

LIVING

Keeping Children Safe

by Sylvia Saleem

ACCIDENTS cause more deaths in childhood than any single disease. They also cause a great many serious injuries.

From the moment that your baby is born you have the privilege and responsibility of keeping him safe. For his first year it will be entirely up to you to keep him away from any danger. After that, you have to teach him gradually how to avoid it by himself.

By the time he is five-year-old, your child should know virtually all the rules of safety. Remember, the best way to teach is by example, so be very sure you observe the safety rules yourself!

Causes of Accidents

The five main causes of serious accidents are: (1) burning, (2) swallowing or inhaling poisons or other harmful substances, (3) drowning, (4) falling, (5) accidents with motor vehicles.

Prevention of Burns

1. Inspect your gas cooker and heating equipment to make certain that there are no leaks and that they are in good working condition. If you use gas for cooking, heating, or refrigeration, always keep a window slightly open in the room where the equipment is used.
2. Use only approved electrical equipment.
3. Replace worn electric leads, and repair or throw away damaged electric fixtures.
4. Do not keep a radio or electric fire in the bathroom where you or your child could touch it while you are wet and get a shock or burn.
5. Keep a sturdy fireguard, fixed to the wall if possible, in front of an open fire.
6. Be sure that radiators and steam pipes cannot get too hot.
7. Avoid the use of highly inflammable materials in your child's clothing. There are many flameproof fabrics on the market.
8. Do not use petrol in the house, be careful how you use paraffin, and don't leave containers of these inflammable fluids lying around.

When there are young children:

1. Keep matches in metal containers, and keep matches and cigarette lighters well away from your child's reach.
2. Place pots and pans on the cooker turned so that your child cannot grab the handles, and keep them on the back burners when possible.
3. Never leave your child

- alone in a room or a house with a lighted gas heater, gas cooker, or open fire.
4. Keep electrical equipment out of reach.
5. Be sure that you have checked the temperature of the water before putting your baby

- your child can get at them.
3. Never give a medicine in the dark. Always turn on the light, so you can be certain it is the correct medicine.
4. Never keep chemicals and cleaning materials under the kitchen sink, or on a window

ter the floor in the house, so that the baby cannot fall in.

4. Never leave a baby alone in the bath, even for a moment. Ignore the telephone and doorbell while he is being bathed.

Preventing Falls

1. Never leave anything on the stairs.
2. Use gates at the top and bottom of the staircase.
3. Make sure that windows are fastened securely and, if open, that they are covered with screens which cannot be pushed open.
4. Never leave a baby, even for a moment, unattended on a bed, or table.
5. Always check to see that the sides of the cot are firmly in place.
6. Make sure that a high chair has a wide base so that it will not tip easily.
7. Always hold the banister with one hand when you carry your baby up or down stairs.

To Prevent Choking

To stop children inhaling or swallowing small objects:

1. Keep safety-pins and other small objects out of your baby's reach.
2. Do not allow your child to have toys which have small parts to come loose.
3. Do not leave small objects like buttons, coins, beads, or nuts about where your child can get them.

Road Accidents

1. Never leave a young child alone where he might run into the street.
2. Do not permit your child to play in a street no matter how quiet the traffic is.
3. Observe safety rules as a pedestrian yourself and teach them to your child.
4. Never reverse the car unless you are certain a child is not behind it.

Other Accidents

1. Never leave your child alone or in the care of young children when you leave the house, regardless of whether he is awake or asleep.
2. Never use sleeping garments or covers which can twist and tighten around your baby's neck.
3. Never allow a small child to play with sharp or pointed objects like pencils, knives, or scissors. Teach older children to walk, and not run, when carrying anything pointed or sharp.
4. Keep sharp knives, sewing equipment, and garden tools out of young children's way.



in the bath, and don't let him scale himself by turning on the hot water himself.

Accidental Poisoning

Guard against accidental poisoning as follows:

1. Keep all medicine and pills (whether poisonous or not) in their own labelled containers and in a cabinet or cupboard so high that your child cannot possibly reach it.
2. Always put away medicines as soon as you have used them, even if you know they will be used again in a few hours. Do not put them down, even for a short time, where

ledge where your child might reach them. Paraffin, soda, ammonia, cleaning fluid, bleaches, petrol, and many insect sprays and powders are particularly dangerous.

Guard Against Drowning

Quite high on the danger list are accidents caused by drowning, so:

1. Keep water barrels, wells, garden pools or streams securely covered or fenced in so that your child cannot fall in.
2. Never leave your child unattended near the water.
3. Keep pails or pans of wa-

Following Trends Blindly

by Rani Padamsee

WHAT you don't know won't hurt cannot always be applied to everything in life. We are a generation who want to be with the time. We often do everything and anything that is in fashion without realizing the consequences.

For instance, among well-to-do teenagers it has suddenly become trendy to smoke and drink. Some pretend they have been doing it since they were even younger. Others will do it trying to be macho, or to be with the crowd — not realizing what damage they are doing to their body. It could hamper their growth and some might not make it to healthy adulthood. Any type of addiction can trigger numerous problems. It is so important not to abuse your one and only body to be with a bunch of ignorant young people. I know they are your friends,

but then friendship can be built with better things rather than smoking and drinking. I am positive and know for a fact that the new generation is full of brilliant young people with promising ideas. So use your head and do not abuse your body.

Now a days majority of grown ups in affluent society also drink and smoke. Some do it for fashion, others do it to simply get a kick out of it, pretending to be what they are not basically. You cannot hide from reality or wipe the truth. This is how you will develop a bad habit. Moreover, it leaves you in a very vulnerable position with your children. You are a bad example and cannot advise them anymore.

You are wondering what I am trying to convey. It is very

simple, no matter what you do, try to find out more about it before you indulge in it. Just because something is in fashion you don't have to do it. It may not suit you. We all, at one time or another, make mistakes but you must learn from them and not repeat them.

If we are so desperately trying to follow the west then how come it's the bad habits that are catching on? So many people in the west are today so health conscious. Many of the places prohibit smoking, they have begun to avoid junk food, and often detest beef. It's amazing how they have changed their lives for the better, no matter what they do, they often inquire into every small detail before taking any steps. Of course you can't become a vege-

tarian overnight and only eat vegetables. You have to have a substitute for your proteins. Most people know more about food than they do about their bodies. But food is more than a matter of taste — it is fuel for our bodies. And more than fuel, it maintains and repairs the body. It is only common sense to acquire some basic knowledge about health. Our youth think they know what they like and they should do and make a wild dash for it.

You cannot suddenly buy weights and start pumping iron and vitamins and think in no time you will look like Arnold Schwarzenegger, or buy a video of Cindy Crawford or Raquel Welch and pretend to be like them. We all have different bodies and have to learn to know them better. It will work, but slowly and gradually with proper guidance, supervision and understanding.

Similarly you cannot simply join a karate school at random just because many people are doing so. There is no restriction on age and you must check the facilities. It must have a rubber or a wooden floor to give protection to your joints. Any form of exercise in which you jog, jump or skip must have proper cushioning under the feet. This is because a hard floor cannot give the support and eventually you will damage your joints. In due time you will develop ankle, hip or knee problems. You will have aches and pains for life. The damage is irreparable.

Do follow what is useful and essential and drop unhealthy habits, even if many of your friends and acquaintances have taken to them.



The Challenge of Being a Good Hostess

by Parveen Anam

THE party season is here with all its wonders, glory and intricacies. It takes a lot to organize a dinner and then to keep your fingers crossed that all goes well! The Dhaka crowd would happily tear you into little bits and have you strewn all over the place if one little thing goes wrong, even if it is totally beyond our control. A power failure can also turn out to be the hostess's fault, believe it or not.

However, since we can hardly keep on accepting invitations without having people over in return, it is sometimes a good idea, to pay attention to the small details and hope the bigger ones will take care of itself or at least the cook will take care of them. Where would we be without a trusty cook or better still, a 'jack of all trades' the inevitable 'bearer', the local version of the inimitable Jeeves. Actually, at the end of the day, you can feel quite sorry for the 'bearer' because he is the one loyal member of staff, who has to put up with all the eccentric guests, without batting a lid. Night after night, it can get quite tedious for the poor man. I am sure, and yet, his smile never wavers. At the next party, perhaps we should all

remember to drink a toast to the 'bearer'. That would be quite a change from toasting ourselves. The average Bengali is actually caught up in a never ending love affair — with himself. Hear the politicians on the dias and the Bengali male eulogising his qualities and those of his ancestors and the truth of what I say will be borne out.

Coming back to the 'hostess' scenario. Life is hectic when you plan a dinner. The very first thing to keep in mind of course is to have a menu which will do with a lot of heating and re-heating. Baked stuff is somehow not a very big hit, because they are not very good when re-heated. For those of you who have not caught on yet, the reason I particularly mention this is to remind ourselves of the national trait we have managed to keep on over the years, that of tardiness and the utter disregard for a sense of time. As a child I was constantly reminded that to be late, is to show disrespect for others and a sign of uncivilized behaviour. It seems the Bengali is yet to come out of the woods and into a civilized pattern.

But to continue with the food; as your invited guests ul-

timately saunter in the front door at about 9.30 pm for a 7.30 pm invite, it's all you can do to smile and welcome them, while rushing into the kitchen in between to pacify the poor cook, who has just about given up. Have you ever faced a cook who has to serve dinner around 11.30 pm? A dinner which in all fairness to his culinary talents, should have been eaten piping hot at around 8.15 pm at the latest? Ah well, 'All's fair in love and war' the wise claim and this is definitely war — against time.

Once the guests have ALL arrived and managed to settle themselves down for the LONG evening, your miseries begin. You can bid 'adieu' to any semblance of an intellectually stimulating evening as the 'claws are sharpened' and the back biting begins. How the average guest, your invited guest for the evening can sit there and take it upon her weepers, to sit in judgement on the entire world, leaves you aghast. Your fellow members of the human race are apparently much better informed than you on details concerning marriages, or divorces (oh, they love those even better than the marriages, actually) affairs,

failures of the children (somebody else's of course) to get themselves admitted into a school of their choice, the list is quite endless. These social butterflies love nothing better than sitting around with their umpteenth drinks between their dainty fingers, munching on the peanuts and carrying their chip on their shoulders. And mind you, the superior male is no better. In fact, he will make such disparaging remarks about his female counterpart, that you swear to yourself, if it was anywhere but in your own house, and he was not your esteemed guest, you would have thrown the drink on his face and throw him on the street. But no, you smile and bear.

But, I must hasten to add there are a few exceptions to the rule. Some of the women or even the men, are so kind and so gentle they more than make up for all their meaner compatriots of the human race. These are the unsung heroes amongst us. A kind smile across the room when you are at the end of your tether or a gentle pat on the back can actually work wonders for the harassed hostess. Why can't we try it the next time we are invited out? Believe me, it's well worth the effort.

Marble Cake

- 1/2 lb. flour
- 1/2 lb. soft sugar
- 1/4 lb. butter
- 6 eggs
- 1/2 teaspoon baking powder

- 1 oz. grated chocolate
- vanilla and lemon flavouring
- carmin, yellow colouring

Beat the butter and sugar into a cream. Add one egg with a little of the flour and beat for a few minutes, then another egg and more flour and so on until all the eggs and flour have been

beaten in. Then mix in the baking powder. Divide the mixture into four equal portions. Melt the grated chocolate in a tablespoon of water and add it to two of the portions in unequal quantities so that one may be dark and the other light. Flavour both portions with vanilla. Mix a little carmin and yellow colouring to make an orange colour and add it to the two remaining portions making one portion a pale and the other a deep orange. Flavour these two portions with lemon. Have ready a cake tin lined with buttered paper. Fill it with alternate spoonfuls of the different mixtures so that when baked the cake may cut out like variegated marble. Bake in a moderate oven for about 2 1/2 hours or until cooked through.



Madeira Cake

- 1/2 lb. flour
- 6 oz. soft sugar
- 1/4 lb. butter
- 6 eggs
- 1/2 teaspoon baking powder
- 1/2 teaspoon essence of vanilla
- 2 or 3 strips candied

peel

Beat the butter to a cream, add the sugar and flavouring and mix well together. Beat the yolks of eggs in a separate basin and add them to the creamed butter and sugar and mix well for a few minutes. Have the whites of eggs beaten to a stiff froth and mix them in lightly. Next add the flour and baking powder and mix all lightly but thoroughly. Pour the mixture into a lined cake tin, place the strips of candied peel on the top of the cake and bake in a moderately hot oven for about 1 1/2 hours. S.L.

PROBLEM skins can be most distressing, but many blemishes can be cured, provided care is taken and the simple basic rules are followed.

Cleanliness

Most blemished skins are greasy, and one of the first rules to learn and follow is to keep the skin scrupulously clean. Soap and water washing every night and morning is ideal, and because spots flourish on a greasy skin, a medicated soap specially blended to help this condition should be used. Wash with warm, not hot, water and make a rich, soapy lather with your hands, then rub it all over your face, using upward and outward movements. Do not use a flannel or sponge as this may spread the infection. Wash away all traces of soap with several rinses of clear, warm water, and finally splash with cold. Gently dry your face with a towel, or tissues.

Enlarged Pores

If the pores are enlarged use a liquefying cleansing cream at bedtime and follow with a soap and water wash. Finally pat with skin tonic. An occasional face pack will help to refine the skin.

Still in pursuit of perfect cleanliness, always be sure that everything that touches your face is perfectly clean. This includes your face-cloth, towel, powder-puff (clean cottonwool is better, and very economical), and your hands.

However rushed you may be, never add new make-up to old.

Skin Problems

This is particularly important for a blemished skin, as it will help to ensure that the pores are free to breathe, instead of being clogged with grease and stale make-up.

Spots

Spots should not be squeezed, at least not until the head will give at a touch. Even then there is risk of spreading the infection, so if you must squeeze, use a clean tissue for each spot and then dab on antiseptic. Keep applying the antiseptic daily, the ether liquid or cream form, until the skin has healed. (If a spot is not ready and you force it you may leave yourself with a scar for life, so be careful.) Antiseptic creams are extremely good, and can be applied each night and morning depending on the condition of your skin; a tinted cream will hide the blemishes as it heals. It may also be slightly drying, and when you feel the skin tightening it means that the cream is doing its job; but if you find your skin becomes too dry, use the cream only once a day — either at night or in the morning.

Blackheads

Small blackheads can form in the greasy skin. Press them to gently, first covering the fingertips with cottonwool so as not to bruise the skin, then dab with antiseptic. When washing use a complexion brush to cleanse the skin thoroughly, and give a treatment with pore

grains once or twice a week.

Flaky Patches

Apply a good, nourishing night cream and be sure that the skin is protected during the daytime by a film of moisturising lotion used beneath your make-up. Give an occasional face pack to remove dead skin cells — a lanolin pack is good for the dry skin.

Acne

If you have persistent spots or suffer from acute acne it is essential that you consult a doctor. Many advances are being made in the treatment of these distressing skin conditions, so do not sit back despair of ever having a pretty skin. The doctor may suggest a form of ray treatment to be given by a specialist at a hospital, or he may prescribe a special medicated ointment. But whatever, he suggests, the important thing is to persist with the treatment, even if your skin appears to get worse at first. Many of these treatments bring the poisons in the skin to the surface before they can begin to cure.

Causes

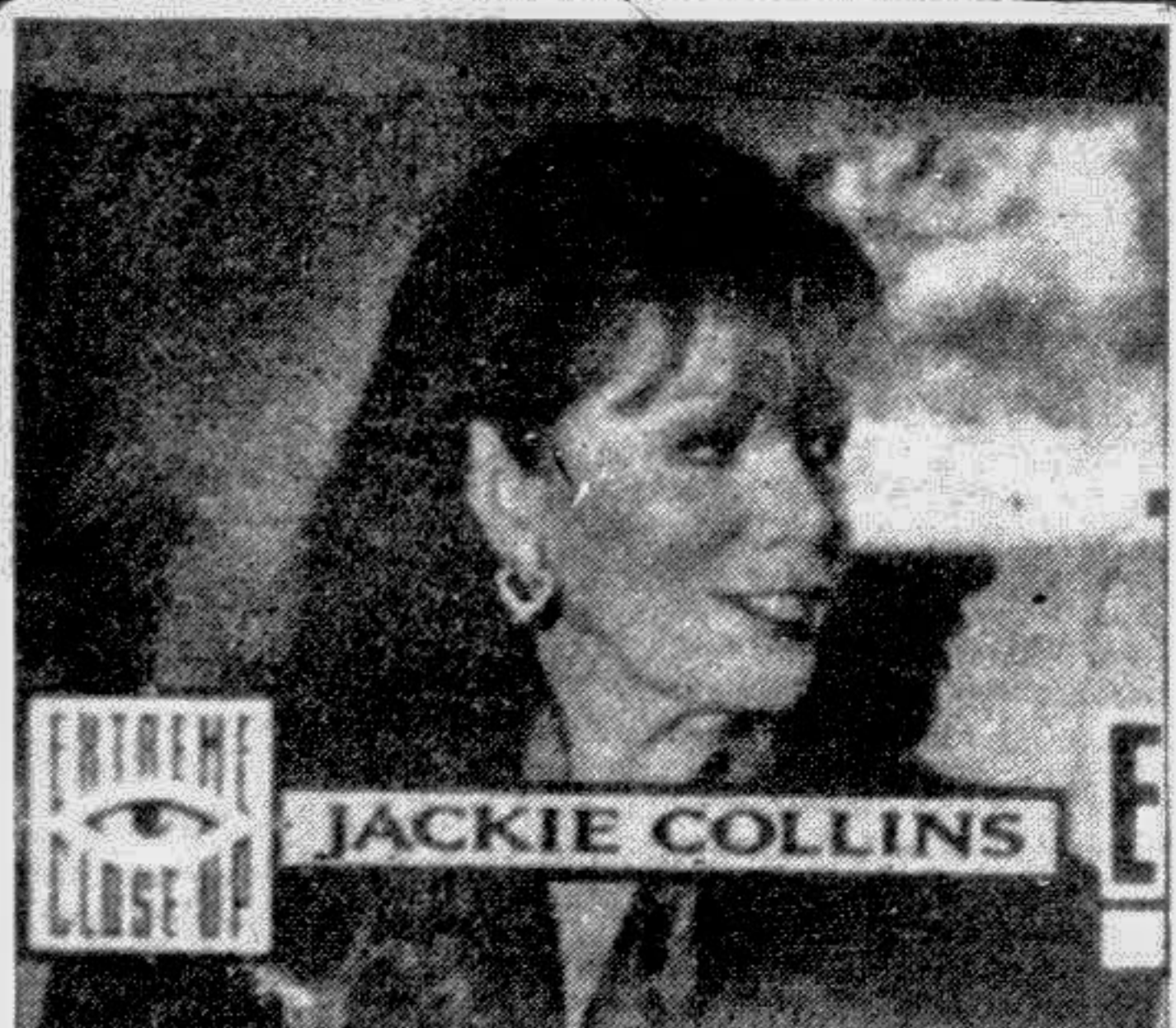
Dandruff can also infect the skin, so do take special care to watch out for this. Wash your hair regularly with a medicated shampoo, and wash your brushed and combs frequently in an antiseptic solution. Also, when brushing your hair, protect your shoulders with either

a towel or a cape. Sometimes spots may be due to a run-down condition, and in this case, or if the skin is very bad, seek the advice of our doctor.

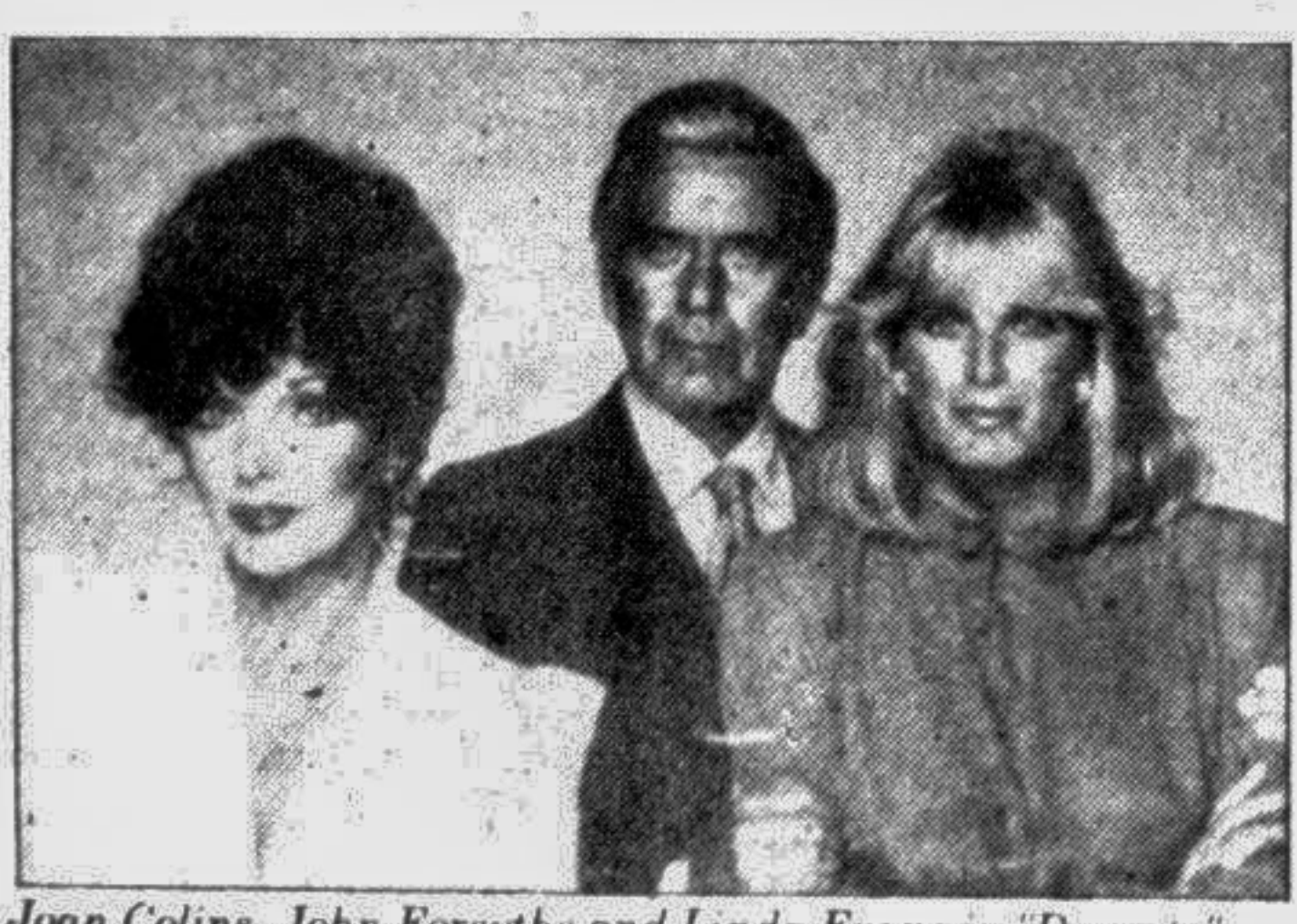
In order to have and keep a clear skin it is essential to have plenty of fresh air. Take a brisk walk each day even if it means walking part of the way to and from work. Get plenty of sleep, too, with your windows open, and for a general standard of good health have at least eight hours' sleep every night. M.S



Australian fashion a) wool mix evening jumper b) an Angora with dolman sleeves.



Jackie Collins.



Joan Collins, John Forsythe and Linda Evans in 'Dynasty'