



The barren gate of the Baldah Garden.

Anti-socials keep Baldah Garden visitors away

FAIZUZA TANIM

The Baldah garden, which was once a popular recreational spot, has seen a dramatic drop in visitors of late.

Trespassing of antisocial elements and a incidents of crime inside the garden's premises in recent times has made the general public wary of going there.

Many believe that the nominal ticket price of Tk. five has made it possible for anyone to get inside. Young couples in love prefer the garden as a quiet meeting place but delinquents from the adjacent slum, who sneak into the garden by scaling the walls, have become a constant menace to those seeking privacy and relaxation. Eve teasing is also common. This atmosphere is keeping the genuine visitors away. Some of the outsiders are also involved in stealing rare plants.

"Teenaged couples often get into trouble with hoodlums but there are other problems in the garden too. It gets drowned under five to six inches of rainwater after a heavy shower. The walkways get all muddy and impossible to move around. Drug users smoke marijuana here and you can smell it

Delinquents from adjacent slum, drug users and eve-teasers have become a constant menace

from wherever you sit," said Alam Sarkar, a resident of Sutrapur.

Delwar Hossain, in-charge of the garden however claimed that the environment is not as bad as many have been led to believe.

"The allegations made are not entirely true. The situation is better now. In the last few months it has improved. The garden had too many trees and bushes where unwanted activities took place. But we have cleared those trees and the place looks a lot cleaner".

Hossain informed that despite the various difficulties, they were trying to maintain the garden as well as possible.

"It is not possible to plant more varieties in this small area as it is already saturated. But a lot of hard work goes

behind preservation of the existing rare species of plants.

"Water logging during the rainy season has become a common problem. The garden is in a relatively low-lying spot compared to the surrounding areas and therefore each time it rains, water from adjacent roads come down to the garden. It then becomes almost impossible for the visitors to get in. But a project will be undertaken shortly to raise the ground level of the garden," said Hossain.

Baldah Garden has two parts. One houses the conservatory, the sundial and the Lilly pond. The other portion has cactus and other rare plants which are of extreme interest to botanists and plant enthusiasts.

"The usual number of visitors now is

roughly 150 per day. It was only 50-60 last year. There are separate times to enter the garden. It is open from 8:00am to 12:00pm in the morning hours and then again from 2:00pm to 5:00pm in the afternoon. Things look a lot more controlled," said a staff of the company that is running the garden on lease.

Despite the claims of the garden's staff local residents are not convinced.

"Old people can only visit the garden in the early morning hours. The atmosphere is not appropriate during the evening so we avoid going there in the afternoon," said Alim Miah who lives nearby.

Even officers of the Sutrapur Police Station admitted that criminal incidents at the garden are reported often.

A duty officer requesting anonymity said, "We know what goes on inside the Baldah Garden but it is quite impossible for us to patrol the area constantly. The entry fee is very less so it is easy for people to enter. The sweeper's colony beside the garden is also contributing to the criminal occurrences. We cannot eradicate the slum although that is the place from where drugs are brought into the garden."

Mass awareness is main tool to fight diabetes

An young American patient's message for Bangladesh

CITY CORRESPONDENT

Clare Rosenfeld, a young American patient who flew into Dhaka last week cited awareness as the first step to fight diabetes in Bangladesh.

A press conference aiming at preventing and controlling diabetes was held at Birdem last Friday where Rosenfeld, a type-I diabetic patient and student took part after a visit to El Salvador and Tanzania.

Secretary General of the Diabetic Association of Bangladesh (DAB) Professor A K Azad Khan; Professor Hajera Mahtab, Honorary Adviser of National Healthcare Network (NHN); Dr Mapako Ilondo, Senior Adviser of Novo Nordisk, Denmark a pharmaceutical company and Ms Clare Rosenfeld spoke on the occasion.

Clare was scheduled to visit the Birdem Hospital, NHN and various diabetes centres. She will inquire about treatment processes at these centres and make inquiries on the treatment systems.

"There is tremendous collaboration between Birdem, DAB, Novo Nordisk and medical professionals with a wonderful structure present to cater to the many patients visiting these centres," she said.

She requested patients to visit and consult physicians of Birdem and to know how to receive treatment correctly. She said that she would definitely pass on the information of what she had seen here to her country. She stressed on education and resources as a wonderful tool to bring awareness on diabetes in Bangladesh.

The other speakers too emphasised on types I and II diabetes, the existing problems and solutions for patients and awareness for normal people to be careful of this disease.

Professor A K Azad marked points and stressed on avoiding fast food and termed it as junk as diabetic patients think that sweets will affect them, but not fast food. He also said that fast food contains fat that needs to be broken down by insulin present in the body. If the patient suffers from insufficient insulin, food compo-



Clare Rosenfeld speaks to newsmen Friday.

nents will not be broken down and the sugar level will rise.

The speakers said that if patients lead a routine life this disease could be controlled.

Dr Gulshan Ara, at a later discussion on the topic said: "Exercising (walking or jogging) and diet control (balanced diet of carbohydrate, protein and fat) are major steps that could contain diabetes. Patients should consult doctors and fix a daily menu with no additional intake. Glucose levels have to be maintained by insulin produced within the body and where there is sufficient insulin, the individual becomes a diabetic. There should be no gaps between food timings, which would give rise to a condition called hypoglycemia (low level of glucose in blood). Patients should always be aware of the blood sugar level".

It was also observed that if any one in the family has the disease, it is

likely to be hereditary.

"DAB hopes to cover 50 percent of the a diabetic patient's expense by 2025 and for that, we need more support and resources. Another hospital of 200 bed for women and children is under way in Shegunbagicha," said Professor A K Azad.

"Government can assist by removing taxes on test strips and medication similar to other cardiovascular medicines," said Professor Mahtab.

"Bangladesh has the structure to control diabetes but what we lack are resources. With proper equipment and medicines, the disease can be controlled", she added.

In his address, Dr Mapako Ilondo of Novo Nordisk, said that soon IIGs (least developed countries) countries will receive anti-diabetic drugs from Novo Nordisk at 80 percent reduced prices very soon.

DMCH to expand its neurosurgery ward

CITY CORRESPONDENT

The shortage of space has prompted the Dhaka Medical College Hospital (DMCH) authorities to prepare a proposal to increase the number of beds of neurosurgery ward No. 30 last week.

"The proposal to increase the number of beds of the ward from 30 to 120, we hope, will ease the situation," DMCH Director Nazmul Huda said.

"We have finalised the proposal for the expansion of the ward and hope

to forward the plan to the health ministry soon. I am confident of financial support from the health ministry and look forward to starting the construction of the three-storey building next month."

The DMCH neurosurgery ward with 30 beds cannot accommodate all injured in road accidents, gunfire, bomb blasts and assaults. The authorities said that on average the ward has to accommodate between 80 and 120 patients a day. Most of them wait as long as two weeks to be taken in for surgery.

"We are forced to accommodate most patients on the floor or on the verandah of the ward squeezing them into the limited space," an attending doctor said.

"We get about two to three patients with head or spine injuries a day. In absence of beds we are compelled to let them sleep on the floor exposing them to the danger of infections."

The proposed neurosurgery ward would be constructed adjacent to the existing one and the empty place close to the hospital kitchen, Huda said.

useful telephone numbers

COURIER SERVICES

International

Air Borne Express- 9561371, 9561372, 9550724
Air Couriers Int'l (BD) Ltd.- 8815970
Aramex International Courier- 9558003, 9559582, 9565075
Airspeed Express- 9563494
Asian Courier Services Ltd.- 8313543
Baishakhi Courier Service- 9558606
Bangladesh Express Co. Ltd.- 9565114
Bangladesh Courier Service- 9563989
Bengal Express- 9560642, 9552666
Bangladesh Int'l Courier- 953636
Continental Service Ltd.- 9552948, 9558425
DHL Worldwide Express- 9881703-7, 9886305-9, 9882057
Enem Express- 9330699
Fedex Bangladesh Express Co. Ltd.- 9565114
Modhuban Courier Service-

9550884
Overseas Courier Service- 9352431, 8321169
Pacific Courier- 9568446
Reliance Express Service- 9558515, 7110249
Sky International Service- 9660442
Skynet world Wide Express- 9558062, 9560258, 7114787, 7113184
TNT Express- 9566662, 9558239, 8618155
Union Courier Service- 9341722
United Parcel Service Air alliance Ltd.- 8826429, 8810223

National

Asian courier Service Ltd.- 8313543
BAE- 9884851
Central Courier Service- 9881118
Confidence Courier Service Ltd.- 9567036
Chisty Courier- 7110177-9,
Cosmopol Services- 9552793, 9557975
Dhaka Courier Services- 7236222

Dolphin Courier- 9558802
Dreamland Courier Service- 9550326, 9566975
Pioneer Courier Services- 9561727, 9569759
Probashi Courier Services- 9346359
Rainbow Express Parcel Services Ltd.- 8322773, 8315703
Reliance Express Services- 9558515, 7110249
Sundarban Courier Services- 9551984, 9556189, 9551656
Sunrise Courier Services- 9568751
World Runner Express Ltd.- 9112068, Fax - 880-2-9112068

TIPS

Do you know according to Dhaka City Corporation, you must deposit your waste at the collection site between 4pm and 10pm

LIBRARY & INFO

Libraries, Cultural and Information Centers

Central Public Library- 8628001-4,
Shishu Academy- 9564128
Shilpakala Academy- 8614673
Bangla Academy- 8619550
Islamic Foundation- 9550280, 9556407
Nazrul Institute- 9114602
Ford Foundation- 8116133
Alliance Francaise- 8611557
British Council- 8618867-8, 8618905-7
Community Development Library- 8113769, 8113604
Goethe Institute Int'l- Dhaka- 9126525-6
Indian Information Centre & Cultural Library- 8615096
The Russian Cultural Centre- 9116314, 9118531, 9118314
Drik Photo Gallery- 9120125, 8112954, 8123412

OUTING

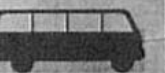
Museum and Zoo

National Museum- 8619396-9
Open: 10 am 5 pm, Friday 3 pm - 8 pm, Thursday closed
Muktijuddha Jadughar- 9559091
Open: 10:30 am 6:30 pm,
Sunday Closed
Bangabandhu Smiti Jadughar- 8110046
Open: 10 am 5 pm, Wednesday closed
Ahsan Manzil
Open: 10 am 5 pm, Friday: 3 pm - 7 pm, Thursday Closed
Shishu Jadughar- 9666466
Open: 10 am - 6 pm, Sunday Closed

CITY BUS ROUTE

Bus No. Route

1 Gulistan-Shahbagh-Banglamotor-Farmgate-Mirpur 10, 11, 12
2 Gulistan-Shahbagh-Banglamotor-Farmgate-Mirpur 1, 2
3 Gulistan-Shahbagh-Farmgate-Mahakhali-Airport-Azampur
4 Shyampur-Motijheel-Shahbagh-Farmgate-Airport-Tongi
5 Sayedabad-Kamalapur-Motijheel-Airport-Joydebpur-Gazipur
6 A Kamalapur-Motijheel-Gulistan-Shahbagh-Farmgate-Gulshan 1, 2
6 B Kamalapur-Motijheel-Gulistan-Magbazar-Nabisco-Gulshan 1, 2
6 C Motijheel Shapla chattr- Mailbagh- Farmgate- Gulshan 2
7 Sadarghat-Gulistan-Magbazar-Nabisco-Gulshan 2
8 Chittagong-Motijheel-Shahbagh-Farmgate-Asad Gate-Kalyanpur-Gabtoil
9 Demra Rani mahal-Motijheel-Kalbagan-Shyamoli-Mirpur 1, 10, 11, 12
10 Sadarghat-Gulistan-Kakrail-Mailbagh-Rampura-Biswa Road-Tongi Bridge
11 Sayedabad-Motijheel-Fakirapool-Magbazar-Mohakhali-Tongi Bridge
11/A Sayedabad-Khilgoan-Mailbagh-Rampura-Airport-Tongi Bridge
12 Shanir Akhra-Shahbagh-Farmgate-Asadgate-Mohammadpur
13 Motijheel-Shahbagh-New Market-Jigatola-Shangkar-Mohammedpur
14 Signboard -Motijheel-Shahbagh-New Market-Shyamoli-Mirpur 1, 12
15 Chittagong Road-Motijheel-Shahbagh-Farmgate-Mirpur 12
24 Gulistan-Magbazar-Mohakhali-Airport-Uttara-Bipile



Starts from

Golap Shah Mazar
Phoolbaria bus station
Phoolbaria bus station
Shyampur
Sayedabad
Kamalapur
Kamalapur
Motijheel Shaplachattr
Sadarghat
Chittagong Road
Demra Ranimalah
Sadarghat
Sayedabad
Syedabad
Shanir Akhra
Motijheel
Signboard (Chittagong Road)
Chittagong Road
Gulistan