

LOVING

What Loving is All About

by Sylvia Saleem

WE are experiencing love from our earliest moments. Love is part of living. It is the protective feeling we have for children, the need we have of our parents when we are young, the understanding we expect from our friends, even the warm affection we hold for our animals.

In its most exciting and most complex form love is what we want to offer to and receive from one particular man.

But where a young girl sometimes goes astray in her first experience of Love with a capital L is in believing that this is something quite different from any of the feelings she has had before. She does not realise that all her experiences of affection and understanding will be called upon in this relationship, and that she can learn from them, build on them and apply them in this new and romantic Love.

All the World Over

Love, in its widest sense, is what everyone is looking for and thrives on — from the girl who sits next to you in the bus, to the man who sells you groceries. That this is the simple truth is completely revealed by anyone's reactions to a smile, or to any unexpected interest shown in their affairs.

This understanding, and an appreciation of what lies nearest to another's heart, is the key to all our relationships. It is what we expect as children from our parents — what we remember to give back as soon as we are mature enough to realise that love is wanting to give, as well as to have.

Flirting

Flirting is one of the frivolous delights of loving. You don't have to be young to flirt — neither do you have to be shallow. It is one of the little frills of life which take the starch out of our relationships. One of the most successful flirts in history was Madame de Pompadour, even when far from young, she found that "keeping it light, keeping it gay" was the way to charm a king into forgetting all

Flirting is largely *jeu de vivre* — the play of personality — the invitation of one alive spirit to another and the suggestion of a mutual attraction, pleasant to both.

Learn to flirt a little — even with your grandmother! It comes from a rightful pride of

but knowing that you have something to give. Hold your head up and walk with a joy of movement. Nature made women as they are to be attractive, so be proud of it.

Gentle Flattery

Don't think because you love to be admired and flattered that

then on you'll go on liking them because they bring you a gentle reminder of affection. A little helplessness works wonders, too — even if you know it is a game, it is one he'll enjoy playing up to. But you need a sense of timing to get results. Timing in all phases of life is important, but never more so than in an affair of the heart: learn when to talk and when to keep silent. Don't be only gay and good-humoured. This attracts a man, but it needs to be interspersed with deeper qualities if you want the relationship to become permanent. Let him know what bothers you; let him know, too, that you would like to know and help with what bothers him. Keep a live and intelligent interest in what goes on; ask him to explain anything you do not understand.

His Work

Don't be overbearingly ambitious for him. Women who interfere in a man's work or career often succeed in doing him more harm than good — especially when they push him beyond his abilities.

He will like to think you are good in your own field and will enjoy boasting of your prowess, but don't encroach on his.

Let him be the boss — you'll be happier that way in the long run.

A man's work is his life — and there is no escape from it as there often is for a woman when she marries. There are therefore many times when the pace and competition, the pettiness or the magnitude of his work become overpowering; it is then a man needs refreshing and building up. If a woman can, lightly and even humorously, make a man forget the dustiness of his day, and feel that he could take on anything again, then she has one of the strongest weapons of all, and one of the most appealing.

These are special gifts of love, given bounteously from a generosity of heart that can see a little farther than normal.



womanhood, and is always charming when done with a grace that suggests hidden reserves.

A Little Pride

If no-one is telling you that you are attractive, tell yourself you are, and you will be. It is not a matter of being beautiful

Changing Makeup with Age

AS you get older you will probably need to change the colours of your cosmetics. Bright rich colours can draw attention to older skin and show up wrinkles, lines and bags. And as your hair colour usually changes as you get older, your makeup should reflect this. Try experimenting with new colours and products, and try out new ways of applying your makeup. Avoid any makeup with a shimmery pearlescent effect, as this accentuates the skin creases.

Because older skin is drier, you may need a lighter textured foundation. Always use plenty of moisturizer before applying. Your skin colour may also fade with age and the colour of your foundation may need to be changed. Use a minimum of powder, as it can dry in the wrinkles and creases of older skin. A void complicated shading and highlighting, as these can look unnatural on wrinkled skin; keep your makeup simple.

The area around the eyes is the area that wrinkles most easily and tends to sag age first. Stick to neutral coloured shadows; don't use frosted colours or highlighters, as these draw attention to wrinkles. Avoid using cream shadows, which can crease easily. Use bright colours carefully. Use an

eye pencil with a light hand, as you can easily pull the delicate skin around this area, and avoid heavy lining of the eyes.

Your eyebrows and lashes tend to become more sparse as you get older, so you may need to use eyebrow pencil and a different formula of mascara than you did previously. Try false eyelashes, to add thickness to your natural lashes. You may also want to experiment with applying individual lashes to supplement your own.

As you age, the natural lip line becomes less well defined. This is complicated by wrinkle lines running into the lip shape, which can cause lip colour to bleed. To avoid this, apply foundation and powder before lip colour, and always use a lip brush to apply colour. Avoid lip gloss, and choose your colours carefully. If lip colour is too pale it will look washed out, but if it is too bright it will look garish and more ageing. Also, avoid pearlescent or shimmery lip colours, which can also look ageing.

Camouflaging Facial Faults

Facial faults can easily be corrected with makeup if you have a steady hand and the right equipment. All it takes is a little practice and the clever use of contours. You should have

a selection of concealers and some sponges cut into wedges available to apply concealers. Study your face when it is clean and makeup free to see what areas you would like to disguise. Make sure the light is bright, and experiment with different techniques. Study the effect from different angles to make sure the look is the one you want.

Cosmetic Surgery

If you have facial faults that you seriously feel uncomfortable with, and ones that cannot be corrected by makeup, cosmetic surgery may provide the answer. It can be used to correct a number of faults, both large and small. It is often used to remove some of the signs of ageing, or to improve the balance of facial features.

Before you decide to have cosmetic surgery, it is important that you are realistic about what cosmetic surgery can and cannot do. Discuss your feelings with your doctor, who will be able to recommend a reputable plastic surgeon. And listen to his or her advice about what surgery will be able to accomplish. It is no good asking for a small button nose if it won't fit with your other features. The doctor should also tell you how long the procedure

takes, what the after-effects are, and how long it takes before your new features have settled in.

Types of surgery

Rhinoplasty, which is altering the shape of the nose, is one of the most common surgical procedures. Almost any shape of nose can be made bigger or smaller, and bumps can easily be removed. The minimum age for surgery is about 18 years old, when the facial features have stopped growing. All the surgical work is carried out inside the nose, so there is no visible scarring. Only a brief stay in hospital is necessary, although the swelling and bruising around the nose and eyes lasts for about two to three weeks after surgery. It takes about six months for the nose to assume its new shape.

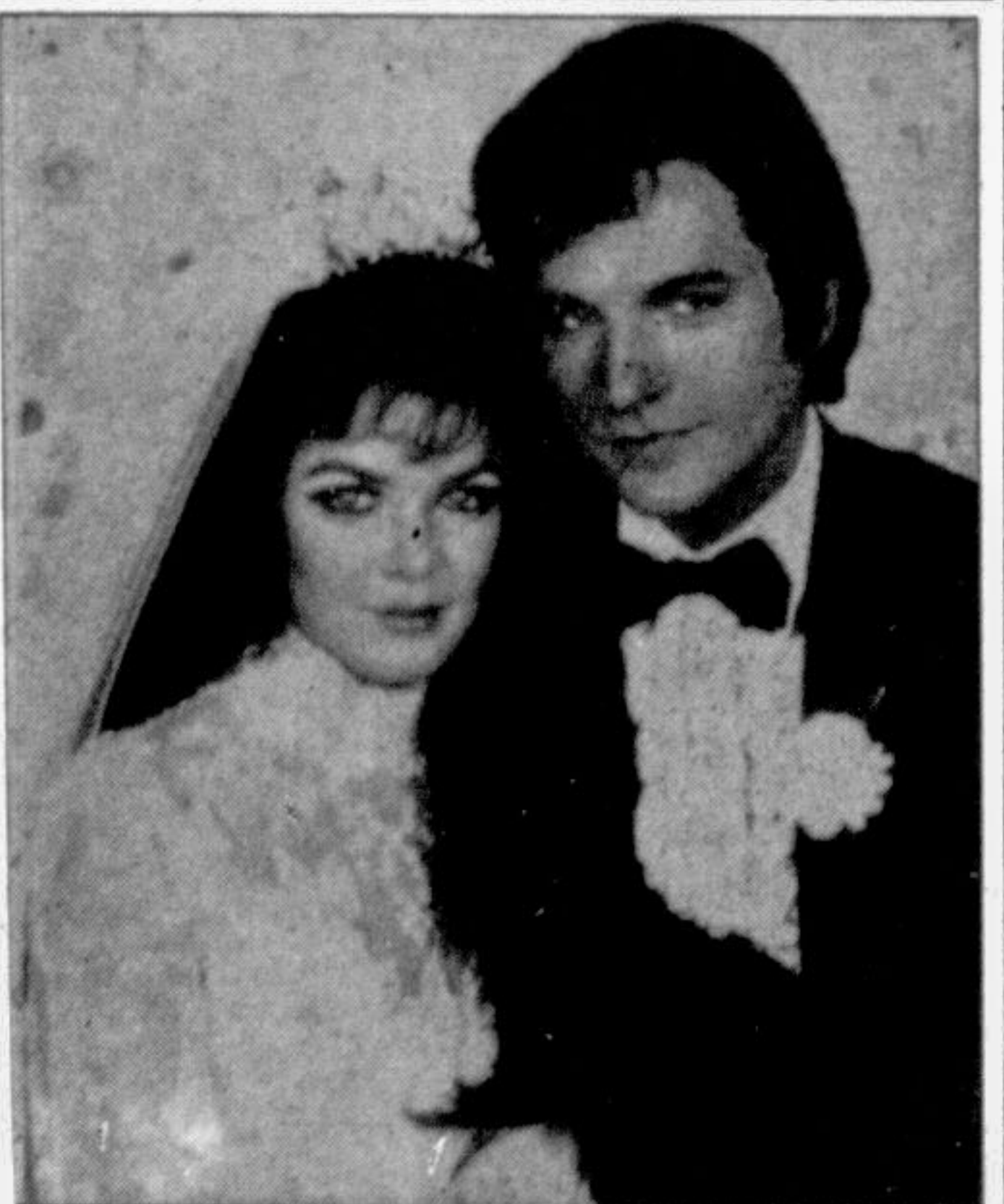
Blepharoplasty is the procedure to remove bags under the eyes and to correct drooping upper lids. The procedure is simple and the scarring can easily be hidden by clever use of makeup.

Prominent or protruding ears are pinned back in a procedure called otoplasty. As the incision is made behind the ears, the scarring is not visible and results of the procedure are excellent.

MS



Michel Castner and Arthel Neville on Star Plus



Miniseries "Elvis and Me" on Star Plus

Smoking and Your Lungs

OVER the years, smoking has been accepted and often promoted as a popular lifestyle. Everything from parental example to cigarette advertising has communicated that people can smoke and continue to live an active life. But the truth is, cigarette smoking is extremely dangerous to your health. It not only harms the smoker, it also affects the people around the smoker causing senseless illness, disease and even death.

If you are a smoker, the time to quit is now. If you know the risks of smoking and are aware of the programmes available to help you quit, you can stop smoking and start living a healthy, more productive life. Programmes designed to help you quit smoking can only be successful if you are committed to "kicking the habit."

This brochure was created to educate you on the effects of smoking and to help you take the necessary steps to quit now.

Why You Need Healthy Lungs

Lungs are the main organs of the respiratory system. Their function is to supply the body with oxygen and remove carbon dioxide from the blood.

A healthy lung is able to inhale and exhale freely and is able to clear itself of any foreign particles. Mucus, a natural body fluid, traps harmful substances, preventing them from entering the lungs. Mucus is then swept out of the lungs by the movement of tiny hair-like structures called cilia found on cells in the lungs.

A lung damaged by smoke is unable to perform effectively and cleanse itself of harmful substances.

Prolonged smoking irritates the lungs passageways, causing increased mucus production. This accumulated mucus then becomes a breeding ground for infections. The tar in cigarette smoke forms sticky substances on the lungs which immobilises the cilia. This damage reduces the lungs' ability to carry harmful substances out of the lungs. Chronic smoking can also destroy the tiny air sacs, called alveoli, which will impair the exchange of oxygen and carbon dioxide.

What in cigarette smoke causes harm?

Cigarette smoke is made of up dozens of harmful substances, the most dangerous being nicotine, tar and carbon monoxide.

Nicotine is the substance that causes addiction to tobacco. When nicotine reaches the brain, it releases chemicals that increase a person's blood pressure and heart rate. This change in metabolism is the "lift" that smokers feel when they smoke. With each cigarette, the smoker gets his "fix" and is soon unwilling to go without it, leading to addiction.

The tar found in tobacco produces an ongoing irritation to the respiratory system. There are many chemicals in tar that can cause cancer of the mouth, larynx, esophagus and lungs.

Carbon monoxide, found in cigarette smoke, enters the

the number of cigarettes smoked per day and the length of time a person has smoked. Fortunately, the risk of lung cancer begins to diminish as soon as a person stops smoking.

Additional health risks to smoking include:

- Chronic lung disease (bronchitis and emphysema)
- Cardiovascular disease (high blood pressure, heart attack, stroke and other heart disorders)
- Cancers of the mouth, lip and throat
- Effects on family members

smoking is an absolute commitment to quit. The smallest doubt could ruin even your strongest efforts. For those smokers completely addicted to cigarettes, reducing the number of cigarettes smoked daily rarely works. "Cold turkey" is the best bet.

Now that you have decided to stop smoking, there are many tools that can help you quit.

Set realistic goals.

It's not easy to quit. Take it one day at a time. Reward yourself for your successes and always keep in mind the reasons for your quitting.

Analyze your smoking habits.

Identify times of the day and situations in which you would normally smoke. Then try to avoid those situations or "triggers."

Eliminate all smoking devices.

Get rid of all your cigarettes, ashtrays, lighters, and smoking accessories.

Increase your exercise.

Regular exercise will minimize weight gain, calm the "jitters" and reduce tension.

Drink plenty of water.

Water helps flush the nicotine out of your system.

Keep snacks on hand.

Low-calorie snacks, such as fresh fruit and vegetables, will help satisfy your craving for food.

Find help if you need it.

If it's difficult to quit by yourself, don't be embarrassed to ask for help. Enlist the help of nonsmoking family members and friends. Your doctor is always there to lend support and advice. He or she can suggest ways to help you get through the initial periods of withdrawal or recommend programmes or support groups.

Why You Should Stop Smoking Now

Regardless of how much or how long you have smoked, when you quit, you are greatly reducing your risks of developing certain diseases. Every smoker, no matter how addicted, can stop smoking. Don't wait until signs of lung disease or heart disease develop, then it may be too late.

Take heart, millions of people quit smoking every year. With a little effort and determination, you can be one of them.

—Baxter Healthcare Corp.



Drinking plenty of water can also help make quitting easier.

lungs and travels into the bloodstream. High levels of carbon monoxide reduce the oxygen available to the heart. This can lead to hardening of the arteries and blood clotting, two major causes of heart disease.

Risks Associated with Smoking

Lung cancer is probably the most publicized effect of smoking. According to the American Cancer Society, an estimated 85 percent of lung cancer cases in men and 75 percent in women are caused by cigarette smoking.

The risk of developing lung cancer greatly increases with

and children, such as increased respiratory problems.

Benefits of Quitting Smoking

Fortunately, quitting reverses much of the damage caused by smoking. In fact, ten to fifteen years after quitting, a former smoker's risk of developing lung cancer returns to that of a nonsmoker. The same holds true for cancers of the mouth, lip and throat. Quitting smoking also reduces your risk of developing chronic diseases of the lung and heart.

The most important element you need to successfully stop

A Jolly Good Show on Star Plus

Jeeves & Wooster

rock 'n' roll's newest sex symbols, Evan Dando (from the Boston-based Lemonheads) finds he must confront the dark side of Lust. Recovering bulimic Alison Sweeney discusses the nature of Gluttony; the endless cycle of guilt and self-punishment at the core of her food addiction. Professional baseball player Ruben Amaro, Jr. struggles with Envy as he attempts to live up to the image of his more successful

father. Poet Kathy Acker speaks out about her abusive childhood and the legacy of Anger she has inherited. Repentant "gay basher" Jim Baines warns young people of the danger of Pride; "hurting others to make yourself look bigger."

"Seven Deadly Sins" also features interviews with rockers Ozzy Osbourne and Steven Tyler and Joe Perry of Aerosmith, actresses Sean Young and Kirstie Alley, and rappers Ice-T and Queen Latifah. Each of these celebrities gives MTV their own personal viewpoints on the Seven Deadly Sins.

Receiving a Letter

by Sayeeda Chowdhury

IT was the 16th of September and it was raining very heavily from early in the morning. I got up a little later than usual since it was a weekend. I had an elaborate arrangement for breakfast, as we had some friends and neighbours over, and my Sunday pancakes are treated as special dishes for our friends. Some of our son Afak's friends were also having breakfast with us.

But I could not concentrate on anything as for the last few weeks I had not received any letter from my son. He had been very particular about writing ever since he went to America.

Was he very occupied with something or was my granddaughter not keeping well? I wondered. All these thoughts kept me very worried. The memory of my sweet, little "dadu" came flooding over me and I found myself in tears. As I was saying goodbye to my son's friends, a letter came, but not from my son.

The letter was from Australia. I was really surprised as to who could write a letter from Australia as I believed no relation or friend of mine was there to remember me. One or two distant relations were there but they had no time or inclination to write to me. Then all of a sudden a very well-known face came to my mind. It was that of my friend Nila. We were bosom friends during our school days.

Five years ago she had gone to Australia with her husband and since then we had no contact.

I opened the letter with a thrill. It was the same nice, clear handwriting with sweet, loving words. It was the unquestioned sincerity, undoubted heartfelt concern for me. My mind flashed back to those sweet days of our youth. During my son's birth she had accompanied me to the hospital as I knew no one in Dhaka. At that time I had felt completely lost.

Then again when my son was only a year old and fell very sick, it was Nila who helped me nurse him day and night.

Without her help it would have been difficult for me to stay in good spirits. Later she was regarded a second mother by my children. She had also a son of my eldest son's age.

Nila was always full of laughter and joy. Her very presence would make me very cheerful. In my moments of despair and agony she was my emotional anchor. It was she who brought energy and spirit into my life. I was delighted to know that she would be soon settling in Florida where our son is staying. What a coincidence!

Those fine years could not take her away from me. I realised true friendship can never be lost. On that day I did nothing much yet I felt I had achieved something wonderful.



Cute and simple - Courtesy "Aarong"