

MAN TO MAN

Picking bones and beef

Why do men like Qurbani? Why wouldn't they? There's a manly slaughter, lots of beef and sweets to eat and of course there's the whole deal where we get to carry a machete around like real wise guys. It's also the only day when we can go anywhere with bloodied clothes, feeling like Rambo in 2008. So, why on Earth would we not like Qurbani? While the tree-huggers will be ready to state their list of greatest reasons, there's a reason why they are called tree-huggers to begin with; no one takes them seriously. But supposing we did, would we say that they really have a point?

The first argument against the way we conduct the sacrifice is the massacre-effect (aka majkar) we leave behind on the roads where we choose to do our bloody deed. Apparently, we shouldn't do the slaughtering on the road and rather go to a slaughterhouse. Here's where a Dhakaiya will ask you what a slaughterhouse is because let's face it, we have never seen any.

Logicians posit using our garages for the task. Please tell me how that makes sense. Are we supposed to park our cars on the road? Would a heavily trafficked road be to your liking or would you just go and moan and whine about that as well? Also, why would I move a 20 lakh taka car out on the streets for a two lakh taka cow? Yes, two lakh is what a cow ought to cost, because anything less and you might as well buy a chicken.

Which brings us to the second argument; the amount of money spent. This is the laughable part; buy a cell-phone for the same amount and people will congratulate you on having the determination and hard-working ethics to spend your father's money but spend it on a cow and people instantly lose their minds.

Double standards is only way to describe this behaviour but then again we are addressing a bunch of hypocrites. More important than the price tag of our cow is of course the size. No one wants a pint-sized cow because

Qurbani Eid is the best month to overcompensate, so why should we miss out on that opportunity? Everybody knows that the bigger your cow, the better you are as a businessman or an upstanding member of society. These are facts.

The most devastating blow though is when we are nonchalantly told that our sacrifice is not a true sacrifice but rather all just for show. It's almost as if having spent my millions to buy a towering cow injected with more steroids than Hulk Hogan in the 80s is all just a big ego-trip. Well, it's not. A big cow means more meat and more meat means more sharing and after all, nothing beats the feel-good factor induced when handing a carefully wrapped piece of meat to the ravished crowd of under-privileged people ready to riot for some meat.

Granted, handed is a slight exaggeration; we generally toss it in the blur of moving bodies and see who gets to be the lucky one. You cannot play favourites when it comes to poor people and must give each an equal chance and that's what the meat-tossing embodies. When did a tree ever thank you for saving it? For that matter, when did a cow ever really thank you for whatever it is that you are failing to do? Never, and that's because even they don't care.

We all are sent on this earth to serve a purpose. Our purpose is to eat cows and a cow's purpose is to give us meat. It's symbiosis or something. If we didn't eat cows, would they even have a reason to remain alive? Would anyone pay good money to merely conserve cows for the sole sake of conservation? Highly debatable!

For all my real men, who know the testosterone is about to get pumped, turn a deaf ear to these naysayers and hippies. No guilt stands in the way of a good liver and you can take that guarantee to the bank.

By Osama Rahman

FYI

Beef on the horizon

Now, we cannot say for sure what the forecast will be on the day of Eid ul Adha, and frankly that is not our forte. Here at Lifestyle, we are more interested in the forecast for the storm that is sure to rage inside your tummy during the holidays. And it will be one heck of a storm indeed. For the next 4-5 days, your diet will likely include meat almost all the time. However, it is worth noting that going overboard and getting sucked into this beef tornado will only lead to severe health problems, both now and in the future. Here are some of the problems you will face with an increase in beef consumption:

Food poisoning: The main cause can be found with the cleaning of raw beef. Beef is among one of the harder meats to clean, and they host bacteria such as Salmonella. Also, beef needs to be cooked at a very high temperature to be able to kill these bacteria.

Heart related issues: The amount of fats that reside in red meat is common knowledge. So it does not take a genius to figure that overconsumption of beef will lead to high levels of cholesterol which in turn leads to blocks in the arteries near the heart. We often hear

about people in their twenties suffering from serious heart conditions, and overconsumption of red meat is one of the culprits for this mess.

Type II Diabetes: That's right. Any pig out sessions now will automatically qualify you as a diabetic patient not too far away in the future.

Weight gain: "A moment on the lips, forever in the hips." It really is as simple as that.

Quality of cows: The demise of local varieties and breeds of cows has given birth to quite a menace: mixed breed cows. Couple that with all the hormones and other whatnot growth enhancing drugs, and what you end up with is a heavily drugged behemoth, that's already a health hazard before it even hits the plates.

Of course, by no means are we asking everyone to steer clear of this delectable delight. However, we do issue a strong warning against going overboard, and to ensure that you are eating in moderation. Do that and you can walk out of this storm unscathed with a belly full of happiness.

By Intisab Shahriyar

ENHANCE YOUR CURVES

AT THE RIGHT PLACES



Voluptuous curves can give you a feminine look that doesn't come along with a too straight or plump figures. As a woman, one of our most natural physical gifts is having curves, and there are some amazing ways to enhance your curves you may not know about, or might like to know. I am talking about the French technology

ULTRACONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrink when we lose. The goal of

ULTRACONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even

weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRACONTOUR worth doing.



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