

MAURITIUS TIMES

• *Efficiency is doing the thing right. Effectiveness is doing the right thing. -- Peter F. Drucker*



By Dr R Neerunjun Gopee See Page 3

Racism and Communalism: the larger context and perspective

Those who preach most loudly, in particular on public platforms, about the need to practise the true values of Mauritianism and brotherhood, respect for others, etc., are the ones most likely to be the worst defaulters



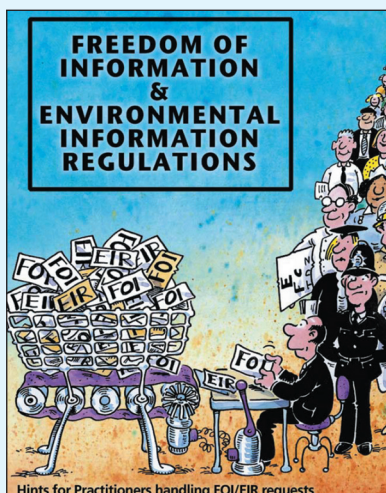
A Relative Sense of Self-Righteousness

The opinionated lot in civil society and media spokespersons may feel comfortable with the detective's relative sense of self-righteousness in loud denunciations of wrongdoings and suspicious dealings. Others will shrug off and walk on

By Nita Chicooree-Mercier
See Page 18

Access to Information and the Deepening of Democracy

By Sheila Bunwaree See Page 4



Interview: Prof Sing Fat Chu

“Mauritius will only mend its ways when it will be confronted with a major crisis that may have well have come in the form of Covid-19”

‘I doubt whether the big hotel chains seeking funding from the MIC would pass the viability test in Singapore’

See Pages 7-8



The time is ripe for reform - and democratisation

To a question put to Dr Vinaye Ancharaz, International Economic Consultant by this paper, last Friday about whether the current pandemic provides us with a once in a 100-year chance to shake up the system, revisit our economic structures and policies and drive the economic democratisation agenda - in other words whether it's feasible in the current difficult economic circumstances to do so -, his response should prompt Government to resolutely take action towards that end, where the former Labour government fell short. Research shows that the toughest reforms have taken place at the peak of economic crises. So the time is ripe for reform, and the government knows it well, stated Dr Ancharaz.

The authors of the 'Framework for a Labour Party Economic Democratisation Policy' (as worked out by its then Economic Democratisation Commission) and which constituted its main electoral plank for the 2005 general election, had in December 2004 promoted the Party's resolve to 'unequivocally embrace an approach that will bring about a democratisation of the ownership and control of economic assets... achieve international competitiveness whilst at the same time integrate historically disadvantaged groups in the economic mainstream'. Further, they added that 'Mauritius is badly in need of an inclusive society with chances of growth in fairness to everybody, and this cannot be achieved through the maintenance of a social structure which is non-racial only in words and without an equitable restructuring of the Mauritian economy'.

Some progress had indeed been achieved in certain sectors of the economy. However, the view has been expressed within the Party itself that the Labour Party led governments could have travelled much farther towards broadening the scope of economic opportunities if proper attention had been given to fixing the issues of teamwork and synergy among the stakeholder ministries like Finance, Tourism, Agriculture, etc., with ministers working at cross purposes and pursuing opposing agendas, and not in line with the official 'discours' in relation to the democratisation agenda during the latter part of the 10-year mandate. That agenda, according to insiders, also suffered from a weakening of the political resolve in anticipation of alliances to be contracted for the next general elections. Thus the care taken not to unnecessarily ruffle the feathers of the prospective ally - in that case the MMM.

A Labour Party-led government was expected to ensure that potential players be given a fair chance, that they should be empowered to overcome the

obstacles which prevent them from contributing to increase the potential of the economy. Whoever can do this in a serious and disciplined manner to promote viable and sustainable businesses over time, notwithstanding epidermal, race or communal considerations, should have been given the affirmative action chance to make the breakthrough for the sake of growing our economy. It all unfortunately ended with some form of democratisation for the few and not the many. We need not expatiate further on that - nor on the few that benefited from the emergency procurement procedures that saw a handful of businesses taking the lion's share in the importation and supply of drugs and medical equipments during the Covid-19 lockdown earlier this year under the present MSM-ML government.

Mauritius being a market economy, in practice there is a dense network of interconnections in the way business is done in different sectors with the result that the same persons who have, historically, captured the heights of the economy do so over and over again each time there is an interesting big new opportunity to do profitable business. Others are incapacitated right from the start. The resulting *status quo* means that none other than the existing capitalists make inroads into business in any meaningful sense to the exclusion of potential 'intruders'. Worse still, this style of economic development has nurtured a business-foreclosing and rent-seeking mentality among the handful of our established business class.

Not only will persistence of this situation not unleash the entrepreneurial dynamism we should have been fostering to make new breakthroughs, it will also widen the already yawning inequality gap, as Thomas Piketty has demonstrated in his book 'Capital in the 21st century'.

The Covid crisis thus presents a historical opportunity - according to research findings as mentioned above - for the kind of transformative reform that is required to drive the economic democratisation agenda. This argument is further strengthened by the view of Prof Sing Fat Chu in his interview in this paper today, which is that government bailouts to organisations (such as the hotel and tourism sector) which do not pass what in Singapore is known as the 'viability test' are only going to perpetuate a *status quo ante* in lieu of changing to a much-needed new normal way of pursuing economic growth. This is something that needs serious consideration on the part of all stakeholders, and bold policy decisions for its implementation.

The Conversation

A million deaths from coronavirus: seven experts consider key questions

An unprecedented level of research has gone into understanding the novel coronavirus. Here's what we still don't know

The pandemic has reached a grim milestone: one million people have now died of COVID-19, according to Worldometers.

On January 13, we published "Mystery China pneumonia outbreak likely caused by new human coronavirus" by Connor Bamford, a virologist at Queen's University Belfast. Since then, we have published more than 3,500 articles on the now not-so-novel coronavirus, officially named Sars-CoV-2. Despite this huge output from the world's leading experts, we have merely skimmed the surface of all there is to know about this perplexing pathogen. So much remains a mystery.

At this important juncture, we asked several experts from different fields what their burning question about the coronavirus is. Here is what they said:

Connor Bamford, Research Fellow, Virology, Queen's University Belfast

How did Sars-CoV-2 enter the human population?

We must understand how Sars-CoV-2-like viruses jump into humans if we are to stop the next pandemic, as we do for influenza. Although originally thought to have emerged in the Huanan Seafood Wholesale Market in December 2019, the earliest patient had no link to the market suggesting the virus had emerged before then. How did this happen?

Sarah Caddy, Clinical Research Fellow, Viral Immunology, University of Cambridge

How can we tell if someone is protected from Sars-CoV-2?

The immune response to Sars-CoV-2 infection aims to eliminate the virus from the body. Many studies have carefully described the various stages of the immune response after initial infection, but we do not know which aspects of immunity are essential for preventing repeat infections. What are the relative roles of different types of antibodies, or the importance of different T cell subsets?

An important goal of Sars-CoV-2 immunological research is, therefore, to identify which immune component (or components) can show a person is protected from future infection. Such a marker would be termed a "correlate of protection".

The ability to measure an accurate correlate of protection would be valuable for two reasons. First, it could tell us whether someone who has recovered from COVID-19 is likely to get re-infected.

Sarah L Caddy, University of Cambridge; **Anne Moore**, University College Cork; **Connor Bamford**, Queen's University Belfast; **David Hunter**, University of Oxford; **Derek Gatherer**, Lancaster University; **Robert West**, UCL; **Susan Michie**, UCL



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Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis
Tel: 5-29 29301 Tel/Fax: 212 1313



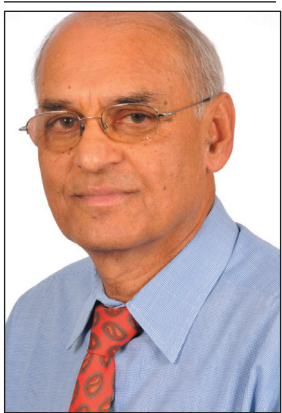
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Dr R Neerunjun Gopee

Racism and Communalism: the larger context and perspective

Those who preach most loudly, in particular on public platforms, about the need to practise the true values of Mauritianism and brotherhood, respect for others, etc., are the ones most likely to be the worst defaulters

Although science has established, through genetic and related studies, that there is no such thing as a 'pure race', yet the notion is still widespread and persistent, and its most acute manifestation is currently visible in its most violent form in the US. There, the Black Lives Matter or BLM movement has pitched Blacks against White policemen as a result of several deaths of Black individuals by the latter in public shootings, and protests associated with collateral violence (arson, looting, vandalism) is continuing in several cities.

Where there is racism, communalism is not far. Our shores have not been spared, and in the wake of street protests that have recently taken place here, social media has added some fuel to the fire. Communalism, in particular, always seems to lie in the background, at times perniciously so. It was monstrous during the pre-Independence period. But most sensible Mauritians would agree that in spite of one or several hydra heads of this ogre rising up from time to time, it is rapidly contained and drowned in the open views that are expressed about it or the particular event that gave rise to it. Until the next time round, which usually undergoes a similar fate – but this time the fire is yet to die down completely.

Some years ago, a case that polarized opinion was the accident that involved a minister and another person. Mauritians from all segments and communities of the country were very vocal about it, in the immediate aftermath and for a few weeks afterwards when the trial was taking place. But not everybody belonging to the minister's community expressed support for him, and this was also the case for the other person.

As a matter of fact, most Mauritians perceived this incident as the arrogance of power pitted against the ordinary citizen – and this is what was salutary about that unfortunate incident. The communal angle receded in the background, because no citizen of whatever hue is prepared to tolerate the arrogance of power, knowing full well that any of us at any time can be the victim



“It has been my experience over and over again that those who preach most loudly, in particular on public platforms, about the need to practise the true values of Mauritianism and brotherhood, respect for others etc, are the ones most likely to be the worst defaulters. In contrast, those who genuinely foster and live these values do so silently and peacefully, as they go about their lives serving and/or interacting with their fellow compatriots in webs patiently woven over time at the workplace, in professional or social relationships which even become consolidated in links of deep friendships...”

of it.

But the country went one step further: when the judgement was eventually delivered, with the acquittal of the minister, hell didn't break loose. Again, in a democratic manner, some citizens expressed their surprise, and dismay, just as others thought that justice had been done. Finally, though, the verdict of the Court was accepted. In other words, despite all the criticisms against the legal system and its presumed weaknesses, by and large people acknowledged that there had been a due process of law that had been adhered to, in other words the legal system was given its due credibility.

And that is how it should be: one of the strongest ways to tackle communalism is through strengthening our systems and institutions. And there is a patriotic reason for it. The reasoning for this starts with looking at the reality of communalism in a wider perspective.

All of us have the communal instinct or tendency hardwired in us, most likely as a vestigial survival of our early human evolution when belonging to a tribe was vital for our living in terms of food and basic security mainly. Commonsense applied to the world situation today will show us that there is a widening circle of allegiance – which is what communalism is essentially about – that, starting with the family, is as follows: *close* relatives, close friends, one's community (usually based on faith), the wider society and lastly the country. When it comes to beyond the country, both at individual and

collective level it is more pragmatic considerations that matter, barring extremists or radicals who are influenced by their preferred ideology.

But what is the reality? Even within all the groups listed above, not infrequently there are very divided opinions or sometimes even open antagonisms. However, whenever any of these allegiances, except to country (patriotism), overrides all other considerations in one's handling of a given situation when playing one's role in the country – private or lay situation, professional or officer in public service or private sector workplace –, this is where the danger of communalism may surface and is unacceptable.

Concrete examples include seeking employment or being due for promotion in one's place of work, or interactions with the personnel in the public service or private organizations. Where communalism does harm is if someone is favoured over another simply because of one's affinity with the opposite party on the basis of family, relative, friendship or religion.

Looking back from the perspective of the approaching dusk of my life, and having chosen to come back after long and hard studies to live here because I loved to be in my country and still do, it has been my experience over and over again that those who preach most loudly, in particular on public platforms, about the need to practise the true values of Mauritianism and brotherhood, respect for others etc, are the ones

most likely to be the worst defaulters.

In contrast, those who genuinely foster and live these values do so silently and peacefully, as they go about their lives serving and/or interacting with their fellow compatriots in webs patiently woven over time at the workplace, in professional or social relationships which even become consolidated in links of deep friendships and why, even family and relative at times. That is the *lame de fond* (deeper reality) of our *vivre-ensemble* (living together) that never needs any validation on public platforms.

From a national standpoint, the larger issue about communalism/racism that is of the utmost importance here is: by favouring someone of 'my own' am I strengthening the system or the institution in my country? That should be the fundamental criterion, all other things (e.g. qualifications) being equal. And the rationale is simple: I live in this country, and it is definitely in my interest – as well as that of my family, relatives, friends and community – to have a well-running country of which I can be proud and whose systems I can count on to deliver. If say, teachers or doctors are appointed who are not the best suited for the positions, will I trust my child or my life to them, even if they are 'my own'?

Everybody knows the answer: a BIG NO!

For that matter, even if I decide to emigrate, I can't take everyone of 'my own' along! There will always be many left behind. Do I leave them to their 'fate', or do I contribute to leaving behind a country worth living in?

The antidote to communalism is not endless debates on the semantics: it is genuine patriotism. Whenever we are faced with having to take a decision in our dealings in the situations mentioned above, we have to ask ourselves a *bona fide* question: will my decision weaken or strengthen my institution, add to the quality of the work environment or the relationship, be fair and just? If we adhere to these fundamentals, even the most hardened politician cannot play ball. Because politicians abhor systems and strong institutions that they simply cannot manipulate.

And that is the basis of patriotic strength that is the greatest weapon of the citizen. Its collaterals are fairness and equity. Let us show the degree of maturity required of us so many years after independence that we all need to graduate to the degree of maturity that will make of us good patriots, for our own sake and that of the future citizens of the country- most of whom, after all, will be our own progeny.

Access to Information and the Deepening of Democracy



Sheila Bunwaree

What started as intense advocacy and lobbying for the 'Right to Know' and access to information, by civil societies globally, culminated in the UN's adoption of 28 September as the International Day for Universal Access to Information (IDUAI). When Ambassador Kemayah from Liberia, introduced the draft resolution at the 74th UN General Assembly in 2019, calling for this International Day, he noted that: 'Access to information is very essential for the democratic functioning of a society, shaping our political, social and economic perspectives; and vital for the sustainable development of countries.' By adopting the resolution, the General Assembly endorsed a rather similar resolution, adopted by UNESCO in November 2015.

The UN's own recognition of the pivotal role that access to information plays towards attaining the Sustainable Development Goals is captured under Goal 16. Goal 16.10.2 states that access to information serves as an enabler of all other SDGs. In other words, making progress on the SDGs will remain difficult unless citizens' 'right to know' is materialised. The point made by SDG Goal 16 in fact resonates with Article 19 of the Universal Declaration of Human rights.

S 12 of the Mauritian Constitution guarantees freedom of expression. This has no doubt contributed to enhancing Mauritian democracy. It should not, however, be conflated with freedom of information particularly in this age of anger, when the convergence of multiple crises are pushing people to ask for greater transparency and accountability.

It is interesting that in his address to the United Nations General Assembly on 26 September 2020, PM Pravind Jugnauth recognizes the importance of the UN SDGs framework to monitor and measure development. Expressing concern about the various challenges that the Covid-19 pandemic has given rise to, he notes that '...the road to the achievement of the SDGs will be long.' But little does he realize and/or acknowledge that the road will be even longer if opaque governance and trampling of people's rights persist.

Is the PM aware of the centrality of 'access to information' as laid out under Goal 16 of the SDGs and is he willing to move towards the adoption of a Freedom of Information Act? Perhaps Prof Jeffrey

Implementation of a Freedom of Information Act may not be easy, despite exemptions for withholding critical information but this does not justify its non-introduction



Sachs' comments at the launch event of UNESCO's report on Access to Information in July 2019, could have been of some use. Jeffrey Sachs tells us: 'SDG 16.10 is fundamental to the SDGs as it is about accountability, and about an honest assessment of how many people are living in poverty and attending school, of rates of deforestation and about the state of the rule of law, criminality and justice...'

Well, some people would argue that the PM has no lesson to take from Sachs or whomsoever. The culture of opacity which is the 'modus operandi' of Pravind Jugnauth's MSM certainly deters him from embracing openness, thus rendering him unfit for this highly digitalized, global age of information.

The MSM-led alliance of 2014 manifesto in fact stated: 'UN Freedom of Information Act' sera introduit pour garantir la transparence et permettre la libre circulation des informations.' But in 2019, FOIA disappeared from the MSM's radar. Why? A question not too difficult to answer!

In his speech at Kewal Nagar, on the occasion of SSR 120th anniversary celebrations, the leader of the Labour Party (LP) once more reiterated the party's intention to introduce a Freedom of Information Act. The LP had shown some keen interest in revisiting the country's media law as testified by Geoffrey Robertson, who was commissioned to carry out a detailed study on media law in Mauritius. Referring to a conversation he previously had with Navin Ramgoolam, Robertson notes in an address to the former: '... At our meeting in Sept 2010, you agreed and said that you wanted the nation to have the benefit of a

modern law in this field, which would fully respect human rights and provide for the greatest degree of transparency consistent with individual privacy and government efficiency...' The intention to pursue the question of the introduction of a FOIA, figures in the LP-PMSD 2019 manifesto.

So far, promises made by all political parties at the local level have remained empty while some 112 countries across the globe have introduced some kind of Freedom of Information legislations. Having legislations are certainly necessary but not sufficient to ensure the good functioning and deepening of democracy.

Some of the reasons generally advanced for the introduction of a Freedom of Information Act include the fact that it makes it easier to combat corruption, protect whistleblowers, promote transparency, enhance accountability, strengthen the functioning of our institutions, develop a strong research culture, facilitate investigative, ethical and balanced journalism, encourage fact checking, fight fake news and disinformation, ensure that marginalised and vulnerable groups such as the 'disabled' for instance, get to know their rights and entitlements. In short, FOIA constitutes an important pillar of democratic governance. No wonder that its cross-cutting nature and implications for all other development goals has been emphasised under Goal 16 of the SDGs.

More than ever before, Mauritius needs a Freedom of Information Act. Mauritius' image as a model of media freedom suffered a severe blow when the ICTA was amended to punish online communication

that is deemed as causing: 'annoyance, humiliation, inconvenience, distress or anxiety'. We are all aware of the kind of trouble and angst that many of our citizens active on social media have gone through since. On top of that, we continue to have MBC - the national TV station - which has become a propaganda machine, robbing Mauritians of the right to have access to objective and reliable information. Some private radios and journalists have been banned from government press conferences on a few occasions. We are still desperately waiting for the introduction of private TVs. These are perhaps some of the reasons why Mauritius has fallen from a ranking of 25th to 56th in 2018 on Reporters without Borders Press Freedom Index.

The triple crisis: the Wakashio ecological disaster, Covid-19, the economic downturn, have intensified the opacity of governance. Laws passed in the context of the pandemic highlight different coercive measures and a trampling of citizens' fundamental human rights, inevitably impacting the SDGs. Various scandals have also been brought to light during the last few months. Large numbers of questions remain unanswered, including those related to the tragic loss of lives due to the failings at the Mauritius Ports Authority, causing a lot of misery to the nation. Parliament closed for vacation, adding to the frustration and anger in the population. Three protest marches on 11th July, 29th of August and 12th September with more coming up, are sending not only a message of discontent but one of deep distrust too.

Access to information is therefore critical for enabling citizens to hold governments to account. It also allows citizens to exercise 'voice' and 'agency' and to enter into informed dialogue about decisions which affect their lives. Resources siphoned off in dishonest ways, waste permitted unethically, policy making made in a vacuum without evidence, have a bearing on ordinary citizens' lives - it often means lesser food available for children already in deprivation, lesser houses built for the needy and homeless, lesser quality health care and education for those at the bottom, etc.

This 28th Sept, celebrating the International Day for Universal Access to Information is therefore a good reminder that it is our moral responsibility to continue to advocate and lobby for FOIA. Implementation of FOIAs may not be easy, despite exemptions for withholding critical information but this does not justify its non-introduction. People's Voices Network (PVN) - a newly established NGO has the ambition of advocating and lobbying in favour of this legislation.

Switzerland referendum: Voters reject end to free movement with EU - projection

Swiss voters have rejected in a referendum a proposal to end an accord with the EU on the free movement of people, TV projections suggest



No campaigners say the proposal is a Trojan horse aimed at weakening human rights. Photo - bbc.com

Broadcaster SRF said voters were set to reject the plan by 62% to 38%.

Ballots are still being counted, and final results are due within hours.

Switzerland is not a member of the EU, but currently accepts free movement so that it can have access to free trade and co-operate with Brussels in areas like transport and education, reports BBC News.

The proposal, put forward by the right-wing Swiss People's Party (SVP), aimed to scrap a long-standing free-movement deal with the EU and regain full control of the country's immigration policy.

A similar initiative to introduce quotas on immigrants from the EU to Switzerland narrowly passed in a 2014 referendum, damaging Swiss-EU relations.

Supporters of the anti-free movement plan said it would allow Switzerland to control its borders and select only the immigrants it wants.

Opponents argued it would plunge a healthy economy

into recession, and deprive hundreds of thousands of Swiss citizens of their freedom to live and work across Europe.

A landlocked country that has observed neutrality for centuries, Switzerland has over time veered between seeking closer engagement with the EU, and preferring a more isolationist course.

Swiss people are given a direct say in their own affairs under the country's system of direct democracy. They are regularly invited to vote on various issues in national or regional referendums.

Under this system, Sunday's referendum could have forced the Swiss government to unilaterally void its free-movement agreement with the EU by invoking a so-called a guillotine clause.

This clause would have impacted other bilateral deals on transport, research and trade with the EU, disrupting economic activity.

What other issues did Switzerland vote on?

A referendum on paternity leave for new fathers was among the other issues on Sunday's ballot.

Projections show the initiative appears to have been backed by a majority, heralding a major change in Switzerland, a country seen as lagging behind its European neighbours on paternity leave.

Fathers should be able to take two weeks of paid leave within six months of the birth of a child. They should be entitled to receive 80% of their salary, up to a ceiling of 196 Swiss francs (£165; \$210) per day.

Other issues included referendums on funding for new fighter jets and the revision of Switzerland's hunting law, which would make it easier to cull protected species such as wolves.

After talks with PM Modi, Japan PM Suga speaks to Xi Jinping, both agree on need for stability in region

After holding talks with Prime Minister Narendra Modi over the phone, new Japanese PM Yoshihide Suga also spoke to Chinese President Xi Jinping and agreed to the stability of ties between the two nations and also the region.

Yoshihide Suga said he and Xi Jinping agreed in talks Friday to work closely together by holding high-level meetings including summits. "I told (Xi) that the stability of Japan-China relations is crucial, not only for the two countries but also for the region and for international society," said Suga.

Earlier on Friday, Japan PM Suga held talks with Prime Minister Narendra Modi and the two discussed their intent to achieve a "free and open Indo-Pacific" aimed at checking China's maritime assertiveness, reports India Today.

PM Modi and Yoshihide Suga touched upon a range of issues including the Mumbai-Ahmedabad high-speed rail project and ways to deepen cooperation for a free and open Indo-Pacific region in their talks on Friday.

Soon after the talks, PM Modi said it was agreed that stronger India-Japan ties would help meet the challenges of the current regional and global situation.



After talks with PM Modi. Photo - d2c7ipcroan06u.cloudfront.net

Later, Suga and Xi Jinping agreed to hold summits and other high-level meetings to cooperate in bilateral, regional and international issues, he said.

Relations between the two Asian rivals have improved recently as China faces heightened tensions with the United States. But Japan sees China's military development and increasingly assertive stance in the East and South China Seas as a major security threat.



Singapore's population dips. Photo - www.todayonline.com

Singapore's population dips to 5.69m, after fall in non-resident numbers

Singapore's citizen population grew by 0.6 per cent over the past year while the country's non-resident population went down by 2.1 per cent, resulting in a dip in overall numbers for the first time in almost two decades. This is the latest data from the prime minister's office strategy group released on Thursday.

The annual population in brief report showed that the fall in non-resident numbers, due to fewer foreigners employed during the covid-19 pandemic, brought the total population down by 0.3 per cent from June last year to 5.69 million.

The last time Singapore's total population fell was in 1986, when it declined by 0.1 per cent, data from the department of statistics showed, reports Daryl Choo of TodayOnline.

The population numbers were below the planning figures from the controversial population white paper released in 2013 that estimated the country's total population could range between 5.8 million and 6 million by 2020.

A public outcry was sparked over figures the white paper used for the total population in 2030 - 6.5 million to 6.9 million - which the government said was not a forecast but a figure used for planning purposes.

Last Thursday's report also showed that the number of overseas singaporeans fell during the same period from 217,200 to 203,500 as singaporeans returned home as a result of the covid-19 pandemic.

The growth in the total number of overseas Singaporeans has also slowed over the past five years compared to the previous five-year period.

The population, as of June this year

4.04 million residents, made up of 3.52 million citizens and 521,000 permanent residents (pr)

1.64 million non-residents

* More on Page 6

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'One day everyone will use China's digital currency'



Chandler Guo at one of his cryptocurrency mines

Chandler Guo was a pioneer in cryptocurrency, the digital currencies that can be created and used independently of national central banks and governments.

In 2014 he set up an operation to produce one of those currencies, Bitcoin, in a secret location in western China.

"Mining" Bitcoin is a power hungry enterprise involving dozens of computers so he used power from a hydroelectric station, in partnership with a local Chinese government official.

At its peak his machines were capable of mining 30% of the world's Bitcoin. He believed Bitcoin would one day change the world and replace the dollar, reports

Danny Vincent of BBC News Hong Kong.

But now he sees a new force emerging - a payment system created by the Chinese state and known as Digital Currency Electronic Payment (DCEP).

It's really a digital version of China's official currency, the yuan, and Mr Guo feels DCEP will become the dominant global currency. "One day everyone in the world will be using DCEP," he says.

"DCEP will be successful because there are a lot of Chinese people living outside of China - there are 39 million Chinese living outside of the country.

But many question whether it will

succeed and there are concerns that it will be used by Beijing to spy on citizens.

Like Bitcoin, DCEP utilises a blockchain technology, a type of digitised ledger used to verify transactions.

Blockchain acts as a universal record of every transaction ever made on that network, and users collaborate to verify new transactions when they occur.

In practice, that means users don't need a bank if, for example, they want to pay each other, perhaps with their phones.

China plans to launch DCEP later this year. But so far, the People's Bank of China has not given an exact date for the nationwide launch.

China began testing the digital currency earlier this year in selected cities. When rolled out it will allow users to link downloaded electronic wallets to their bank cards, make transactions and transfer money.

"It's hard to predict the timeline but the People's Bank of China is under a lot of pressure to accelerate the development because they do not want to be in a world where Libra (Facebook's digital currency) becomes the global currency, which they think is worse than the current global financial system controlled by the US," says Linghao Bao, an analyst from Beijing-based Trivium.

Observers say China wants to internationalise the yuan so that it can compete with the dollar.

"The Chinese government believes that if some other countries can also use the Chinese currency it can break the United States' monetary sovereignty. The United States has built the current global financial system and the instruments," says an anonymous Chinese cryptocurrency observer.

Although Facebook has scaled back its plans for Libra, it was still a concern for China. The social media giant plans to roll out an e-wallet known as Novi later this year. It will work as a standalone app but can also be available on Messenger and WhatsApp.

"The two sides are definitely involved in financial warfare even though no large confrontation has happened yet," says Linghao Bao.

Observers like Bitfool believe that China is already further ahead of the US in the battle for the future of money.

China's digital payment systems are widely seen as the most advanced in the world.

The country is on the verge of becoming a cashless society. In 2019, four out of every five payments in China were made through either Tencent's WeChat Pay or Alibaba's Alipay.

Waiting for tourists in southern Spain's ghost coast

Sheets cover the lobby furniture and a deadly silence pervades the empty restaurant of the Hotel Amaragua. Outside, someone is removing the leaves that have fallen into the enormous swimming pool that is bereft of bathers, while the usual sun loungers have been stacked.

The deserted facilities at the hotel, which is one of the biggest in Torremolinos, a popular resort in Spain's Málaga province, bring to mind scenes from a horror movie. But this is not fiction; it's a reality in which around 80% of the Costa del Sol's hotels have closed their doors, without knowing when they might reopen, reports Acho Sánchez and Jesús A. Cañas of El País.

"It's horrific!" says Miguel Sánchez, founder of the MS hotel chain that owns the Amaragua. In 2019, they had 603 guests here at this time of the year. Today, as they close for the first time in 25 years, they have none. Like so many others, it has become a ghost hotel.

The scenario is the opposite of the bumper year that had been expected on the Costa del Sol. According to Málaga provincial authorities, in 2019 the hotel industry had a combined direct and indirect turnover of Euro14.4 billion and generated 180,000 jobs. Over the last 10 years, each year has been better than the last, but 2020 has dramatically reversed the trajectory.

"This summer has been disastrous, horrible, enough to make you cry," says Álvaro Reyes, commercial director of the Alay, a flagship hotel in Benalmádena, which was able to open partially during August. First there was the devastating impact of the three-month coronavirus lockdown, and then the worst summer season in living memory. The average occupancy rates for the establishments that did open were around 35% in July and 40% in



Waiting for tourists in southern Spain. Photo - static.euronews.com

August. Most have now closed.

Today, the collapse of the travel giant Thomas Cook and even Brexit seem like minor hiccups compared to the quarantine restrictions and the advisories issued by the British - then the Germans, Belgians and Dutch - to avoid any travel to Spain. "Not many people live here permanently and, without the tourists, there's hardly anyone around anymore," says Juan Rueda, who for the last 33 years has run a supermarket next to the Amaragua Hotel. The health crisis forced him to dismiss his only employee, who has found agricultural work in France. "It's a knock-on effect and now we've all felt it," he says, preparing a sandwich for one of his few customers.

The knock-on effect means that, besides hotels, the entire tourist ecosystem, including beach bars, ice cream parlors, car rentals and souvenir shops, is teetering on the

edge of disaster. The Málaga province hospitality association, for example, estimates that there will be around 5,000 layoffs over the next few months around Málaga. "The tourist sector on the Costa del Sol is very dependent on international tourism, and it's paying the price for that," explains a source from the association, who says that the situation is being exacerbated by the fact that domestic trips organized by the Spanish authorities for the elderly have also been cancelled.

Meanwhile, in nearby Cádiz province, which has around 2,600 hotel beds, average occupancy for July and August stood at 60% due to the region's popularity with national

tourists. "The data is acceptable given the current situation," says Stefan De Clerck, director of Hace Hoteles and president of the Cádiz Hotels Provincial Association. "Though if we were to compare it with 2019, it is, of course, a disaster. Cádiz and Huelva are the coastal regions that have done best in Andalusia this summer."

Despite these figures, the next few weeks are not looking good. "Predicted occupancy for the entire month of September is 20% to 25% compared to 90% in other years. The situation is frankly bad," adds De Clerck, who has temporarily closed his Duque de Nájera Hotel for the first time since it opened in 1996. "It has been very hard for us."

Prof Sing Fat Chu

“Mauritius will only mend its ways when it will be confronted with a major crisis that may have well have come in the form of Covid-19”



Prof Sing Fat Chu explains, in today's interview, how the robustness and resilience of Singapore's institutions, along with its farsighted policies, have allowed it to successfully face the onslaught of Covid-19, in particular the way it swung into action when surge occurred in foreign workers dormitories. He says that the hotel industry in Mauritius would not have passed what he calls the 'viability test' for government bailout in Singapore. However, he is optimistic and thinks that with the right set of values Mauritius can still do well. A native of Vacoas and the "holder of a unique passport, that of my Motherland", as he says, Singfat Chu attended ND Visitation RCA Primary School and Royal College Curepipe. He has been Professor of Business Analytics since 1991 at the National University of Singapore. He has contributed many articles in the Mauritian media especially on the analytics of electoral reform.

has national reserves of Rs 9 million per head. This remarkable feat is the result of sheer efforts, putting the right people in the right place to turn the economic cogs, and an enforcement structure which guards against corruption.

*** Most people see Covid-19 as an economic crisis first, health risk second, an Ipsos survey found. What has been the approach of the Singaporean government?**

This is a timely chicken and egg illustration. Covid-19 has magnified the circular relationship between health and the economy not only within countries but across the world due to globalization.

Having positioned itself as a hub for trade, air and cruise travel, logistics, etc., Singapore is heavily dependent on the outside world. The government did its earnest most to maintain jobs through salary supports for months. But despite its sizeable reserves, this is not sustainable

“Mauritius will only mend its ways when it will be confronted with a major crisis that may have well have come in the form of Covid-19. This has amplified the economic, political and social turbulences that were already affecting Mauritius before its onset. Air Mauritius is a telling illustration. It could have been our SIA but it lost its bearings in big part to political interference. This should a lesson that we should always remember...”

with the prolonged crisis. Retrenchments agreed via tripartite negotiations are on the ascendancy.

The famed Mustafa Centre where tourists flock for their one-stop shopping is not renewing the contract of its predominantly foreign staff due to a dramatic decline in its business. For the first time ever, Singapore has recorded a drop in its annual population as thousands of out-of-work foreigners have moved out. Pressures by its citizens have led the government to enact measures promoting a Singapore core in all spheres of employment.

Well-attended job fairs in every constituency are directing the retrenched to resilient and upcoming sectors such as healthcare, CIT, Finance and the gig economy. For instance, a significant number of Singapore Airlines cabin crew members are now deploying their acclaimed skills in hospital service roles. Many are also retraining themselves for jobs such as teaching which were not popular before but are now because of their stability.

*** It was being said at one time that East Asian countries including Singapore may ride out of the health crisis arising out of the Covid pandemic better than the US and Europe. The outbreak appeared more contained in Asia, while it was still running its course in the West, according to Morgan Stanley. Is it still the case, and why is that so?**

A telling statistic on the management of Covid-19 is the confirmed case fatality death rate. With 10 deaths out of 367 confirmed cases to date, Mauritius has a fatality rate of about 2.7% and it ranks about

120 among 192 countries. Tellingly, our sister island Reunion has a stellar fourth rank with 11 deaths out of 3685 cases. Singapore records the lowest fatality rate overall at 0.05% with 27 deaths out of almost 58,000 cases. Daily cases in Singapore peaked around 20th April with about 1400 cases and this has steadily trended down with a daily average of 23 cases for the present fortnight. (Source: <https://www.realclearpolitics.com/coronavirus/>)

Underlying the low but still sad fatality rate in Singapore is that 99% of the Covid-19 cases have surfaced among young migrant workers who lived in crowded dormitories. Singapore has paid a dear price for that oversight and it is now making profuse amends. It is not uncommon these days to see employers housing their migrant workers in condominiums. Age indeed appears to correlate with Covid-19 fatality rates. Among the four countries with the most cases, India has the youngest median population age of about 26 years. It stands out with a fatality rate of 1.5% compared to about 3% for USA and Brazil whose median population age are 38 and 31 years respectively.

“Now that we have been or will be affected by the seriousness of the Covid-19 situation, it will be smart of us to become ardent practitioners of values such as Effort, Trust, Meritocracy, Accountability, Discipline, Empathy, Thrift, our own 'Accorité' etc. We are right now on Noah's Ark and we can only reach safety with these shared values and the most capable Mauritians guiding us...”

Countries that have managed Covid-19 well are also those which (a) closed their borders early, for example Mauritius (b) have a culture of community over self, for example Vietnam, Hong Kong, Taiwan, South Korea, etc., where mask wearing became the norm on the onset of Covid-19, and (c) strict law enforcement, for example in "No Excuse" New Zealand that I was privileged to visit last December.

Mauritius Times: Many countries, including Mauritius, look up to Singapore to emulate for its economic success, so it's always good to know how things are working out there. Is it any better now, six months into the Covid-19 crisis, than it was before?

Prof Sing Fat Chu: As the world turned, so did open economy Singapore. Covid-19 has applied a hard brake to its remarkable economic trajectory. Singapore just presented its worst economic scorecard in 55 years of Independence. Its economy shrunk by a record 13% in 2Q2020 compared to a year ago. Singapore is expected to end the year at 6-7% down compared to 2019 as the world economy is lingering to bounce back. Nevertheless, the country is riding out the pandemic with relative serenity.

In Singapore, the job of Ministers is more to plan the future than to manage day-to-day affairs. Currently, they are brainstorming on how to ride out the headwinds of the Covid-19 pandemic and how to sail with the tailwinds thereafter.

This planning has paid off with an agile workforce needing minimal retraining for jobs in resilient and upcoming sectors. Singapore also has thriftily built up a trove of national reserves conservatively estimated at about a trillion dollars. In contrast to Mauritius with national debt approaching Rs 300,000 per head, Singapore

'I doubt whether the big hotel chains seeking funding from the MIC would pass the viability test in Singapore'

☞ Cont. from page 7

I have since become a fan of New Zealand which is to me is a paradise on Earth not only for its natural beauty but also the beauty in its people. And that is despite paying a hefty a NZ\$400 fine soon after arrival for forgetting to list a bag of lentils among the food items I had brought

“I have spent seven years of my life going to college with the tandem at its helm. I understand that, akin to government leaders worldwide, they are facing issues they never expected in their worst-case scenario. But the little they could have done is to show their mettle for being in the privileged positions they dreamt about some 45 years ago; they have sadly not been up to the mark...”

in. To the officer in charge and later the Ministry officials that I wrote to, it was "No Excuse" not declaring the item.

What amazed me about New Zealand is the absolute respect for its First People. Every function, social or official, starts with a speech in the Maori language and I saw integration of the Maoris in all spheres of lives, especially in businesses. New Zealand exemplifies mutual respect between society and authority.

* A study by Harvard University's Center for Communicable Disease Dynamics estimated that Singapore detects almost three times more cases than the global average due to its strong disease surveillance and fastidious contact tracing. But that comes at a cost, and Singapore can afford that level of health prevention and care, isn't it?

Singapore made an uncharacteristic oversight in its early management of Covid-19. It focused its efforts on the community and overlooked the migrant workers who mixed at construction sites and thereafter propagated the virus within their crowded dormitories. When this was detected, Singapore had a rather easy solution of locking down all the dormitories and started to test the migrant workers one by one.

Thanks to its significant biomedical industry and research institutes, Singapore had access to serological tests with low rates of false negative and false positive results delivered within hours. The government paid for all the expenses including salaries, opened up and refurbished all its vacant buildings to house the healthy workers and built mega quarantine facilities for those needing medical observation.

Treating the migrant workers like its own citizens especially in the provision of medical treatments was one way for the

government to get out of its hole. Construction work across Singapore only resumed gradually in June after 2 months of suspension. A strict protocol is now in place in the living quarters of the migrant workers.

* There is also the view that 'Singapore's response may not be

directly translatable elsewhere' with quarantine and isolation protocols strictly enforced and anybody who breaches quarantine rules or provides false information about their travel history is charged in court. Could it be said that it's a mix of carrot and stick that has so far helped Singapore?

All foreigners, be it students or workers, who breached Covid-19 regulations such as not wearing a mask or were found in gatherings beyond the maximum quorum, had their visa instantly terminated and sent home. This sufficed to send a strong signal that Singapore would not tolerate anyone jeopardising its well-being.

* What have been the principles underpinning the Singaporean government's assistance to the country's businesses to help them weather the downturn brought about by the crisis, while building competitiveness for the long term?

Yes, only viable businesses needing help are being sustained. Those with a bleak future are allowed to close down and workers, as I stated earlier, have been redirected to resilient and upcoming sectors.

I note the emerging controversy about the predominance of big hotel chains seeking funding from the Mauritius Investment Corporation (MIC) set up by the Bank of Mauritius. I doubt whether these big hotel chains would pass the viability test in Singapore. Yes, there are employees' livelihoods at stakes but do these hotels have a future as before the onset of Covid-19?

I am surprised that they all plan to continue business as before but that may not happen again. Have they thought of converting some of their establishments into retirement places? This is a niche market worth exploring.

If I am in charge of MIC, I will allocate

the precious funds broadly rather than deeply to mitigate the risks.

* You must have been following events here as they have been unfolding during these last months. What are your thoughts on the issues that have hogged the headlines lately?

I will bluntly voice my concern on the state of the Motherland. I have spent seven years of my life going to college with the tandem at its helm. I understand that, akin to government leaders worldwide, they are facing issues they never expected in their worst-case scenario. But the little they could have done is to show their mettle for being in the privileged positions they dreamt about some 45 years ago; they have sadly not been up to the mark.

I can condone every one of their shortcomings except when it comes to social harmony. Our motherland is most fragile to that. Their unbearable silence when a few have started to ignite sparks of divisions makes me wonder about their statesmanship.

Far from being harsh on them

“The famed Mustafa Centre where tourists flock for their one-stop shopping is not renewing the contract of its predominantly foreign staff due to a dramatic decline in its business. For the first time ever, Singapore has recorded a drop in its annual population as thousands of out-of-work foreigners have moved out. Pressures by its citizens have led the government to enact measures promoting a Singapore core in all spheres of employment...”

and on account that we go so far back, I implore them to pay immediate heed to the voices and tribulations of the hundreds of thousands who have walked the streets.

The decision is binary: wake up and rebound or pack up.

* This begs the question: Is there a "Singaporean" way to lead that would allow for a fair and quick resolution of such problems as they crop up?

Some years ago, I shared with another observer of local politics that Mauritius will only mend its ways when it will be confronted with a major crisis that may have well have come in the form of Covid-19. This has amplified the economic, political and social turbulences that were already affecting Mauritius before its onset. Air Mauritius is a telling illustration. It could have been our SIA but it lost its bearings in big part to political interference. This



should a lesson that we should always remember.

Now that we have been or will be affected by the seriousness of the Covid-19 situation, it will be smart of us to become ardent practitioners of values such as **Effort, Trust, Meritocracy, Accountability, Discipline, Empathy, Thrift**, our own "**Accorité**" etc. We are right now on Noah's Ark and we can only reach safety with these shared values and the most capable Mauritians guiding us.

I would also like to add that a new house is built over time and with different teams. What we may have seen so far is perhaps the most laborious component: foundation works. Next, bricklayers, painters, electricians, carpenters, etc., will chip in to make the house liveable. Sound political reforms will follow these stages and will not take place overnight.

From the Pages of History - MT 60 Years Ago

4th Year No 148

MAURITIUS TIMES

Friday 7 June 1957

• *Revenge is the abject pleasure of an abject mind. -- Juvenal*

More For The Salaries Commissioner

Peter Ibbotson

A correspondent has, over the pseudonym 'A SOCIALIST', laid some criticisms against my article 'Dedicated to the Salaries Commissioner', on May 3rd. He makes some "deductions" from selected quotations which cannot be borne out by any ordinary reading of what I wrote.

The Sessional Paper (a document which ex-M.L.C. S.B. Emile has rightly described as a document published to inform M.L.C's about something the Government has already made up its mind about) on the revision of the salaries of the top civil servants says that salaries in Mauritius are low, by comparison with other colonies, and quotes comparative salaries to prove this assertion. But large, rich and prosperous colonies can afford to pay higher salaries; and if salaries are related to the ability of the colony to pay, then a comparison of the proportion of national revenue spent on salaries is relevant.

A colony such as Mauritius, paying 0.12 of its revenue on the salaries of the six heads of departments listed in the Paper, is actually more generous than a colony such as Kenya where the same six heads of departments are paid only 0.07 of revenue. Too high an expenditure (either in fact or in proportion to revenue) on salaries leads to a top-heavy economy.

The *Times* has rightly criticised recently the fact that in the Seychelles far too big a slice of national revenue goes to pay the salaries of the whole set-up of governance; yet only half as many people live in the Seychelles as in Port Louis alone! Seeing what proportion of revenue is spent on salaries of heads of departments is a fair comparison. Too high a proportion means that other heads of expenditure may be neglected.

I referred to the 97 expatriates who are serving in Mauritius. This figure, says my critic, is misleading; the figure is by no means fixed. In a treatise on astronomy, one takes the sun for granted; in an article based on a certain Sessional Paper, one takes the contents of that Paper for granted. Hence the figure 97. It may be 96 by now; it may be 98 by next August - we don't know. Whatever the number, I maintain that Overseas Civil Servants should, as long as the territory in which they are serving is not completely self-governing, be paid by the Colonial Office. As a colony advances towards self-government, the increase in political responsibility will be matched by a reduction in the number of expatriates in its Civil Service, hence an increase in its financial responsibility as the responsibility for paying salaries is transferred from the Colonial Office (for expatriates) to the colony (for its own nationals).

In the list of those to be paid by the Colonial Office, I would include all members of the Overseas Civil Service, and all expatriates, i.e. all persons employed in a colony's Civil Service who are not nationals of the colony in which they are serving whether members of the Overseas Civil Service or not. But, as to different salary scales for expatriates and others, no one has suggested any such retrograde step except 'A SOCIALIST' himself. Of course, the same salary should be paid, whether the Civil Servant is paid (under my scheme) by the Colonial Office or by the colonial government itself.

Of course, my suggestion would not mean that posts at present filled by expatriates would be forever reserved for expatriates. No one with an atom of common sense could ever think such a nonsensical thing. Behind my suggestion lies the desire to correlate political and financial responsibility; to relieve certain small and poor colonies from a heavy salary burden until such time as they are completely self-governing.

Under my suggested scheme, what would happen is this. All the present Overseas Civil Servants in Mauritius would be paid in future by the Colonial Office. Any replacement by another Overseas Civil Servant would also be paid by the Colonial Office. Anyone serving in the Civil Service in Mauritius who was *liable to transfer to another colony* even if he were not a member of the Overseas Civil Service, would also have his salary paid by the Colonial Office.

This state of affairs would continue until Mauritius becomes fully self-governing; when the Colonial Office would stop paying salaries and Mauritius would have increased financial responsibility commensurate with its added political responsibility. But if any of the officers referred to were replaced by an officer not a member of the Overseas Civil Service and not liable to transfer to another colony, then responsibility for the payment of salary would at once pass from the Colonial Office to the Mauritius Government.

Certainly, this would be a subsidy from the Imperial Government to the colonies, but in the past the Imperial power has made a profit out of the colonies. For example, as examples of how Britain profits from her colonial possessions, let us look at Malaya.

Malaya produces one-third of the world's rubber and vast quantities of tin. Between 1946 and 1951 Britain made over £360 million profit out of selling rubber and tin from Malaya. In the same period, Britain made over £130 million out of East and West Africa by buying cheap and selling dear such commodities as cocoa and palm oil. Britain's total debt to the colonies is over £3,500 million!

It is not too much to ask that Britain helps the smaller and poorer colonies to pay their civil servants. After all, as I have said before, the top civil servants are in the colony primarily for the benefit of the imperial power and only secondarily for the benefit of the colony itself. Were one a cynic, indeed, one might say that any benefit accruing to the colonial peoples themselves is purely accidental.

With salaries paid from the Colonial Office, the many anomalies existing in salaries paid in the various territories could be ironed out. I am very much aware of the many anomalies regarding salaries throughout the Mauritius Civil Service; and it would be an excellent thing to have these fully examined and corrected. The Customs Officers, for example, would be very glad to have all their problems dealt with - this I know very well indeed.

Where do I get my information that "8,000 labourers and casual workers employed by the Government... share only 4 million rupees"? (It is the figure of 4 million which 'A SOCIALIST' describes as *surely wrong*). I get my information from a source whose reliability as regards statistical information on Mauritius I have never yet had reason



"With salaries paid from the Colonial Office, the many anomalies existing in salaries paid in the various territories could be ironed out. I am very much aware of the many anomalies regarding salaries throughout the Mauritius Civil Service; and it would be an excellent thing to have these fully examined and corrected..."

Photo:masterfile.com

to doubt - the Government of Mauritius itself. On page 8 of Sessional Paper No. 6 of 1957 we can read that "In the 1956-57 estimates the total provision for salaries, wages, rent assistance, passages and cost-of-living allowances was as follows:

(b) Wages paid under Other Charges - Rs 4,017,322. On 30 June 54, the Public Works Department employed 4,482 daily-paid persons, at wages ranging from Rs 1.45 to Rs 7.30 per day. If they were all paid at the top rates applicable to the various grades, and if they were all fully employed for 300 days in the year, their total wages would have been Rs 5,863,341."

At the lowest rates applicable, their total wages would have been Rs 4,268,115 for 300 days work. But, the P.W.D. doesn't give 300 days work a year to all its daily-paid employees; like other departments, it reserves its major works for the intercrop; so that these possible earnings should be cut by one-third, I estimate, and then they would still be generous. No -- failing further data from the Government, I stick to my figures from the Sessional Paper on salary revision.

With one of my critic's remarks I am in complete agreement. That is when he says that "the facts are shocking enough". It would be more to the point to dispense with a salaries commissioner to see if top civil servants should be paid more, and to have a Commissioner to enquire into and report on unemployment in Mauritius. *Then we should see...!*

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Worried about negative thoughts as a new parent? You're not alone

Here are four thoughts and feelings it's common to have when you have a new baby

If you believe what the media tells us, we should feel nothing apart from overwhelming love, gratitude and excitement immediately when our baby is born. Although becoming a new parent might indeed be a time of happiness, feeling a far more complex array of emotions is actually more common than you might think.

Research shows that overall happiness actually drops in the first year of having a baby, especially for women. Although parents may love their babies very much, it's common to not love the things that come alongside it, such as money worries, sleepless nights and feeling disconnected from your partner or friends.

However, parents often hide how they really feel, believing these thoughts are wrong, and that sharing them would have them labelled a "bad parent". Worries such as this can be a core part of not feeling like a good enough parent and are also common in post-natal depression.

The mental health of new parents and the unexpected things that can happen in the first year of parenting is the subject of my latest book. I spoke with more than 500 parents who told me how they honestly felt after their baby was born.

What was immensely clear from their stories is that there's no one "right way" to feel once you have a baby. Alongside the positives, parents felt a whole host of emotions they weren't expecting, often saying this was the first time they had spoken openly about their feelings. Here were some of



It's normal to feel overwhelmed. Photo: JR-50/ Shutterstock

the most common things people felt:

1. Not loving your baby instantly

The media would have us believe that the moment a baby is born, parents fall madly in love with them. Although this can happen, many parents talked about feeling disconnected or so exhausted they couldn't think about loving anyone.

Others felt shock that a baby was actually here. It can be especially difficult when parents have had a traumatic pregnancy or birth, IVF or previous loss, or premature baby.

It's normal for bonding to take time. However, things like skin to skin contact, holding your baby closely in a sling, or even a giving them a gentle baby massage are all shown to help improve bonding – and mental health.

2. Feeling incompetent and overwhelmed

Another common emotion was feeling terrified by the responsibility of being a new parent. Many felt

shocked that they were now actually expected to care for this baby, despite no tests or training. Parents remembered feeling like everyone else knew what to do, but they didn't. This feeling is likely exacerbated by us now having babies later, living away from family, and often not really being around babies until we have our own.

But many people feel this way. And babies are resilient, so it's okay if you don't do everything "perfectly" all the time.

If you're feeling this way, talking to other new parents or with your health visitor or midwife may help reassure you of just how common these feelings are. However, if these thoughts are affecting you significantly, do consider talking to a therapist who specialises in supporting new parents.

3. Grieving for your former life

The build-up to having a baby is often all about the birth and buying things for the baby. When the baby arrives, your life sudden-

ly changes.

It's normal to be shocked, feel regret at how tough some parts can be, and to grieve for your old life – even though you wouldn't actually swap back to it. Part of this, especially for mothers, was feeling like they'd lost their identity and simply becomes someone's "mum", their days filled with caring for their baby on repeat.

But missing your old life does not mean you don't love your baby or are a bad parent. And it does get easier over time as you transition into your new normal.

4. Feeling trapped – but not wanting to be separated

Parents also talked about wanting a break while simultaneously not wanting to be separated from their baby.

Mothers talked about jealousy of their partner leaving the house for work, yet dreaded being separated from their baby to do the same. Some counted down the

clock until bedtime and then immediately missed their baby. You might find people get exasperated at you for feeling this way – ignore them. You don't have to leave your baby if you don't want to. What you probably need is more support in other ways, such as a hot meal, a nap or simply some adult company.

If you're a new parent and struggling, it's important to remember that negative and mixed emotions are a normal part of life. Talking to other parents may help you see you aren't alone in feeling this way. Having negative emotions about people and the things we love is also normal. And, perhaps most importantly, people lie on social media. Research shows it's common for new parents to feel they have to share positive messages to the point they embellish or even lie to create a certain image to the world. Let's not fall for it any more.

Altogether, what was clear from my research was the complexity and variability in what parents felt. Emotions could change from one moment to the next, or come all at once. Being a parent certainly isn't easy – and parents should know that it's okay to feel this way.

Amy Brown

Swansea University





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A million deaths from coronavirus: seven experts consider key questions

☛ **Cont. from page 2**

Second, identifying an easily measurable correlate of protection would be helpful for vaccine trials - it could speed up the evaluation of vaccine efficacy.

However, identifying good correlates of protection for other coronaviruses has proven notoriously difficult. Useful results have previously only been generated when volunteers were experimentally infected with viruses. The first human Sars-Cov-2 challenge studies are now due to begin early next year, so it is hoped that this will enable correlates of protection to be found more rapidly.

Derek Gatherer, Lecturer and Fellow of the Institute for Social Futures, Lancaster University

How can we explain the extreme geographical variation in COVID-19 mortality rates?

Cumulative deaths from COVID-19 per million of population (dpm), are very unevenly distributed across Europe (see map below) ranging from 7dpm in Slovakia to 856dpm in Belgium. A wedge of relatively lightly affected countries extends from Finland southwards to the northern Balkans.

There are similar pockets of low COVID-19 mortality on other continents, notably south-east Asian countries. Could the populations of low mortality countries have some cross-immunity to Sars-CoV-2 generated by recent exposure to another coronavirus - the obvious candidates being the milder "common cold" coronaviruses: 229E, NL63, OC43 or HKU1?

A hint that this may be the case is provided by the observation that antibodies from the original 2003 Sars patients have some binding to coronaviruses 229E, NL63 and particularly OC43. But so little attention has been paid to seasonal coronaviruses, indeed, to seasonal non-flu respiratory infections, in general, that relevant clinical field data is extremely sparse and often old (for instance, one-third of residents of Hamburg had antibodies to coronavirus OC43 in 1975 or 58% of Hungarians sampled five years later).

We urgently need more lab studies to understand how much cross-immunity coronaviruses confer on each other, while population studies are needed to determine the prevalence of coronavirus antibodies, not just to Sars-CoV-2 but also its milder yet potentially significant cousins.

Serology - the study of antibody prevalence - has long been the Cinderella of virology compared with the more glamorous world of genome sequencing, but its significance and the consequences of its neglect are now becoming apparent.

Since the original investigations into the beginnings of Sars coronaviruses in 2002, horseshoe bats in south-east Asia have been implicated as the reservoir hosts, and a virus

(RmYN02) that is extremely similar to Sars-CoV-2 has already been found in bats. However, similar viruses have also been found in pangolins, raising the possibility that Sars-CoV-2 may not have jumped directly from a bat.

Also, Sars-CoV-2 has already spread to cats, dogs, tigers and mink, and for Sars-CoV-1 (the virus that caused the 2002-04 Sars epidemic), farmed civet cats and raccoon dogs acted as intermediate hosts, bringing a bat virus into proximity to humans. It is possible that Sars-CoV-2 is a generalist virus, capable of spreading through a wide range of species.

With the increase in contact between humans and wildlife, zoonoses are becoming an ever-growing threat. We must be vigilant. An important step now is to figure out the events that led Sars-CoV-2 to go from bat to human.

Anne Moore, Senior Lecturer in Biochemistry and Cell Biology, University College Cork

For a vaccine, what does success look like in the short versus long term?

The endgame to the COVID-19 pandemic requires the identification and manufacture of a safe and effective vaccine and a subsequent global immunisation campaign.

Candidate Sars-CoV-2 vaccines were rapidly developed based on years of vaccine development efforts. The unprecedented and significant input of global funding into this pandemic vaccine effort can only buy so much time for trials to succeed or fail. A successful trial needs the virus to be circulating in the community so we can determine how many vaccinated people (versus those receiving a placebo) become infected.

Short-term success will show that a safe vaccine will provide at least 50% protection. And if we see short-term success, what does long-term success look like?

The biggest question is, what is the duration of protection? If it is short-lived, then how do we boost immunity back to protective levels? How do we figure this out without relying on a traditional empirical approach? If there isn't short-term success, then how do we ensure that global commitment is maintained to prevent Sars-CoV-2 vaccines from ending up in the same situation as terminated vaccine efforts for Sars? There will be



Photo: France24.com

another pandemic; we need a long-term vision and commitment to have short-term future success.

Susan Michie and Robert West, Professors of Health Psychology, UCL

How can COVID-safe behaviour become embedded in people's lives?

It looks as though COVID-19 will be with us for the foreseeable future. We will all have to adopt a range of behaviours to keep ourselves from getting infected or infecting others. We know what these are: the question is how they can become embedded in our lives?

The behaviours include keeping a greater physical distance from others; carrying a COVID kit (face mask, hand sanitiser and tissues) whenever we are outside the home; wearing a face mask properly in indoor public areas and storing or disposing of it safely; disinfecting hands and surfaces after possible contamination; catching coughs and sneezes in tissues; never touching our eyes, nose or mouth unless we know our hands are clean; avoiding or leaving unsafe situations, such as poorly ventilated indoor areas where there are lots of people; getting vaccinated; and staying at home and getting tested if we have symptoms.

The challenge is how to get these adopted at scale and maintained over time, in other words, embedded in people's lives as routines and habits. This requires an understanding of what maintains and changes human behaviour. We need to equip people with the skills to develop routines that can become habits over time, provide the time and social and environmental support to achieve this and motivate them to use these opportunities.

David Hunter, Richard Doll Professor of Epidemiology and Medicine, University of Oxford

What is the full spectrum of health consequences of COVID-19 infection?

We now have good data on deaths from COVID-19 infection, showing an astonishing increase in risk of death with increasing age. This contrasts with the 2009 H1N1 flu epidemic, in which the aged were relatively less affected, and reminds us that we have a great deal more to learn about this virus.

While most of the focus has been on deaths, small studies of COVID-19 survivors discharged from hospital suggest that many do not return to their baseline health status. We know little about "long COVID" among those who did not require hospital admission, despite many individual reports of recurrent bouts of fever, fatigue, and a wide range of other symptoms.

Follow-up of COVID-19 patients suggest evidence of damage to the heart, lungs and other organs that may cause problems in the future, and there is some evidence that this may be true even among those with mild symptoms. Many viral infections can cause undiagnosed pathology, but severe long-term effects are relatively uncommon. If these effects are more common for COVID-19, however, then an exclusive focus on deaths means that we will not be considering the full costs of failing to control the epidemic, nor the full benefits of doing so.

Studies have started among patients after discharge from hospital. We urgently need well-controlled studies among the majority of those infected who did not need hospitalisation in case we are only seeing the tip of the COVID iceberg.

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The habits of successful people: Learning from a delightful customer experience

Before I became an entrepreneur, I went to business school. While studying for my MBA, there was one lesson that I learned which has proved to be useful over and over again in my life.

I was sitting in a marketing class and we were discussing ways to design a wonderful customer experience. The goal was not merely to provide decent service, but to delight the customer.

Behavioural scientists have discovered that one of the most effective ways to create an enjoyable experience is to stack the painful parts of the experience early in the process. Psychologically, we prefer experiences that improve over time. That means it's better for the annoying parts of a purchase to happen early in the experience. Furthermore, we don't enjoy it when painful experiences are drawn out or repeated.

Here are some examples...

If you're at the doctor's office it's better to combine the pain of waiting into one segment. The wait will feel shorter to your brain if you spend 20 minutes in the waiting room rather than spending 10 minutes in the waiting room and 10 minutes in the exam room.

People enjoy all-inclusive vacations because they pay one lump sum at the beginning (the pain) and the rest of the trip is divided into positive experiences, excursions, and parties. In the words of my professor, all-inclusive vacations "segment the pleasure and combine the pain."

If you're a professional service provider (lawyer, insurance agent, freelancer, etc.) it is better to give the bad news to your clients first and finish with the good news. Clients will remember an experience more favourably if you start weak but finish on a high note, rather than starting strong and ending poorly.

These examples had me thinking.

If you can make a customer experience more delightful, why not make your life experiences more delightful? How can you take advantage of the way your brain processes painful and annoying experiences, and use that knowledge to live a better life?

Here are some ideas for how to do it...

To boost happiness, stack the pain

A delightful customer experience combines the painful experiences into a single segment that occurs early in the process and then improves over time. If you want to increase your happiness and have a more delightful day, you can do the same thing.

Here is an example...

On a normal day, you might have something annoying or painful to do (like paying the bills). And you also might have something good happen to you (like a friend sending you a thoughtful email).

If you read the email on your lunch



Behavioural scientists have discovered that one of the most effective ways to create an enjoyable experience is to stack the painful parts of the experience early in the process. Photo - iheartintelligence.com

break and then pay the bills when you get home from work, you will remember your day as going from a good experience to a bad experience. That's the opposite of what you want.

However, if you decide to stack the pain early in your day - for example, if you pay your bills in the morning before you go to work and then read the email from your friend on your lunch break - you will remember your day as going from bad to good. As a result, you'll feel happier because your brain likes it when experiences improve as time goes on.

This same principle can be applied in dozens of ways throughout your day.

When you're working on a project, cleaning the house, or doing homework, start with the task that you dislike the most. Once that is out of the way, your experience will improve and you'll finish with a more satisfied feeling.

When you're trying to start a new habit, combine the pain of starting into a small segment. For example, in this article I discussed how one woman eliminated the pain points that prevented her from exercising consistently. By reducing the pain she felt at the beginning, it was more likely that she would follow through.

When you go to the gym, start with the exercise you dislike the most. With the hardest exercise out of the way, your experience will improve throughout the workout and you'll be more likely to remember your workout as positive. And when you remember your workouts as positive, it's more likely that you'll show up next time and workout again.

Stacking the pain for the long-term

It's easy to worry about making the right choices with your life. However, if you choose to pursue things where the pain of the experience is largely in the beginning - like building a business, losing weight, or creating art - then you will tend to look

back on those experiences fondly because they improve over time.

It might be painful now to create bad art, but as you master your craft and your work gets better you'll remember the experience as a positive one. It might be painful now to battle through the uncertain early years of entrepreneurship, but as you learn to build a stable business you'll remember the experience as a positive one.

Choosing to front-load pain and discomfort isn't just a choice that applies to daily tasks and errands. It can also be used to nudge you toward the goals you have that you tend to procrastinate on.

Where to go from here

If you're anything like me, you want to get to the end of your life and remember it as being joyful and happy. Given what we know about behavioural psychology, we are more likely to remember our lives as happy if they improve over time.

This is one reason why working through the pain of learning new skills for your job, training to become stronger and healthier, and putting in the time required to master your craft is worthwhile. In the beginning, you may feel stupid while learning a new skill or frustrated while sacrificing current pleasure for a future payoff, but when you make the choice to go through the pain early, you get to enjoy the benefit of delight later on.

The path to a delightful life looks a lot like the path to a delightful customer experience. It starts off with a few painful experiences and improves over time. Using this strategy allows you to move toward happiness even when there are annoying or painful things you have to get done.

All the more reason to stop procrastinating, get the bad experiences out of the way early, and take on the hard stuff now.

James Clear is an entrepreneur, weightlifter, and travel photographer in 18 countries. He writes at JamesClear.com, where he uses proven research and real-world experiences to share practical ideas for living a healthy life.

James Clear

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Project Manager is a person who thinks nine women can deliver a baby in one month.

Procurement manager is a person who thinks it will take 18 months to deliver a baby.

Operations Manager is one who thinks single woman can deliver nine babies in one month if works harder.

Marketing Manager is a person who convinces anyone that he can deliver a baby even if no man and woman are available.

Financial Budget Managers think they don't need a man or woman; they'll produce a child with zero resources.

Planning and Technical Manager think they don't care whether the child is delivered, they'll just document 9 months.

Quality Manager is the person who is never happy with a delivered baby.

HR Manager is a person who thinks that... a monkey can deliver a human baby in 9 months if given training.

Customer is the one who doesn't know why he wants a baby!



Money is very funny

How interesting... I never thought money has different names!

In temple or church, it's called donation.

In school, it's fee.

In marriage, it's called dowry.

In divorce, alimony.

When you owe someone, it's debt.

When you pay the government, it's tax.

In court, it's fines.

Civil servant retirees, it's pension.

Employer to workers, it's salary.

Master to subordinates, it's wages.

To children, it's allowance.

When you borrow from bank, it's loan.

When you offer after a good service. it's tips.

To kidnappers, it's ransom.

Illegally received in the name of service, it's bribe.

The question is, "When a husband gives to his wife, what do we call it?"

Answer: Money given to your wife is called DUTY, and every man has to do his duty because wives are not duty-free...

Boris Johnson walks into a bank to cash a cheque.

As he approaches the cashier he says, "Good morning Miss, could you please cash this cheque for me?"

Cashier: "It would be my pleasure. Could you please show me your ID?"

Johnson: "Truthfully, I did not bring my ID with me as I didn't think there was any need to. I am Boris Johnson, the Prime Minister."

Cashier: "Yes, I know who you are, but with all the regulations and monitoring of the banks because of impostors and forgers and requirements of the legislation, etc., I must insist on seeing ID."

Johnson: "Just ask anyone here at the bank who I am and they will tell you. Everybody knows who I am."

Cashier: "I am sorry, Mr Johnson, but these are the bank rules and I must follow them."

Johnson, "Come on please, I am begging you, please cash this cheque."

Cashier: "Look sir, here is an example of what we can do. One day, Tiger Woods came into the bank without ID. To prove he was Tiger Woods he pulled out his putter and made a beautiful shot across the bank into a cup. With that shot we knew him to be Tiger Woods and cashed his cheque."

"Another time, Andre Agassi came in without ID. He pulled out his tennis racket and made a fabulous shot where the tennis ball landed in my cup. With that shot we cashed his cheque. So, Sir, what can you do to prove that it is you and only you?"

Johnson stands there thinking and thinking and finally says, "Honestly, my mind is a total blank... there is nothing that comes to my mind. I can't think of a single thing. I have absolutely no idea what to do. I don't have a clue."

Cashier: "Will that be large or small notes, Mr Johnson?"

A guy takes his girlfriend to his bedroom, drops his pants, and says, "Meet my little brother."

The girlfriend picks up her purse on the way out and says, "Call me when he grows up."

A bus full of housewives going on a picnic crashed with no survivors. Each husband cried for a week, but one husband continued for more than two weeks.

When asked he replied miserably, "My wife missed the bus."

A woman was nagging her husband to cut the grass, to which the husband answered, "What do I look like to you? A landscaper?!"

Next time the sink was dripping, she asked him again, "Honey, can you fix the faucet?" The husband replied, "What do I look like to you? A Plumber?!"

Two days later, a light bulb went out and she begged him again, "Honey, can you change the light bulb?" His reply was, "What am I? An electrician?!"

A few days later, the husband comes home from work to find that the lawn is cut, the faucet is fixed, the light bulb is changed.

Very surprised, he says, "Honey, what happened here?"

The wife replies, "You know our new next door neighbour? He came over and fixed everything."

The husband says, "Honey, how did you pay him?!"

"Oh, you know," the wife says, "he told me that I could either bake him a cake or have sex with him."

Somewhat relieved the husband asks, "Whew, so what kind of a cake did you bake for him?"

The wife replies, "Who do you think I am? A baker?!"

A husband, who has six children, begins to call his wife "mother of six" rather than by her first name. The wife, amused at first, chuckles.

A few years down the road, the wife has grown tired of this.

"Mother of six," he would say, "what's for dinner tonight? Get me a beer!"

She gets very frustrated. Finally, while attending a party with her husband, he jokingly yells out, "Mother of six, I think it's time to go!"

The wife immediately shouts back, "I'll be right with you, father of four!"

During the wedding rehearsal, the groom approaches the pastor with an unusual offer. "Look, I'll give you \$100 if you'll change the wedding vows. When you get to the part where I'm supposed to promise to 'love, honour, and obey' and 'be faithful to her forever,' I'd appreciate it if you'd just leave that out."

He passes the minister a \$100 bill and walks away satisfied.

On the day of the wedding, when it comes time for the groom's vows, the pastor looks the young man in the eye and says, "Will you promise to prostrate yourself before her, obey her every command and wish, serve her breakfast in bed every morning of your life, and swear eternally before God and your lovely wife that you will not ever even look at another woman, as long as you both shall live?"

The groom gulps, looks around, and says in a tiny voice, "Yes," then leans toward the pastor and hisses, "I thought we had a deal."

The pastor puts a \$100 bill into the groom's hand and whispers, "She made me a better offer."



"I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?"

Stingy boyfriend? Here are 3 ways to turn that around



If your boyfriend does not really share as much as you think a healthy relationship requires, here's what to do.

Couples giving and accepting gifts and other tangible, valuable things is a well-established relationship dynamic which actually deserves all the spotlight and discussion imaginable. And here's why: no relationship thrives without sharing - and this goes beyond the things you can see and touch.

Partners also need to be able to give each other a corresponding amount of effort, respect, attention, love, affection... and yes... as many material things as they can afford. So, if you are in a relationship with a guy who has problems sharing, especially on the level of material

things, you are not overreacting by feeling uncomfortable with such behaviour.

If you are dating a man who does not attach a lot of importance of sharing and generosity, these are steps you need to turn that around.

And to tackle this, here are three helpful tips for you:

1. Talk to him about it

This is the first base of all relationship issues. Sometimes people do some wrong things not with the intention to hurt, but because they think it is the right thing to do. By refusing to say anything and pretending all is fine when it's not, you are not giving him the chance to know how you feel about certain issues.

So, whether it is his stinginess or something else, do not hesitate to talk to him about it first and give him the opportunity to turn a new leaf.

It's great to not be dependent on a man but it's OK to realise that sharing is pretty nice in a relationship, too.

2. Give him stuff

There's also something to be said for 'leading by example.'

In the present case, look for things he needs, the gifts he'll find most useful, then give him as much of that as you can find.

One of the ways to teach people how to relate with you is to relate with them in that same manner. Of course, it does not mean that they will get the clue and treat you like that, too, but it's a step worth taking. Hopefully your man gets the point.

A happy relationship is not just one wherein partner share feelings and emotions. They share resources, too.

3. Hope you're making your own money?

You're not asking for too much if you want a man to share material things with you. And especially if your love language is getting gifts, that statement becomes a lot more accurate.

However, it is important to know that if this is the kind of relationship you want, you should not just be willing to spend that money on him or shower him with gifts and material things, you need to actually be able to.

Making your own money and being able to afford gifts and other stuff for him, no matter how little, gives the relationship a feel of mutuality rather than parasitism.

A. Adetayo

Health Matters

How your blood type can affect your health

Heart disease, stomach cancer, stroke: See which health conditions you're more or less likely to get depending on your blood type.

There's good news for O blood types. Research shows your risk of coronary heart disease tends to be lower. Experts aren't sure why. Some think it might be because other types are more likely to have higher cholesterol and higher amounts of a protein that's linked to clotting.

Stomach Cancer

A, AB, and B blood types are more at risk than type Os. Specifically, people with type A blood are more likely to get stomach cancer. Researchers think this might be because H. pylori infection is more common in people with type A blood. That's a bacteria that's usually found in the stomach. It can cause inflammation and ulcers.

Memory

A small study showed that people with memory problems had type AB blood more than any other.

Pancreatic Cancer

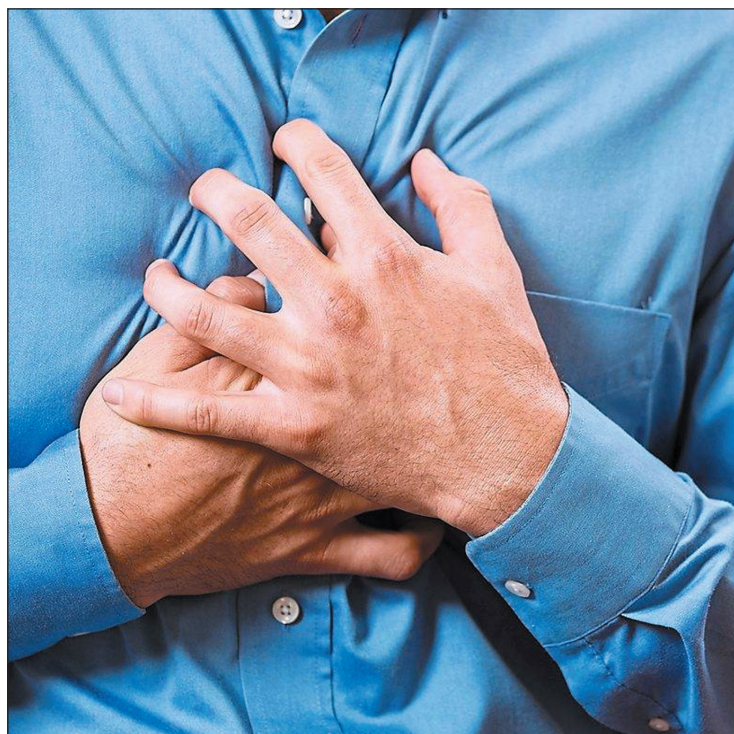
Your risk is higher if you're type A, AB, or B. Molecules in type A and B red blood cells help certain bacteria called H. pylori grow in your gut. It can make you more likely to get pancreatic cancer.

Stress

Stress boosts your body's level of cortisol, the stress hormone. People with type A blood tend to have more cortisol, anyway. So, you may have a harder time dealing with stressful situations.

Malaria

Type O blood may help ward off this disease. You can get malaria when an infected mosquito bites you. The



parasite that causes it has a harder time attaching itself to type O blood cells.

Ulcers

Peptic ulcers -- painful open sores that crop up in the lining of your stomach or upper intestine -- seem to

happen more often with blood type O.

Blood Clots

Venous thromboembolism (VTE) is when your blood clots in a deep vein, like the ones in your legs. These clots sometimes move to your lungs. Research shows that people with type A, B, or AB blood are at a higher risk of VTE.

Life Span

Chances are higher you'll live longer if you have type O blood. Experts think your lowered risk of disease in your heart and blood vessels (cardiovascular disease) may be one reason for this.

Fertility

Your blood type can't predict whether you'll get pregnant, but it may play a role. In one study, women with low numbers of healthy eggs were more likely to have type O blood than any other type. More research is needed to figure out why.

Diabetes

Type 2 diabetes seems to happen more often in people with blood types A and B. Experts aren't sure why. More research is needed.

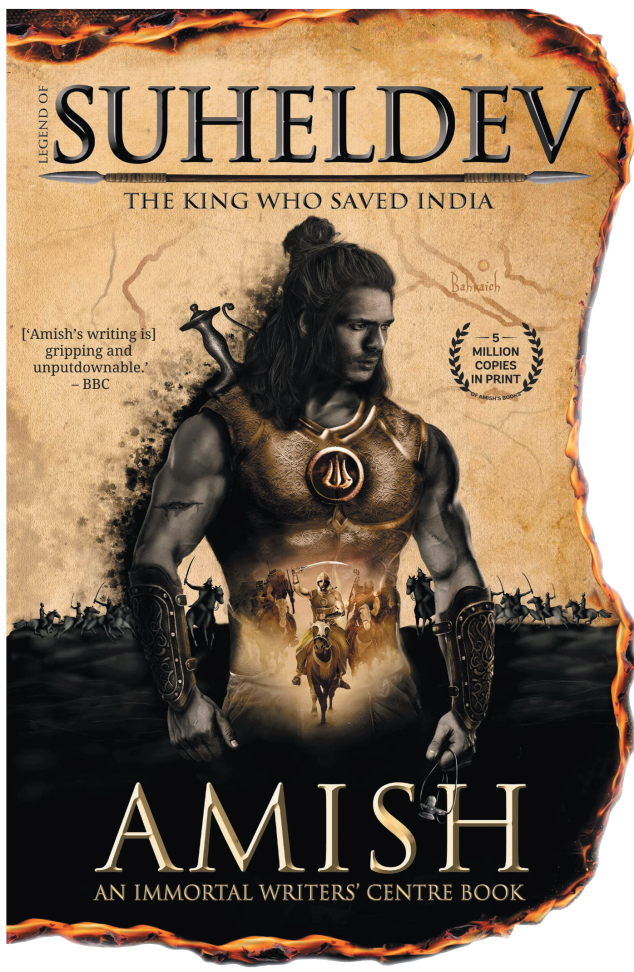
Stroke

Your risk for a stroke goes up if you have blood type AB. Doctors think that's because it's more likely to clot than other types.

WebMD

Amish Tripathi's book, Legend Of Suheldev, to be made into a film — know more

Amish will jointly produce the film under his banner Immortal Studios along with Wakao Films and Casa Media. The film will be helmed by debutant director Senthil Kumar.



This is good news for all Amish Tripathi fans. His latest novel, Legend of Suheldev: The King Who Saved India, is now being made into a feature film. The author will jointly produce the film under his banner Immortal Studios along with Wakao Films and Casa Media. The film will be helmed by debutant director Senthil Kumar. The cast of the film isn't finalised yet.

The book is about a semi-legendary Indian king hailing from Shravasti in Uttar Pradesh, who vanquished Mahmud of Ghazni's army in Bahraich.

Talking to FirstPost about the film adaptation, Amish said, "Maharaja Suheldev is one of India's most consequential heroes from the 11th century, who is, sadly, relatively unknown to modern Indians. This tale carries a universal message of unity cutting across class, caste and religious barriers, a message that is particularly relevant for India today. Maharaja Suheldev's story tells us that when we Indians are united, we are unbeatable. I am delighted that my book Legend of Suheldev is being converted into a movie to reach out to an even wider audience."

Sushant Singh Rajput case updates

Deepika Padukone, Sara Ali Khan, Rakul Preet Singh, Shraddha Kapoor deny substance abuse in their statement to the NCB



Ravi, Talent management agency CEO Dhruv Chitgopekar, producer Madhu Mantena Varma and several others.

NCB has arrested Sushant's girlfriend Rhea Chakraborty, her brother Showik, Sushant's house manager Samuel Miranda, personal staff Dipesh Sawant and several drug peddlers in the case.

Did NCB 'force' Kshitij Prasad to implicate Karan Johar...?

A Mumbai court on Sunday remanded former Dharma Productions' executive Kshitij Prasad to the Narcotics Control Bureau's custody till October 3. Amidst news of his arrest, reports doing the rounds claim that the NCB allegedly "forced" Prasad to falsely implicate Karan Johar and other top personalities of Dharma Productions.

In a Times Now report, Satish Maneshinde, who is representing Rhea Chakraborty, alleged that Kshitij was subjected to coercion by the agency and was allegedly "forced" to implicate Johar and other personalities. Reports further go on to claim that Prasad was even "ill-treated" during his interrogation and was allegedly made to sit on the floor during his questioning round.

However, Deputy DG NCB (South West) Mutha Ashok Jain rubbished the allegations, and claimed that the investigation was carried out in a "professional manner."

While the NCB, in their petition seeking police custody, claimed that it recovered a roll joint believed to be the remnants of a smoked Ganja roll, and seized certain documents and gadgets. Prasad has denied all the charges and claimed that he is being "framed."

Meanwhile, filmmaker Karan Johar has distanced himself from the probe. He issued a statement late Friday night, denying claims that Prasad was associated with his organisation.

The (Indian) Narcotics Control Bureau had questioned Deepika Padukone, Sara Ali Khan, Rakul Singh and Shraddha Kapoor. All the four actresses denied substance abuse in their statement to the investigating agency. On the other hand, Kshitij Prasad, who was briefly associated with a production house, has also been arrested by the NCB. As the NCB continues to probe the drug-link in the death case of Sushant Singh Rajput, his girlfriend Rhea Chakraborty continues to stay in judicial custody. The hearing of Rhea and Showik Chakraborty's bail plea was deferred by the Bombay High Court till September 29.

A report by the Times of India:

Financial records of Khan, Kapoor, Singh and Padukone to be probed

Deepika Padukone, Rakul Preet Singh, Shraddha Kapoor and Sara Ali Khan were recently questioned by the Narcotics Control Bureau. They were asked to join the probe after several alleged chats came to light where drugs were being discussed. The NCB wants to find the larger drug nexus prevailing in the industry in connection with Sushant Singh Rajput case. According to the recent reports, NCB will now look into financial records of Deepika, Shraddha, Rakul and Sara.

The report further suggested that they will look into the bank account details of the actors. The NCB was already checking the credit card payments made over the last three years. It is being done to ascertain whether any payments were made which have alleged drug connection.

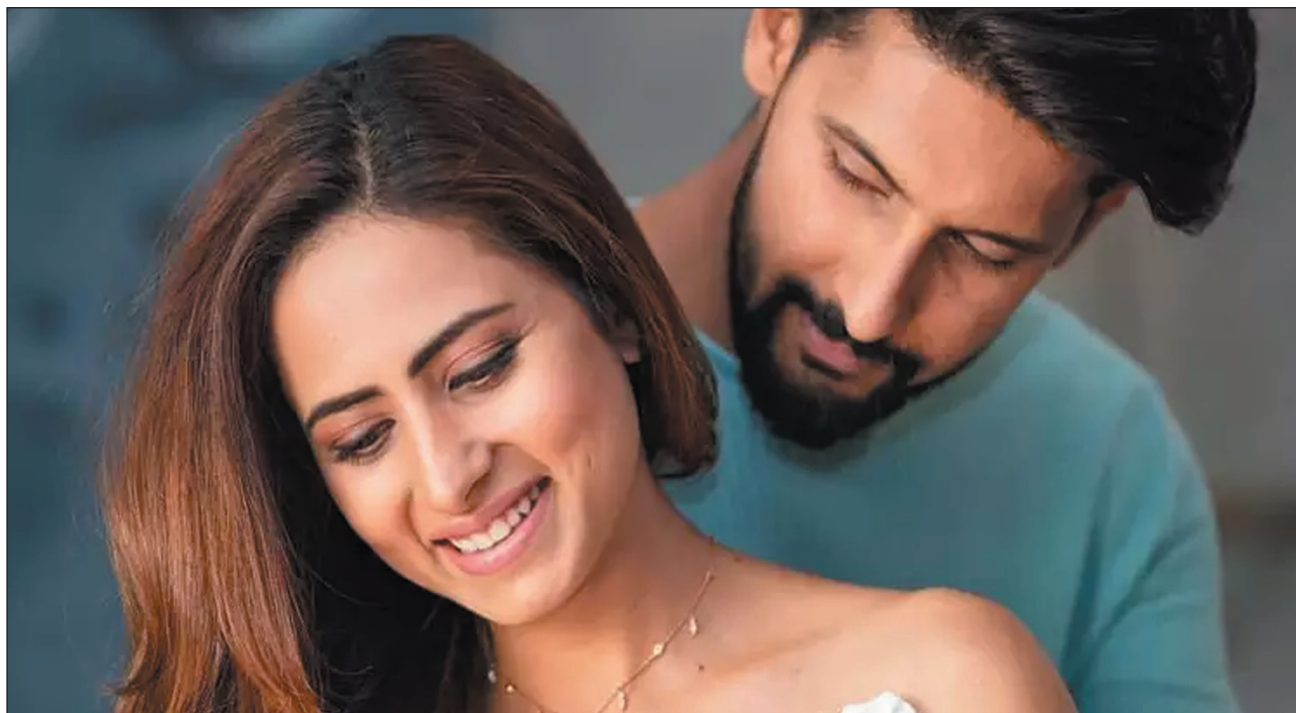
The NCB has already recorded the statements of Sushant's former manager Shruti Modi, Dharma Productions former executive producer Kshitij Prasad

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Ravi Dubey: 'We are more efficient as actors'



While for most the lockdown was a time for self-introspection and enjoying the free time they got, for actor Ravi Dubey, it was a time to get on to some more constructive work. The actor was writing poetry and also converted one into a song, the video of which he shot during the lockdown, at home, reports Times of India.

"I was of course, like everyone else, mostly indoors. But then I got the opportunity of directing a music video, completely indoors. Then my song came out. It was like you have to make lemonade when life gives you lemons so I was trying to make the best lemonade," says Ravi, who along with wife Sargun, is in the process of working on some regional films, along with television shows and music videos. "We have already produced two Punjabi

films, the third one will be hitting the floors soon," he says.

Not been seen in a TV show since *Jamai Raja* in 2014, Ravi says he doesn't want to be part of an infinite show. "It wasn't an intentional decision to be away from fiction shows but I wanted to be part of short-term projects. Sometimes when you want something to manifest in your life which is more in alignment with what you are thinking, what you are and what you intend, then you need to take a step back and pause and wait patiently. If you start giving a green signal to everything that comes your way, then you can't complain that you're not being able to do what you want to do. So, to take a leap forward, you need to take two steps back," he reasons.

It has been noticed that for some reason success

eludes television actors and there aren't too many who have made it big in the Hindi film industry. Talking about it, Ravi says, "It's a rather systemic flaw, I feel. You can fight people, but when you are fighting perception, it is much more tough. The perception is that TV actors might be ineffective in films, which I completely disagree with. There are several successful exports of TV in the film space, be it Ayushmann Khurrana, Shahrukh Khan or even Sushant Singh Rajput. He's the most recent example of success of TV stars in films. He set the path for all us actors. But having said that, there is a misconception that TV actors are not fit for the big screen.

"On the contrary, some of the people in the film industry will not be able to do what we actors do everyday end on end. They may not be able to do any better if they were given six hours to shoot that scene, edit it, do the background on that, act that scene and also put it out there. I have been part of such shoots where one final segment is being shot up till 8pm and has to be put on-air by 8:15pm or 9pm that same evening. It's a daily fight for us. So, because you are battling a crisis on a day-to-day basis, we are more efficient as actors, I feel."

Ravi goes on to add that in the film space, often television actors are given raw ends of the deal. "The choices of films that they are given to choose from may not be as worthy. Ours is a creative industry and we should stop addressing it as the television industry, web industry, film industry, etc. We're the Indian entertainment industry. Every medium can benefit from the talent there is. If TV actors are given better films and a little bit of faith is shown upon them, you never know, the sky's the limit."

Ravi was quick to reveal his admiration for the late actor who he met a couple of times at social gatherings. "Sushant Singh Rajput is a source of huge perception change for everybody. His victory was such that he went there and conquered, not just for himself but for all of us. He was a game changer."

Mona Singh: 'Good work is always recognised'

Many actors, who started their careers with TV and eventually forayed into films, have spoken about how the difficulties they faced during this transition. Mona Singh, who rose to fame with her debut TV show *Jassi Jaissi Koi Nahin*, and made her film debut with *3 Idiots* (2009), says at a time when so many TV actors are doing films, she fails to understand why TV actors are still looked down upon.

"I've always been so busy doing TV that I didn't even hire a manager to get me into films. It just happened organically. While working for *3 Idiots*, I remember Aamir Khan coming up to me and saying, 'Oh, JJKN? was such a big show, we all know about it, congratulations!'"

Stating that good work is always recognised, the actor adds, "I don't know why people still look down upon TV actors. May be because of the regressive content of some TV shows in present times. Back in the 90s and early 2000, it was brilliant. Every show was talked about."

There have been talks around how content on the small screen needs to be upgraded and be more progressive. On this, Singh says some in the industry are trying to make something new and create history. "But TV has this herd mentality that if one show works, everybody starts to copy that. At the same time, there are some nice shows happening too," she opines.

The actor, however, says it can't be denied that TV remains one of the biggest platforms.

"In fact, every movie star now goes to TV to promote their films because they're well aware about its reach. I think whether you're on stage or TV or films or web, you're

still acting, right? Good work is always recognised," she shares.

Personally, Singh has never taken up TV shows that she can't relate to and has always preferred quality over quantity.

"JJKN? changed my whole perspective. I may not know what I want, but I definitely know what I don't want to do. In between, I did get a few good TV offers but couldn't take them up given my web and film commitments. So, I'm not saying no to TV," says the actor, who's simultaneously shooting for web series, the Indian version of *Black Widows*, and *Laal Singh Chadha*, an adaptation of Hollywood film, *Forrest Gump*.

For someone like her, who has mostly played lead on TV, Singh has no qualms about doing smaller characters in films.

"I only think about the character I'm playing, and how good the character has been written. TV has a mass viewership and have mostly female-fronted narratives, but when it comes to films it's



all about creating a story within one to one-and-a-half hours, so whether it's a lead role or not doesn't matter," she concludes.



Mardi 29 oct - 21.20

Terminator Salvation

Avec: Christian Bale, Sam Worthington, Anton Yelchin



Mercredi 30 oct - 21.15

Contract Killers



Jeudi 1 oct - 20.47



MBC 1

mardi 29 septembre

07.05 Local: People
09.40 Local: Couleur Marine
10.31 Mag: Euromaxx
11.00 Local Prod: Rodrig Mo Pei
12.10 Le Journal
12.35 Antoine De Saint-Exupery
13.56 Local: People
14.30 D.Animes: Grenadine Et...
14.37 D.Anime: Bob Le Bricoleur
15.08 D.Anime: The Minimighty...
15.42 D.Anime: Teenies Craze...
16.11 D.Anime: Lucky Fred
16.34 D.Anime: Roger
16.48 D.Aimes: The Deep
18.00 Live: Samachar
18.30 Serial: Jamai Raja
19.30 Journal & La Meteo
20.00 Local: Priorite Sante
20.50 Local Production
21.10 Film: Terminator Salvation
23.05 Serial: The Blacklist

MBC 2

10.00 Serial: CID
10.44 Serial: Ye Vaada Raha
12.04 Film: Hera Pheri
Starring: Amitabh Bachchan, Saira Banu, Vinod Khanna, Sulakshana Pandit, Pinchoo Kapoor
14.36 DDI Magazine
15.00 Mag: Comedy Classes
15.21 Serial: Honaar Soon Mee...
15.43 Serial: Mooga Manasulu
16.06 Serial: Apoorva Raagangal
16.28 Serial: Bisaat-E-Dil
16.50 Mehendi Tohra Naam Ke
17.11 Serial: Gangaa
18.00 Serial: Die Now
18.30 DDI Magazine
20.00 Local: Tamil Programme
20.30 Film: Aan Baan
Starring: Rakhee Gulzar, Rajendra Kumar

MBC 3

06.00 Mag: Eco@Africa
06.34 Mag: Sur Mesure
07.00 Mag: Voa Connect
07.32 Mag: In Good Shape
07.58 Doc: Amazing Gardens
08.58 Mag: Women Who Changed
10.47 Doc: Displaced: Drought...
11.32 Mag: Eco@Africa
11.58 Mag: Green Touch
12.06 Mag: Sur Mesure
12.39 Mag: Voa Connect
13.01 Doc: Garden Makeover
14.30 Mag: Women Who Changed
15.28 Mag: Global 3000
16.20 Doc: Displaced: Drought...
17.31 Mag: Green Touch
17.52 Mag: Garden Makeover
18.26 Mag: Green Touch
18.34 Charlie And The Human
19.00 Student Support Prog...
19.29 Mag: Garden Makover

Cine 12

02.09 Film: 30 Days Of Night
03.36 Film: The L.A. Complex
04.17 Film: The Villain
05.43 Tele: Totalement Diva
06.33 Serial: S.W.A.T
07.15 The Bletchley Circle
08.31 Mag: Close Up
09.00 Serial: Chicago Fire
09.45 Tele: Soleil Levant
10.35 Serial: Midnight, Texas
11.30 Tele: Dulce Amor
12.00 Film: The Villain
13.30 Tele: Totalement Diva
14.45 Film: The Bletchley Circle
16.40 Serial: Chicago Fire
17.21 Serial: S.W.A.T
18.05 Tele: Soleil Levant
19.10 Tele: Dulce Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: S.W.A.T
21.15 Serial: Unforgotten

Bollywood TV

08.00 Film: Aatank Hi Aatank
12.04 / 19.54 - Kahan Hum Kahan Tuam
12.26 / 20.11 - Kullfi Kumarr Bajewala
12.38 / 20.32 Radha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.31 / 21.24 - Zindagi Ki Mehek
13.56 / 21.46 - Bade Acche Lagte Hai
14.20 / 21.59 - Jai Kanhaiya Lal Ki
14.39 / 22.25 - Bitti Business Wali
15.30 Film: Sweetie Webs NRI
Starring: Himansh KohliZoya AfrozDarshan Jariwala
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albela

mercredi 30 septembre

06.30 Local: La Mauricienne
07.30 Local: Priorite Sante
09.00 Doc: Photo Number 6
12.00 Le Journal
12.30 Local: Groov'in
13.30 Local: An Eta Dalert
13.50 Local: Priorite Sante
14.30 D.Anime: Grenadine Et...
14.37 D.Anime: In The Night Garden
14.59 D.Anime: Nutri Ventures
15.22 D.Anime: The Minimighty Kid
16.10 D.Anime: Investion Story
16.25 D.Anime: Lucky Fred
16.47 D.Anime: The Deep
17.15 Serial: Lucas Etc
18.00 Live: Samachar
18.30 Serial: Jamai Raja
19.30 Journal & La Meteo
20.00 Prod: Lottotech
21.10 Film: Contract Killers
22.50 Serial: The Blacklist
23.40 Local: Le Journal

10.00 Pyar Ka Dard Meetha...
11.17 Suhani Ek Ladhi
12.00 Film: Kissi Se Na Kehna
Stars: Farooq Shaikh, Deepti Naval, Utpal Dutt
14.15 DDI Magazine
15.00 Serial: Comedy Classes
15.21 Honaar Soon Mee Hya...
15.44 Mooga Manasulu
16.10 Apoorva Raagangal
16.34 Bisaat-E-Dil
16.53 Mehendi Tohra Namam Ke
17.10 Serial: Beyhadh
17.29 Serial: Kulvadhu
18.00 Serial: Die Now
18.30 Serial: DDI Magazine
19.30 DDI Magazine
20.00 Programme In Marathi
20.30 Film: Goshta Tichya Premachi
Starring: B. Pradhan, P. Berde and Aniket Kelkar

06.00 Rev: The Global Auto...
06.34 Charlie And The Humans
07.00 Mag: Check In
07.32 Mag: Made In Germany
07.58 Doc: Garden Party
08.58 Mag: Women Who Changed
10.53 Digital Warriors Women
11.39 Rev: The Global Auto...
12.03 Mag: Green Touch
12.13 Charlie And The Humans
12.39 Mag: Check In
13.39 Doc: Garden Party
14.42 Doc: Photo Number 6
15.24 Mag: Close Up
16.33 Digital Warriors Women
17.44 Mag: Green Touch
17.52 Mag: Garden Makeover
18.26 Mag: Green Touch
18.30 Doc: Maldives
19.00 Student Support Prog...
19.29 Mag: Garden Makover

01.31 Film: Unforgotten
03.00 Serial: Midnight, Texas
03.41 Film: Arrival
05.33 Tele: Totalement Diva
06.24 Serial: SWAT
07.13 Film: Dominion
09.00 Serial: Chicago Fire
09.45 Tele: Soleil Levant
10.35 Serial: Midnight, Texas
11.21 Tele: Dulce Amor
11.45 Film: Arrival
13.37 Tele: Totalement Diva
14.45 Film: Dominion
16.40 Serial: Mission: Impossible
17.26 Serial: S.W.A.T
18.12 Tele: Soleil Levant
19.00 Tele: Dulce Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: Seal Team
21.15 Film: Legends Of The Fall
23.22 Tele: Totalement Diva

08.00 Film: Sweetie Webs NRI
12.04 / 20.06 - Kahan Hum Kahan Tuam
12.26 / 20.26 - Kullfi Kumarr Bajewala
12.47 / 20.46 Radha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.31 / 21.31 - Zindagi Ki Mehek
13.56 / 21.46 - Bade Acche Lagte Hai
14.20 / 21.59 - Jai Kanhaiya Lal..
14.36 / 22.25 - Bitti Business...
15.09 Film: Pyaasa
Starring: Aftaab Shivdasani, Yukta Mookhey
18.00 Live: Samacher
18.30 Kumkum Bhagya
18.51 Piya Albela
19.13 Mere Angne Mein
19.35 Yeh Pyaar Nahi Toh Kya Hai

jeudi 1 octobre

06.00 Klip Seleksion
07.00 Local: Arsiv MBC
09.00 Doc: Photo Number 6
09.45 Local: Prodiksion Alimanter
12.00 Le Journal
12.30 Doc: Gutenberg
13.30 Mag: Urban Gardens
14.30 D.Anime: Granadine Et...
14.35 D.Anime: In The Night Garden
14.59 D.Anime: Nutri Ventures
15.23 D.Anime: The Minimighty Kid
15.40 D.Anime: Astrology
15.44 D.Anime: Poko
16.02 D.Anime: Monster Math...
16.17 D.Anime: Investion Story
16.30 D.Anime: Lucky Fred
18.00 Live: Samachar
18.30 Jamai Raja
19.30 Le Journal
20.10 Film: Genius

10.00 Karm Phal Data Shani
12.05 Film: Dus Numbari
Starring Manoj Kumar, Hema Malini, Prem Nath
14.34 DDI Magazine
15.00 Serial: Comedy Classes
15.21 Honaar Soon Mee Hya Gharchi
15.43 Mooga Manasulu
16.06 Apoorva Raagangal
16.29 Bisaat-E-Dil
16.51 Mehendi Tohra Naam Ke
17.13 Beyhadh
18.00 Serial: Die Now
18.30 Serial: Ghar Pahucha Da Devi Maiya
20.00 Local: Sur Prise
20.47 Film: Extinction
Starring Matthew Fox, Jeffrey Donovan, Quinn McColgan
22.58 DDI Live

06.00 Mag: Motorweek
06.25 Mag: Green Touch
07.26 Doc: Garden Makeover
08.51 Mag: Women Who Changed
10.49 A World Without Beethoven
11.31 Mag: Motorweek
11.57 Mag: Green Touch
12.31 Mag: Arts 21
14.10 Doc: Women Who Changed
17.23 Mag: Green Touch
18.00 Mag: Eco India
18.34 Mag: Sur Mesure
19.05 Open Univ: Student Support
19.29 Mag: Garden Makeover
19.34 Mag: Tomorrow Today
21.15 Doc: 360 Geo
22.02 Mag: Strictly Street
22.31 What If Earth Were Unique
23.27 Doc: Mining Treasure Island
00.10 Mag: Eco India
00.36 Mag: Green Touch

02.04 Film: Legends Of The Fall
04.11 Film: Boone
05.37 Tele: Totalement Diva
06.25 Mag: Hollywood News Feed
06.41 Film: Manchester By The Sea
09.00 Serial: Chicago Fire
09.45 Tele: Soleil Levant
10.35 Serial: Midnight, Texas
11.25 Tele: Dulce Amor
12.00 Film: Boone
13.30 Tele: Totalement Diva
14.45 Film: Manchester By The Sea
16.56 Serial: Chicago Fire
17.37 Tele: Esmeraldas
18.21 Tele: Soleil Levant
19.00 Tele: Dulce Amor
20.08 Tele: Le Prix Du Désir
20.30 Serial: Seal Team
21.15 Film: The Boss
22.55 Tele: Totalement Diva
23.44 Serial: Chicago Fire

08.00 Film: Pyaasa
12.05 / 19.54 - Kahan Hum Kahan Tuam
12.26 / 20.11 - Kullfi Kumarr Bajewala
12.47 / 20.32 Samacha Krishna
13.09 / 21.09 - Bin Kuch Kahe
13.31 / 21.24 - Zindagi Ki Mehek
13.56 / 21.46 - Bade Acche Lagte Hai
14.20 / 21.59 - Jai Kanhaiya Lal Ke
14.36 / 22.25 - Bitti Business Wali
15.20 Film: Hum Hai Teen Khurafaati
Starring: Sheet Chhabra, Pranshu Kaushal, Sonia Kur
18.30 Kundali Bhagya
18.52 Piya Albela
19.14 Mere Angne Mein



Jeudi 1 oct - 15.20

Stars: Sheet Chhabra, Pranshu Kaushal, Sonia Kur



Jeudi 1 oct - 20.10

Stars: Utkarsh Sharma, Ishitha Chauhan, Mithun Chakraborty



A Relative Sense of Self-Righteousness



Nita Chicoore-Mercier

The opinionated lot in civil society and media spokespersons may feel comfortable with the detective's relative sense of self-righteousness in loud denunciations of wrongdoings and suspicious dealings. Others will shrug off and walk on

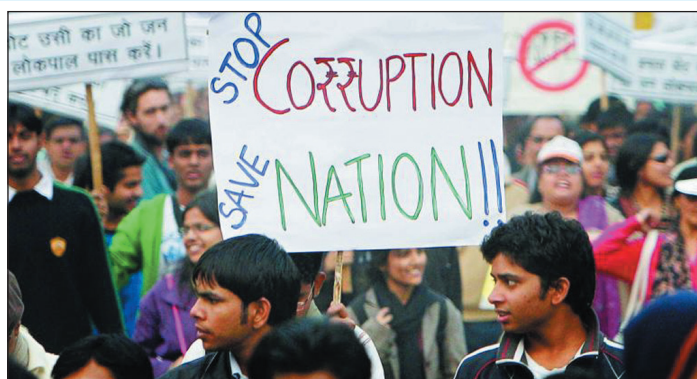
Fine phrases in well-articulated speeches are necessary to create trust between rulers and the public in advanced liberal societies and developing countries because the public has to be regularly reminded of the lofty principles their countries are ruled by. A dose of pragmatism and dream are essential components of trust and hope in the lives of common folks, and both politics and religion dish them out in plenty. Naked reality may drive people crazy. On the other hand, a sense of self-righteousness prompts critics of public figures and their private dealings to write and speak from a high moral position which they assume readers and the public adhere to.

Modern institutions and the rule of law make it difficult for politicians to use their position to feather their own nests. And to some degree, the political culture, a general level of prosperity, a sense of common good and ethics are guidelines for a sound governance and a progressive society. It has less to do with a natural sense of moral superiority which prevents the political class in advanced countries from falling in the trap of conflict of interest or self-enrichment through devious means. They are checked by uncompromising sets of laws which make no joke of wrongdoings. However, it does not make them immune to the temptation of side-stepping the law to pocket commissions for private use.

The following anecdote illustrates the point. An African politician is on a visit to his French counterpart and is impressed by his lavish lifestyle. 'How have you made it?' he asks. The French host opens his window wide and shows him the town, roads, tall buildings, apartment blocks, bridges, modern transport, schools, gardens and all. 'This is how I make it,' he replies. He works for the general welfare, and reaps some commissions in return. Sometime later, he pays a visit to his African friend in Africa, and is impressed by his lavish lifestyle. 'How have you made it?' he asks. The African politician opens his window wide and shows him vast desolate villages with shabby roads and makeshift dwellings along dusty paths, huts and underfed folks struggling for a living. 'This is how I make it,' he replies. He pockets it all for himself.

It may look caricatural, but it is also indicative of a stark reality a decade ago.

The rule of law works at variable levels in advanced countries. British law deals with common people and powerful politicians on the same footing while southern European countries are likely to try a cover-up for the powerful. Fake jobs for relatives, exorbitant bills for transport and petrol and public funds to renovate private apartments are among the most common wrongdoings MPs and officials are caught with. Smarter ones get away



“In developing countries and specifically in post-colonial societies where economic power is determined by fortunes made in colonial days, the power equation is a source of frustration for many. The reasoning in the political class might be as follows: 'If we provide political stability and peace with adequate social welfare, and devise cheap labour laws for industries to flourish and expand, we might as well ask for a backdoor share in the profits. We are not going to watch a few business barons enrich themselves exponentially and content ourselves with average salaries'...”

with unofficial funding of electoral campaigns which land in their private treasury, and a percentage in shared commissions handed down by cronies in the business world. At the least rumour of malpractices, they are hounded by the press, mostly left-leaning outlets, and delivered to the court of justice.

Magistrates, just like the police inspector in detective stories, deploy a lot of zeal in investigations and gathering evidence to pin down the wrongdoer. In a fictional narrative, the police inspector is an average functionary with little scope for promotion in his department; hence, his energy and zeal to track and lay his hands on rascals of all hues, corrupt mayors, unscrupulous MPs, drug barons, criminals and any white-collar bloke from bourgeois families, pretending to be clean. His commitment endears readers to him, and both detective and readers naturally assume a sense of self-righteousness which enhances their worth as moral beings. The algorithm which leads readers and the public to have an apparently healthy response may work differently if they enjoyed a higher social position with an ambition for more power and wealth.

In reality, public reaction to self-enrichment of the ruling class is quite mitigated. It ranges from outright condemnation to mild tolerance of using public office to satisfy unabated appetite for acquisition of property and wealth. French politicians during President Chirac's mandate were said to have opened bank accounts in Mauritius to avoid paying taxes in France; others invested in real property of luxury villas which started in 2003. The lack of transparency in the source of huge sums invested did not bother anyone, judging from what a Frenchman I met a few years ago at a winter ski resort in Switzerland said during a conversation. He worked at the French Embassy in Mauritius. It implies that there are ways and means to sidestep the laws they vote for in Parliament.

Away from media spotlight, ordinary citizens shrug off such wrongdoings because they do not mind political leaders pocketing commissions for their personal interest as long as they work for the general welfare of

society at large. A 28-year old engineer has no qualms about saying that, coming from a poor family, he is thankful to the French government and society at large for enabling him to do higher studies for free. So, he does not mind politicians getting more money through the backdoor.

In Mauritius, the general assumption that news of coffers brimming with millions of rupees sparked public outrage might have been true in the first days the news was delivered in a highly mediated and sensational manner in

2015. The permanently disgruntled category flooded social media with hate comments. Afterwards, there are folks who downplay the big news be they from the well-off class, Labourites or common folks. Rs 220 m is peanuts if you consider the billions that a politician empowers big business cronies to amass through contracts and all, some folks opined.

In developing countries and specifically in post-colonial societies where economic power is determined by fortunes made in colonial days, the power equation is a source of frustration for many. The reasoning in the political class might be as follows: 'If we provide political stability and peace with adequate social welfare, and devise cheap labour laws for industries to flourish and expand, we might as well ask for a backdoor share in the profits. We are not going to watch a few business barons enrich themselves exponentially and content ourselves with average salaries.'

Singaporean authorities opined that they are entitled to higher salaries almost on a par with CEOs of big companies. The same opinion was aired at the highest level of governance over here in 2006, and a significant hike in ministers and MPs' salaries was voted for. Companies and property in the name of minors is common practice since it is not forbidden by law. Third-party involvement in operating what may be an opaque transaction is one of the tricks someone may use to dodge the law. Advanced countries come up with new laws to ensure transparency and track the source of wealth. The European Union has been home to rogue banks despite its grand position to blacklist smaller countries. Barring a few rare exceptions, there is no lily-white country when it comes to money laundering and generous kickbacks by crony capitalism.

All the while, the opinionated lot in civil society and media spokespersons may feel comfortable with the detective's relative sense of self-righteousness in loud denunciations of wrongdoings and suspicious dealings. Others will shrug off and walk on.



Tree of Knowledge

Madisyn Taylor

Be Happy Every Single Day

Discover something daily that makes you happy and become witness to your life transforming.

Our lives are rich with potential sources of happiness, but sometimes we become victims of negative thinking because we believe that focusing on all that has gone wrong will provide us with the motivation we need to face the challenges of survival. When we choose to focus on what makes us happy, however, a shift occurs in the fabric of our existence. Finding something to be happy about every single day can help this shift take place. The vantage points from which we view the world are brought into balance, and we can see that being alive truly is a gift to be savored. There is always something we can be happy about -- it is simply up to us to identify it.

On one day, we may find happiness in a momentous, life-changing event such as a marriage or the birth of a child. On another day, the happiness we experience may be a product of our appreciation of a particularly well-brewed cup of a tea or the way the sun shines on a leaf. If we discover that we literally cannot call to mind a single joyful element of existence, we should examine the cause of the blockage standing between us and experiencing happiness. Keeping a happiness journal is a wonderful way to catalog the happiness unfolding all around us so that joy has myriad opportunities to manifest itself in our lives. Writing about the emotions we experience while contemplating joy may give us insight into the factors compelling us to resist it.

Happiness may not always come easily into your life. You have likely been conditioned to believe that the proper response to unmet expectations is one of sadness, anger, guilt, or fear. To make joy a fixture in your existence, you must first accept that it is within your power to choose happiness over unhappiness every single day. Then, each time you discover some new source of happiness, the notion that the world is a happy place will find its way more deeply into your heart. On this day, find one thing to be happy about and let it fill your heart.