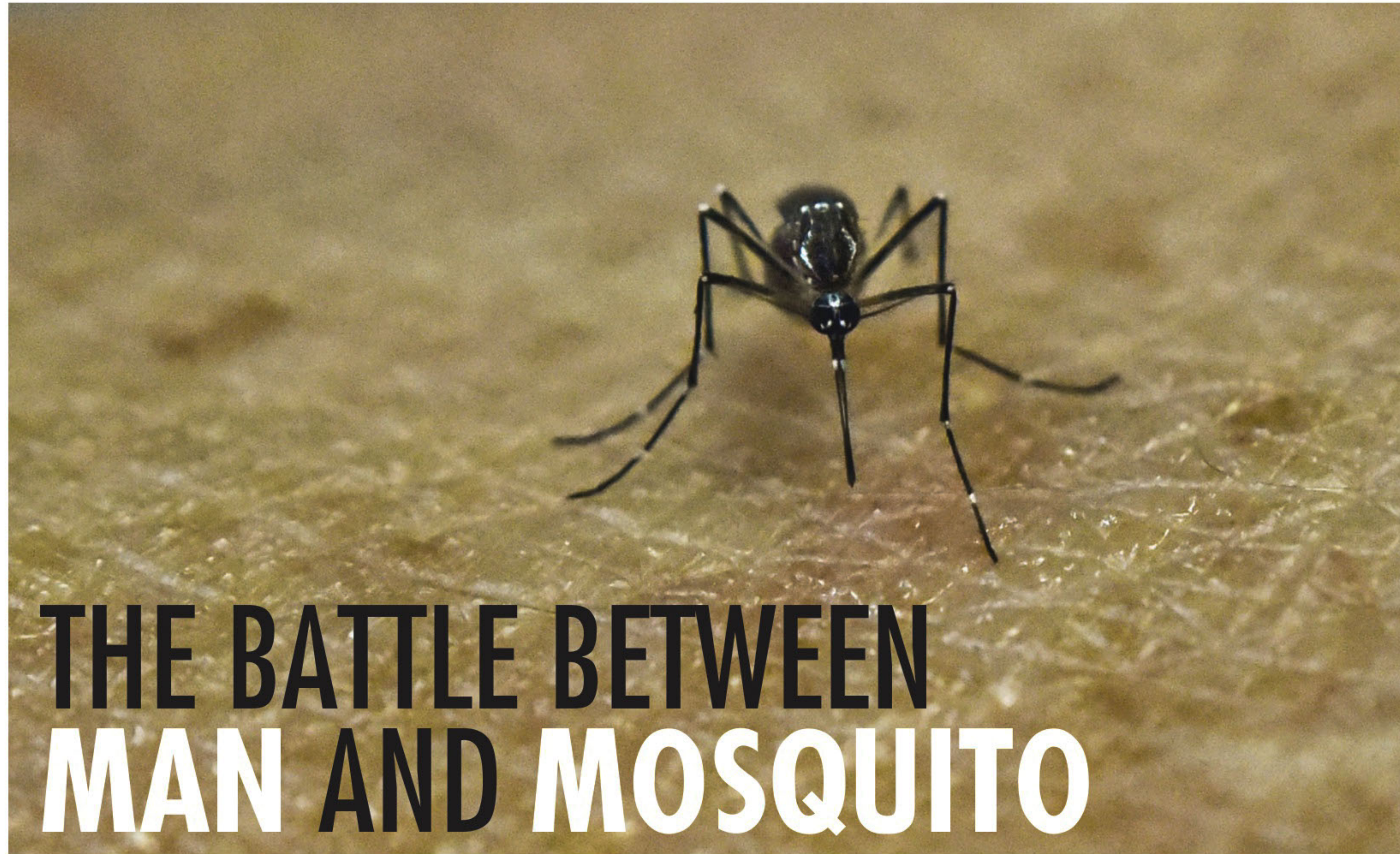


| AN APPLE A DAY |



NILIMA JAHAN

PHOTOS: AFP

It's that time of the year again, when city dwellers are worrying about diseases spread by mosquitoes and insects. People from all walks of life are facing serious trouble due to the rise of mosquitoes, in various cities of the country.

Every year, mosquito-borne diseases cause deaths of millions of people, children and elderly, worldwide. But compared to others, the mortality rate is mostly high in the developing countries like ours. Like other developing countries, Bangladesh is always at a high risk for different mosquito-borne diseases like Malaria, Filariasis, Dengue, Yellow fever; Chikungunya and many more.

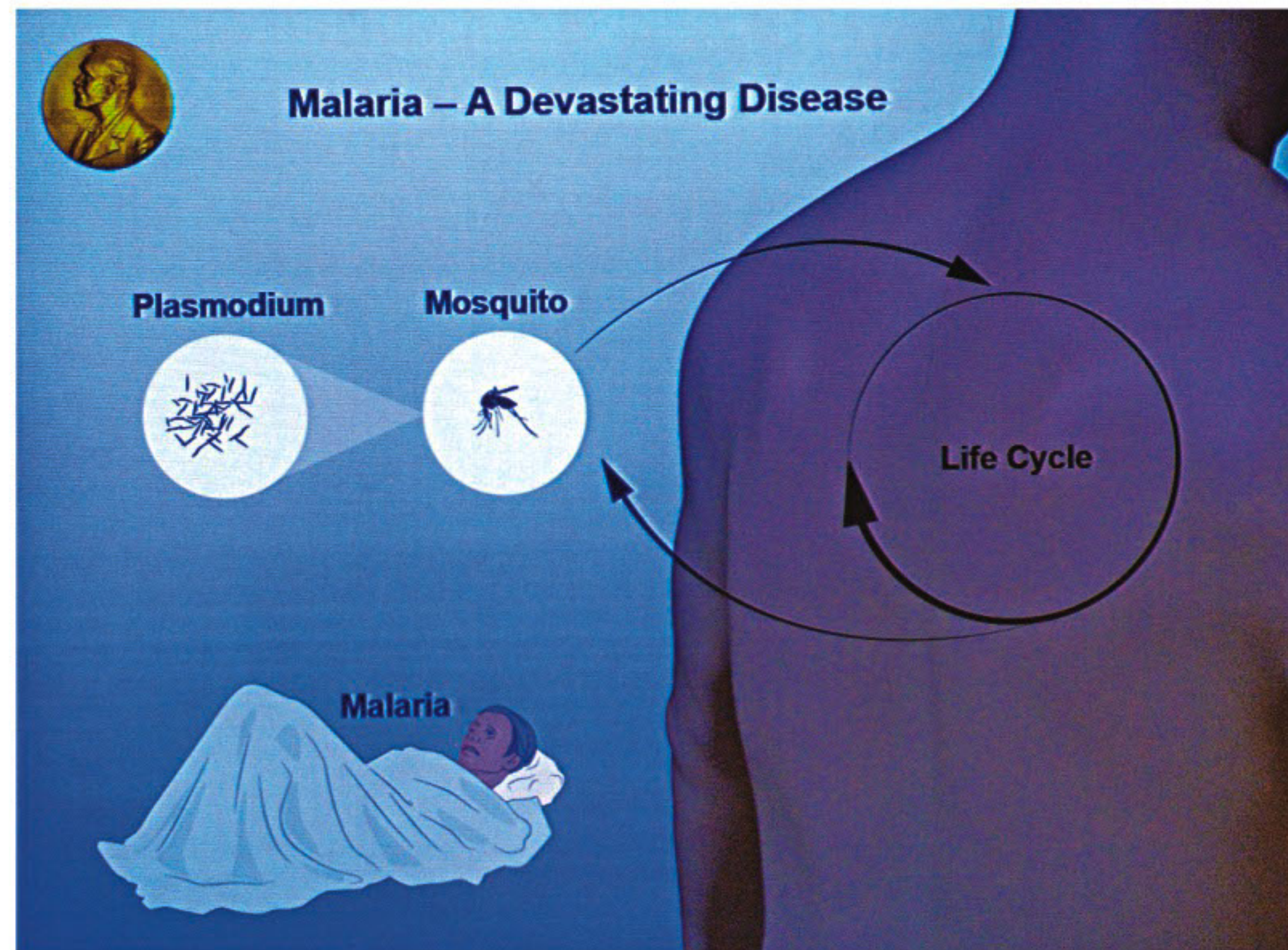
Due to climate change and lack of preventative initiatives, while Dhakaites are in great misery, people of Rajshahi, Chittagong, Khulna, Jessore, Pabna and many other cities of the country may also face threats of new kinds, according to reports.

Let's have a look at the diseases caused by the fatal bites of mosquitoes-

- Think about Malaria. The serious disease, caused by a single-celled parasite, is transmitted to humans through the bite of the infected female Anopheles mosquitoes. An infected

mother can also pass the disease to her baby at birth which is known as Congenital Malaria. As malaria is spread by blood, it can also be transmitted through an organ transplant or use of shared needles or syringes.

- The symptoms of malaria typically develop within 10 days to four weeks following the infection. In some people, symptoms may not develop for several months too. There may be shaking chills that can range from moderate to severe, abdominal pain, anaemia caused by destruction of red blood cells, diarrhoea, high fevers, muscle aches, poor appetite and many other symptoms on a human.
- Another devastating one is Dengue fever. An estimated 100 million cases of dengue fever occur worldwide every year, and Southeast Asia, where Bangladesh falls, is one of the tropical areas with greatest risk of dengue. Dengue viruses are transmitted to humans through the bites of female Aedes mosquitoes. The clinical features of dengue fever vary from infants to older children and adults. The affected person may feel sudden high fever, intense headache and pain behind the eyes, muscle and joint pain, loss of appetite, vomiting, diarrhoea, skin rash and many more within four to six days after infection, and last for up to 10 days.
- Filariasis, the other common parasite disease, is caused by microscopic, thread-like worms, transmitted in human body via the Culex mosquitoes.



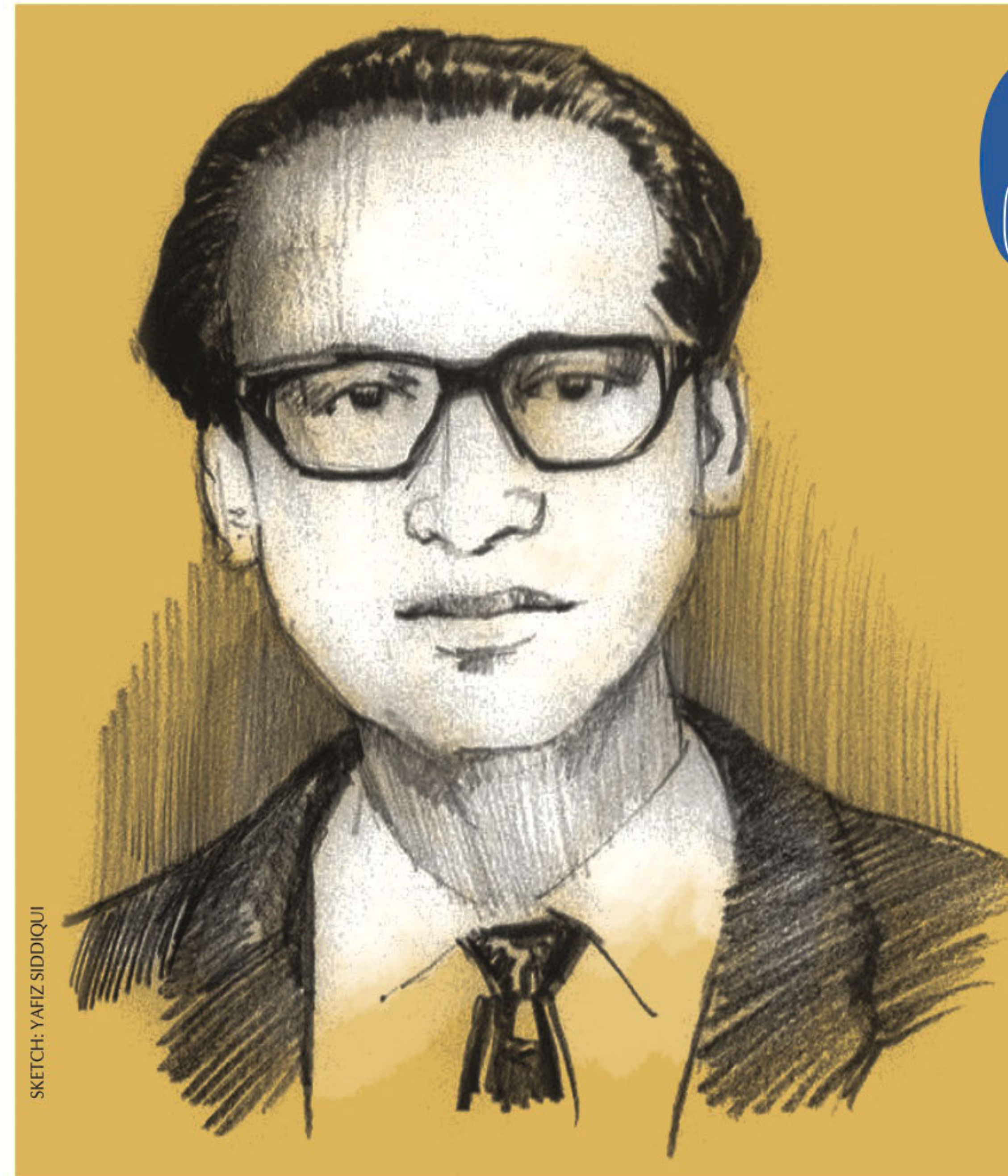
Culex mosquito can transmit a number of other illnesses that can cause serious health problems to human beings.

Symptoms of Filariasis vary depending on what type of parasitic worm has caused the infection. But, on an average, all cases usually begin with headache and fever between three months and one year after the insect bite.

Apart from these, Bangladesh is not out of the risk of being affected by the devastating Zika, Chikungunya, and yellow fever.

To Protect Yourself

- To lower the probability of mosquito borne diseases, remove all objects on your property that collect rain water.
- Consider wearing protective clothing – full sleeves with long pants tucked into socks.
- Use mosquito repellents, bed nets, and flying-insect spray in sleeping areas.
- Avoid heavily populated areas, drains, even bushes.
- Remove unused tires and other items that could collect water and clean rain gutters.



MAD GENIUS

ALTAF MAHMUD

(December 23, 1933-1971)

Composer of the famous song “Amar Bhaier Rokte Rangano” Altaf Mahmud was a musician, cultural activist, language movement activist and martyred freedom fighter during the country's liberation war. Even though this musical maestro was widely known for his composition “Amar Bhai-er Rokte Rangano Ekushey February”, he wrote and composed a number of uplifting patriotic songs like “Satyer Joi”, “Bolo Bir” and “Ami Manusher Bhai Spartacus” which were played by the Shadhin Bangla Betar Kendra during the Liberation War while some of them were used in popular Bangladeshi movies. Mahmud's house served as a hiding place for arms caches and he provided food and money to. An active participant of our language movement, during the 1950s he sang Gano Sangeet all over Bangladesh to inspire activists of the Language Movement. Mahmud also took part in the Bangladesh Liberation War in 1971 when his house served as a secret camp for arms caches and he provided food and money to the freedom fighters. During a combing operation (in August, 1971) in Dhaka city by the Pakistan army, Mahmud was arrested along with his brothers-in-law and a friend. He was tortured and believed to be killed in September. Mahmud is regarded among the Martyred Intellectuals.

STARDIARY

THE UNATTAINABLE REALITY

Ideally footpaths are meant for pedestrians only. However in Bangladesh, having footpaths only reserved for pedestrians is an unattainable reality. Every day my car drops me off at a certain point and I prefer walking from there to my office. To do so, I have to walk through a number of footpaths in Uttara and I face many obstacles throughout my journey. Bi-cyclists and motorcyclists are the worst traffic hazard at all times, as they don't mind at all riding into the path of a pedestrian. There is a series of pushing and shoving by other male pedestrians. Sometimes they stare, with their eyes almost popping out with amazement. Walking past them becomes more difficult as the sidewalks are mostly occupied by street side vendors and their customers. To the best of my knowledge- most of these are just illegal settlements. If the sidewalks are meant for the people like us, why do we have to share with other people who are not meant for that place?

Sabrina Halder
Culshan, Dhaka



PHOTO: PRABIR DAS

A DISGUSTING ENCOUNTER

This silly incident happened as I was standing in the immigration line at the Shahjalal International Airport the other day. A man, who seemed like a broker with a straight face came up to me and whispered in my ear, "How many alcohol bottles have you got in your handbag?" For a moment I became dumbfounded and then I realised, being a broker he was trying to take advantage of me. I got irritated with this unsolicited question and preferred remaining quiet. Then he approached me face to face giving me the

assurance of getting the bottles cleared without any immigration and custom hassles. As I replied, "No alcohol bottles", he went on to ask the person standing behind me. As I crossed the immigration formalities and collected my luggage from the carousel, I saw an old man sobbing. I got intrigued and went up to him to get the whole picture. I got to know that a broker asked him lots of stupid questions and frightened him with a frightening innocent people. He got rid of him by giving him bribe as demanded. He could not

hold back his tears as he felt assaulted and shocked to the ribs. I sympathized with him and helped him collect his luggage. By the time as I got out of that area, I discovered a handful of brokers having arguments with people accusing them of carrying illegal items in the luggage. I realized these brokers extort money by frightening innocent people.
Samuil Rajjul
North South University, Dhaka