

LIVING

Joys and Problems of Travelling Abroad

THERE is one fact that should immediately comfort all uncertain travellers, dreading their first lonesome sortie into foreign lands: the first time is the worst. As one gets used to most things, so one gets used to travelling and once you know the ropes it can be exciting and a great deal of fun.

Setting Out

When travelling alone, it is wise not to set out laden like a camel because you may very well find you have to carry your hand luggage yourself. One cannot always be sure of porters abroad. On very long journeys, especially those by boat, luggage can be collected a day or two ahead of your actual departure and stashed away in the hold and in your cabin. All you need to take with you is the absolute essentials.

Think about your luggage according to the circumstances in which you travel. Women as a whole are far untidier travellers than men, probably due to a female, hate-to-leave-the-nest instinct; we are inclined to try to take the nest with us. We forget that you can buy face tissues in Istanbul and safety pins in Stockholm.

An idea which is well worth pinching from men is to carry a large and capacious pocket-book with lots of flaps and envelopes. It is a miracle how much this can hold: passport; foreign money; local money; vaccine certificates; tickets, various.

A good travelling handbag with a strap is essential, this and a fair-sized hold-all should be all that is necessary for you to carry yourself.

Travelling by Train

If you are by yourself it is even more important to get to the station early than if you are being escorted by husband or family. It gives you time to look around and choose a kindly-looking porter. It gives you time to get the seat of your choice in a carriage of your choice. If you are going abroad, book your seat on the train! Never leave this to luck.

When you set off on a long journey, and expect to be many hours in a train, it is wise to get to know the attendant of your car and to tip him at the beginning a little more generously than your natural instincts might suggest. It is not a bad idea to get half your allotted tip at the beginning and the other half at the end of your journey. People who tip sleeping car attendants in this way usually find that they do very well.

A reputable travel agency will inform you about the existence or non-existence of non-smoking carriages; various types of sleeper; open cars or small compartments. This kind

of information is well worth getting if you feel strongly about the way you travel alone.

Travelling by train is still, in the minds of many, the most exciting and adventurous and getting-away-from-it-all form of travel. So relax and make the most of it. Take magazines if you want to flip, but don't rely upon a book to while away the hours, because your eyes won't stand it.

The Dining Car

Never be afraid of going into the restaurant car alone. Meals in trains abroad are usually excellent and well served. You can get vouchers from your travel agent which will save you having to pay in currency. Don't sit with your nose in a book, but talk to those who eat with you



at your table. You will probably learn a great deal and enjoy yourself. If you don't like the look of the tall, dark man with a roving eye, go and sit beside that nice family of three. A lone traveller in doubt cannot do better than attach herself to a likely-looking family, but not too large or taken up with tiny babies and bottles and things. You then become one of a group, which is always more satisfactory than becoming one of a twosome that isn't quite to your liking and much harder to get away from!

Should you be stuck at a station abroad, having missed your train, and you don't know where to stay the night, remember that most railway stations, particularly in Austria and the Scandinavian countries, carry a special bureau to advise travellers where they can go to get a bed for the night.

Travel by Air

This is one of the most convenient but also the most impersonal ways of travelling. It is harder to make friends in the air than by train or on a boat. There is an element of urgency about airports, and sitting in a

by Sylvia Saleem

plane is much like sitting in a bus.

The ground hostesses and air hostesses are your friends, helpers, advisers and the first people to whom you will appeal if you are in any doubt or trouble. If you are lost or do not know where to go at the airport, there is always a central information desk to set you in the right direction.

At airports, far too many passengers can be seen hanging on to cases, bags, cosmetic cases and all kinds of bits and pieces. This is quite unnecessary. You can part with everything you are carrying when your luggage is registered and weighed. There is no need to carry anything but your hand-

bag on to the plane. The loading of baggage at airports is fast, efficient and as foolproof as anything can be.

Do not tip anybody either at the airport or on the plane. The only people whom you might tip are the men who put luggage on to the coaches at journey's end, especially if your cases are large or unwieldy.

Travelling by Sea

Any journey by sea that takes longer than a channel crossing, has the quality and the service of a well-run hotel. You are looked after at every point.

The first thing you do when you get on board and have been taken to your cabin, is to find the purser's office and decide which of the usual two sittings you prefer for meals, and get the number of your table. Now is the time to complain if there is something radically wrong with your cabin. You can send a telegram and ask where the library is placed. If you are in trouble or doubt about anything concerning your personal comfort, you can always appeal to the chief steward, who is usually very helpful. Don't ask for

day or two, you will want to secure a lounging chair on deck. You pay for the hire of this and a blanket if you want one. Go and see the deck steward as fast as you can after you have made arrangements about your meals and contacted your cabin steward. Book your place on deck, your chair and your blanket and give the deck steward a tip. He will remember and see that you get your tea or coffee as soon as you plunk yourself down in the morning.

On board ship, speak to everyone! There is nothing peculiar about a woman buying herself a drink in the bar. Every does it. You are sailing the seas with a number of people for a number of days and you just can't get away from them. Join in the evening games, however silly you may think they are. It is the best way of meeting other people if you are shy or don't care too much for the group at your table.

Passengers usually do not dress for dinner on the first or last night, but do dress carefully for dinner throughout the voyage, especially on a cruise! A

cocktail dress is fine.

Men You Meet Abroad

Some women have a firmly fixed idea that all foreigners are fast. There are also women who think that their charms, perhaps unnoticed at home, will be appreciated more readily in a foreign country, so they smile too much and flirt with their eyes and behave in a very surprising way.

Neither of these attitudes is founded on fact. It is true that Latin men probably like looking at women more than Anglo-Saxons. This is mostly because women in their countries are more heavily chaperoned and do not have jobs as much as in northern countries. But in Italy and France it is a compliment if a man looks you up and down. It is not an invitation to goodness knows what. Nor is it an insult.

So behave normally, more or less as you would do at home. You can size up a man in any country. Read if you want, answer his smile but don't overdo it. Answer if you are spoken to, but be firm if you do not want to exchange addresses or see him at your destination (The best thing is to pretend not to understand fully or to have lots of friends waiting for you and a full programme insight).

If you are being followed and it really becomes a nuisance, do what you would do at home, go to a policeman and ask for his help. As one French policeman once said to a girl, "Mademoiselle, if I were not in uniform I would follow you too," but he escorted her to her hotel, bowed and left her with the utmost courtesy.

If you are in a hotel and meet a man who asks you out, and you like him, by all means go out with him. But always be a little more circumspect and careful than you might be at home. The Italians, the Spaniards and the Frenchman are far more likely to marry the girl next door whose family knows his, than the Englishman or the American. Remember that before you go out with him, and behave accordingly.

The best rule is to be friendly and courteous and to behave, on the whole, as you would at home. It is always wise to take extra precautions abroad because you are in a strange place and among strange people with customs and social habits which may be unknown to you. On the other hand, do not behave as if you were in purdah, never allowing yourself to sit alone at a cafe table. In countries where tourism is an industry, visitors can do what they like with impunity. It is how you do it that matters, and that is up to you and your natural courtesy and common sense.

Growing up with Love

by Parveen Anam

MODERN thinking is so different from what the thinking in older days used to be. Entire concepts seem to be changing; and we cannot rightly claim always for the better. Some things definitely needed to be thought out and given a new lease of life. Nobody is denying that fact. Like educating the women or the girl child. Or giving the women more say in matters of importance. And the idea of women going out to work for more economic independence, is a revolutionary idea. In fact, it is pretty unusual for educated women to sit at home these days. They are growing more and more independent and refuse to let the menfolk dictate terms of domestic harmony!

It is either the maternal or paternal grandparent. It's an arrangement which suits everybody.

Loyal and honest domestic help is at times a genuine problem. And mothers who have the advantage of falling back on the "joint family system" can only thank their lucky stars. The grandmother in most cases is always available; in sudden emergencies, she can be heavily relied upon to lavish not only the most loving care and attention on the sick grandchild, but also a "life-saver" to the harassed mother, who probably has to attend that office meeting or be out of town on business.



A grandmother looking after the child while the mother is away at work

It never fails to amuse a certain class of women, as to how domestic bliss and happiness is always considered the women's domain. It's almost as if she and she alone were responsible for whatever quarrels and unpleasantness were to occur in the family. However, that the woman plays a dominant role in matters of the home, cannot be denied. And this role playing extends to her very vital role in bringing up the children.

The modern mother has helped in bringing up her children because she is at work. She takes the mandatory few weeks off as maternity leave and then goes back to work, leaving the child with the maid or in a few lucky instances, with an elderly relative. This relative in most cases

There are some who will insist that the disadvantages of the joint family outweigh the advantages. These are the lucky ones, who can probably afford to make sweeping comments, or are blessed with an army of impeccable, trustworthy domestic staff. Who know exactly what to do, when the baby is running a high fever, vomiting and having convulsions. And the mother is away at work, and impossible to contact, because she is on a field trip. These are the moments when the blessings of the grandparent cannot be overemphasised. The grandmother, who has to her credit seven offspring, well brought up and all successful in life, is worth her weight in gold. With total calm and demureness, she takes the

gravest of emergencies in her stride and comes through with flying colours! When the mother is back, she finds both grandchild and grandparent engaged in a lively game of "tudo" thermometers put away and soup ready for the child to savour.

Any occasion becomes a family occasion. The child's birthday is a major event of the year. Never mind if there are six of them around. Each gets his or her share of love and affection, along with the cake, the bunting and the balloons. The mother does not have to worry herself sick as soon as the birthday comes around. She knows everything is being taken care of. The shopping for the groceries, in pouring rain is looked after, the menu set and the table laid. What more could any working mother ask for? And the child brought up in such love and affection cannot go far wrong. He will always come back to the family, in later years, in memory of the love and affection lavished in earlier years. No matter which distant shore he travels to, in pursuit of the finer things of life, grandmother is very strong in his memory. Mummy was always there, of course, but it was grandmamma who indulged. And love is the birthright of every child. He cannot be denied it, no matter how busy the schedule of the modern family. And it is the grandparents, at the end of the day, who can afford both the time and the patience to indulge the child. He deserves it. Every child does.

Modern living sometimes takes the toll on the child as each family strives for independence, at the cost of love snatched from the child. The family, with grandparents in the wings, can sometimes be both indulgent and gracious because the mother is certainly more relaxed, with major household chores being looked after by a grandparent, who modern medical awareness has managed to keep fit and healthy, but who has retired from active life, so to speak. She feels wanted and important and the mother has more time for her own work. And the child is the happiest because he has the love and security of grandparents who are both loving and there. Love cannot be sacrificed on the altar of modern living, no matter what the "pundits" say.

How to Take the Best Candid Shots

NO other visual art can lay claim to the reality, the moment in time, the pleasant surprise of a snapshot. Candid photographs are simple and immediate; they require that equipment be at an absolute minimum, that technique be secondary to intuition and spontaneity. The best candid photography shows the medium in its purest terms — an instant of poignant life snatched from oblivion by that magical machine, the camera.

The best thing about candid photography is that it is enjoyable and relatively easy. Its challenges are of the sort you can relish. As you scan your surroundings, you become a visual gunslinger, your eye sharpened to detect the right person, scene or situation. With your camera as your sidearm, you're more free-wheeling and adventurous, ready to shoot the second a picture opportunity presents itself.

Trust your instincts. If a subject intrigues you, don't equivocate about photographing it, because it may not last. Don't wonder whether it would look better from the back or side. Take the direct approach.

Blend into the background. The best candid photographers become part of the scenery. Hang around a place until other people begin not to notice you and appear natural and relaxed. Do what others are doing, whether it's reading in a park or watching a ball game — the object is to fit in.

Wait for the right moment. Don't wildly photograph everything that happens. Be selective. Study those you're with. You can often see when a significant action, gesture or expression is imminent. Wait for it, and when it comes, act.

Look for people doing things. When people are occupied with work or activities they enjoy, a photographer can often move among them almost invisibly. Parents with children, anyone engaged in sports, craftspeople at their trade, couples in love, shoppers — all are fair game. Their unguarded, unposed ex-

pressions can say more than a formal portrait. If you want them to look toward the camera, make a friendly comment, ask a question or simply say, "Look this way, please." Or just hold the camera up to your eye and wait for the inevitable glance in your direction.

Choose when to approach the subject. If you get to know people, they may show a side you did not see otherwise, and also bring down defenses that get in the way of good candid. But some of the best candid photographers have a record only what they find. They try not to let reactions to the photographer creep into their pictures. Camera-shy people, with all their protestations and attempts to avoid the eye of the camera, invariably come off looking bad.

Experiment. Photograph from cars, buses and boats. As you walk down a street, try shooting without breaking your stride.

Hold your camera over your head the way press photographers do, to shoot over a crowd tilt your camera diagonally for a more dramatic portrait; try grossly under — and over-exposing your shots, just to see what happens.

Don't be overly concerned with technical perfection. In quick-shooting situations, many of your shots will be far from perfect. But errors needn't be regarded as failures. Remember that in candid photography a different set of standards applies and an exceptional picture may be lurking behind an apparent mistake. So don't discard out of hand the tilted scene, the body cut in half by your frame line, the blurred form of a person in motion.

Such imperfections speak the human, gritty, momentary visual language that sets candid photography apart.

Courtesy Travel & Leisure



Paisley pattern will always have its charm

Taking Care of Your Face

BEAUTIFUL skin is more often due to your genes than a result of the types of creams and lotions you put on it. This doesn't mean that your skin, no matter what type, cannot be improved by eating a proper diet, getting regular exercise, and developing and maintaining a skin care routine. And it is never too young to start caring for your skin, since the benefits will last a lifetime.

The Structure of Skin

The skin is made up of four layers: the horny outer layer, which consists of dead cells; the epidermis; the dermis; and the subcutaneous layer of fat. The skin is designed to be waterproof, and nothing that is put on the skin, such as moisturizers, cellular renewal creams or anti-aging creams, can penetrate any deeper than the outermost layers of the epidermis.

Skin grows from within outwards. This occurs at the basal cell layer, which separates the dermis from the epidermis. These cells are continuously

reproducing and moving forward towards the skin's surface. When these cells die, they form the horny layer that acts as a safety barrier and protects the fresh cells underneath. At the surface these cells form keratin, a layer of tough material that is thickest in body areas subject to the most wear and tear, such as the palms of the hands and the soles of the feet. The surface layer is in a constant state of renewal as the dead cells are sloughed off and replaced by other cells. Exfoliation removes this surface layer, leaving the skin smooth.

Collagen, the elastic tissue in the dermis layer, gives the skin its suppleness, smoothness, and plumpness. As you age, the collagen tissues break down, which causes skin to sag, wrinkle, and thin. Nothing short of cosmetic surgery can prevent these signs of aging. The rate at which your skin ages is inherited, so if your parents have young-looking skin, chances are you will too.

Each person's skin is indi-

vidual but tends to fall into one of four main types: dry, oily, combination, or sensitive, depending on the level of activity of the sebaceous glands. Your skin type will determine the texture of your skin and what kind of skin care routine you need.

Women who are fair complexioned and light haired usually have dry skin. Such skin has little natural oil due to underactive sebaceous glands, it burns easily in the sun, and is frequently also sensitive. Dry skin is usually very fine and has few visible pores; it often develops flaky patches in cold weather. It is frequently affected by temperature changes, artificial heating or air conditioning, and air pollution. Women with dry skin rarely have acne as a teenager, but as they get older the lack of natural lubrication can cause fine lines and wrinkles to develop prematurely.

The most important aspect of caring for dry skin is to moisturize it regularly.

Dark haired, dark skinned women often have oily skin,



which is the result of overactive sebaceous glands. Oily skin is prone to breakouts, and often has a shiny film all over, particularly on the nose and cheeks. It is frequently large pored and coarser looking than

dry skin. Although younger girls with oily skin often find they have continual breakouts and acne, oily skin is less likely to wrinkle early.

Most women have combination skin, which has areas of both dryness and oiliness. The greasy patches are usually down the centre of the face, forming a T shape, while the remainder of the skin on the face is drier, finer in texture, and in need of more moisturizing. If the difference between the two areas is great they should be treated with separate skin care products.

Women who have sensitive skin find that it is usually dry, delicate, and prone to broken capillaries and allergic reactions such as rashes. With sensitive skin, it is important to use products designed for this specific skin type; these products are laboratory tested to eliminate ingredients that are known to cause allergies and are often termed hypoallergenic.

MS



Helen Slater and Melanie Mayron in "Sticky Fingers" in Star Plus



"Street Legal" in Star Plus