

# A hero turns 85



Mr. Mandela and his wife Graca greeting little Modiehi Xaba outside their home in Johannesburg, where he met disabled children as part of the celebrations.

JOHANNESBURG — They adore him like a favourite uncle, idolise him like a rock star and revere him like a religious icon.

South Africans of all races and ages feted former president and Nobel Peace Prize laureate Nelson Mandela as he — and the entire nation — celebrated his 85th birthday on Friday.

Newspapers printed commemorative editions. Businesses sponsored billboards and television commercials saluting him.

South African Airways sent a new Airbus — christened the Nelson Mandela — swooping over his residence in a birthday fly-by.

Television stations streamed birthday greetings from locals across the bottoms of their screens.

"I personally think he is a saint", said Ms Jill Dos Reis, 37, after he warmly greeted her 10 year-old daughter, Nikita, who has leukaemia.

While Mr Mandela is respected and admired across the world, to South Africans he is a superstar of near-mythic proportions.

He astounded the global community by

preaching racial reconciliation despite the 27 years he spent imprisoned by the white, racist regime.

Mr Mandela, who won the country's first

- Special newspaper editions
- Fly-past by newly christened plane
- Bridge named after him
- Banquet attended by world celebrities

all-race election after the fall of apartheid in 1994, retired in 1999. But he remains as popular as ever.

There are Mandela refrigerator magnets and drink coasters with a Warholian portrait of him in a rainbow of electric hues.

Some business leaders hope to build a towering statue in his likeness which will be taller than New York's Statue of Liberty.

His birthday is being marked by a whirlwind of celebrations.

Former US president Bill Clinton was to deliver the first annual Nelson Mandela lecture

yesterday and an expected 1,600 guests were to pay tribute at a gala banquet.

Local media say guests include Barbra Streisand and Michael Jackson, as well as world leaders and royal family members.

The Nelson Mandela Bridge in Johannesburg will be opened officially today.

Mr Mandela was presented on Thursday with a book of some of his best-known speeches and tributes from friends and world leaders.

United Nations Secretary General Kofi Annan said: "People often ask me what difference one person can make in the face of injustice, conflict, human rights violations, mass poverty and disease.

"I answer by citing the courage, tenacity, dignity and magnanimity of Nelson Mandela."

Added German Chancellor Gerhard Schroeder: "Across the world, your name stands for freedom, justice and willingness for reconciliation."

— AP, REUTERS, AFP

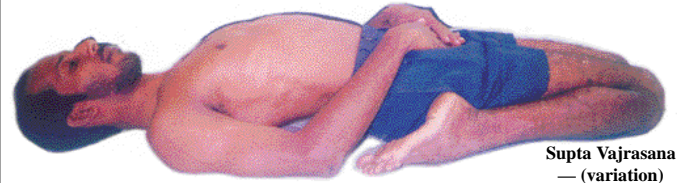
## Yoga For Health

by Wasantha Manamperi (engineer), instructor in Yoga, Physical Fitness and Martial Arts.

"Vajrasana" (Variations) - You will remember that Vajrasana, the simple posture that is sometimes called The Diamond Posture in English, was discussed in Lesson-21. Thereafter two other related postures called Bhoo-Namana Vajrasana and Supta Vajrasana were consecutively discussed in Lesson-22 and Lesson-23. These two postures can even be considered as two related steps of Vajrasana. As Vajrasana is an excellent

relaxation.

When you are able to easily sit in the above posture, you can try the second step of it by slowly trying to bend forward. You may place your hands in any convenient position as explained in the previous lessons. But the easiest way is to leave them in the same position (on the knees) or to place them on the floor just in front of the knees. After holding the posture at a convenient level for a few seconds slowly release and relax. As time goes by you will be able to bend all the way forward and place the head (or face) easily on the knees.

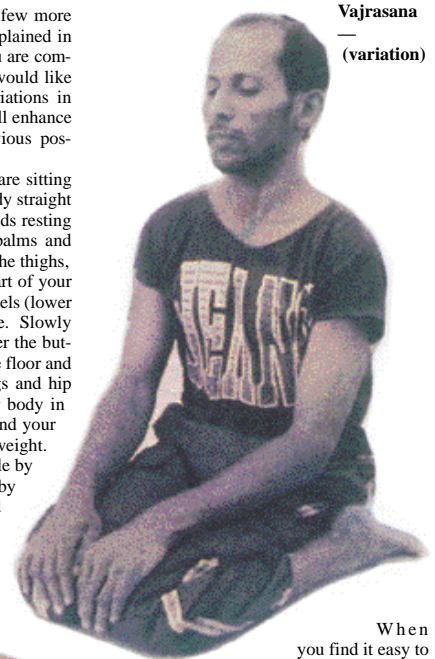


Supta Vajrasana — (variation)

healthy posture I mentioned that a few more useful variations on it would be explained in the lessons to come. I hope that you are comfortable in Vajrasana by now so I would like to present three further useful variations in this lesson today. These postures will enhance all the benefits given by the previous postures.

First hold Vajrasana where you are sitting on your heels keeping the upper body straight and the knees together with the hands resting on the knees. Slowly place your palms and fingers on the floor by the sides of the thighs, bend slightly forward and shift a part of your weight to your hands so that your heels (lower legs) are somewhat free to move. Slowly move your feet outwards from under the buttocks and let the buttocks rest on the floor and you will feel the tension in the legs and hip regions. Still you are holding your body in the slightly forward bent position and your hands are bearing a part of your weight.

Now try to straighten your body little by little and to sit on the buttocks by shifting more weight to them and releasing the hands. Lightly place the hands again on the knees and hold the posture for a few seconds. If the tension you are feeling in your legs and hip regions is too great, do not try to move into this



Vajrasana — (variation)



Bhoo-namana Vajrasana — (variation)

position but hold the posture at a convenient level within your ability. Perhaps, keeping the knees apart at the beginning will make this posture easy for you. After holding the posture you can move into Vajrasana again for

When you find it easy to stay in the final position of the above second step, it is time for you to try the third step if you like to do so - that is to bend backwards. Regarding any posture, always take more care in bending backwards than in bending forwards. Perhaps this movement will be impossible or very difficult in the beginning even if you are fairly flexible. In that case, either leave it or keep on practising it very systematically and patiently at moderate levels without trying to reach the final level at once. Carefully follow all the instructions given in the said lessons until these postures too become easy and comfortable for you. Always remember that the motive of practising yoga postures is to be health giving and not to be health-hazardous.

## Women

— Compiled by Indira Perera

## Be a Beauty

## News and views

### The Facial Treatment

Cleanse the face thoroughly with cream or milk regularly, so that the skin can breathe.

Never use face powder without an underlying foundation. Before applying foundation cream, make the face spotlessly clean and see that the skin is clear and the pores closed. Always apply cream on the face in an upward movement.

Apply the right shade of foundation sparingly and blend it well into the skin with the finger tips. Then using a tissue paper, blot it well.

Use a cream rouge nearest to your lipstick shade and pat lightly on your cheek bones, blend with the finger tips and let it fade towards the ears.

Do not use a dark foundation on the skin as it will actually darken the skin due to the effect of the dyer.

#### Face Masks

Face Masks are for softening, tightening, cleaning and bleaching the skin. There are many fruits and vegetables which can do wonders for your complexion. Orange juice applied on the skin improves it. Fresh tomato or cucumber juice makes the skin smooth. Mashed ripe papaya with a little milk and mashed ripe bananas with milk cream are equally good as face packs.

The use of face packs is especially good for oily skin as it removes excess

grease, melts dirt and tones up slack circulation.

#### Some Effective Face Packs

(a) Cucumber juice mixed with Fuller's Earth (Gachni) is a good face pack. It whitens the skin as well.

(b) A paste made with oatmeal, cold milk and lemon juice is good for the face, neck and hands.

(c) Whip together oatmeal, milk and a little glycerine and honey. Apply this on the face and allow it to set and then wash off.

(d) An inexpensive facial mask is honey. Apply a thin layer on the face and neck and then rinse thoroughly.

(e) An egg yolk mixed with a little almond oil pack is good for dry skin.

(f) Mix one tablespoon of honey with a well-beaten egg white. Add a few drops of almond oil and beat to a smooth cream; apply on the face (avoid eyes) and leave for half an hour.

(g) Mix 75 grams cucumber juice with 75 grams Witch Hazel and 30 grams Rose Water, apply on the face with finger tips and leave for 30 minutes. This will cleanse and beautify the complexion.

(h) Mix 75 grams barley powder or oatmeal with 25 grams honey and enough beaten egg white to make a paste that will not run down when applied to the face. Apply it once a

week.

(i) Mix the yolk of an egg with a few drops of olive oil and the juice of a lemon and apply on a greasy skin as a face pack.

(j) Make a paste with 1 tsp Fuller's Earth, 1 tsp thick curd 1 tsp ground mint leaves and apply on the face. A good mask for freshening up the skin.

(k) Take equal parts of Melon seeds (Kharbuza), Pumpkin seeds and cucumber seeds and grind them together to a fine paste in a mortar. Take a small portion and mix with enough milk to make a smooth paste. Apply on the face and leave for half an hour.

#### For bleaching

(a) To tone-up the skin and to bleach dark spots apply a face pack with dry orange peel, lemon juice and a little milk.

(b) Mix the juice of one lemon with 2 tsp of milk. Apply and massage on the face. Then rinse off.

(c) A home-made bleach for facial hair. Take a drop of household ammonia and 2 teaspoons (20 volume) hydrogen peroxide and sufficient Fuller's Earth to make a spreadable paste. Apply this to the hair once a week, leaving it on for ten minutes only. Wash off with lukewarm water. Pat the skin dry and apply

skin cream.

#### For Blemishes

(a) Rose water helps to clean face blemishes. Cover the face blemishes with a coating of Eskamel overnight. If there are only one or two spots, clean with surgical spirit and cover the area with Eskamel.

(b) Grind basil leaves and apply on the face.

(c) Soak a few poppy seeds overnight in rose-water, grind it to a smooth paste and apply on the blemishes. Leave for 10 minutes after which massage and wash off.

#### For Blackheads

(a) Keep the face clean. Steam it and scrub it with soap and water. Then apply an oatmeal paste.

(b) Boil some oatmeal in a little water. Cool it and add some lemon juice and mix it well. Apply on the face.

(c) Make a lotion with equal parts of lime juice, almond oil and glycerine and apply on the face. It not only cures blackheads but the discolouring spots on the face too.

(d) Beat an egg white stiff. Add 1 tsp honey and with a cotton swab apply on the face and leave for half an hour. Rinse with warm water and pat it dry.

#### For Pimples

(a) Apply a paste made of nutmeg,

pepper and a little water. Apply on the pimples and allow to dry. Then wash off.

(b) Mix 10 grams juice of white onions with 5 grams honey and 1 gram rock salt and apply on pimples.

(c) Wash your face thrice a day and apply calamine lotion on the pimples.

(d) Apply a paste made out of ground mint leaves on the pimples and leave overnight. This will ease the pimples and clear other blemishes also.

(e) Never pick pimples for if you do so they leave scars.

#### For Warts

Rub castor oil thoroughly into the wart every night and morning till it disappears.

#### For Freckles

(a) Apply hydrogen peroxide to the affected parts daily with a cotton swab and leave till dry.

(b) Apply the juice of a radish and leave for an hour before washing it off.

(c) Apply sour butter-milk.

(d) Pat on lemon juice on freckled area. To delay freckles, smear face with milk cream, leave it on for 15 minutes and wipe off with cotton wool and leave it overnight and wash it the next morning.

#### For Wrinkles

Use honey and egg mask.

### Thought for the week

#### Value

Your highest value is not 'god' but yourself, you are your own highest value.

G. V. Desani