

The Monthly Newsmagazine for Women

August 1986, Price Rs. 15.00

# SHI



## **EID ATTRACTIONS**

*Sumptuous Fashions  
Best Meaty Recipes  
Super New Short Story  
New Shopping Bargains  
and  
Entertainment Galore*

*special report*

**The Truth About  
The Girls Who  
Come Back  
Home**

# SHE

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Karachi is the backdrop of a super new short story from well-known British writer, Deborah Moggach.



In a flashback to the 60's, lungis once again become the hottest item on the fashion scene.

### COVER

Block printed, embroidered, sequinned and the newest, new fashions with the perfect jewellery to match -- we've got Eid all wrapped up for you! Outfit by Touche.



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your life



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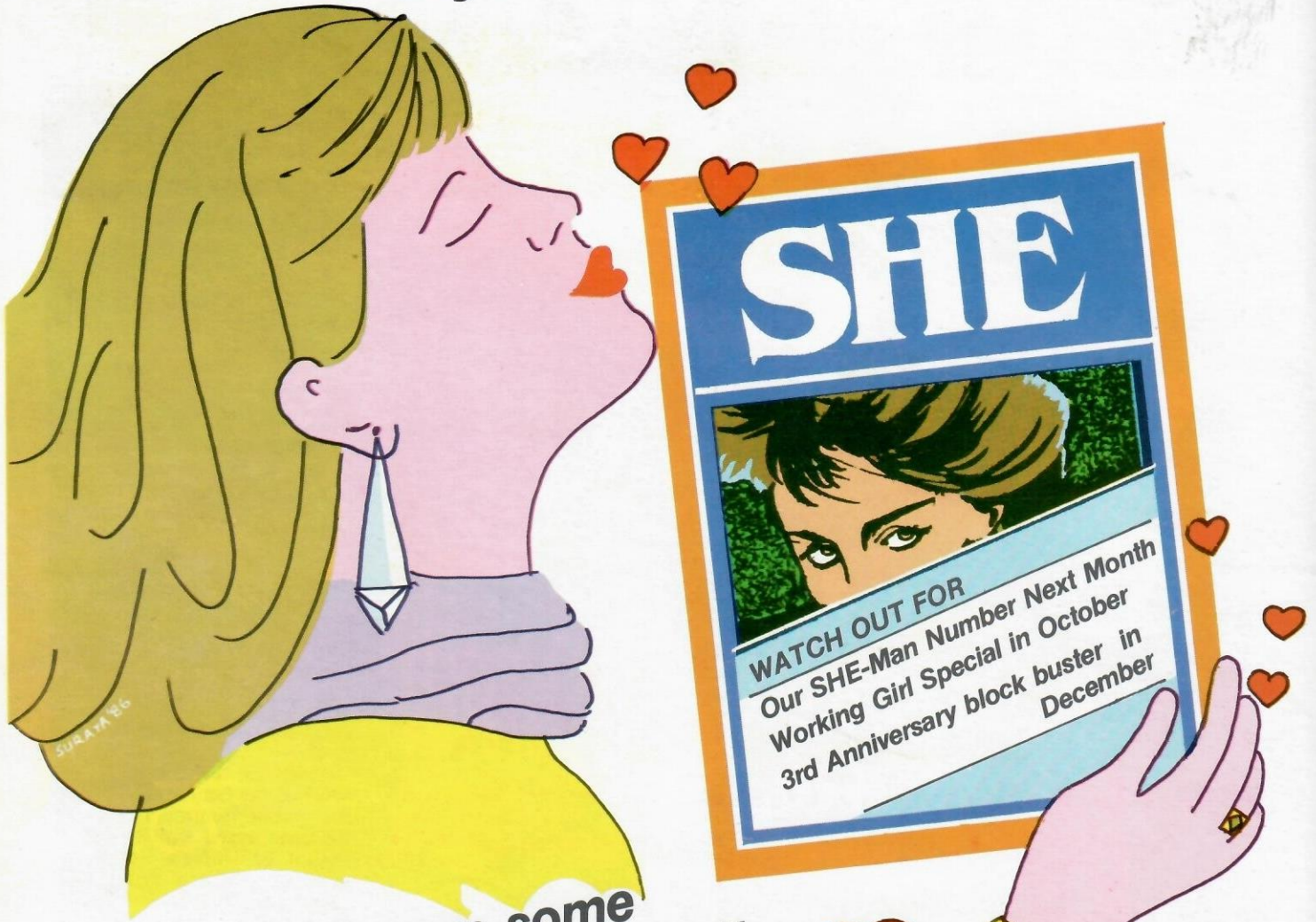
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# Everyone Loves **SHE**!



We have some important news for you

## CHANGE OF ADDRESS

**SHE** We are moving to our new office premises after Eid, inshallah, the address of which is given below. At time of going to press, we have no phone number to give you, but hopefully we'll have one before long. In case of need, you can contact our Editor on 541167 or Deputy Editor on 540329 after 6 p.m.

New Centre Block,  
2nd Floor,  
Hockey Stadium  
Liaquat Barracks  
Karachi-4.

## SUBSCRIPTION RATES

**SHE** Owing to substantial increases in postal and paper prices in the past two months, we are obliged to raise on subscription rates from 1 September, 1986. Instead of Rs. 120 per annum, SHE and all its special numbers, will cost Rs. 150 per annum inclusive of hand delivery and registered post expenses. The rates for overseas readers will also be increased. Present subscribers will not be required to pay extra money for their current subscriptions.

THE SUBSCRIPTION FORM IS ON PAGE 96

# Everyone Needs **SHE**!

## Karachi The battle of ideas

In the first week of August a launching ceremony was organized at the Karachi Press Club by Pakistan Publishing House for Sibte Hasan's first and only book in English, *'The Battle of Ideas in Pakistan'*. Clouds hovering over Karachi resulted in shifting the seating arrangement from the lawn to the Press Club's television lounge. In spite of the rain the room filled up with people but the installation of an indoor sound system kept the audience waiting for over an hour. A delay Sibte saheb would surely not have approved of.

A not too pleasing portrait of the author placed behind the rostrum took the place of the person one often encountered at the Press Club, complete with pipe and ready smile.

Malik Noorani, Sibte Hasan's publisher, spoke of a personal association that lasted for over forty years. An interesting reminiscence was

an account of a prediction made by Allama Iqbal of the young Sibte at Aligarh, the young man, would, said Iqbal, become a finethinker known for his intellect—a prediction that was to come true in near future. Malik



Noorani wound up his speech with the presentation of a complete set of works by Sibte Hassan to the KPC — “an arena where the battle of ideas had been fought.”

‘Ariel’ focussed on Sibte Hassan's lucid analysis of Iqbal, identifying the poet philosopher as a dedicated humanist and believer in human freedom. He said

*'The Battle of Ideas in Pakistan'* was an important document in progressive history and that it was only with the publication of such documents that ‘the journey of light’ would proceed on its way.

Barrister Makhdoom Ali Khan in a hard hitting address began with Sibte's definition of secularism as a rational approach to social laws and custom that did not encroach on the area of personal religious belief. It was not, he said, a synonym for ‘Godlessness’ as the Mullahs would have us believe. If thinking men began to make their own analysis of Islam based on reason, he said, the priesthood of the Uleema would soon be dispensed with. This was enough to explain their extreme aversion to the concept of secularism itself.

Makhdoom also spoke of Allama Iqbal's criticism of theocracy and deplored the way Jinnah's secular idea had been ‘swept’ under the carpet’.

Sibte Hassan, he said, was a

front line warrior in the battle of ideas, a battle that was being fought to the finish in Pakistan today.

Justice Dorab Patel was introduced by Malik Noorani as the person who had carried this battle to the Supreme Court, fighting for truth and justice.

Justice Dorab Patel expressed his appreciation of the absolute objectivity with which Sibte Hassan conducts his analysis. *'The Battle of Ideas'* makes it clear, he said, that there is no inherent conflict between reason and religions, the conflict is one between reason and orthodoxy. The Shariat Bill clearly draws up the battle line. It is now up to us to state ones own position.

Those who had come to the Karachi Press Club that day left on an optimistic note — it was clear that Sibte Hassan's book would give them much needed ammunition to fight on the side of reason in the battle of ideas that rages in Pakistan today.

T. Ahmed

## Lubna Agha's “Feminist Art”

An exhibition of paintings and drawings by Lubna Agha was held at the Indus Gallery recently. Lubna who was popular for her abstract work before she left for the United States has returned with a dramatic change in her style and approach. Her paintings definitely have a suggestive streak and are figurative in style.

As Lubna admits herself, “I cannot paint only in one way all my life and I feel tired of art that is the same. Since there is a change in myself every day, I hope that my art will continue to change.” True to her word, Lubna's work has moved through various stages. Her recent work is witness to the artist's sensitivity and insight. Her art centres around human forms, which are contorted, angular or are entwined to give a strong character edge to her work. An extended use of hands and legs is evident in the paintings. Lubna Agha's work is sometimes called “Feminist Art” — her women are usually

sketched in the grasp of some inner turmoil and somehow look confused, a quality which could have been acquired by the artists Pakistani origin.

Most of the paintings are related to the astounding universal phenomenon of childbirth. A pregnant woman is shown in different stages of labour and the umbilical cord is prominently depicted in the canvas. According to Lubna, “the umbilical cord represents turmoil, productivity, life and death and ultimately the continuation of life despite the changes.”

In her present exhibition Lubna has used water colour as the medium of expression. The choice of colours is indeed bold and at times severe. Fiery reds, powerful blues and browns predominate her work.

Her human forms, although suggestive, are basically abstract in nature. Lubna, who can truly be called an asset of the present generation of artists has made remarkable contribution to abstract and figurative art.

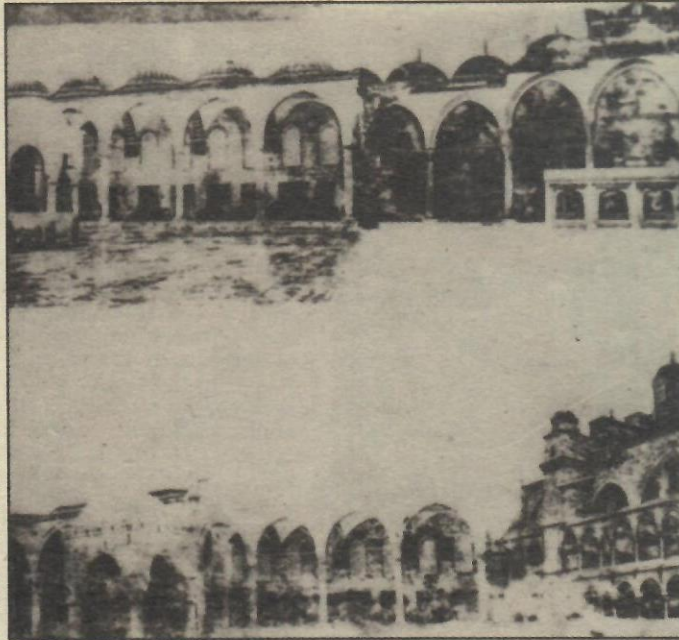


## Mansoor Hasan combines the old with the new

Mansoor Hasan's recent exhibition at the Indus Art Gallery reinforced the fact that she is an artist of the highest calibre. Her talent and dexterity is evident in her recent work which comprises of a mixed media. She has used prints, collages and graphite to elaborate the calligraphic elements from Alhamra of Moorish Spain and Ottoman Istanbul. Besides an image here and there of the Ghandara civilisation, which is her own cultural heritage.

Each canvas reflects a beauty of its own. Calligraphic work is clear and covers the minutest detail. Old historic monuments are sketched to give an almost life-like image.

Mansoor graduated in Fine Arts from National College of Arts Lahore in 1971. Later she completed her



Masters degree from Pratt Institute New York.

So far she has had 19 solo exhibitions and her work is in many collection in Argentina, Bolivia, the Caribbean, Chile, Pakistan, Uruguay, England and United States. Deeply impressed by old cultures and civilisation, Mansoor a in her last exhibition at the Indus Art Gallery had displayed monolithic figures and architectural settings of ancient Tiwanaku civilization of Bolivia and Peru, which she had carefully observed and studied during her stay in these countries.

In her present exhibition you can see the merging of cultures and civilizations with statues of Buddha overlooking and co-existing with calligraphy ridden Alhamra structures.

## Karachi in water colour

Somewhere in an unobtrusive corner of the city, there exists a rich treasure of art that not many have seen, though its creator, Mrs. Christian Zainab Abbas has been painting since almost five decades. Her house is overflowing with framed etchings (of London scenes), watercolours and pastels, some dating as far back as the 1930s.

Her preference for watercolours is evident by their predominance in her collection. A wide range of subjects have been reproduced by her brush, portraits, still lifes, landscapes all have their place here. She describes still lifes as possessing "a charm of its own and very relaxing to paint". Portraits mean the difficulty of "getting people to sit for you" while painting landscapes calls for "braving the elements and the comments of the passerby. I prefer painting non-descript people in action in some interesting surroundings". And there are many pieces that fall into this category — glimpses of Paris, Jamaica, Swaziland and Karachi captured on paper with the soft soothing effect of watercolours. A scene from Karachi's Juma Bazaar is infused with interesting human details and a subtle play of light from the slits

in the coloured awnings above. Another shows a shiny motorbike at Hill Park that serves as a perch for some crows, a delightful incongruity. A poignant one is that of a one armed beggar praying with his face upturned towards the sky.

A recent addition to her work is that of charming little decoration pieces she has created out of coral, ingeniously detecting an animal or human form in the natural shape of every piece, painting it accordingly and then sticking it onto a slab of driftwood.

Mrs. Abbas, who has recently retired after 15 years service as art teacher in Karachi Grammar School, studied art in various English colleges including a year at the Chelsea School of Art under the guidance of the renowned artists, Henry Moore and Graham Sutherland.

For many years while she was involved in teaching and bringing up her family, she painted infrequently and has just lately picked it up again. To date, there has been only one low key exhibition of her work in Karachi.

In August however, the PACC will provide the venue for a full fledged exhibition of this very talented, yet unrecognized artist.

## For your little prince & princess



### Misha's

CHILDREN'S BOUTIQUE

(First of its kind)

Stockist

'SUGAR N SPICE'

### Children's clothes with a difference

The newly opened shop of Kidwear invites you to come and choose from the largest range of selected Jeans, Pants, Dungarees, Skirts, Shirts, Frocks, Blouses and a great deal more.

Step-in for a while . . . .step-out in style.

**Misha's** CHILDREN'S BOUTIQUE

150/D/Block 2, Khalid Bin Walid Road,  
Near Cheel Wali Kothi, PECHS, Karachi.

## Behbud opens training centre in Keamari

For almost 16 years a dedicated group of women, known as the Behbud Association, have been working purely out of goodwill for the benefit of the poor people in Pakistan. From a small group of people, the Behbud Association has expanded admirably having a branch in Lahore, as well as several institutions here in Karachi such as a Behbud Primary School, Mother's Club, a coaching

centre for girls, a tailoring centre and medical care, all free of charge, or in the case of medicines no more than Rs.4.00.

As if this wasn't enough from this generous group, they have now embarked on a new project, "The Shirin Jinnah Colony Vocational Training Centre." Having been given a 4000 yds. plot by the K.D.A. they have managed to raise enough funds through

donations and two shows, to form the beginning of this centre. So far there is only one shed where they will hold mother care and literacy classes.

Temporarily they will build more sheds for the different projects which they will have for the people, but they hope that by next year, they will be able to raise more funds to continue the expansion and development of this centre.

This organisation is forthright, unpretentious and hardworking. They have shown through all that they have done, and are doing, that it is possible to improve the condition of the poor. They have not only helped with improving their health, but have also concentrated in teaching them new skills to ensure that they are able to work, earn a living and raise the standard of the country.

## Lahore

### Zarraq in America

As if all the local acclaim and laurels were not enough - Bina Qureshi - that dynamic young fashion designer, harbinger of good news to Lahore's fashion scene and the moving spirit behind the "ZARRAQ" success show is zooming by supersonic flight to Houston. STOP PRESS - this is no ordinary transat antic flight - rather a flight of fancy for the expectant fashion pundits across the ocean. Bina Qureshi, loaded

and armed with all the latest creations of 'Haute Couture' from the House of ZARRAQ is taking a treat for Pakistanis living in America. Sparkling and sophisticated, casual and formal, tilla and sussi, the lure of zari and the simplicity of embroidery; everything goes as part of the surprise package. Invited by a San Diego dress designer and encouraged by Joan Herring, the honorary Consul General of Pakistan In America, our plucky gal

is braving the seven seas. An exhibition in Houston, another in Boston and yet another in San Diego - they are all in the itinerary.

Actually Bina has been intelligent enough to size up the effective monopoly of Indian designers on the dress patterns of Asians in America. Feeling the imperative need to break this monopoly and introduce local fashion trends, to revive immigrant interest in home traditions as well as to

promote and publicize the versatility of Pakistani designs, ZARRAQ have extended the friendly arm of fashion across the Atlantic. One hopes those homesick Pakistanis living in alien surroundings are going to be given a real treat of culture and traditions and of course all that is 'IN' back home. So here is wishing our ambassador of fashion a merry 'Bon Voyage!!!

Nyla Daud

### Potted plants for "high society"?

After a spate of introducing parks and playgrounds to revive the lost glory of Lahore, the city fathers have come up with a new venture. This time it is the LDA floral shop on Jail Road. The name is a bit misleading because flowers are not there for all the searching you may do! Rather it is a delightful melee of healthy, merry and happy green plants. One walks out of Lahore's humid heat through the glass doors into air conditioned comfort, and suddenly, one is amidst rows and rows of lush green

plants. Potted indoor plants being the latest craze on the bourgeoisie scene, LDA have wisely decided to cash in on the weaknesses of mortals. Imported plants ranging in prices from Rs. 350 to Rs. 550 stare disdainfully from their elevated perches, swaying gracefully along with the cool breeze from the air conditioners. But then these, as the helpful sales girl at the counter, tells one, are for the "High Society" meaning of course those with enough cash to spare to be able to run air-conditioners for their plants and pets while

the servants and their kids sweat it out in their backyard!!! Of course there are the cheaper varieties too, which any thrifty housewife can pluck off from the neighbour's garden and replant in another container without having to suffer the chagrin of an empty purse. Besides exotic plants, like imported cacti and the beautiful Hoya Compacta Rainbow, the shop offers aid and advice to all amateur gardeners, to make their plants as gay and lush as the ones in this island of enticing greenery. There are things with fancy

foreign names like moss sticks and pied moss, special containers and magical fertilizers.

Something new is always welcome, especially if it comes in the middle of a hot humid summer, more so because the fashionable ladies have another place to go to, to beat the heat. For the lesser ones, even the security guard at the entrance cannot deprive them of minutes of cool pleasure without spending a penny!!!

Nyla Daud

### Oriental lands in Lahore

Sughra Kazmi of Oriental Fashions, alias the Sadequain of dresses, alias the fairy god-mother of demure brides, in fact the last word in the exclusive presentation of the bridal wardrobe, has at last landed on the Lahore front, and about time too.

With cousin Arifa Asad

providing the premises at 2C/1 Gulberg-III, Phone: 883955. Oriental Fashions is now going to have an out let in Lahore. Consequently mothers and sisters and blushing brides need no longer thrash around the piles and piles of wedding finery in the city's markets. All they need is a quiet

browse in a quiet house. in one of Gulberg's by-lanes.

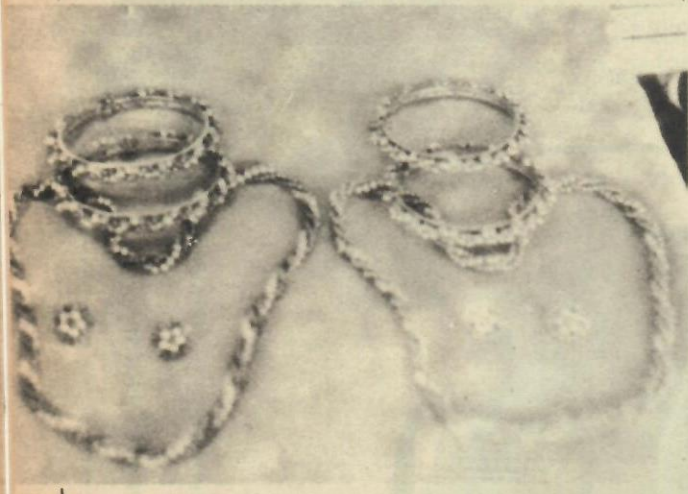
Hand loom raw silk, pure silk, French chiffons, block prints and the ever popular "Corrandi" - fashion fabrics, highlighted by sequins in their splendour, charismatic tilla and delicate embroidery are there for the finder. The most unimaginable colour

schemes, turquoise with jet black, catch the amazed Lahore eyes, not to mention the exquisite ideas like sequins on chundri shirts and Swati applique on raw silk dresses.

Henceforth style and originality are there to stay, in the world of Lahore's bridal fashion - courtesy Sughra Kazmi.

Nyla Daud

## BEAD IT



Jewellery will remain a woman's best friend in all times and ages. With the price of gold soaring sky-high, a repertoire of artificial and costume jewellery has suddenly emerged. Latest on the fashion scene are beads in all colours, shapes and sizes.

A beautiful set of beads, consisting of a necklace, car-tops and a pair of bangles is available at A-Sons. These trinkets are made in beads which are commonly used in 'poath' or the 'mangal sutler' worn by married Hindu women.

The beads of the necklace are in two colours — gold plus any other colour ranging from pink, turquoise, brown, red etc. The two different coloured strings are twisted together so as to give a rich, elegant effect. A pair of matching karas and ear-tops complement the set which costs Rs. 200.00.

On your next 'jewel hunting' session, make sure you drop in at A-Sons.

Address:

A-Sons Jewellers  
39, 40 Allama Iqbal Road,  
P.E.C.H. Society, Karachi.

## GOLD RUSH

Karachi's latest rage are the 'Gold Rush Checks' — a pocket size booklet available at Paramount Book Stall, Clifton. A useful scheme to raise funds for needy organizations and helping the community in

general.

The carrier of these checks is entitled to various benefits ranging from discounts at high level restaurants to cut-price purchases at leading department stores etc.

The booklet has seven basic sections, marked as Fine dining, Convenient dining, Clothing and Shoes, Fun, Travel and Entertainment, Beauty Aids, Beautiful homes and Bonu-

Under fine dining you can

avail of various benefits including free lunches, complimentary dinners etc. (depending on the check you are carrying) at the leading hotels and restaurants of the city, such as Suzie Wong, Towers Grill, Taj Mahal, Skippers, Maxims etc. For convenient dining, get complimentary french fries, French loaves, biscuits, pizzas and ice-creams from fast food favourites — Mr. Burger, Flury's, Carvel and Omar Khayyam. The Pakistani craze for clothing and shoes is well taken care of

by providing discounts at leading stores like Kenhill, Shabis, Chase, Trends etc.

Besides free video movies, bridal make-up at reduced rates, discounts in air tickets, purchase of books, home furniture and fittings etc. are the added benefits provided to you.

And what's more you can buy the 'Gold Rush Check' booklet at a meagre price of Rs. 50.00 and avail of a long list of special privileges. So make your purchase today, and have fun.

## OF THIS AND THAT



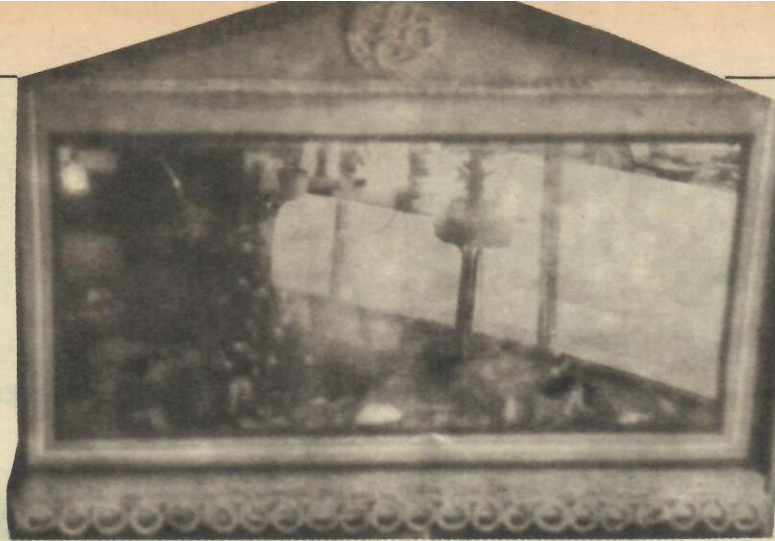
Tasteful and elegant decor can do wonders for your home. Accessories are the items through which you can express individuality and a unique style of your own. To enhance the beauty of your homes, a beautiful set of clay statuettes are available at Shaheen Super Market. The 'musical set' consists of intricately carved figures of three old men, wearing turbans and carrying a musical instrument each—flute, matki and tanpura. The boarded men have realistic and life-like expressions on their faces, an evidence of the dexterity and expertise of their creator.

Each set is worth Rs. 600.00 and is available in two colours, shaded grey and shaded fawn.

Also available at Shaheen Super Market is a wonderful collection of flower arrangements, displayed by Yasmin Kacchi. Each arrangement is available with holders, varying from colourful clay pots to straw-baskets. The flower arrangements are also available in the form of wall hangings. The price range of these excellent pieces is from Rs. 100.00 to Rs. 600.00.

Available at Shaheen Super Market, Clifton, Karachi.

# ANIMALS AND ANIMALS



Animal lovers, here's superb news! A fantastic new shop in Clifton provides you a golden opportunity to keep your pets in real style. 'Shahinshah's Creations', (named after the owner), will help beautify your homes and gardens with an artistic touch. Beautiful aquariums are here to solve all your 'fishy' problems. Available in the price range of Rs. 2,000.00 to Rs. 3,000.00 (depending on the size), these aquariums

## COMPLECTIONS

'Completions' is the latest make-up and hair dressing salon in town. Tastefully furnished and with an excellent decor, this new beauty shop offers a wide range of computerised machinery to help improve your looks. Mrs. Nafisa Asmat, owner of 'Completions' proudly announces that she has the latest models of computerized gadgets. For hair treatment, styling and conditioning, their computerized perming and steaming machine will help solve your problem. For evening make-up, their charges are Rs. 400.00 and bridal make-up costs Rs. 1,000.00 plus Rs. 200.00 for hair styling. A haircut with conditioning costs Rs. 150.00

Mrs. Nafisa Asmat has done her make-up and hairdressing course from abroad. She also plans to open a boutique soon.

'Completions' timings are from 10 AM to 6 PM (Fridays off). So improve your looks with 'Completions' computers.

**Address: Completions,  
Shop No. 101, First Floor,  
Shaheen Super Market Clifton, Karachi.**



# WHAT'S

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are designed with a touch of class. Colourful fishes from Singapore are an added attraction.

Besides, pet cages in various sizes are also available here. Each cage is made in rough wood with a sloping roof, and to ornament them further, 'cane rope' is used to layer the joints. The inner set-up of the cage is equally spectacular with artificial plants and branches, colourful feeding pots, swings and 'matkis'. Besides this a wide range of wall hangings, frames, lamps, pot-holders, etc. are also available at Shahinshah's creations.

A set of two sofas, centre table and partition screen, displayed at the shop, has a unique and innovative style. Made in wood, these are covered with 'jute cloth'

(gunny bag cloth), to give a rough, and yet homely appearance. What's more the whole set costs only Rs. 5,000.00.

**Address:  
Shahinshah's Creations  
Jamalistan, Clifton, Karachi.**

## HANGING GARMENTS

Hangers, the elemental necessity of every wardrobe, are now available in striking colour combinations. Beautiful to look at and more convenient to use!

The common plastic hangers, which have occupied the market for a long time now, have proved a nuisance in Karachi's hot sultry weather, inadvertently leaving stains and coloured blotches on your expensive outfits. These plastic hangers are now intricately covered and layered with silk ribbons by a talented young girl, Aisha. Each hanger is carefully designed by weaving colourful ribbons around it in a patchwork pattern. So hang your expensive dresses in style with these exquisite new hangers.

Aisha is also making attractive baskets to keep your titbits from scattering around. These wonderful pieces besides adding colour and zap to your room will also make a wonderful present for a dear one.

**Available at:  
Femme Fashion 84/P Ghazali Road,  
P.E.C.H. Society, Near Automatic Bakery  
Opp. Tariq Road, Karachi.**

**Sleeping under the stars was a joy to be experienced.**

# Look Back Gently

BY ALYS FAIZ



**W**henever one takes up a social history of India there must surely be a chapter on the Punjabs and one reads, "the hot and dusty plains of the Punjab". But no words, no description can give it the truth, the awful truth of the dust and the wind. I discovered it in Lahore, in May 1942 in our house near Canal Bank. I lived through, during the days of May storms, what one can but say was nearer to hell than most other things. One loathed the sudden darkening of the sky, the gathering, gloomy dust-laden clouds, the deep hush before the wind rose in its fury to toss trees, bang doors and windows, lift the edges of carpets before one could get doors shut, battling against the wind. Clinging to clothes, shutting eyes against the grit and the flying leaves and broken branches - within minutes one was lost in a world of grey, dust-laden possessions.

One dreaded it, one cursed it, but if a little rain came too, a respite of two days would be our grace.

Perhaps at night as we slept beneath the sky under mosquito nets, beddings would blow away, nets topple - we would grab whatever we could, roll up beddings and rush for shelter in a rattling house. Throwing beddings anywhere we would sink down and roll over to recapture lost sleep.

But sleeping under the stars was a

joy to be experienced. String cots were dragged out early in the evening, beddings spread, nets criss-crossed, water sprinkled, all sprayed against ants and mosquitoes, earthenware jugs filled with water and garlanded with jasmine. A lamp on a table, an ashtray and finally, looking at the stars we would lie chatting, until sleep overcame us. Down would drop the nets, tucked in around the children, a final spray and good-night.

Birds awakened us at dawn and in the cool air of morning we slumbered on a little, until the sun rose and heat came with the day. We would cover the top of the nets with sheets against the dew. Then nets were rolled up, beddings swung over shoulders and taken inside. Roofgarden flower-pots would be watered, and then a tea-tray would arrive with the morning papers.

Children would make their yawning way to the bathroom, sorting out their uniforms as they went - hunting for satchels, books, then gazing down into their glasses of milk, brushing hair, sorting out pigtails, cleaning teeth. The sound of the tonga, a last rush, gathering

belongings and they were off.

We would sit, Faiz and I, turning on the pedestal fan, treasuring these moments before we, too, rose to ready ourselves.

Those were the days of a devoted retainer, dead but two years past, faithful, trustworthy, courteous, who saw Faiz through prison, cooked, cleaned and was loved by us all. His exit was slow and painful. He was caught by a truck while cycling, his arm was fractured. He was treated well, but his age was against him. At last he did return to work, with limitations. But his frailty made him prone to sickness, and one day we decided to X-ray. His lung was under stress. The T.B. ward claimed him, but complications followed. It was a long, long treatment, but at last he left for home - his own home. But, said the doctor, no more work in a kitchen. We coped, we couldn't replace him. We paid him a pension until the day he died. His grandson, an educated young man, would collect it. He lay until the last, resting on his string cot.

It was in London that we heard he had died. I wept on Faiz's shoulder - it had been a long, long association - Lahore, Karachi, Lahore.

We felt desolate, forsaken. We had thought he was for ever. It was the same year that Faiz left us - he, too, we had thought was for ever.

# TALK

# SWEET

# HOME



NAZIHA SYED ALI

I forced myself to change in order to be accepted, but it was a painful process”.

By her own admission, a very headstrong and rebellious person she laments the “strange mentality” of our society that endorses no belief in the dignity of the individual. “Parents also perceive their children as being an extension of themselves and refuse to understand the difference in the thinking, attitudes and aims of their age and ours. My self-respect means a lot to me and I hate to do things in a clandestine way but . . . . .”

In her opinion, however liberal the parents may be, their apprehensions about society’s approval and acceptance always take precedence over their own convictions. “When my parents visited U.S.A. while I was there, I could freely meet whomever I liked (male or female) and wherever I liked. In fact once I was allowed to visit a male American friend of mine to whom they had never been introduced. I took a bus early in the morning, went to a different town spent the whole day with him after which he dropped me home past midnight. There were no questions, no reprimands at all – I was quite shocked !”.

Over here, the situation is hardly similar. Five minutes later than the deadline and a barrage of questions awaits her. Any male friend ( even if he is a fellow student from art college) who comes over to visit on his own is suspect – “What do you both have to say to each other that takes one whole hour?” demand her parents. She succinctly describes the general opinion as – “Only perverted girls can have platonic friendships.”

She is freelancing for an advertising agency but, she says, “Unfortunately, a lot of creative energies get curbed with everything else. I can’t work late, even if I’m at a friend’s place. If they come over it’s okay, but I must not be out of their sight – ‘Zamana Kharab hai’ !”

While recognizing that her attitude to life is often uncomfortably juxtaposed to that of her parents, Samira smothered her resentment and maintains a discreet silence upon her most radical views in return for harmony at home. “I’m the sort of person who likes to have everything out in the open, people who communicate, not dead, superficial relationships. So in the beginning I argued and tried to make them understand, but then I realized that it was no use. I simply upset them by voicing ideas that are not acceptable to their way of thinking”.

As a career woman who has, of her own volition, remained single upto now (she’s in her late 20s), the social insistence on marriage never ceases to rankle her. She complains that in her case, others are more concerned than are her parents. Despite such pressure, however, Samira still prefers living here, particularly in terms of her career. “You can make more of an impact, whereas abroad you are a mere drop in the ocean.” And for a person to whom her work means her life, this is a very important advantage.

“Strangely enough, I think my parents allowed me more freedom when I was younger, before I left for the USA. Maybe it’s because they’re older, and correspondingly more protective and insecure, or perhaps things really have worsened in the ‘zamana’ !”

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## FAUZIA HASNAIN

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**A**fter I came back from my studies, one of my cousins asked me what beer tastes like and couldn’t believe it when I said I didn’t know!”  
An Economics graduate from Wheaton College in Massachusetts, USA, and currently employed in the European-

Asian bank, Fauzia has relatives who are a classic example of the preconceived, and largely derogatory, notions that our society harbours about girls receiving education abroad. Her parents were her "greatest support" but they encountered some strident opposition from relatives who cautioned them with ominous predictions — "You'll lose her, she'll become totally Americanised, she won't be your daughter anymore, it's such a dangerous place that if she

**“I've associated with Christian priests, Jews and it just made me realize how fanatical our society is.”**

doesn't get spoilt, then she'll get killed." Her parents were not convinced.

Their liberal attitude towards her education and their insistence upon her carving out a career for herself existed alongside more conservative views. Though she attended a co-educational school upto her 'A' levels, mixed parties and phone calls from male fellow students were not looked upon indulgently.

Asked to describe her four year stay abroad, the question elicits an enthusiastic and prompt, "Fantastic!" The first year was a difficult one. "I was at a total loss, had never handled a cheque book, never travelled on a bus, never been anywhere alone. But once I settled in I had the best time possible."

Fauzia considers the experience as having wrought a considerable change in her judgement of people. "Many of my friends smoked and drank (cardinal sins in this society) but I socialised with them freely because they were wonderful people inside. And where religion is concerned too, I became more tolerant. I've associated with Christian priests, Jews— and it just made me realize how fanatical our society is. I think it's made me a better person."

Without hesitation, she admits that she found the thought of coming back most depressing, made more so by "propagandist horror stories" relayed by those earlier returned. "My room-mate and I used to sit up at night and cry over our apprehensions. We were caught between wanting to come home and staying back."

She remembers her arrival in Karachi with wry amusement, when "amidst the confusion in the Customs, they gave my passport to someone else and didn't seem in the least bothered about it either!" Only when they saw her in tears was the matter was hurriedly resolved.

Most of her relatives have never stayed in the USA for any length of time and it was with an attitude of reserve and anticipation that they regarded her, "as if they were all just waiting for me to make a wrong move. They could not conceive that anyone coming back from there after a prolonged stay had not undergone a fundamental change and was still the same as anyone else. So naturally for some time I felt very uncomfortable in their presence. Surprisingly though, some girls I've met here, who haven't been abroad, seem more 'westernised' than I am."

Aspects of life that most Pakistani women have resigned themselves to, such as being harassed while driving alone, or ogled at unabashedly in the bazaars, were greatly disturbing to Fauzia after her long absence from the scene. "Over there I could dress as I pleased, go where I pleased and no

one took the slightest notice."

"I still have occasional outbursts about the erratic electricity or water supply or that I can't go out on a whim, but I don't think that it has been as difficult an adjustment as I had expected. It was made to look tougher than it was".

Assessing the present situation, Fauzia says that "my parents are not overprotective and I have far more leeway now than I had before I went. There are no deadlines to meet and though my mother does insist on waiting up for me, I have my own key to the house. I suppose I've earned their confidence by having managed alone for four years."

Perhaps the close and understanding relationship with her parents can be attributed to Fauzia having retained most of her fairly conventional ideas. Reflecting upon marriage, she states, "A lot of girls here are totally against the idea of arranged marriages and I don't see why. It's not that I'm against love marriages but I certainly wouldn't wait to fall in love. I've seen the desperation and feelings of rejection suffered by some American girls once they turn 20 and realize that they don't yet have a steady boyfriend. I don't envy them that pressure. Here one can leave the selection part to the parents, relax and just give the approval! What could be better than that!"

## FARHAT ALAM

I don't like this atmosphere wherein I'm treated like a little girl again. In fact I find it extremely difficult to tolerate," says Farhat in decisive tone laced with irritation.

Possessing a degree in law from an English university she is presently working in an advertising agency while seeking a job compatible with her qualifications. In her case, going abroad for higher studies was the natural culmination of "an entire education geared to that end" and backed by unstinted parental encouragement.

"During the first year I was very homesick, very frightened, on my own for the first time, totally muddled up and with no clue where to turn for advice. Then slowly, as I made friends and got used to the environment, I began to enjoy myself."

Having led a very sheltered life under the wing of fairly strict parents, she revelled in her new found independence "and by the time I left, I was very sorry to come back!" In Farhat's eyes, returning home has also meant "a return to the same old routine and a sensation of being trapped. In England, if I wanted to go out, I'd just put on a coat and walk out of the door. Here I can't walk down the street alone, I can't go to the bazaar without an escort and then too I have to make sure I'm properly clad and wearing a chaddar. I find it very restrictive having to tell my mother details of where I'm going and exactly what time I'll be back every time I step out of the house. If I have to stay late at the office, I'm compelled to call home and inform my parents or there's general hysterics by the time I get back. I'm simply not used to it all anymore. I've grown accustomed to being independent and looking after myself."

Farhat says that before leaving for England, she would readily have described her parents as very broadminded. The situation however, has undergone a radical and at times painful metamorphosis. "We just don't see eye to eye anymore. While my mother and I sort of rub along, I tend to have serious clashes with my father that can cause great tension at home."

She believes it is due to her tendency towards very vocal criticism of certain aspects of society. "I think he feels

that I shouldn't be so outspoken."

"Marriage is an issue that is really up in flames at the moment because I'm marrying a non Pakistani I met in England and although I've never believed in arranged marriages and it was always understood in my family that I would find my own husband, I suppose they did n't expect me to find someone abroad."

Farhat objects to what she calls a "total dichotomy" in her parent's attitude towards marriage for while giving her

**“ Before , I would readily have described my parents as very broadminded but now we just don't see eye to eye anymore.”**

the freedom of selecting a husband for herself, they would not have entertained the idea of her dating. "How can you possibly make a choice if you're not allowed to go out and meet men or get acquainted with them ? " She concedes that had she remained here all along she would have been more pliant regarding the matter.

"I get along well with most of my relatives but yes, there is a branch in my family which is more conservative than the other and I suspect they blame my staying away so long for any change they discern in me". She accuses the males in her family of greater intolerance and narrow-mindedness than the women.

Her views pertaining to working women and women's role in society have been deeply affected by her sojourn in the UK. "After seeing women working with men as colleagues and regarded as their equals, I can perceive more acutely the disparity between the treatment of male and female employees here and it never ceases to anger me."

"Upon coming back, I find that my social circle has more or less melted away. Most of them are married or they're settled elsewhere. So I hardly ever go out except to the office and back. More often, I end up getting dragged along to my parent's friends — which can be excruciatingly painful! They don't understand why I have no desire to visit their friends most of whom I find old fashioned and a little boring." She recalls that before she used to go along with a murmur of protest — "perhaps because I had no idea of a different kind of life."

"My parents appear to place my change in temperament and ideas above my academic achievement. I am sure they regret sending me abroad and in fact they say so — several times a day!"

Speaking for herself, Farhat has no regrets whatsoever. "It's given me a great deal as a person. I've met so many kinds of people from diverse countries and it has influenced me by broadening my thinking and my horizons."

## AYESHA MEHMOOD

**I** abandoned the idea of studying further for my Masters, for I truly appreciate my culture and did not want to stay away from here long enough to reach a point of no return."

Armed with a Political Science degree from "a very radical

college", near Iowa, USA, Ayesha returned home fired by lofty ideals and a patriotic urge to "do something constructive for the people, particularly the women, for I felt I had so much to offer."

She describes her family as being very conservative where it is quite unheard of for girls to study abroad. "My relatives thought my parents were crazy for sending me. They couldn't fathom why a girl's education was being given so much importance. Initially my father did need a little counter-convincing from me but after he'd personally checked out the campus, his attitude was very positive." "I see my four years in USA as essentially a growing-up experience which further developed my independence in an atmosphere where I was not hampered by necessarily having to consider how my actions will reflect on my family." Returning home, Ayesha was confronted with the dilemma of remaining true to her ideals and retaining her independence, both of which she had nurtured over the years and, simultaneously, and being accepted by a society which was already quite prepared to see her as having changed beyond redemption. "I was intensively grilled by my relatives about my years in USA with particular emphasis on 'boys'. It was a challenge for me to prove them wrong and vindicate my parent's stand which had been so supportive. Nevertheless, it was mentally very

**“ My relatives couldn't fathom why a girl's education was being given so much importance.”**

upsetting because I did not want to compromise either way. Finally I struck a sort of balance, but in the process I feel I killed a part of myself." Her effort to integrate was evidently successful as she notes with satisfaction that the lady with the most questions and objections, had later sent her daughters abroad too!

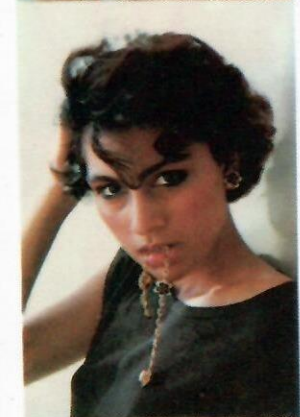
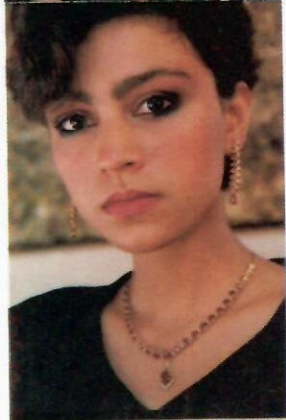
Merging into the mainstream of things also proved difficult. "I found people's conversation so insubstantial. I didn't want to go out because the idea of falling into the same old rut of dressing up and going partying every Thursday evening was not appealing. I didn't want to be one of those women whose total existence revolves around looking good and dressing well. I wanted to be appreciated for myself and do something constructive." After retreating into self-imposed "solitary confinement" she realized that she had to relax her attitude and forced herself into a moderate amount of socializing.

"I guess I was very idealistic when I came back and a lot came as a shock. It saddens me that I have not yet been able to do anything productive."

"I had dreams of being useful to my country and I know that there are people who are doing work that I want to do, but how do I reach out to them? Most projects require professional degrees which I don't have."

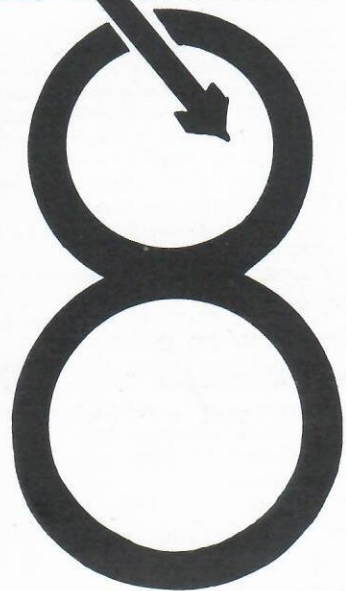
There was a programme organized by a Canadian university to work in Punjab and Baluchistan with the rural women for which Ayesha sent all her resumes through the embassy in Islamabad. "I was selected but — can you believe this —

CONTINUED PAGE 100



Brilliant emeralds set in gold for a majestic design. From Jewels International.

# AFTER



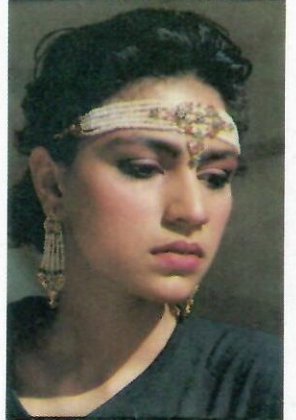
Sparkling diamonds set in floral design fashioned into tops. With matching kurta buttons. From Jewels International.



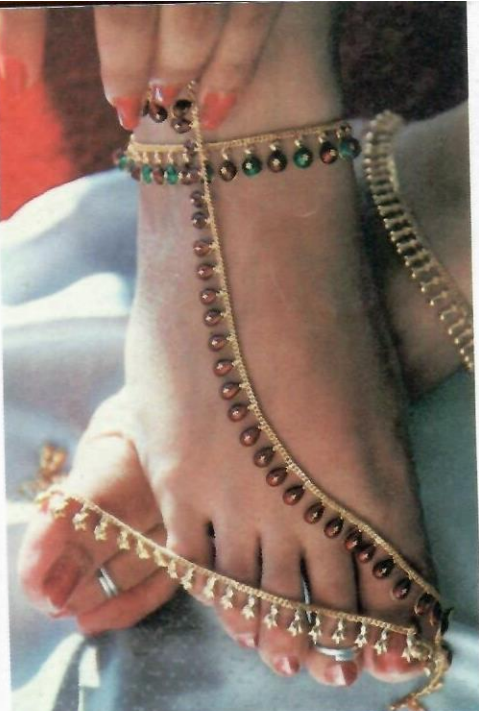
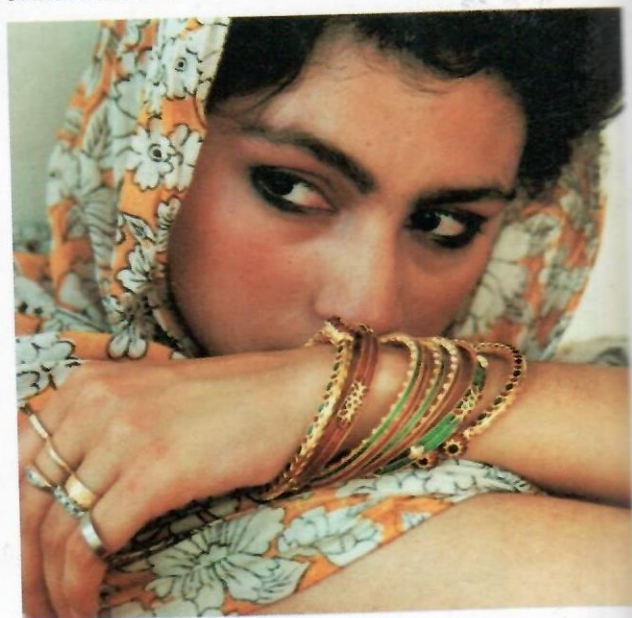
An elaborate setting in gold, with regal stones like emeralds and rubies cleverly shaped to outshine the night. From Hasan Javeri.

**Savour the midsummer gleam with jewels—that look delicious. Pile on the gold, mix some diamonds and rubies, flavour with emeralds, season with sapphires and sprinkle with pearls. Feast your eyes and give yourself a royal treat.**

Diamond balis set with a whisper of sapphires in creative detail. Gleaming ring with an emerald carved into a polished gold setting. The irresistible glow of gold fashioned into a delicate band. From Hasan Javeri.



A treasure chest of bangles, richly enamelled in meena work, and set in gold. From Jewels International.



Payals in an endless variety of shimmering gold and colourful 'meena' designs. From Jewels International.

A luminous combination of diamonds, rubies, and emeralds superbly crafted into a necklace and unusually extended earrings. From Jewels International.



# Deadly serious, funnily enough



Woody Allen in *Broadway Danny Rose*

**WOODY ALLEN HAS JUST TURNED 50, AND AT AN AGE WHEN MANY ARTISTS WHO MATCHED HIS EARLY SUCCESS HAVE DISAPPEARED, HE CONTINUES TO INTRIGUE AND OFTEN STARTLE US**



In *Sleeper*

**H**e has been described as "the finest writer-director in the American cinema since Billy Wilder" yet few are aware that there is an essential paradox in Woody Allen as film maker. He insists on total control — one of the very few major film-makers with authority over every idea, from the script to the advertising, every detail on and off his set, because he equates this dominance with artistic freedom.

"If I had to make films without complete control from start to finish, I definitely would not do it", he says, "I'm only making films because I'm as free there as if I were writing novels. You can't create unless you're completely free". Few artists of his stature admit to so many self-doubts while displaying so much confidence; rarely is such an overwhelming need for control manifested in such a mild manner.

As writer, director and usually star

of some 15 films in 17 years, Allen has hubristically reached for the large themes of love and death. Yet handed us brilliantly nuanced, small-scale movies; *Annie Hall*, *Manhattan* and *The Purple Rose of Cairo*. To pick out any one of Allen's strengths, his quirky comic persona, his eye for the ticklish spots of upscale urban life, or even his astonishing technical growth and diversity, does not begin to define him.

Vincent Canby, film critic of the New York Times, says of Allen; "There's nobody else in American films who comes anywhere near him in originality and interest. One has to go back to Chaplin and Buster Keaton, people who were totally responsible for their own movies, to find anybody comparable."

Allen has just turned 50, and at an age when many artists who matched his early success have disappeared, he continues to intrigue and often

startle us. For his movies offer that inconspicuous blend of content and form that distinguishes the finest art; his on-screen families are portrayed by Allen's real-life friends and lovers; his romanticism is so lush it flows through the music and photography; his obsession with death so strong it must be deflected through

# August's

## ROOHI BANO in GARDISH again

For quite some time now, on Wednesday evenings, the attendance at weddings, parties or other get together has been abysmally low — reason, the running of a popular drama serial from PTV — Karachi.

After 'Tanhaiyan', the once entertainment deprived viewers are again given a chance to sit glued to their television sets, with the launching of 'Gardish'. (The less said about the intermediate serial 'Aasman Tak Deewar', the better).

'Gardish' looks promising with a super-star cast, and an intelligent producer at its helm. The serial is produced by Qasim Jalali and is written by Nazir Muhammad Khan. The main attraction of *Gardish*, however, is Roohi Bano's comeback. This great actress seems to have finally got over her personal problems (whatever they may be) and has returned to the miniscreen. The lady's troubles however look unending and complicated — as is evident from her tussle with the income-tax department. Her past record of leaving serials abruptly in the lurch (*Karwaan* etc.), already had the PTV officials on edge. And her latest income-tax problem was the cause of many delayed recordings, there was no time for editing and the ensuing confusion deprived the press from reviewing the pilot programme. However to the relief of all concerned, four episodes of 'Gardish' have been recorded by now. The main theme of *Gardish* deals with the comparison of age old traditions existing in our feudal society against rapid change, progress, industrial revolution.

"Gardish" shows Roohi Bano cast in a role which fits her like a glove and without doubt her acting is superb once again, establishing the fact that she is an actress of the highest calibre.

Other stars of the serial are Shakeel, Izhar Qazi, Anita Ayub, Zahoor Ahmed, Saqi and Noor Muhammad Lashari.

Izhar Qazi, who has proved quite successful in films too, has reportedly postponed his film shootings to appear in the serial. A compliment to Pakistan Television.

Anita Ayub, the hottest model in town, is the new entrant. Known as yet only as a pretty face, it remains to be seen how much justice she will be able to do to her role as an actress.

*Gardish* will stretch through 13 episodes, and with a promising cast, talented producer and powerful script, it appears to have all the ingredients for success. Let's hope it lives up to general expectations.



## Firdousi delights the viewers

From time immemorial, rich, lilting melodies have emerged from the land of the mighty rivers — Bengal. Musicians and vocalists of Bengal have haunted the natives of the sub-continent for centuries. Their sweet, soft and yet exuberant renderings have a rhythmic pattern which matches only the sound of roaring rivers or the gentleness of still waters. A rare gift endowed to that part of the world alone. In the good old days when Bengal was still a part of Pakistan, singers, musicians and composers were always around to enthrall music lovers of this country. Unfortunately with

the days bygone, this has become a rare treat.

Firdousi Begum, a great Bengali vocalist, (who was once the pride of Pakistan), visited her old country a few months back. It was rumoured that PTV had recorded a special programme with her. The viewers anxiously waited for the appearance of this (much publicised) recording on the miniscreen, but as usual PTV seems to be sleeping on it. (Remember the fate of Mussarat Nazir's interview which was telecast a year after it had been recorded). Anyway better late than never. A few days back PTV finally did telecast this excellent programme as a PTV special.

Throughout the programme Firdousi held her viewers spell-bound. Her fine and lilting voice and the poise and ease with which she rendered each number is worth applauding. The range of her songs varied from ghazals of Faiz and Nasir Kazmi to the renderings of the ever popular Bhatiala (of the boatman). To add some local flavour, she sang the folk numbers in Pakistan's provincial languages.

Every intonation had a natural rhythm and the ease of delivery, was enough to bewitch not just music lovers but any lay man.

The programme was compiled by Ghazala Qureshi, who made a brief introduction of the great vocalist for the benefit of the younger generation.

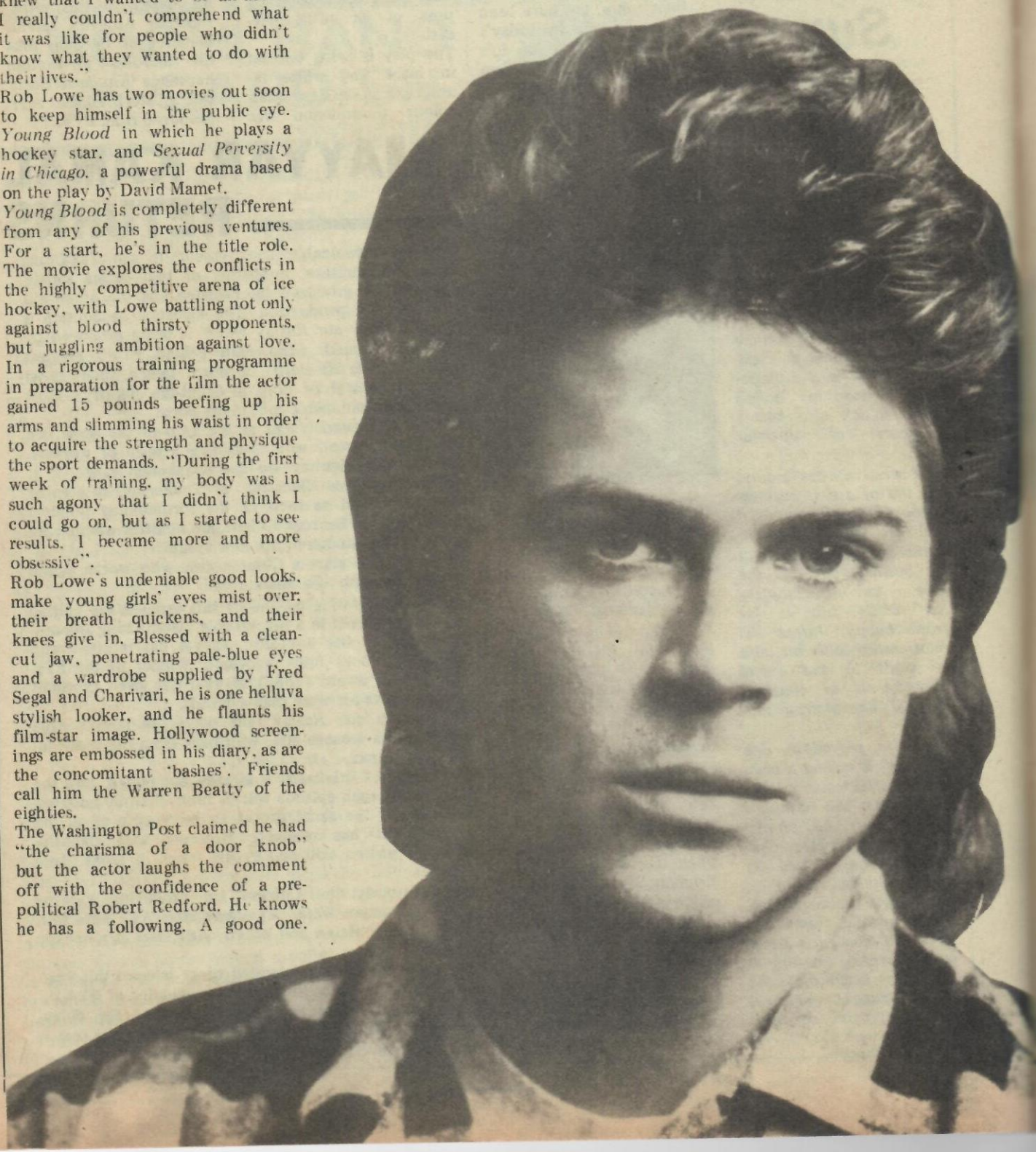
# ROB LOWE

**R**ob Lowe drives a Mustang, wears cowboy boots and has 12 pairs of sunglasses. He flaunts his movie star image and is widely tipped to take over from where Richard Gere left off. Rob Lowe is in on an all time high and getting higher. But do not let his good looks fool you. No doubt a handsome face has its advantages but Rob Lowe can take the credit for having initiated this courtship. "Since I was nine years old, I always knew that I wanted to be an actor. I really couldn't comprehend what it was like for people who didn't know what they wanted to do with their lives."

Rob Lowe has two movies out soon to keep himself in the public eye. *Young Blood* in which he plays a hockey star, and *Sexual Perversity in Chicago*, a powerful drama based on the play by David Mamet. *Young Blood* is completely different from any of his previous ventures. For a start, he's in the title role. The movie explores the conflicts in the highly competitive arena of ice hockey, with Lowe battling not only against blood thirsty opponents, but juggling ambition against love. In a rigorous training programme in preparation for the film the actor gained 15 pounds beefing up his arms and slimming his waist in order to acquire the strength and physique the sport demands. "During the first week of training, my body was in such agony that I didn't think I could go on, but as I started to see results, I became more and more obsessive".

Rob Lowe's undeniable good looks, make young girls' eyes mist over, their breath quickens, and their knees give in. Blessed with a clean-cut jaw, penetrating pale-blue eyes and a wardrobe supplied by Fred Segal and Charivari, he is one helluva stylish looker, and he flaunts his film-star image. Hollywood screenings are embossed in his diary, as are the concomitant 'bashes'. Friends call him the Warren Beatty of the eighties.

The Washington Post claimed he had "the charisma of a door knob" but the actor laughs the comment off with the confidence of a pre-political Robert Redford. He knows he has a following. A good one.



# A VISIT TO

# URDU BAZAR



**Back to school  
means back to  
buying books.  
Naushaba Zuberi  
checks out the most  
popular place for  
the bargain hunter.**

hand books in excellent condition. Every title concerning the teaching of the English language is available here as are a number of imported books on professional subjects. The test for M.B.A. or B.B.A. can be taken with the aid of the book on SAT (Rs. 75.00). The book for taking TOEFL (Rs. 160.00) consists of two cassettes and a guide. There are several collections of aptitude tests and question papers for various University examinations. Just nearby is a very interesting shop called the Low Price Book Shop, where you can sell as well as buy books and browse for hours looking at old anthologies, dictionaries and other lost and forgotten tomes.

As I said earlier, Urdu Bazar is equally valuable for the teachers as well as for the students. There are shops specifically devoted to teaching aids. Some deal with regular school equipment and others in only Montessori equipment. Aftab Academy (Phone: 219925) has an excellent collection of charts (most with a 3-dimensional effect achieved by packing material) and other teaching aids at very reasonable prices. Orders can also be placed for special charts. There are charts depicting various fruits and vegetables in two parts both of which are for Rs. 40.00 each. Charts

illustrating the English alphabets are for Rs. 40.00 each, those of the Urdu alphabets are for Rs. 50.00 each. Alphabets with pictures cost Rs. 75.00 while maps of Sind and Pakistan are for Rs. 10.00 each. Then there are charts showing the various dresses worn in Pakistan, Urdu poets or leaders in the Pakistan Movement (Rs. 10.00 each). A very interesting and new item in this shop is the set of plastic alphabets and numbers (Rs. 40.00). They can make teaching a child easier as they can be fixed and then removed from one place.

Next to this shop is Haqqi Brothers who sell all kinds of specimens needed in the practicals of biology. In glass bottles full of solution can be bought a cockroach or a frog for Rs. 40.00. There are also various shells, reptiles and other specimens. Lab coats are available here for Rs. 40.00 each.

Besides books and other articles Urdu Bazaar has a number of shops doing wholesale in stationary. The price difference can be appreciable if large quantities are purchased for a school or for a number of school or college students. There is a difference of at least Rs. 2.00 per copy.

In Pak. Copy House the whole sale rates are as follows:

72 page copy —	Rs. 13.00 per dozen
120 page copy —	Rs. 24.00 per dozen
176 page copy —	Rs. 33.00 per dozen
224 page copy —	Rs. 42.00 per dozen
Fancy bound copies are at:	
240 page copy —	Rs. 51.00 per dozen
320 page copy —	Rs. 66.00 per dozen
400 page copy —	Rs. 78.00 per dozen

Science journals are for Rs. 48.00 per dozen.

The same can be applied to ball pens which cost Rs. 7.00 per dozen while a big bottle of ink is Rs. 13.00. There are shops both in Urdu Bazaar and behind it too, selling only school bags. The prices range between Rs. 50.00 to Rs. 150.00 subject to size and quality.

So a visit to this place can prove not only economical and fruitful but sometimes essential too, as certain books and papers are only available here and not else where in the city.

After the long, hot summer which in Karachi seemed still longer with the persistence of the heatwave and the absence of rains, people are now showing some signs of getting back to work. Some educational institutions which closed earlier have already re-opened and others are about to. Students are rousing themselves after a lethargic summer. Uniforms, school bags and books are once again in great demand.

So naturally the most frequented place these days is the Urdu Bazaar, both by students and teachers. I too paid a visit just recently in order to choose some books for the school. This bazaar deals solely in books and other items connected with education. It is situated off Frere Road, near the Women's College. From about ten thirty in the morning till late evening, this place is the centre of immense activity where students and teachers can get their pick of almost anything from the basic keys to the most rare text books. One can rest assured that any book not found here will not be available anywhere else in Karachi! Quite a large number of the shop owners have turned publishers too, taking bits and pieces of different text books and compiling a new one. The result is often good — sometimes rather funny.

The Urdu Bazar is a very big market, covering a large area on almost three sides of the road.

Most shops deal in new as well as second-hand books while there are some which only buy second hand books. Other specialise in science books or professional books like medicine, accountancy and engineering. The price is only about fifty percent of the original but also depends upon the quality of the books. Generally if a book is available for Rs. 100.00 in the open market, in the second hand bookshops here it is bound to be for Rs. 60.00 and that too in fairly good condition. Most books taught in our Cambridge schools are now only available at certain book stalls here — Madina Book Stall being one of them. Even if there is a shortage of the desired book it will be available in a week or two if an order is placed.

As you enter from the main road, Younus Book Centre — the first book shop on the right, has a very good and varied collection of second

ASK OUR EXPERTS ANYTHING

# ABORTIONS— WHY?

DR A SHADI KHAN  
F.R.C.O.G

# Q

Why are some women more prone to abortions?

# A

Before we embark on the subject of abortions it is necessary that its definition should be known i.e. expulsion of the conceptus or foetus before 6 months of pregnancy is called an abortion.

Certain women are more prone to abortion due to either a defect in the womb or some abnormalities in the ova — (egg of female) or the sperm of male. Of the many causes of abortions, the most common is the defect in the conceptus.

It is generally believed and proven that hormonal deficiency can cause repeated abortions. One would also include the Diabetes Mellitus, Syphilis, high blood pressure, chronic illness of the kidneys, which could cause abortions.

Sometimes the mechanical interference inside the cavity of uterus like Fibroids or Polyps in the uterine cavity, which hampers the expansion of the womb wall and hence the normal development of the baby is prevented. This mechanical defect will automatically expel the conceptus.

A very common cause of repeated

abortions is nervous shocks, fright, and fatigue. As a result, the pituitary situated in the brain, which is the master gland controlling the entire hormonal system, gets upset and produces yet another hormone called the Oxytocic substance which has a direct stimulating effect on the uterus. Hence the expulsion of conceptus occurs.

Some patients have an inherent weakness in the neck of the womb (cervical incompetence). This is a very interesting cause, from the point of view of the doctors. Controversies exist with regards to its treatment which I will explain later.

One of the most important cause of abortions is the genetic aberrations present in both husband and wife, especially if they are cousins. The union of similar genetic material with like chromatin substance which carries the entire information code is thrown into turmoil. This is a genetic problem, which is transmitted in the same family and hence a marriage between first cousins or second cousins, either on the maternal or paternal side is more likely to suffer abortions.

A hotly debated subject these days is the effect of radiation from nuclear fall out. I personally would raise a voice against nuclear weapons being developed for human destruction because the effect of the radiation is directly on the ovary which produces ova in the case of the female and on the testicles of the male which produces sperm. These are called the Gonads and are readily effected by nuclear irradiation. Even though preventive measures are taken by those working in the factories where these weapons are made, and the experiments carried out i.e. nuclear underground tests etc. It can later on affect human beings.

The treatment naturally depends upon the cause. Those factors which

are preventable i.e. a wedlock between cousins must be avoided. Prolonged fatigue and occurrence of nervous shock are preventable. However diseases like diabetes, syphilis nephritis etc. should be controlled properly. If there are mechanical defects like fibroids or polyps, they must be surgically removed. Hormone imbalance in thyroid (under active or over active) it must be treated with drugs. If there is a congenital abnormality in the womb, the doctor concerned will make suggestions for treatment.

However cervical incompetence i.e. weak neck of the womb can be either repaired before pregnancy or under certain circumstances a stitch can be applied in early pregnancy but this method have very definite complications and should be avoided. The subject of abortions is so vast that I can write chapters on it, but for a lay person this is the minimum valuable knowledge that I can impart.



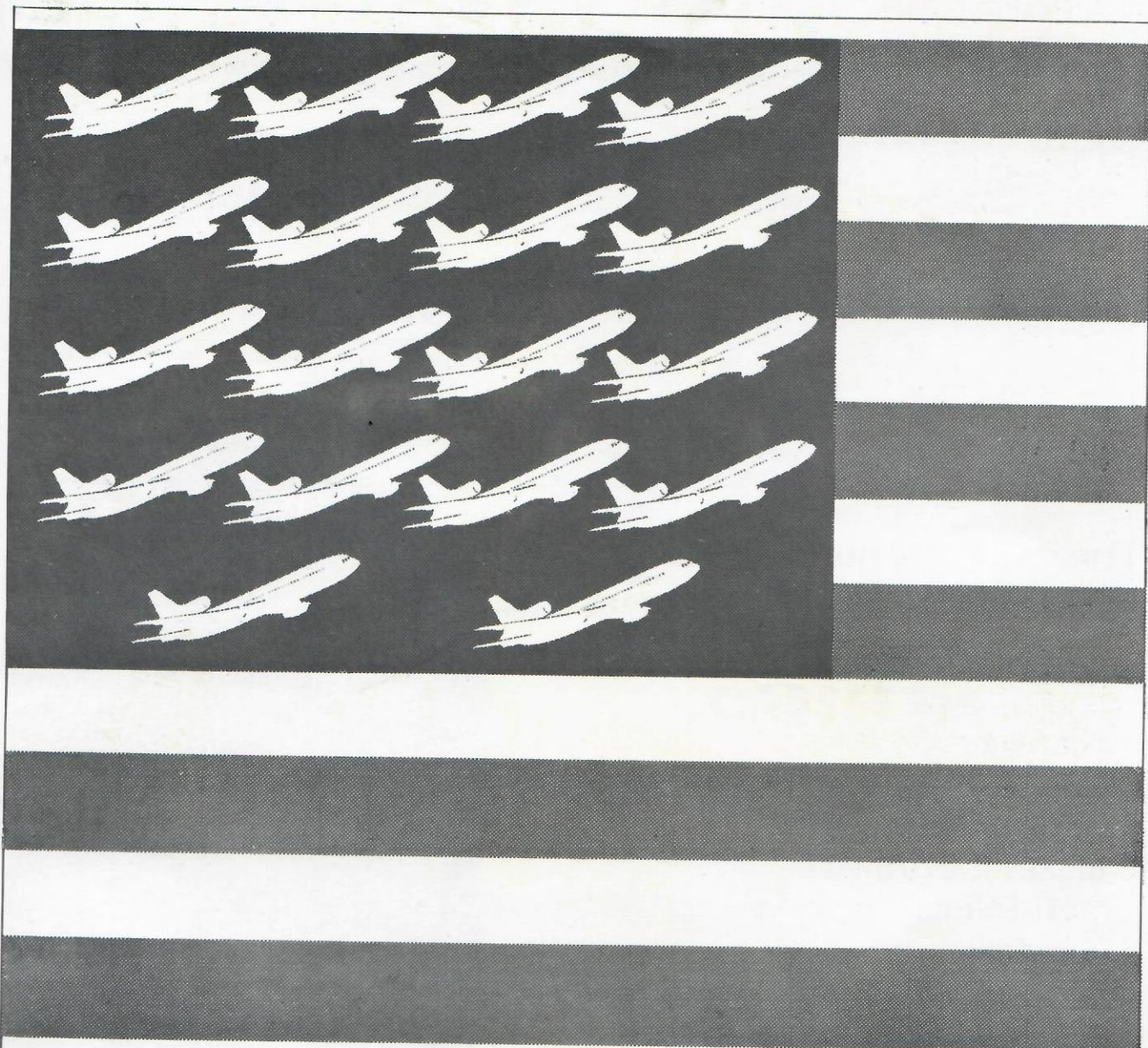
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