

LIVING

Eating Right

by Lavina Ambreen Ahmed



Having a light lunch

Most of us know the kinds of food that are essential for our good health. The problem is following the proper eating plan by the book. With yummy, scrumptious food easily available at the mushrooming fast food joints and restaurants all over the city, it's really hard for a normal person to resist the temptation of eating some of those "unhealthy" food items, condemned by the dietitians. This is all the more true for us Bangladeshis, who like nothing better than a good, hearty meal. Think of the amount of money spent in preparing rich, greasy food at our weddings.

In our country only a handful of overweight people seem to concern themselves about their food habits. There are also the underweights, who after consuming so much food, still do not manage to put on some extra pounds and instead, look pale, sickly and worn-out. It's the result of not eating the right combination of food. A balanced diet, as one should know, consists of elements from all the six food groups that are vital for staying fit.

Consuming excessive amount of some of our regular food items can often cause severe damage to our health such as:

Salt: Found naturally in most foods, so there is no need to add any. Some experts believe too much salt is bad for blood pressure — and the cardiovascular system. Taste food before reaching for the salt and try pepper, herbs and spices as alternative seasonings.

Sugar: We could happily minute all sugar from our diet. Sugar provides nothing but empty calories, and refined sweet foods provide only instant, short-term satisfaction,

while pushing up weight and damaging teeth. And look out for hidden sugar in foods, particularly drinks. A bottle of "coke" contains seven teaspoons of sugar. Read food labels. All words ending in "ose" like "glucose" and "fructose" are sugar. Honey is also pure sugar. Also, there are many delicious chocolates, candies, sweets, pastries, cakes with thick icing, that are equally bad for one's health.

Fats: We all need a certain amount of fat to be healthy, of course. But, eating too much of fat can cause obesity as well as heart disease and cancer. So, the less fat contained in your diet, the better. For an adult who drinks milk regularly, it is better to choose semi-skimmed milk instead of whole milk. Oil-fried foods are bad for health specially for the skin. Health books often state

that it is better to grill rather than fry food. If you must eat butter or cheese, then spread it thinly or choose low-fat margarine, unless of course you simply must gain some weight. Eat less red meat as it causes high blood pressure, heart attack and gives you little else but calories. Instead, choose chicken, fish and vegetables.

Stimulating drinks: Tea, coffee, chocolate and glucose drinks, especially "colas" should be avoided. Caffeine in these drinks act as a stimulant to the nervous system and can become an addiction as well as cause nervousness, restlessness and insomnia. There is also some concern that drinking a lot of coffee may increase the risk of heart disease due to links between coffee and cholesterol levels.

What food elements are essential to our health?

Water: Its other name is life. We can abstain from other things but not water. Add 8/10 glasses of water in your daily diet as an absolute must. Water purifies the blood, removes clots, and keeps the body temperature cool. It also helps in digestion.

Drinking plenty of fluid especially water, is compulsory for your diet, more so, if you are increasing your fibre intake. There is positively no substitute for water.

Fruit and vegetables: Fruits and vegetables contain many vitamins that help prevent diseases and keep us fit.

Avoid junk food, reduce toxins, and include plenty of fresh vegetables and fruits in your daily diet. If you feel like having a snack, grab a fruit instead of the usual snacks you take. Some say that raw vegetables are preferable to cooked ones.

Whatever you eat, eat slowly, chewing your food well until it is reduced to a creamy texture before swallowing. By doing this, food will be well mixed with the enzymes present in saliva, and digestion will be more efficient. By eating the right sort of foods your body will inform you how much you need to eat, without you having to count calories at each mealtime.

If you do not have a healthy eating routine, make one today and try sticking to it. After all, we only live once, so why not enjoy life to the fullest? The only way to do it, is to remain both physically and mentally healthy. It always pays to be health conscious. Lastly, one should remember that every carefully prepared eating plan should be combined with regular exercise.

Backache: Cause, Cure and Prevention

by Farhana Ahmad

Back pain becomes more common problem as the person grows older. The sex of the person has no bearing on the back pain though it is a common feature during and after pregnancy.

BACKACHE is one of the commonest diseases we suffer from. The causes are varied and the cures numerous. But to cure the pain the exact cause must be known.

Normally, back pain is referred to as pain arising anywhere from below the back of the neck down to the bottom on either side of the spine. Backache maybe of varying intensity, from a dull ache or stiffness to severe pain and an inability to move even a little.

Generally age is no barrier to back pain. This can often occur in school going children specially in the rapid growing age group. These aches and pains start mostly from the base of the neck. This occurs mainly due to bad posture. But if the child complains of persistent back pain, he needs to be medically examined.

Back pain becomes a more common problem as the person grows older. The sex of the person has no bearing on back pain though it is a common feature during and after pregnancy. Occupation plays a major role. Those involved in heavy manual work tend to be greater sufferers of backpain. Coalminers, as a result of working in confined spaces also suffer from backache. Sportsmen too are affected by backpain.

The most common type of backache arises mainly from the spinal column and its associated structures. The cause maybe soft tissue injuries or sprains, bony injuries, arthritis disc prolapse, infections and some other less common conditions.

Simple strains or sprains of soft tissues i.e. muscles, tendons, or ligaments is the cause of many cases of backpain. This has been called myositis, fibrosis or lumbago. This results from tears of the muscles, tendons or ligaments and is usually seen in young and healthy people. It can happen after a minor injury or during sporting activity. The pain is usually localized in the injured area. This type of pain rapidly responds to treatment of analgesics and local application of liniments.

Bone injuries occur after more severe injuries. One or more parts of the vertebrae are fractured and depending on the severity the symptoms are greater or less. Fractures of the spine that cause injury to the spinal cord are of the most dangerous nature. Other fractures not comprising the stability of the spinal column are of comparatively less importance and generally respond to bed rest and analgesics followed by a spell of exercises.

Another common cause of backache is arthritis involving the joints of the vertebrae.

Arthritis mostly occurs in the later years of life but is not uncommon in the middle age group, too. Basically as with other parts of the body, arthritis involves the joints of the vertebrae. The main joints are the back half of the vertebrae, but because of secondary changes the front half of the vertebrae also gets involved. The patient complains of backache often precipitated by unaccustomed activity. Here too, treatment consists of bed rest mainly and analgesics followed by exercise.

In disc prolapse, the disc



Avoid this



Do this



Wrong posture



Right posture

COOKERY

Date Tea Loaf

200g self-raising flour (8 oz)

pinch of salt

25g soft brown sugar (1 oz)

150g dates, chopped (6 oz)

1x15ml spoon golden syrup (1 tbsp)

1 egg, beaten with 125 ml milk (1/4 pt)

1. Mix dry ingredients and dates.

2. Add golden syrup, egg and milk.

3. Mix well and place in a greased 15 cm cake tin.

4. Bake in a moderate oven

180°C, 350°F, Gas mark 4 for about 50 mins.

5. Brush with a sugar glaze while still warm.

Emergency Bread

400g self-raising flour (1 lb)

1x5 ml spoon salt (1 tsp)

2 oz lard (optional) (50g)

250 ml milk (1/2 pt)

1. Mix flour and salt, rub in lard, if used.

2. Add the milk and mix to a dough.

3. Shape lightly and place in a greased 18 cm cake tin.

4. Bake in a moderate oven

180°C, 350°F, Gas mark 4 for about an hour.

S.L.

"The Rose of Morocco" Loses its Political Thorns

by Barry Chamish

WHEN Morocco announced the result of a nationwide contest to select the most beautiful rose grown in the country, the winners were more newsworthy than their flower. They were from Israel, a country with which Morocco is still technically at war.

The prize won by Orna and Yossi Yishi for "The Rose of Morocco" underscores how commonplace agricultural ties between the two countries have become.

The situation arises from a convergence of interests in 1987, when Morocco's King Hassan decided he must try to save his country's ailing farming industry.

Among the steps he took, one was especially significant: the freeing of farmers from paying any taxes until the year 2005.

The move lured many wealthy people into investing in farmland. The infusion of capital also lured an Israeli entrepreneur, Micha Tirosh, to examine the possibility of setting up shop in Morocco.

His reasoning was that investors would want high returns, and that Israel was in a unique position to see to it.

Israeli farmers had battled

similar desert or arid conditions and developed sophisticated techniques and technologies to overcome heat, sandy soil and water shortage.

Tirosh believed that by buying the appropriate technologies, Moroccan agriculture and enjoy the same success.

He founded a company, FIF

Control (for filtration, irrigation and fertilization), to act as a distributor in Morocco of top Israeli products and technologies. Among the companies whose products it sells are two seed developers, a manufacturer of drip-irrigation equipment and a fertilizer producer.

Tirosh also offered Israeli

advice and advisers. He told clients that a smart way to export to Europe was to grow unique, slightly exotic products. So the Moroccans began growing novelty items from Israeli seeds, such as seedless watermelons and cherry tomatoes.

Avi Gilan, the representa-

tive in Morocco of one of the Israeli seed companies with which FIF deals, estimates that 80 per cent of all tomatoes grown in the country are from Israeli stock.

In the next few years, a similar percentage is expected to be reached for melons and peppers.

Photo by Sharif Khan



Tirosh claims that Israeli technology virtually sells itself. Results on a farm are so rapid that neighbours switch practices.

To accommodate the fast-growing market, FIF Control and irrigation manufacturer Plastro Gevat are building a \$2 million factory in Morocco to manufacture drip irrigation equipment at a price accessible to thousands of farmers.

FIF Control's 120 large clients include the King; it has several hundred small-scale customers.

One of the wealthiest pa-

trons is an opposition politician who hired Tirosh to expand his rose operation. Tirosh brought in the Yishis to increase production and profits doubled within two years.

Their winning Rose of Morocco sells in Europe for \$1.50 a flower.

Moroccan farmers are not troubled by working for Israelis, provided the latter play by the local rules.

The Yishis learned the hard way. When they hired a group of workers from a nearby village and kept them on, vandals from other villages damaged their greenhouses. They found out that although workers are non-unionised and toll for only \$2 a day, they expect the work to be divided fairly among all workers. This is now done.

A sign of the routineness of relations is that when Israeli lecturers attended a seminar at Baghd Agricultural University in May, followed by a trip by Moroccan businessmen to buy turkey-raising technology in Israel, neither event was considered newsworthy.

Asked if the agricultural relationship means that there is in reality peace between the two countries, Moroccan Tourism Minister Serge Bardego replied: "Not peace — just a pleasant atmosphere."

— GEMINI NEWS

Coats

Light-weight coats, suits and dresses should be stored in the same way. If cleaning is unnecessary, brush and shake the garment in the open air to remove all trace of dust before storing.

Nylon and Terylene'

Garments of these materials are very easy to store as these materials absorb very little moisture and they are unaffected by mildew and moth.

After washing, drying and ironing, the garments should be laid flat in a drawer or box and covered until they are required again. Dresses and skirts should be stored hanging on hangers if you have enough room in your cupboard for this.

Ice-Cream Stains

Sponge with a warm solution made with a detergent or soap flakes before washing. If the stain is on an unwashable material place a pad under it and rub with a grease solvent.

When the stain has disappeared, rub with a little methylated spirit, rubbing first outside the limit of the stain and then towards the centre. Finally rub with a dry soft towel, this will prevent a "ring" from appearing.

Grass Stains

Rub the stain with methylated spirit. Or, if the stain is a severe one, soak it in the methylated spirit and then wash in soapy water. If, however, the material is non-washable, rub with a clean dry towel, when the stain has disappeared.

Remember

Take every precaution when using methylated spirit as it is highly inflammable. It should always be kept well out of the way of children.

Tar Stains

Place a piece of clean folded blotting paper under the stain, and then rub a little glycerine into the stain. Leave for a few hours.

Moisten a piece of flannel with turpentine and rub the stain well, this will remove the tar and the grease. If it is a bad stain, several treatments may be necessary.

All clothes, no matter what type of material, should be clean when stored.

First look for stains and remove these according to

their kind. Below will be found a reminder of the treatment of the most likely stains to be found on summer clothes.

Perspiration Stains

Before washing the garment sponge the stained part with arm water and vinegar (one dessertspoon of vinegar to one pint of water).

If the material is non-washable sponge with methylated spirit and rub gently with a cloth until dry. Odour can be removed by soaking in borax and water (1 dessertspoon to a pint several times. Wash and rinse well).

Moisten a piece of flannel with turpentine and rub the stain well, this will remove the tar and the grease. If it is a bad stain, several treatments may be necessary.

There are also a number of proprietary tar removing liquids on the market which are effective and easy to use.

If they have been used mostly in salt water, soak them in cold water for ten minutes to remove the salt. Or if they have been used for swimming in chlorinated water, soak them in borax water (1 dessertspoon of borax to 2 quarts of warm water). Then wash by squeezing in soapy water, rinse and dry very thoroughly.

Wrap the costume in plenty of clean paper, and store. Your swim suit will then come out looking clean and fresh next summer.

If you have a woollen swim suit it will be wise either to store it in a Polythene bag (being careful to fasten it securely), or pack it in clean paper and seal the ends.

Shoes

Clean shoes thoroughly before putting them away for the winter.