



AN APPLE A DAY

DON'T DO THAT!

Compared to the other significant body parts, nails are quite small in size. But they too deserve to be strong, healthy and trendy like other parts of our body. Getting rid of a few bad habits along with regular trimming and a healthy diet can get you closer to a great set of nails. However while you are busy finishing your “to do” checklist, you might overlook what are the few things that are taboo for your nail health. Take a look at five things you should not do to your nails!

Biting Your Nails

Don't make your nails the victim of your anxiety, stress or boredom. While doctors call it onychophagia, others might call it a bad habit. Before anything else you should know that your habit of compulsive nail biting is considered

socially unacceptable; ragged, bitten nails aren't attractive, and neither is the act of biting your nails. Apart from the beauty factor, nail biting can also cause a negative impact on your health. While biting your nails, you transfer bacteria back and forth between your mouth and fingers. In addition, compulsive nail biting is sometimes a sign of an underlying mental health condition, such as anxiety or an impulse control disorder.

Pulling off Hangnails

Hangnails are the dry and brittle triangular-shaped tags of skin around your fingernails that can be torn off. Instead of carefully clipping off hangnails, your obsession with the hangnails might end up in ripping live tissue along with the hangnail. This can cause tension and

tearing to your skin, making the problem worse. The deep cuts caused by biting hangnails will likely be more painful than the original hangnail. Don't bite hangnails, use petroleum jelly and lotion.

Abusing Your Fingernails

Don't make your nail act as a substitute for screw, knife or other stuff to pick, poke or pry things. Do it is a serious offense to your nails as this can break your nails and damage the nail beds. So stop abusing your fingernails and let them be in their natural shape.

Over Using Chemical and Nail Products

The good news is most of the nail polishes are relatively harmless to the nails. However the bad news is nail polish removers are not. No matter how carefully

formulated and well manufactured, nail polish removers are essentially modified paint strippers. Try to give your nails a break from all the sassy nail colours and let them show their original colour once in a while.

Ignoring Different Nail Problems

Nails might look different at times. Sometime they turn blue, sometimes they get striped with some horizontal white lines on them while sometimes they become very brittle, thin and lifted. Don't ignore any of these sings, these all can be indications of some serious complications. If you have a nail problem that doesn't seem to go away on its own or is associated with other signs and symptoms, consult your doctor or dermatologist immediately.

FAYEKA ZABEEN SIDDIQUA

PHOTO: KAZI TAHSIN AGAZ APURBO

STARDUARY

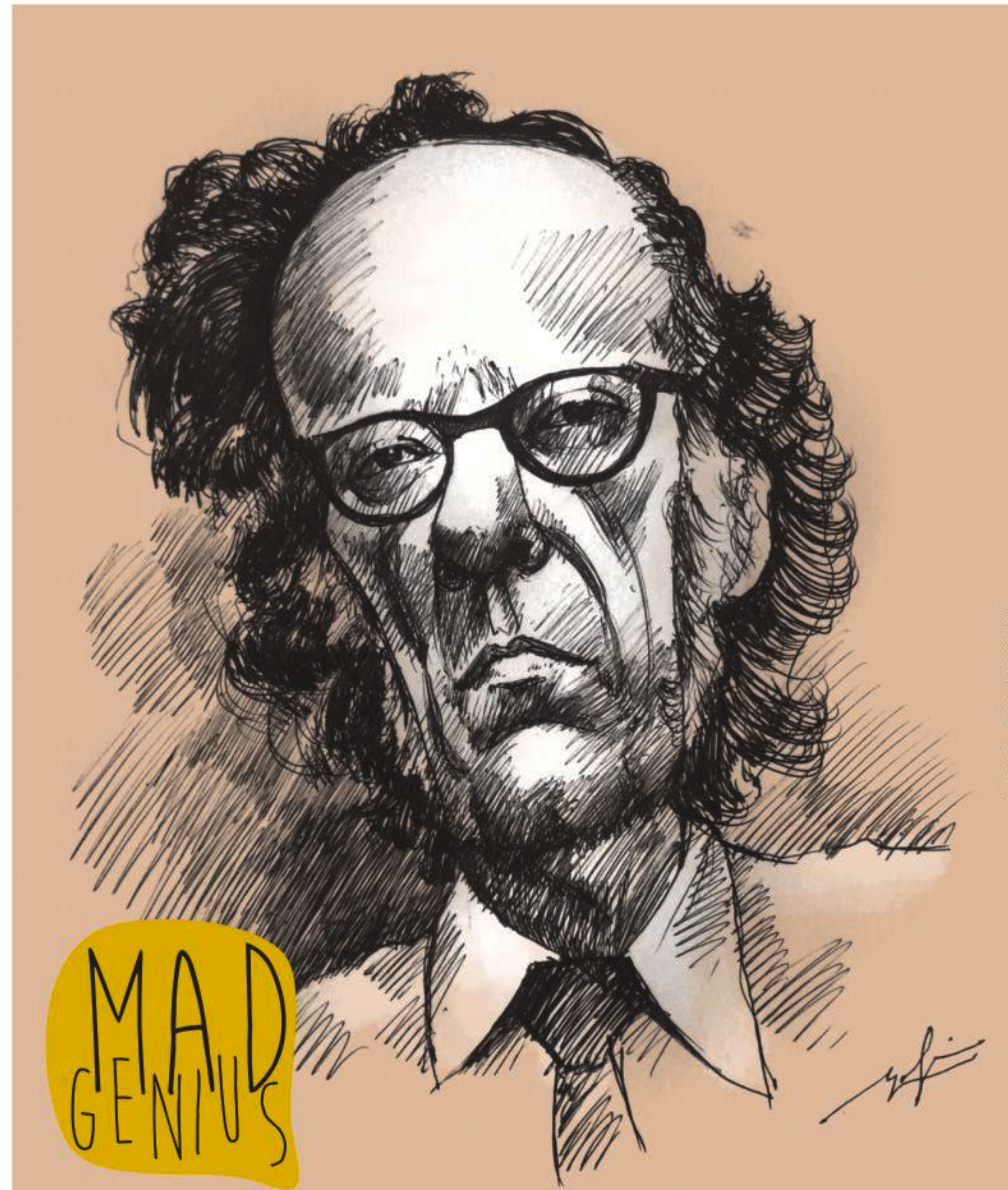
A KIND SOUL

The other day I was walking to a nearby park for my morning exercise. Since it was early in the morning, the street was quite vacant allowing the vehicles move at their top speed. Suddenly I noticed a kitten started walking in the middle of the street and a car was coming from the opposite direction at full speed. Even before I got the time to close my eyes to avoid the scene. Luckily the car was able to stop at the last minute and the kitten was saved. What I found more interesting was there was a little boy cycling nearby who dropped his cycle and run to the middle of the road to save the kitten. He picked the poor kitten from the road at once and took it to its rest of the family. I was really moved by his kindness.

Rebeka Ali
Uttara, Dhaka



PHOTO: KAZI TAHSIN AGAZ APURBO



SKETCH: YAFIZ SIDDIQUI

ISAAC ASIMOV

January 2, 1920 – April 6, 1992

Isaac Asimov has a number of identities attached to his name. He was an American author and professor of Biochemistry at Boston University, but he is best known for that popular science fiction works that he contributed to the literature. He wrote and edited more than 500 books and his books have been published in 9 of the 10 major categories of the Dewey Decimal Classification. For his contribution in writing hard science fiction, he was considered one of the "Big Three" science fiction writers during his lifetime.

“The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.”

From my close observation of writers... they fall into two groups: 1) those who bleed copiously and visibly at any bad review, and 2) those who bleed copiously and secretly at any bad review.

People who think they know everything are a great annoyance to those of us who do.

Never let your sense of morals get in the way of doing what's right.”

SOURCE: WIKIPEDIA AND BRAINY QUOTES

THE WORDSMITH

Humayun Ahmed has always been one of my favourite writers. This year on his birthday, my husband surprised me with a collection of his books. His gift reminded me of the first book that I bought of this celebrated writer when I was 16. Before that I used to hate reading while my best friend was a bookworm. My friend's challenge was to convert a non-reader like me into a literature lover, so she gave me a book called botol bhoot to read. The book she lent me was very interesting and I wanted to buy some more after finishing that. So I went to a bookstore and buy two more books with my salami that I earned during Eid. Since then I have spent years honing my list of favourite Humayun Ahmed books that even people who don't like reading will enjoy. Zohora Parveen Azimpur, Dhaka



PHOTO: STAR FILE

ABOUT TOWN