

LIVING

Overcoming Depression

Minus Drugs

by Lavina Ambreen Ahmed

NO matter how happy or exuberant a person may outwardly seem, in reality there isn't a single person who has not suffered from the bouts of depression, at least, once in their life time.

What exactly is depression? Like anger and happiness, depression is also a state of mind. According to the Oxford Dictionary, depression is extreme melancholia, often with a reduction in vitality and physical symptoms. It sounds a little confusing, well, the truth is, it's easier to identify depression than trying to define it. Let's reflect a little — your best friend is leaving the country, your results have not turned out as you expected, someone close to you has died or suffered from a severe accident, a favourite belonging gets lost, or maybe you had major row with someone close and so on — these are sometimes too, for no reason at all you might feel somewhat low.

A few months back, we saw an ad on BTV promoting a new antidepressant drug called "Ludomil" which claimed to be a highly effective depression killer. Now, one might wonder, how can a drug alone simply help in getting over depression? People who got motivated enough to buy the drug found out that it is just like any ordinary sedative, meaning, it helps a person relax by putting him off to sleep.

Actually, there are a number of ways of overcoming depression other than taking the help of sedatives. Such as:

(1) **Talk to your best friend:** Pour out all your problems to your best friend or the person you rely on most (it can be anyone — even one of a family member) who is sure to listen to all your troubles sympathetically and patiently and give you the much needed moral support. However, your friend might aggravate you further or make you gloomier than ever, if he or she seems too agreeable to all your complaints. What they should do is, try being an objective listener to help you analyse the situation and come up with a solution.



Exercise helps combat depression

(2) **Get busy:** Keep yourself busy with some kind of work — studies, office, house work or just anything else. Help your folks with something you have promised to do ages ago or give your younger brother/sister a helping hand with his/her school work. (It's better than

moping around the house!) Though, it may not cheer you up, it'll divert your attention.

(3) **Go out in a crowd:** Going out in a crowd anywhere — maybe to a friend's place, party or even for a joyride is a good prescription for feeling better. When your world seems bleak and uncertain, count on your friends to lift up your spirit. Group outings can be

wonderful especially, when you could do with a little drive in your life and also reassurance that people care for you.

(4) **Pamper yourself:** Do things you've always wanted to do, but never had the guts nor the time before. Give yourself the A+ treatment — do something new, get a new haircut, try a new beauty or exercise routine, make yourself a big chocolate cake, buy some new items — clothes shoes, accessories, stationery, decoration piece, in other words — whatever you desire. Be extravagant for once and spend money on yourself without worrying about the consequences or better yet, get

books by your favourite author or watch some good video films, that ought to help in bringing you back to life.

(6) **Athletics:** If you are the outdoor athletic type of person, then go far aerobics, jogging, sprinting, swimming, cycling, tennis, basketball or any other physical exercise. Sports or any kind of physical exercise, demand absolute concentration, so after an hour of work out you are guaranteed to feel totally relaxed and fresh.

(7) **Resort to gossiping:** Now, this may sound a little low, but after all we're only human not saints. When you're dejected, criticizing and gossiping about people you

cannot stand, invariably helps to restore your natural exuberance and vivacity.

(8) **Stop complaining:** Stop complaining about the way things are for you, and stop torturing yourself to death thinking what you could have or should have done to prevent your sufferings. Comparing yourself with others is no help either. Remember, grumbling about your shortcomings and blaming your terrible luck will not change anything, you will just succeed in irritating everyone around you and be certified as a pathetic person instead, get serious and do something about it.

(9) **Be optimistic:** Lack of confidence is also a major cause of depression. Don't give up on yourself, just because things went pretty bad for you a few times in the past. That kind of pessimistic attitude will get you nowhere. Let bygones be bygones and concentrate on the present. Always have faith that you can do anything you want if you try hard enough and have the confidence. Don't let anything or anybody put you down.

(10) **Yell your brains out:** If everything mentioned here, so far fails, and things really get to you — scream your head off! After screaming for a while you'll feel all your energy drained out of your body and a calm, soothing emotion (mixed with guilt conscience) take over. Some say, that breaking glasses or anything else is also an effective way of dealing with stress, depression or anger — but as it is not a tried and tested method, and don't expect anyone to pay for the damages.

Last but not the least, try self hypnosis. It's very easy, just stand in front of the mirror each day and tell yourself you can be happy.

Keep in mind that, nobody controls your life except for you, so, it is up to you to change and form your own life. After all you only live once! Exploit life to its fullest and grab all the opportunities it has to offer. Remember, every dark cloud has a silver lining. Ignore the dark side of life, forget the miseries and sorrows of the past and only think about the bright side of life (yes, there is a bright side!) that you're too disheartened to see. Only then can you really get over depression and be a truly happy person. Next time, before you rush to the chemist, use your brain or imagination and try to overcome depression — without drugs.

and boil slowly for 15 more minutes.

Hotchpot with Stewing Steak
(Hutspot met klapstuk) (for 4-6)

1 lb. fat stewing steak
3 lb. carrots
4 lb. potatoes

1 lb. onions
2 oz. fat
1½ pints water
Salt

Wash meat and add water and salt. Bring to the boil and simmer for about 2 hours. Peel and mince carrots and add them. In ½ hour, add peeled potatoes and chopped onions and simmer for ½ hour more until the vegetables are very tender. By this time the water should have evaporated completely. Take out the meat, mash the vegetables with a wooden spoon, add fat and serve. **SL**

Helping Your Child Grow

by Farida Akhtar

CHILDREN are like young seedlings. In order to grow into strong and healthy trees, they need proper nurture. But growth needs to be balanced as well. Each aspect of your child's life needs nurturing so that he can become a healthy and well-rounded adult. It is important to pay attention to how your child grows physically, intellectually, socially, emotionally and morally.

Babies begin to learn rapidly from the moment they are born. By the end of the second year of life, most of the growth of the human brain is already complete. The first few years are also vital for the development of behavior and personality. In fact the growth and development of a young child from birth to 3 years is a fascinating story.

For proper development of any child, the child's two vital needs are: the need for attachment and the need for stimulation. All children need a close, sensitive and loving relationship with the adult or adults who care for them. Children have feelings like all human beings. Sometimes parents target this by not paying attention to how they feel. It is possible for children to get hurt, be upset and feel afraid of situations.

Children need proper stimulation from parents and others, as it helps the child to develop. Parents can help a child's learning by providing things to play with and suggesting new things for the child to try to do. But parents should not control or dominate the child's play too much.

Here are some "Prime Messages" which can help you

- Give your children chance to play.
- Give your children chance to manipulate toys and objects around him.
- Give your children chance to explore natural environment.
- Play with your child.
- Children need frequent



approval and encouragement. Therefore:

- Encourage your children for his little success.
- Encourage your child for his initiative to do something.
- Give them the experience of success, as success breeds success.
- Do not use physical punishment.
- Give attention to your child (attention is strong reward).

- Children learn how to behave by imitating the behaviour of those closest to them. Therefore:

- Do acceptable behaviour in front of the children.
- Try to maintain peaceful family environment.
- Keep promises.
- Encourage the child for imitating good behaviour.

- Young children easily become angry, frightened, and tearful. Therefore:
- Show patience.
- Try to understand the reasons.
- Show sympathy.
- Do not show over attention to bad behaviours of the children.
- Show attention to good behaviours of the children.

- The foundations of learning well in school can be built by the parents in early childhood. Therefore:
- Encourage children's curiosity.
- Give answer to their questions.
- Give them the chance to manipulate objects.
- Give them the chance and freedom to be active.

When Guests Aren't Quite Welcomed

by Fayza Haq

ONE usually welcomes visitors but what annoys one is if these people take to destructive gossiping about people's internal affairs at home, and incidents of elopements or broken marriages. At times visitors will sit and tear their in-laws to bits verbally, and will not stop to malign even their dead husbands. When people carry tales about broken engagements and domestic feuds apart from narrating who is accepting bribes and who is flattering his boss with gifts from abroad or lavish lunches, one fears one's own shortcomings will be similarly narrated in other houses to spice the conversation.

"Ruma went to Cox's Bazar with a young colleague from her office," or "Meerun spends all her evening after office hours at the Sonargaon gym. Her poor husband has to cope with the tutoring of the two children and the running of the house till 7.30 p.m.," or "Shamima found out that her husband was cheating on her despite their marriage being a love match. She went

back to her studies and sued her husband for divorce" or even "Rahim says he went shopping at Bangkok for a week. Do you think he only went to the shops for items for his family? Take it from me that he really lived it up" are snatches of some conversations.

There are then the rumour mongers who add to your discomfort in the living room by telling you "The taka is being devalued again," or "Prices of consumer items will go up" or "You won't be able to rent your house to an office in your area. You will have a hard time getting a tenant," or even "There will be more trouble at the campus. You will not be able to go near the British Council for your supply of books and videos."

The other group of people that can be unpleasant are poor relations and old family servants who come for money, old clothes and jobs for their children. "My daughter is being

threatened by divorce. She was burnt with scalding water and has been beaten regularly," or "My son has been falsely accused of stealing. Can you not intervene and get him out of police custody?" or even "My fifteen year old demoted daughter is with a child and we do not know for sure who the father is. Can you not help out?" or "In my retired days I have diabetes and ulcers. My children are too busy trying to support their own families. I urgently need Tk 1,000." are the common laments.

You might have an appointment with the dentist or doctor or might just have put dye or "mehend" or your hair when long lost friends or relatives from abroad, whom you have not seen for decades drop in unexpectedly. It seems rude to go your own way and expect them to be entertained by your aging and ailing mother. You have to reschedule your work and give them a couple of hours

of pleasant conversation, apart from stirring up some snacks. One has had friends drop in at 7 am in the morning when one is still in one's night-dress, and has not brushed one's teeth or combed one's hair.

These are then those who sit for ages telling you how their daughter is doing a wonderful job of bringing up her two children in Florida, apart from keeping fit, doing further studies and entertaining her husband. Others might go on bragging unendingly about their sons' brilliant results in UK and Canada. These are those that visit you and crib about matters hardly complaining about such as "I have to spend hours with my children with their homework despite their tutor," or "Jamal never seems to have the time to take us for the European trip I have always dreamt about."

No doubt visitors are there to be entertained at home but sometimes they can be more than one's mood and patience can cope with.

Calf's Tongue in White Sauce, Runner Beans, Haricot Beans and Potato Croquettes
(Tong in zure saus, snijbonen, witte bonen en kleine aardappel-croquettes) (for 4)

1 calf's tongue (about 1 lb.)
2 oz. butter or margarine
1 oz. flour
Salt, vinegar or lemon juice
½ lb. haricot beans

Margarine, milk, breadcrumbs
1 beaten egg
Salt, onion, carrot, parsley, herbs
1 pint water
1 lb. runner beans
2 lb. potatoes

Deep frying fat

Clean the tongue and boil for about 1½ hours in water with a pinch of salt, onion, carrot and herbs. Skin the tongue, cut into

Cookery

thick slices and cover with a sauce made as follows.

For the sauce. — Melt the butter, stir in the flour and then the water, stirring all the time. Finally, add vinegar or lemon juice to taste. Boil runner beans and haricot beans (soaked beforehand for 12 hours) separately until tender. Boil potatoes, mash with margarine and milk and make them into small croquettes, cover with breadcrumbs, beaten egg, and again with breadcrumbs, and fry in deep fat until golden brown. Serve everything piping hot.

Vegetable Soup with Small Meat-balls
(Groentesoep met balletjes) (for 4-6)

2 pints stock (or water with 4-5 meat cubes)
Milk and bread-crumbs

½ lb. minced meat
Dutch dried vegetables for soup
2 oz. vermicelli
Salt and pepper

Boil the stock (or water with meat cubes) for about 5 minutes, add dried vegetables and salt to taste, boil for about 15 minutes. Meanwhile, mix minced meat with bread-crumbs and milk, add salt and pepper to taste, and form the mixture into small meat-balls the size of marbles. Add meat-balls to the boiling soup, cook for 15 minutes, add vermicelli

and boil slowly for 15 more minutes.

Hotchpot with Stewing Steak
(Hutspot met klapstuk) (for 4-6)

1 lb. fat stewing steak
3 lb. carrots
4 lb. potatoes

1 lb. onions
2 oz. fat
1½ pints water
Salt

Wash meat and add water and salt. Bring to the boil and simmer for about 2 hours. Peel and mince carrots and add them. In ½ hour, add peeled potatoes and chopped onions and simmer for ½ hour more until the vegetables are very tender. By this time the water should have evaporated completely. Take out the meat, mash the vegetables with a wooden spoon, add fat and serve. **SL**

Hair Removal

HAIR grows naturally all over the body, except for the palms and the soles of the feet. Unwanted hair can be a problem for many women, especially if it is on the chin and upper lip. In addition, many women like to remove the hair from their underarms and legs. There are several methods for removing unwanted hair. Some are short term, such as shaving and plucking, while other methods like waxing last quite a while longer. Electrolysis is the only permanent method of hair removal.

Plucking

Plucking is the easiest and safest way to remove stray hairs from your face, breast or abdomen. Using eyebrow tweezers, pluck out the hair by its root. The hair will grow back again but will not be any coarser or thicker. Apply astringent before plucking to reduce discomfort, and never pluck a hair from a mole or wart.

Shaving

One of the quickest, easiest and cheapest methods of removing unwanted hair from legs and underarms is shaving. Because the hair has been cut the blunt end can feel coarse. Regrowth appears within a few days, so you will need to shave regularly to keep skin soft and smooth. For best results, shave when your hair is wet as it will be softer, or use shaving cream. Shave against the direction of hair growth. If you are shaving your bikini line, use a razor specially designed for that area.

Depilation

The chemicals in depilatories dissolve unwanted hair, giving a smoother and longer-lasting result than shaving. Depilatories, which are available as creams,

gels or sprays, are applied to the skin, left on for the required amount of time, then washed off. They can be messy to use, they have a strong smell and can irritate the skin. Try a patch test first, to make sure your skin will not react to the chemicals.

Bleaching

This is an excellent way to conceal dark hair on delicate areas or for smaller areas, such as the upper lip and chin. Bleaching is inexpensive and easy, and the results last about a month, until the darker roots grow out. The preparation is applied to the hair, left on for the required amount of time, then rinsed away.

Waxing

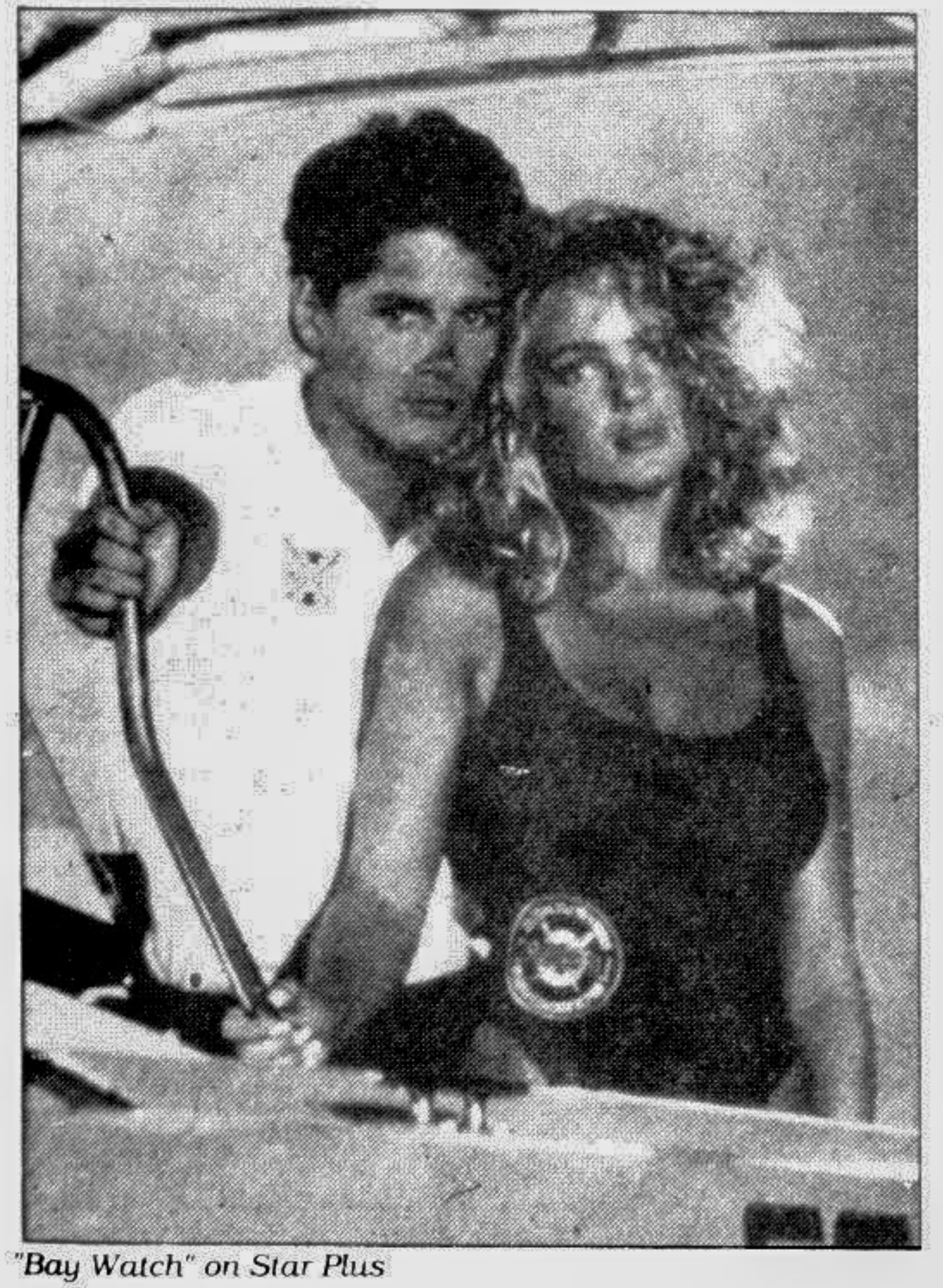
Effective and long lasting, waxing is most often used for the legs and bikini line. Regrowth does not appear for about a month, but the drawback is that hair must grow to about 1/4 inch before it can be waxed. Usually carried out in a salon, heated wax or wax strips are applied to the skin; when the wax is removed the hair is comes away with it.

Electrolysis

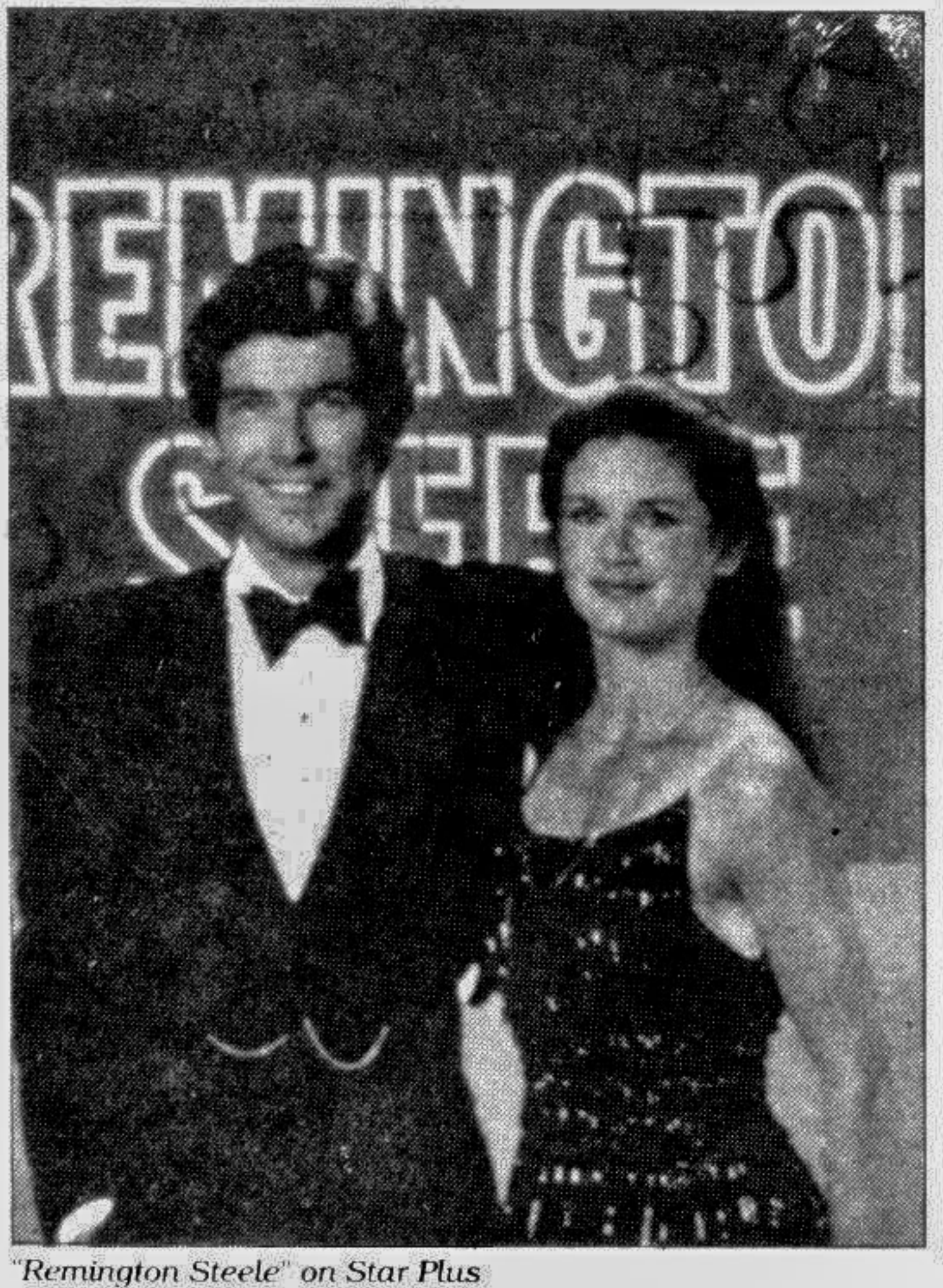
This is the only method of permanent hair removal. A fine wire needle is inserted into the hair follicle and an electric current is passed through it to kill the hair root. Electrolysis must be performed by a professional. The process can be painful, time consuming and expensive, and is best for small areas of unwanted hair such as the upper lip and chin. The finer hairs in these areas may require only one electrolysis session but the coarser hairs may need several.



Delectable in a printed ensemble. Courtesy: Aarong



"Bay Watch" on Star Plus



"Remington Steele" on Star Plus