

TANGENTS

BY IHTISHAM KABIR

MY (LONG-SUFFERING) CAMERAS

I did not have a camera in childhood, nor did I show a gift for photography as a precocious child. My dear aunt Chhotofufu gave me my earliest camera, a Diana, when I was twelve. It should have opened creative doors for me, but being a distracted adolescent I missed the opportunity.

In my teenage years I had a series of photographer friends but their technical talk bored me. I got lost in f-stops, depth of fields and focal lengths. However, in 1979, when I was a third-year engineering student in the US, my roommate took me to an exhibition of photographs by Ansel Adams at the university museum. Upon entering, I stopped dead in my tracks and gaped in wonder. I marvelled. I was completely smitten. The photography bug had bit me.

But I still had no camera. This was fixed the following year when I bought a Canon AE1 for USD 130. While there were more attractive cameras in the market (I remember drooling over Contax cameras in particular) this was the one within reach. It met my needs well. I was interested in people photography, particularly in the streets, and the AE1 lent itself to quick, unobtrusive shooting. Learning to process my own black and white film, I was on my way.

I bought my first Leica in 1984, about a year starting work in Silicon Valley as a software engineer. Unfortunately this camera, an M4, had two shortcomings: it had no meter and film-loading was difficult. In the meantime I was on my fourth AE1, having destroyed the first three from overuse. The AE1s continued to work better for me. Around 1986 I was asked to teach black and white printing at the darkroom at University of California Berkeley's photography programme in San Francisco. The AE1

was always slung around my neck. In 1990 I invested in a Leica M6 and two new Leitz lenses. This camera turned magical. After my children were born I used it to take numerous black and white photographs of them growing up. The luminous images from those days, enhanced by the bokeh of Leica lenses, still warm my heart and stir my soul.

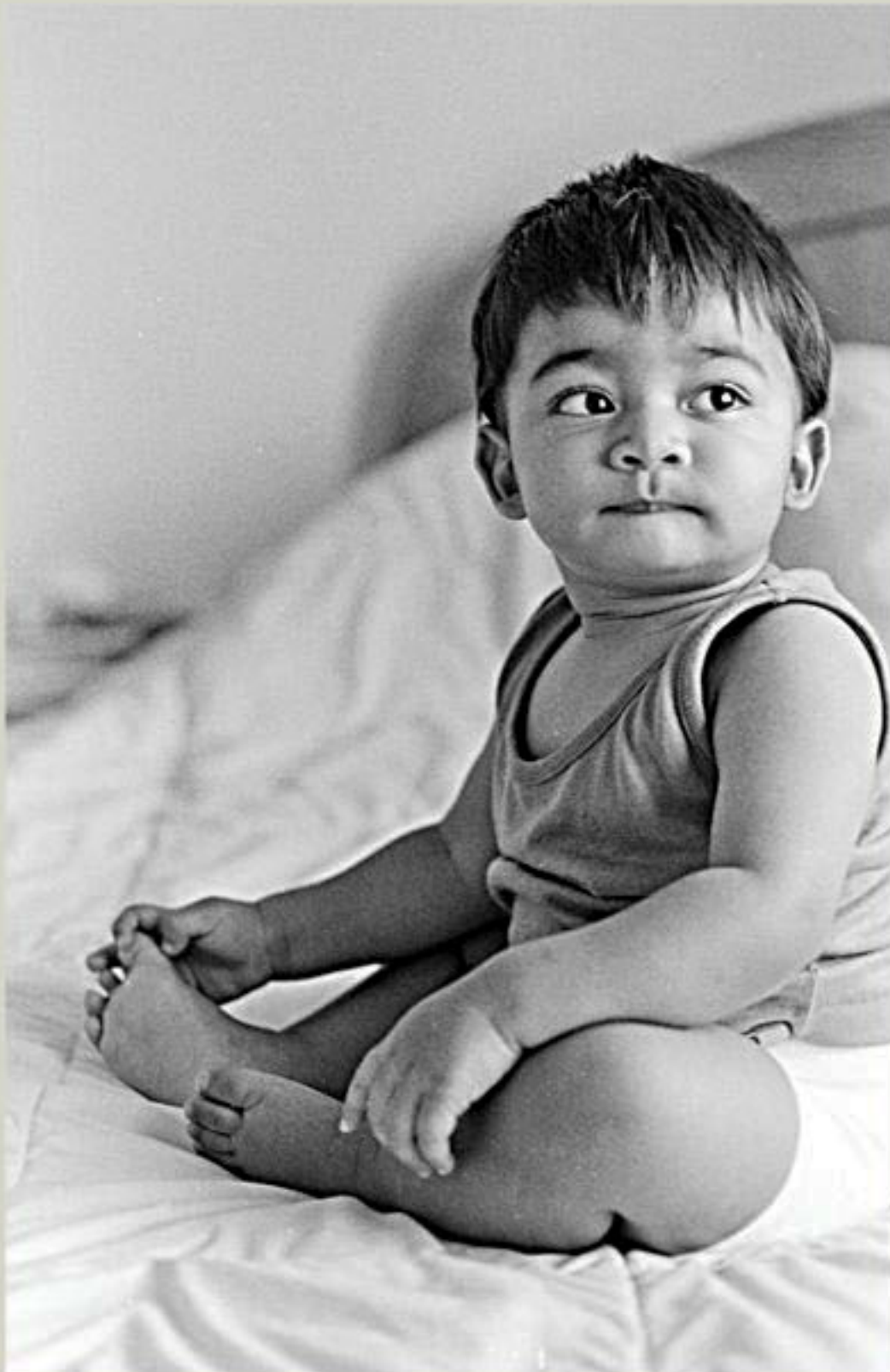
Around 2001, I got my first digital camera, a small Canon. Within a few years I had converted fully to digital. The Canon 5D, an amazing camera, came out after I returned to Bangladesh. An Australian friend convinced me about it and I had him buy me one from Bangkok. A couple of years of heavy use, and the 5D's mirror fell off one day while I was photographing elephants in a tea garden.

When I entered bird photography, I realised it was a game of lenses because birds are far and telephotos lenses bring them close. There is nothing more frustrating than chasing a beautiful bird only to have it show up as a tiny speck in the final photograph. So these days I pay attention to big lenses.

My workhorse camera today is a Canon 1D Mark IV. It has been repaired several times but I rely on it. Two new generations of cameras have since come out. When I find one that helps me make better photographs I might upgrade. In the meantime, the camera in my hands is a tool to communicate through photography. It is never an end in itself.

Note: bokeh is the rendering of out of focus areas by a particular lens.

facebook.com/tangents.ikabir. Interested in Leica? There is a Leica shop at the Radisson.



My son rendered by Leica, circa 1993.

PHOTO: IHTISHAM KABIR.

Mymensingh village cop dies in post-polls violence

Pro-AL man among 3 hurt in Dinajpur pre-polls clash

STAR REPORT

A village defence policeman was strangled in Phulpur upazila of Mymensingh yesterday following, what police said, an election rivalry between two member candidates of Union Parishad polls, reports our Mymensingh correspondent.

The body of Idris Ali, 50, was found in a field in Narikeli village in Bhaitakandi union of the upazila in the early hours, said police.

Idris campaigned for Noor Islam, who was elected Bhaitakandi UP member three

days ago, angering his rival candidate Abdul Majid, Phulpur police quoted the family and locals as saying.

Majid along with his supporters called Idris out of his house saying that they would settle the dispute around 12:00am, police said.

As Idris did not return even after two hours, his son Ashiqul Islam informed police. Police sent the body to Mymensingh Medical College Hospital morgue for an autopsy. Following a murder case filed by

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5 DEATHS BY BGB FIRING
3 probe teams visit spot

OUR CORRESPONDENT, Pirojpur

Three probe committees of police administration, district administration and DIG in Barisal range have been formed to investigate the Tuesday night's killing of five people by BGB firing at Safa Degree College polling centre under Mathbaria upazila in Pirojpur.

A three-member team led by Additional Deputy Commissioner (ADC-General) Manikhar Rahman visited the spot yesterday.

SM Farid Uddin Mathbaria Upazila Nirbahi Officer and a member of the district administration probe told The Daily Star that they talked with locals, witnesses, presiding officer and others. The committee

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13 including two 'Tahrir' men arrested

STAFF CORRESPONDENT

Detectives in different drives have arrested 13 people including two alleged operatives of Hizbut-Tahrir, in the capital.

On Wednesday, Maksudur Rahman and Mohammad Al Kawar, alleged operatives of the banned Islamist outfit, were arrested from Uttara's sluice gate area, with leaflets and organisational publications during a party campaign, said Nazmul Islam, an assistant commissioner of DMP.

On Thursday, detectives arrested six members of a dope gang from Darussalam area and seized 540 sedative tablets. The detainees are their leader Mahabub Shikder, Mijan Sarder, Md Mahbub, Anwar Hossain, Md Jibon alias Shahin and Masud Sheikh, said Maruf Hossain Sarder, deputy commissioner (media) of DMP.

Early yesterday, detectives arrested five alleged drug peddlers and seized 30,000 contraband Yaba pills, raiding different areas in the capital.

They are Abul Bashar, Rezaul Karim, Ferdous Arafat, Jahidul Hasan and Al-Amin, said a DMP press release.

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Healthy Living



Is the food you are eating, killing you?

The World Health Organization's latest cancer report provides compelling evidence that eating processed meats such as sausages, smoked meat, hot dogs, foods containing high animal fat content etc can cause cancer.

In a separate study, researchers from the University of Edinburgh have discovered an association between "high-energy" refined fast foods and sugary beverages and an increased risk of colorectal cancer, and their findings have been published in the European Journal of Cancer Prevention.

As we find out that more and more of what we eat is carcinogenic, there is still more bad news. Once considered an 'old-people disease,' afflicting people over the age of 50, the incidence rates of colorectal cancer amongst young people aged 24-49 has increased drastically in recent years.

"Colorectal cancer is a lifestyle and genetically related disease," says Dr. Iqbal Murshed Kabir, Consultant-Gastroenterology at Apollo Hospitals, "and our generation of people in Bangladesh, especially those living in the cities, just don't have the chance of eating enough nutritious fibre-rich healthy food. For young people growing up, especially in Dhaka, there is also very little scope of exercise. Dietary factors, obesity, cigarette smoking, alcohol consumption, sedentary lifestyle are all factors which play a role in the increase in incidence of colorectal cancer."

"The good news, however," Dr. Iqbal added, "is that colorectal cancer is highly curable, even preventable when treated while it is still localized."

Warning signs

One can take advantage of the many screening processes and well-established tests, to easily locate and remove any adenomatous precancerous polyps and get cured. "However, many are unaware of the symptoms or simply ignore it," says Dr. Iqbal. "We need to be very aware of our bodily functions. If you experience any symptom such as an alteration of bowel habits, unexplained weight loss, loose motion, long-term constipation, or alternate loose motion and constipation, per rectal bleeding or lower abdominal pain, and unexplained anaemia for more than few days, you should consult a doctor."

"However," Dr. Iqbal warned, "if you have family history of colorectal cancer, you should undergo screening because you might suffer from the disease without experiencing any symptoms."

Screening and diagnostic tests

For screening, Dr. Iqbal recommends that one can do the Faecal Occult Blood Test (OBT), Faecal immunochemical test (FIT), stool DNA test and the Carcinoembryonic Antigen (CEA) test, and for further diagnosis, a colonoscopy.

While faecal OBT tests are the most commonly used, it is not always accurate and should be done with proper preparation. Also, not all colorectal cancers bleed and other lesions like haemorrhoids frequently bleed, leading to false results.



The CEA test is more accurate than faecal OBT test: the CEA test measures the levels of the protein CEA in the blood. Normally found in the tissue of a developing baby in the womb, the blood level of this protein disappears or becomes very low after birth. In adults, an abnormally high level of CEA may be a sign of cancer.

Considered the gold standard in diagnosing colorectal cancer, colonoscopy is a good diagnostic tool as it provides a clear view of the entire large intestinal passage and allows for simultaneous removal of suspicious-looking polyps. American College of Gastroenterology recommends colonoscopy every 10 years, beginning at the age of 50 as the preferred screening strategy.

#HealthyLiving

The Daily Star
17 March at 20:53 · 📍

Colorectal cancer is a highly treatable disease of only if it is diagnosed early. To learn more please read up on this week's #HealthyLiving article on colorectal cancer and it's prevention. Please come up with relevant queries and comments on this topic. Expert specialists from Apollo Hospitals Dhaka will be answering your queries.

Prevention is always better than Consultation

Like Comment Share

Shahria Ahmed, Tamalika Karmaker and 7.1k others · Top comments ·

Muhammad Sraaj is it of or if after treatable disease?
Like Reply · 18 March at 12:41

Apollo Hospitals Dhaka At an early stage, colorectal cancer is curable when it is still localized. Colonoscopy is the most accurate test to find out if one has benign precancerous polyps which can easily be detected and removed.
Like Reply · 1 · 6 hrs

Lifestyle changes

In the medical context, the saying "prevention is better than cure" is no cliché.

"The best defence against colorectal cancer," Dr. Iqbal explains, "is to have a healthy fibre-rich diet. Eat a lot of leafy vegetables and fruits and avoid unhealthy snacks like burgers, hot dogs, deep-fried meats etc, desserts which use refined flour like cakes, pastries, doughnuts etc. and sugary drinks. Exercise is also mandatory."

So, eat smart, keep fit and stay healthy!

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* This information is for public awareness only. Advice should be sought from qualified doctors.