dying from cardiovascular disease

than men who spend only 11 hours

sitting. Another study found that sit-

ting (like TV viewing, sitting at an

office desk etc) increases your chances

of dying from any cause, and this is

worse for women; those who sat for

more than 6 hours per day were 37

percent more likely to die than those

who sat for fewer than three hours,

regardless of physical activity at other

times. Some doctors are therefore

advising that in addition to having

proper food and exercise we should

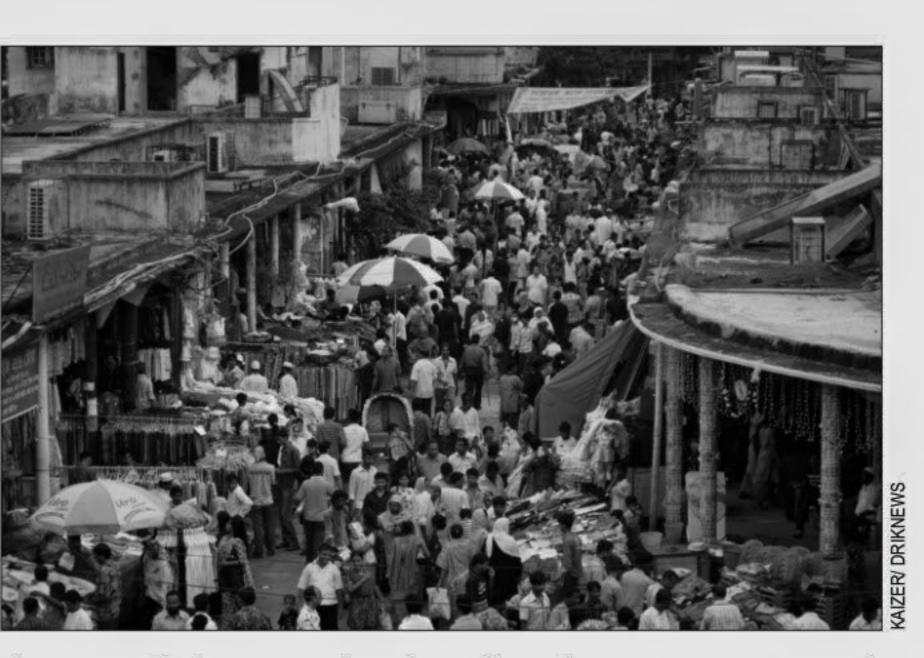
spend much more time standing on

our feet than just sitting down.

Engineer Shafi Ahmed

London, UK

Eid and the poor



The essence of Eid is on air and people is that in this very same country people of Bangladesh undoubtedly burst out are choosing dresses worth Tk. 3 lakh! into shopping. The television channels People, who are affluent can argue back are regularly airing programmes regard- that this is what they have earned with ing the shopping trends. I couldn't their hard labour, so they possess every believe my ears when I heard the host right to purchase anything they like, affirming a sari, costing Tk. 3 lakh! How they have every right to enjoy. Well, it is ridiculous is that now? The other day I also true enough that people are very turned the pages of The Daily Star, there much helpless and poor at its lowest was a rickshaw puller standing by the level. So, a humble request to all -if you alley, selecting dresses from street ven- have ability, then help the needy. Eid dors for his son. This man trapped in the Mubarak! vicious cycle of poverty could not even Mahbuba Sharmeen Preema afford a shirt costing Tk. 200 and the fact Penfield School, Dhaka

Hazardous chemicals

A front page report on the subject was published in the pages of a local English daily on 31st. August. It summed up practically all the locations where dangerous and explosive chemicals are now being handled and sold. The list indicates that most of these are located in the areas falling under Kotwali, Hazaribagh, Mirpur, Lalbagh, Ramna, Tejgaon, Sherpur and Demra police stations.

Police teams (say 3 or 4) along with first class magistrates should go to these locations, one by one; then hopefully these will be relocated from crowded residential and commercial areas in the next six months or so. It will provide some safety from the present dangerous situation when a tragic fire can occur at any time! The culprits should be brought to book, and penalized and even put behind bars, for such dangerous malpractice putting people's lives at

Immediate laws to support this should be passed by parliament on priority basis in the overall safety interest of the citizen of the country. Similar actions should be taken in all other cities and urban areas of Bangladesh; the sooner the better!

Further, the names of all the parties involved, along with the name of all such dangerous chemicals should be provided to all banks. They should be asked to stop issuing any LCs to any such applicant, and inform the

Explosive Department for punitive action if no Explosive Certificates are provided by the prospective importers.

The above two measures, by informing the banks, and physically identifying and removing such dangerous chemicals from all illegal locations, will ensure safety for the unaware residents in all parts of Bangladesh! This action needs topmost priority from our government!

S.A. Mansoor

Dhaka

Cricket's sad moment

In the most sensational sporting scandal ever, the most of media in a frontpage splash under the heading "Caught: Match-fixer trousers £150K as he rigs the England Test at Lord's." The allegations that Pakistani players, including their captain, collaborated with a betting racket during the **England-Pakistan Test series** could have a debilitating impact on the game. The immediate fallout will be felt in Pakistan, a country that has produced some of the game's finest players. Cricket in that country has been in limbo for reasons extraneous to the game. The fallout of the corruption allegation could be more devastating than the temporary break terrorism has forced on cricketing activity in Pakistan.

Pakistan cricket has

plunged to an all-time low with both its worst ever defeat in a Test match and the match-fixing scam. The damage done to cricket is immense. The timing of the latest scandal has not done cricket any good. With major cricket events round the corner, it wouldn't be wrong to say that only cynicism will prevail. The game may very well lose its sheen with incidents like these. The ongoing scandal-a-day saga in the world of cricket reflects the falling standards of morality. Quick materialistic gratification is at the core of such appalling degradation. Cricket was the one institution held in reverence for its values of fair play and high standards. What a fall from grace! Every cricket match played in every corner of the world seems to be attracting the attention of bookies. The Pakistan cricket team must hang its head in shame. The true word came from the Prime Minister of Pakistan: "I am deeply pained. Our heads

have been bowed in shame."

Gopal Sengupta, Canada

Banani-Gulshan Lake

The veil issue

Too much has been written about niqaab already. It's time we focus on mini-skirts! Miniskirt is no less extreme than niqaab. Imagine a teacher looking around the class and all he gets is an unwelcome glimpse of the girl's private parts. Is normal interaction possible in this case? Miniskirt is an impediment to cultural development and spiritual enlightenment. It increases the risk of sexual harassment. We cannot always depend on men to not rape us and expose ourselves for every random person to leer at. We need to be truly liberated. If these girls wearing mini-skirts are advised to wear even the basics of hijab (not niqaab), which is undoubtedly obligatory in major religions, they quickly retort "Hijab cannot be forced. We are free to wear whatever we want." Can the same be said about niqaab? Can a woman be forced to unveil while some girls are given the freedom to roam about in mini-skirts? Can the society itself isolate and rebuke niquabis so much and overlook these girls donning mini-skirts? There has to be more discussions/writeups revolving around miniskirt and its effects on the "welfare" of society. Monica Islam

Zakat

Dhaka

All, who take shelter under the flag of Islam, are to carry out several religious duties. Zakat is one of those religious duties, which is a matter of great importance in Islam. It is the third pillar of Islam. In accordance with the teachings of Islam, Zakat stands for regular and mandatory charity, which is given in Allah's name to the poor and the needy by the Muslim community.

According to Islam, the holy month of Ramadan is better than any other time of the year to give Zakat as well as stand by the under-privileged members of society.

M Faisal Saleh Chunati Hakimia Kamil Madrassa Lohagara, Chittagong

Digital Bangladesh!

Letters will only be considered if they carry the writer's full name, address and telephone number (if any). The identity of the writers will be protected. Letters must be limited to 300 words. All letters will be subject to editing.

One hundred new cars are hitting city roads every day. After one or two years you will have to keep your cars at home because you will find no space on road. Solution: education online, job online, banking online, medical treatment online, shopping online, marriage online, raising kids online, politics online, voting online and so on. A digital Bangladesh indeed! Mumtaz

Facebook has revolutionized

both the online world and

the manner in which people

communicate with each

other. According to statistics,

Facebook has over 350 mil-

lion active users worldwide.

Shantinagar, Dhaka

Facebook

The Facebook craze has affected everyone. Young children, workaholics, CEOs and elderly people have Facebook account. Facebook facilitates communication, helps people find friends, offers enjoyable games and applications and allows individuals to support causes, organizations and activities. Yet, Facebook can be blamed for some negative impacts. Its popularity, accessibility and information vastness produces some undesired effects. Facebook is responsible for depriving its users of privacy. The term 'Facebook addict' has emerged recently. Many people can sincerely confess that they have become addicted to the platform. Facebook's initial idea was to enable people to get in touch with friends and classmates. Seeing that it has great potential, developers soon added various applications to the platform. The aim of these applications is to keep users online for as long as possible. In this manner, developers created a set of games, quizzes and additional enjoyable activities that can turn a regular user into a Facebook addict. Facebook addicts prefer communicating with friends via the website. Offline communication is no longer seen as desirable. People prefer spending time in front of the computer rather than going outside. The fact is that the website has revolutionized the world of communications. Yet, as every new trend, it could be held responsible for distancing people from each other. Just think of how many people find it easier to wish somebody happy birthday using the Facebook wall rather than simply using the

phone to call. Facebook's addictiveness often affects productivity and keeps people occupied with applications rather than with their job. The gossip factor also plays a role. Facebook allows users to trace what their friends have been doing. Everyone enjoys watching Facebook photos and examining changes in Facebook statuses. The website has turned into a giant gossiping community, allowing its users to find out easily who got married, who gave birth, who is having an affair or is quitting a job. A number of users waste serious amount of time, while exploring the profiles of other users. Facebook today is an immense portal which has virtually brought entertainment and communication in our hands, but we must utilize it carefully.

Tanha Kashfia Kate Uttara Model Town, Dhaka

You can kindly see the condition of

the lake filled with rubbish & human

waste dumped by the shanty dwellers

living by the lake side upstream on the

south past the connecting bridge. The

stench is unbearable & has made the

surrounding areas very unhealthy.

And the rubbish is very soon going to

spread way past beyond the bridge &

Constitution amendment

The newspapers reports suggest that a constitution review committee has been formed to examine the possible changes that could be made to return to original 72 constitution.

to use the religious sentiments of the people of Bangladesh.

As far as Ershad's state religion is concerned, he equated Islam with other state symbols like "Doel as National Bird, Jackfruit as National fruit, Royal Bengal National wild Tiger as animal, Shapla as National Flower" etc. Instead of glorifying the best religion in the world, he had actually lowered the Islam equating it with other

national symbols. In Bangladesh more than 80% people are rural and 20% are city dwellers. The most of the rural dwellers including some percentage of city dwellers are very much sincere believers of Islam. In this 20th century most of them believe the hawkers who sell their harbal medicines in rural markets telling the people that his medicines are found in dreams, they take

(water blown by mouth by their imams or pirs) and cure all diseases including cancer. They also believe that if he puts one of his children to madrasa, he will be pulled to the Heaven by this child.

many pirs, people with religious dresses exploited the people. Not only Zia-Ershad, there are many socalled politicians who are using Islam as their stools to master support from

nothing else. Let them continue their exploitation. At a certain stage these very innocent people will realise that the religious politicians are fake when they will find their real identity of militancy. Only modern education will create awareness in them.

Shafiqul Islam, NY

Learning English Failure in English is a common matter in our country. Our rural students are most affected by this problem. From childhood, the rural students do not get basic knowledge of English. There is a good number of reasons why students of rural areas fail in English. Firstly, English is a foreign language. Rural students do not have the right approach to English. A teacher of rural area can hardly follow a technique. They fail to convince learners that they have to learn four skills (listening, speaking, reading, and writing). Most of the teachers of rural areas are not

These are the reasons for which the rural students of our country fail in English. It is high time we did something to save the students from the disgrace of failure.

Department of English Bhawal Badre Alam Govt. College, Gazipur

Street children



The members have

already met in a meeting. It has been reported in the press that there were hot debates and differences of opinions between the members of the committee on issues like whether to keep or delete "Bismillahhe-Rahmanir Rahim"and "Islam as the State Religion", the additions made by past two military dictators Gen. Zia and Gen. Erashad.

Both of them did this just

pani-para

From time immemorial,

these people. It is a simple ploy and

competent and trained.

A dog took away a bit of a poor man's flesh while both were fighting for the same scrap of food . The report says about 120,000 people, most of whom are Toaki, eat rotten foods from dustbins, drink dirty water from water bodies, lack alternative



Yes, Dhaka city experiences traffic jam inherently but during Ramadan it becomes scarily evident. Honestly, closing down schools is a very poor way of dealing with this scenario.

Iftar and sedentary life

I refer to the harmful effects of chemi-

cal additives on Iftar foods sold in

many shops (letter 1.9.10). It is not

only the chemicals but also the fat and

oil of the fried iftar items that is very

bad for health. Ramadan is the month

of restraint and is an excellent oppor-

tunity to lose some weight following

religious practices, however because

of the tasty and alluring fatty and fried

food stuffs, most people put on more

weight during this month. It is spe-

cially bad for well-to-do people with

sedentary habits and life style. A recent

health study (widely reported in UK

media) has found that beside obesity

merely sitting down for any length of

time is very bad for cardiovascular

health. Men who sit for 23 hours a week

have a 64 percent greater chance of

clothes, sleep without a

house and suffer from dis-

eases. As a student of Social

Welfare, I got a chance to

work with such Tokai or

Pothokoli and have so far

discovered family violence,

abandoned by parents,

second marriage of mother

or father, extreme poverty,

trafficking, homelessness

caused by river erosion as the

causes of their coming to

street. But this isn't over.

Drug dealers use them for

peddling drugs and so-called

politicians use them to throw

bombs and sometimes

shoot them to make an issue

of agitation. And thus, they

with political backup one

day tremor the city as top

terrors and drug dealers.

Young girls, on the other

hand, fall victim to forced

become an agent of a deadly

It seems that these ill-

fated Tokais are to be har-

vested, not to be cared. The

government has hardly taken

programmes designed for

the Tokais. Fortunately some

NGOs like Aparajeyo

Bangladesh, Safety and

Rights Society have come up

with some help like giving

them basic education, train-

ing in some vocational and

technical fields, healthcare

and recreational and coun-

selling facility. It is expected

that the government in col-

launch effective

programmes to ensure them

a safe and secure life. If they

are imparted vocational and

technical training and sent

abroad as manpower, they

Nowadays it is so tough for us

to be able to identify some-

one by name alone. There

has been an abnormal prolif-

eration of nicknames as well

as the use of names. One's

fondness for a person is to be

behaviour, not by using a pet

all the rage: Lubna, Lucius.

These days it is our mother

tongue Bangla. One of my

friends prefers the real name

as it is given by the parents

with much care and after

finding out the meaning of

the Arabic words.

Chittagong

Habibur Rashid Ismail

Once Roman names were

name.

may get a decent life.

Lahuria, Lohagora

Nicknames

Anonymous

disease-- HIV/AIDS.

There are other constructive ways of solving the mess the capital is in. In a report published in The Daily Star, it said 9% of the city constituted of roads. Ideally it should be 25%. If you notice closely, you'll see clearly this city is poorly planned. While walking across a street, just look up high ... big black webs the overhead cable jungle waiting to entangle you. And the sidewalks created for you to walk on are actually occupied by vendors so prostitution and eventually you have to walk on the road. It feels like the city may collapse with the weight of its load.

Man destroyed nature. As the mobs flooded in, forests, rivers nature actually were traded for big skyscrapers. We've heard 'You should cut your coat according to your cloth'. We didn't cut our coat accordingly. We stretched it and ended up with torn patches everywhere a hazardous capital. Samirah Bint Zulfigar

SFX Greenherald Int'l School, Dhaka

IPL laboration with NGOs will

cricket is one of the best sources of entertainment in recent times. And tournaments like IPL and airtel T20 cup have added a new dimension to it. It has also created an opportunity for players of different countries to prove their ability. But there is no doubt that Bangladeshi players like Tamim Iqbal or Shakib Al Hasan are better players than many of the players of other countries.

There is no doubt that

But for the last few years, our players were being neglected by the teams of this tournament. Inamuzzaman

Faujdarhat Cadet College

demonstrated in one's Far from convincing

Law minister Shafique Ahmed's statement that people who exercise state power were involved in corruption sounds as hollow as Prime Minister's repeated warning to BCL. Politicians say one thing and do quite the opposite. Has the government done anything this far to curb corruption? Given the fact

that the government from its inception were busy grabbing the state facilities for its party members, this statement may not be taken seriously. We have seen how they politicised every apparatus of government and used and are now using those to oppress the opposition. Was not the quashing of cases against ruling party members a glaring example of corruption? Thus steeped in corruption, the government has lost the moral courage to launch a campaign against the corruption in customs, ports, taxes, roads, highways, finance, police, bureaucracy, government tenders and other so many sectors. Will not the people rise from the

On e-mail

Eve-teasing

tomed to corruption?

slumber of being accus-

Bangladesh, a small and developing country, is beset with multiple problems. Among them, eveteasing, nowadays, has become a talk of the country owing to its injurious effects on women, especially to the teen aged girls. It's obvious that no conscious citizen of our country is unacquainted with this problem created by evil-doers. Whenever, we put our eyes on daily newspapers, we find the news of suicide of any school or college going girl which is the

outcome of eve-teasing. I reckon that everyone knows what eve-teasing is, for which there is no need to define it black and white. Varieties of reasons can be cited. Through satellite TV, the young boys and girls are watching pornography which is directly or indirectly leading them to eve-teasing. It

is a matter of great regret. Most victims of it are women or girls who fail to wear very modest dress. On the contrary, those wearing decent dress are not found to be teased as usual. The previous two sentences imply that not only the evil doer youths, but also the women wearing indecorous dress are equally responsible for it. There is a law against it but law is not enough to solve the problem. Parents should make their children realize the impacts of eve-teasing. Mohammad Minhaj Uddin Dept. of English University of Dhaka

Recently, the government very proudly introduced the DAP that was widely published through the electronic & print media. May I, therefore, ask - is allowing this filling up of the Banani-Gulshan lake with rubbish a part of the DAP? Ashfaque Chowdhry

ultimately the entire lake.

Banani Dhaka