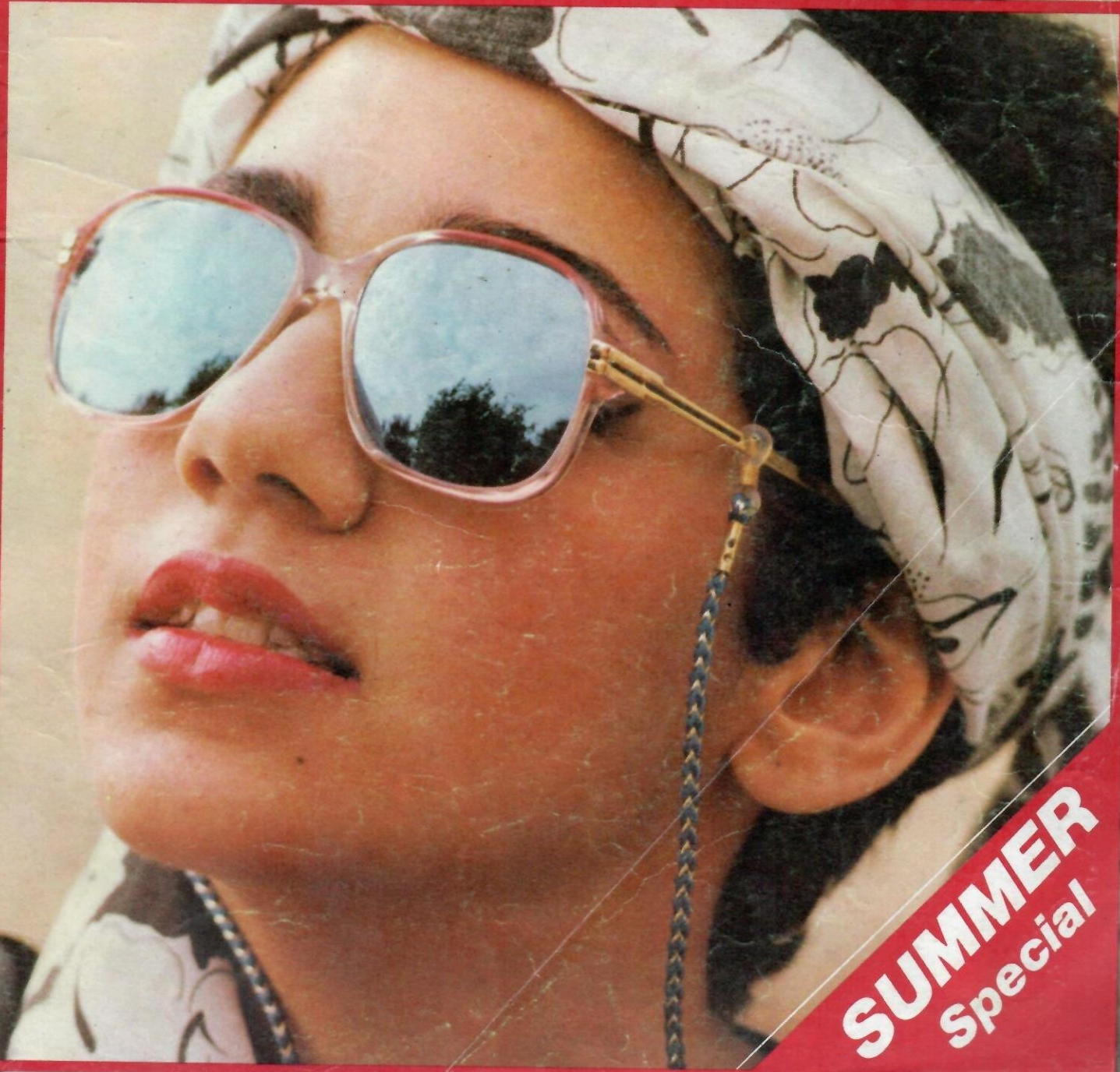


Nabakat Copy

The Monthly Newsmagazine for Women

April 1987, Price Rs. 15.00

SHE



SUMMER
Special

SHE

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SHE

BRIEFING

They're at it Again !

"This is an open state, an Islamic State. They are making a mockery of democracy by denying us our rights". "We'll see the Prime Minister, we'll take it to the President. They have to listen to us —" these and many more are the plaintive cries of the girls who have been denied admission in Medical Colleges in Karachi on the basis of sex.

Why in this day and age are the girls of Pakistan being denied their basic constitutional right when all over the world women are getting more and more rights with every passing year. Last year 744 boys were admitted in Dow Medical College, the lowest average of the last admitted boy being 67.6%. At the same time, only 113 girls were accepted at the DMC with the lowest average of 75.7%. The difference between the grades of the lowest girl and lowest admitted boy is of 10%. This is definitely against the constitution of the country which very clearly states in its article 25(2) that no discrimination will be made on the basis of sex. However, this discrimination has not only been made, it is being flaunted by the torch bearers of this country.

The girls in the Punjab fought a legal battle against the Government of Punjab after being denied admission in any one of the seven medical colleges of Punjab. Much to their surprise they won and got admission in the prestigious King Edward Medical College. From next year, in the Punjab, admissions will be made on merit basis and there will no longer be a quota system for the sexes. But, the situation of sexual discrimination still exists throughout the rest of the country. The girls of Sind, following the example of their fellow sisters in the Punjab, have gone to the courts. We wish them the same success. The awareness of these young people of their rights goes to show that finally the female sex is waking from its inertia.

Also, with the 80's the age of parents is back. This decade can be described as the 'we decade' instead of the 'me decade' of the 70's. This month 'SHE' has a special baby bulletin. We not only have tips for future mothers on how to determine the sex of their baby but also stay with young mothers-to-be from the time of conception to birth. There are some very enlightening articles for young mothers as well. A special feature has also been done on fathers since they are the biggest rage of the 'we decade'.

Lawn '87 dominates our fashion section. This year, like every summer, the shops are overflowing with a variety of prints and colours and everyone is getting ready for the big fashion parade. Keeping the summer months ahead in mind our scoop of the month brings you the latest styles in sunshades. We at SHE have made a special effort to make this summer extra special for you.

We have two very interesting features in this issue as well — Farzana Feroz, a leading educationist, and the brain behind City Schools, and Abida Gurmani, whose talks not only bring back cynics to the fold but help the young to find the right place for religion in their life; even emotional problems have been solved at her 'Dars'. She is indeed a balm for tormented souls, and we at SHE were privileged to have had the opportunity to interview her, as she fights shy of publicity and was not even willing to have a picture of hers taken.

Well, that's plenty for one number. We hope you will enjoy the rest of SHE as much as we did in preparing it — in the meantime Happy April Fool's Day, and our best wishes for not to be caught napping too often!

SHE

EDITORIAL OFFICES

New Centre Block, 2nd Floor,
Hockey Stadium, Liaquat Barracks,
Karachi-4.
Tel: 521457

Editor

ZUHRA KARIM
Senior Asst. Editor
AFSHAN SIDDIQUI
Asst. Editor

DESIGN

Art Editor
NAHEED ZAHRA YAHYA
Asst. Art Editor
QAMAR MOIN
NABAHAT LOTIA

FASHION

Consultant
BILQUIS NASARULLAH
Editor
AMINA SHAHBAZ

PHOTOGRAPHERS

AKBAR RIZVI
RAMZAN ALI
Staff Photographer
HAROON RASHEED KHAN

PRODUCTION

AFSHAN SIDDIQUI
Graphic Artist
SHAKEEL AHMED

BUSINESS

Business Consultant
BILQUIS NASARULLAH
Advertising
AHMED HASSAN
KHAWAJA MATIN IQBAL
Circulation
R. QURESHI

LAHORE OFFICE : 851738
853420

Contributing Editor
HASHMI
Advertising Representative
HUMAYUN SULTAN

Brick by Brick

The bank manager is a woman; a woman manager operates the restaurant; the shopping arcade is manned by women and yet more working women file down the corridors of a multi-storey residential and commercial complex: Hard to believe, this is no Ken Russell prediction on celluloid but an accurate description of the Business and Professional Womens Club and Women's Complex in Faisal Town. This particular patch of suburbia is an extension of Lahore in the vicinity of the Punjab University Campus, an area which has a fair share of the high rise, BPWC will erect yet another tower, five floors vertically and to the club member's satisfaction the very first women's development project of this dimension, undertaken by the Lahore chapter.

In a complete break from tradition, there was no chief guest on the occasion, but chief guests and parliamentarians have their own special significance, and BPWC was not losing sight of that objective. Ms. Shaheen Aitq-ur-Rehman was there to promise cooperation and funds from the Zakat Foundation; the visiting Minister from Baluchistan, Begum Pari Gul Agha offered full support once BPWC made inroads into Baluchistan, with a special note of apology that "provincial budgetary allocations could not be transferred to other provinces." Begum Rafia Tariq, a vocal MNA of the Opposition Group made the first concrete offer of Rs. 1 lakh and an equivalent sum on behalf of Begum Sylvet Sher Ali, MNA. When we consulted the notes on the costs of the Women's Complex, the total sum was a steep Rs. 1 crore which left one with the feeling that a vigorous collection drive was BPWC's need of the hour.

Members and guests alike had been invited to add their bricks to the foundation-laying. "These are bricks that carry a certain

responsibility" said Dr. Shahida Haider, the President of Lahore BPWC. Outlining the plan, she revealed that the Complex would serve the dual purpose of housing single working women while generating job opportunities exclusively for women. A built -- in

facility of a day-care centre and a legal aid cell on the premises, was a concept that appealed to most; Mrs. Shireen Hussein, Vice President of the Pakistan Women Lawyers Association was seen actively distributing the association's literature, as a warm-up to the service

the group offers free of cost.

Never one to let an occasion go by without projecting her Ministry's activities Ms Shaheen Aitq-ur-Rehman revealed that Punjab would have 15 working women's hostels at the end of the year, most were already at



some stage of completion. But of course the news that comes as a source of relief to those who have witnessed a growing prejudice against women in sports - Punjab is to begin work on its first ever sports complex exclusively for women. Women will have a sporting chance - that is of course once the sports complex materialises.

Salima Hashmi and Samina Ahmad provided a short skit, pregnant with political connotations and won some hearty laughs but it was the grand 'old' lady of cinema, Sabiha Khanam who stole the show with a song. Now came the moment for

community work. Picking up a brick each, the women took to the job of construction, a little disorganised, a little flustered, but full of enthusiasm. Earlier an entertainer had called the scenario a rather frightening sight, "So many women with bricks in their hand and the police being so tolerant" but despite such flippant remarks it was a serious business. Brick by brick, the foundation was filling up. A small start by some standards, but it took the first stone to erect the ancient pyramids - ask any Egyptian.

Shama Haq

A Week of Fun and Frivolity in Lahore

Spring time in Lahore means activities and more activities. The Annual Horse and Cattle Show is one such happening which draws huge throngs of people from within and without the city. But related with this week are other activities that make these seven day's packed and exciting.

At the Alhamra and the Open Air Theatre, the Punjab Council of Arts arranges many functions all week long. One such function was a flower arrangement competition.

The merry month of March always pushes Lahore and its erstwhile citizens into the throes of festivities and merrymaking unlimited. Amidst all this gaiety, flowers and leaves of a thousands hues are quoted as headliners because March is after all the month of nature's bounties in these parts. To cut a long sermon short, an enthusiastic attempt was made by the authorities to rouse the finer senses by arranging an exhibition cum competition at the Alhamra. Matronly moms and young belles turned up with typical gusto putting in brave efforts in the juxtaposition - that is the word one is afraid one must use for this particular show - of an infinite varie-

ty of flowers, to win the laurels.

Now a flower is a flower, whichever way you put it, wherever and however it stands, but the fact remains that there is a difference between a gaudy nose gay tied by a *mali* and an arrangement to display nature's infinite bounties. This is precisely the reason for holding such shows. Ironically the Alhamra affair was sadly lacking in this respect, displaying total lack or ignorance of a sense of line or design or proportion. Of course flowers were aplenty, containers were exquisite, accessories were painstakingly chosen, but that was about all. The rest was a cruel mixture of mismatched ideas with fancy names. In the dry flower section, people somehow forgot that drying flowers and leaves is an art in itself and an arrangement under this category should speak of the effort involved. The only piece worth mention was Golden Harvest by NCA student Naila but surely one expects even better from the NCA. And yet, judges will be judges, for awards and prizes were generously given out because in this case the honourable judges had some funny ideas of beauty and style.

NYLA DAUD

Children are not neglected either and so an elaborate "Childrens Hobbies competition" was also organised. Beautifully displayed in the Alhamra Art Gallery, schools from all over Lahore participated in this exhibition. Stamps, coins, mosaic, handicrafts, beads, wood work, tie and dye, Models that light up were just some of the items on display. Drawings and paintings hung on the walls. Needle work and other such delicate hand work samples made the selection even more difficult for the judges to choose from.

The encouraging feature was the enthusiasm of the children that shone through all these exhibits. One could almost see the wrinkled brows as the eyes, mind and hands all worked in co-ordination to create that

little piece of beauty. A very rewarding sight it was, that morning at the Alhamra and probably more so for the prize winners. The Industrial Exhibition at the Fortress stadium has become a yearly attraction now. But each year a new stall or a new display creates quite a stir. This year it was the Punjab Prison stall and their carpets. Woven in silk and pure wool, these beautiful creations in rich maroons, royal blues, emerald greens, deep mustards and other gorgeous colours immediately caught the visitor's eye. All sizes and all designs were on display for any one to order with only one draw back. The order would take a year to complete. What happened if the prisoner making a particular carpet was freed on parole



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during that time was a light hearted comment from one of the visitors!!

But if you have a year to save up for it and a year's patience to wait for it, at Rs. 85/- per square foot, these carpets are a bargain.

The evenings also during this week were busy. If you're not at the Totto show, which tends to be the same every year now you

can taste a bit of music and culture at the evening shows arranged by the Punjab Council of Arts.

The Sindhi evening star was Abida Parveen who is a rare visitor to Lahore and so a treat to listen to. She sings effortlessly and has such a commanding presence that even the lively Punjabi only sways quietly with the music.

But the Punjab evening at the Open Air theatre was a

different story. Packed to capacity the crowd was in the spring mood. They clapped and swayed with the performances of Arif Lohar, Mehnaz, Reshma and Isa Khalvi.

Admission to these functions is free which is an added attraction. In the days of the video and Tv, one has to really make an effort to get your act together and venture out for

an evening's entertainment. After all it's all available at home on TV but no amount of electronic mumbo jumbo can replace the live performances. Seeing the singer alive and responding to your mood is quite an other experience altogether. And that is what lahorites look forward to, every year in March. Real action and fun during this week of the Horse & Cattle Show.

Anna Molka- A woman of Dedication

Anna Molka's exhibition of paintings and sculpture ended at the Goethe Institute on March 8th. Anna Molka had run into difficulties with authority because of three enormous murals, and she had to resort to a non-government gallery.

The murals are an immense achievement, covering three walls, and carried out in her usual oil plus palette-knife technique. They depict Hell, Heaven and the Day of Judgement. She has portrayed the beauties of Heaven, the horrors of Hell and the warnings of the Day of Judgement. There is suffering in one large mural of the victims of bigots and tyrants.

Anna Molka is one of our veteran painters, and has

been teacher to hundreds of students as they passed through the Fine Arts Department of the Punjab University, where she taught for four decades. She is the recipient of several awards, the most prestigious being the Quaid-e-Azam award of 1982.

She has painted continuously, mostly brilliant scenes of Punjab village life, plus portraits. Her pastels, also on show in this exhibition, again resent a wide view of

life in Pakistan. Colour dominates her work in its brilliance and defiance. She has been a hardworking pioneer and the murals were painted by her while she stood on tables and high chairs. She suffered from ill-health while working, but continued until they were finished.

She describes herself as an impressionist. Many of her students have followed her flamboyant technique and can be recognised by their work.

A Sensational Come Back

Gultex is a name well known in Pakistan. Their bedspreads, cushion covers, table linen and napkins have always proved to be of a better quality than others in the market. But then Gultex disappeared quietly some years ago and one didn't know why. A few weeks ago "Galleria" opened in Lahore and suddenly Gultex was back and what a comeback !! The new show room in Liberty, next to "Baker's Inn" is really a pleasure to visit and explore.

One finds new exciting things for the house such as 3x5 durrus, woven in one hundred percent cotton in beautiful, pastel shades to blend with almost every colour scheme. In table linen, the variety makes it difficult to choose from, each item very reasonably priced and very pleasing. The bed spreads, again all cotton are also a treat to feast your eyes on, the colours and designs are new and attractive.

But what is really different are the loose floor cushion



covers in beautifully simple weave again in shades to match every room priced as low as Rs. 50/- per cover.

For the person doing up the house, there's curtain material available in the show room itself.

Talking to Kamran, the owner, I discovered that Gultex is over 60 years old.

"My grand father was the person who laid the foundations and it has it's passed from son to son. Our factory is in Multan and my father does the designing and colour scheming himself.

He stands over the loom and simply mixes the colours right there. Gultex

went into large export assignments in the sixties and seventies and didn't find the time or materials to provide for the local consumer. Now, in the eighties they've turned their eyes home and opened two show rooms, one in the Holiday Inn in Karachi and the second in Lahore.

"The response has been overwhelming". Says Mrs. Sheema Hussain, the manager. "We're trying to keep up with our supplies and orders constantly. What the buyers like are our colour combinations and new designs. Ofcourse the prices are an added attraction"!!

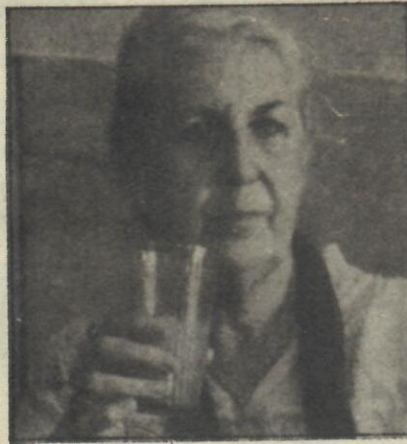
If you're in that vicinity with a few minutes to spare, visit "Galleria". You'll buy something, that's a promise !!



I often wonder now what human legs look like!

Look Back Gently

BY ALYS FAIZ



When we were young at High School on the first day of summer term, be it rain or shine, our winter uniforms were put away, and summer uniforms came out. Last year's were let down, and as summer term progressed the tailor made new sets. Belts, pockets, collars and pearl buttons. Winter uniform was gym slips, over blue jerseys, velour hats, black shoes and woollen stockings; a navy-blue reefer coat. We all looked nice enough in winter, but the liberation from winter clothes into summer clothes, and the chance to lounge in sunshine, was something to look forward to, as the calendar pages turned.

Form 111, myself included, swung into Main Hall on the first morning of the summer term, for prayers, and most of us had not only discarded our winter clothes, but had put away our black woollen stockings, and donned white socks. The liberation went down to our very toes. It felt really grand, to have our legs out for an airing!

Prayers over, hymn sung, we waited for possible announcements, which normally followed. Our Headmistress had her own way of looking at things. She was small, with a slightly crooked back, walked with a limp, terrified us. She was stern, but not unkind. On her door hung the eternal edict, "Knock, and when the bell rings, enter."

The announcement came. "Those girls," she began, "from Form 111 and upwards, who have discarded their uniform stockings for socks,

will henceforth not appear in this manner. Black stockings will continue to be worn throughout summer". Goose pimples of disappointment. She went on, "However, they may, if they so wish, resort to cotton stockings, if they are purchased from the school outfitter." Small comfort. Black cotton stockings? Ugh! We filed out, after she had stepped down from her platform.

Bare legs then were frowned upon after a certain age, and many of us who had cast off our woollies were tall and long-legged. The outfitter's assistant didn't waste much time. "Hans up," she said, notebook in hand, "those of you who want black stockings." A forest of waving hands. She counted. We all groaned in unison. By the time our German Fraulein arrived, we were in a deep depression. "What is wrong with white socks?" we badgered her. "In German please, in German please." So we lapsed into a sullen silence.

For a day we spread our bare legs everywhere we could, stroked them, winking at each other, and waited for Saturday and Sunday when we might do as we wanted. Looking now

at schoolgirls in London on summer days, with their liberated uniforms, their swinging locks (that was forbidden in our days), bare legs and sandals, I remember with a pang what we were denied.

I haven't seen bare legs around me in Pakistan for aeons. Legs, whatever they looklike, are tucked away in yards of swathing. I often wonder now what human legs look like! Even bare arms are a rarity. There is an ad., which appears regularly in the media, of a young woman with bare limbs, but she is blacked out. It is the female limb which must be swathed, blacked out and denied. Boys have all the privileges as far as freedom of limb is concerned, as well as all the other freedoms they have been granted.

The emancipation of women has a great deal to do with physical freedom, freedom of actual body, even to its hiding and restrictions.

I frequently wonder at the new fashions which young women work out. Those tight shirts, with minimal slits, flairs and fancy bits running up and down, and the baggy bat's wing sleeves to compensate for restriction elsewhere. Oh, the extreme difficulty of lifting a leg!

We have no idea of the physical potential of our young women. High-jumping in baggy *shilwars*? Hockey in the same get-up? Down to Karachi beach to 'swim' in *sari* and *shilwar*?

I shall always be haunted by that summer morning when Form 111's legs went into 'purdah'.

Competing with the best schools in the city is an educational institution which has reached prestigious heights within a short span of nine years. 'The City School' is a name which commands respect and appreciation everywhere. The lady behind this institution is Mrs. Farzana Feroz. Charming and soft-spoken, Farzana exudes an air of confidence and sobriety. Her tall, well-built physique lends an autocratic touch to her personality, well-suited to her position as the head of a chain of leading schools in the country. However the soft contours of her facial features reflect a gentle and understanding nature, that of a caring wife and mother.

Farzana ventured into the field of education as a result of sheer inspiration and encouragement from the government, to help promote the

The Woman Behind The CITY

FARZANA



educational standard in the country. "As the educational set-up exists in our country, particularly in relation to girls, it takes some time for a person to find a sense of direction. In the western educational systems, children are made aware of their capabilities at a very early stage so that by the time the children go in for secondary education they have determined as to what they want to do with their lives. But unfortunately in our country no such facility for career counselling exists. I myself fell a victim to this discrepancy. After my graduation from Kinniard College Lahore I decided to pursue law. Although I studied law for two years I could not com-

plete it - the usual story, I got married.

"After my marriage I wanted to continue my studies. But when I took a closer look at the functioning of the legal set-up in the country I realised that it made sense for a lawyer's son to become a lawyer and a doctor's son to become a doctor. To get somewhere I had to start from scratch. It would have taken me years to create a good will for myself. I realised that for a woman this sort of environment was not appropriate and the returns not good enough. So I dropped that idea. As far as my stepping into this field is concerned, the motivating factor was the encouragement from the government itself. Had I known earlier in life that I could eventually venture into this field I would have gone in for specialized studies in education. But so much so for our initial training and educational set-up."

Keeping this discrepancy in mind, Farzana is planning to open a full-fledged career guidance and counselling centre at her school. This will help determine the aptitude and interest of each of her students. Detailed information about the availability of various options, their



SCHOOLS

FEROZE

AFSHAN SIDDIQUI

merits and de-merits etc., will be highlighted so that students have a certain sense of direction before them.

"In 1977, General Zia-ul-Haq was repeatedly calling upon the private sector to participate in education. Today it doesn't seem as something very motivating because it has become the common hue and cry of the day. But at that time, as the previous government had gone in for nationalization of schools and other businesses, there was a sort of revival of the private sector and their participation in all fields. This factor actually laid the foundation of 'The City School!'"

Although her husband supported her financially as well as morally, the practical field work involved in the foundation and maintenance of the school was conducted by Farzana herself.

"My husband and my in-law's have been extremely supportive and understanding as far as my work is concerned. My husband is running a business of his own which keeps him very busy. And hence the running and maintenance of the school is totally my job."

"The City School' which has reached prestigious heights within a period of

a decade was inaugurated in December, 1979, with the first term starting in January 1979! The school has more than 3500 children on its roll and the number increases with each passing term. Today their

Unfortunately, our people are not career oriented, it takes a lot of effort to find teachers interested and involved in such courses.

branches are spread to Lahore, Islamabad and Quetta but initially the school was based at Karachi. In total they have 12 branches amongst which 9 are operating in Karachi alone.

Farzana says, "There is a mis-conception when I say that I have 9 branches of the school. People think that I have 9 separate schools, which is not true. Basically these branches

are the separate sections of the same school. Just as most other schools have separate sections such as K.G., primary and secondary, in different buildings or within the precincts of the same building, similarly as we are pushed for space we have divided and sub-divided the various sections and these classes are functioning in separate buildings. Farzana says, "we have an administrative board of which I am the Chairperson. Every school has its own principal, each of whom is a member of this board. Everyone has a vote and there are regular meetings whereby we discuss and formulate the policies of the school.

"But this proposition is proving very expensive for us. If we had a huge building of our own instead of these small rented places, we would have employed one principal and besides our administrative work would have become much simpler. Right now I am running around from one branch to another so as to keep myself informed about everything. I like to keep a close watch and maintain as much contact as possible with the students. In the initial years of the school's existence I was also teaching the students myself. But with the opening of the other branches the pressure of work greatly increased for me and now I can only take care of the administration. Presently our foremost priority is a building or premises of our

A BIDA

Thousands now throng to attend her meetings

The 25th of Ramzan in 1984 was also the 25th of June. It was 5.27 P.M. when the nurse slipped into the room quietly and whispered "there's a phone call for you". I put down my book, gave a look towards the bed to reassure myself that the patient was sound asleep and tiptoed out of the room. I didn't want to wake her. This was the first time that she had slept in 36 hours — 31 hours of absolute agony in which each breath that she struggled to draw had seemed like the last. Propped up against the pillows she seemed to be sleeping peacefully. The doctor had expressed his satisfaction over her improved condition that very morning, so I felt quite elected as I stepped into the corridor and entered the nurses duty room two doors away.

It was an unimportant phone call as most calls unusually are and I was back in the room within 2 minutes. She was lying on the floor and she was dead. She died alone in just those 2 minutes that I was called away. Had she not been my mother and the caller my mother-in-law I might have felt differently.

A hundred questions clutter my brain continuously and when I find that there are no answers to them, all my grief, my regrets, my surmises, consolidate into a bitter resentment that is directed towards the caller who could not leave me alone for 2 minutes with my mother when she died. Up till that moment I had felt a genuine affection for my mother-in-law, I still do. But there are times when my grief-stricken heart is so filled with hate that I cannot even bear to look at her. It is not her that I see but just someone who called me away when my mother needed me most.

For almost 3 years, this hate has been like a cancer within me a feeling so alien to my nature, for I love all of God's creatures, that it was eating away at my being. And then as if by a miracle the hate disappeared. 2 years and 8 months to the date, on 25th February, 1987, at the insistence of a friend I attended one of a series of

talks by Mrs Abida Aminullah. That day she had chosen surah "At-Taubak" for her talk. Her gentle voice, so full of love and tolerance she expressed no repugnance for the sinner, only deep compassion. Love and compassion the all-pervading qualities of Allah, rather than his wrath and vengeance, were reflected in every word. "Then turned He into them in mercy that they (too) might turn (repentant unto Him)" (Muhammad Marmaduke Picthall — Surah At-Taubak — 118) Repentance was the key word. It seemed to me that to repent was to be forgiven so boundless was the mercy of Allah.

My mind is at peace finally and I am not the only one whose peace has been restored by the gentle words of Abida Apa as she is generally called by all who know her.

Abida Amin was born in Multan on 12th November 1934. Daughter of the late Governor of West Pakistan, Mushtaq Ahmed Gurmanti, Abida recalls an austere childhood devoid of any preferential treatment, at home or in the Kinnaird College hostel where she was studying along with her sister. Taxis, tongas and III class train carriages were very much a part of their existence. Mr. Gurmanti never permitted his daughters to use his name to gain any advantage — be it for getting a fan in the hostel during the hot Ramzan months, or a seat in the VIP enclosure for cricket. Abida remembers the ticking off she got for the one and only time that she arranged through his A.D.C. to get VIP seats for her friends and herself for an India — Pakistan match. Brought up in a deeply religious environment Abida started offering namaz regularly from the age of 7 years, and observed fasts every year since she was 8 years old — her father was most particular that no food should be available in the home during day time in Ramzan.

The childrens maternal grandmother was a deeply religious scholar of Arabic and Persian. A Hafiz of the Quran, she also knew the poet Sadi by heart and used to tell religious stories and anecdotes to her 3 grand daughters, getting them deeply interested in religion. Imagine her horror when Abida suddenly rebelled

GURMANI

AQILA ZAMAN

against religion and traditional beliefs, going to the extent of even giving up namaz completely.

By the time Abida graduated from Kinnaird College with Political Science, and Philosophy, she was beset by so many doubts and questions about religion that she felt completely disoriented, at times questioning even the existence of God. It was the study of Philosophy and ethics that shook her belief. It was a Professor of Philosophy, an uncle of hers, who opened the way back for her through discussions which taught her to think. He encouraged her to read the Quran properly in the light of reason and not through blind unquestioning faith.

In 1956 Abida was married to Captain. Amin Khwaja at a very simple ceremony. Among the 150 guests no

I hope that Abida Apa will continue her labour of love—that of reverting people to Islam.

official was invited and no presents were accepted. She and her sister, who was married on the same day, were given Rs. 15,000 in cash by their father and there was no question of 'jahez'.

After her marriage Abida went to visit Maulana Maudoodi, who incidentally performed their nikah. Extremely apprehensive about his views, she still felt impelled to ask him questions regarding her doubts, and was encouraged by the Maulana who gave satisfactory answers to many of her questions. His book 'Khalifat-o-Malukiat', really triggered off her quest for knowledge, as its rational approach appealed to her reason. His wife taught her some parts of the Quran and its meaning and then she embarked on a 6 months period of self-study, sharing her thoughts and knowledge with friends.

It was at their request that she agreed to give regular talks and has been holding 'Dars' since May 1968 at various places. The number of listeners has increased from the original 3 to hundreds at each sitting. At her first talk she spoke with a 2 month baby in her lap — now her 4 children are all college students, the eldest, a doctor is in the states for Post Graduate work.

Abida Apa has spoken at various institutions and colleges both in Lahore and Karachi. She was asked to address the Seerat Conference but refused.

After her husband quit PARCO the family moved to farming in Lahore. She came to Karachi recently to give a series of talks at the invitation of her listeners — a sort of 'crash course' consisting of 8 lectures which were

delivered at private residences. Incidentally these lectures have been taped and are being listened to avidly in increasing numbers.

There is a definite feeling in the air, something much more positive than the much-talked of official process of Islamization, that one can sense in the presence of Abida Apa and her listeners.

Women of all ages, particularly young girls from all stratas of society come to listen to her. Full of doubts, often completely unexposed to religious guidance, they feel free to ask her the most basic, the most seemingly blasphemous questions. There is no fear of being held up to ridicule. Abida Apa is highly appreciative of whatever little they know, of their desire to know more and has no criticism at all for their lack of knowledge or for their doubts. The only criticism she has is for those people who talk from a pedestal and behave as superiors lecturing to inferiors.

Abida Apa stresses the practical aspect of Islam. "young people should think that the Quran is a great help in leading a successful and happy life. By giving peace and solace it prepares you to create a society which is pleasant for all", she says. She does not feel that she is above giving the most mundane practical suggestion to anyone who needs it "Abida Apa, what shall I do?" phones an acquaintance in the middle of the night "My Qurbani ka bakra is ill. It's stomach is bloated and I don't know what to do. Abida Apa, from her back ground of farm experience replies calmly "Make it drink oil and salt", and sure enough the goat recovered.

The effects of Abida Apa's talks have been visible in multifarious ways and most of them practically. After listening to her discussion on inheritance the severity of the punishment imposed by the Quran on those who deny rights of inheritance, to a woman who had inherited property from her father, asked him to redistribute the ancestral property to include and give shares to her two paternal aunts who had been deprived of their share by their brothers.

Talking of relationships Abida Apa quoted from Surah Bani Israel to show that term parents included both ones own father and mother and those of one's spouse. After the 'Dars' a woman came up to Abida Apa. She was literally trembling as she stated that for 20 years she had been mean to her in-laws and had not even permitted her husband to visit them. Her husband couldn't believe his ears, when she asked to be reconciled to them.

In another instance, one that still has Abida Apa doubling up with laughter (she has a tremendous sense of humour) a husband rang her up saying that his wife attended her talks and asked if she could help him. What was the problem? His wife was a very aggressive woman and often beat him up. At first she thought he was joking but he rang again and sounded even more desperate this



Singing
with
a new
passion

TINA SANI

TINA SANI

T MONEEZA HASHMI

ina is a rare visitor to Lahore, in fact a "yearly" visitor it seems. She was in the city recently as a guest of the Faiz Foundation to participate in Faiz Sahib's birthday celebrations when I tied her down to talk and to get to know her better.

"I was born in Dacca and was about ten when I went with my parents to Afghanistan and spent five years there. I studied at the American school and probably that was the toughest time of my life. Not the school but to be away from home and to find out what it means to be a Pakistani, away from familiar surroundings. What made it more difficult was the 1971 war and the fall of Dacca. I had spend happy years there and suddenly I felt alienated. And to add to it all I had to go and face my friends after my country had lost a war!! I just couldn't face it. I cried, and refused to go to school. I felt lost, dejected, betrayed, all the negative feelings

you can think of, I wonder if adults in Pakistan felt so lost as a young Pakistani girl did, in Kabul?"

But Tina also remembers how it was her Indian friends who helped her get over this traumatic experience. After her father finished his tenure, the family shifted to Karachi where Tina completed high school at the American school. She wanted to join college but was put off by the compulsory subjects that she would have to qualify in such as Urdu, Pakistan studies etc.

So she looked around and found a job in an advertising agency and worked there for ten months. She has very fond memories of this first experience. Being a small agency, Tina learnt the ropes pretty quickly and enjoyed that. It was during this time that she accidentally did background commentary for a documentary. Her uncle happened to be present at this time and picked her up to work for him.

"I wasn't into music in those days. I enjoyed listening to good music but didn't sing as such. Here in this new job, my uncle asked me to sing jingles for some ads. And that's how I became aware that I had a decent voice".

Now Tina became interested in her own voice. She remembers it as a wonderful experience when she discovered how tuneful she was. She began taking formal singing lessons from an Ustaad but always maintained her own independent style. Her Ustaad would sometimes complain about her own "creations" in what he taught but Tina couldn't stop. "I am a very strong minded, independent sort of person and that shows through even in my singing. I would add my own bit to everything. It flows out of me. May be the reason is that I began learning to sing from an Ustaad very late. I was past the plasticine stage and had developed a mind of my own. So if I felt like singing, I did. I still do".

But Tina is very touchy about her singing. She takes every criticism very seriously. If ten people praise her, she takes it lightly but if someone says "Tina was off tune in that song," she'd go back and re-record that song just to make sure. "I want to sing well and for that I have to take my singing seriously". Tina appeared on TV in 1978 and her first song was a hit which made her a celebrity over night. She remembers how that popularity threw her off balance. She recalls that suddenly she felt pressurized, pressurized to excel and do even better and she wasn't ready for that

then, simply because she was not serious about her singing at that time". I had recorded a song, it became popular and I felt that was it. But it wasn't. It was just the beginning. The phone calls, the recognition on the streets, the demand to sing more and more made me feel almost harrassed, like pinned in a corner. It was not a nice feeling at all. I kept asking myself at that time. "Why is everyone demanding so much from me? Can I deliver? Am I that good?" etc.



Tina recalls that her final breakthrough came with the theme song of "Karvan". She feels she took a big risk at that moment in her musical career to sing a song, without any music, a song that would be repeated week after week. She expected a strong reaction because almost everyone, every where in Pakistan would hear it and she got that reaction but in a very positive way. The song was liked by everyone and that was when Tina felt that she was really on her way. The years before had been bumpy, experimental, difficult but now it all seemed smooth and nice. The year after "Karvan" was a year of hard work, TV appearances, and more singing. Tina began to take her singing, seriously, doing regular "riyaz", keeping regular schedules and enjoying it all.

About this time she began to contribute first her ideas and then her voice in "Rang Barang", the programme for children, Sultana Siddiqui, the producer was a friend and asked her to join the team. Tina had experienced some good times with children, having taught at the American school in Karachi for some time. So it seemed the most natural thing in the world to work

with the "Rang Barang" team. She contributed ideas, visual images, tunes, concepts and then her voice to this series. "I enjoyed it tremendously. Working for children is rewarding but tough. We had to be careful about vocabulary, tunes, pronounciations, timings, concepts, every thing. I would disagree a lot initially with the script writer. I am an outspoken person, always have been. I remember losing a major advertising account because I spoke up against a campaign that I had helped design!! I felt it was insipid

"I am the person who can bridge the gap between the two generations. I am the younger group and if I sing serious music my age group will listen."



and I said so, not realizing that I was losing a valuable client for my boss!! Anyway we had discussions, arguments, exchange of ideas, disagreements, the lot. But "Rang Barang" was a rewarding and fulfilling experience for all of us!!

During this time Tina met Arshad Mahmud, that talented young music composer who later became her friend and guide. Now Tina began rigorous "riyaz". Before that she had become somewhat serious, now it became a challenge, a mission. She had already begun to like her singing but now, she was singing with a passion, a motivation she had not had before. She had promised her-

TINA SANI



"I am a very private person. I do not communicate easily with every body because I havn't really met many people that I want to talk to".

self that either she would be totally "in tune" by 1986 or give it up altogether!! She feels she's finally made it and is now very confident about herself as singer and as a performer.

It was around late 1985 that Tina opened a new chapter in her singing career, she discovered Faiz's poetry. "His poetry speaks to me. It seems that my every mood, my every thought or emotion is expressed through his poetry. I didn't know him but learnt about him through the people who knew him and fell in love with his poetry and him. Now, it has become my ambition to sing Faiz and sing him well."

Tina feels that after she started singing Faiz, she began to be appreciated by a different type of listener,

the more serious kind. For her popularity is not important any more, it is the patronage that matters. "I know I have to work very hard but I enjoy working hard because it satisfies me. I feel that I am the person who can bridge that gap between the two generations. I am the younger group and if I sing serious music and serious, meaningful poetry, my age group will listen. I feel I bear the responsibility of conveying serious poetry to the young, lost crowd. They will listen to me much more than an older singer who they may reject as "over the hill". So, I must convey this tradition of classical literature to our young people".

As Tina speaks one can almost feel the sincerity in her voice. Her sense of commitment and responsibility comes across very strongly. Talking to her was refreshing and interesting. She comes across as a frank, confident person and yet is vulnerable. Now that she has opted to turn music into the most important thing in her life, she feels very protective towards it. She guards her talent jealously. She will not expose it in stage shows or parties or at functions.

Tina is the youngest in her family. "I am a very private person. I do not communicate easily with every body because I havn't really met many

people that I want to talk to". Her day begins late and with an hour's "riyaz". Tina has composed her own "riyaz". It's a mixture of a lot of different notes, melodies and tunes. She has learnt tremendously from her seniors in the music world and follows them around, just to listen. Not to copy but to look for one little new thing and then adapt it into her own creations. She experiments even in her "riyaz" and prefers to do it alone.

Tina admires people who criticize her singing openly but convincingly. She seeks out such criticism so that she can find room in her performance for improvement.

"I am basically a lazy person and hate sticking to schedules. I'm flexible and independent about every thing I do".

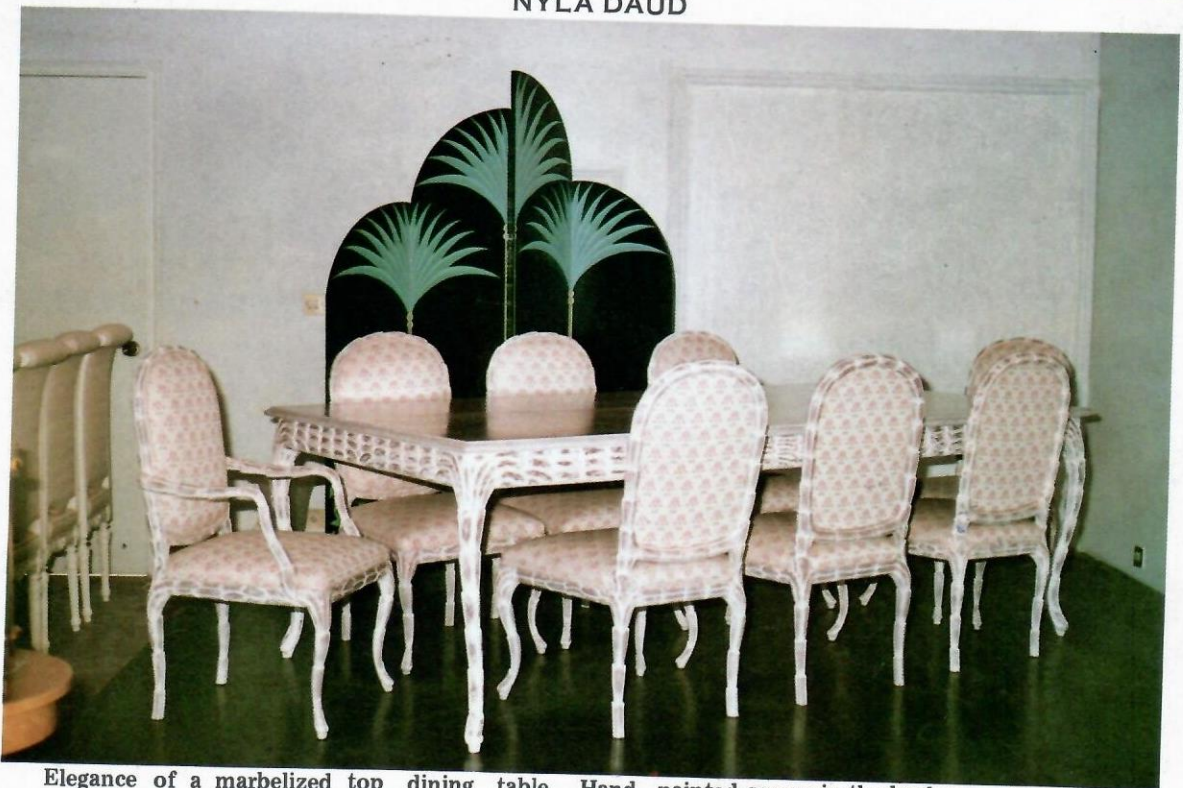
Tina relaxes with music. She listens to all kinds of music. "It's not fad listening" she says, but any thing that

appeals to her, she appreciates. Tina was amused when a music director told her that her voice was too husky for his composition "I think my voice is different and I find that a plus point, not a negative one. I told the composer to compose a tune for me especially. Why should I sing a song that anyone can sing? I

CONTINUED PAGE 112

THE INSIDE STORY

NYLA DAUD



Elegance of a marbelized top dining table. Hand painted screen in the background. From Seema Iftikhar of Zamana Interiors.

Stark simplicity of elegance, clean purist lines in design, styles that effectively blend tradition with contemporary flairs, a revival of abandoned crafts, resplendent naqqashi, co-ordinating products, diversity in wall finishes, bare, revealing floors, designer durees and a dramatic play of lights. These are today's keynotes on Lahore's designer front. The trend-setters speak of earthy colours and tones, terra-cottas and tobaccos, pushing the pastel deluge, back on to the shelf. Designers, overcome restraint and begin to feel the impact of Art Deco on local tastes. Walls and lights come into focus as mood setters in the entire pattern. Experimentation with furniture finishes opens new frontiers and untold options are discovered. The gilded, polished, richy, rich look is a



1) Period Chairs with embroidered backs, and a walnut chest from Sehr Saigol of Art Centre.

2) Chinese Sofa upholstered in luxurious silk, from Ghazala Rehman of Indesign.

3) A bronze and black polish finish for a table. Metallic China leaves as accessories from Seema Iftikhar of Zamana Interiors.

4) Designer Durees from Design Source.

5) Painted Fabrics - from Yasmin Bokhari.



thing of the past, giving way to varied paint effects ranging from the winner effect of marbelizing and rag-rolling to sponging and stripping.

Today the cluttered, littered look is a taboo. Interiors become cleaner in lines, less cluttered, less formal. The very Crisp cottons, synthetic silks, pure-materials all combine and co-ordinate. Prints and prints compliment each other to give a more romantic, alive and enjoyable look, shed of all cliched formulae. Type-fied colour schemes are gone, giving place to variety. Creating an ambience, an atmosphere of enjoyable



Above: Hand-painted console table with naqqashi mirrors and accessories by Zamana Interior
Left: Card table with chess board naqqashi and a photo frame by Zamana Interiors.

pliment a fabric. Walls, floors, ceilings, no longer remain in the background as backdrops for furniture. Instead they stand as vital elements in shaping the personality of a room. Finishes are co-ordinated with furniture finishes and carried on to accessories. Lighting proves it's might as the keynote to interior design. Uplighters, downlighters, halfights, concentrated spots, create excitement in contemporary design. Neo-classical is the rage in lamps. Pillars, columns, cylinders come into focus as bulbous shapes fade out.

things, is the idea. Options give food for thought. Diversity of co-ordination offers untold challenge.

Seating is contemporary. Sofa sets have become a phenomenon of the past - almost. Centre-pieces, three seaters, scroll armed, heavily cushioned and comfy are highlighted with period chairs-upholstered in the sheer luxury of silk, made to order or cottons woven with wilful designs on the client. No colour schemes, no monotonous, nothing specific. A printed sofa piece on an age old persian rug. Hand painted floral designs on China cabinets to com-

pliment a fabric. Walls, floors, ceilings, no longer remain in the background as backdrops for furniture. Instead they stand as vital elements in shaping the personality of a room. Finishes are co-ordinated with furniture finishes and carried on to accessories. Lighting proves it's might as the keynote to interior design. Uplighters, downlighters, halfights, concentrated spots, create excitement in contemporary design. Neo-classical is the rage in lamps. Pillars, columns, cylinders come into focus as bulbous shapes fade out. Brass and copper shine out in age old lustré as lamps and accessories. Hand painted camel-skin lamps pour forth the glory of forgotten traditions. Local ceramics take the place of imported crystalware in a coup de etat. Floors are barer, revealing more of their beauty than ever before. The cool, sophistication of mosaics and elegance of marble is highlighted by throw-away rugs and pieces. The era of

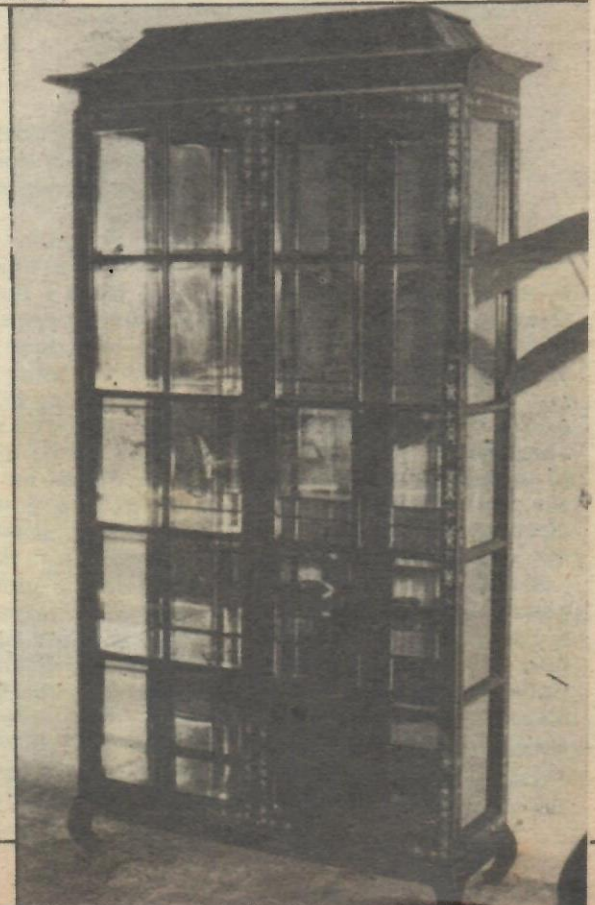


**The gilded,
polished
richy, rich
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past.**

truly professional woman on the design front has been on the decor scene for sometime. Now with the Zamana establishment she emerges easily as the leader of designer trends in the city. Working with architect Rashid Toosy, she works literally from the ground upwards. With first hand knowledge of demands from the commercial and private establishments, she speaks of "changed attitudes", "a readiness to accept professional advice" and "an awakening of the senses to tasteful interiors taking place". "I co-ordinate fab-

the wall to wall carpet is essentially over, a closed chapter. Seema Iftikhar the

Right: A delicately painted China cabinet by Zamana Interiors.



BABY BULLETIN



A Special Report for the expectant mother to enable her to handle the miraculous experience of childbirth
LUBNA AGHA

Congratulations, you're going to have a baby!" — What sweet ministrations are these to the ears of an eager mother-to-be — The joys of motherhood are boundless to women all over the world, rich or poor, young or old, white or black, all experience almost similar feelings when, informed of their expectant pregnancies especially in the case of their first child. Even though the maternal instinct is a very primitive and basic one common to all females — even to animals — the actual period of pregnancy and child birth is no longer primitive and ancient — modern day techniques have made it almost 100% safe for a mother to be and her off-spring — And now a

milestone -- the sex of the baby can also be determined easily. But to do this certain rules have to be followed and certain precautions must be taken — and the result, happy healthy babies and mothers.

Today let's accompany a mother-to-be on her journey of pregnancy — acting as a friend and her counsellor along the way. One of the earliest signs of pregnancy are a) Delay in menstruation — a delay of 28 days after the first day of the last period is one of the primary indications b) Nausea and vomiting — in some cases morning sickness occurs — and in others it can continue throughout the day. c) Swelling of the breasts — a tender and soft aching of the breast is also a sign of pregnancy. d) Distaste for certain foods, an over-whelming desire to sleep or eat or even urinate. All these signs can appear (though not necessarily) from the 1st month and are a result of certain hormonal secretions perpetuated by the pregnancy.

The best way to confirm these doubts is of course, a Pregnancy Test — if a certain hormone known as HCG is present in the urine, then the result is positive — but occasionally this test can show negative result, whereas actually there is a pregnancy, so a test after another 8 days will be necessary. Nowadays there are a number of other tests which can be done either at home or in the lab.

- a) *Beta Test* — after a day's delay in menstruation
- b) *96 F Beta Test* — after 24 hours delay
- c) *96 F Predictor Test* — after 48 hours delay
- d) *89 F.G. Test* — after 3 days delay

Such are the external signs of pregnancy — there are also some internal signs which only your doctor can detect by performing an internal examination of the pelvic region:—

- a) The neck of the uterus is slightly swollen and the mucous around that area is thickened than normal.
- b) A coagulated cervical scar due to the progesterone present in the body.

A few other specific tests have been evolved to further determine the health and growth of the foetus.

- a) **ECOGRAPH ULTRA SOUND:—**

This is done with an ultra sound apparatus and gives a detailed description of the embryo/foetus in the uterus — development of the head abdomen and localization of the placenta. Performed about the seventh month, the sex of the baby can be determined and towards the 8th month the actual date of delivery.

- b) **COELIOSCOPY OR COLPOSCOPY:**
This is advised by the doctor if he/she

Soon to be

Well now that the pregnancy has been confirmed let us go month by month and follow the miraculous growth of the baby as intended by Mother Nature.

Mother



1 By the end of this period the embryo is about 4 to 5 cms. in size — the echograph will show definite parts — the head, an intermediate part and a part in the form of a tail which is the beginning of the spinal cord. There is evidence of life as a mini-scale heart is already beating rhythmically.



2 Various parts of the body are now becoming definable although only in the form of an art line — the cheeks, the eyelids, the face — limbs and hands and feet become visible, the back and IIO parts of the skeleton are also in the making. Weight is now on an average of about 11 grams.



3 By this time the size is about 10 cms and weight 11 grammes — the sex of the baby has been determined — ears and mouth are beginning to become definite. Very slight movements begin but are yet unnoticeable to the mother. The foetus can now turn and raise its head.



4 This is the beginning of the rapid increase in foetal growth — First, patches of hair appears, the back is developing fast — skin at this point is very thin and transparent and the network of veins can be seen in an echograph — The length of the foetus is almost 15 cms and weight 200 grams.



5 A period of great activity — the foetus is now drawing its nutrients from the amniotic fluid, it has periods of sleep and wakefulness — the lungs and respiratory system movements are visible (on echograph) and it reacts to a sudden violent sound.



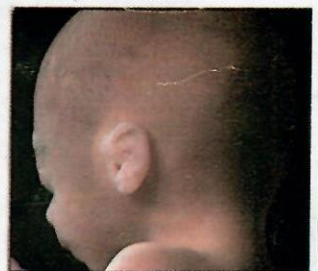
6 Structurization of the foetus continues and life is becoming more organized — the foetus can be awake from 4 to 8 hours a day — muscles start to develop, movement is rapid — and can also suck its thumb. Average length is 30 cms and weight 1 Kg.



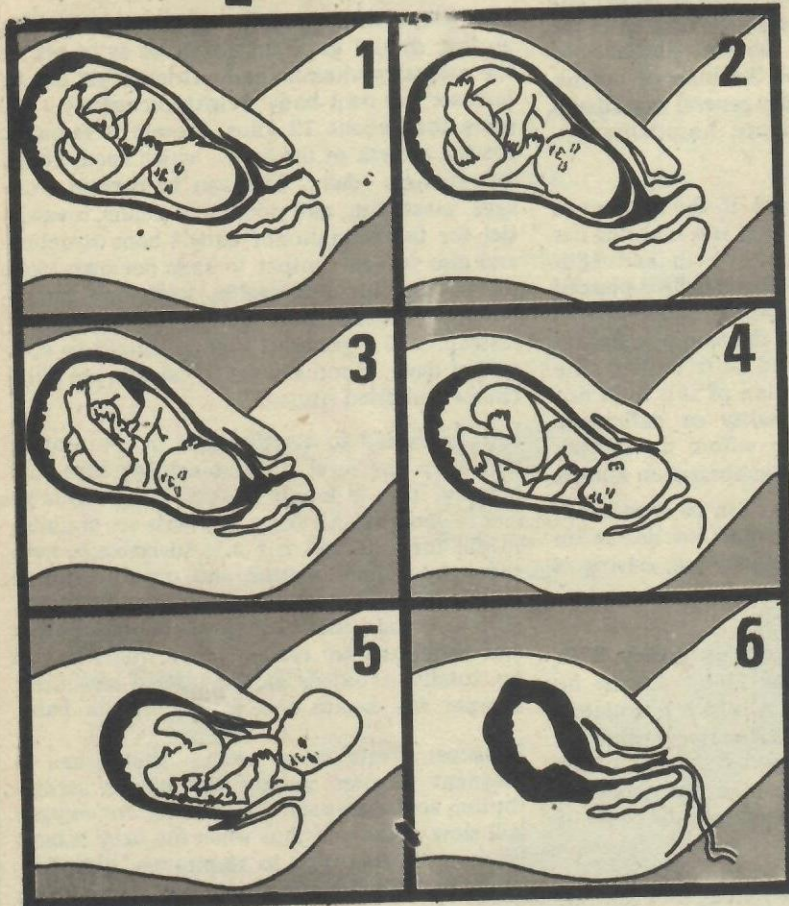
7 During this period the skin thickens. Eyes and eye lids move side to side, up and down. All the nerves develop, the foetus can now feel exterior and interior sounds e.g. mother's heart beat. Length and weight is now 40 cms and 1.7 kg respectively.



8 Weight increases rapidly, about 250 grammes per week. It moves 500 times a day — all development is complete. Length 45 cms, Weight 2.7 Kg.



9 Baby by now is ready to be born. Weight increases now at the rate of 100 grammes per week and movement is somewhat restricted. Length now is 50 cms and weight 3.4 Kg.



How Babies are Born:

1. The baby usually is in the position shown, with his head downwards.
2. In the first contraction, the neck of the uterus dilates.
3. The neck of the uterus opens even further and the water breaks.
4. The baby starts to be pushed out. One can now see the top of the baby's head.
5. The baby's head is out quickly followed by the rest of the baby's body.
6. Once the baby is out, the placenta is expelled.

NATURAL BIRTH: Without any aid of anesthesia - mothers are advised certain exercises which help during labour; relaxation is the main idea. The doctor is at hand to counsel and guide the patient while nature is taking its course. This is the most advocated and publicised way of delivering your baby.

CAESARIAN SECTION: This is done only when the doctor feels it's imperative. It is done under general anesthesia. The stomach is cut open and the baby lifted out.

EPIDURAL BIRTH: When contractions are at their peak, a special anesthesia is injected at the base of the vertebral column, which numbs the entire lower half of the baby. The mother does not feel any pain by the contractions and the doctor then guides her through till the delivery. Forewarned is forearmed - so now the mother should know how it is all going to happen. A quick course to educate her on how exactly the baby will be born, so she is not taken by surprise at every stage.

REGULAR CONTRACTIONS: These are one of the first signs of the advent of labour. The contractions come at regular intervals of every ½ hour in the beginning. The intervals becoming shorter and the pain becoming intense as labour progresses. A yellowish white viscous mass which covers the mouth of the uterus is expelled with the first contractions.

BREAKING OF WATER: After the expulsion of this yellowish mass, the bag containing the

amniotic fluid breaks. This is a painless process and a colourless liquid flows through the vagina. After this contractions usually increase.

DILATATION This is the gradual opening of the uterus to accommodate the head of the baby when ready for delivery - Dilatation is complete when the aperture measures 10 cms. It is during this time that the breathing exercises should be practised to relieve pain and help the mother to relax.

EXPULSION: Each violent contraction now is used to 'push' the baby out of the mother's body. The doctor will help and guide you till the final contraction occurs which will expel the baby. After the baby is out a few more wild contractions will help expel the placenta - the membrane which had surrounded the baby in the womb.

It's all over now - and the little bundle of joy is all yours to cuddle and care for hereon. The journey has come to an end. We hope you have had a pleasant trip and are now home with your new and healthy little fellow traveller.



MADE TO ORDER: Can one believe that you can have a baby made to order - girl or boy - an impossibility now seems to be a reality. Some do it by controlling diets, some do it by monitoring ovulation periods and body temperatures but Dr. Shadi Khan, a leading city gynaecologist, and obstetrician holds firm that most successful are the alkaline or acidic douches. The former for a boy and latter for a girl. Fifteen minutes before intercourse, a douche with a tablespoon of sodium bicarbonate in 4 cups of water will help make the X cells sluggish and so make the Y cells more active to unite with the X in the woman and to combine in XY and produce a boy, in the same way a specially prepared acidic solution will help the X cells of the spermatozoa to unite with the X cells of a woman and combine to produce XX - i.e. a girl. Doctor Shadi Khan predicts at least 90% success with her patients. Two other methods are the date of ovulation and a prescribed diet - though none are infallible.

The following are the 2 methods given:

1. **DATE OF OVULATION:** It is the sper-

matozoids which determine the sex of the unborn child. The spermatozoids of the chromosome XY gives a boy and those which carry chromosomes XX give a girl. These two types react differently: The "XY" moves more rapidly, more energetically, but "lives" for a short time only. The "XX" are slower but more resistant. Therefore, if you want a boy, have intercourse as near as possible to the date of ovulation. The very rapidly moving male spermatozoides, reach the ovaries first. If a girl is wanted, delay intercourse for 2 or 3 days after the date of ovulation, (14 days after the

1st day of the period for a 28 days cycle) because only the female spermatozoides survive. **DIET:** The principal is simple, foods rich in salt (sodium, potassium) favours the birth of boys, and a diet based on lactate products (calcium, magnesium) favours the birth of a girl. One must start the required diet 3 months before the date set for conception. The diet must be adhered to very strictly. Before starting on your chosen diet however, consult your doctor because there are contra-indications (arterial hypertension for the 'male' diet or renal insufficiency for the 'girl' diet).

**Boy or Girl?
It's your
choice now!**

	BOY'S DIET		GIRL'S DIET	
	FOOD PERMITTED	FOOD PROHIBITED	FOOD PERMITTED	FOOD PROHIBITED
DRINKS	Tea, coffee, fruit juice, Coca Cola, Sodic mineral water	Milk, and all milk drinks, Calcic mineral waters (Evian, Contrex, He'par).	Milk and all milk drinks apple and grapes juice, calcic mineral water (Evian, Contrex)	Coffee, tea, chocolate gaseous or sodic mineral waters, sweet.
MEAT	What you like		Beef, veal, chicken, lamb, liver, turkey	Smoked, salted, dried and conserved meats.
FISH AND SHELL-FISH	Fish permitted	Crabs, Winkles, Shrimps, Cockles Clams	Sea-fish, molluse cooked in broth (water from the bouillon to be thrown away)	Jellied, smoked, salted, in conserves and stock, molluses and shellfish.
EGGS	None	Sauces, glaces, pastries creams with an egg-base, soup containing milk, white sauces, deserts containing milk.	Permitted	
CHEESES AND MILK PRODUCTS	None	All prohibited	Only unsalted swiss cheeses, yoghurts, white cheeses, flans	All salted cheeses
FRESH AND DRIED VEGETABLES	Potatoes, Mushrooms artichokes, dried haricot beans, lentils, dried or grounded, soya, boiled corn (maize) parsley	Green salads, green haricot beans, spinach	Fresh vegetables, or conserved without salt: green haricot beans, carrots, turnips, onions, pimento or capsicum, peas, leeks, cucumbers, lettuce	Artichokes, mushrooms, spinach, celery, beetroot, cabbage, tomatoes, cress, dried white haricot beans, maize, peas, lentils
BREAD CEREALS	Rusks, biscuits, all breads, dried cereals, rice	All pastires containing milk	Bread, rusk without salt, home-made pastry without salt, rice, pates	Salted Bread and rusks and commercially made pastries
FRESH FRUIT	As much as you like; fruit juices, bananas, dates, apricots, oranges	None	Conserved but water thrown away: pears, mandarins, apples, melon, water melons, strawberries, raspberries	Bananas, Peaches, apricots, cherries, avocados, oranges
DRIED AND OILY FRUIT	Prunes, apricots (dried) dried figs, black chocolate chestnuts	Hazel nut, nuts, almonds unsalted and salted cashew nuts, cocoa, milk chocolates.	Almonds, nuts, hazel nuts, unsalted cashew nuts, cocoa	Chestnuts, dates, prunes, dried figs black and milk chocolate, dried apricots
MISCELLANEOUS	Bouillon, commercially prepared soups, desserts and cakes without milk, brine pickles, marinades conserves, commercially prepared meats.		Sugar, honey, jelly, butter and margarine (without salt), ground pepper, spice, sweet herbs, mustard without salt.	