

LIVING

Lift Her up Gently and Take Her up with Care

BEING a woman naturally interests me, as who can resist the appeal of the opposite sex — even if the person is no Marlon Brando, Robert Redford, Sean Connery or any other famous film stars of my favourite films. This I say without having the experience of viewing all the films that I have longed to watch, and have enjoyed, even in my forties (having siblings years younger than myself, I was exposed to only Walt

Disney or war movies even in my teens and twenties). I have been a hack-writer for a number of years, and have had the opportunity to read books, and watch plays, operas, and films in the recent past. I managed to read Havelock Ellis, which I did in my teens (slyly reading my elder sibling's books while they were away at the college laboratory) though by now, I must admit, that I have entirely forgotten the content of the book.

by Fayza Haq

The best "guide, friend and philosopher," that I have had at my workplace or at home, would always get annoyed with me, and make me work twice as hard, possibly, than ever before. I would then tell him what I planned to do, and he, in return would make me believe and think that I could do it. I would next be so "hopping mad" at him that I would say to myself, "Just let him wait. I will show him, even if it drives me completely neurotic or even if it kills me." He, then, would give me guidance as how to go about it. This is imperative, as a woman's nervousness makes her dissipate her energy unnecessarily.

A woman likes to dream, and dreams are the real substance of what life is made of, and without them life is insipid, even for a man. A woman, in most cases, tends to have highly imaginative powers. A man must watch for her frequent charged flashes and make more constructive use of them. To get the best from her, let her use her imagination, and let her feel wanted.

If she feels unwanted, she will use her energy and ingenuity to feel needed, and then she will try to use all her powers to expand the energy into doing whatever is required to be done. That is how a woman, sometimes, develops unreasonable energy. To get the most from a woman a man needs to be constant and not spasmodic.

Basically, a woman feels more, while a man, most of the times, tends to normally think more. A woman undoubtedly, sometimes, comes up to the level of a man, superseding him in I.Q. One knows it too well, going by the legends of the island of Lesbos. Similarly, Nefertiti built non-pareil pyramids in Egypt. One knows also, going by facts, that the last Chinese Empress was certainly an ingenious one. One has also heard of myths of high-spirited Amazonians, who return even on our TV series for children, in Dhaka, i.e. "Ninja Turtles."

It is natural for me to discuss and analyse psychological problems that develop at various homes of my friends, relatives and acquaintances — both

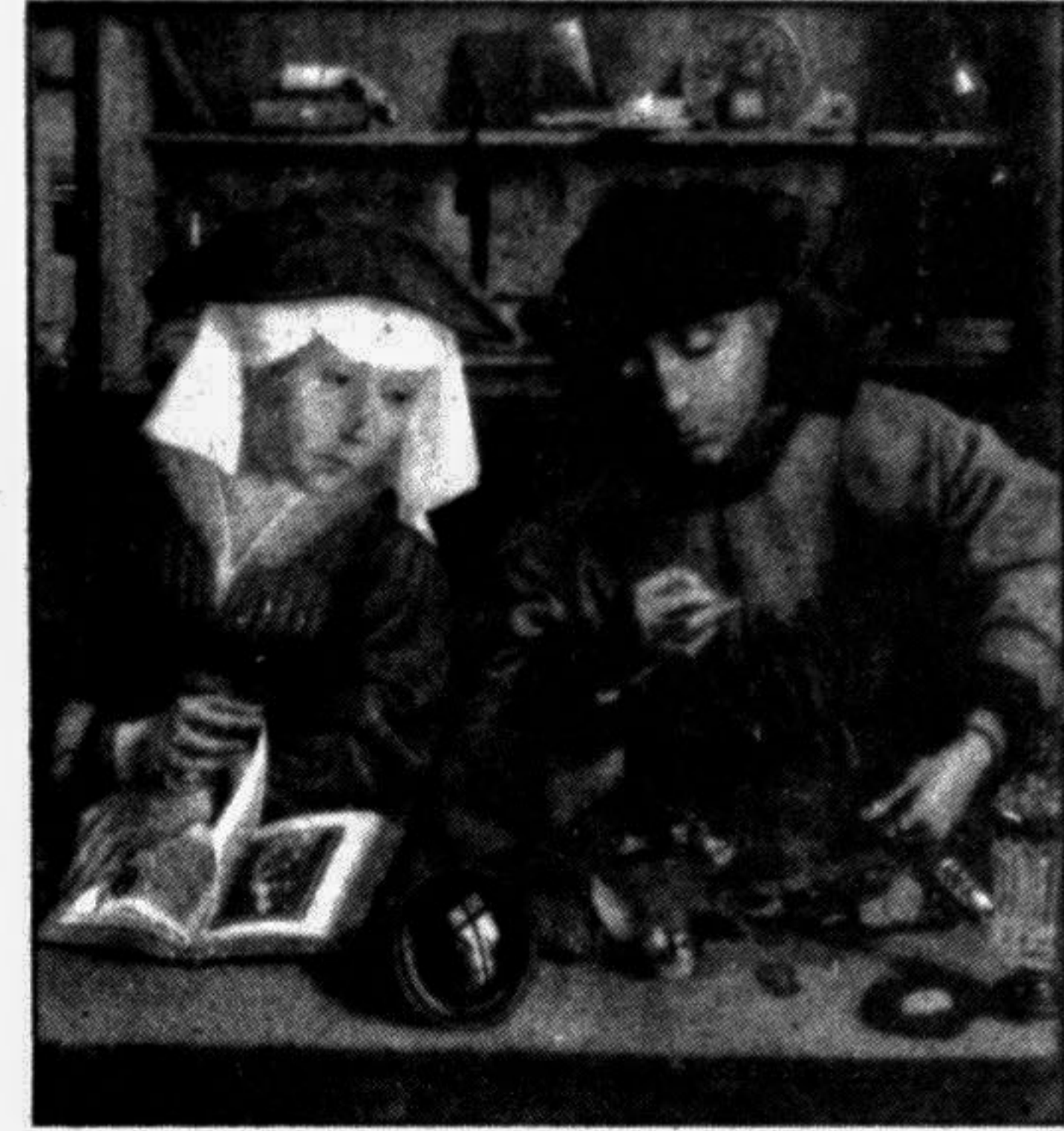
at home or overseas. By the facts and figures of psychoanalyses, about the two genders, I have gathered ways of overcoming tension and improving what a man and a woman can work out coolly and collectively. At the present time, a woman — coming from the *creme de la creme* sections of societies, to the poorest huts in the remote villages of Asia and Africa — enjoys working outside the confines of their homes. A

Mary Wartley Montague, Mary Wollstonecraft and even Simone de Bouvoire. These women have had ample male support in the form of mentors, at various occasions.

Being more emotional than man, in most cases, a woman tends to accept male guidance to protect and guide her emotions and sensitivity. A woman may frequently get sensitive about matters, which to a man might appear pointless, quixotic and even idiotic, and



Dancing at Bougival' by Renoir



'The Money Lender and His Wife' by Metys Quenitr

woman appreciates being encouraged and guided.

I have also come to the conclusion that a woman, no matter of what age or nationality, needs to feel that she is "the rose on the lapel," or even the "Jewel in the Crown" by her male superior, whether it be her own boss, mentor, husband or even a *petit-am*. However, a woman, in general and in particular, remains limited by the millstone around her neck — the highly charged emotional content within herself, which influences whatever she does. Hence, a woman, in all cases marked in history and literature, requires a man to fight against whatever she is struggling. This goes even for Lady

an angry woman is surely difficult to control.

The search for security makes a woman hypersensitive. Never desert a woman, in her moments of perplexities, doubts or fears. These may be unreasonable problems doubts or fears. No woman is ever totally unreasonable or so helpless that she cannot think for herself. There may be circumstances that make her a "silly Billy," but the fact remains that a man must always back her. All a woman requires is someone to support her, even if this is only mentally, literally thousands of miles away.

A woman's ideal and desire is to be secure, and it is essential that she is felt needed.

Jean-Paul Gaultier, the Iconoclastic Fashion-Designer

by Deborah Langer

Jean-Paul Gaultier influenced the aesthetics of the 80s so deeply that it is difficult to detect the marks left by him. Being involved in everything that concerns him, he goes on presenting us with an alert, vitaminised view.

IN 1976, Jean-Paul Gaultier inaugurated the ready-to-wear fashions of the 80s. By mixing genres and materials, by introducing PVC, rags and lycra, and by parodying Chanel suits as well as the Paris "concorde", Jean-Paul Gaultier asserts his iconoclastic ironical and unusual style.

He was to provide the aesthetic inspiration of a whole new wave of designers and an alternative fashion for the 80s, presenting a line of ready-to-wear clothes within reach of the public.

At the age of 14, Jean-Paul created his first collection of ready-to-wear fashions in his school exercise book. Four years later, in 1970, he joined Pierre Cardin, but it was when he worked for Patou, from 1971 to 1974, that he developed his antidotes to the "good taste" and indiscreet luxury of the upper middle classes. From the Parisian suburbs of Arcueil, where he grew up, to the fashions houses, one can imagine the shock to aesthet-

Jean-Paul was the son of an accountant and a secretary, but it was his grandmother, who was one of his major sources of inspiration. She was a former nurse who received her clients at home where they came for massages, but also to confide in her. In his notebook, Jean-Paul drew his "before-and-afters" in which women came out transformed. His grandmother had asked him to see to dyeing her clothes and they came out blue, very blue, or pink.

His absent-minded grandmother would forget to put on her skirt and go out with her satin petticoat under her coat. This forgetfulness was to prove fruitful.

An Unusual Change

The discovery of a "whaleboned, salmon-pink device, with orthopaedic lacing" was to contribute to his style. Later on, we find underclothes worn on top. Breaking with established forms, his first exhibition in the Palais de la Decouverte, in Paris, in 1976 presented "table-mat dresses" made of woven straw.

Turning aesthetics topsy-turvy, he used common materials such as PVC, nylon and synthetic jersey. In a spirit of recycling, he turned to old bits of materials, clothes that were too big, ungainly ways of wearing clothes and a mixture of styles.

For his "High-tech" collection (1980-81), he used the perforated PVC from car-seats and offered a punk version of the Chanel suit made in tartan carpet material.

His "dadaistic" collection (1983) presented underclothes as daywear and the first corset-dresses as well as destructured clothes with skirts worn askew and braces falling, as well as underclothes sewn to overclothes or the interruption of the unconscious on

the collective surface of clothes.

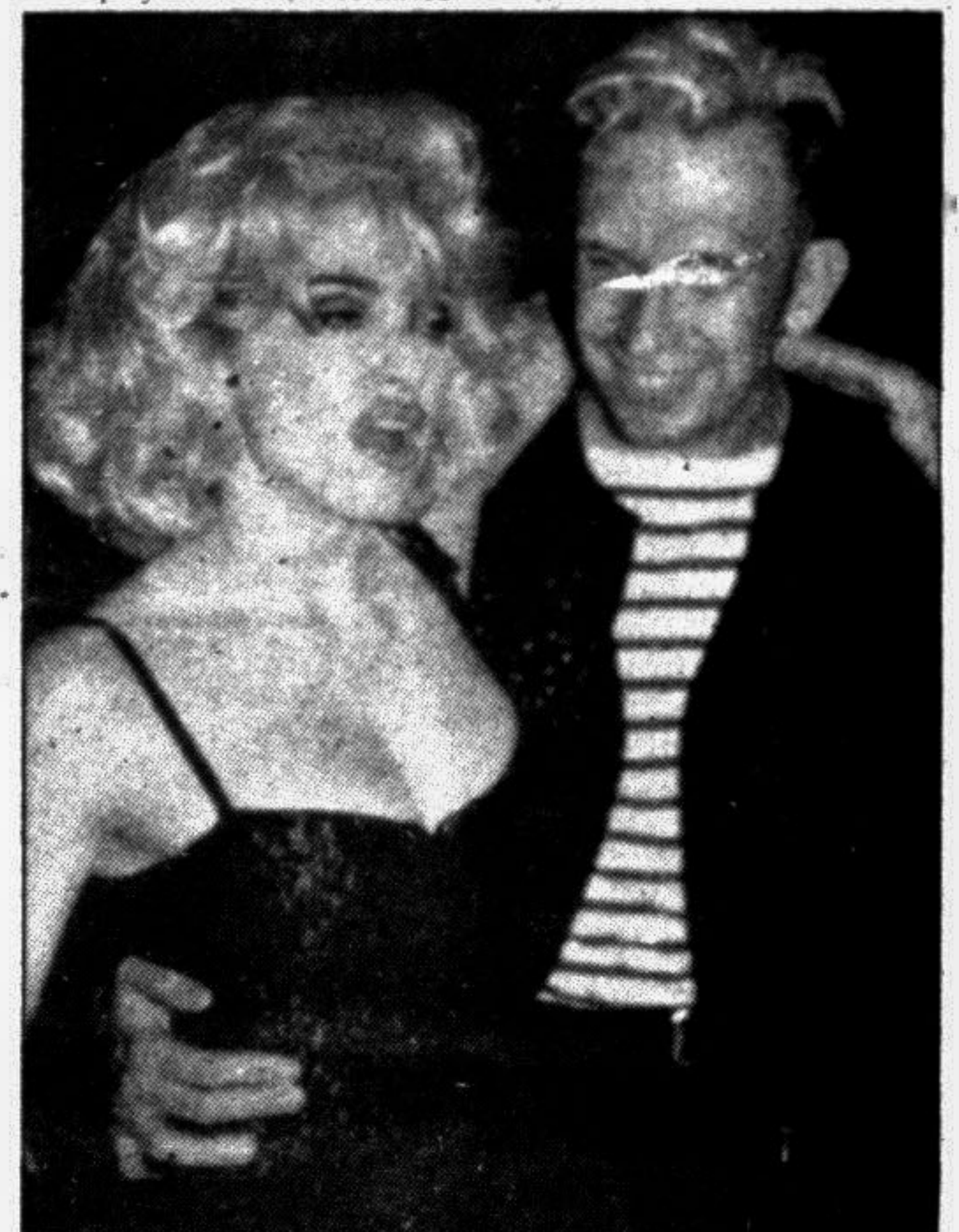
From then on, Jean-Paul Gaultier made fashion unfashionable. Beyond an aesthetics based on what is beautiful and the classical criteria of elegance and good taste, he invites people to rethink the motivations lying "beneath" clothes. In this context, it is not surprising to see the appearance of the "man-object", his first collection for men (1984), followed, the year after, by the skirt for men, in the form of loincloth trousers. A breath of madness wafts through the profession.

Everything is called into question: the male and female poles, the frontiers between the beautiful and the ugly, the elegant and the vulgar and the distinguished and the ordinary. Collection by collection, Jean-Paul Gaultier puts micro-systems of aesthetics into orbit: "Rock Stars" (1987-88), "The Concorde is on the Staircase" (1988), "Western Baroque" (1989) or the "rappers" (1990) are all adventures in clothes. He displays a host of scenarios

rades for three years and is the "star" of an advertisement for Gaultier's Junior line (launched in 1988) and a parody of the "Wild Escapade". Again, in the style of "Defence and Illustration of Beauty in all its Forms", Stella, aged 33, 1m70 tall and weighting 100 kilos, was the star of the autumn-winter parade, presented in April 1992.

Gaultier is an innovator in all areas and enjoys gleaming ideas from topical items in music and culture. In 1989, he brought out a single record called "How to Do That", which mixes the sequences of an interview he had given on the BBC, with the wild rhythm of the House (hallucinating beat disco music against a background of synthetic music), which had just begun in Paris. In the same year, he designed the costumes for Peter Greenaway's film "The Cook, the Thief, and his Wife".

He then tuned into America, which fascinated him, making friends with Madonna for whom he designed the costumes for her



Jean-Paul Gaultier and Madonna

and characters which all invite you to join in the game.

Madonna

More than ready-to-wear, Jean-Paul Gaultier paves the way for "ready-to-zap", an attitude consisting of mixing genres so as to create a style of one's own.

He does not hesitate to wrap stereotypes himself by using girls chosen in the street, for his fashion parades. The height of the paradox is Miss Tremois, a 72 year old model who has been taking part in Gaultier's fashion pa-

world tour, the "Blond Ambition World Tour '90". One could not imagine a better ambassador for him. Since then, he has brought out an autobiography, "A Nous Deux la Mode", which presents his beginnings as a fashion-designer in the form of a photomovel.

How does Jean-Paul Gaultier, who, soaking up anything, influencing our and, show the way for fashion-designers, have in store for us today? Well, he is already preparing to launch a new line for teenagers, in spring 1993. Courtesy: L'Actualite en France

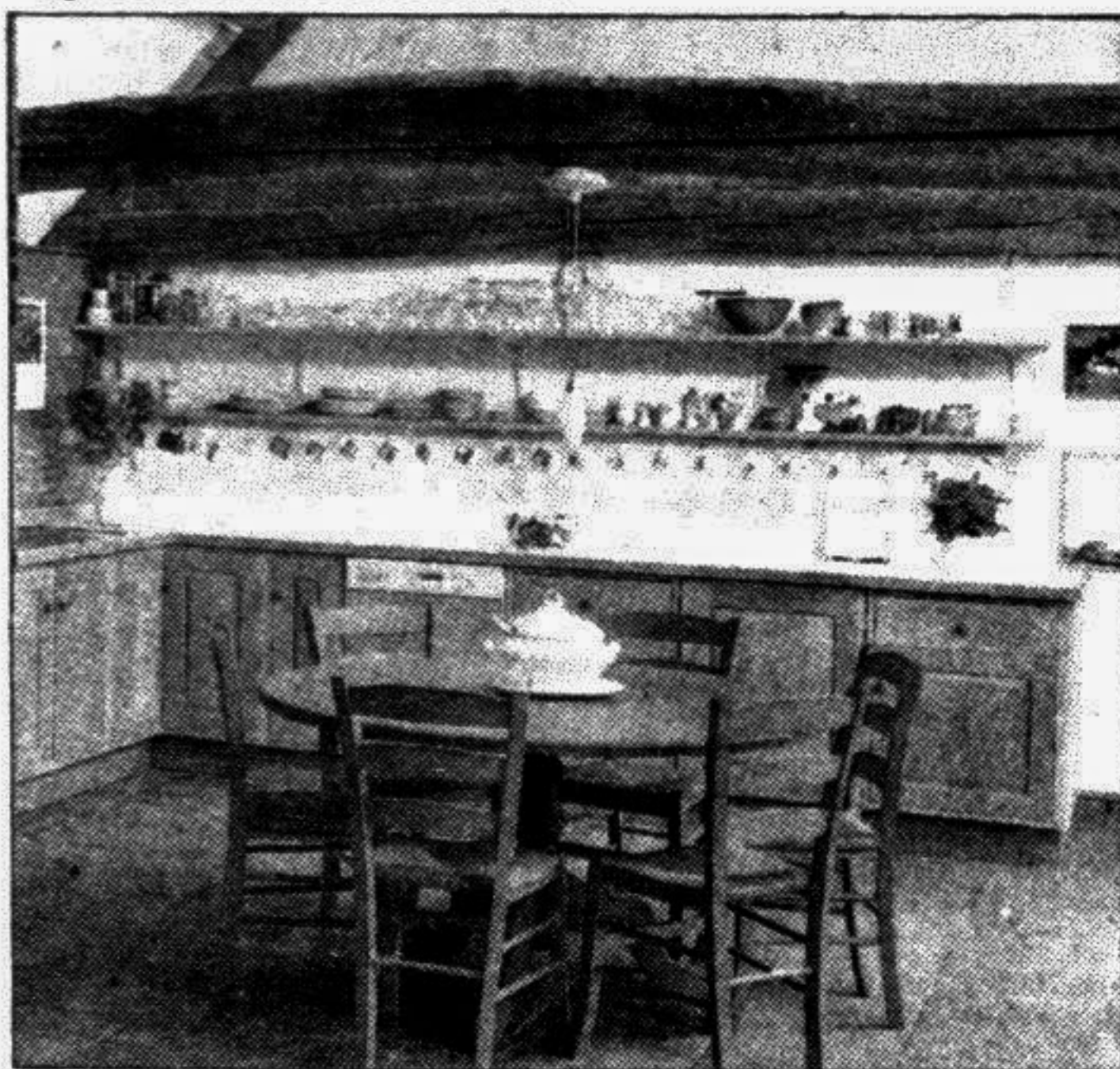
The Ideal Kitchen

by Ruhksana Hossain

THE kitchen is a place where many women still spend most of their time, even today. But while the modern world has introduced gadgets from the microwave oven to the electronic cooking range, men in the East give little importance to the woman's working place. In our villages and small towns, still blow air into the health with their mouths to prepare meals, kitchen walls are filled with soot, and the floors are usually broken.

In an ideal home, the kitchen is given the most consideration. All sorts of modern amenities exist to make your life smoother and easier, and cooking less of a chore. The kitchen should also be a clutter-free, hygienic area.

Modern kitchens are planned with the work triangle in mind. This is the triangle formed by the placement of the sink, the fridge and the cooker. In a well-organised



A sample of a spanking clean kitchen

kitchen, these are installed within your arm span, so that everything is easily reachable. A work table can also be placed at the centre for food preparation. If you have enough space, fixing a washing machine in one corner and the ironing board near it can make it more comfortable to get your job done.

These days, shops are full of beautiful border tiles from different countries. Their use is not restricted to the bathroom — they can smarten kitchen walls as well. Mosaic has given way to floor tiles, marble and artificial marble. There is also a wide variety of ought tiles available, suitable for kitchen floors. Whatever you choose, make sure the surface is easy to maintain, non-slip, and comfortable to stand on. If you are buying ceramic floor tiles, check whether they are likely to get chipped if anything heavy drops on them.

Kitchen cupboards can be topped with natural or artificial marble slabs or small tiles fitted together. Deep sinks with hot and cold water can be

useful for large vessels.

When planning the shelves, keep some of them open so that the room looks bigger. Glass cupboard doors will produce the same effect. You could also place the sink in an angle in the corner instead of under the window to make better use of space. Another good thing is to have pull out bins — this saves space and gets rid of unpleasant sights. If the window sills are broad enough, you can use the area for flower pots or ceramic decoration to liven up the corner.

Also, make sure you have enough electrical sockets in the right places for your kitchen appliances.

Walls and floors can be matched in either shades of brilliant contrasts such as black marble floor with cabinets in two shades of brown, maroon, yellow, or contrasts of yellow and red.

Why not give yourself some comfort with a well-planned kitchen — the place where most women still spend so much time.

Dangerous liaisons: When Food and Drugs Do Not Mix

by Farhana Ahmad

CHOCOLATE and other innocent fare can turn nasty if paired with the wrong choice of pills.

A dinner at the psychiatric hospital featured chicken livers. A few hours later, half a dozen patients complained of splitting headaches. Their blood pressure had shot up to alarming levels. An investigation turned up an unlikely conflict. The patients were all taking anti-depressant drugs, that interfere with the systems normal breakdown of Tyramine — a substance that is plentiful in chicken livers, and can turn nasty if it builds up unmetabolized substances in the system.

As these people discovered, the hard way, food and drugs do not always mix well. What you eat or drink can impair or completely wipe out the effectiveness of otherwise useful drugs. Conversely, drugs can have unwelcome effects on the body's processing of nutrients. Perhaps it is not surprising as both substances have to share the same digestive system.

Food can affect how fast a drug breaks apart and goes into solution and, also, food can physically block the drug molecules from getting to the

wall of the gut, where absorption occurs. Certain types of food can also interact chemically with certain drugs such as Tetracycline. If the family of antibiotics encounter calcium in the stomach, they bind together chemically, cancelling out each.

Anti-Depressants

Some anti-depressants can have potentially disastrous effects if the drugs meet up with the amino acid component. Present in chicken livers, Tyramine is also found in chocolate, and in some food that have been aged or fermented, including aged cheeses, pickled fish, smoked fish and meats, and some. If you eat these and at the same time you take one of these anti-depressants, you run the risk of high blood pressure, palpitations, nausea and even strokes. Patients on these drugs should avoid the forbidden foods.

Blood Pressure Drugs

These substances also present a treacherous range of reactions with food. Thiazide diuretics help lower blood pressure by ridding the blood of

sodium. Unfortunately, as the sodium goes, so may the potassium needed by your heart, cells and muscles. Your doctor should monitor your potassium level and prescribe supplements, if necessary.

Now, here is where it gets tricky. Some other blood pressure drugs — the combination diuretics and known as inhibitors block this potassium depletion. With these drugs, in fact, you can end up with too much potassium, which is also dangerous to proper heart function. You can get into trouble with these drugs if, for example, you use a salt substitute containing potassium.

Tetracycline Antibiotics

Just as some drugs bind with calcium in the stomach Tetracyclines attach themselves to iron. Stay out of trouble by taking these drugs one hour before, or two to three hours after, meals or vitamins.

"Aspirin" and "Ibuprofen"

These two "over the counter" anti-inflammatory pain killers are notoriously hard on

the stomach lining. A dose here and there, even on an empty stomach, will give most healthy people any problems. But those who take the drugs over the long term — arthritis sufferers, for example — may even risk iron depletion anaemia from the minor but steady internal bleeding, the drugs cause. Do not mix these drugs with other things that are hard on your stomach particularly coffee, fruit juices or alcohol.

Anti-Coagulants

Some drugs are prescribed to stop the development of blood clots. Foods rich in vitamin K, including turnip greens, lettuce, and cabbage, can undo the usefulness of the drug. If you are taking such drugs, eat no more than a few helpings of these types of food a week, and avoid vitamin K supplements.

Asthma Medication

A balanced diet is important while taking the standard asthma drug, Theophylline. According to one study, children wheezed more often when the drug was combined with a high protein diet. Many asthmatics now take a kind of

Theophylline designed to disperse into the body slowly over the course of a day. When this drug is taken with food, particularly fatty foods, a large proportion of the whole day's dosage can rush into the body at once. This phenomenon, known as dose dumping, can cause irregular heart beat and even convulsions. Unless your physician advises otherwise, take the drug with water on an empty stomach.

1. When you get a new prescription, ask your doctor or pharmacist about any possible food interactions particularly for long term drugs.
2. If you follow a non-standard diet like a very low fat diet, or a high calcium diet mention it to your prescribing physician.
3. Tell your doctor if the drug seems to upset your stomach or seems to have an erratic effect.
4. If you take more than one drug — including over-the-counter poisons like antacids or laxatives — let the prescribing doctor know about them.
5. If you are taking a drug without any problems, do not suddenly change the time you take it in relation to your meals.

Some Notes on Didit

by Akku Chowdhury

Didit Robillovan der Linden graduated from the University of Santo Tomas, in Manila, Philippines, with a Bachelor in Fine Arts, Major in Interior Design. After graduation, she worked as an Interior Designer and Furniture Maker for several years, both in New York City and in Manila.

Didit's creativity brought her to designing and the Manufacturing of Wooden Costume Jewelry for the European Market. This endeavor introduced her to Batik on Wood Painting which she applied on her Collections. She worked as a Batik on Wood Artist from 1984 up to 1990.

Didit began oil painting during her summer breaks from school and has painted occasionally through the years. With the birth of her daughter, she concentrated more on specialized pieces for her batik on wood painting, and since the birth of her son in 1990, she has done mostly oil painting, the art form she had always wanted to pursue.

The free time that she has enjoyed since her arrival in Dhaka in January 1992, has been devoted to oil painting. She is attracted to the Bengali working people, with their strength of character reflected in their strong features. This

exhibition, she hopes to portray the beauty and the strength of these people, despite the conditions they must endure.



A painting by Didit