

LIVING

Servants — Props in Our Homes

by Fayza Haq



A servant at work in a Dhaka home

Two young children who have no father. Of course my parents help out too but the servants are a major factor in the lives of my children," says a young divorcee.

"I brought up my children single handedly and I would have been impossible if I did not have my faithful servants. My husband died when the children were young and my two faithful servants helped me with my children. I had a

job to maintain and even though the family was supportive it was not enough. I could not be at my job at nine and return at 6.30 pm and have the domestic front smoothly sailing without help for cooking and cleaning. When the children were very young they had to be fetched to and fro the school and I could not see to this myself and here too the servants stepped in," narrates another mother.

"My husband and I have both to go out and work to make ends meet. I am not sure how we would have managed without servants if we lived abroad. I am not home before 8 pm and go out for social evenings at times. With three young children at home this is only possible because of the tradition of having servants in the east," another woman confides.

Nasreen is now living in USA while her husband runs a supermarket there. Whenever she writes or telephones her friends in Bangladesh she often mentions how she is weary of doing all the housework and how she longs to come home, where there is the comfort of servants at hand at reasonable prices.

Rehana, who has worked for many years in Canada, has bought a home and a car and has kept two servants to give her the ease of eastern life. While working in Canada she could not afford to keep even a part time weekly maid. Now she takes it easy in her retired life and occasionally visits her children overseas.

There are cases when it is not quite smooth sailing in our homes despite the existence of servants. One has known a woman to change her servants six times in the last two years not being satisfied with their work or behaviour. In another case, when the women of the family were abroad on a vacation, leaving the home in charge of the father, the servants turned out to be so irresponsible that they had all to be replaced.

Servants in Bangladesh may not be as faithful, honest and hardworking, as they were, say three decades ago — unless they are very well paid — but in the whole they are an integral part of our existence, specially when the women are going out to work.

ONE has known couples in the west, who have had a taste of easy life with servants in the east, to settle down with cooks, butlers and "ayas" in places like Bangladesh, India and Sri Lanka. With overseas posting they have even enjoyed free official servants like chauffeurs and gardeners and they carry happy memories of pleasant life with hired hands to smooth the way. It is only lack of visas, fear of political upheavals, and the desire to be near their children who have naturally settled in the west that eventually prevents them from settling in the east. Our servants in Bangladesh and other eastern countries certainly leave a good impression on the minds of the foreign visitors.

Many of the houses of the well to do where the master can pay a good salary, the home runs smoothly with servants. A mother studied for four years at the university leaving her little daughter with an "aya" and no one suffered from this arrangement. Another two mothers left a couple of children, at the hand of servants while they completed their masters. Mothers have been known even to go overseas leaving the children in the care of the father or a joint family, along with servants.

Servants from the village home have sometimes spent decades and even a life time with some families, their children have been, known to be given good jobs by their employers and even at times given formal education. These servants are almost like members of the family. At times these servants themselves get lucrative jobs in offices through contacts of their employers ten or fifteen years.

"If it had not been for my servants I would never have been able to do my job with my

Adolescent Delinquency

by Dr Maliha Khatun

Delinquency is a term which embraces numerous types of antisocial behaviour, among them truancy, larceny, sex offences, personal violence and destruction of property.

The problem of juvenile delinquency spread themselves all over the community life. They have to do with training of children from the nursery up through adolescence. They include sociological, educational, recreational and economic questions. All the aspects of community entertainment demand consideration of more playground, parks, skating places, dance halls, and all other places of public activities with which children and youth come in contact not excepting the literature to which they have access. And not the least of the influences concerned with the prevention or stimulation of juvenile crime is the religious atmosphere of the community.

In the face of the lessening influence of the home and of religious authority, some young people grow up viewing a panorama of broken homes, orphan asylums, jails and prisons, vivid testimony to society's failure. With this confusion and social breakdown, is not strange that restless and adventurous youth attempt to solve their own problems and they often become delinquent through tampering with alcohol, sex and crime.

Different races hold delinquents and criminals legally responsible at different ages. Old English laws held boys responsible at 12, the Italian at 8, the German at 12 and French at 10. Today United States and British authorities seem to attach full responsibility for personal acts to persons who have reached 16 or 17. Offenders under 16 are assigned to the juvenile court in New York and in Chicago those under 18. This problem can never be settled scientifically by age standard as there is so much difference in the psychologic make up of individual, some being morally responsible for their acts

much earlier than others.

The idea that criminal tendencies are inherited or that certain human beings belong to the "criminal type" has long since been abandoned. Protruding jaws, high cheek bones and receding foreheads are not necessarily characteristic of criminals.

However, there is some foundation for the theory that an individual can be born both mentally defective and morally deficient. Such people are sometimes called moral morons but even such defectiveness would not account for a very large percentage of juvenile delinquencies.

While many diseases such as encephalitis, and epilepsy are associated with delinquency, while it is recognised that home sickness and loneliness may lead to reactions of adventurous delinquency and though it is that certain physically handicapped youth may resist to crime as a compensatory reaction, most criminologists are beginning to give up the belief that crime is a disease. The

idea that delinquency is the result of some functional or organic disorder inevitably culminates in the motion that youthful criminals are not responsible for this antisocial conduct. Thus theory is altogether erroneous and is supported by little or no evidence.

Present day researchers lean towards the theory that environment is the explanation for crime especially for juvenile delinquency. Uncertainty and insecurity on the part of adolescent are the product of social and environmental product.

Psychiatrists classify a certain peculiar type of individual as psychopathic personality. These persons are very poorly adjusted, fickle and are frequently involved in criminal escapades. They are not sufficiently psychologically ill to be sent to institutions for the insane, they are not malignantly criminals and seem very penitent for their misdemeanors when they are apprehended but it is difficult to keep them steadily at work because they

abandon their job on the slightest provocation.

Adolescents belonging to this group are serious social and economic problems. I do not know whether any method of either prevention or cure will avail of in dealing with these peculiar individuals.

They seem to be victims of a constitutional inadequacy, an innate inferiority, an inborn lack of ability to adjust to competition of community life.

Of course, it is entirely possible that two or more of these conditions may be present in any given delinquent. A differential diagnosis sometimes errs in seeking to settle upon this or that as the cause of a disease for it may turn out to be both and that. This is equally true in dealing with delinquencies.

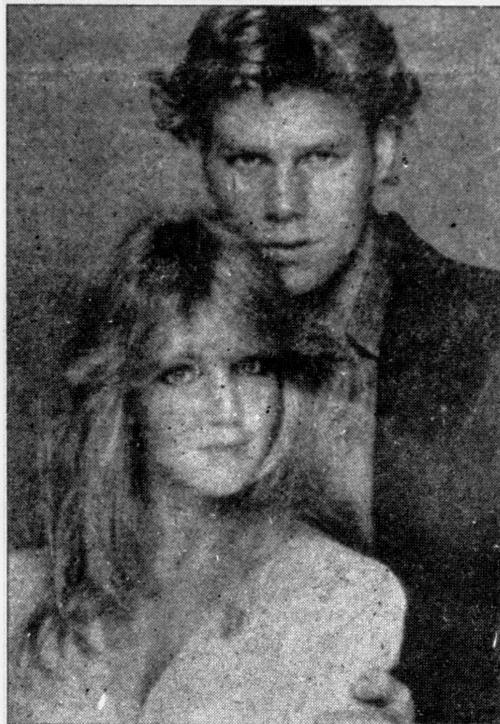
The causes of adolescent delinquency suggested by different writers include defective intelligence, emotional instability, home and neighborhood conditions, constitutional inferiority, immaturity and emotional conflicts.



Young miscreants in action



Janet Jackson on "MTV"



"Dynasty" on "Star Plus"

COOKERY

Coconut Buns

- 1/2 lb. flour
 - 2 oz. soft sugar
 - 3 oz. desiccated coconut
 - a little grated lime rind
 - 3 oz. butter
 - 1 teaspoonful baking powder
 - 1 egg
 - a teacup of milk
- Rub the butter into the flour, add the dry ingredients and mix all well together. Then stir in the eggs and the milk and beat well again. Pour the mixture into well-greased patty pans and bake the buns in a moderate oven from 20 to 30 minutes.

Sultana Buns

- 1 lb. flour
 - 2 oz. butter
 - 2 oz. sugar
 - 1/2 lb. sultanas
 - 1/2 oz. compressed yeast
 - 1 teacup milk
 - 2 eggs
 - a pinch of salt
- Sieve the flour into a basin, add the sugar and rub in the butter with the tips of the fingers until free from lumps. Put the yeast and salt into a basin, mix well and pour in the milk, which should be warm. Make a well in the centre of the flour, pour in the yeast mixture and work all together with the

hand, adding a little more milk, if necessary. Then cover the basin and set it in a warm place for about 2 hours. When the dough is well risen, add the eggs well beaten and the sultanas and knead lightly until free from crack. Form into small buns and place them about 3 inches apart on a greased and floured baking tin. Set again to rise for about half an hour and bake in a moderate oven until brown and firm to the touch. A few minutes before removing them from the oven brush them over with sugar and milk to give them a gloss.

Hot Cross Buns

- 1 lb. dough
 - 1/4 lb. flour
 - 1/2 oz. butter
 - 3 oz. soft sugar
 - 4 oz. currants
 - 4 yolks of eggs
 - 1 teaspoon baking powder
 - 1/2 teaspoon mixed spice
- Make the dough according to Recipe 1289, or it may be bought from the baker. Put the dough into a basin, add the butter and the yolks of eggs well beaten and beat with the hand until smooth and light.

Mix the baking powder with the flour and add it gradually to the dough, then mix in the sugar, the currants cleaned and picked, and the spice. Make up the dough into small round buns and lay them on a floured baking tin about 3 inches apart and set them in the sun to rise from 20 to 30 minutes. Form a cross with two strips of dough on the top of each bun, brush them over with milk and bake in a quick oven from 20 to 25 minutes.

Bath Buns

- 1 lb. flour
 - 1/4 lb. sugar
 - 6 oz. soft sugar
 - 2 oz. candied peel
 - 1 oz. compressed yeast
 - 4 eggs
 - 1 gill milk
 - lemon flavouring
 - a little sugar candy
- Sieve the flour into a basin and rub in the butter. Put the yeast into a small basin, add a teaspoon of sugar, mix well together and stir in the milk which should be warm. Make a well in the centre of the flour, add the eggs, and knead to a light dough. Cover the basin with a cloth and let it stand in the sun for 1 1/2 hours or until it is well risen. Then add the

remainder of the sugar, the candied peel finely chopped and a few drops of lemon flavouring; mix well together. When well mixed make into small buns, lay them on a floured baking tin, brush over with beaten egg, and sprinkle them with a little coarsely powdered sugar candy or coarse sugar. Bake in rather a quick oven for 20 minutes or until they are quite done.

Raspberry Buns

- 6 oz. flour
 - 6 oz. roasted rice-flour
 - 1/4 lb. soft sugar
 - 1 teaspoon baking powder
 - 2 eggs
 - a little milk
 - 1/4 lb. butter
 - raspberry jam
- Sieve the flour into a basin, rub in the butter and add the sugar and baking powder. Make a well in the centre and add the eggs (2 yolks and one white beaten together) and enough milk to form a stiffish dough. Divide this into about 15 equal pieces and roll each piece into a ball. Make a hole on the top of each ball, put in a little jam and close up neatly. Then flatten them out a little, brush over with white of egg and sugar, place them on a floured baking tin and bake in a hot oven for about 15 or 20 minutes.

A basic routine is essential for keeping your skin healthy, clean and soft. Stick to your routine religiously if you want to see the best results; don't just do it when you feel like it. Perform the routine first thing in the morning and last thing at night. Always be gentle to your skin and avoid dragging or stretching your skin to prevent lines from forming.

If you are starting a daily skin care routine and you want to stick to your favourite commercial products, you should use products of the same make and range, because they are designed to work well together. However, try substituting the commercially produced cosmetics with the natural, simple and economical products you can make yourself from the recipes. You will see they work just as well, if not better!

Cleansing

Cleansing is the first part of your routine. Its purpose is to dislodge dirt, sweat and make-up from deep within the skin. Some people think that cleansing is meaningless if they do not splash themselves with water; others find water-cleansing too harsh. The trick is to use gentle products and to stick to those that suit you best.

A wide variety of cleansers is available, ranging from the simplest of soaps to the most expensive cleansing lotions. Soaps can be used by everyone provided that they are pH-balanced and so do not strip the skin of its protective acidic layer. Soap-free gels are also good for everyone, although they may not effectively deep cleanse oily skin.

Cold creams can be too heavy on fine, delicate skin, and they can drag the skin; they can also leave some residue behind. However, the cold cream that contains almond oil, is beneficial for all skin types, even dry skins. It goes on smoothly and avoids any pulling or stretching of the skin, which can happen with commercial cold creams.

Cleansing lotions, rather than creams, should be used for dry skins because they can be applied with a lighter touch. Warm up the lotion in the palms of your hands, then massage it gently into the skin. Wipe off gently with a soft facial tissue or cotton wool.

Toning

Toning cools the skin, removes the last traces of cleanser and prepares the skin for moisturizing. Some toners

A Basic Daily Skin Care Routine for Everyone

contain alcohol and can be harsh for all skin types. Stick to alcohol- and perfume-free toners, which are suitable for everyone. Apply with a cotton wool pad, preferably two, and use one for each side of the face for maximum hygiene.

Moisturizing

Moisturizing is essential, even for people with oily skins. Moisturizers can be in liquid form or thick cream form, and although thick creams are suitable for dry skin, some kinds can drag the skin and accentuate lines, while liquid moisturizers are useful for everyone. Apply moisturizer lightly to the face with your fingertips, being especially careful around the eye area.

Protecting Your Skin

Always include an eye gel and lip balm in your daily skin care routine. The skin around the eyes is the thinnest of the whole body, and the lips have very few sebaceous glands. Both these areas, therefore, require extra special gentle care. In addition, because of the damage caused to the ozone layer, you should protect your skin from the potentially carcinogenic ultraviolet rays of the sun by applying a sunscreen whenever you are likely to be exposed to sunlight.

Eye Gel

Be very careful around the delicate skin of the eyes because this area is one of the first to show the signs of ageing such as fine lines and wrinkles. Every morning and evening gently apply an eye gel with your little finger around the bone of the eye socket.

Lip Balm

To avoid dry lips, always use a lip balm as often as you wish throughout the day but always when you go outdoors and at night. If you use a balm under your lipstick, it will make the lipstick go on smoothly, prevent the lipstick from staining your lips and make the lipstick last longer.

Petroleum jelly is by far the best lip balm, but you could try making your own, using this simple recipe. Use one part beeswax to one part coconut or almond oil. Melt the beeswax over gentle heat and blend in the oil. Allow to cool and apply directly to your lips.

Sunscreen

Olive oil absorbs the burning ultraviolet rays of the sun and is an excellent screening sun lotion. Use it whenever you are sunbathing, but do be careful not to over-do sun exposure. Alternatively, if you prefer to use a commercial product, you should select the correct sun protection factor (SPF), although this can be something of a matter of trial and error. If you are in doubt, choose a higher protection factor rather than a lower one. As a rule, if you have fair skin you will require more protection.

Removing Make-Up

Always remove all make-up, especially at night. The above

skin care routine should be sufficient to remove most make-up, but some make-up is particularly stubborn, especially water-proof mascara.

The easiest way to remove mascara gently is to dip a cotton wool bud (using one end for each eye) in baby oil, then gently stroke the oil on to your eyelashes to remove every trace of mascara. Use more cotton buds if necessary. In fact, baby oil is perfect to remove all stubborn traces of make-up. Rinse afterwards with toner if you don't want to leave the oil on the skin (it can irritate those with sensitive eyes). If you do not want to use baby oil, sweet almond oil is a good substitute.



Works of young and promising fashion designers at a recent "London Fashion Week" — Photo: LPS