

| AN APPLE A DAY |

CALMING THE CRAMPS

ELITA KARIM

PHOTO: KAZI TAHSIN AGAZ APURBO



It's 'that time of the month' and you are not looking forward to the regular menstrual cramps. The cramps definitely get worse during an important exam or a meeting that could be life-changing for your career. No – holding on to your stomach, writhing in pain and dreading the first few days every month cannot be the solution. These strategies can help bring relief.

Take a hot shower. It helps you relax, opens vessels, improves blood flow and pain dissipates. If you don't feel like taking a shower every few hours, you can also place a heating pad or a hot bottle on your lower belly. What really helps is the deshi way – take a scarf, orna or a towel. Fold it into a long strip and then iron it with the iron. Place it below your lower belly. You can also ask

The best drink would be water and green tea. Going herbal would definitely reduce cramps. Drinking at least 10-12 glasses of water through out the day, helps in flushing out the toxins from inside the body. According to medical reports, going herbal may decrease bleeding and hence reduce the cramps. One can have a cup of green tea or tulsi tea with breakfast early in the morning or before going to bed in the evening.

someone at home to help you with the ironing and folding. Turn up the heat.

Go slow on the caffeine. Doctors actually advise patients to avoid tea or coffee who have lots of menstrual cramps. According to medical reports, caffeine can constrict blood vessels, which can cause cramps.

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Walk around, get moving. Doctors recommend regular aerobic exercise that gets your heart rate up and makes you break out in a sweat. The better shape you're in and the more physically active you are, the less likely you are to suffer from chronic aches and pains, including

menstrual cramps. Exercise also releases feel-good hormones known as endorphins. The pain will not disappear completely, unfortunately. However, they make you stronger so that you stop caring about the pain!

In fact, many doctors advice women suffering from menstrual cramps, to bend and stretch with yoga. Yoga is high on every doctor's list of remedies that provide relief from cramps. Poses that target the pelvis and lumbar region, where period pain is the worst, may be the most helpful. Experiment with different yoga poses for pain relief, and talk with a yoga instructor about what might work best for you.

Information source: Internet

HONESTY OF PURPOSE / GOOD GOVERNANCE ARE THE KEYS TO THE "SUCCESS"

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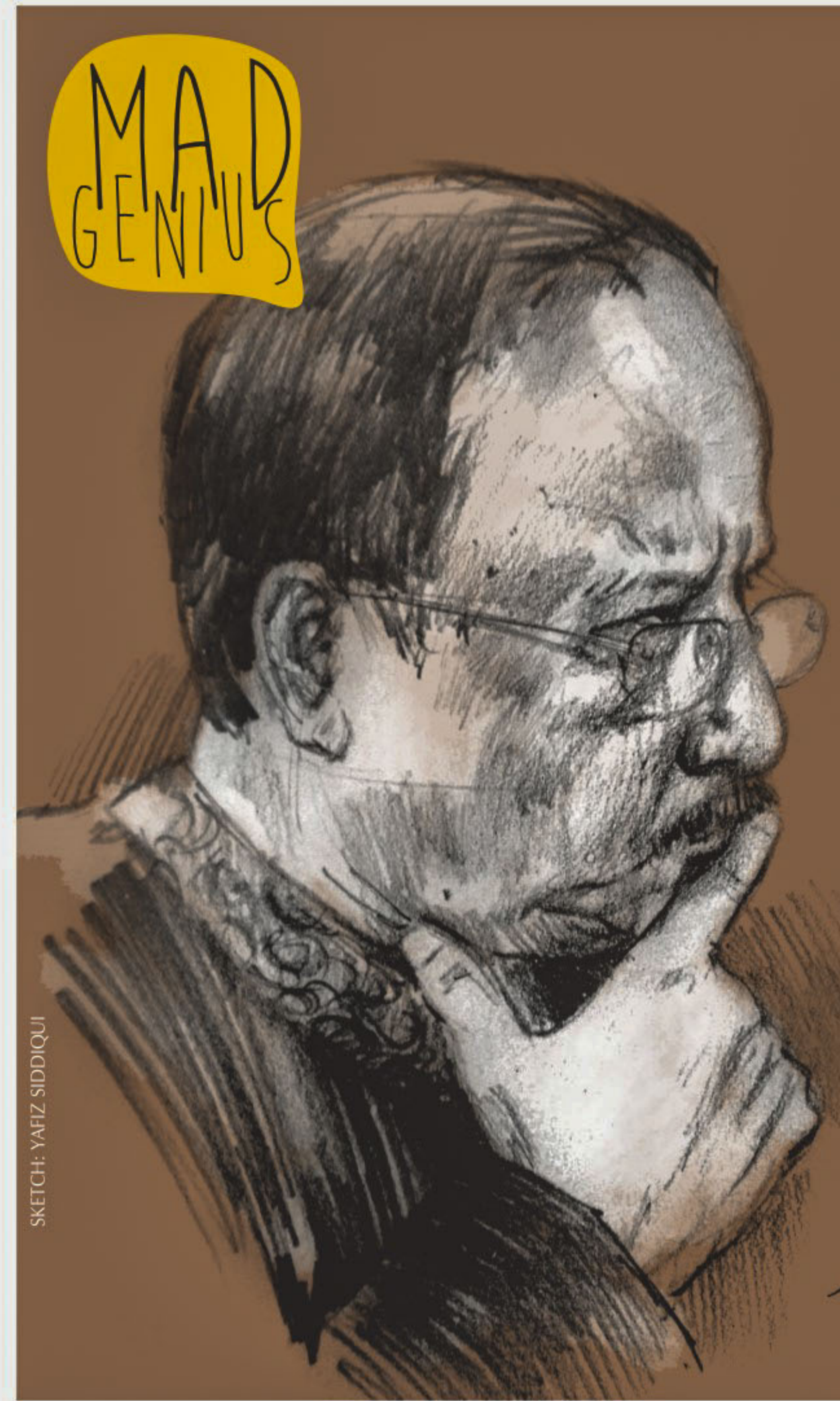
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A S M ABDUR ROB

Born in 1945, A S M Abdur Rob is a veteran politician of our country. Rob has many credentials attached to his name - a member of the first opposition party in the Parliament, minister, founder secretary general of the JSD – but, he believes, nothing can beat his identity as a freedom fighter and the man who hoisted the first flag of our independence as the vice president of Dhaka University Students' Union.

“ As I hoisted the flag and waved it, I discovered the sea of crowd cheering and belting out slogans of “Joy Bangla”, “Bir Bangali Ostro Dhoro, Bangladesh Shadhin Koro” in deliriously happy unison. I don't have words to describe how amazing my experience was; all I can say is that was the best moment of my life.

Our national flag was not a result of any one individual's idea and thought process. There were many of us, who spent hours designing an emblem that represents our national spirit. It is sad that we were not asked when changes were made afterwards.

To be a global personality, one must understand that he or she is not only responsible for their home, village and their country. Today, a young student must be responsible for the whole world. As much as he or she is required to protect and preserve their own traditions, elements, language and culture, they must also respect and learn about a foreign culture and set of traditions.”

STARDIARY

A CONSCIENCE SHAKEN INCIDENT

Last Monday as I was returning home, I witnessed the mixture of beads of perspiration and tears on the exhausted face of a rickshaw puller. Out of curiosity I stood under a bus stand to know what was happening. Then, I saw a blue truck where rickshaws with invalid licenses were kept. To my sheer horror I saw an elderly rickshaw puller pleading to an officer in charge to keep three hundred taka that he had earned through out the day. However, the officer declined the compensation and demanded five hundred taka to free the rickshaw. The elderly rickshaw man sat on the dusty road and held on to the officer's feet to convince him, but the officer was not ready to hear anything. I started feeling guilty and terrible, thinking of the previous night, when I had spent a huge amount of money for my birthday whereas this old rickshaw puller, who was of my grandfather 's age, was pleading so hard for two hundred taka. If such unequal distribution of wage still exists in our economy then we can never flourish; we would only suffer, because we do not evaluate the sweat of labour- I thought to myself. I hope conditions would improve in the near future.

Musthasin Ibrahim Ilaz
Economics department, North South University



GLAD IT IS HAPPENING

My sister used to get harassing phone calls from someone from her college. The calls were so disruptive and distressing that she started getting very upset about them. We could not locate the man who was calling, as he was using another name. She asked him not to call anymore and complained to the telecom operator but nothing happened. Eventually that man stopped calling her, but I have always wondered why our SIM cards are not registered properly. I am really happy that finally sim registration is happening and according to our state minister, all the unregistered SIM cards will be deactivated. There are around 128.7 million mobile-phone subscribers in Bangladesh until July this year. Even though the entire process of biometric verification might seem quite tiring, I would like to encourage everyone to retrace your sim cards and get them verified so that there is no non availability of user information. Akram Hossain Mirpur, Dhaka