborates, "If I return late at night, that is setting bad example for my younger brothers and sisters. I want my own personal freedom and hate being dictated about my pattern of existence or work. In the same way, I cannot play loud music, for someone or the other is bound to be having his examinations or tests. Similarly, if I have a girl friend, visiting me, I can't call her to my room. It is a wonder that I am allowed to use the telephone to talk for long hours with my friends."

"I feel more comfortable when alone. When I marry I will certainly not live with my parents as they belong to a different generation. I would like my wife to have the best image of my parents. This can be only when we live separately and visit them occasionally as on weekends. Parents, in turn, will be welcome to visit us," he says.

Parvez has studied in boarding schools, as his father was posted in the interior districts. In the 70's, during his career days, he has again been out of the country and away from home, on scholarships, and so, perhaps he is used to being on his own and cannot get along with the conventional joint family.

Rehana Rehman, a housewife who lives in one big group of parents and cousins in old Dacca says "It is like community living. If your sisters-in-law and brothers-in-law go to work in the morning they are expected to use the bathroom first and get their breakfast before eight before the others. If you bring fruits or sweets or some such refreshments for your child, you must bring for the rest of the children too. Similarly you cannot have clothes for your child alone on Eid.

"If I come late at night, I must ring up and inform some one in the house. Even if I call up, it does not seem enough, and the people at home would resent my staying out late if I did it too often. Again, if my daughter Nausheen falls ill, the people at home would turn around and say that I was not taking enough care. I cannot even have an argument with my husband, without the others interfering and coming in," she elaborates on her life in a joint family.

While there are the advantages of living together there are disadvantages too, Rehana feels like many others. "If you are willing to have what the others are having, there is no special expenditure. There are bound to be fights and arguments as is expected when so many people live together. Patience and tolerance are essential. If you lose your temper your in-laws will never understand. They will think you to be a bad tempered person. Again, living with in-laws, you cannot have friends troop in at all times of the day. It would be most embarrassing."

"If grown children can bring their friends to their house, there is no reason why they can't bring permanent companions," says Rukhsana Azim, a business executive who goes for her holidays to London. "I have stayed with my

brother and his family and we have lived in perfect harmony, and accepted each other's friends and ways of life," she says. "He did not impose anything on me. It is really a matter of acceptance. I think that joint family is feasible if you have an open mind. It is desirable because it establishes a sense of belonging and helps you identify yourself with a group. It is also economical — instead of two refrigerators, three radios and four television sets you have one of each. You also buy food in bulk, and so you learn to conserve."

Fawzia Rahim who has just completed her masters and hopes to study abroad says, "On the whole, I would prefer to stay away from a joint family. I'd like to stay in a house of my own and do what is right, and bring up my children the way I think is correct. A girl gets married to have a home of her own."

However, "she adds I don't think anything drastic would happen if I had to live in a joint family where there is readymade house to look after you and your children as they grow. You have security and company and you learn to compromise."

"The joint family system is the oldest form of human living," says Shamsul Huq, an economist. "This serves as an insurance to all members of the family. It has certain advantages from the humanitarian point of view. It provides well for the old and disabled, and safeguards against accidents like death, in case of orphans," he continues.

"Ours is basically an agricultural country but our farm holdings are very small so that a substantial portion of the farm lands prove to be uneconomical holdings. Joint family helps to lessen the division of the farm lands," he adds.

"Modern education tends to help develop personality and individuality of people. Educated people generally find their own field of endeavour and try to live independently according to their own likes," he says.

"Advancement of communication has made people more mobile. The world has become smaller, and people and countries have come closer. There is a substantial trend towards migration of people from one country to another in search of employment and business. This also leads to breaking of families and as comparatively enterprising section of family tries to go out in search of livelihood."

He adds, "In some countries like UK the old law of inheritance tends to break families, where the eldest child inherits the property. People live and earn independently and the idea of the joint family does not develop. Although the law is different in our country, the urge to lead an independent life has got the upperhand."

Shamsul Huq points out, "This acts as a damper to individual initiative and also development of capacities and abilities. Then, there are practical difficulties of living together in modern times. People have to live separately for reasons of economic well-being. There is also an optimum limit of the joint family when the family is too big and cumbersome to live together."

"When people live separately there are more determined efforts than when they live in joint family," he comments.

Thus one has the pros and cons of the joint family system as it prevails in Bangladesh many parts of the Subcontinent, Far East, and even in some settlements in the West. — **Fayza Haq**

Poor Sleepers: Let's Try Without Drugs

— Dr Md Abdul Matin

Many people, especially in urban areas do have a frequent medical complaint, "I can not sleep well" or "I can not get to sleep easily." And the pharmacists, even most of the medical practitioners are no less liberal to prescribe sedatives for them, which in the actual sense may do harm than good or too less benefit than the expectation. Most authorities on such problems recommend against the use of sleeping pills by these people for some genuine reasons, which include:

(a) Sedatives modify the activities of nervous system during sleep, in particular, reducing the normal periods of dreaming. Cessation of the drug after a short period of intake initiates many people to suffer from sleep disrupting dreams, compelling them to wake up, feel tired, even after a full night's sleep.

(b) Human body develops tolerance to the sedatives on their repeated use, which results in more and more intake to make the person feel sleepy; in other words the sense of urge prevails which may lead to addiction.

(c) A person may be psychologically dependent on sedatives; if he or she is convinced, that is the only way he or she can get a good sleep at night he will not be able to go to bed without drugs, i.e. addiction ensues.

(d) Some people may have some pre-existing liver, kidney or other disorders which are prove to be deteriorated by the use of sedative drugs. It is an utmost necessity for them to avoid such medications for the

sake of their health. In developed countries, there are multiple "Patients Education Aid" programme to help the people sleep without use of any drug. "Kaiser Permanent Medical Care Program" of Southern California, USA has evolved few suggestions in this respect in 1989, which can act as the base for a "non-drug aids" programme to sleep for

the same bedtime preparations each night, there by telling yourself it is bed time & you should go to bed.

3. Make sure your bed is as comfortable as possible, which may include a soundless bed, good mattress and pillows with



our people. The most prime thing that needs to be understood by all concerned is the "motto" of the patient or person to avoid drug for sleeping purpose. Let us give the following suggestions a fair try before asking our pharmacist or Doctor for some thing to help us sleep:

1. Go to bed and rise at about the same time every day. Such a schedule helps regulate your body's inner clock.
2. Try to establish a sleep routine by following

modest or your favourite colours.

4. If you are sharing your bed with a partner who snores, or steals your cover or blanket during sleep, or remains restless even in sleep, make separate temporary arrangements until you re-establish a satisfactory sleeping pattern.

5. Wear loose-fitting night clothes. The more comfortable you are, the better you will sleep.

6. Keep your bed room

darkened by using room darkening shades over windows, or glass to prevent street light shines at night, or sunlight at day time, when you sleep. Using black binds over the eyes may serve the same purpose as an alternative.

7. Keep bed-room as quiet as possible. If you can not block any unavoidable outside noise, try to cover it with an inside noise such as the steady hum of your fan or other means like melody of a favorite music.

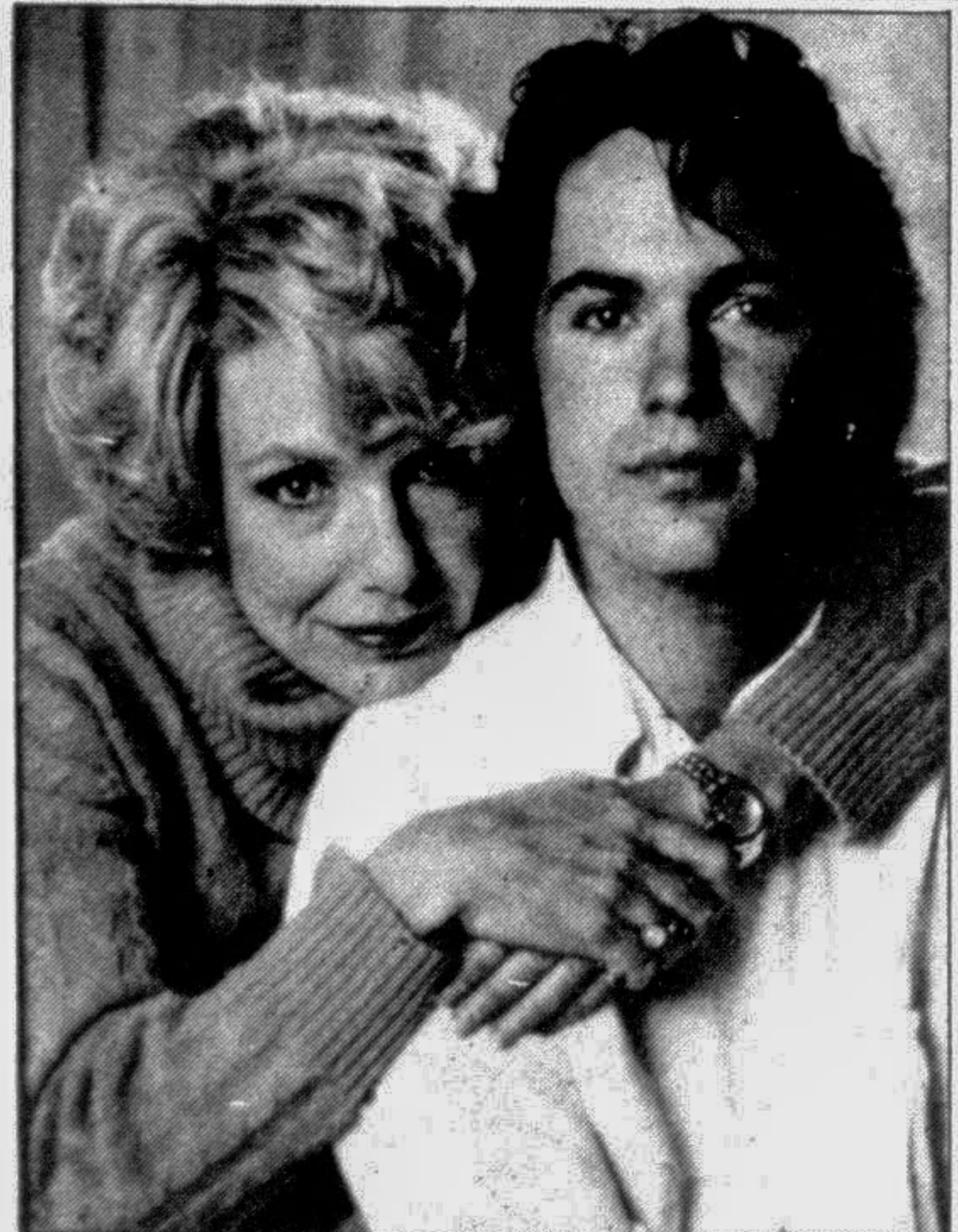
8. Avoid alcoholic drinks, including beer and wine prior to your bed — when alcohol wears off during the night, you may experience a period of wakefulness before it is down.

9. Avoid all drinks and beverages containing caffeine (e.g. tea, coffee etc.) after your dinner — because these are neurostimulatory components which by nature, make you little excited and awakened.

10. Avoid mental stress or stimulations during the hour or prior to bed time. Read a "light" novel or a comedy or watch a relaxing T.V. programme; do not take up any unfinished office works or discuss any family finance or other unpleasant matters with your spouse or anybody else before bedtime.

11. Do not use your bed room for other works or watching television. Try to establish that this room is only for sleep.

12. Avoid day time napping which tends to fragment sleep at night.



Reason for Living: The Jill Ireland Story — Star Plus

STARCHES such as buns, cakes, chocolates, sweet puddings, and trifles are also bad for greasy skins. Wash the face frequently with toilet soap and rinse with cold water. On alternate nights scrub the face gently with a soft toothbrush and soapy lather. For quick cleansing during the day, use apply astringent lotion freely, or if the skin is sensitive use equal parts of witch hazel and rose water instead of a branded astringent. Once a week give yourself a face pack made of the following ingredients, all of which you can buy cheaply from the chemist.

1. teaspoonful of pure lemon juice;
2. drops of hydrogen peroxide (5 vols);
3. teaspoonful of glycerine.

Shake well together and keep tightly corked. Apply this to the skin, being careful not to let any get into the eyes, and leave to dry, then splash off with cool water. Use this treatment on alternative nights. For dry skins a nourishing bleaching cream will be better. A tinted foundation cream helps to take away any sallow appearance from the complexion, and a pink or

Beauty Tips

peach tone powder should be used.

Shampoo. Very fair or greasy hair should be washed every week. Dry hair normally needs washing only once every ten days or fortnight. In hard-water districts a soapless shampoo gives more satisfactory results. If a soap shampoo is preferred a special rinse of lemon juice or vinegar would be needed to clear away any traces of dulling soap-scum from the hair. Shampooing should be carried out in the following manner. Thoroughly wet the hair, and then apply the shampoo to the scalp, pressing hard with the fingers and working it well in until a thick lather is obtained. Leave the hair itself to the last, and when the scalp feels tingling and clean, rub this between the hands. Rinse off, and apply the remainder of the shampoo (a little more than half should have been used the first time), then rinse thoroughly. A spray, of course, is the ideal method

of rinsing, and if you have an attachment to the bath use this, though a wide-mouthed jug makes a good substitute. Rinse the hair until it squeaks when the hand is smoothed over it. There are camomile and henna shampoos on the market and should be used as directed. A conditioning cream or hair tonic should be used on very dry or brittle hair before washing with an oil shampoo.

Dry powder shampoos are intended for those people who find it inconvenient or undesirable to wash their hair. It provides a quick and effective method for removing dust and grease from the hair in the minimum amount of time.

Slimming. This is a matter of dieting and treatment that should be carried out under medical advice.

Teeth. Ideally the teeth should be cleaned after each meal with a tooth paste or powder. If this is impossible they must be cleaned night and morning. This will preserve the teeth and go a long way toward correcting bad-breath. A regular half-yearly visit to the dentist is advisable to check any deterioration.

(to be continued) P. E.



Floral motifs on 'shalwar kurta' bring in the spring theme