

Living in Bangladesh, none of us are new to pollution—a little mud here, stink there, and dust almost everywhere. While outdoors, the best things you can do is wear hats, and masks and other accessories to keep yourself safe from all of this, indoors you have the upper hand. Just a few tips and tricks and you can kiss that hay-fever goodbye (at least while you're inside the house.)

Keeping your indoors dust-free is very important, especially if you have asthma or hay fever – dust mites, mold, and the other “triggers” talked about here can cause serious attacks. Just getting rid of dust bunnies, and polishing furniture may not be enough.

- Fix leaky plumbing. Make sure that wet areas are dry within 24 – 48 hours to prevent mold growth.
- Use a fan or open a window when showering, cooking, or using the dishwasher, for proper ventilation of the area.
- 3. Keep pets out of sleeping areas**—But this is mainly for those who have allergies or asthma. In such cases, do not let your pets sleep where you sleep.
- 4. Keep bugs out of the kitchen**—Cockroaches and other such small insects can trigger asthma attacks, and also carry a lot of dust and dirt into your homes. You can keep them out of the kitchen by:



AN APPLE A DAY

FOR EASY BREATHIN'

Here are some sure-fire ways you can protect yourself from indoor air pollutants:

1. Get rid of dust mites—Have you ever heard of a dust mite? Scarily, dust mites are relatives of the spider. They are very small to be visible. Dust mites eat skin cells shed by people, and they like warm, humid environments—like the inside of homes! Dust mites can be found almost everywhere. Here's how you can get rid of them:

- Wash your sheets once a week in hot water
- Keep stuffed toys off of your bed
- Wash your stuffed toys in hot water often
- Vacuum carpets and furnitures regularly (if you have asthma, stay out of the room while it is being vacuumed)
- Use a dust-proof mattress covers on your bed

2. Get rid of mold and mildew—Mold and/or mildew can also make asthma or dust allergies worse. Here's how you can get rid of them:

- Wash the mold and mildew off of hard surfaces and let them dry all the way

NAZIBA BASHER

PHOTOS: COURTESY



Magnified photo of a dust mite.

- Putting all food in sealed containers
- Washing dishes thoroughly after every meal
- Storing trash in sealed bags
- Eating only in one room of the house (for example, the kitchen or the dining room)

5. Stay away from second-hand smoke—If you have respiratory problems of any kind, tell all your friends and family that they cannot smoke around you. And you have to be stern about it!

6. Never run a car in a closed garage—And also, make sure that your car and tail pipes are not clogged with leaves. This could cause a deadly build-up of carbon monoxide.

7. Never sleep in a closed room with a gas or kerosene space heater—This, too, could cause carbon monoxide poisoning. With such tips, you can at least turn your home into haven and make sure that the little dust buggers don't ruin your day, let alone your life! Live life dust-free.


Source: girlshealth.gov



NUMBERS

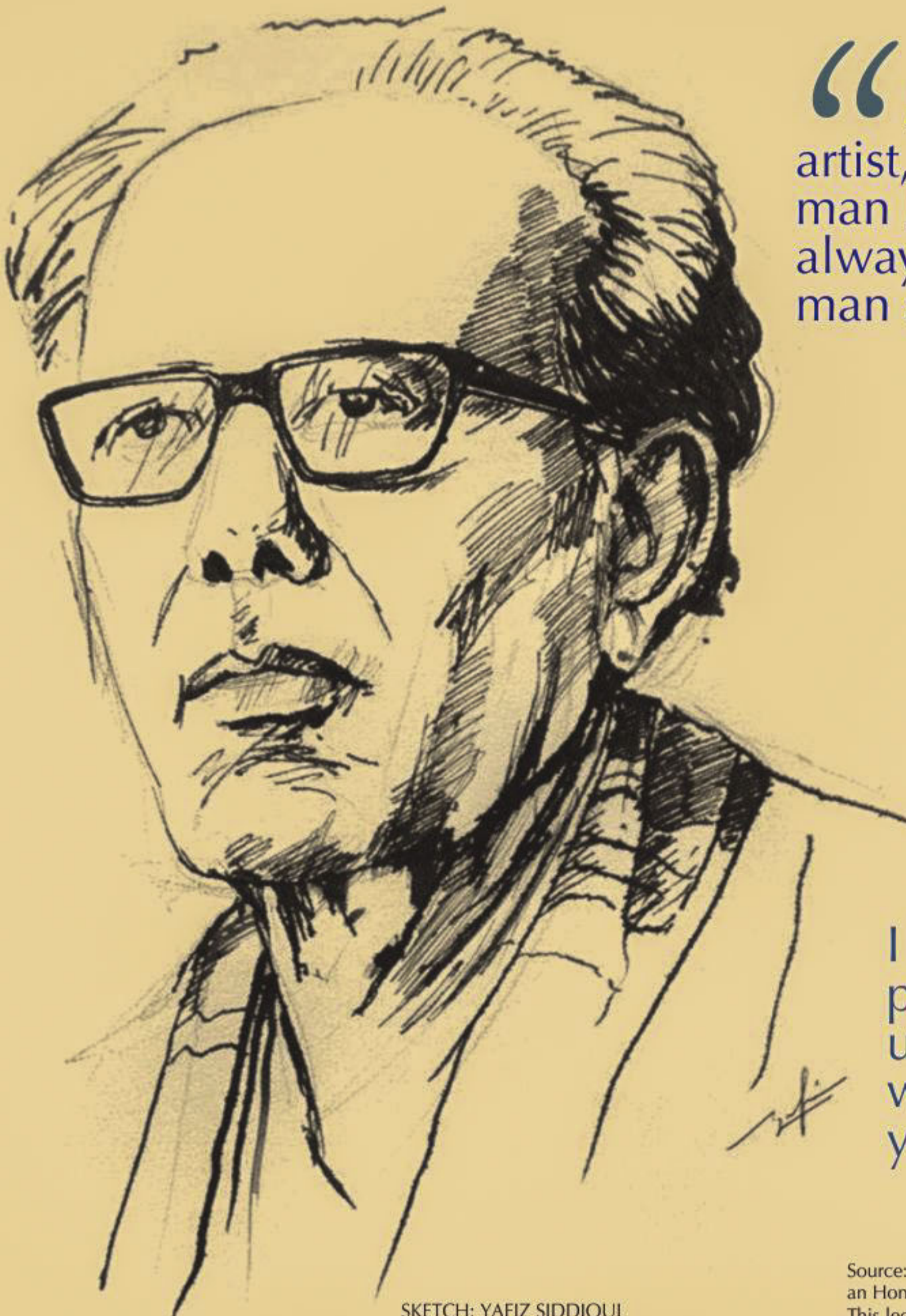
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The number of sculptures made of cork sheets by Mintu Dey, freelance artist, and his team to recreate the moments from the Black Night of March 25, 1971. these figures will portray people from every walk of life, starting from general people, freedom fighters, Pakistani Military, Rajakars to vultures, dogs and crows.



ZAINUL ABEDIN
(29 December 1914 – 28 May 1976)

Born at Kishoreganj in Mymensingh, Zainul Abedin is one of the pioneers in the modern art movement in Bangladesh. Of all his creations, the famine series of 1940s, which was exhibited in 1944, were his most critically acclaimed significant work. The thoughtful use of colours and bold strokes in his paintings, mixed with the great sense of compassion for distressed people, made him earn the title-Shilpacharya, the great master of the Arts.



“ My ambition was not to be a great artist, but I have always wanted to be a man like any other man, and I have always tried to live in the society of man as one of its ordinary members.

I drew the famine series almost feverishly. Why did I do that? Why did I at all draw those sketches? It was from a sense of anger and of protest that I sketched the famine scenes. It was my statement against the situation, terrible human sufferings, which I thought and still think was created by man, man-causing sufferings for man. I only tried to record my opinion and feelings.

I had entered into the world of painting because of an uncontrollable pressure from within when I was still very young.”

Source: The quotes were taken from Zainul Abedin's address on occasion of being awarded an Honorary D.Litt degree by the University of Delhi, India in its convocation in 1974. This lecture in English was drafted by Nazrul Islam based on ideas orally expressed in Bangla by the artist.

SKETCH: YAFIZ SIDDIQUI

STARDIARY

A MATTER OF SHAME

Last week I met a young Indian woman with her father coming to Bangladesh to get her admission in a medical college under foreign quota. As we were talking about the medical education facilities in Bangladesh, I found that they have a very positive outlook towards our education system. Every year lots of students, specially from Bangalore and Kashmir prefer coming to Bangladesh to study MBBS. Not only do they have to pay less here, but they also believe that the quality of education that they could get here is really good. Given the recent medical admission test question paper leak incidents, I felt very ashamed to continue our discussions further. I can't understand what our society has turned into. If the medical authority and the students – a squad responsible to ensure our well being, are contaminated by corruption, how can we hope to develop and improve our country? Anisuzzaman Khan Gulshan, Dhaka

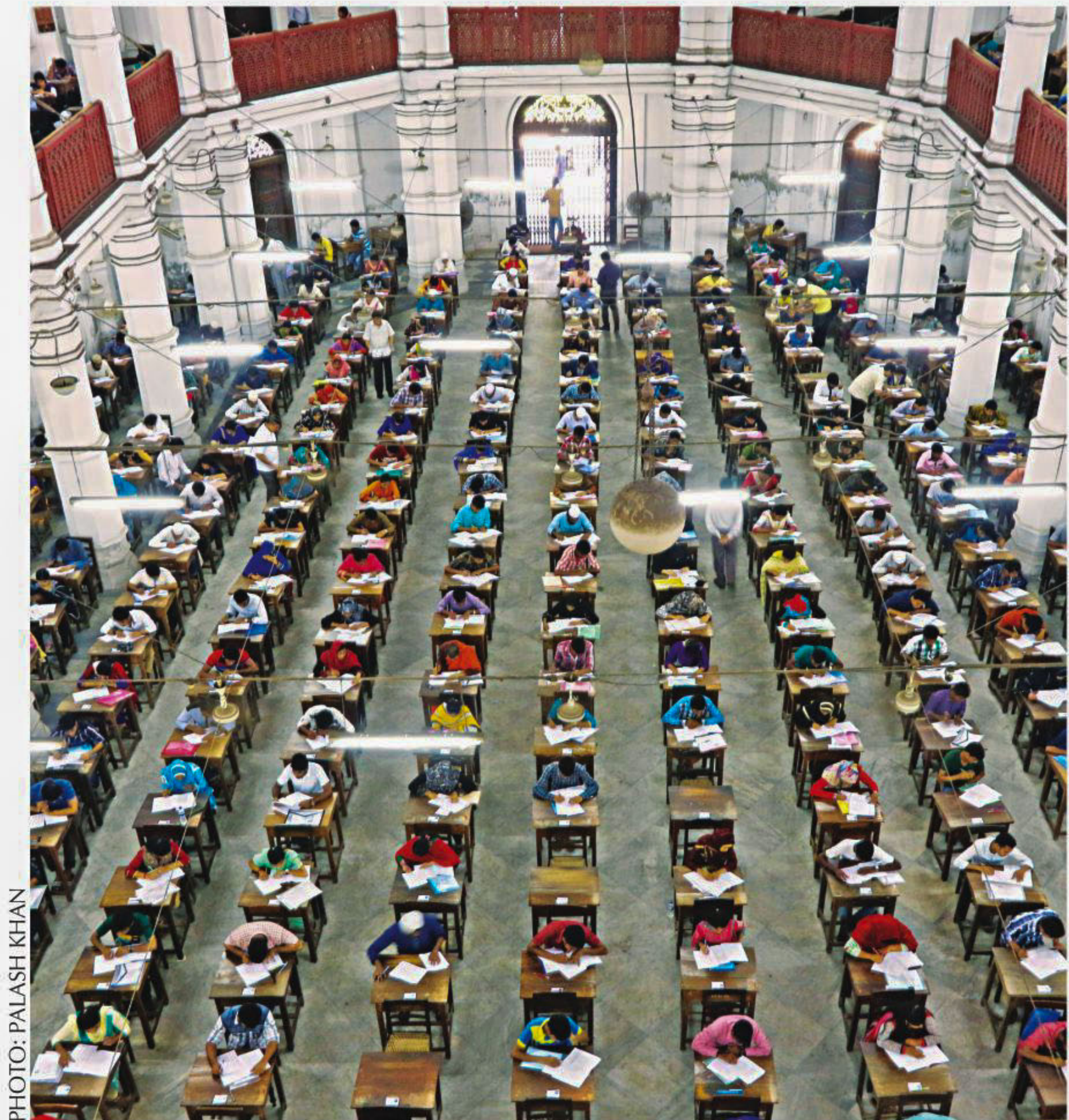


PHOTO: PALASH KHAN

FARE WOES

Last Friday I went to buy a bus ticket from Gabtoli for Mymensingh. The salesperson at the ticket counter demanded for Tk 800 where the actual price is only Tk 470. The bus fare is hiked illegally by the salesperson without obeying the actual fare. If the rates are fixed by the Bangladesh Road Transport Authorities, why aren't they more careful when increasing the fare? Many of the people living in Dhaka are poor people from rural areas to earn their livelihoods. How will they be able to bear this illegal increase in transport fares? I believe that this illegal price determination is sure to ruin the goodwill of the Bangladesh Road Transport Authorities. The government needs to take immediate measures and look into this matter asap. Nabila Nazneen Farmgate, Dhaka