

MAURITIUS **TIMES**

• *I grew up in an immigrant neighbourhood. We just knew the rule was you're going to have to work twice as hard.* -- Lin-Manuel Miranda



Interview: Sada Reddi,
Historian

“It's identity and economic interest that have been the dominating influence on voter behaviour”

‘Citizens should continue to air their grievances through protests, and the culture of street protest must become well established in our society’

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Proposals for meaningful structural reforms of the economy



By Sameer Sharma * See Page 4

Are we fighting the right battles?

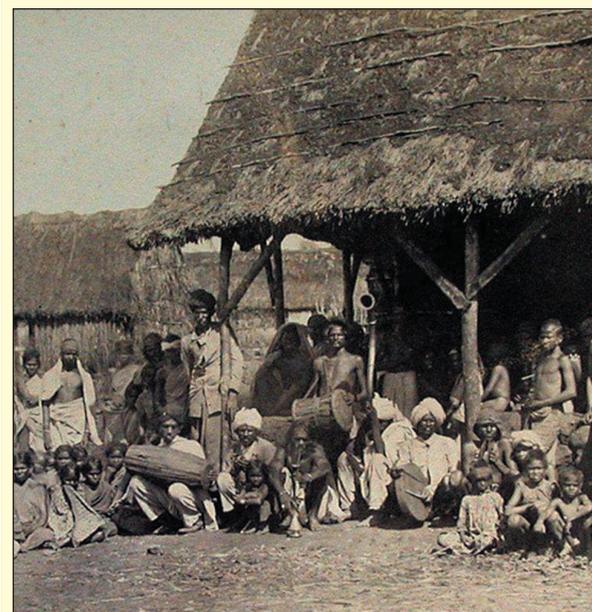


We are being misguided by a lowly, free for all kind of politics which focuses on matters of personal behaviours and sordid details whereas we ought to be concerned more with what kinds of policies are being forced on the population

By Dr R Neerunjun Gopee * See Page 3

Two Centuries of Indenture

A legacy of resolve, resilience and rectitude!



By Vijay Ram * See Page 10

An Ongoing Struggle

Once again, we will be commemorating today a major milestone in the history of this country - the 186th anniversary of the arrival of Indian indentured labourers, who were to change the face of Mauritius as a prosperous sugar producer in the British colonies. But that was not without the hardships, oppression and injustice that they had to face and fight against – all within a democratic political framework, and which they have helped preserve to this day. Even though there are still a few reminders of the dreary conditions in which they lived and worked, it may be said that a long distance has been travelled since then by those we pay homage to on this occasion and their descendants.

As we are to commemorate this solemn occasion of the arrival of Indian immigrants today, let us cast back our mind on those who have endured the greatest tribulations of life to bequeath a better world for future generations. Through great perseverance and by overcoming serious barriers to entry, the descendants of the Indian indentured labourers gained access to education and went on to show their mettle in numerous fields. After an enduring struggle, they gained access to the right to vote. They joined their forces together in the struggle for independence. In spite of the walls of prejudices erected against them, they proved to be capable of taking decisions, working together with other components of the population, that have carried the country forward and shaped the life of the nation as a whole.

All vibrant diasporas across the world have their own stories of how they carved a place in the sun in the host societies in which they have settled. In the case of the Indian indentured labourers in this country, besides the intrinsic traits of fair play, tolerance and accommodation, without in the least animated by a spirit of resentment or the desire for vindictive triumph once they won democratically control of the levers of power, the determining factor has undoubtedly been the leadership provided by men of the greatest calibre as well as by different socio-cultural and religious institutions.

They were men of courage and vision who pursued a just cause with sincerity and a sense of purpose, ensuring that they

would not lose sight of the bigger picture nor lose their way during the long struggle for the emancipation of the people. These include the Arya Sabha, non-Indians like Adolphe de Plevitz towards the end of the 1860s to Maurice Cure, Emmanuel Anquetil and others in later decades, Mahatma Gandhi (thanks to whose exhortation the Indians invested themselves in education and in the political process), the Bissoon-doyal brothers, and Dr Seewoosagur Ramgoolam and his comrades of the Mauritius Labour Party.

In the truest and purest sense of the word, it was the enlightened leadership of those stalwarts that was the foundation of our strength and the inspiration of our struggle for our political and civil rights, and to gain our legitimate place in society and share in the economy. It was the thrust on education that underpinned both the political and the social emancipation. Education was the great leveller that cut across social classes, enabling them to participate fully and knowingly in the evolving democratic process, inspired by Fabian socialism, which our pioneer political leaders were spearheading. Giving added momentum to this dynamic were the mass movements of the other leaders, which were grounded in cultural awareness and an awakened sense of their dignity by the people. Without doubt it is such enabling factors that gave to Mauritius the kind of balanced political direction the country needed for its development.

In the context of this commemoration, we need to reflect seriously on the events and incidents surrounding this long march patiently carried out, based on sound democratic principles that both formal and informal education helped us to leverage. Such reflection may hopefully rekindle that sense of unity and solidarity which was once, and must perforce continue to be the source of our strength and the basis of our ongoing struggle for betterment.

The times are such that we are in dire need of the kind of leadership and commitment that was hardwired in the DNA of our founding fathers. The scenes playing out at national level betray that original spirit. If we are not careful, the legacy of that hard struggle will be forever lost.

The Conversation

Burn out: the emotional toll of being a politician revealed

New research shows politicians experience high levels of emotional labour, which not only falls more heavily on women but also impacts their mental wellbeing

Anyone who's ever worked in public service will understand the emotional toll it can take. In 1983, sociologist Arlie Hochschild coined the term "emotional labour" to capture this effect. She was talking about "the management of feeling to create a publicly observable facial and bodily display". Emotional labour has been researched in a range of industries as diverse as restaurants, complaints agencies, and frontline emergency services. A new study of more than 500 elected councillors and MPs in the UK adds politicians to that list. It shows that emotional labour is a prominent feature of political work that can negatively impact politicians' occupational wellbeing. It is also gendered. Women face more emotional demands in politics than men. These findings not only humanise an otherwise distant occupational group, but they also provide a snapshot of what it takes to be a politician.

To understand emotional labour as a psychological and behavioural phenomenon is, firstly, to understand the "emotion work" required of any employee to fulfil his or her job.

UK politicians surveyed in 2019 perceived emotional work as central to their occupational lives. For example, 60% believed that a critical dimension of their work relates to dealing with emotionally charged issues. And 71% believed that political work requires them to show many different emotions when interacting with people. To put this in context, only 55% of 911 emergency call dispatchers, child protection officers and prison correction officials in a similar study in the United States gave the same responses.

These findings reflect the fact that politics as a vocation focuses upon assisting, enabling or negotiating activities that revolve around the needs of other people. Whether it be in their constituency, political party or in a legislative setting, politicians must care, or at least appear to care, about



Photo - telegraph.co.uk

others – and often complete strangers – in order to get their jobs done.

Playing nice

Emotional labour can involve what is known as "false-face acting". This is when employees believe they must pretend to feel one emotion while actually feeling a different one (surface acting) or when they alter their affective state to internalise and feel a desired emotion (deep acting).

UK politicians score highly for false-face acting. For example, 68% of participants felt they regularly had to be nice to people regardless of how they were treated by them. Faced with constant demands on their time and energy, and in a profession where people don't shy away from saying what they think, it seems that politicians often feel like they have to manage other people's emotions without expressing or showing their own.

Given that MPs and councillors are employed by an increasingly cynical public, it is possible – and arguably ironic given popular critiques of disingenuous politicians – that our elected representatives see false-face acting as a necessary feature of their public service. Put simply, emotional labour goes hand-in-hand with a political need to be all things to all people. As an occupational strategy, politicians may also be even more inclined than most frontline workers to engage in false-face acting because the personal costs of not doing (ie. electoral defeat) are uniquely ever-present.

James Weinberg

Lecturer in Political Behaviour,
University of Sheffield

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Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

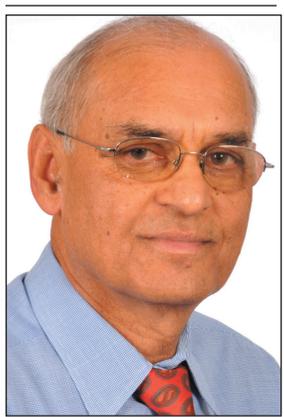
Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee

This epaper has been produced with the assistance of

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

Are we fighting the right battles?



Dr R Neerunjun Gopee

We are being misguided by a lowly, free for all kind of politics which focuses on matters of personal behaviours and sordid details whereas we ought to be concerned more with what kinds of policies are being forced on the population



Arrival of Indentured Labourers on Ship in Mauritius - Photo - vintagemauritius.org

It is not until I came to be associated with the *Mauritius Times* and its founder Shri Beekrumsing Ramlallah, after I started writing in the paper in 1990, that I got to know about the historical importance and existential significance of what is known today as Aapravasi Ghat. By sheer coincidence – or should I rather say karmic conjecture – one year earlier I had been transferred to the Jeetoo Hospital, which made it convenient for me to visit him at fairly regular intervals at his home which was not far from the hospital. But also to attend, since then, the annual Yaj ceremony held at the Aapravasi Ghat which was his initiative. He had researched the archives and found out that the first batch of Indian immigrants contracted in the Indenture system had arrived aboard the ship *Atlas*, and had landed at that site on 2nd November 1834, which date was subsequently officialised.

But this did not happen by magic: it had to be fought for. Like everything else that has marked the trajectory of the 'freed' slaves and the Indian immigrants, who faced the same repressive and oppressive conditions of work and of life. The battles fought to bring about developmental improvements have been relentless and unending, and continue to this day, though in different forms and on multiple platforms.

It is always a humbling experience for me to walk up these stone steps at Aapravasi Ghat, and to reflect in what state of body and of mind my great-grandfather climbed them in 1858. That's the year in which he reached Mauritius, at age 15, hailing from the district of Ghazipore to the east of Varanasi in the state of Uttar Pradesh. Circumstances have not allowed me to go on a

genealogical journey, but I have always asked myself what could have pushed a 15-year old to undertake the harsh journey to an unknown land, all alone? Could it be that he was orphaned – a pos-



Photo - africultures.com

“This social mobility of the descendants of the pioneering workers, who literally forged the contours of the island's landscape through their harsh labour, is the result of the struggles against and confrontations with the colonising powers and the oligarchy - which were often allied - and that involved the workers individually as well as in groups, and more well-known figures who took up their cause. Adophe de Plevitz is one such personality of those earlier times, and he probably inspired the others who came afterwards. Petitions, Royal Commissions, enquiries into conditions of living on the sugar estates, surveys of the health situation, of the food supplies - these and similar endeavours forced changes to be brought about...”

sibility I have imagined given that Ghazipore was the district where Mangal Pandey who was instrumental in triggering the 1857 Indian Mutiny hailed from, and which was met by a brutal and savage response by the British colonial authorities with the killing of thousands of Indians, among whom perhaps his parents?

I may never know the answer, but he would surely be proud that, five generations down the line, his

descendants have found their way honourably as professionals into diverse fields and are leading lives of ease and relative comfort which are a far, far cry from what he and his cohort had to endure. And importantly, that they have held on to the values and traditions of the millennial culture of the land of their origins, while at the same time adjusting to the evolving challenges posed by the development of the country along the continuously changing contemporary lines.

This social mobility of the descendants of the pioneering workers, who literally forged the contours of the island's landscape through their harsh labour, is the result of the struggles against and confrontations with the colonising powers and the oligarchy – which were often allied – and that involved the workers individually as well as in groups, and more well-known figures who took up their cause. Adophe de Plevitz is one such personality of those earlier times, and he probably inspired the others who came afterwards. Petitions, Royal Commissions, enquiries into conditions of living on the sugar estates, surveys of the health situation, of the food supplies – these and similar endeavours forced changes to be brought about through appropriate changes in the law and whatever 'institutions' that were developing to oversee implementation of measures that were recommended.

A great boost to the social-

economic advancement of the common man was no doubt given during the visit to the island in 1901 of Gandhi the lawyer – not yet Mahatma – when the ship that was taking him back to India from South Africa made a stop here. In fact, he exhorted the Indo-Mauritian population to engage in politics and to get educated.

Writing about this in the *Mauritius Times* '1st Year No. 12 – Saturday 30th October 1954', Doojendranath Napal pointed out that 'A *compte rendu* of the speech delivered by the Mahatma on this occasion (reception organised at the Taher Bagh by Mr Goolam Mamode Ajam Son) was reported in the same newspaper (*The Standard*, edited in English-French). Among other things Gandhi said that he was struck by the keen intelligence of Indo-Mauritians. His wish was that they should interest themselves with politics «*non pas de la batailleuse contre le Gouvernement, mais pour revendiquer ses droits et sa place au soleil sous le pavillon de la liberté*». He concluded in saying that he hoped that thought would be given to education in Mauritius in order that «*les Asiatiques pussent aspirer à la gestion des affaires public et des intérêts vitaux de la colonie dont ils sont des principaux facteurs.*»'

The indications are that his advice was followed, and upon reaching India he persuaded Manilal Doctor, a lawyer, to come here to take up the cause of the workers. (Pahlad Ramsurrun has been a painstaking and perse-

vering chronicler of the lives and involvement of several of the actors in this process.) The occasion of the commemoration at Aapravasi Ghat should whip us into pondering his remarks about the kind of politics that Gandhiji expected we would be engaged in, because we are doing the exact opposite.

We are being distracted and misguided by a lowly, free for all kind of politics which focuses on matters of personal behaviours and sordid details whereas we ought to be concerned more with what kinds of policies are being forced on the population and where these are leading the country and its coming generations. That ought to be our major concern and the actual battlefield, and all the relevant elements pertaining to such issues ought to be widely discussed and clear stands taken and made known à *qui de droit* so as to push authorities in the direction of change that would be beneficial to the population as a whole.

We can choose to do that and be active stakeholders in the shaping of the national narrative. Or we can bury our head into the ground like the ostrich, and waste ourselves away by indulging in the consumerist culture of materialism and greed, and succumb to the various kinds of social and organic ills that are spreading like wildfire across all sections of society and at all levels.

Gandhiji's advice is even more critically important. Up to us to rise to the challenge.



Sameer Sharma

Proposals for meaningful structural reforms of the economy

The restart of economic activity globally has broadened and is still running moderately ahead of expectations in developed markets. This is reflected in trends seen in high frequency

economic and alternative data which pushed the likes of the International Monetary Fund (IMF) to upgrade the near term global growth outlook for developed economies in particular in recent weeks. While covid-19 infection rates remain high in the United States and are picking up once again in Europe, fatalities as a percentage of total cases have fallen, and hospitalization rates have only risen moderately. With our ability to manage death rates and severe cases improving, there is a data driven realisation that economies need to be opened for business in order to manage the risk of a potential social crisis and of rising credit defaults. Shutting parts of an economy for long periods destroys corporate balance sheets with longer term consequences on private investment and unemployment. With government debt globally now quite high, there is a realisation that there would be little leg room for continued fiscal stimulus to pick up the slack of a more zombie like private sector.

The pandemic has also taken the world closer to full blown Modern Monetary Theory territory than MMT theorists could have ever imagined. This blurring of monetary and fiscal policy essentially means that having proper checks and balances on fiscal policy makers accessing the printing press becomes all the more important. In the absence of such guardrails, there is a real risk, especially in the case of Mauritius, that the central bank could lose grip on inflation and inflation expectations. This is particularly concerning for a country whose monetary policy makers have consistently failed to define a quantifiable flexible inflation target. Transmission mechanisms seldom work well without properly anchored inflation targets and a framework around them. However, over the past 7 years, global inflation has remained low, and until the crisis, large foreign exchange flows into Mauritius had kept the nominal effective exchange rate of the rupee from depreciating, allowing for low and stable prices locally. Luck is about to run out in the coming years especially post 2022.

Ill-designed and issuer-biased large corporate bailouts

Mauritius has gone further than almost any other country on earth in terms of central bank financing as a percentage of its GDP in recent months when it comes to both helicopter money grants (even a simple understanding of central bank balance sheets and asset liability matching would invariably lead to helicopter money financing of the grant) and foreign exchange reserve sales in order to fund ill-designed and issuer-biased large corporate bailouts, but with very little to show for it so far given how many of the schemes have been designed and implemented so far. As a good friend of mine likes to say, you have to come to Mauritius to hear things like a convertible bond with near zero delta and hard call provision (barely any equity sensitivity given how they are being structured) having magical convexity coming from the option component and becoming like "quasi equity".

New theories of quantitative finance aside, while supporting systematically important companies is important and arguably necessary and was pushed forward by this very author back in February, this is public money. When a central



www.unicef.org

“Fighting growing wealth inequality should start with political reform towards a more secular and just Republic where the focus should be on equal opportunity which primarily starts with a fairer but high quality education system for all, not just the elite who can afford private schools and multiple tuitions...”

bank builds international reserves, it pays for it in the form of monetary policy instruments which cost it dearly. International reserves are also our insurance policy against global collapse, so the sacrifices need to be shared by everyone, be it banks, the public and the companies themselves. While the funding of the Mauritius Investment Corporation (MIC) should not have come from foreign reserves but from debt purchases issued by an off balance sheet Special Purpose Vehicle in the first place, the MIC should be compensated for the risk it is taking.

Beyond structuring balanced and fairer deals, private equity and special situations investing is about properly sizing the deals, about looking at a broader longer term picture of the industry, about restructuring and industry consolidation and about adapting to new post Covid realities. These are complex deals requiring experience and skill. With technocracy almost as dead as the Dodo within Mauritian policy making circles, execution and project management of the stimulus become quite the challenge. Grand ideas remain "grand" on paper.

When central bank and fiscal policy coordination without guardrails are combined with longer term structural and secular economic trends such as de-globalization, the related balkanization of global supply chains, rising inequality, associated populism 2.0 and the increased pressure to come on offshore "tax havens" from Western, Indian and African tax

authorities in a high debt world, a more stagflationary regime will become a bigger risk for the entire world and more importantly a base case for Mauritius in the medium term. Policy makers must get their act together and soon.

Policies that need to be implemented

With more than 85% of its GDP in gross public debt and rising, the Mauritian government will need to engage in meaningful structural reforms of the economy. These reforms should include the following.

1. Once the global pandemic is under control, the government will need to show a realistic plan in terms of how it will get public debt and unfunded liabilities under control in order to avoid a credit downgrade which will impact local banks which are rated lower or unrated. The least painful tax would be to start taxing the rentier economy via well targeted land value taxation and property taxes. It is high time that some "villages" like Tamarin, Triolet, Grand Baie get converted into towns and be subject to municipal taxes. This is not about vote bank politics but about economic realities and being fair.
2. Mauritius should create an independent Budget Office accountable to Parliament which will paint a true longer term picture of macroeconomic policy proposals without any spin and Excel sheet (1+r) magic during outer years. It is high time to put some discipline and math behind electoral promises of all parties.
3. Significant cost controls of public sector salaries starting with 30% to 50% cuts to base salaries and entertainment allowances of politicians. Similar to Singapore, salaries of nominees, politicians and senior public officials should be based on a combination of a low base salary and performance based bonuses linked to clearly defined long term Key Performance Indicators. Base salaries can be capped while bonuses can be uncapped. For all politicians and government employees, international travelling and per diems should be paid for via corporate credit cards.

2020 Projection of IMF World Economic Outlook

	Apr-20	Oct-20
Mauritius	-6.80%	-14.20%
Seychelles	-10.80%	-13.80%
Maldives	1.40%	-18.60%
Euro Area	-7.5%	-8.30%
World	-5.5%	-4.40%
Emerging Markets & Developing Economies	-1.2%	-3.3%
Sub Saharan Africa	-1.6%	-3%

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A repeat trailblazer as California's first Black attorney general and the first woman of South Asian heritage elected to the US Senate

Kamala Harris: On the cusp of US election history

Kamala Harris is on the verge of what would be a double-dream for US Democrats: becoming the nation's first woman vice president and ending Donald Trump's turbulent rule.

Harris comes into the November 3 election already a repeat trailblazer as California's first Black attorney general and the first woman of South Asian heritage elected to the US Senate, reports AFP.

But winning the vice presidency, a heartbeat away from leading the United States, would be the most significant barrier she has broken yet and a stepping stone to the ultimate prize.

With the 77-year-Biden expected to serve only a single term if elected, Harris would be favoured to win the Democratic presidential nomination four years from now.

That could give her a shot at more history-making -- as the first female president of the United States.

"My mother raised me to see what could be, unburdened by what has been," Harris, 56, wrote on Twitter.

Since being tapped as Biden's running mate in August, she has slammed President Donald Trump on his chaotic handling of the Covid-19 pandemic, but also racism, the economy and the president's crackdown on immigration.

Harris was born to immigrants to the United States -- her father from Jamaica, her mother from India -- and their lives and her own have in some ways embodied the American dream.

She was born on October 20, 1964 in Oakland, California, then a hub for civil rights and anti-war activism.

Her diploma from historically Black Howard University in Washington was the start of a steady rise that took her from prosecutor, to two elected terms as San Francisco's district attorney and then California's attorney general in 2010.

However, Harris's self-description as a "progressive prosecutor" has been seized upon by critics who say she fought to uphold wrongful convictions and opposed certain reforms in California, like a bill requiring that the attorney general probe shootings involving police.

A veteran campaigner, Harris oozes charisma but can quickly pivot from her megawatt smile to her prosecutorial persona of relentless interrogation and cutting retorts.

Clips went viral of her sharp questioning in 2017 of then-attorney general Jeff Sessions during a Capitol Hill hearing on Russia.

Harris also clashed with Biden during the first Democratic debate, chiding the former senator over his opposition to 1970s busing programs that forced integration of segregated schools.

"There was a little girl in California who was part of the second class to integrate her public school, and she was bused to school every day," she said. "And that little girl was me."

That clash didn't stop him from picking Harris, who has brought that feisty energy to Biden's carefully stage-managed campaign.

Boris Johnson puts UK on coronavirus lockdown as cases top 1 million

Britain is going on a roughly month-long lockdown as coronavirus cases continue to surge, Prime Minister Boris Johnson announced on Saturday, just three months after telling *The Telegraph* that he didn't want to mandate a national lockdown and likened the measure to a "nuclear deterrent."

From November 5 to December 2, people will only be permitted to leave their homes for a short list of reasons, such as childcare, work, exercise, medical issues, or shopping for basic needs. Bars and restaurants will only be allowed to provide take-out options and non-essential stores will have to close, reports CBS News. Johnson said the country is extending its furlough system through December to help businesses.

More than 1 million people have been infected with Covid-19 in the U.K., and more than 46,600 people have died, according to Johns Hopkins. There were

HANDS - wash hands regularly with soap and water for 20 seconds

FACE - wear a face covering in all shared inside spaces

SPACE - maintain social distance. Keep 2m apart where possible

Self-isolate if you have symptoms. Call 119 to get a test

If you are self-isolating and need help you can call the 0115 915 5555

www.nottinghamcity.gov.uk/coronavirus

Boris Johnson likened the measure to a "nuclear deterrent".

Photo - ichef.bbci.co.uk

24,000 new cases on Friday, and Patrick Vallance, chief scientific adviser, said "there's a potential for this to be twice as bad or more compared to the first wave."

The United Kingdom had the ninth-highest number of cases worldwide as of Saturday night, trailing closely behind Colombia, Argentina and Spain. The country saw a large spike in daily cases between October 1 and October 3, jumping from nearly 7000 new daily cases to just under 23,000

new daily cases, according to Johns Hopkins.

Johnson was diagnosed with Covid-19 earlier this year, and was hospitalized in the intensive care unit.

On Saturday, Johnson assured people that the new lockdown is not as "full-scale" as the one earlier this year, but that the "basic message is the same": "Stay at home, protect the NHS and save lives."

SpiceJet: Indian airline turns to seaplanes to boost travel



Indian airline SpiceJet is turning to seaplanes to boost travel during the pandemic downturn. Photo - bbc.com

India's biggest regional airline has approval for 18 seaplane routes.

One of these routes is to Kevadia, the site of the world's tallest statue - an 182-metre tribute to the country's first home minister, Vallabhbhai Patel.

During the pandemic, SpiceJet is focusing on new sources of revenue, including transporting cargo and regional flights using smaller planes.

Airlines have struggled during the coronavirus to remain profitable and many have gone bust, including the UK's Flybe and Virgin Australia. Many others are on the brink of survival and have made severe job cuts.

Some airlines have been looking at alternative ways of generating revenue. These include flights to

nowhere and airplane meal delivery.

SpiceJet chairman Ajay Singh said the seaplanes would help improve regional connectivity - an initiative being encouraged by the Indian government - "without the high cost of building airports and runways", thanks to the planes being able to take-off and land both on small water bodies and short airstrips.

India's Prime Minister Narendra Modi is expected to join the first flights from Ahmedabad to Kevadia on Saturday, the 145th anniversary of Vallabhbhai Patel's birth.

The 30-minute flights will operate through its subsidiary Spice Shuttle and start from 1,500 rupees (£15.40) one-way.

SpiceJet will be using Twin Otter 300 seaplanes, built by planemaker de Havilland Canada. They can seat up to 19 people, including passengers and crew.

"The Twin Otter is very popular among smaller operators, and is frequently used as a seaplane, most notably in the Maldives," said Greg Waldron at FlightGlobal magazine.

"Its small size allows it to reach locations that would not be accessible or practical for larger aircraft."

During national lockdowns in India, SpiceJet remained active flying repatriation flights for more than 1m Indians.

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Anti-France protests condemn President Emmanuel Macron

Anti-French rallies erupted after Friday prayers in Pakistan, Bangladesh, Lebanon and other countries.

Protesters called for a boycott of French products and condemned President Emmanuel Macron.

He has become a target in several Muslim-majority countries for his recent comments about Islam.

Mr Macron has called Islam a religion "in crisis" and defended the right of a magazine to publish cartoons depicting the Prophet Muhammad.

The backlash intensified after a suspected Islamist extremist killed a French teacher who showed the cartoons in class. Mr Macron said the teacher "was killed because Islamists want our future", but France would "not give up our cartoons".

Many Muslims saw Mr Macron's remarks as an insult, as depictions of the Prophet Muhammad are widely regarded as taboo in Islam.

Protests against France have been taking place in a number of Muslim countries for days.

On Friday, they continued amid heightened tension, a day after another suspected Islamist attack in the French city of Nice.

In Pakistan, police fired tear gas at thousands of demonstrators marching towards the French embassy in Islamabad. Witnesses said some protesters tried to break through police barriers.

Protesters in Dhaka, the capital of Bangladesh, beat and set fire to effigies of Mr Macron and carried placards denouncing him as an Islamophobe.

One protest leader addressed the crowd, saying Muslims would not allow their beliefs to be ridiculed: "Doesn't matter whether it is France, America, Russia or any other bigger power in the world, we won't tolerate anybody making fun of our beloved Prophet."

* * *

Macron criticises Turkey's 'imperial inclinations'

The French president Emmanuel Macron has accused Turkey of adopting a "bellicose" stance towards its NATO allies, saying tensions could ease if his Turkish counterpart Recep Tayyip Erdogan showed respect and did not tell lies.

In an interview with al-Jazeera broadcast on Saturday, Macron condemned Turkey's behaviour in Syria, Libya and the Mediterranean and said: "Turkey has a bellicose attitude towards its NATO allies."

He also sought to calm flaring tensions with Muslims around the world after increasingly heated rhetoric following the murder of French school teacher, Samuel Paty, who showed caricatures of the Prophet Muhammad alongside other cartoons as part of a discussion on free



Placards depicting President Macron as a "demon" were seen at protests. Photo - bbc.com

speech.

Macron said that France's wish was that things "calm down" but for this to happen, it was essential that the "Turkish president respects France, respects the European Union, respects its values, does not tell lies and does not utter insults".

There have been weeks of tensions between France and Turkey, which reached a peak last weekend when Erdogan questioned the mental health of Macron.

France responded by taking the highly unusual step of recalling its ambassador to Ankara for consultations. On Saturday, foreign minister Jean-Yves Le Drian said France would send its ambassador back to Ankara after a week's absence.

France is on edge after the republica-

tion in early September of cartoons of the Prophet by the Charlie Hebdo weekly, which was followed by an attack outside its former offices, the beheading of a teacher and an attack on a church in Nice Thursday that left three dead.

Macron sparked protests across the Muslim world following the death of Paty by saying France would never renounce its laws permitting blasphemous caricatures.

But in an apparent bid to reach out to Muslims, Macron sought to strike a softer tone in a long interview with the Qatar-based channel. "I can understand that people could be shocked by the caricatures, but I want you to understand the role that I have. My role is to calm things down, as I am doing here, but at the same time it is to protect these rights."

Sean Connery: James Bond actor dies aged 90

Sir Sean Connery has died at the age of 90, his family has said.

The Scottish actor was best known for his portrayal of James Bond, being the first to bring the role to the big screen and appearing in seven of the spy thrillers.

Sir Sean died peacefully in his sleep in the Bahamas, having been "unwell for some time", his son said.

His acting career spanned five decades and he won an Oscar in 1988 for his role in *The Untouchables*.

Sir Sean's other films included *The Hunt for Red October*, *Highlander*, *Indiana Jones* and the *Last Crusade* and *The Rock*.

A 20th Century movie icon

Connery made the character of James Bond his own, blending ruthlessness with sardonic wit. Many critics didn't like it and some of the reviews were scathing. But the public did not agree.



Sean Connery, 1930-2020. Photo - otb.cachefly.net

The action scenes, sex and exotic locations were a winning formula.

In truth, his Bond is now a museum piece; the portrayal of women impossibly dated. The action scenes are still thrilling, but the sex too often bordered on the non-consensual.

Thankfully, it's been a while since 007 slapped a woman on the backside and forced a kiss. But Connery's performance was of its time, enjoyed by millions of both sexes and gave the silver screen a 20th Century icon.

He was knighted by the Queen at Holyrood Palace in 2000. In August, he celebrated his 90th birthday.

US records 99,000 Covid-19 cases Friday, setting new world mark

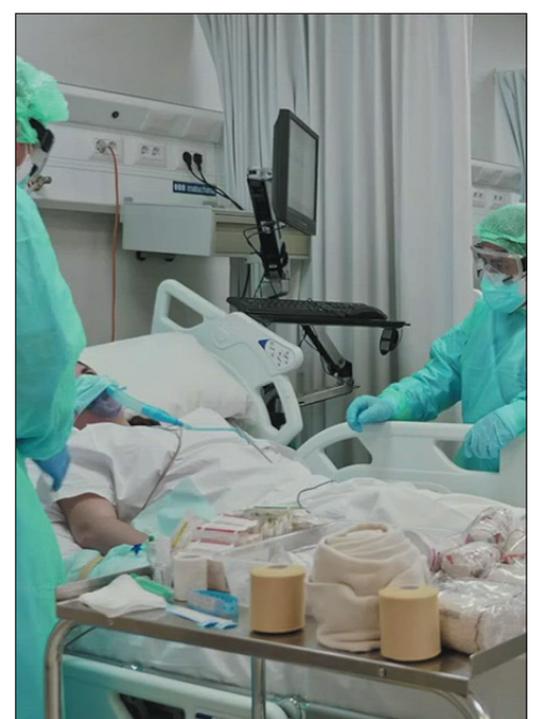
The United States reported more than 99,000 new cases of Covid-19 Friday, setting a new worldwide mark for most new cases in a single day. It comes as many states are reporting record numbers of cases daily during this fall surge, something experts predicted could happen as the weather turns colder and more people spend time indoors.

A Johns Hopkins University tracker showed the U.S. had 99,321 confirmed new cases of the coronavirus Friday. Other outlets that independently track the numbers put it at more than 100,000 while some had it a little lower. It eclipsed the previous record of 88,521 set on Thursday, reports Travis Pittman of TEGNA.

The previous one-day high was set by India with close to 98,000 cases on Sept. 16, according to Johns Hopkins. But while the U.S. has seen an increase in cases over the past month, India's numbers have fallen.

The US passed 9 million total cases on Friday, 14 days after reaching 8 million. That's the shortest span for 1 million cases so far during the pandemic.

The COVID Tracking Project said Friday almost 47,000 people were hospitalized with the virus, with 9,400 in intensive care and nearly 2,500 on ventilators.



The US continues to lead the world in deaths related to COVID-19 with nearly 230,000.

Sada Reddi, Historian

“It's identity and economic interest that have been the dominating influence on voter behaviour”



Sada Reddi, historian, shares his insights in today's issue on the factors and forces that have coloured the political evolution of the country since the time of indenture and slavery. For him, throughout the changing landscape what remains an issue of constant concern is the economic situation and welfare of the people. Politicians in his view are failing the people and he sees coming a potential social explosion given the contraction of the economy in the wake of the Covid pandemic and the consequent loss of livelihoods across all sectors, the impact of which will impact most severely those with little or no savings. He sees street protest as a legitimate form of forcing government to act in a democracy when it is not meeting the people's expectations especially in moments of crisis such as we are going through.

Mauritius Times: More than 185 years have elapsed since Indian indentured immigrants came to these shores, and even longer it has been for slaves from Africa. The present times are a completely different world from what it was then with different aspirations and challenges in a totally dissimilar socio-political and economic context. How do you see their descendants coping in this new - and rapidly changing - environment?

Sada Reddi: It is true that the world has changed and will keep on changing. The perennial issue in a changing world remains the economic situation and the welfare of the people. This is a constant. The Government's mishandling of the economic situation since 2014, and now with the advent of Covid-19, has only worsened matters to such an extent that it appears incapable of developing at the very least even a short-term strategy. It is proceeding by trial and error, and that is only worsening the situation.

As for the population, it is being left on its own to cope. Apart from the large financial assistance wrongly given out, in my view, to some large employers, and the Wage Assistance Scheme which has benefited a category of employees, the unemployment situation is deteriorating

“An ex-minister seems to have mentioned that the housing problem is mostly a Rodriguan problem. He is absolutely right on this dimension of the problem which affects all other groups in society and all classes. But nobody has given consideration to the fact that there are as many Rodriguans in the island of Mauritius as there are in Rodrigues - about 30,000 of them...”

fast, and the savings of our citizens have depreciated more than 30% since 2014.

All of this has a differential impact on various segments of the population. Some will manage to survive thanks to their savings; others without any savings or financial support are heading for an uncertain future. Family tragedies and domestic violence have as background economic problems. I have apprehensions for the future, especially for 2021 when we are going to feel the full brunt of the economic depression unless appropriate measures are taken. Time will tell if we'll be able to avoid a social explosion next year.

*** Mahatma Gandhi's tools for their emancipation - investment in education and politics - which he tendered as an advice to the Indian immigrants at the reception given in his honour at Taher Bagh in Port Louis have served successive generations of their descendants well. Are these tools still valid today or do we need a new set?**

Mahatma Gandhi of 1900 is not the same as the Gandhi in the 1920s and thereafter. In 1900, Gandhi was a loyal British citizen who cooperated with the British government during the First World War. When he lost trust in the British government, he came up with a new strategy: mass mobilization, which culminated in the mass movement of non-cooperation in the 1920s, the Salt March of the 1930s and the Quit India movement of 1942.

He nevertheless remained a moderate and a liberal and feared the power of the people. If he had not stopped the Quit India movement in 1942, Indians would have driven away the British but also brought about a radical agrarian and economic reform. So his advice to Indians here in 1901 was a limited one, though useful and relevant - investment in education and participation in politics -- just like any liberal politician would have recommended in those days.

His advice is still relevant today for the emancipation of any person, but we have to consider structural factors which hinder the development of the individual, of a community even if the latter have received some form of education and participate actively in politics. Unemployment, economic marginalization, unemployed graduates and

the historical legacy are just a few of the structural factors hindering the development of an individual and a community.

*** As regards politics, if it's a widely accepted fact that it has become more partisan now, it might or it might not have become more divisive. What's your view on that?**

“Have we not heard about the story of an accountant who became one of the proprietors of a big conglomerate? This story has to be researched and verified. Why have the Archives been suddenly been instructed to prevent researchers from delving into notary deeds? Even historians are deprived of their freedom to research on these notary deeds. This is an aberration which has to be corrected - the sooner the better...”

I attended a forum last week where an ex-Finance minister and a specialist in electoral matters said, if I have understood well, that his studies of the subject indicate that it's identity and economic interest that have been the dominating influence on voter behaviour. This has been true for Mauritius in all elections since 1886. I totally agree with this conclusion however you define economic interest or identity. We all know that in the 19th century, the major cause of political conflict in elections was the rivalry between the white oligarchy and the coloured people. It was mostly a racial conflict but it also had to do with class.

From the beginning of the 20th century, it was the emerging conflict between the General Population and the Indians. Admittedly there was an ephemeral alliance between the Coloured and the Indians in 1911. Later this latent conflict culminated in the Retrocessionist Movement in 1921.

☞ Cont. on page 8

'Citizens should continue to air their grievances through protests, and the culture of street protest must become well established in our society'

☞ Cont. from page 7

But basically, it was not racial movement but a cultural one but also with some economic interests. The leaders of the Retrocessionists were fighting to preserve French culture and values which they felt were threatened by the participation of Indians in politics. Dr Cure was against those whom he called the "nationalist Indians" who wanted to introduce Indian culture in Mauritian society which he then defined as French in culture and values.

“I do not think we are giving false hopes to those whose lands have been robbed. It is unfair to write off a struggle before it starts. Give it time and we shall see how it evolves. We have a judiciary which is capable to hear and give its ruling on many issues, however complicated they may be. It is true though that the odds are against those who rightly or wrongly feel they had been robbed...”

It is well known that the perceived threat to French language, culture and religion was embraced by many politicians in the 1950s, 1960 and even thereafter. So the cultural divide in our society has hardly changed, and moreover culture has economic dimensions.

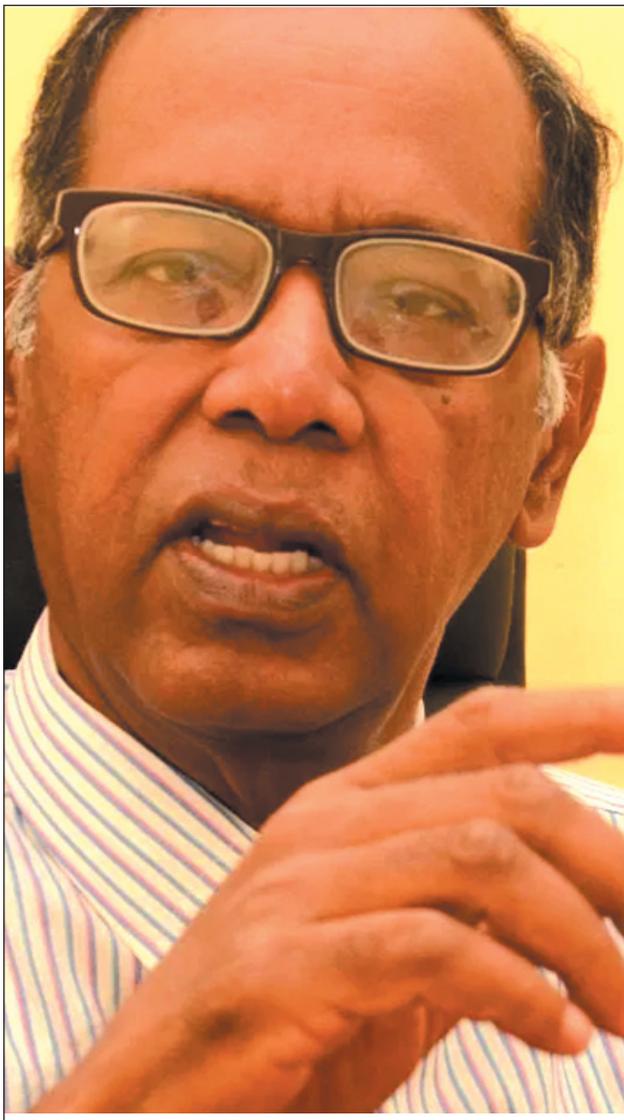
*** How would you rate the present generation of politicians belonging to the fourth or fifth generation of the descendants of Indian immigrants in terms of competence, culture, trustworthiness and integrity? Would it be unfair to suggest that they have not lived up to the expectations of their followers?**

I do not see any difference. Politicians, the descendants of Indian immigrants, are the same as in the past as well as in the present; it is always a mixed bag. What has changed is the context in which they operate.

Different contexts may have different impacts on politicians' behaviour as well as on the electorate. Some politicians are competent and others less so, and sometimes they become a disaster to the country when responsibilities, which they cannot handle, are foisted on them. In the past, a good leadership at the top would have mitigated such disasters, but this does not appear to be the case at the moment.

It is tempting to see 'a golden age' with respect to our past politicians, but this is not really so. Today we know more about them than in the past. There are so many stories about wayward politicians of that time and across the board, but we also know of popular trade unionists who were on the payroll of the sugar oligarchy. Historians would not refer to these details because they are not important to their particular research. Sometimes, their descendants are furious when such assertions are made, and even when backed by documentary evidence.

I remember one fellow historian who was making a remark about a politician during an event; the son of the politician happened to be present among the audience, he stood up and rebuked the historian for 'denigrating the



memory of his father'. Take, for example, Sir Anerood Jugnauth. He is a politician from the past but also of the present times. The reader can decide for himself what has changed or not changed in his personality or his behaviour.

*** Do you get the feeling that politicians - and governments -- have down the years become weaker in**

“The middle class cannot just wait for others to fight their battles, hold protests and wait to reap the benefits. Any serious government would have negotiated a trade-off for facilities and assistance being provided given to large landholders. But has the government the negotiating skills after what happened to the DTA in India? The idea of a trade-off is neither their objective nor the priority. So many problems facing the middle class will find no solution if they remain apathetic...”

the face of different interest groups, due to the increasingly pervasive influence of neo-liberal forces in the economy and which might be responsible for some of the problems which Mauritius is facing, like access to lands for housing, increasing inequality, poverty, economic concentration in the hands of a few, etc - issues which affect a wide cross-section of our society?

The problems which you highlight are true. There are major problems related to housing, poverty and inequality. Neo-liberal forces play an important part, so is the historical legacy of the past, principally land ownership and present economic exclusion practised by the conglomerates.

Land grants had been given to French inhabitants right from 1726 and over the centuries many of the lands had been transferred from one person to another in the land market legally. The land consolidation process might have been done legally but also by default. In other words, proprietors who vested their lands in a particular

“The survey report drawn up when Illovo acquired its lands in Mauritius, in the case of the sugar estate of Britannia, that its boundaries could not be located. Surely other lands belonging to other proprietors had been annexed. There is also the case of a hotel in the north of the island, built on a plot of land which does not belong to the present proprietor...”

estate for cane cultivation might not have claimed them back over several generations, and their lands have been annexed to the estate without any proprietary rights.

If you walk in a sugarcane field, you come across big boulders on which are written certain numbers to identify a particular plot of land. Labourers and sirdars do not refer to these fields by these numbers but by the names of the proprietors such as 'Carreau Bernard', Carreau Fabien', etc. In other words these were old proprietors.

Another example, the survey report drawn up when Illovo acquired its lands in Mauritius, in the case of the sugar estate of Britannia, that its boundaries could not be located. Surely other lands belonging to other proprietors had been annexed. There is also the case of a hotel in the north of the island, built on a plot of land which does not belong to the present proprietor. This has been reported by family members of the group.

Whatever be the illegal practices, Mauritius remains a liberal democratic society - at least formally. The distortions caused by neo-liberal forces and the open economy are important factors. But the Mauritian State is an interventionist state on which everybody from the great corporate proprietor to the unemployed are dependent. It is the role of the State to correct any imbalance which tilts too much towards the big conglomerates.

☞ Cont. on page 9

'The middle class cannot just wait for others to fight their battles, hold protests and wait to reap the benefits'

☞ Cont. from page 8

2000 acres were taken by the Labour government for social projects. What has happened to the lands apart from some acres being used for the setting up of some project? We must also blame the government of the day for abdicating its role as an arbitrator who should have juggled with the conflicting interests of the many instead of throwing all its weight on the side of the conglomerates.

*** In fact it is mostly "small parties" or "trade unionists and grassroots movements which are bringing up serious issues affecting our present and the future in relation to the environment, urbanisation, etc. We rarely get to see such initiatives coming from the "mainstream" parties? Have they lost touch with the people and their needs and expectations?**

One interpretation is that the mainstream



“Gandhi's advice is still relevant today for the emancipation of any person, but we have to consider structural factors which hinder the development of the individual, of a community even if the latter have received some form of education and participate actively in politics. Unemployment, economic marginalization, unemployed graduates and the historical legacy are just a few of the structural factors hindering the development of an individual and a community...”

*** It has taken a hunger strike (by Clency Harmon) for the Government to become alive to the need for some form of redress in the matter of land dispossession. It took similar hunger strikes by lady school cleaners, BAI policy holders/ investors or CWA contract labour for things to start moving. These have mostly been grassroots initiatives or in some cases driven by trade unionists - not by politicians. What does this tell you about the people's faith in politics and politicians in today's society?**

This does not reflect any loss of faith in politics or politicians. Popular protests have always existed in all societies and in Mauritius too. It is an inherent part of the system. Governments have at times given the authorization for public protests but placed at the same time many hurdles in their way. For example, when an association in my locality wrote to ask for permission to hold a protest march on a Saturday, the authorisation reached the organiser late on Friday so that it proved impossible to mobilize the people for the Saturday protest.

This is just one of the tactics used by the police to prevent protest actions, and there are many stratagems resorted to by our "independent" police in collusion with the government to stifle protests. Citizens should continue to air their grievances through protests, and the culture of street protest must become well established in our society and some of the laws regarding public gatherings must also be repealed

parties have lost contact with the population.

This could be a valid interpretation, but it may well be a strategy of the mainstream parties to allow the people to take the initiative. Such initiatives serve to infuse some dynamism in the population; it will add up to the establishment of a participatory democracy in the country.

Political parties cannot always spoon-feed the population. To put it cynically, mainstream parties have nothing to lose in letting the population take its own initiatives. Their only concern maybe is to be cautious so as not to be overtaken by new parties or social movements in terms of trust and support.

*** As regards access to lands for housing, we have seen the large land holders focussing on Smart Cities, IRS and ERS projects that bring in FDI, there does not seem to be any interest in housing projects for the middle class and people down the social ladder, nor is there any compulsion by government upon these property developers despite the billions of the Mauritius Investment Corporation that will go to bail out some of their distressed companies. What's your take on that?**

Both the middle class and the government are to be blamed. The middle class cannot just wait for others to fight their battles, hold protests and wait to reap the benefits. Any serious government would have negotiated a trade-off for facilities and assistance being provided given to large land-

holders. But has the government the negotiating skills after what happened to the DTA in India? The idea of a trade-off is neither their objective nor the priority. So many problems facing the middle class will find no solution if they remain apathetic and only wait for the crumbs to fall on their lap.

*** A Land Division will now be set up within the Supreme Court to hear disputes in relation to land dispossession. But that's a hugely complex issue, necessitating access to information buried in very old legal deeds some of which may be well beyond 100 years, and some of the lands could have been acquired (in good faith) by other parties or through legally valid prescriptions. Aren't we selling false hopes to those who are saying that they have been robbed of their lands?**

I do not think we are giving false hopes to those whose lands have been robbed. It is unfair to write off a struggle before it starts. Give it time and we shall see how it evolves. We have a judiciary which is capable to hear and give its ruling on many issues, however complicated they may be. It is true though that the odds are against those who rightly or wrongly feel they had been robbed.

Barring the legal prescriptions, there are cases where there was no prescription at all. My uncle had a shop in Plaines Magnien, which he rented out and we used to collect

On top of that it would appear that access to the notarial deeds at our National Archives have lately been severely curtailed. What's going on?

Land deeds, which were not registered in the past, were subject to all kinds of anomalies. Have we not heard about the story of an accountant who became one of the proprietors of a big conglomerate? This story has to be researched and verified. Why have the Archives been suddenly been instructed to prevent researchers from delving into notary deeds? Even historians are deprived of their freedom to research on these notary deeds. This is an aberration which has to be corrected - the sooner the better. If not, we will have another protest on this issue.

One wonders whether the government wants to see justice done to those who had been penalized in the past. The government will content itself to dishing out superficial concessions, symbolic ones but will refuse to address fundamental issues and go at root of many problems.

For example, an ex-minister seems to have mentioned that the housing problem is mostly a Rodriguan problem. He is absolutely right on this dimension of the problem which affects all other groups in society and all classes. But nobody has given consideration to the fact that there are as many Rodriguans in the island of

“It's identity and economic interest that have been the dominating influence on voter behaviour. This has been true for Mauritius in all elections since 1886. I totally agree with this conclusion however you define economic interest or identity. We all know that in the 19th century, the major cause of political conflict in elections was the rivalry between the white oligarchy and the coloured people. It was mostly a racial conflict but it also had to do with class...”



the rent. After his death no one went to collect the rent. The property had not been prescribed. May be the tenant is waiting to prescribe it. There may be thousands of cases like this one. There are cases where the big landowners had simply taken land from people whose heirs today still have a legal claim to the land.

*** Activists point to what they call dubious notarial deeds drawn up by some public notaries, themselves forming part of a chasse gardée in years gone, and which have cast a shadow of suspicion over land rights in Mauritius.**

Mauritius as there are in Rodrigues - about 30,000 of them. As a migrant population, like all migrants who have moved to more urbanized regions, they face more problems than others.

This is true for immigrants in London, or migrants in Nairobi, Bombay or any other city. So we need a proper diagnosis of many issues before we can propose solutions. If not, the problems will appear insoluble and the solutions proffered will only be cosmetic.



Vijay Ram

Two Centuries of Indenture

A legacy of resolve, resilience and rectitude!

A celebration of nearly two centuries of hard work, struggle and righteousness! That's how we, the new generations of Indentures (the Indenturials) should look back on the journey of our ancestors. A journey of trials and tribulations, an accomplished journey nevertheless.

Yes, there was that umbilical pain of leaving loved ones behind, the perilous hardship of three weeks across an unknown 'Kala Pani', the apprehension of being accepted in that other 'moolook'. Yes, there was that overwhelming feeling of uncertainty, fear, and forbearance.

But there was also the sense of challenge, of the will of trying something new, the urge to do better, to succeed, to help the others at home, to prove that 'I did it!' This drive for a new adventure, very painful as it may have been, opened up into a quest for resourcefulness, effort, and entrepreneurship.

The canvas shows us pictures of revolting oppression, degrading behaviour, painful experiences, but there were also those depicting a sense of community, a livelihood, a will to thrive. And it is precisely that build-up of the spirit of entrepreneurship that we are going to dig into from reported anecdotes of a recently declassified archived document of 1840, where Lord John Russell, the then Secretary of State for the Colonies, raised in the House of Commons, the subject of Indian indentured labourers in Mauritius. He had just received the Parliamentary Report from Governor Sir William Nicolay of the Commissioners of Inquiry who spent weeks in Mauritius questioning labourers, plantation owners and officials on issues of labour and general welfare.

Hospital, Kali Mata shrine and mosque

After having heard testimonies of labourers and masters at the Mahebourg District Court, Commissioners Davidson, Wilmot and Villiers Forbes report about some people erecting a Kali shrine in the region of Union Vale in memory of and respect for the 19 coolies who died in rather atrocious circumstances on their passage to Mauritius, the last one committing suicide on arrival. They heard that, in July 1838, conditions on board the Donna Pascoa were inhumane and degrading, that emigrants destined to the Concession Gaston De Bissy, were offered no drinking water pushing some to die of poisoning and dysentery having had to drink their own urine with salt. That incident gave rise to detailed debates in the House of Commons.

There is also reference to Mr Barkatwollah, a sirdar of the Beau Vallon/Choisy estate, who had raised enough money to start a mosque together with his comrades. It was accommodated in part of a thatched house by Mr Sauzier, the owner of the estate.



The thrust of the recommendations of the three Stipendiary Magistrates for Grand Port dealt with the poverty of sanitary and medical assistance given to labourers. They deplored the lack of medical resources offered by many estates, especially the inadequate buildings and the long distance labourers had to travel. They made a strong case for the setting up of a public funded hospital, which later came up as the Mahebourg Hospital.

Women entrepreneurship and financial services

The key motivation of migrants is the wish to make enough money to be able send some back home, pay back debts, or to make some savings. The Emigration Committee encouraged the Indians to get registered with some bank savings schemes. Some employers were acting as their savings bank; those who were more literate would open a bank account, while others would rather keep their savings under their mattress.

There are reports of some immigrants having accumulated savings of over Rs 500 (the equivalent of 100 months of wages), most would have between Rs50-100. Some of the immigrants brought with them the tradition from back home, that of usury, money lending and the Committee had to intervene as in some instances lenders were charging interest rates as high as 300%. So, we already had a financial product even in those days and some did make it to the point of being able to buy lands well before the 'Grand Morcellement'. In the 1820s, the Annasamy and Tiroumoudy were already estate owners, as also Ratungee Bickagee.

The rarity of women immigrants turned out to be of a commercial asset. Most of the wives and daughters of labourers pursued out of field activities, like the twenty six 'women all dressed in European style' on the estate of Charles Rouillard in Ile d'Ambre who were reported as doing needlework, sewing and embroidery. Commissioners Thatcher and Campbell also noted that one of their men had saved Rs 423.

Was also reported the case of the seven women in a family on the estate of Fantaisie/Plaisance who had taken voluntary work in courtyards or as servant maids to the Cloupet family. There were also those who would rather stay at home and raise poultry. They were a Dhangar family from

Nagpur and earned Rs22 pm (more than x4 the average).

Others did not hesitate to engage in ancillary jobs like carpentry and other woodwork as exemplified by that group of men who took the challenge of Mr Guillot, a civil architect, who erected a sugar mill at the Mon Desert Mon Tresor estate. The labourers had a seamless shift from field work to new carpentry skills and for better money.

Community cohesion and conviviality

Among the testimonies recorded by the Commission, it became clear that some of the terms of the contract they signed in India were not enforced once they were in Mauritius, especially those relating to food, clothing, hospital expenses, freedom of movement and more importantly their right to a promised free passage back home.

Very soon the Indian labourers realised that the only way they could succeed to claim what was their due, was to fight - and to fight together as a community. Despite the attempt to divide them into 'Calcutta' and 'Pondicherry/Madras', even the disparity in the amount of food and clothing given to each group of immigrants, actions to improve their quality of life were mostly consensual. As rightly put by Mr T. Hugon of the Bengal Emigration Service, it is in their "*dustoor*", the generally accepted moral custom, that what is gained should be equitable! And, together they gained as public holiday the celebration of Muharram and Pongole.

There were reports of an action involving Messrs Hurdial, Dijery and Ramchutten who instigated others not to start 'la coupe' because they were under the impression their contract was over and that they should be sent back to India. They were fined Rs25 each by the Court as they delayed Mr Brodelet's harvest at Gros Bois estate.

Another incident involved Messrs Heeramun, Peerbux, Goordial, Matadeen and Seetul in which Mr Bestel withheld their quota of '*arackh*' (rum). They did not mind so much the wife's protest about the poor quality of the Mangalore rice or that there was not enough '*dhanya*' in the curry powder, but 'please don't touch the rum!' So, they marched from Gros Bois to Port Louis to complain of bad treatment to the Committee. And the struggle for basic human rights got its headstart!

The pride of the Indenturials

The journey has been long, at times painful, sometimes challenging, sometimes convivial. But it has mostly been one of achievement and of pride; we may today rejoice that across the diaspora, Indian immigrants have amongst their sons and daughters the elite of the societies in which they live. We have top scientists, doctors, lawyers, entrepreneurs, artists, politicians... and yes we have Prime Ministers too.

The journey shows contours of hard work, resilience and accommodation, and you don't navigate these unknown terrains being "amateurs, incompetents, incultes"! No you don't!

From the Pages of History - MT 60 Years Ago

4th Year No 150

MAURITIUS TIMES

Friday 21th June 1957

• *Responsibility walks hand in hand with capacity and power. -- Josiah Gilbert Holland*

Ministers Must Go To It!



Asphalting of Motorway at Coleville Bridge – Mont Ory – Mauritius – 1962 (Courtesy: Chris Pearce)

By Peter Ibbotson

* Continued from last week

Meanwhile there are surely many things, small in themselves, but all adding up to amelioration of the workers' lot, which the Government can undertake. Low wages have led to a monotonous diet. Why not an organised effort to raise nutritional standards by encouraging all communities to adopt new, varied diets and improved methods of cooking and treating food? Why not an effort to grow cheap vegetables such as tomatoes and potatoes by helping small growers to get out of the clutches of rapacious moneylenders and landlords? If the Sugar Industry Labour Welfare Fund can lend one and a half million rupees *free of interest* to the sugar producers to build houses, there is no reason why the Government should not make loans free of interest for productive purposes which will help the people as a whole instead of merely a group of wealthy employers.

General legislation to curb the activities of moneylenders is socially necessary. So is action to stop people renting Crown Lands at the controlled rent of Rs 17.46 an acre and sub-letting it to vegetable growers at anything up to Rs 400.00 an acre.

The scale of relief afforded by the Public Assistance Department must be extended. Cash payments, free meals and clothing and rent assistance are the minimum that should be given to the poor, aged or destitute. Public restaurants could be provided to serve free meals to the sick, aged, unemployed and destitute, as well as to schoolchildren. There is no reason why working centres, such as were a great success in post-war Malaya, should not be set up for destitute persons to be given vocational training. Such working centres could easily develop into co-operative communities growing their own vegetables for sale.

Essential foodstuffs are too expensive. How can the prices be reduced? First, by close and careful investigation into the conduct and operation of the commodity

markets. Most food has to be imported; an investigation would not therefore be too difficult. Second, if such an investigation showed what some importers claim, that the retail prices of foodstuffs are not too high bearing in mind the price actually paid by the importer to the producer, then food subsidies are the answer; the Government must contribute to the selling price of the commodity so that it can be sold more cheaply. By restricting the subsidies to the essential foods, the poor would benefit more than the wealthy - for essential foodstuffs form the bulk of the food bought by the poor, but only a small part of the food bought by the wealthy.

In the field of education, the people are expecting great things. They must not be disappointed. More facilities for secondary education must be provided. Technical education must not be neglected. Free compulsory primary education must be introduced. A five-year educational development plan should be drawn up, to be put fully into operation during the five years July 1958 to 1963. This plan should include primary education for all, more secondary education, technical education, and mass literacy campaigns to eradicate illiteracy among adults. And once and for all, the nettle must be grasped firmly - the language problem must be settled. One language, and one language only, must be taught throughout the primary schools as a compulsory subject; one language only should be an examination subject in the secondary schools scholarship examination. That one language, since Mauritius is a British colony, should obviously be English. Private primary schools should be abolished; only Government and aided primary schools should be allowed to continue. As the Government and aided system of secondary schools expands, private secondary schools should be abolished. Temporarily a system of inspection and registration of private secondary schools is needed.

Inter-racial co-operation may be difficult to achieve. There are too many vested interests at present concerned in setting race against race, community against community, religion against religion. Agents provocateurs stirred up a small-scale riot at Chemin

Grenier. The dock strike last September was marked by attempts by the employers to break the strike by bringing into Port Louis lorry-loads of Indian labourers; since the striking dockers were mainly coloured, this was a blatant attempt at racial antagonisation. The *Ralliement Mauricien* has agents who go about the island trying to stir up hatred between Creole and Indian, between Hindu and Moslem. There have been boycotts of Hindu traders by Moslem shoppers; of Moslem traders by Hindu shoppers. These boycotts have been deliberately engineered by persons who hope to gain political advantage from inter-racial strife. Anyone being duped by such evil-minded persons is endangering the safety and future of Mauritius. These persons, agents of the *Ralliement*, go about their dirty work in various devious ways: handbills given out in the street or placarded for people to read; letters to the editors of the right-wing press; and so on. Instead of these activities, which all act against the eventual emergence of a spirit of pan-Mauritian consciousness, we should be fostering the development of inter-racial co-operation. This can be done by government-sponsored and government-encouraged community development. The Civil Commissioners can be the agents in this, provided that they live in a part of their district easily accessible to all other parts, not selected simply for its social convenience and amenity. Many villages already have village councils and community centres; but youth organisations in particular need developing. These activities call for active co-operation and initiative from the public. They are a base on which further community work can be built. A *Rural Development Authority* could be set up; its duty would be to promote rural development, and through this inter-racial co-operation, by fostering the principle of self-help as well as by providing grants, loans and technical aid. Development projects would include contributions to the improvement of agriculture and fisheries, to improve means of communication, co-operative farming or cow-keeping, etc. *Self-help* is fostered in this way: if a village wants its street repairing or making up, the RDA would provide the materials and technical advice, but the village must provide the labour to do the work.

Housing and the fight against *TB* are urgent problems. In the towns, especially Port Louis, there are slum areas which are hotbeds of disease and squalor. They must be cleared and the people rehoused. Private enterprise is not interested in the provision of cheap dwellings, so the government must step in, either directly or by actively encouraging the municipality and town councils. *Co-operative building societies* must be encouraged to help people to buy their own houses. Anti-*TB* measures must be expanded: *UNICEF* and *WHO* must provide more help than at present. Improved housing and nutrition are, of course, the two things which would do more than anything else to get rid of *TB*.

Vast problems face the ministers. *The colonial* regime has abdicated from Mauritius at a time when, as never before, grave problems have to be settled. Settlement will not be easy. It will call for a high degree of co-operation by people of all races and communities. It will call for a great degree of patience and toleration by everyone. If the ministers are seen to be acting in the people's interest, then they will have the people's support. The problems are not insuperable; but they call for bold measures. The motto now is: **Go To It!**

Burn out: the emotional toll of being a politician revealed



Photo - theconversation.com

Cont. from page 2 A gendered experience

There are compelling reasons to think that emotion work may not fall evenly on all employees in an organisation. Previous studies of professions such as nursing have shown, for example, that men don't feel the same emotional demands as their female colleagues or the same pressures to alter their own emotional displays.

The same appears to be true for UK politicians. Women MPs and councillors self-reported higher levels of emotion work than men. In line with this finding, female politicians also self-reported spending more time helping others to feel better about themselves or calming clashes between other people (such as colleagues or constituents) in their working lives.

These findings reveal some of the unobservable inequalities that persist in British politics. In this instance, women are spending more time and effort managing other people's emotions as well as dealing with emotionally charged situations. These gendered distributions of emotional labour highlight the ways in which informal practices and norms may disproportionately impact women and their experience of politics.

A health warning

Emotional labour is exhausting. It demands that employees suppress their own personal identity to accommodate others. It is not surprising, therefore, that false-face acting was associated with burnout among the politicians in this study. Symptoms such as negative self-

evaluation, affective exhaustion, stress, occupational cynicism and generalised apathy were 51% higher among politicians who reported the highest levels of false-face acting by comparison to those who reported the lowest levels.

And whereas most service workers might seek peer support for the psychological pressures of their job, such choices are risky in the game of politics, where admitting

vulnerability can be costly at the ballot box.

If we want politicians who are fit, healthy and able to make sensible decisions about how to govern effectively (both nationally and locally), then we must find ways to mitigate levels of emotional labour in political work and create relevant institutional mechanisms for supporting and training politicians in how to handle it.

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COMMUNIQUE

LIST OF WINNERS OF THE TAXPAYER SATISFACTION SURVEY (TSS) 2020

The draw of the online Taxpayer Satisfaction Survey (TSS) 2020 was effected at the Head Office of the Mauritius Revenue Authority (MRA), Port Louis, on Friday 30 October, 2020, under the supervision of the Gambling Regulatory Authority (GRA).

The winners of the TSS 2020 are:

Prizes	Name	Amount (Rs)
1 st	SURRUN DOORGA	25,000
2 nd	VEEREN PRAGASSEN VEEREN	15,000
3 rd	MARIE JEAN MATHIEU OLIVIER	10,000

The winners are kindly requested to contact the **Taxpayer Education & Communication Department (TECD)** on **207 6000** for the collection of their respective prize. Moreover, the MRA seizes the opportunity to thank all the taxpayers who participated in the TSS 2020.

Congratulations to the winners!

MAURITIUS REVENUE AUTHORITY

30 October 2020

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Proposals for meaningful structural reforms of the economy

☞ Cont. from page 4

There is no need to be driving Series 5 BMWs and the like anymore. Japanese cars will do.

4. In the short term, the Bank of Mauritius will need to work with banks when it comes to a restructuring of debt of viable small and medium enterprises. Various options exist from pooling and securitization of central bank guaranteed restructured loans to working capital loans at concessional rates (central bank support) equivalent to 5 years worth of corporate taxes paid. Rules based and transparent approaches to determining whether firms are viable and eligible should be discussed, debated and implemented.
5. Seychelles seems to be well ahead of Mauritius at least when it comes to its border re-opening strategy. Mauritius must lead, not copy or follow.
6. Listing of 25% to 30% of all government majority owned entities on the Stock Exchange of Mauritius in order to raise much needed funds to pay down debt.
7. Shift government savings from cost control measures to help as many of the poor and unemployed as possible. Politicians should live humbly during these times.
8. The Mauritian capital markets are stuck in the past because the right people were never put at the right places. One of the reasons why Mauritius should go on a massive re-branding strategy post black list is to promote its capital markets too. Mauritius needs to issue Eurobonds to also gain visibility internationally beyond the back office tag. Eventually Mauritius should have Credit Default Swaps trading on its name and it should ensure that it remains a recipient of cheap dollars from abroad. So it can redeploy this towards dollar starved Africa be it via trade finance, short term dollar reverse repos and swaps or longer term less liquid investments (small portion of portfolio and subject to liquidity management requirements). Mauritius should also put money towards the creation of a proper African clearing house where African and local banks can better manage counter-party risk. It is high time to have a less fragmented local bond market via the complete revamp of the way debt is issued and managed, the promotion of ESG criteria by a less passive public pension fund industry (less passive shareholders demanding better) on listed companies. Is it not high time we catch up to the rest of Africa, let alone other emerging markets when it comes to proper quarterly corporate disclosures (versus abridged accounting which favour as usual the listed companies more than the investors)?
9. Redefining and revamping the MIC into a proper sovereign wealth fund manned by accountable professionals along with an enhanced governance framework. This is also true for public pension fund money management where the latter is still stuck in the 1990s in terms of sophistication.
10. Strengthening the independence of the Bank of Mauritius with longer 6 year minimum terms and stricter screening for Governors and Deputy Governors. Foreign expert panels from the IMF and the Bank of International Settlement should help advise on hires. Deputy Governors should also be formally accountable to the Governor. Relevant qualifications should be a requirement for all appointments including for the Monetary Policy Committee and the Board. All jobs should be opened to international applications too given the scarcity of skills in Mauritius. The central bank should also be given a clearer mandate in the form of a quantifiable albeit flexible inflation target and be made accountable for it. Unconventional policies should be subject to achieving price stability over the medium term.

11. All government run entities and government majority owned companies and institutions need to publish annual reports, need to be provided with clear KPIs and have a similar mix of base salary and performance based bonus. Take State Bank of Mauritius (SBM) for example, the Board and all senior staff should have a much lower base salary and have a performance based bonus paid in cash and SBM stock with clawback provision. The higher the respectability, the higher the share of SBM stock as a percentage of total compensation.
12. Developing a new framework for public private partnerships and modernising the asset and pension management industry especially when it comes to having a more modern asset allocation framework which includes alternative asset classes such as infrastructure, venture capital funding and local private equity investing. In order to further democratise the economy, the Competition Commission of Mauritius needs to be revamped.
13. Religious bodies, associations and cooperatives have idle cash sitting earning nothing in a decade of higher inflation to come. It is high time to connect the pipes, implement endowment style management of funds and invest in an economy where the government itself will have limits. The over-reliance on traditional bank financing is not good enough. Mauritius must develop a venture capital, private equity and private credit markets. These are the pipes for alternative forms of financing. One interesting symbol of how backward our capital markets are is the mention in the 2020-2021 national budget that a venture capital ecosystem would be created via the Stock Exchange of Mauritius. I have never heard of venture capital and stock exchanges before. We should refrain from being overly innovative sometimes.
14. The immediate hiring of the best and brightest the country has to offer locally and internationally and inserting them into key industries and sectors on the policy making side. The disdain for technocrats must end if Mauritius is to move forward. Renewable energy and the blue economy can create jobs. The plans have existed for years, but the current system does not allow for competence and plans remain on paper.
15. Immediately attract the silver generation to Mauritius, the Covid-19 free island. Beyond the silver generation, put the right people at the right places and let them implement the right policies in order to attract a new generation of foreign entrepreneurs and start-ups to the country. Mauritius needs to grow in terms of population.
16. The government needs to go completely digital and provide contracts to locals and foreign investors willing to set up shop in Mauritius. The primary focus would initially be to build the data architecture from which data analytics could eventually be leveraged. This would not only bring operational efficiencies but better policy making. Beyond the setup of the data architecture, Mauritius needs to catch up to the rest of the world when it comes to Internet of Things and 5G. Smart cities do not look too smart right now.
17. Give more independence to municipalities and district councils to impose the above mentioned land value and property taxes and post capacity building, allow them to raise income via municipal and district bonds. Raised



Photo - flickr.com

“Mauritius needs a more fluid labour force, its education system needs to be completely revamped with a greater focus on quality, and accountabilities need to be clear. Free universities when the level is not good is also worth as much as the degree. For primary and secondary schools, give local communities more power in terms of imposing these accountabilities on school officials...”

funds could then be used to stimulate the economies of local communities. For example local small and medium enterprises could obtain more public contracts.

18. Mauritius needs a more fluid labour force, its education system needs to be completely revamped with a greater focus on quality, and accountabilities need to be clear. Free universities when the level is not good is also worth as much as the degree. For primary and secondary schools, give local communities more power in terms of imposing these accountabilities on school officials.
19. Fighting growing wealth inequality should start with political reform towards a more secular and just Republic where the focus should be on equal opportunity which primarily starts with a fairer but high quality education system for all, not just the elite who can afford private schools and multiple tuitions.
20. Bailouts must strike the right balance beyond getting a fair share for the risk that is taken in terms of also pushing companies to open up their capital structures to a less passive shareholder base. It is for markets to punish those which do not perform, but when your market itself is flawed, how will you enhance productivity in the private sector too?

I have only scratched the surface of policies which can and need to be implemented assuming that there is a change in mindset at the top levels of policy making before it is too late. Let me be very clear, the economic data has yet to turn for Mauritius especially when we adjust for base effects.

Loyalty to the party as the sole condition for hiring and nominations sounds nice in normal times, but in this new world you need competence, or else this country will be doomed and much sooner than we think. After all we need to admit to ourselves that we are already in central bank money printing mode. This is not a sign of economic strength but of something much less sanguine. We were already doing it with the MUR 18 billion Special Reserve Fund transfer pre-Covid-19!

The longer we wait, the more self defeating our next move shall be. One indeed hopes that the leaders of the day can avoid a Zugzwang which means sticking to business as usual and making a self defeating move for themselves and for the country.

Sameer Sharma is a chartered alternative investment analyst and a certified financial risk manager.

Quand on a un cancer, quel est l'impact de l'alimentation, du poids, et de l'alcool sur la maladie?

Veiller à adopter une alimentation équilibrée, à réduire sa consommation d'alcool, à surveiller son poids et à pratiquer une activité physique régulière sont des attitudes connues qui jouent un rôle important dans la prévention des cancers.

Mais que dit la science de l'impact de ces facteurs chez les patients atteints d'un cancer? Quelles sont les recommandations à formuler à destination des patients et des professionnels de santé qui les prennent en charge ou les accompagnent?

Publié en octobre 2020, le rapport que l'Institut National du Cancer (INCa) et le réseau National alimentation cancer recherche (réseau NACRe) consacrent à ce sujet apporte des réponses solidement étayées : les résultats de 243 études publiées entre 2012 et 2019 ont été examinés et analysés. Voici leurs conclusions.

La prise en charge des cancers s'améliore

On estime qu'en France, près de 3,8 millions de personnes vivent avec un cancer ou en ont guéri. Grâce aux progrès de la médecine et à l'amélioration du dépistage et de la prise en charge, la survie des patients s'est améliorée pour plusieurs cancers. Par exemple, la survie à cinq ans a progressé depuis les années 1990 pour les cancers du sein, de la prostate, du côlon-rectum, du mélanome cutané et de la plupart des hémopathies malignes.

La prise en charge en cancérologie va en effet au-delà des traitements anticancéreux: elle prend en compte l'amélioration de la qualité de vie des patients et la réduction des risques de morbidité et de mortalité. Pour cette raison, après un diagnostic de cancer, une prévention (aussi appelée prévention tertiaire) est mise en place. Sa mise en œuvre repose sur plusieurs leviers: le sevrage tabagique, la réduction de consommation d'alcool, la pratique d'activité physique, et des comportements alimentaires sains et adaptés.

Si la mauvaise alimentation, le surpoids, le manque d'activité physique ou la consommation d'alcool sont connus pour avoir un impact négatif sur le risque d'apparition d'un cancer, les conséquences de ces mêmes facteurs sur le pronostic de la maladie, la qualité de vie, les comorbidités, les récurrences ou les seconds cancers ont été jusqu'ici peu étudiées.

La dernière expertise internationale sur le sujet date de 2012. Il s'agit d'une revue de la littérature scientifique publiée par l'American Cancer Society (ACS), qui avait permis de proposer des recommandations destinées aux patients atteints de cancer. Elle soulignait l'importance d'une alimentation riche en produits à base de plantes et céréales complètes, du maintien d'un poids de forme et de la pratique d'une activité physique régulière, et alertait sur la consommation de complé-



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ments alimentaires à base d'antioxydants.

Malheureusement, outre cet exemple, trop souvent le niveau de preuve est jugé insuffisant pour pouvoir formuler des recommandations, car le nombre de travaux scientifiques à disposition est généralement trop limité.

Rappelons qu'il existe trois niveaux de preuve (par ordre décroissant) : convaincant, probable, suggéré/limité. Ceux-ci dépendent du nombre, de la qualité, de la cohérence des études disponibles, ainsi que de l'existence de mécanismes sous-jacents permettant d'expliquer les effets constatés. Quel que soit son type (étude d'observation, essai clinique, études sur des modèles animaux ou cellulaires...), une étude isolée ne permet pas, à elle seule, d'établir l'effet protecteur ou délétère d'un facteur donné.

Pour pallier ce manque, l'INCa a mis en place fin 2017 un groupe d'experts – tous membres du Réseau NACRe – pour réaliser une actualisation de l'état des connaissances. Un des objectifs était de fournir aux patients atteints de cancer et aux professionnels de santé des recommandations nutritionnelles adaptées lorsque les niveaux de preuve actuels le permettent.

Boissons alcoolisées

La consommation d'alcool s'est avérée être un facteur de risque de second cancer primitif des voies aérodigestives supérieures (cancers de la sphère ORL) avec un niveau de preuve probable.

Il est donc recommandé aux patients porteurs de cancers des voies aérodigestives supérieures d'éviter toute consommation d'alcool. Il est recommandé aux patients atteints d'autres cancers d'en limiter la consommation, comme dans le cadre de la prévention primaire.

Aliments, régimes, compléments alimentaires

Concernant l'alimentation, la consommation d'aliments riches en fibres (céréales complètes, légumes secs, fruits et légumes)

s'est avérée avoir un impact favorable sur la mortalité globale chez les patientes atteintes de cancers du sein, avec un niveau de preuve probable.

Bien que des études suggèrent que la consommation de soja, après diagnostic d'un cancer du sein, puisse être associée à une diminution du risque de récurrence (niveau de preuve suggéré), en l'absence de précision sur les quantités, les durées, la temporalité par rapport aux traitements et les possibles interactions délétères avec les traitements, par précaution, il est déconseillé aux patientes atteintes de cancer du sein de consommer cette légumineuse.

Les régimes pauvres en graisses ont un effet protecteur sur la mortalité globale et la récurrence chez les patientes atteintes de cancer du sein avec un niveau de preuve probable.

Rappelons toutefois qu'il n'existe pas de preuve scientifique avérée sur le bénéfice de la pratique du jeûne ou de régimes restrictifs chez les patients atteints de cancer, et que ces pratiques pourraient augmenter le risque de dénutrition et de perte de masse musculaire (sarcopénie), qui sont des facteurs de mauvais pronostic du cancer.

Concernant les compléments alimentaires, les données sont éparpillées et peu précises. Bien que la consommation de compléments alimentaires à base de vitamine C soit associée à une réduction de la mortalité chez les patientes atteintes de cancer du sein, en l'absence de précision sur les quantités, les durées, la temporalité par rapport aux traitements et les possibles interactions délétères avec les traitements, il est déconseillé à ces patientes d'en consommer.

De manière plus générale, il est conseillé de ne pas recourir aux compléments alimentaires, sauf indication médicale, et d'assurer ses besoins en vitamines et minéraux par une alimentation équilibrée. De même, en l'absence de données sur des populations européennes, il est conseillé de ne pas recourir à des extraits ou décoctions de plantes et de champignons médicinaux chinois.

Surpoids, dénutrition et sarcopénie

Le surpoids (indice de masse corporelle (IMC) > 25 kg/m², où l'IMC=Poids en kg/Taille² en m) et l'obésité (IMC > 30 kg/m²) augmentent le risque de récurrence de cancer du sein (niveau de preuve probable). Ils augmentent également le risque de mortalité globale chez les patients atteints de cancer du rein (niveau de preuve probable), mais, à l'inverse, diminuent le risque de mortalité chez les patients atteints de cancers du poumon et de l'œsophage (niveau de preuve probable).

L'obésité augmente le risque de mortalité et de récurrence dans le cas du cancer du sein (niveau de preuve probable), et le risque de survenue d'un second cancer du sein primitif (niveau de preuve convaincant). Chez les patients atteints d'un cancer colorectal, l'obésité augmente également le risque de mortalité et de récurrence (niveau de preuve convaincant).

De même, un poids insuffisant (IMC < 18,5 kg/m²) s'est avéré aussi être un facteur de risque de mortalité globale, de récurrence et de progression pour le cancer colorectal (niveau de preuve convaincant), et de mortalité globale pour les cancers du poumon et de l'estomac (niveau de preuve probable).

Plus spécifiquement, la perte musculaire augmente les risques de mortalité chez les patients atteints de cancers de l'œsophage, du foie, de l'estomac et du pancréas et de récurrences dans le cas des cancers du foie et de l'estomac (niveau de preuve probable).

Quand gagner du poids ou en perdre, et dans quelles proportions?

Dans le cas des cancers du côlon rectum, du sein et du rein, il est donc conseillé d'éviter la prise de poids chez les patients en poids normal ou en excès de poids pendant les traitements. Il est cependant inapproprié de faire perdre du poids aux patients présentant une surcharge pondérale pendant cette période.

Après les traitements il est conseillé d'atteindre et maintenir un poids de forme, sauf exception. Ainsi, pour les personnes présentant une obésité, l'atteinte d'un IMC entre 25 et 30 kg/m² est un objectif plus réaliste. En outre, pour les patients de plus de 70 ans, la perte de poids n'est pas appropriée, car la perte de poids augmente avec l'avancée en âge, elle se traduit par une perte de masse musculaire et est associée à une surmortalité.

Dans le cas des cancers du poumon et de l'œsophage, il est recommandé d'éviter la perte de poids. Pour ces cancers et ceux du côlon-rectum, du pancréas, de l'estomac et du foie, il est essentiel de prévenir et dépister la dénutrition et le cas échéant de la prendre en charge.

Tenir compte de l'état nutritionnel des patients durant le parcours de soin

Les résultats de cette nouvelle expertise collective s'ajoutent à ceux déjà publiés précédemment concernant les bénéfices de l'activité physique et de l'arrêt du tabac.

Ils sont importants, car ils mettent en évidence les spécificités par localisation de cancer. Ils révèlent également qu'il est essentiel d'évaluer l'état nutritionnel des patients tout au long du parcours de soin. En effet, maintenir ou atteindre (hors période de traitement) un poids de forme, tout en prévenant, dépistant, et prenant en charge, le cas échéant, la dénutrition, sont des leviers d'action essentiels dans la prévention tertiaire des cancers, tout comme la mise en place d'accompagnements nutritionnels.

Life's Lessons

The Brute Within

A ruler shifted his capital to the deep backward interiors of the country, without civic amenities, to prolong his dynasty. Another tried eating the human flesh of his opponents but found it to be too salty. Yet another ordered all black dogs killed in the belief that a political opponent had transformed into one. Some created gas chambers, others stripped relatives naked for disobedience and fed them to starving dogs or sentenced thousands to forced labour camps who did not cry enough or attend organized mourning events following the death of their revered. Because most of them fanatically believed they were right. One such specimen of mentality ordered his second in command to be hanged. The crime was that the culprit did not laugh long enough when the dictator cracked a joke, whilst other lackeys were able to exhibit their mirth for a longer period. The sentence was to be executed immediately.

The dictator visited the condemned man in the gallows and asked if he had any last desire to fulfil. This man was cunning - he had served the dictator for many years as his majordomo; they had been quite intimate. He knew the dictator as narcissistic, power hungry and vain.

When the dictator came, the Commander started weeping and crying - tears rolling down. The dictator said, "I would never have imagined that you, a man of such bravery, would be weeping and crying because you are going to be hanged tomorrow. Are you afraid of death?"

The Commander said, "That is not the point. Death I have never been afraid of, it is something else but - leave it aside, now there is no time to do it."

The dictator became curious. He said, "What is the matter? I am here to fulfil your last desire. I promise you



to fulfil it, you tell me. You have served me for so long, and I would like to grant whatever it is."

The Commander said, "As you insist, I will tell you. I have been doing research on developing a car, to be driven at supersonic speed, fly in space like a jet and move on waters like a yacht. I was thinking about the glory that the vehicle will bring when you had cracked the joke. Look at the irony of fate; the car in which you have come was to be test fired tomorrow morning but I will be dead! And the whole technology will be dead with me. The secret will be lost to humanity, you will not have the unique distinction of ruling land, water and air - that is why I am crying."

The dictator asked, "The car will swim and fly? How much time will you take to have the prototype?" The dictator thought of fame and power skyrocketing with this unparalleled possession. The SuperCar will be something superb, incomparable, that no other ruler in the world can match. He said, "You forget about your sentence; you tell

me how much time it will take."

The Commander said, "One year."

The dictator said, "Okay. For one year, unlimited funds are placed at your disposal. If the car performs, you will be elevated to Commander in chief; but if the car fails, you will be executed. Come out - take the car in which I have come and proceed."

The Commander took the car, went home - his wife and children were crying and weeping because this was to be the last day, the next morning their provider would be dead. They could not believe their eyes - that he had come back driving the biggest car. They thought they must be dreaming. They wiped their eyes and asked, "What is the matter? How could you escape?"

He told them the whole story. The wife started shouting, "You have always been bad at inventing excuses and lies. You invented a lie but then why say one year? You should have asked for five years at least! The one year will pass so soon, the year will be a nightmare, because day and night we will be trembling, as the cursed day will approach."

The Commander said, "Do not be afraid, one year is too long! The dictator can die, smiling during the test drive." The Commander could have been a dictator himself.

Beware, we all nest a brute, tiny or monstrous, within and see ourselves as very special people deserving admiration and consequently have difficulty empathizing with the feelings and needs of others. Sycophants feed on this trait and the slide down of dictators and stupid rulers starts, as fear and anxiety of losing disrupt their equanimity.

May God help us before even the tiniest brute overpowers us.

In A Light Vein

A father passing by his son's bedroom was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands...

"Dear, Dad. It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her because of her piercings, tattoos, tight motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that

science will find a cure for AIDS, so Stacy can get better. She sure deserves it!

Don't worry, Dad. I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!

Q: If you have 13 apples in one hand and 10 oranges in the other, what do you have?

A: Big hands.

A young boy comes home from school in a bad mood. His father asks him, "What's wrong, son?"

The kid tells his dad that he's upset because another kid has been teasing him and calling him gay. The father says, "Punch him in the face next time he does that. I bet he'll stop."

The kid replies, "Yeah, but he's so cute!"



Teacher: "Answer this math problem: if your father earns \$500 a week and gives

half to your mother. What will he have?"

Student: "A heart attack."

Mother: "Are you talking back to me?!"

Son: "Well yeah, that's kinda how communication works."

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse then yells the second man, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M company!"

A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets."

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man begins groaning and banging his head against the wall.

"What's wrong?" the others ask.

"I work for 7 Up!"

Healthy Sleep Trends

Too much or too little sleep is bad for your brain

Everyone needs sleep, but too little or too much of it might contribute to declines in thinking, a new study suggests.

Too little sleep was defined as four or fewer hours a night, while too much was deemed 10 or more hours a night. The ideal amount? Seven hours a night.

"Cognitive function should be monitored in individuals with insufficient or excessive sleep," said study author Yanjun Ma, from Peking University Clinical Research Institute, in China.

Still, Ma cautioned that the study can't prove that too little or too much sleep causes mental ("cognitive") decline, only that there appears to be an association.

According to the National Sleep Foundation, sleep is essential because it lets your body and mind recharge. The right amount of sleep also helps you stay healthy and prevents diseases.

Without enough sleep, the brain cannot function properly, impairing concentration, clear thinking and memory-processing.

But the mechanisms underlying these associations remain unclear. It's possible that inflammation might be related to excessive sleep, Ma said.

Meanwhile, too little sleep might increase cerebrospinal fluid levels of amyloid plaque and tau protein, which are hallmarks of Alzheimer's disease, Ma added.

Dr Sam Gandy, associate director of the Mount Sinai Alzheimer's Disease Research Center in New York City,



added, "More than any other time in the circadian cycle, during sleep, the brain's glymphatic system is active in washing out excess levels of toxins, including amyloid-beta peptide."

Each person probably has some optimum balance between sleep and amyloid clearance, with too much or too little of one causing the other to tip in the wrong direction, he explained.

Dr Yue Leng, an assistant professor of psychiatry at the University of California, San Francisco, co-authored an editorial that accompanied the study. She said, "An increasing number of studies have found a U-shaped

relationship between sleep duration and cognition, where both short and long sleep duration was associated with worse cognition."

But the implication of this U-shaped relationship is unclear, partly because of the limitations in study design, Leng said.

To really determine how sleep affects cognition, studies need to go beyond sleep duration and take into account both sleep quality and quantity, Leng noted. Perhaps, then, sleep can be used in the prevention and management of dementia, she suggested.

The National Sleep Foundation recommends that adults get seven to nine hours of sleep each night.

To get a good night's sleep, the foundation recommends having good sleep habits that include:

- * Having a realistic bedtime and sticking to it every week and weekend night.
- * Keeping the bedroom cool and dark.
- * Banning televisions, computers and tablets, cell phones and other electronic devices from the bedroom.
- * Not ingesting caffeine, alcohol or large meals in the hours before bedtime.
- * Not using tobacco day or night.
- * Exercising during the day, which can help you wind down and get ready for sleep.

S. Reinberg
HealthDay Reporter

The best exercises if you have diabetes

Exercise is good for pretty much everyone. It's especially important if you have diabetes. Workouts can do all kinds of things for you, like lower your blood sugar and blood pressure, boost your energy, and help you sleep better. If physical, high-impact exercises aren't for you, there are plenty of other options.

Walk

It's a simple way to get exercise and fresh air. It can lower your stress, too. A brisk stroll of 30 minutes to an hour 3 or 4 times a week is one way to hit your target. It's easy to get started: Take Fido around the neighborhood or walk to the store instead of driving. Once you've made it a habit, it can be rewarding -- and motivating -- to track your steps and your progress.

Dance

This can be a fun way to get your exercise. Just shake your groove thing for 25 minutes, 3 days a week to help your heart, lower your blood sugar, ease stress levels, and burn calories. You don't need a partner to get started, either. A chair can be good support if you need it.

Swim

This is one aerobic exercise that doesn't strain your joints like other ones can. It also lets you work muscles in your upper and lower body at the same time. Hitting the water is also good for your heart. It can also lower cholesterol and help you burn serious calories. If a lifeguard is on duty, let her know you have diabetes.

Climb stairs

This can be a healthy and easy way to burn calories and get your heart and lungs working faster, especially if you have type 2 diabetes. Going up and down stairs for 3 minutes about an hour or two after a meal is a good way to burn off blood sugar. You can do it anywhere there's a staircase, like when you need a break from work.

Bike

Fighting diabetes can be as easy as riding a bicycle. Whether you use a stationary one or hit the road, 30 minutes a day 3 to 5 times a week can get your heart rate up, burn blood sugar, and help you lose weight without hurting your knees or other joints.

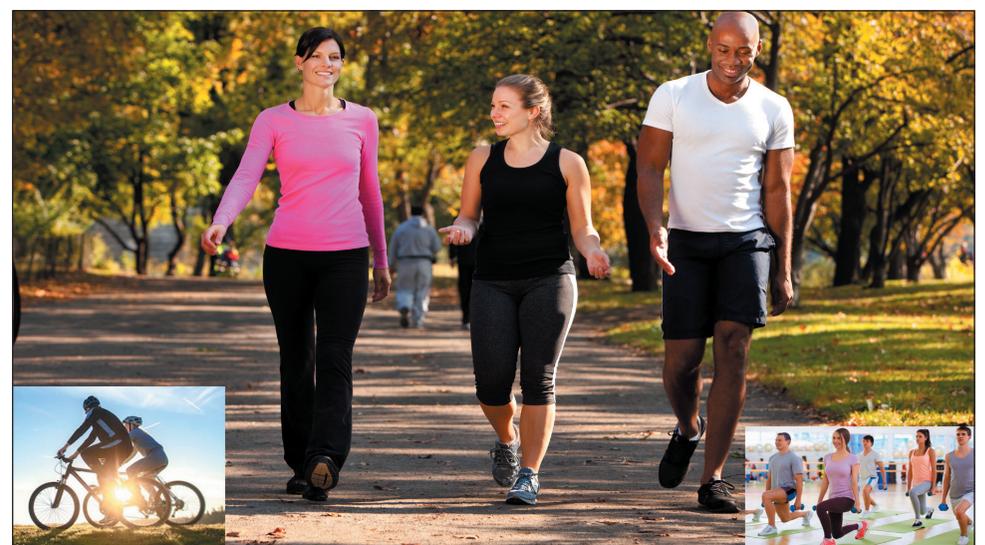
Strength training

You do this with free weights or resistance bands. It can lower your blood sugar and help make your muscles and bones stronger. You get the most out of it if you do it twice a week -- in addition to your aerobic stuff. You can do many of these exercises at home, like:

- Lifting canned goods or water bottles
- Push-ups
- Sit-ups
- Squats
- Lunges

Gardening

If the idea of traditional exercise isn't for you, don't worry. Time in your garden



counts as both aerobic activity and strength training. It gets your blood going (since you're walking, kneeling, and bending). It also builds muscles and helps your bones (since you're digging, lifting, and raking). You're also outside, where your stress levels can be lower.

Yoga

It's worked for some 5000 years as a low-impact exercise that can make you stronger and more flexible. Yoga can also help with balance. The motions, poses, and focus on breathing may also ease stress and help build muscle. That can keep your blood sugar levels more stable.

Tai Chi

This ancient Chinese art uses slow,

controlled movements -- along with visualization and deep breathing -- to build strength. It can also help with mobility, balance, and flexibility. This gentle exercise can also lower your stress level. It may also help prevent nerve damage in your feet.

How much is enough?

At least 30 minutes of aerobic activity 5 days a week can help the insulin in your body work better. We're talking exercise that gets your heart and lungs going and kicks your blood flow into a higher gear. If you haven't been active in a while, start with 5 to 10 minutes a day and build up over time. Talk with your doctor before you start.

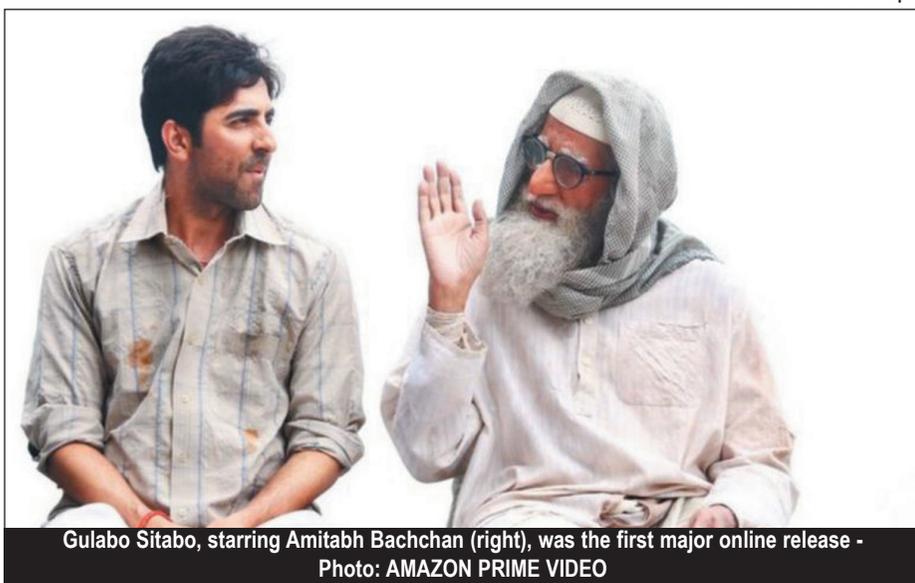
Bollywood bets on the small screen as Covid shuts cinemas

It's been an unusual summer in India. Its movie-obsessed millions have had to do without trips to the beloved cinema ever since theatres closed in March because of the coronavirus pandemic. But there's been some relief for families cooped up indoors as streaming platforms stepped up to fill the void.

A slew of films have already skipped theatrical releases to slash losses and, instead, hit the small screen. More and more A-list actors are now willing to embrace roles on originals by Netflix, Amazon's Prime Video and Disney+ Hotstar. And the pandemic, to the growing frustration of cinema owners, has hastened a process that was already under way - the shrinking gap between the small and big screen in India, reports by Krutika Pathi of BBC News.

The result: Bollywood, according to film journalist Aseem Chhabra, "has had to scramble, adjust and, in some cases, compromise".

A change in the making



Gulabo Sitabo, starring Amitabh Bachchan (right), was the first major online release - Photo: AMAZON PRIME VIDEO

In June, the first film to release online was *Gulabo Sitabo*, a quirky satire steered by one of Bollywood's biggest stars, Amitabh Bachchan. Then came *Shakuntala Devi*, a much-anticipated biopic on an Indian maths wizard; *Gunjan Saxena*, a film inspired by India's first female pilot; and *Sadak 2*, a highly awaited sequel to a 1991 thriller.

For these cinema-bound movies, streaming platforms weren't just the only option - they were the obvious choice.

Known for subversive and edgy content that film censor boards would balk at, streaming platforms had already built a strong belt of young and urban viewers, many of whom question Bollywood's musical spectacles or tired tropes.

"Many learned that streaming isn't just the future - it's also the present," Monika Shergill, vice-president of Netflix India content, said.

Streaming also offers stiff competition at a time when Bollywood's favoured destination is out of commission. Netflix and Amazon's Prime Video have the biggest market share in India. The former has released 18 original titles so far this year, while the latter announced it would release 14 titles in 2020. Disney+ Hotstar said it would premiere seven Bollywood movies, originally scheduled for cinemas, on its new Multiplex service from 24 July onwards.

These services have helped loosen a rigid divide between cinema and TV in India, according to Mr Chhabra. "In the US, this distinction is a lot more fluid -

you have major Hollywood actors who began in TV before getting a big break in the movies."

This trajectory remains fairly rare in India, where many movie stars began on the big screen itself. And streaming platforms have been the stomping grounds for aspiring actors who would have otherwise struggled to catch a break in Bollywood, which is notorious for its clannishness.

But more recently, Netflix and Amazon have even started to attract the attention of some of the industry's biggest stars.

The small screen is the big screen

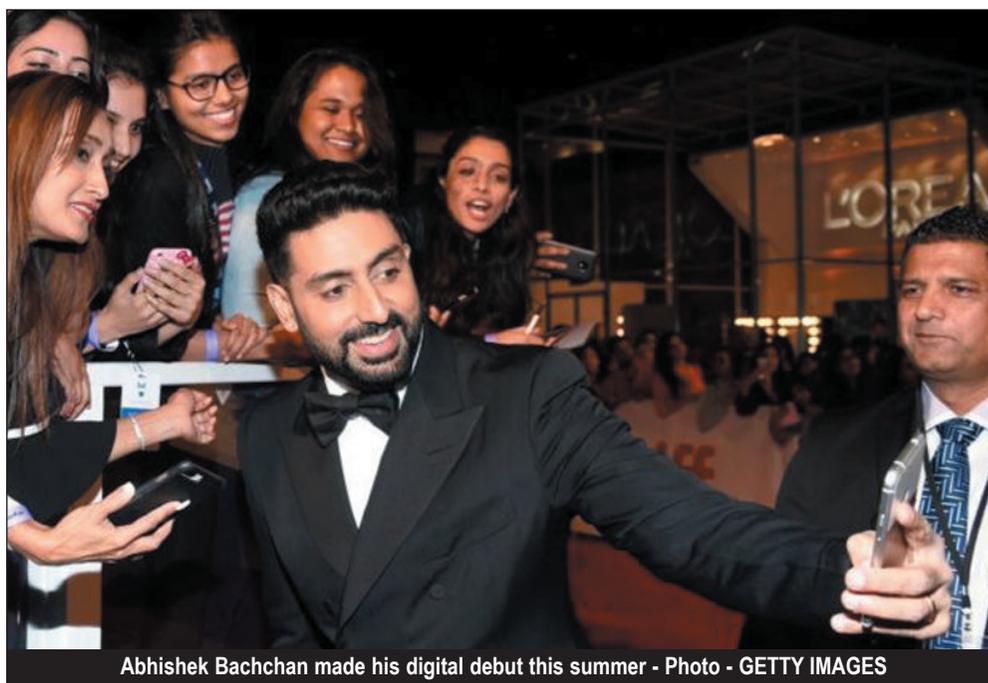
After months of speculation, Bollywood's highest-paid actor, Akshay Kumar, announced that his horror-comedy, *Laxmi Bomb*, would release on Disney+ Hotstar. He will also be starring in a web series on the same platform next year.

This is no small feat because Kumar is one of the few stars who can still draw crowds across India, saddling both urban and rural markets.

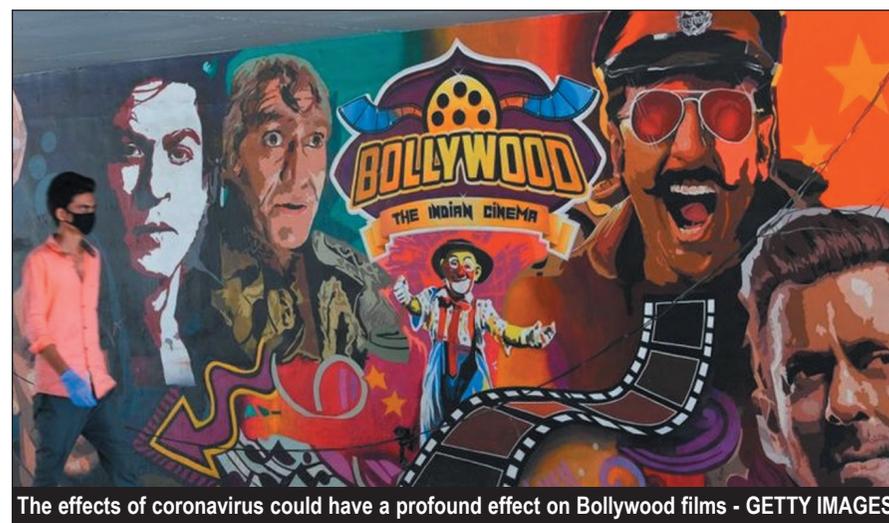
"It would have been unthinkable to see an Akshay Kumar on a streaming platform a few years ago," Mr Chhabra said.

The change has been startling, says Vikram Malhotra, CEO of Abundantia Entertainment. His studio was met with raised eyebrows when it first forayed into making content for streaming platforms a few years ago.

But his early faith has been rewarded as his studio has had two major online releases since cinemas closed, including *Breathe: Into The Shadows*, starring Bollywood actor Abhishek Bachchan.



Abhishek Bachchan made his digital debut this summer - Photo - GETTY IMAGES



The effects of coronavirus could have a profound effect on Bollywood films - GETTY IMAGES

"At the end of the day, as an actor, you look at your next job and you look at a story that needs to be told," Bachchan told the BBC. "I think it's a very exciting medium and I think it's here to stay."

More mainstream actors have debuted online recently or will do so soon. The list ranges from veterans such as Anil Kapoor, Naseeruddin Shah and Shabana Azmi to top 90s heroines such as Kajol and Karishma Kapoor.

"You'll see more and more actors taking up work on streaming platforms in the coming months," Apoorva Mehta, CEO of one of India's biggest studios, Dharma Productions, said.

But while the future of streaming looks sanguine, that of cinemas remains uncertain.

Bollywood rewritten

"Cinemas have got the brunt - we were the first to shut and will be the last to re-open," said Alok Tandon, CEO of multiplex chain Inox.

Cinema owners recently took out a full-page ad in one of India's most read dailies asking to reopen. They claimed that the industry had suffered losses of up to \$1.2bn (£930m) in the last six months.

But owners are also worried about what happens when their doors reopen. For one, they fear that there will be few Bollywood movies to screen since most have been snapped up by streaming platforms.

Second, they worry they won't be able to pack the halls because of social distancing. And they might even have to close suddenly if an outbreak is linked to the theatre.

Meanwhile, two of the year's biggest blockbusters, scheduled to release in March and April, are still waiting for their big-screen debut.

Sooryavanshi, an action-packed police drama and '83, a tribute to India's cricket World Cup victory in 1983, are both star-studded extravaganzas - the hope is that they will pull the crowds to iron out the financial wrinkles.

Stay fit and fine, the right way: TV stars' fitness mantra



Aishwarya Sakhuja

Iqbal Khan

Syantani Ghosh

Mohit Malik

Popular TV actors Iqbal Khan, Sayantani Ghosh, Sid Makkar, Aishwarya Sakhuja, Mohit Malik, Jasmin Bhasin, Shashank Vyas, Mohsin Khan, Shantanu Maheshwari and Sourabh Raaj Jain, tell Shreya Mukherjee of Hindustan Times about their healthy lifestyle. They also urge everyone to take the natural road to stay hale and hearty. Read on:

Iqbal Khan

Fitness Regime: I make sure to eat right and my meals are distributed in equal intervals throughout the day. I workout six days a week and don't do too much cardio, battle ropes and all the ones people go crazy about. What I follow is simple and healthy exercises that keeps me both fit and flexible. I mostly eat whatever I like but in small portions.

Cheat days: I have a sweet tooth and my daughter Ammaara too loves anything sweet. And during those days I can just have sugar if nothing else is available. But again, that isn't healthy so we have chocolate quoted dates at home for those cravings

Important tip: Please don't follow any star to become fit, learn from them. Sometimes they have to take water pills to look perfect before shoot. So, it's important to follow your body. 80 percent is in your kitchen and 20 percent is in the gym, so keep a check on your diet.

Syantani Ghosh

Fitness Regime: I believe in holistic fitness. Looking good on the outside and feeling good on the inside can make you glow with happiness. But there are no shortcuts to that; it's always work in progress. I enjoy weight training and combine it with a bit of cardio. It's very important for a woman to work on building her strength. Given our odd working hours, maintaining a good diet and eating on time is a task. I prefer home-cooked food.

Cheat days: These days mean lots of chocolates and *chaat*.

Important tip: Consistency matters. Fitness should be a lifestyle choice. It is an umbrella that encompasses a fit body, mind, skin and hair, so it's important to take care of them.

Aishwarya Sakhuja

Fitness Regime: Swimming is my favourite exercise. I find it therapeutic. I don't believe in showing muscles or abs, I believe in eating right and treating my body as a temple. I like to go for a run or walk outdoors. I am a

vegan. I do not eat regular processed flour, I eat whole grains.

Cheat days: I love to binge on Chinese and do that once a month. I go to a nearby restaurant where I eat hakka noodles which is coloured and oily, and I love it!

Important tip: Eating right is a must and yes, workout need not mean going to the gym, it could be any outdoor activity. A good run or walk helps, too.

Mohit Malik

Fitness Regime: I practise Yoga and meditation on a regular basis, and along with it, I believe in maintaining a healthy diet which includes vitamins, carbohydrates, etc. Exercise, yoga, meditation and a healthy diet keeps me fit. I pursue intermittent fasting and also follow a rainbow diet which involves fruits and vegetables of various colours. I avoid fried food, sugar as well as trans fats.

Cheat days: Having wine once in two weeks along with a dessert made of jaggery, dates, palm sugar or stevia is my kind of cheat day.

Important tip: Human bodies are meant to move and exercise. Hence, we should exercise and meditate regularly. Also, a healthy diet and keeping yourself hydrated is a must.

Jasmin Bhasin

Fitness Regime: I work out for at least 45 minutes, five to six days in a week. I mix and match my workouts. I eat everything in moderation. I enjoy kickboxing, because it's an aggressive form of workout. I don't follow any diet, I just avoid sugar. I have a sweet tooth so I need dessert, but I try to control my urge.

Cheat days: I love pizza... an ideal cheat day would be a glass of wine, butter chicken or dessert.

Important tip: Eat healthy, eat organic. Try to work out four to five days in a week. Don't depend on any of these fad diets; if you will follow them you will torture your body, which is not right. I don't believe in taking proteins. Just eat healthy, eat organic and natural, work out and you will be fine.

Shashank Vyas

Fitness Regime: I go to the gym regularly and take care of my diet. I eat less carbs and eat healthy food cooked at home in less oil and ghee. I have *upma* or *poha* for breakfast, lunch is *roti-sabzi* and I try to have my dinner by 8 pm. Fitness is a combination of diet and exercise. I also keep myself mentally and emotionally

happy, which is a very important part of fitness. I do cardio and abs.

Cheat days: I like to eat chocolate and even like having *lassi*. I also like *dal*, rice and ghee with green chilly.

Important tip: Eat everything that is healthy. You can reduce the proportion of the food item that contains fat. My fitness inspiration is Hrithik Roshan.

Sourabh Raaj Jain

Fitness Regime: Eat healthy and eat light. I do a lot of chest workout. I also mix and match my exercise regime. I eat healthy and on time. I follow a high-protein diet as suggested by a sports nutritionist and that has actually helped me a lot.

Cheat days: Eating pizza and sweets to my heart's content.

Important tip: Be healthy and in the healthiest way. Taking the unhealthy route might help you reach your goal quickly, but that isn't permanent.

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Lundi 2 Nov - 21.05

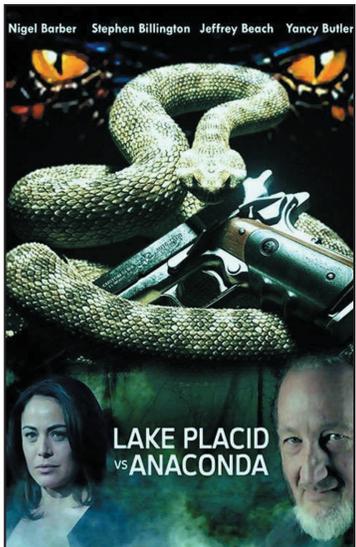
Sniper 7

Avec: Chad Michael Collins, Danay Garcia, Billy Zane



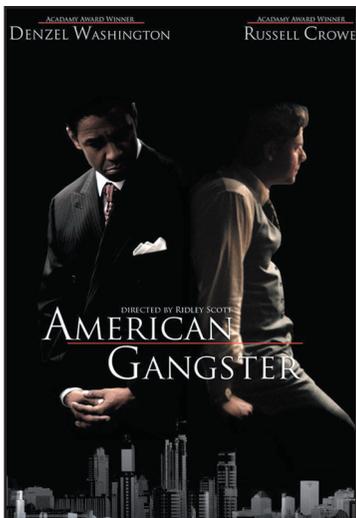
Mardi 3 Nov - 21.30

Lake Placid Vs Anaconda



Mercredi 4 Nov - 21.15

Avec: Denzel Washington, Russell Crowe, Chiwetel Ejiofor



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
lundi 2 novembre	07.00 Local: Nu Rasinn 07.50 Local: RDV Muzikal 08.45 Doc: What If Earth Were... 09.30 Local: Itinerer Moris 10.00 Live From Aapravasi Ghat 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Tele: Au Nom De L'amour 13.35 Mag: Eye On SADC 13.47 D.Anime: The Zoo 14.15 D.Anime: The Hero Of Color 15.31 Film: En Route! 17.05 Serial: Grandpa 17.17 Serial: Grandpa In My Pocket 18.00 Live: Samachar 18.30 Serial: Mann Mein Vishwas... 19.30 Journal & La Meteo 20.15 Magazine De La Sante 20.35 Local: Voyage Au Feminin 21.05 Film: Sniper 7 22.35 Serial: The Blacklist	10.00 Serial: Kumkum Bhagya 10.43 Serial: Ye Vaada Raha 12.04 Film: Hum Dono Starring: Rajesh Khanna, Hema Malinee 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 16.32 Serial: Bisaat-E-Dil 16.50 Mehandi Tohra Naam Ke 17.14 Kullfi Kumarr Bajewala 18.00 Serial: My Little Princess 18.30 DDI Magazine 20.00 Local: Tamil Programme 20.30 Film: Sahasam Swasaga... Starring: Naga Chaitanya, Manjima Mohan, Baba Sehgal 22.45 DDI Live	06.00 Mag: Olivia's Garden 06.26 Doc: Garden Party 07.00 Film: Rainbow Magic 08.00 Film: Fireman Sam: Set For... 09.02 Film: Swan Princess 10.21 Doc: 2D Innovations 11.04 Doc: Olivia's Garden 11.30 Doc: Garden Party 12.00 Doc: Sudan - A TV Show... 12.25 Mag: Future Mag 12.54 Doc: La Turbulence Robin 13.46 Doc: 2D Innovations 14.42 Doc: The Search For The... 15.25 Doc: Volcanic Risks 16.12 Doc: Olivia's Garden 17.31 Mag: Future Mag 18.00 Mag: Eco@Africa 18.27 Mag: Green Touch 18.35 Mag: Arts And Culture 19.00 Student Support Prog... 19.34 Mag: In Good Shape	01.05 Film: Blanche Neige Et Le... 03.06 Serial: Chicago Med 03.47 Film: All Hallow's Eve 05.19 Tele: Totalement Diva 06.51 Film: A Date With Miss... 09.00 Serial: The Magicians 09.45 Tele: Soleil Levant 10.35 Tele: Tanto Amor 11.00 Serial: Chicago Med 12.00 Film: All Hallow's Eve 12.54 Doc: Totalement Diva 14.34 Film: A Date With Miss... 16.42 Serial: The Magicians 17.23 Serial: The Good Doctor 18.05 Tele: Soleil Levant 19.10 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: S.W.A.T 21.15 Film: Cassidy Red 22.45 Tele: Totalement Diva 23.36 Serial: The Magicians	08.00 Film: Gayab 11.55 / 19.54 - Kahan Hum Kahan Tuam 12.23 / 20.11 - Kullfi Kumarr Bajewala 12.44 / 20.32 Radha Krishna 13.09 / 21.09 - Bin Kuch Kahe 13.29 / 21.24 - Zindagi Ki Mehek 13.52 / 21.46 - Bade Acche Lagte Hai 14.20 / 21.59 - Jai Kanhaiya Lal Ki 14.39 / 22.25 - Bitti Business Wali 15.30 Film: Amar Akhbar Anthony Starring: Vinod Khanna, Amitabh Bachchan, Rishi Kapoor 18.00 Live: Samachar 18.30 Kundali Bhagya 18.51 Piya Albel
mardi 3 novembre	06.55 Local: People 07.30 Local: Lavi Zoli An XXL 09.45 Des Histoires A Recontre 12.00 Le Journal 12.51 Local Prod: People 13.50 Local: Voyage Au Feminin 14.16 Magazine De La Sante 14.30 D.Anime: In The Night Garden 14.30 D.Anime: The Zoo 14.41 D.Anime: Little People 15.15 D.Anime: Bugsted 15.49 D.Anime: Astrology 15.51 D.Anime: Gadget And The... 17.05 Serial: Grandpa In My Pocket 17.30 Mag: Zoboomafooo 18.00 Live: Samachar 18.30 Serial: Jamai Raja 19.30 Journal & La Meteo 20.00 Local: Priorite Sante 21.30 Film: Lake Placid Vs Anaconda 23.00 Serial: The Blacklist 23.45 Local: Le Journal	10.00 Serial: CID 10.44 Serial: Ye Vaada Raha 12.00 Film: Chashme Buddoor Stars: Farooq Shaikh, Deepti Naval, Saeed Jaffrey 15.00 Serial: Comedy Classes 15.21 Honaar Soon Mee Hya... 15.44 Mooga Manasulu 16.10 Apoorva Raagangal 16.30 Serial: Bisaat-E-Dil 16.53 Mehandi Tohra Namam Ke 17.12 Kullfi Kumarr Bajewala 17.33 Serial: Telugu Serial 18.00 Serial: My Little Princess 18.30 Serial: DDI Magazine 19.00 Live: Zournal Kreol 19.30 DDI Magazine 20.00 Programme In Marathi 20.30 Film: Bajrangbali Starring: Biswajeet, Dara Singh, Kapoor, Moushumi	06.00 Mag: Eco@Africa 06.34 Mag: Arts And Culture 07.00 Mag: Voa Connected 07.29 Mag: Urban Gardens 08.00 Doc: Amazing Gardens 08.54 Doc: 2D Innovations 10.17 Mag: Washington Forum 11.28 Mag: Eco@Africa 12.03 Mag: Arts And Culture 12.31 Mag: Voa Connected 12.56 Mag: Urban Gardens 13.02 Mag: In Good Shape 14.26 Doc: 360 GEO 15.19 Mag: Global 3000 16.56 Mag: Eco@Africa 17.22 Mag: Green Touch 17.30 Mag: Arts And Culture 17.43 Mag: World Stories 18.34 Doc: An Adventure In... 20.05 Doc: Garden Party 20.31 Doc: Ville En Fête 21.00 Local: News (English)	00.20 Serial: S.W.A.T 01.25 Serial: Cassidy Red 02.57 Serial: Chicago Med 03.37 Film: Android Apocalypse 05.08 Tele: Totalement Diva 05.57 Serial: S.W.A.T 08.10 Mag: Close Up 09.00 Serial: The Magicians 09.45 Tele: Soleil Levant 10.35 Serial: Tanto Amor 11.00 Tele: Chicago Med 12.00 Film: Android Apocalypse 13.31 Tele: Totalement Diva 14.45 Film: Second In Command 16.43 Serial: The Magicians 17.26 Serial: S.W.A.T 18.05 Tele: Soleil Levant 19.00 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: S.W.A.T 21.15 Serial: Emerald City	08.00 Film: Amar Akhbar Anthony 12.04 / 20.06 - Kahan Hum Kahan Tuam 12.23 / 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... 15.25 Film: Pratikar Starring: Anil Kapoor, Madhuri Dixit 18.00 Live: Samachar 18.30 Kumkum Bhagya 18.51 Piya Albel 19.13 Mere Angne Mein 19.35 Yeh Pyaar Nahi Toh Kya..
mercredi 4 novembre	06.00 Local: Art Live - Zik Dan Bib 06.45 Local: Face Cachee 09.45 Local: Entractes 10.30 Mag: Check In 11.00 Mag: A Question Of Science 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Mag: Groov'in 14.00 Local: Priorite Sante 14.30 D.Anime: The Zoo 14.59 D.Anime: In The Night Garden 15.15 D.Anime: Nutri Ventures 15.37 D.Anime: Sam Le Pompier 15.47 D.Anime: Astrology 15.49 D.Anime: Gadget Andd The... 18.00 Live: Samachar 18.30 Jamai Raja 18.55 Local: Arogya - Special... 19.30 Le Journal 21.10 Film: The Quiet Hour 22.35 Serial: The Blacklist	10.00 Pyar Ka Dard Meetha Meetha 12.05 Film: Amar Deep Starring: Dev Anand, Vyjayanthimala, Pran 14.29 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 Mehandi Tohra Naam Ke 17.13 Kullfi Kumarr Bajewala 17.34 Serial: Kulvadhu 18.00 Serial: My Little Princess 18.30 DDI Magazine 20.00 Programme In Marathi 21.00 Film: Hitman The Cobra Starring: Richard Harrison, Mike Abbott, Phil Parker	06.00 Mag: Rev: The Global Auto... 06.25 Mag: Green Touch 07.29 Doc: Urban Gardens 08.54 Doc: David Hockney 11.39 Mag: Rev: The Global Auto... 12.05 Mag: Green Touch 12.29 Mag: Arts 21 12.39 Mag: Check In 14.33 Doc: David Hockney 17.19 Mag: Rev: The Global Auto... 18.00 Mag: Motorweek 18.30 Mag: Green Touch 19.05 Open Univ: Student Support 19.34 Doc: Garden Party 20.05 mag: Tendance XXI 21.10 Local: News (English) 22.02 Mag: Initiative Africa 22.33 Mag: Focus On Europe 22.59 Doc: A Billion Dollar Head... 00.08 Mag: Green Touch 00.16 Doc Sudan	00.20 Serial: S.W.A.T 01.26 Film: Emerald City 03.01 Serial: Chicago Med 05.13 Tele: Totalement Diva 06.04 Serial: S.W.A.T 06.42 Film: Kingsglave: Final... 09.00 Serial: The Magicians 09.45 Tele: Soleil Levant 10.35 Tele: Tant Amor 11.00 Serial: Chicago Med 12.00 Film: Meurtre à Hollywood 13.37 Tele: Totalement Diva 14.45 Film: Kingsglave: Final... 16.46 Serial: The Magicians 17.27 Serial: S.W.A.T 18.05 Tele: Soleil Levant 19.00 Tele: Tanto Amor 20.08 Tele: Le Prix Du Désir 20.30 Serial: Seal Team 21.15 Film: American Gangster 23.45 Tel: Totalement Diva	08.00 Film: Pratikar 12.03 / 19.54 - Kahan Hum Kahan Tuam 12.26 / 20.11 - Kullfi Kumarr Bajewala 12.47 / 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 Ke 14.36 / 22.25 - Bitti Business Wali 15.20 Film: Love Love Love Starring: Aamir Khan, Juhi Chawla, Gulshan Grover 18.30 Kundali Bhagya 18.52 Piya Albel 19.24 Mere Angne Mein

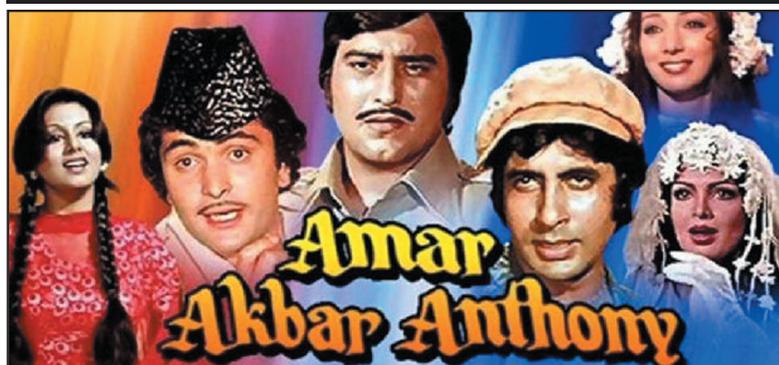
Lundi 2 Nov - 15.20

Stars: Vinod Khanna, Amitabh Bachchan, Rishi Kapoor



Mercredi 4 Nov - 15.20

Stars: Aamir Khan, Juhi Chawla, Gulshan Grover



Breakfast With Bwana

A Resounding Win for Democracy over Fake News

Anil Madan

The First Amendment to the United States Constitution secures five freedoms: free exercise of religion, freedom of speech, of the press, peaceable assembly, and the right to petition the government for a redress of grievances.

Inherent in the concept of freedom of speech is the notion that a free flow of ideas will allow us to get to the truth. Freedom of religion simply means that each is free to believe whatever he or she chooses and not impose his or her views on others. Peaceable assembly and the petition right are obvious. The right to freedom of the press assumes that, as with speech, a free press can report the truth without fear of recrimination.

But what if the press is corrupt or has an agenda?

Well, we have been told for the past almost four years that we are seeing the end of democracy and entering an age of authoritarian rule.

I have often written that this is utter nonsense.

So far, the American people are proving that democracy is alive and well. As of today, Friday, October 30, early voting is breaking records all across America and almost 87 million people have voted. That is 63% of the total vote in 2016.

American democracy is declaring its greatest victory in decades. We will choose a president based on the will of the people of the United States, not because of Russian, Chinese, or Iranian interference, and not because Facebook or Google will it.

Although extrapolating voter participation from early voting numbers is a hazardous exercise given past experience, it is not inconceivable that we could see 12-15 million more votes cast this time than in 2016.

Keeping in mind that the 2016 election was decided by some 80,000 votes cast in three key states (Pennsylvania, Michigan, and Wisconsin) and not engineered by some Russki with a computer, there is enormous potential for this election to swing either way.

On the one hand, it is difficult to imagine that the surge of voters waiting in long lines is inspired by Trump unless you are a Trumpkin. On the other hand, it is difficult to imagine that voters are surging FOR Biden rather than AGAINST Trump.

Anecdotal reports have Hispanics and African Americans concerned about law and order swinging to Trump even as voters concerned about the out-of-control pandemic swing to Biden.

The outcome of this election is going to be determined by the results in these key states: Texas, Florida, Michigan, Pennsylvania, Wisconsin and Arizona. At this point, Biden has an edge in the polls.

But keep in mind that Trump's job approval numbers remain at the steady and unwavering 42% level. This means that if Biden were a true winner, his number should be at 58%. But he's not there in all states.

This thing remains too close to call.

Another factor is that ballots sent by mail are being rejected at a significantly higher rate for Democrats than for Republicans. And there are reports of missing ballots mailed to voters. This is a mess.

Early voting results suggest that the Democrats hold a significant edge in early voting. This means that Trump needs a HUGE surge of in-person voting on election day to close the gap.

The other side of this same coin is that Democrats cannot see a letdown in voter participation all the way through election day.

Regardless of what the polls show, my gut sense is that this election is about 52-48 in favour of Biden on the popular vote and very, very close on the electoral college. Yes, the polling shows that there could be a narrow win by Trump, say 279 electoral votes, all the way to a blowout by Biden.

I think an end result with one of the candidates getting 279 votes is the most likely result. And there is no clear favourite right now, just a bias in favor of Biden.

* * *

The Ugly Side of Uplifting

In response to a cacophony of fear-mongering from mainstream media outlets about voter suppression, a friend in India wrote that America is a democracy racked with civil strife. He pointed to violence in Philadelphia, New York City, and as well to the Proud Boys standing back and standing by with, as he put it, cocked rifles as gun sales have soared. (The Proud Boys is a far-right and neo-fascist male-only organization that promotes and engages in political violence in the United States and Canada.)

Yes, America is racked with civil strife. But I think these are three unrelated issues with a tangential connection to the conditions caused by our partisan divide and the Covid-19 crisis, rather than sharing a common cause.

Regardless of how we analyze these phenomena, we have to recognize that there is an ugliness that pervades our country and it comes in many forms.

The riots in Philadelphia follow another police shooting of a black man. This sort of thing has become altogether too frequent and that is surprising in view of the reactions



The American people are proving that democracy is alive and well. Photo - Google

that have followed previous police shootings. On the other hand, although it is not politically correct to say this, Blacks who make up about 13% of the population commit 52% of all homicides, 57% of murders, and 54% of robberies (1).

Very often, police are confronted by those who are violent or resisting arrest. Obviously, police reaction often reflects either lack of training or an excessive response. But it is easy to say this sort of thing in retrospect. There has to be a better way but logically, the number of interactions between Blacks and the police will only be reduced if there is a significant reduction in the number of crimes by all people including Blacks. Sadly, crime has become as much a part of our social fabric as having breakfast, lunch, or dinner. This is an ugly truth.

The violence in New York reflects an astonishing increase in crime and gun violence. This is the result of the pandemic, the economic downturn, and resultant unemployment, and also because NYC has a Mayor who has given up on enforcement, abandoning the achievements of Giuliani (who cleaned up the city) and Bloomberg (who did an adequate job in that respect). Stores in Midtown Manhattan are boarding their windows in anticipation of election-related violence and apartment buildings of rich people are hiring cops and security with submachine guns (2).

The Proud Boys are something else entirely. They are a racist, fascist, right-wing organization. Trump is a jerk for not condemning them outright. It is hard to say what role they might play but I am less concerned about them than the other ongoing riots and violence. This is because I don't think the result of the presidential election is going to be clear on Tuesday unless Biden wins Texas. Otherwise, the counting will take a few days and that's going to keep things simmering and as

results are eked out, the trend will be clear and we will have time to adjust to a new reality or, for some, an ongoing nightmare. The Proud Boys should be irrelevant. I hope that will be so.

There is more to all of this that is troubling. Wal-Mart announced that it would remove guns and ammunition from its sales floors but then abruptly reversed that decision. One has to wonder where the pressure for that emanated. And yes, gun sales have soared. Part of this is based on the unfounded fear that Biden/Harris will restrict gun sales if they are elected. Given recent Supreme Court decisions, that is going to be a slog to implement. But there is also the ugly part that Americans now fear each other.

On vote suppression, we have reports of mailed ballots being dumped by postal workers and reports that mailed ballots already submitted are being rejected at a higher rate for Democrats than for Republicans. The Supreme Court left, correctly in my opinion, the conduct of elections to state and local governments. But there is room here, where a federal election is concerned, to require that all votes be counted. From a legal standpoint, it should not be up to the Supreme Court to dictate how long a period for counting is reasonable. But the ugly truth is that Republican governors and officials seem hell-bent on stifling vote counts. This is an ugly assault on our Democracy.

In the final analysis, when Americans undermine our own Democracy, the damage is greater than anything Russia, China, Iran, or North Korea can inflict.

And these are some of the ugly truths we must face.

Cheerz...
Bwana

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