

# Dhaka Day by Day

## Plagued by Insomnia

by Aasha Mehreen Amin

One of the worst curses of life is being afflicted with insomnia. Only an insomniac knows what misery it is to be wide awake while the rest of the world is dreaming away in slumberland. For those Dhakaite's who have this terrible malaise they have to battle with another bane that usually complements sleeplessness: the mosquito. This incredibly stubborn, hateful creature makes life absolute hell for the insomniac Dhakaite.

It all begins when, after an exhausting day, you feel ready to drop dead on the bed. An unreasonable guilt prompts you to complete your nightly rituals — tooth brushing, flossing, mouthwashing, face cleaning etc. Naturally, with all that activity you are as wide awake as ever. So what can be done to get the sandman going?

One thing that insomniacs make the mistake of doing is trying to force themselves to sleep. This involves lying on the bed with one's eyes closed shut and telling oneself that one will fall asleep any second now and that one will not think about not being able to sleep. Unfortunately, perverse as our natures are, that is exactly what one thinks about. Whether one counts sheep, cows, goats or

flapping can drive a normal being totally insane, let alone an insomniac. Frenziedly you may hit out in the blind darkness — ending up beating yourself black and blue in the process. Turning on the lights you may wait like a predator for that diabolic insect to sit on your spouse's head. Then wham! You may have squatted the bloodsucker (and your spouse) but rest assured there are at least another ten waiting for you to sleep so that you can wake up again to another battle. Thus one may spend the entire night getting up, waiting, killing, sleeping, waking, killing and so on.

Innumerable solutions are given to the weary insomniac — warm milk (which may lead to flatulence, indigestion and hence more insomnia), exercising just before bedtime (which may actually activate your nerves) a swim in the pool (like everybody has one), hot baths, abstaining from most pleasures — like tea, coffee and chocolates, reading, knitting, standing on one's head, the list is endless.

For the occasional insomniac, some of these solutions may actually work. For the

COME IN, COME IN!  
I SEE YOU HAVE A  
WAY OF UTILISING  
YOUR INSOMNIA!



any other four legged creature, that sweet, incredibly elusive state, sleep, will not come. It is at these times that the insomniac will think of the most unpleasant things — the astronomical telephone bill, why your husband didn't wish you on your birthday, why a male colleague remarked on your weight, why you didn't get a diary this year — and why on why can't you go to sleep.

What makes it even more unbearable is when you see your spouse snoring away in blissful sleep. In sickness in health, joy or sorrow they say, why couldn't the marriage rites include 'in insomnia' as well you may wonder. No matter how many times you clear your throat, hum, cough, poke him (or her) in the ear, your spouse will not wake up to share your misery.

Then there is the added insomnia inducer. Just when your eyelids are getting heavy — after six hours of reading, cleaning out your cupboards, sorting out old birthday cards from the anniversary cards or as a last resort, jumping up and down — a familiar droning attacks your ear. That awful sound of wings

chronic insomniac nothing will and even the most potent antihistamine (which usually has sedative qualities) will betray you, failing to give you any shut eye at night and making you groggy the next day, in the middle of the afternoon, at work.

The sleepless Dhakaite, therefore, goes from one day to the next with painfully wakeful nights and drowsy days. With bags under the eyes, sallow face, falling hair and grumpy expression (Didn't you know the haggard look is 'in?'), the insomniac may not be the most congenial of persons. This may be the answer to the query many people have, why Dhaka's citizens are so rude and unobliging. They must be insomniacs with 24 hour headaches.

In the Nobel prize winning book, A Hundred Years of Solitude, Gabriel Garcia Marquez describes a town called Macondo afflicted by the 'insomnia plague' a disease which keeps people awake, day and night and makes them forget everything — their parents, their children, even themselves. One fervently hopes Dhaka has not become another Macondo.



Chief Justice A T M Afzal speaking at the inaugural ceremony of a workshop on 'Clinical Legal Education and Advocacy' in the city yesterday. — Star photo

### Workshop on Clinical Legal Education Improve professional skill: CJ

By Staff Correspondent

Chief Justice ATM Afzal yesterday stressed the need for improving the professional skills of lawyers of the country and adopting a more global approach to their practices.

Addressing a workshop on 'Clinical Legal Education and Advocacy' in the city, the Chief Justice said, "We live in a small territory with our aspirations and frustrations, under a constitutional system with a promise to realise through the democratic process a society, free from exploitation."

The workshop jointly organised by the Bangladesh Bar Council and New South Wales Bar Association, Australia, aims at improving the quality and standard of lawyers in the country.

Attorney General and Chairman of Bangladesh Bar Council M Nurullah, member of New South Wales Bar As-

sociation Brian Harrie Kevin Donovan QC, Chairman of Executive Committee and Legal Education Committee Md Amir-ul Islam, Dr Kamal Hossain and Dr Mizanur Rahman, also spoke on the occasion.

M Nurullah said, "In recent years, both lawyers and judges have become increasingly concerned over the quality of legal education imparted by our law faculties and colleges all over the country and have rightly lamented the fall in the standard of legal education."

"This discontent has become more articulate in recent times as it has had direct impact on the prestige of the legal profession," he added.

### 50 years of UN UNAB programme concludes

The year-long programme, organised by the United Nations Association of Bangladesh (UNAB), in celebration of the 50th founding anniversary of the United Nations concluded here on Monday, reports UNB.

Foreign Secretary Feroq Sobhan attended the function as chief guest while UNAB vice president Prof Muzaffer Ahmed presided.

The function was also addressed by Dr Syed Mohammad Shaded, Prof Abdus Selim and UNAB Secretary General Advocate Syed Ahmad Hossain.

Feroq Sobhan described the background of formation of the United Nations and its various achievements during the last 50 years.

### CU exams rescheduled

CHITTAGONG, Jan 2: The second paper MSS (preliminary)-1993 examination of political science under the Chittagong University scheduled to be held on January 7, will now be held on January 9, reports BSS.

The fifth paper examination of MSS (preliminary)-1993 will also be held on January 11 instead of January 14.

The first paper of MA (preliminary) examination of Arabic (Ka and Kha) of Chittagong University which was scheduled to be held on January 7, will now be held on January 9.

### Educationist Abdul Huq dead

Noted educationist and philanthropist A M F Abdul Huq Faridi died of old age ailments in the city yesterday morning. He was 92, reports BSS.

He was a former member of the then central Public Service Commission and former acting Vice-Chancellor of the Dhaka University.

Abdul Huq left behind two sons, two daughters and a host of relatives and friends to mourn his death.

The namaz-e-janaza of Huq was held at Gulshan mosque after Johar prayers.

His quikhwani will be held at House No. 26, Road No. 114, Gulshan-2, on January 5 after Asr prayers.

President Abdur Rahman Biswas has expressed deep shock and profound sorrow at the death of AFM Abdul Huq Faridi.

### Reporters' unity pays tribute to Monajatuddin

Speakers at a condolence meeting here yesterday paid rich tributes to Journalist Monajatuddin saying he had successfully added a new dimension in reflecting rural Bangladesh, reports BSS.

Starting his career as a Muffasid correspondent, honest and dedicated journalist Monajatuddin attained the name and fame at the national level through producing news containing hopes and aspirations of the people of remote rural areas," they observed.

Held at the National Press Club, the meeting was arranged by the Dhaka Reporters' Unity (DRU) to condole the death of the routine reporter of the Daily Jatanakhatun. DRU vice-president Anwarul Haq presided.



Dhaka Reporters' Unity organised a condolence meet to condole the death of noted journalist Monajatuddin at the Jatiya Press Club in the city yesterday. — Star photo

### Weather

#### Temperature may fall

Weather is likely to remain mainly dry with partly cloudy sky over the country during the next 12 hours till 6 pm today, reports UNB.

Weathermen forecast that slight fall of night temperature over the country during the period.

The country's lowest temperature 11.8 degrees Celsius was recorded at Dinajpur and the highest 28.2 degrees at Feni.

The sun sets today at 5:24 pm and rises tomorrow at 6:43 am.

The minimum and the maximum temperatures

City/Town	Temperature in Celsius		Humidity in percentage	
	Max	Min	Morning	Evening
Dhaka	27.6	16.0	78	70
Chittagong	27.2	14.0	86	78
Rajshahi	26.0	17.2	89	73

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### Government of the People's Republic of Bangladesh

Office of the Project Director  
Pilot Project for Development of Maternal & Neo-Natal Health Care  
6/3, Sir Syed Road, Mohammadpur, Dhaka-1207

#### Appointment Notice

Applications are invited from bonafide Bangladeshi nationals for filling in the undermentioned vacant post on purely temporary basis only for the project tenure, under "Pilot Project for Development of Maternal & Neo-Natal Health Care."

No.	Name of post	Number of post	Pay Scale	Age	Educational qualification
1	Steno typist	1 (one) No.	1375-2870/-	18-30 years	A) HSC passed or equivalent educational qualification. Having 70 & 40 WPM speed in English & Bengali Shorthand respectively. B) Having 28 & 23 WPM speed in English & Bengali typing respectively. Preference will be given to candidates having knowledge of Computer.

**Terms & Conditions:-**

- Name of candidate, fathers's/husband's name, permanent address, present address, educational qualification, date of birth, age, nationality, marital status etc. should be stated in the self-hand written application.
- Application should reach the "Project Director, Pilot Project for Development of Maternal & Neo-Natal Health Care, 6/3, Sir Syed Road, Mohammadpur, Dhaka-1207" by 2-30 pm of 15.01.96 only by post. After expiry of the date, no application sent by post or otherwise will be received.
- The candidate should superscribe the name of post prayed for on the envelope containing application.
- Age of candidate (male/female) should be within 18-30 years on 15.1.96. In case of Freedom Fighter candidates, age is relaxable up to 32 years as per govt rules. But they must submit attested copy of certificate countersigned by Bangladesh Muktiyoddha Sangsad Chief or Chairman, with their application. The words Freedom Fighters should be written on the application.
- True copy of educational qualification certificate attested by gazetted officer, 2 (two) copies passport size recent photographs attested by gazetted officer & nationality certificate from local union chairman should be submitted with the application.
- Character certificate issued by first class gazetted officer should be submitted.
- Advance copy is not acceptable & nothing sent with the application will be returned.
- Competent departmental candidates should apply through proper channel. Age limit is relaxable in their case.
- Candidate having no qualification for the said post need not apply.
- Incomplete & erroneous application will be treated as cancelled.
- On appointment, the candidate should be bound to serve only in Bhola district under the project.
- Application will be received only by post.
- Any sort of canvassing or recommendation will be treated as disqualification of the candidate.
- No TADA will be admissible for test/interview.

**Project Director**  
Pilot Project for Development of Maternal & Neo-Natal Health Care

DFP-32662-28/12  
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5th YEAR of US TRADE SHOW

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আমাদের স্টলে একবার এলে দেখুন। স্টলে নং ৪২

মেলায় ছাদনাদের জন্য নিশ্চিন্ত স্টলিংয়ের আদর্শ।  
আমাদের শ্রেষ্ঠ সদস্যদের জন্য আগাম ধন্যবাদ

মেলা ছাড়া আমাদের আমন্ত্রণ শ্রুতি আমাদের সৌন্দর্যের পূর্ণতা যাবে

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- ৩৪৫/এ সোনারপাণ্ড রোড
- হাতিরপুল, ঢাকা
- ১৮ নর্থ ম্যানশন গাউসিয়া মার্কেট (৩য় তলা), ঢাকা
- ৩/এ নিউ বেইলী রোড, ঢাকা
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