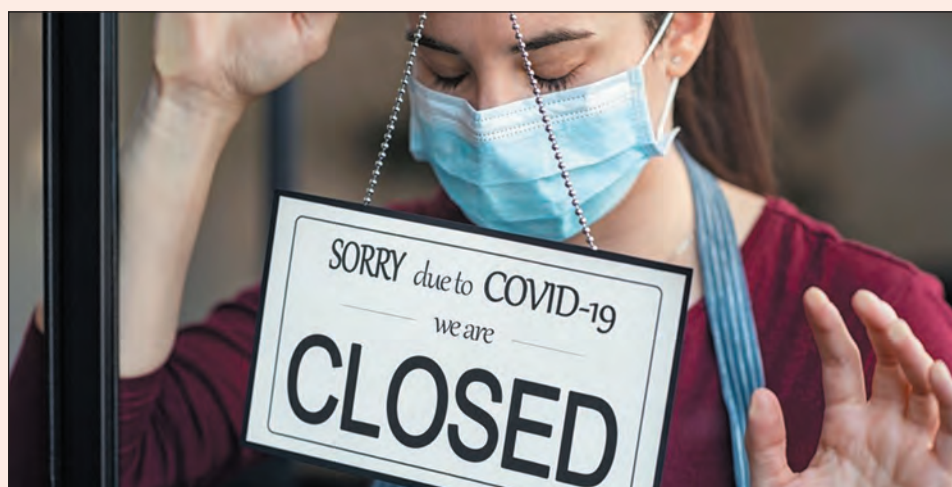


MAURITIUS TIMES

• "When your time is up then it is your job to put the country first and think beyond your own ego, and your own interests, and your own disappointments". - Barack Obama

Adapt, or perish



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"The Covid vaccine will not be a panacea right away

and therefore our best vaccine remains the classic public health measures"

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Breakfast with Bwana

Hubris and A Comeuppance



Indian-American voters in Washington, DC celebrating removal of Trump on Nov

It is said that the character trait that gets a person to the top often becomes the flaw that brings him (or her) down. So it was with Trump

By Anil Madan * See Page 18

The Angus Road Saga

Lying parallel to the Vacoas-St Paul Road from which it is separated by an area of bare land that has been there forever – so it seems – Angus Road is an unassuming and normally quiet thoroughfare, a silence especially noticeable during languid afternoons. For a good long time its claim to fame has been the presence of the residence of the Indian High Commissioner, and an equally hardly noticeable narrow side road glorified, though, by the name 'Rue des Nations Unies'.

Of late however it has gained in notoriety because of what could be called the unfurling Angus Road saga, the firing shot having been launched by the leader of the Reform Party Roshi Bhadain concerning property bought by Prime Minister Pravind Jugnauth and allegedly paid for by an intermediary in London having at one time some business connection with the Mauritius Duty Free Paradise. As the story was unfolding, out also came details with pictures of receipts representing part payments that were issued for the buying of the present property from Bel Ombre Sugar Estate. These receipts showed amounts varying between Rs 500,000 to one million, sums which are in excess of that permissible by law for cash payments. It is not known at this stage however whether the payments had been done by bank transfers or otherwise, which is a different thing altogether.

If some of the facts being uncovered are correct, they indicate here an important point, namely the functioning of our institutions. If they follow their own standards, then no one would be able to go through the net as it were. Any clear-headed citizen would look upon this as the robustness and integrity of a country's institution treating everyone equally to protect the country from illegal deals. From there one can also argue that such robustness would also be a protection even for the Prime Minister or any other public personality in a position of responsibility. Which therefore they should be the first to welcome, for their own sake and that of the country and the country's image where investors are concerned.

However, on this score, the record of ICAC leaves much to be desired. Its inexplicable turnaround in the MedPoint case has thrown doubt on the institution itself, as much as the list of affairs where it is yet to be known where its inquiries stand, such as the Dufry scandal

(2015); the Alvaro Sobrinho scandal (2018); the Sugar Insurance Fund Board's highly excessive overpayment of land v/s valuation scandal (2018); the Choomka affair (2017); the Yerrigadoo/Bet 365 scandal (2018), etc.

The actual list is too long to compile. But all these pending inquiries highlight the absence of a credible and respected investigative agency capable of handling white collar crime (financial scams and frauds, massive and complex corruption cases, money-laundering of the proceeds of drug, gambling or other illicit money sources...) independently of political proximity. We need not document here the perversion of Public Procurement procedures through various means well known it seems by marauding top echelons in major purchasing ministries as the most recent CEB corruption scandal points to.

There is another dimension here which we must take as seriously. The public looks up to the media for doing its job of protecting public interest by doing investigative journalism and bringing to light matters which reek of corruption, fraud or scandal that put into question the integrity of institutions and of that of those who are elected to govern the country. They must be as above board as they exhort others to be, and if not, they must also be subject to scrutiny within the established legal framework of the country.

For all the public interest journalism that the media is supposed to foster, it is not expected to substitute itself as some form of popular tribunal. The point here is that there must be no suggestion of trial by the press, whether any matter concerns an 'ordinary' layman or a high-profile individual, and the more so when it concerns political figures. The Prime Minister has announced that he would be presently collecting evidence in relation to the purchase of the Angus Road property to clear his good name. This will hopefully be done at the earliest, and in that connection we presume that the platform he will have recourse to do that will be our courts of law.

This is as and how it should be – certainly not the platform being made available to politicians of different hues (for self-promotion or to run down their adversaries) down the years since some decades now by some of our socio-cultural organizations. One wonders when such abusive practice will stop.

The Conversation

Capitalism and the coronavirus crisis: the coming transformation(s)

The global economy is currently experiencing its severest contraction since the 1930s. While capitalism will survive, its fundamental structure can change at critical historical junctures

The world economy is currently experiencing its severest contraction since the Great Depression of the 1930s.

Unlike the Great Depression and the global financial crisis (GFC) of 2008-2009, this crisis cannot be directly attributed to the dysfunctional workings of capitalism. But even if it is not a crisis of capitalism, it is a crisis for capitalism. Chronic ills of contemporary capitalism – notably rising levels of socio-economic inequality and debt of all kinds – are being exacerbated and intensify the danger of further political polarization and fresh financial instability.

Capitalism will nonetheless survive this crisis as it has done previous ones. The fundamental structures of capitalism typically don't change fast. But they can change and they do, especially at critical historical junctures, such as in response to wars and economic crises – or, potentially, pandemics.

State interventionism

Compared with recent decades, in post-Covid-19 capitalism the state will emerge as a more dominant actor. Even more than in the years after the GFC, central banks have been resorting to increasingly unorthodox, expansionary monetary policies to stave off economic collapse. To the same end governments have begun and will continue to pursue expansionary fiscal policies and run up ever-higher budget deficits. Austerity policies have suddenly become unfashionable. Sectoral or "industrial" policies have regained favour, with governments everywhere intervening to assist firms in those sectors, such as air transport or tourism, which the crisis otherwise would destroy. Policies to "re-localize" production of critical goods in crises, such as medical equipment and supplies, are suddenly in vogue, whereas state aid policies aimed at preventing distortions of competition are not. The intellectual champions of the free market have fallen silent.

Regardless of how fast the world economy recovers from the crisis, longer-term factors – possible new pandemics and pressures to mitigate or adapt to climate change or, in the "old" advanced capitalist economies, to create a more level playing field against firms aided by the Chinese state – will keep the pressure on governments to maintain or strengthen existing levels of state intervention.

To say that the state will be a more dominant actor in post-Covid-19 capitalism is not to say, however, that previously divergent capitalisms are converging on a uniform "statist" model.

Douglas Webber,
Professor of Political Science, INSEAD

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Dr R Neerunjun Gopee

Adapt, or perish

The pall of uncertainty about the future is persistent, and it may well be years before some assurance and confidence is restored

As of date, only one thing is certain: we face a very uncertain future. No one is in a position, or will dare to say how long the shock wave of the pandemic is going to last. With surges and repeat lockdowns, it is still active and propagating, in some countries more, in some less. But nevertheless, the virus is having a merry time circulating all over the globe.

In a panel discussion probably on BBC radio that I heard some days back, it was asked whether the virus was mutating. The scientist who answered the



"Since God and the Devil are both in the details, it is these that from time to time give us aftershocks that make us quiver afresh. Whereas in some countries where the disease is again on the increase there have been protests by people when fresh lockdowns have been imposed, refusal to wear masks or masks burnt, here just the one case of new Covid-19 local infection has created some fear. Photo - i1.wp.com-asiatimes.com

“Fear can become panic if there is an overload of information, especially if *masala* is added to make the problem sound more severe than what it actually may be. Such panic was overwhelmingly created during the AH1N1 pandemic, and at that time our Public Health experts squarely averred that AH1N1 was being spread by the media rather than the virus.

Given this experience, we must therefore be wary so as not to cause a repetition...”

question said that from an evolutionary biology point of view, which is about a species multiplying itself by surviving in an environment, there was no need for Covid-19 to mutate as it was being very successful in reproducing and spreading. Perhaps, he added, when faced with the challenge posed by a vaccine whenever it comes, which is to stop the organism from multiplying in numbers, then it might mutate.

This academic discussion is no doubt of great interest from a scientific point of view. However, the reality is that the pandemic has thrown the spanners in the wheels that keep the economic life of the world turning, as a result of which every aspect of work and living has been radi-

cally impacted.

And since God and the Devil are both in the details, it is these that from time to time give us aftershocks that make us quiver afresh. Whereas in some countries where the disease is again on the increase there have been protests by people when fresh lockdowns have been imposed, refusal to wear masks or masks burnt, here just the one case of new Covid-19 local infection has created some fear. Like positive stress, a little of this can be beneficial in that it will spurn people to be more careful about implementing the preventive measures, which many have a tendency to relax when the situation prolongs and ‘pandemic fatigue’ sets in. People minimize the risk, taking it as normal – ‘risk normalisation’ – until another event jolts them back.

But fear can become panic if there is an overload of information, especially if *masala* is added to make the problem sound more severe than what it actually may be. Such panic was overwhelmingly created during the AH1N1 pandemic, and at that time our Public Health experts squarely averred that AH1N1 was being spread by the media rather than the virus. Given this experience, we must therefore be wary so as not to cause a repetition.

It is better to have recourse to hard facts, to data that can help us get a balanced perspective, and more usefully so

when we compare what is realistically comparable.

In our case, it means looking at the figures from our sister island Reunion, and according to the Covid-19 Worldometer, these are the statistics for our two islands as of yesterday:

	Total cases	Cases/ M population	Deaths
Réunion	6,881	8,031	29
Mauritius	478	378	10

And remember: Reunion has better health and medical resources than Mauritius.

Bottomline is, life must go on, and it is indeed, but with a lot of adjustments. For example, all of us have noticed that there has been much less of movement of people and cars on Divali night compared to previous years, although visits during the daytime to distribute sweets continued more or less as usual. The devotional fervour and festive spirit were undiminished, although the overall atmosphere was somewhat mitigated.

Across the world, though, the most palpable concern is the impact of the pandemic on the economy and on livelihoods. Except for China, whence the news comes that the epidemic is under control, which is posting a positive growth, other

big blocs are in economic recession. So too our own country, where it seems that money is not a problem – but, worried experts ask, at what cost to future generations?

I have met many young couples who see a very dark future for their children, although they are struggling to do what they deem is best to ensure the latter's prospects. But the pall of uncertainty about the future is persistent, and it may well be years before some assurance and confidence is restored, because it is going to take as long to bring the pandemic under control. And things can start looking up only then after a lag period of indeterminate length – which is the only possible ‘estimate’ at the present stage.

And let us not overlook the turmoils on the political front and the conflicts that are rocking the world, and that can have global impacts. For one, the elections in America, where the transition to power of the new president elect is facing resistance from the outgoing incumbent. Who would have thought that one day in the US the rigging of elections would become a major issue that threatens its democracy?

And then there are others too that do not want to let go, although the contexts and the methods are more aggressive if

not violent. Tanzania, where outgoing President Magufuli claims a landslide victory against his rival who does not accept that result and has faced official fury.

A ray of hope, though, in India, where the BJP has made a comeback in Bihar in alliance with the incumbent Chief Minister Nitish Kumar (who will be re-installed), and also secured victory in four other states where elections have been held. The Congress is all but decimated, with its leader clearly incapable of ensuring its future viability, and yet will not reorganize the party as he is being pressed to do by a number of the party stalwarts.

Any lesson for us here? Adapt, or perish.

“Across the world, the most palpable concern is the impact of the pandemic on the economy and on livelihoods. So too our own country, where it seems that money is not a problem – but, worried experts ask, at what cost to future generations? I have met many young couples who see a very dark picture for their children, although they are struggling to do what they deem is best to ensure the latter's future. But the pall of uncertainty about the future is persistent...”



Sada Reddi

The Breakdown of the Family

Problems and pressures affecting the Mauritian family vary from family to family or within the same family, but what is crucially lacking is the general lack of preparedness to anticipate problems, face them and work out solutions

“In Britain, which was the first industrial nation, the machine age dislocated the family, uprooted it from the countryside, brought it to the dark satanic mills and reduced it to slum dwellers. The problems that we lament today and wrongly ascribe to westernisation, were first lived in Britain during that period of economic and technological transformation...”

Fathers appease their children with mobile phones, credit cards or huge sums of money. Young couples take a simplistic view of marriage and nurture very high expectations, forgetting that marriage is not only about love and happiness but also about ethnicity, religion, property, children, power, status, rights, responsibilities, and these have to be negotiated throughout one's life.

Over the last decades, as a result of both economic and social changes, the family has been subject to intense pressures. This partly explains the general malaise that has gripped almost every family. Many observers have drawn attention to the malaise, and newspapers are replete with cases of dislocation of the Mauritian family resulting in different forms of violence, child aggression, substance abuse, delinquency, separation or divorce, etc.

Unfortunately there has never been any comprehensive study of the family in Mauritius, both from the sociological and historical perspectives, and the State and the individual have had to improvise coping strategies without really diagnosing the underlying causes.

“The problems that we lament today and wrongly ascribe to westernisation, were first lived in Britain during that period of economic and technological transformation. The breakdown of the family, teenage pregnancy, alcoholism and incest, decline of religion and loss of parental control were rife in that period. Victorian morality, confined to the middle classes, was a response to what was perceived as the immorality and licentiousness of the masses...”

It is not surprising that, with such an approach, problems and issues concerning the Mauritian family have been tackled on an ad-hoc basis by the State or at a personal level by counselling or simply by moral exhortations. While all these approaches have been useful in situations of emergency, depending on what have been diagnosed or proposed as palliatives, we are still in the dark as to the transformation that the Mauritian family is still undergoing.

While problems have been identified on a personal or on a case-to-case basis, we do not yet know what are the major issues confronting the family or the underlying trends. No doubt families have been traumatised by pressures and stresses and suffered unnecessarily. And in a small island like ours, such traumas are lived with greater intensity for a number of reasons and these are not confined to any particular ethnic group or class.

Problems and pressures affecting the Mauritian family vary from family to family or within the same family, and they do not affect everybody in the same manner or may occur at particular points in time in the life cycle. The nature of the problems, and their consequences or even responses to them vary. But what is crucially lacking is the general lack of preparedness to anticipate problems, face them and work out solutions.

It is true that these problems are not confined to our island. They exist in all societies, and in a period of rapid



changes, these problems are more acute and more dramatic. Whereas in other countries, social institutions have been developed to help the family, in Mauritius these are still rudimentary and ineffective.

As a young society, we could have drawn on the experience of other countries to create a greater awareness of problems and issues, and benefit from approaches used elsewhere to devise our own solutions. It does not appear that we have made use of other countries' experience.

In Britain, which was the first industrial nation, the machine age dislocated the family, uprooted it from the countryside, brought it to the dark satanic mills and reduced it to slum dwellers. The problems that we lament today and wrongly ascribe to westernisation, were first lived in Britain during that period of economic and technological transformation.

The breakdown of the family, teenage pregnancy, alcoholism and incest, decline of religion and loss of parental control were rife in that period. Victorian morality, confined to the middle classes, was a response to what was perceived as the immorality and licentiousness of the masses. Schooling evangelism, values of self-help were efforts of the middle classes to restructure their own society.

It is not surprising that we too have had to face similar problems over the last decade. The emergence of new values and new lifestyles has imposed new stresses on the family. Generally we are all ill-equipped to tackle many of these problems. Working mothers unnecessarily develop guilt for not providing their kids with care, and compensate such 'guilt' by flooding their children with material objects. Often husbands and wives live in the shadows of their mothers, and forget that love for one's mother need not be detrimental to one's spouse or family.

All these problems are not new but they are more likely to have disastrous consequences if they are approached within an archaic framework. Given the fact that the family is a dynamic institution in any society and will remain so, it cannot be insulated from other societal changes. There is a need to be alert to changes taking place in society, to discuss and understand them. Such discussions should involve everybody concerned and conducted in a democratic manner.

“Fathers appease their children with mobile phones, credit cards or huge sums of money. Young couples take a simplistic view of marriage and nurture very high expectations, forgetting that marriage is not only about love and happiness but also about ethnicity, religion, property, children, power, status, rights, responsibilities, and these have to be negotiated throughout one's life. All these problems are not new but they are more likely to have disastrous consequences if they are approached within an archaic framework...”

Changes taking place can be ephemeral, transitional or permanent -- some are good or bad; there is a lot one can learn from the past and a lot that has to be rejected too. In the end what every family should do is not to hark back to a nostalgic past but to empower every individual in the family so that he or she can face any challenge, becomes aware of all possible options, takes informed decisions, accepts responsibility for his or her actions and forges his or her own future.



A president is a public servant. They are temporary occupants of the office, by design: Barack Obama.
Photo - BBC

Obama asks Trump to 'put the good of the country above his own ego'

Barack Obama has called on Donald Trump to concede the US election, urging him to put the good of the country above his own ego and self interest.

On the day that Mr Trump tweeted from the White House that he had no plans to do any such thing and claimed without evidence the vote was "rigged", his predecessor delivered a scathing attack on him, saying his actions were damaging the country, reports The Independent.

"A president is a public servant. They are temporary occupants of the office, by design. And when your time is up then it is your job to put the country first and think beyond your own ego, and your own interests, and your own disappointments," he said, speaking on CBS's 60 Minutes. "My advice to President Trump is, if you want at this late stage in the game to be remembered as somebody who put country first, it's time for you to do the same thing."

* * *

Boris Johnson is self-isolating after coming into contact with an MP who tested positive for coronavirus. The prime minister was notified by NHS Test and Trace that he would need to remain in Downing Street after meeting with a small group of politicians on Thursday morning, including the member for Ashfield, Lee Anderson, who has since tested positive for Covid-19. Mr Johnson was urged to follow the guidance on self-isolation due to a number of factors including the length of the meeting, having spent 35 minutes in the MP's presence on 12 November. Mr Anderson developed symptoms the following day. A No 10 spokesperson said Mr Johnson, who has already caught the virus and ended up in intensive care in the spring, is well and has no symptoms.

RCEP: 15 Asia-Pacific countries form world's largest trading bloc

15 countries have formed the world's largest trading bloc, covering nearly a third of the global economy.

The Regional Comprehensive Economic Partnership (RCEP) is made up of 10 Southeast Asian countries, as well as South Korea, China, Japan, Australia and New Zealand.

The pact is seen as an extension of China's influence in the region.

The deal excludes the US, which withdrew from a rival Asia-Pacific trade pact in 2017.

President Donald Trump pulled his country out of the Trans-Pacific Partnership (TPP) shortly after taking office. The deal was to involve 12 countries and was supported by Mr Trump's predecessor Barack Obama as a way to counter China's surging power in the region.

Negotiations over the RCEP lasted for eight years. The deal was finally signed on Sunday on the sidelines of a virtual summit of the Association of



Fifteen countries have formed the new trading bloc.
Photo -i1.wp.com/cde.new

Southeast Asian Nations, hosted by Vietnam.

What is the RCEP?

Leaders hope that the agreement will help to spur recovery from the coronavirus pandemic.

"Under the current global circumstances, the fact the RCEP has been signed after eight years of negotiations brings a ray of light and hope amid the

clouds," said Chinese Premier Li Keqiang.

India was also part of the negotiations, but pulled out last year over concerns that lower tariffs could hurt local producers.

Signatories of the deal said the door remained open for India to join in the future.

The RCEP is expected to eliminate a range of tariffs on imports within 20 years. It also includes provisions on intellectual property, telecommunications, financial services, e-commerce and professional services.

Members of the RCEP make up nearly a third of the world's population and account for 29% of global gross domestic product.

Biden's possible India links spark genealogical frenzy

Already bursting with pride at Kamala Harris's ancestry, India has now started digging up potential local roots for US President-elect Joe Biden, reports AFP.

The next leader of the United States has speculated that he might have had relatives in colonial India. While there is no proof, the Biden name has become a genealogical target of investigation across the country.

A plaque commemorating 19th-century British ship captain Christopher Biden has been a popular selfie spot in the eastern city of Chennai since the US election.

And a Biden family in western India says it has become "exhausted" by calls since their namesake staked his claim to the White House.

The American vote has been under the spotlight in India because Biden's running mate is the daughter of a migrant from Tamil Nadu state.



Photo - s3media.freemalaysiatoday

The 56-year-old Harris has made much of her Indian connections and how she likes to eat "idli with a really good sambar" -- typical food from the south.

Less attention has been paid to Biden, who has established Irish links. But he spoke of possible Indian connections on a trip to Mumbai in 2013 when he was vice president.

Biden said in a speech that he had received a letter from an Indian Biden after becoming a senator in 1972, suggesting they could be re-

lated.

"One of the first letters I received and I regret I never followed up on it," he said.

The letter said their "mutual, great, great, great, something or other worked for the East India Trading Company back in the 1700s".

It sparked excitement in Chennai, capital of Tamil Nadu state, which is also home to Harris's Indian relatives.

A plaque at St George's Cathedral in Chennai that celebrates Christopher Biden, born in 1789, has suddenly

become a local tourist draw.

"We've come to know the records of two Bidens -- William Biden and Christopher Biden -- who were brothers and became captains of the East India Company on merchant ships in the 19th century," the Bishop of Madras, Reverend J. George Stephen, told AFP.

"While William Biden died at an early age, Christopher Biden went on to captain several ships, and eventually settled down in Madras," which is now known as Chennai.

Despite the speculation, there has been no confirmation that the Biden brothers are related to the 77-year-old American.

If the president-elect does have an Indian ancestor, Christopher is considered the most likely candidate, according to experts who have studied family records.

There are also Bidens in Mumbai and Nagpur in Maharashtra state who could be descendants of Christopher, one of eight children of a John Biden who could be the common link.

☞ Cont. on page 6

India to demonstrate BrahMos fire power in Indian Ocean Region



Land-attack version of Brahmos supersonic cruise missile. Photo - newsx.com

The Indian Ocean Region will witness the massive firepower of the BrahMos supersonic cruise missile in the last week of November as the Indian Navy, Army and Air Force are planning to carry out multiple test firings of the missile system. The defence services are scheduled to carry out multiple test-firings of the BrahMos in the last week of November against different targets in the Indian Ocean region, top government sources told India Today TV.

DRDO has been very successful in conducting successful trials of missile systems including the BrahMos, Shaurya missile system which can hit targets at over 800 km and the Quick Reaction Surface to Air Missile system. Late last month, the Indian Air Force had flown its Sukhoi-30 aircraft from the Halwara airbase in Punjab and launched the BrahMos supersonic cruise missile at an old warship acting as its target in the Bay of Bengal area. The air-launched version of the missile has

been used to equip a squadron of the Air Force in Thanjavur in Tamil Nadu.

The BrahMos-equipped aircraft from the squadron were also deployed close to the Northern borders soon after the conflict with China had started and 20 Indian soldiers lost their lives in the Galwan valley in a clash with the Chinese Army. Last month, the Indian Navy had also carried out the test firing of the BrahMos missile from its warship INS Chennai to showcase its capability to strike targets at ranges more than 400 km in high seas.

India is also working on finding export markets for the supersonic cruise missile which has been indigenised to a large extent by the DRDO under its project PJ 10. After the launch of the joint venture between India and Russia in the late 90s, the BrahMos supersonic cruise missile has become a potent weapon for all three armed forces which are using them for different roles in different theatres.

Emirates eyes return to profitability in 2022 as new travel corridors open

Emirates expects to return to profitability in the next two years, as new travel corridors open and the global aviation industry attempts to rebound from the worst crisis in its history.

"I believe that within the next 18 months, two years, we will return ourselves to profitability," Emirates President Tim Clark told CNBC in an exclusive interview on Sunday.

"We will certainly be cash positive during the course of the back end of next year, returning to profitability in (financial year) 2022-2023," he added.

Earlier this week, Emirates Group reported a loss of \$3.8 billion for the first half of the year, its first loss in 30 years, as the coronavirus-related lockdowns brought global air passenger travel to a halt. Revenue collapsed 74 percent to \$3.7 billion dollars.

"There are a lot of things that can change that," Clark said, flagging a number of key concerns still hanging over the sector. "We are an international company trading on the whole of the world's operations."

His comments come after new warnings from IATA that the industry cannot slash costs sufficiently to neutralize severe cash burn and avoid bankruptcies

in 2021.

"Cash is king," Clark said. "As long as we can keep our cash position in good shape, we believe that we'll be ready to re-enter the markets, as well and as large as we always did."

Emirates said it was tapping into its cash reserves to ensure it had access to sufficient funding to sustain operations. It has cut almost 25 percent of its staff, and the Government of Dubai stepped in to



Government of Dubai has stepped in to inject \$2 billion by way of an equity investment in an effort to support Emirates' recovery. Photo - commons.wikimedia.org

inject \$2 billion by way of an equity investment in an effort to support its recovery.

"We believe things will restore themselves fairly quickly. I'm not one of those people who believe it's going to take a long time or that it won't come back in the way that it was," Clark added.

"I tend to believe we will be as good as we were in the pre-Covid days as an airline."

Nobel UN food agency warns 2021 will be worse than 2020

The head of the World Food Program says the Nobel Peace Prize has given the UN agency a spotlight and megaphone to warn world leaders that next year is going to be worse than this year, and without billions of dollars "we are going to have famines of biblical proportions in 2021."

David Beasley said in an interview with The Associated Press that the Norwegian Nobel Committee was looking at the work the agency does every day in conflicts, disasters and refugee camps, often putting staffers' lives at risk to feed millions of hungry people -- but also to send "a message to the world that it's getting worse out there ... (and) that our hardest work is yet to come."

Beasley recalled his warning to the UN Security Council in April that as the world was dealing with the coronavirus pandemic, it was also "on the brink of a hunger pandemic" that could lead to "multiple famines of biblical proportions" within a few months if immediate action wasn't taken.

"We were able to avert it in 2020...



We are going to have famines of biblical proportions in 2021, says World Food Program Executive Director David Beasley. Photo - s.yimg.com

because the world leaders responded with money, stimulus packages, deferral of debt," he said.

Now, Beasley said, Covid-19 is surging again, economies are continuing to deteriorate particularly in low- and middle-income countries, and there is another wave of lockdowns and shutdowns.

But he said the money that was available in 2020 isn't going to be available in 2021, so he has been using the Nobel to meet leaders virtually and in person, talk to parliaments, and give speeches to sensitize those with power to "this tragedy that we are facing -- crises that really are going to be extraordinary over the next, who knows, 12 to 18 months."

Beasley said WFP needs \$15 billion next year -- \$5 billion just to avert famine and \$10 billion to carry out the agency's global programs including for malnourished children and school lunches which are often the only meal youngsters get.

According to a joint analysis by WFP and the U.N. Food and Agriculture Organization in October, 20 countries "are likely to face potential spikes in high acute food insecurity" in the next three to six

months, "and require urgent attention."

Of those, Yemen, South Sudan, north-eastern Nigeria and Burkina Faso have some areas that "have reached a critical hunger situation following years of conflict or other shocks," the U.N. agencies said, and any further deterioration in coming months "could lead to a risk of famine."

Other countries requiring "urgent attention" are Afghanistan, Cameroon, Central African Republic, Congo, Ethiopia, Haiti, Lebanon, Mali, Mozambique, Niger, Sierra Leone, Somali, Sudan, Syria, Venezuela, Zimbabwe, they said.

Beasley said a Covid-19 vaccine "will create some optimism that hopefully will help jump the economies around the world, particularly the Western economies. But the WFP executive director said there's already been \$17 billion of economic stimulus this year "and we're not going to have that globally."

Compiled by Doojesh Ramlallah

Interview: Dr Deoraj Caussy, Epidemiologist



Mauritius Times: It has taken only one Covid-infected patient to be walking around in the country, following discharge from the ENT, for this to create the apprehension of another lockdown amongst most of us. What do you think could have gone wrong in this particular case, and should we be worried?

As an epidemiologist, I examine the frequency and pattern of the occurrence of this event in order to generate a hypothesis and propose a solution.

“Looking at the epidemiological patterns of the disease, it is clear that this virus will continue to spread around the world so long as the level of contamination doesn't reached about 70% uniformly worldwide. I do not see this happening in the near future of one year, but it will take longer, assuming the condition remains constant that is the virus doesn't mutate ...”

Based on the information provided to us at this point, one can interpret the event in many ways: the simplest is to classify this as an atypical case displaying intermittent viral shedding. Intermittent viral load is usually seen for chronic viral diseases like hepatitis or HIV but not for acute coronavirus diseases so we should entertain alternative interpretation, taking into account all sources of variation.

There are at least three sources of variation; sample collection, test procedure and technician, and all three varia-

“The Covid vaccine will not be a panacea right away and therefore our best vaccine remains the classic public health measures”

Dr Deoraj Caussy is a Canadian university graduate with double speciality in virology and epidemiology, holding PhD from McMaster University, Canada. He is a seasoned epidemiologist, having trained and worked in world-class premier institutes including the National Institutes of Health, Bethesda, and the Centers for Disease Control and Prevention, Atlanta, USA, as well as the World Health organization and the Ministry of Health and Quality of Life. He has managed many epidemics and the pandemic of H1N1 amongst other achievements. With this experience at both global and local level, he puts into perspective the apprehension caused by the recent new local case of Covid-19, comments on the protocol in place and shares his views on the recent promising developments in vaccine trials, and the roll-out.

tions could account for this so-called atypical result. The samples may not have been collected and handled consistently in all three instances, the test parameters like laboratory reagents may not have been consistently applied in all three instances and, lastly, different technicians could have performed the three assays. One way to eliminate the variation scenario would be to repeat all three tests in parallel in an outside laboratory, failing which we cannot endorse the atypical case explanation.

Taken together, these observations are ground for grave concerns since we might wrongly misdiagnose a case as false negative and unwittingly allow the virus to seed in the community. This will have dire health consequences, as was exemplified during the first wave.

*** WHO's technical guidance for 'discharging patients from isolation without requiring retesting' states: For symptomatic patients: 10 days after symptom onset, plus at least 3 additional days without symptoms... and for asymptomatic cases: 10 days after positive test for SARS-CoV-2. Could it also be that the protocol put in place by the health authorities has not been rigidly followed in that particular case and for others as well?**

These protocols need to be examined in local context and re-defined, if needed, as the WHO guidelines are generic in nature. Adherence to the national protocol has to be continuously monitored to ensure consistent application especially when we have new personnel, equipment, etc. Being given the turn-around of health personnel, without regular training, it is conceivable that there is room for many human errors.

*** There are allegations of "deux poids et deux mesures" when it comes to discharging patients or**

inbound travellers put in isolation here. You would like to think that is not true, isn't it?

In public health, the protection of the society takes precedence over the rights and privileges of an individual, irrespective of origin or status. Therefore, a protocol must be adhered to in all circumstances and by everyone unless there's a pressing demand of a matter of life and death. Being given the precarious nature of the virus shedding and the presence of asymptomatic subjects that already poses serious challenge to health risk management, any deviation from the protocol is a recipe for a disaster in the making and should not be tolerated under any circumstances.

*** We however hear some doctors saying that the WHO protocol/technical guidance with respect to the Covid-19 pandemic would have not proved effective in some countries. That sounds farfetched. Don't you think it's serving us well?**

“The Covid vaccine will not be a panacea right away and therefore our best vaccine remains the classic public health measures: wearing a mask, practising social distancing and breaking the chain of transmission of the virus by frequent disinfection of hands and contaminated surfaces...”

The World Health Organization has contributed to health improvement in many domains around the world, and their work deserves to be applauded. However, it must be remembered that WHO's role and function are limited to norms and standards and it is, generally, not in their terms of reference to design a national protocol.

WHO provides a one-size fit all approach, and its recommendation remains generic. It is up to the national government to use the WHO guideline to formulate its own national policy based on local prevailing conditions with inputs of track-record scientists.

If we say the WHO protocol had been successful, on what basis are we claiming this? In public health the philosophy is to prevent mortality and mobility before disease strikes. The hallmark of success is a preparedness plan and an appropriate timely response, as exemplified by Thailand and acknowledged by WHO. This country for its size was able to maintain its mortality rate to well below 0.04% because it had a preparedness plan that was rolled out when the time was necessary.

When we look back at the epidemic in Mauritius, it is clear that we acted in a tardive and hurried way due to lack of preparation and effective response, all this despite public outcry in the media of the importance of testing asymptomatic subjects, endorsing the wearing of masks to break the chain of transmission and having a well-versed preparedness plan supplemented with the stockpiling of the required medication and supplies.

☞ Cont. on page 8

'We have to be gingerly in not rushing to say that we have used WHO protocol effectively.'

The true litmus test is still to come during the re-importation of cases'

☞ Cont. from page 7

These health policy recommendations were made right from the time when the epidemic first raised its head.

We have to be realistic when we talk of success or effectiveness of the control in Mauritius: is 10 avoidable deaths, including a highly proficient physician and other frontline workers a sign of success? So, we have to be gingerly in not rushing to say that we have used WHO protocol effectively. The true litmus test is still to come during the re-importation of cases and the flaring up of a local epidemic in the event of a second wave. If lessons derived during the first wave can be successfully applied to the second wave, then we can talk of success; else it would be a hit and miss health policy.

*** Mauritius' health authorities and the frontliners must have gathered sufficient exposure to and experience in managing the Covid threat. Is there room for adaptation of such protocols, like the WHO's, to our country-specific conditions?**

“In public health the philosophy is to prevent mortality and mobility before disease strikes. The hallmark of success is a preparedness plan and an appropriate timely response, as exemplified by Thailand and acknowledged by WHO. This country for its size was able to maintain its mortality rate to well below 0.04% because it had a preparedness plan that was rolled out when the time was necessary...”

A resilient health system is one that evolves with time and adapt to save and protect lives and as such has to be continually updated. The recent incident of a case that went undetected in the community highlights definite caveats in the existing protocol. There is room for improvement at three levels.

First, we should adhere to a consistent quarantine policy. Secondly, when we release a previously known positive case in the community, we should follow them for a longer period either by phone or visit and, if necessary, repeat the testing. Third, we should not introduce and use a serology test that has not been validated.

*** There has been a lot of excitement following Pfizer's announcement of its interim results from their Covid vaccine trial. The vaccine was reported to have an "efficacy rate above 90%". That's indeed a breakthrough, but does efficacy in vaccine trials in the lab necessarily translate into that same level of effectiveness when it comes to the treatment of a disease?**

It is rare that we can proceed from laboratory to field conditions and expect the same result for a vaccine trials. First of all, we must remember 90% efficacy is only a preliminary result, and when the final result comes the number may be higher or lower.

Nonetheless 90% efficacy is a very good starting point. However, under field conditions there are technical, financial and social issues that have to be overcome before we



can successfully implement the vaccine trial.

*** Zania Stamatakis, who teaches viral immunology at the University of Birmingham states: 'Very few vaccines - aside from measles and chickenpox - are 90% effective... the flu vaccine is around 40%-60% effective, but it still saves millions of lives. And that's something to celebrate.' What's your take on that?**

The professor is referring to the immunological phenomenon known as cohort or herd immunity, whereby you need not immunize the whole population to get protection. But for herd immunity to work, two conditions must be met: first, the disease must have a single host and, second, the infection leads to lifelong immunity.

Well, we know that the coronavirus has an animal origin and recent observation of the mink population in Denmark has shown that the virus can go back to the animal kingdom and reemerge to infect human beings, so that presumption is compromised.

As far as the second point is concerned, we currently do not have enough information to know whether the virus leads to lifelong immunity because the disease hasn't been observed for a long enough time. The degree of protection is also contingent on being able to protect the vulnerable group i.e., the older individuals who generally respond poorly to vaccines because as one ages the immune system

undergoes a phenomenon known as immune senescence. This hampers the delivery of vaccines to older individuals for whom oftentimes more special vaccines had to be made, as in the case of pneumococcus or shingles.

*** There are also the issues of the distribution of an approved Covid-19 vaccine and its cost, as it does not appear as of now that it will come cheap. Some countries are going for side agreements with pharmaceutical companies to ensure early access to a vaccine. What would you suggest to our health authorities on the way to proceed in that regard?**

Due to the substantial cost of R&D, vaccine manufacturers pre-emptively sell their vaccines through an Advanced Purchase Agreement (APA) and many developed countries have already put their bids to one or more vaccine manufacturers, putting the developed countries out of competition.

In order to ensure vaccine availability, WHO in alliance with other international partners, is promising a certain number of vaccine doses to developing countries through their program known as the Covax. We know from the H1N1 pandemic the vaccine promised by WHO was not delivered on time and given the competition from developed countries to bid for advanced purchase agreements this makes our condition very precarious in the immediate future. Our only hope for now is the classic public health approach of wearing masks, practising social distancing and hand hygiene.

*** Will we be out of the woods once an approved Covid-19 vaccine becomes available, and shall we be able to go back to the 'old normal' in the way we live, socialise, work, travel, etc?**

“A protocol must be adhered to in all circumstances and by everyone unless there's a pressing demand of a matter of life and death. Being given the precarious nature of the virus shedding and the presence of asymptomatic subjects that already poses serious challenge to health risk management, any deviation from the protocol is a recipe for disaster...”

Looking at the epidemiological patterns of the disease, it is clear that this virus will continue to spread around the world so long as the level of contamination doesn't reach about 70% uniformly worldwide. I do not see this happening in the near future of one year; it will take longer, assuming the condition remains constant, that is, the virus doesn't mutate or become more virulent.

For these reasons, the vaccine will not be a panacea right away and therefore our best vaccine remains the classic public health measures: wearing a mask, practising social distancing and breaking the chain of transmission of the virus by frequent disinfection of hands and contaminated surfaces.

From the Pages of History - MT 60 Years Ago

4th Year No 151

MAURITIUS TIMES

Friday 28 June 1957

Newspapers must help make history and not just write it. – O.R. Reid, Editor N. Y. Herald Tribune

Mr Profumo Meets the Press

Somduth Bhuckory

Mr John Profumo left us last Sunday morning after spending his Whitsun holiday among us. What was topical last week is fast becoming a matter of history. Now that Mr Profumo is gone, we can view things with some perspective.

It is clear from the activities of Mr Profumo that he did not come to Mauritius to lie and relax on our white shores and listen to the soothing songs of our filaos. He was here, so to say, on a conducted tour to learn as much as possible about Mauritius. And among his so many activities one was a press conference.

The press conference, which was held last Saturday morning in the Council Library, gave Mr Profumo an excellent occasion to meet the representatives of the local press and feel the pulse of Mauritius. Many topical questions of great interest were put to him and he answered them all. Whether or not his answers were convincing and satisfactory is quite a different matter.

The press conference stands out of all the activities of Mr Profumo here because we saw his mind at work there. He was taken here and whisked away from there – all in private. We don't know what he said at those functions and had it not been for the press conference his visit would not have left any important trace in the press.

We did not expect Mr Profumo to give us either convincing or satisfactory answers to all our questions. How could he find answers to the problems that have been puzzling us all our life within the limited time of a press conference? But we liked to listen to Mr Profumo juggling with words, toying with humour, tiding over perilous waves of questions and generating a friendly feeling. Mr Profumo showed us in short what a practised hand he was at answering questions and the conference came to an end.

The press conference is over



John Profumo in Car

but we want the questions raised there not to be buried.

We did not expect Mr Profumo to solve our problems chatting unconventionally at the table. We wanted to acquaint him with some of our pressing problems. We hope that the souvenir Mr Profumo took with him of the conference is a bunch of varied and burning problems to which, he will give his kind consideration when the time comes.

* * *

As was to be expected there were some questions about the ministerial system. These questions translated the anxiety of the people and they were put with the sincere desire to have some points cleared up. And as Mr Profumo had a hand in the London Agreement, we hoped that he would throw some light with competence on the dark and shady side of the ministerial system. Unfortunately, Mr Profumo did not feel to be in a position to enlighten the public. And so there is still a lot of uncertainty about the functioning of the ministry.

The walk-out, first of all, of the members of the *Parti Mauricien* remains unexplained up to now. Mr Profumo did not want to com-

mit himself by giving any motive and he expected the *Parti Mauricien* itself to come forward with an explanation. No explanation, however, has been forthcoming from any quarter.

Last September, the Labour members walked out and there was a deadlock. Wouldn't be there a deadlock again if the members of the *Parti Mauricien* did not cooperate? Logically speaking, there should be a deadlock. Moreover, the London Agreement has laid it down that the new

Executive Council should reflect the composition of the Legislative Council. How can there be an Executive Council without any member of the *Parti Mauricien* if the London Agreement is to be respected? That aspect of the ministerial system too did not elicit any opinion from Mr Profumo.

Another question which was really to the point was about the ensuing confusion in case the ministers disagreed among themselves. What will happen indeed if one day the Labour ministers find themselves unable to back the policy of a non-Labour colleague? What will happen if they resign? This topical question too did not get the attention it deserved and so it is still haunting students of politics and others.

* * *

Before Mr Profumo met the press, we sent him a letter telling him inter alia: "Besides the mansions and opulence which you must have seen up to now there are thousands of shanties where the great majority of the inhabitants of this island lead a wretched life.

"We request you, Sir, to be kind enough to visit these slums and hear the tales of woe of these people at a time when Mauritius is passing through a period of unprecedented prosperity."

And we sent him some photo-

graphs of the shanties.

At the press conference Mr Profumo referred to our letter and the photographs. While appreciating the progress made as regards housing so far, Mr Profumo added that nobody ought to be satisfied with the horrible conditions still existing.

We also raised the questions of unemployment and land legislation. These two questions together with the allied question of overpopulation deserve immediate attention. Unfortunately, we are so much taken up with the Constitution these days that the rest remains in the background. Ballot papers are all right. But what about bread?

We hope we have driven our point home that, notwithstanding the hustle and bustle produced by the coming of ministers, the fundamental problem of living cannot be lost sight of. And the sooner the problem is tackled the better.

Nobody, we presume, was at the press conference to give a headache to Mr Profumo. But we should like to think that he will have a quite different memory of it from the lively evening parties and slick official visits. Just because the conference must have made him think hard.

Mauritius is a quiet speck on the globe and a charming spot – a beauty spot, on the face of the Indian Ocean. But in this charming place there are ugly blots here and there. All we desire Mr Profumo to do now is to treasure his happy memories and to remember those ugly blocs and remove them.



Protecting lives, ensuring happiness



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Why you shouldn't want to always be happy

In the 1990s, a psychologist named Martin Seligman led the positive psychology movement, which placed the study of human happiness squarely at the center of psychology research and theory. It continued a trend that began in the 1960s with humanistic and existential psychology, which emphasized the importance of reaching one's innate potential and creating meaning in one's life, respectively.

Since then, thousands of studies and hundreds of books have been published with the goal of increasing well-being and helping people lead more satisfying lives.

So why aren't we happier? Why have self-reported measures of happiness stayed stagnant for over 40 years?

Perversely, such efforts to improve happiness could be a futile attempt to swim against the tide, as we may actually be programmed to be dissatisfied most of the time.

You can't have it all

Part of the problem is that happiness isn't just one thing.

Jennifer Hecht is a philosopher who studies the history of happiness. In her book "The Happiness Myth," Hecht proposes that we all experience different types of happiness, but these aren't necessarily complementary. Some types of happiness may even conflict with one another. In other words, having too much of one type of happiness may undermine our ability to have enough of the others - so it's impossible for us to simultaneously have all types of happiness in great quantities.

For example, a satisfying life built on a successful career and a good marriage is something that unfolds over a long period of time. It takes a lot of work, and it often requires avoiding hedonistic pleasures like partying or going on spur-of-the-moment trips. It also means you can't while away too much of your time spending one pleasant lazy day after another in the company of good friends.

On the other hand, keeping your nose to the grindstone demands that you cut back on many of life's pleasures. Relaxing days and friendships may fall by the wayside.

As happiness in one area of life increases, it'll often decline in another.

A rosy past, a future brimming with potential

This dilemma is further confounded by the way our brains process the experience of happiness.

By way of illustration, consider the following examples.

We've all started a sentence with the phrase "Won't it be great when..." (I go to college, fall in love, have kids, etc.).



In life, happiness can seem fleeting and elusive, something just out of reach. Photo - www.sciencealert.com

Similarly, we often hear older people start sentences with this phrase "Wasn't it great when..."

Think about how seldom you hear anyone say, "Isn't this great, right now?"

Surely, our past and future aren't always better than the present. Yet we continue to think that this is the case.

These are the bricks that wall off harsh reality from the part of our mind that thinks about past and future happiness. Entire religions have been constructed from them. Whether we're talking about our ancestral Garden of Eden (when things were great!) or the promise of unfathomable future happiness in Heaven, Valhalla, Jannah or Vaikuntha, eternal happiness is always the carrot dangling from the end of the divine stick.

There's evidence for why our brains operate this way; most of us possess something called the optimistic bias, which is the tendency to think that our future will be better than our present.

To demonstrate this phenomenon to my classes, at the beginning of a new term I'll tell my students the average grade received by all students in my class over the past three years. I then ask them to anonymously report the grade that they expect to receive. The demonstration works like a charm: Without fail, the expected grades are far higher than one would reasonably expect, given the evidence at hand.

And yet, we believe.

Cognitive psychologists have also identified something called the Pollyanna Principle. It means that we process, rehearse and remember pleasant information from the past more than unpleasant information. (An exception to this occurs in

depressed individuals who often fixate on past failures and disappointments.)

For most of us, however, the reason that the good old days seem so good is that we focus on the pleasant stuff and tend to forget the day-to-day unpleasantness.

Self-delusion as an evolutionary advantage?

These delusions about the past and the future could be an adaptive part of the human psyche, with innocent self-deceptions actually enabling us to keep striving. If our past is great and our future can be even better, then we can work our way out of the unpleasant - or at least, mundane - present.

All of this tells us something about the fleeting nature of happiness. Emotion researchers have long known about something called the hedonic treadmill. We work very hard to reach a goal, anticipating the happiness it will bring. Unfortunately, after a brief fix we quickly slide back to our baseline, ordinary way-of-being and start chasing the next thing we believe will almost certainly - and finally - make us happy.

My students absolutely hate hearing about this; they get bummed out when I imply that however happy they are right now - it's probably about how happy they will be 20 years from now. (Next time, perhaps I will reassure them that in the future they'll remember being very happy in college!)

Nevertheless, studies of lottery winners and other individuals at the top of their game - those who seem to have it all - regularly throw cold water on the dream that getting what we really want will change our lives and make us happier.

These studies found that positive events like winning a million bucks and unfortunate events such as being paralyzed in an accident do not significantly affect an individual's long-term level of happiness.

Assistant professors who dream of attaining tenure and lawyers who dream of making partner often find themselves wondering why they were in such a hurry. After finally publishing a book, it was depressing for me to realize how quickly my attitude went from "I'm a guy who wrote a book!" to "I'm a guy who's only written one book."

But this is how it should be, at least from an evolutionary perspective. Dissatisfaction with the present and dreams of the future are what keep us motivated, while warm fuzzy memories of the past reassure us that the feelings we seek can be had. In fact, perpetual bliss would completely undermine our will to accomplish anything at all; among our earliest ancestors, those who were perfectly content may have been left in the dust.

This shouldn't be depressing; quite the contrary. Recognizing that happiness exists - and that it's a delightful visitor that never overstays its welcome - may help us appreciate it more when it arrives.

Furthermore, understanding that it's impossible to have happiness in all aspects of life can help you enjoy the happiness that has touched you.

Recognizing that no one "has it all" can cut down on the one thing psychologists know impedes happiness: envy.

Frank T. McAndrew,
Cornelia H. Dudley
Professor of Psychology,
Knox College

The Right Way to Breathe during the Pandemic

Many people who exercise or engage in yoga also receive the benefits of inhaling through the nose instead of the mouth

The body has many natural defenses against viruses and other pathogens. One antiviral molecule produced in the body is nitric oxide and it is created when we breathe in through the nose.

Inhale through your nose and exhale through your mouth. It's not just something you do in yoga class - breathing this way actually provides a powerful medical benefit that can help the body fight viral infections.

The reason is that your nasal cavities produce the molecule nitric oxide, which chemists abbreviate NO, that increases blood flow through the lungs and boosts oxygen levels in the blood. Breathing in through the nose delivers NO directly into the lungs, where it helps fight coronavirus infection by blocking the replication of the coronavirus in the lungs. But many people who exercise or engage in yoga also receive the benefits of inhaling through the nose instead of the mouth. The higher oxygen saturation of the blood can make one feel more refreshed and provides greater endurance.

I am one of three pharmacologists who won the Nobel Prize in 1998 for discovering how nitric oxide is produced in the body and how it works.

The role of nitric oxide in the body

Nitric oxide is a widespread signaling molecule that triggers many different physiological effects. It is also used clinically as a gas to selectively dilate the pulmonary arteries in newborns with pulmonary hypertension. Unlike most signaling molecules, NO is a gas in its natural state.

NO is produced continuously by the 1 trillion cells that form the inner lining, or endothelium, of the 100,000 miles of arteries and veins in our bodies, especially the lungs. Endothelium-derived NO acts to relax the smooth muscle of the arteries to prevent high blood pressure and to promote blood flow to all organs. Another vital role of NO is to prevent blood clots in normal arteries.

In addition to relaxing vascular smooth

muscle, NO also relaxes smooth muscle in the airways - trachea and bronchioles - making it easier to breathe. Another type of NO-mediated smooth muscle relaxation occurs in the erectile tissue (corpus cavernosum), which results in penile erection. In fact, NO is the principal mediator of penile erection and sexual arousal. This discovery led to the development and marketing of sildenafil, trade name Viagra, which works by enhancing the action of NO.

Other types of cells in the body, including circulating white blood cells and tissue macrophages, produce nitric oxide for antimicrobial purposes. The NO in these cells reacts with other molecules, also produced by the same cells, to form antimicrobial agents to destroy invading microorganisms including bacteria, parasites and viruses. As you can see, NO is quite an amazing molecule.

Nitric oxide gas as an inhaled therapy

Since NO is a gas, it can be administered with the aid of specialized devices as a therapy to patients by inhalation. Inhaled NO is used to treat infants born with persistent pulmonary hypertension, a condition in which constricted pulmonary arteries limit blood flow and oxygen harvesting.

Inhaled NO dilates the constricted pulmonary arteries and increases blood flow in the lungs. As a result, the red blood cell hemoglobin can extract more lifesaving oxygen and move it into the general circulation. Inhaled NO has literally turned blue babies pink and allowed them to be cured and to go home with mom and dad. Before the advent of inhaled NO, most of these babies died.

Inhaled NO is currently in clinical trials for the treatment of patients with COVID-19. Researchers are hoping that three principal actions of NO may help fight covid: dilating the pulmonary arteries and increasing blood flow through the lungs, dilating the airways and increasing oxygen delivery to the lungs and blood, and directly killing and inhibiting the growth and



Breathing in through the nose is an integral part of meditation and delivers virus-fighting gases to the lungs. triloks / Getty Images

spread of the coronavirus in the lungs.

How nitric oxide kills viruses

In an in vitro study done in 2004 during the last SARS outbreak, experimental compounds that release NO increased the survival rate of nucleus-containing mammalian cells infected with SARS-CoV. This suggested that NO had a direct antiviral effect. In this study, NO significantly inhibited the replication cycle of SARS-CoV by blocking production of viral proteins and its genetic material, RNA.

In a small clinical study in 2004, inhaled NO was effective against SARS-CoV in severely ill patients with pneumonia.

The SARS CoV, which caused the 2003/2004 outbreak, shares most of its genome with SARS CoV-2, the virus responsible for COVID-19. This suggests that inhaled NO therapy may be effective for treating patients with COVID-19. Indeed, several clinical trials of inhaled NO in patients with moderate to severe COVID-19, who require ventilators, are

currently ongoing in several institutions. The hope is that inhaled NO will prove to be an effective therapy and lessen the need for ventilators and beds in the ICU.

The sinuses in the nasal cavity, but not the mouth, continuously produce NO. The NO produced in the nasal cavity is chemically identical to the NO that is used clinically by inhalation. So by inhaling through the nose, you are delivering NO directly into your lungs, where it increases both airflow and blood flow and keeps microorganisms and virus particles in check.

While anxiously awaiting the results of the clinical trials with inhaled NO, and the development of an effective vaccine against COVID-19, we should be on guard and practice breathing properly to maximize the inhalation of nitric oxide into our lungs. Remember to inhale through your nose; exhale through your mouth.

Louis J. Ignarro

University of California, Los Angeles

In A Light Vein

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream.

"You might want to write it down," she said.

The husband said, "No, I can remember that you want a bowl of ice cream."

She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream

with whipped cream."

Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top."

So, he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon.

The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

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Capitalism and the coronavirus crisis: the coming transformation(s)

* Cont. from page 2

State economic intervention can manifest highly divergent forms. Here the 1930s may offer some salient parallels. Higher levels of state intervention characterized countries that moved politically to the left as well as to the (far) right. Numerous countries, such as in Sweden and New Zealand, where Labour and Social Democratic parties came to power in this period, or the US under President Roosevelt, embarked on Keynesian deficit-spending policies that reduced mass unemployment, strengthened organized labour and expanded collective social welfare provision.

At the other end of the politico-ideological spectrum, fascist or Nazi regimes, such as Mussolini's Italy and Hitler's Germany, also engaged in large-scale deficit-spending, while destroying liberal democracy, smashing the labour movement, implementing protectionist economic policies, and mobilizing their societies for war.

Growing polarization

In the wake of the coronavirus crisis, the democratic-capitalist world may well undergo a process of political polarization comparable to what occurred in the 1930s. Depending on the shifting distribution of domestic political power, countries may tend toward one or the other of two scenarios. In one, which might be labelled "yellow capitalism" (combining the colours Social Democratic red and green), state intervention would aim to redistribute income and wealth on a greater scale than is the case in most capitalist democracies today and to take more sweeping measures to combat global warming.

"Yellow capitalism" would be fundamentally internationalist, recognizing the fact that the most severe challenges facing humankind are global and can be managed effectively only through comprehensive international cooperation. But it would create scope for governments to protect their economies for specific purposes, such as to combat climate change, for example through carbon tariffs. In this scenario, private business would be much more tightly constrained by state regulation than at the peak of neo-liberal capitalism after the Cold War.

The core support for this incarnation of capitalism, which synthesizes the aspirations of the "old" labour movement and "new" social, especially environmental, movements, would be found in the (especially younger) professional middle classes in the big cities and towns and the unionized working class. Even centrist political parties could support this kind of political agenda.

The other scenario (combining the colour black for nationalism and brown for right-wing populism) might be termed "light-black capitalism". Like "yellow capitalism", it would also be highly interventionist, but would be fiscally regressive rather than redistributive, as has been the thrust of President Trump's tax policy in the US. Climate change would be ignored in favour of maximizing (quantitative) economic growth. Domestic business would be increasingly protected from international competition, while comprehensive immigration controls would offer the (ethnically defined) "people" some protection from the competition of "foreign" workers. The core support for "light-black capitalism" would be in domestic-market-



Photo - clacso.org - Marco A. Gandasegui (h)[1]

oriented business, among residents of small towns, villages and the countryside as well as in declining industrial regions, among "value conservatives" afraid that changes in dominant social values are destroying traditional norms and life-styles, and among "status anxious" workers hostile to immigration.

Rising risks

Which of these two incarnations of a state-interventionist capitalism – "yellow" or "light-black" – becomes the predominant form in the post-coronavirus era will be determined by the outcomes of political struggle and conflict in mostly national political arenas. The only thing that is certain is that, for the time being at least, market-friendly incarnations of capitalism will wither.

So far, in the coronavirus crisis, citizens in most countries have rallied to their governments in a spirit of national unity akin to what has occasionally happened historically at the outbreak of wars. However, we are currently still passing through the first stage – the *public-health* phase – of the coronavirus crisis. Expansionary monetary and fiscal policies and the subsidization – on a massive scale – of short-time work have enabled most governments to postpone the arrival of the second, the *economic and financial*, phase of the crisis. But unless the recovery of the world economy is very rapid, this next phase will materialize. It will be all the more destructive now that a second wave of the coronavirus is upon us, requiring new lockdown measures that will exacerbate the economic problems caused by those taken earlier this year.

This phase of the crisis will likely witness greater, perhaps much greater, social and political upheaval than the first. Regardless of how well or badly some national-populist governments have hitherto managed the crisis so far, the growing socio-economic dislocation and insecurity that will increasingly characterize this second phase of the crisis could give movements based on this kind of ideology a powerful new impetus.

An upsurge of "light-black capitalism" would likely plunge the world economy into an even deeper recession. Even more ominously, it would also increase the probability of large-scale military conflict. As the American economist Otto Mallery wrote during the Second World War: "When goods don't cross borders, soldiers will". In this regard too, the events and trends of the 1930s still provide us today with lessons that we ignore at our peril.

In A Light Vein

A 3-year-old boy sits near a pregnant woman.

Boy: Why do you look so fat?

Pregnant woman: I have a baby inside me.

Boy: Is it a good baby?

Pregnant woman: Yes, it is a very good baby.

Boy: Then why did you eat it?!

Wife: "In my dream, I saw you in a jewellery store and you bought me a diamond ring."

Husband: "I had the same dream and I saw your dad paying the bill."

A mom text, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later."

The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday.

Little Johnny likes to gamble.

One day, his dad gets a new job, so his family has to move to a new city. Johnny's dad thinks, "I'll get a head start on Johnny's gambling."

He calls the teacher and says, "My son Johnny will be starting your class tomorrow, but he likes to gamble, so you'll have to keep an eye on him."

The teacher says, "Okay," because she can handle it.

The next day, Johnny walks into class and hands the teacher an apple and says, "Hi, my name is Johnny."

She says, "Yes, I know who you are."

Johnny smiles and says, "I bet you \$10 you've got a mole on your butt."

The teacher thinks that she will break his little gambling problem, so she takes him up on the bet. She pulls her pants down, shows him her butt, and there is no mole. That afternoon, Johnny goes home and tells his dad that he lost \$10 to the teacher and explains why.

His dad calls the teacher and says, "Johnny said that he bet you that you had a mole on your butt and he lost."

The teacher says, "Yeah, and I think I broke his gambling problem."

Johnny's dad laughs and says, "No you didn't, he bet me \$100 this morning that he'd see your ass before the day was over."



In a light vein



Making the best of it

A little old lady was walking down the street dragging two large plastic garbage bags behind her. One of the bags was ripped and every once in a while a \$20 bill fell out onto the sidewalk.

Noticing this, a policeman stopped her, and said, "Ma'am, there are \$20 bills falling out of that bag."

"Oh, really? Darn it!" said the little old lady. "I'd better go back and see if I can find them. Thanks for telling me, Officer."

"Well, now, not so fast," said the cop. "Where did you get all that money? You didn't steal it, did you?"

"Oh, no, no," said the old lady. "You see, my backyard is right next to a golf course. A lot of golfers come and pee through a knot hole in my fence, right into my flower garden. It used to really tick me off. Kills the flowers, you know. Then I thought, 'why not make the best of it?'"

"So, now, I stand behind the fence by

the knot hole, real quiet, with my hedge clippers. Every time some guy sticks his thing through my fence, I surprise him, grab hold of it and say, 'OK, buddy! Give me \$20 or off it comes!'

"Well, that seems only fair," said the cop, laughing. "OK. Good luck! Oh, by the way, what's in the other bag?"

"Not everybody pays."

Hilarious Punchlines

I'm a nobody, nobody is perfect, and therefore, I am perfect.

I've got to sit down and work out where I stand.

If I save time, when do I get it back?

Where there's a will, I want to be in it.

I am free... of all prejudices. I hate everyone equally.

Take my advice, I don't use it anyway!

Like I said before, I never repeat myself.

Sometimes I need what only you can provide: your absence.

A conscience does not prevent sin. It only prevents you from enjoying it.

If at first you don't succeed, skydiving is not for you.

War doesn't determine who's right. War determines who's left.

Best way to prevent a hangover is to stay drunk.

Doesn't expecting the unexpected make the unexpected become the expected?

I was born intelligent, education ruined me.

A bus station is where a bus stops. A train station is where a train stops.

On my desk, I have a work station. What more can I say?

If it's true that we are here to help others, then what exactly are others here for?

Since light travels faster than sound, people appear bright until you hear them speak.

How come 'abbreviated' is such a long word?

Don't frown. You never know who is falling in love with your smile.

Living on earth may be expensive, but it includes an annual free trip around the Sun!

Your future depends on your dreams. So, go to sleep!

Alcohol kills slowly. So What? Who's in a hurry? Not me anyway!

Can you do anything that other people can't? Sure, I can read my handwriting.

Actually, everyone throughout the world has kept giving the example of Tortoise... saying that slow and steady wins the race and emphasizing the value of persistence and dedication.

Well! No one has ever bothered to ask the Hare his side of the story.

So let me tell you the story from a different point of view. I met the hare and sat down with him for a heart to heart talk. This is what he had to say after we spent the better part of a balmy summer afternoon getting to know one other. It was a wonderful experience, believe me...

"Yes, I am the hare who lost. No, I did not get lazy or complacent. Let me explain.

I was hopping over the meadows near the hills and looked back to realize that the tortoise was nowhere to be seen.

Assured of my healthy lead, I decided to take a short nap under the large banyan tree near the pond.

The anticipation of the race had kept me up all night.

For days, that old silly tortoise had boasted about his ability to plod for hundreds of miles without stopping.

Life is a marathon, he said, not a sprint. I wanted to show him that I could run both far and fast.

The shade of the tree was like an umbrella.

I found an almost oval rock, covered it with grass, and turned it into a makeshift



Here's the hare's side of the story

pillow.

I could hear the leaves rustling and the bees buzzing - it felt they were collaborating and even conspiring to put me to sleep.

And it didn't take them long to succeed. I saw myself drifting on a log in a beautiful stream of water.

As I came near the shore, I found an old man, with a flowing beard, sitting on a rock in a meditative pose. He opened his eyes, gave me an all-knowing smile, and asked: "Who are you?"

"I am a hare. I am running a race."

"Why?"

"To prove to all the creatures in the jungle that I am the fastest."

"Why do you want to prove that you are the fastest?"

"So that I get a medal which will give me status which will give me money which will get me food..."

"There is already so much food around." He pointed to the forest in the distance. "Look at all those trees laden with fruits and nuts, all those leafy branches."

"I also want respect. I want to be

remembered as the fastest hare who ever lived."

"Do you know the name of the fastest deer or the largest elephant or the strongest lion who lived a thousand years before you?"

"No."

"Today you have been challenged by a tortoise. Tomorrow, it will be a snake. Then it will be a zebra. Will you keep racing all your life to prove that you are the fastest?"

"Hmm. I didn't think about it. I don't want to race all my life."

"What do you want to do?"

"I want to sleep under a banyan tree on a makeshift pillow while the leaves rustle and the bees buzz. I want to hop over the meadows near the hills and swim in the pond."

"You can do all these things this very moment. Forget the race. You are here today but you will be gone tomorrow."

I woke up from my sleep. The ducks in the pond looked happy. I jumped into the pond, startling them for a moment. They looked at me quizzically.

"Weren't you supposed to be racing with the tortoise today?"

"It's pointless. An exercise in futility. All I want is to be here. Hopefully, someday, someone will tell the world my story. That I lost the race but got back my life."

What does it mean to be in a healthy relationship?

There's no denying that being in a healthy relationship is something most people with a loved one strive for, but the lofty phrase can mean something different to every individual. "A 'healthy' relationship is equitable," says Denver-based psychotherapist Alysha Jeney, MA, MFT-C, and CEO and founder of The Modern Love Box. "It means you both are equally committed and respectful to each other's needs and requests. You have the same core values, goals, and ideals of a partnership."

So how do you form this kind of mutually supportive and respectful union? Jeney weighs in on some of the most important aspects, from communication and intimacy to dating and proposes a road map to building and fostering the relationship you deserve.

Communication

It's no secret that good communication is a pillar of any healthy relationship. According to Jeney, vulnerability is a key indicator that you and your significant other (S.O.) have strong communication skills. "You are able to be vulnerable and feel validated by your partner," she explains. "Some red flags would be the opposite: You don't feel validated; you don't feel understood; you are afraid of conflict; you can't ask for what you need; you don't have emotion or deep conversations ever." In order to maintain healthy communication in a relationship, Jeney has a few recommendations.

1. Go to counselling. "Counselling can be a positive experience and can offer you both preventative tools to help you both understand each other better," she offers.

2. Designate time to talk. Jeney advises planning a time to discuss certain

topics with your S.O. Use this time to talk about anything from daily obligations to deeper emotional issues.

3. Work on listening skills. "Most of the time we are 'bad' at communicating because we are really bad at listening. Try reflecting what you heard your partner say (and) put yourself in their shoes." She advises using phrases like "I can imagine you feel..."

4. Think about self-awareness. "Check in with yourself. Do you know what you are feeling, what you need, if you are projecting?" Checking in with yourself will better allow your partner to understand you, according to Jeney.

5. De-escalate and talk calmly. If you are vulnerable and get straight to the point without simply reacting, you can better communicate with your S.O.

Intimacy

Intimacy is also key in a healthy relationship, but this can mean something different to everyone. Although Jeney believes that sex is "extremely important" in a relationship, she doesn't subscribe to the ideology that there is a magic number for how often a happy couple should have sex. "I believe the needs of physical intimacy is different for everyone," she states. "I don't agree that the act of sex itself will change your level of happiness, especially as couples are craving other forms of vulnerability and intimacy in order to even enjoy sex to the fullest." While Jeney is clear that even in healthy relationships, people can experience a lack of desire for sex, there are steps you can take to maintain healthy intimacy in your relationship.

1. Talk about it. Jeney suggests asking questions like "What does intimacy mean to you?" or "How do you



experience intimacy with me?"

2. Set expectations. "Talk about your expectations of yourself, as well as your expectations around quantity versus quality," says Jeney.
3. Find other forms of intimacy. Intimacy doesn't always have to take place in the bedroom. Think about how something as simple as dinner can be an intimate activity.
4. Seek balance. "You shouldn't want to be completely complacent at all times in your relationship for the rest of your life, but you should also feel a sense of gratitude for the normal complacency that is cultivated when two people feel a sense of comfort with each other," says Jeney. She recommends discussing what a healthy balance might look like in your relationship with your partner.
5. Enhance your intimacy. "Couples sometimes need the encouragement,

designated time and space, and/or the tools to enhance parts of their intimacy," explains Jeney. She says this is the reason she and her husband/business partner created The Modern Love Box. "Our subscription box is filled with the inspiration, guides, and products to help you both enhance your connection and level of intimacy."

Dating

Even in long-term relationships, dating plays a vital role in not only maintaining romance but in connecting as a couple. "I think it's important to connect weekly. You don't necessarily have to go out on date nights, but rather set intentional time for each other," says Jeney. This quality time together can be whatever you and your partner want. Think about how you like to spend your time and what activities can continue to help you bond and connect. The most important thing to remember is to be true to yourself. According to Jeney, a common mistake couples make is not exposing their authentic selves to each other. When it comes to dating, pick activities that you genuinely enjoy together as a couple. Get inspired by a few ideas below.

1. Spend a day at the beach with a picnic and each other's company.
2. Go see a picture or theater performance and discuss what you thought of the cultural experience.
3. Cook a meal together and make memories in the kitchen.
4. Look through family photo albums together and share stories about your pasts.

Christie Calucchia

Healthy Living

These breast cancer symptoms often go unnoticed



Lumps aren't the only sign that something could be wrong

Many women aren't aware that breast cancer can present as nipple abnormalities, breast pain and breast skin abnormalities.

Around 1 in 6 women eventually diagnosed with breast cancer initially go to their doctors with a symptom other than a lump, according to a new study conducted in England, reports Stephanie Pappas of Live Science.

Women who have a symptom of breast cancer other than lumps are also more likely to wait to see a doctor, compared with women who do have lumps, the researchers found. That might put them at risk of worse outcomes if the cancer isn't caught quickly.

"It's crucial that women are aware that a lump is not the only symptom of breast cancer," study leader Monica Koo, a doc-

toral candidate at University College London, said in a statement. "If they are worried about any breast symptoms, the best thing to do is to get it checked by a doctor as soon as possible."

Breast cancer symptoms

Koo and her colleagues used data from the English National Audit of Cancer Diagnosis in Primary Care involving about 2,300 women who were diagnosed with breast cancer between 2009 and 2010.

In total, 83 percent of these women had a breast lump, the most well-known symptom of breast cancer. Seven percent had nipple abnormalities, 6 percent had breast pain, 2 percent had breast skin abnormalities and 1 percent had breast ulceration. Less than 1 percent each had abnormalities of the contour of the breast or breast infections.

A small number of women also reported symptoms that weren't related to the breast itself. One percent had a lump in the armpit, 1 percent experienced back pain and less than 1 percent experienced muscle pain or breathlessness.

The researchers then grouped the

patients together by symptom clusters. The researchers found that 76 percent of all the women had a breast lump as their only symptom, and 11 percent had a breast symptom that was not a lump as their only symptom, and 5 percent had only a non-breast symptom.

Six percent had a breast lump as well as at least one additional breast symptom.

Getting care

The researchers then looked at how long it took the women to get to the doctor after their symptoms started.

"This research shows that, all too often, women are delaying going to their doctor with symptoms of breast cancer," Karen Kennedy, director of the National Cancer Research Institute (NCRI) in the U.K., said in a statement. "This could be because people are simply unaware that breast cancer can present in many different ways, not just through the presence of a lump. With a disease like breast cancer, it's essential to be diagnosed as early as possible so that a treatment plan can be developed and started."

Anushka Sharma, Alia Bhatt, Shraddha Kapoor... Bollywood actors who turned vegetarians



As Riteish Deshmukh-Genelia Deshmukh and Bhumi Pednekar announced about turning vegetarians, DNA takes a look at other Bollywood celebs who did it before.

Bhumi Pednekar announced last October that she has turned into a vegetarian. The actor revealed that she has not been eating non-vegetarian food for over six months and continues to do so. Talking about the same, she had said in a statement, "For many years I had the want to go vegetarian but breaking habits are the toughest thing to do. My journey with Climate Warrior taught me a lot of things and I just didn't feel like eating meat anymore."

Before Bhumi, Riteish Deshmukh and Genelia Deshmukh announced that they have become vegetarians in order to have healthy organs as they pledged to donate it.

There are numerous Bollywood celebrities who have been practising vegetarianism and veganism for several years now. Celebs namely Alia Bhatt, Anushka Sharma, Jacqueline Fernandez, Richa Chadha, Shahid Kapoor, Shraddha Kapoor, Sonam Kapoor and many others have spoken about changing their lifestyle.

Many are ardent animal lovers and stated that as the major reason for giving up consuming non-vegetarian food.

Alia Bhatt

Alia Bhatt had earlier revealed that she has adopted a vegetarian diet to stay healthy. As per *Cosmopolitan India*, the actor had said, "It's definitely because of the heat that I am staying off meat, and I'm beginning to enjoy my new diet. I never was a hardcore non-vegetarian anyway. As of now, I am a vegetarian, and I hope it will last."

Anushka Sharma

In 2018, Anushka Sharma announced that she is a vegetarian. She had said, "Going vegetarian was one of the best decisions I ever made. I have more energy, I feel healthier, and I'm so happy that no animals had to suffer for my meals."

Bhumi Pednekar

Being a climate warrior, Bhumi Pednekar has decided to go vegetarian. Bhumi says: "I was never heavy on non-vegetarian, but I took a call in the lockdown. It was actually something that happened organically. It's been six months and I'm good, guilt-free and feel physically strong

as well."

Genelia Deshmukh

On ditching meat, Genelia Deshmukh had confessed, "Turning vegetarian was a choice I took a couple of years ago. I honestly thought it was going to be really tough but I was determined to make it work. On my journey I realised the beauty of plants, the various colours I see through them and eventually the nutrients I get through them but most importantly I feel less cruel to animals..."

Jacqueline Fernandez

An ardent animal lover, Jacqueline Fernandez decided to give up meat and live a healthy life with vegetarian diet. Moreover, she has been on a meat and dairy free diet for many years now.

Richa Chadha

Richa Chadha has been following veganism since 2014. She had recently discussed with PETA about going vegan. The actor said, "I wanted to be able to talk about it without sounding preachy. The whole concept of veganism stems from 'live and let live', so the idea is not to force people to convert to veganism. Food is connected with culture and nostalgia. But by speaking about it in a practical fashion, we are hoping that people give this a shot. They can start by becoming vegan a few days a week. Hopefully, 2020 will usher in a lot of changes in mindset."

Riteish Deshmukh

Riteish Deshmukh, who has pledged to donate his organs recently opened up on becoming a vegetarian. The actor said, "I have given up non-vegetarian food, black coffee and aerated drinks. I want to keep my body healthy. And eventually, when the time comes for donating my organs, people should say, 'Jaate jaate healthy organs chhod kar gaya' (he left healthy organs)."

Shahid Kapoor

After stumbling upon the book 'Life Is Fair' by Brian Hines, Shahid Kapoor completely transformed his lifestyle

and became a pure vegetarian. He has been strictly following it for more than a decade now.

Shraddha Kapoor

In 2019, Shraddha Kapoor turned into vegan and talking about the same, she had stated, "I think I am a smart eater. I love food, so I eat what I like. I love vada pav so I eat that too, but I also work out. Or else, at night I may just have soup. But I can't get too restrictive about my food as it's an important part of my happiness."

Sonam K Ahuja

Sonam Kapoor has been practising vegetarianism for many years and she turned into a vegan eventually. Sharing the same, the actor had said, "I've been vegetarian for many years, but I became vegan this year. I believe in making compassionate choices. So much so, I am having soya milk coffee now, I don't even have dairy."



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'I have never let TRPs of my show affect me': Hiten Tejwani

Hiten Tejwani's latest show *Gupta Brothers - Chaar Kunware From Ganga Kinaare* may not be doing well TRPs wise, but the actor says he is unaffected by the number game. "Yes, I am aware that the TRP of *Gupta Brothers* has not been very good but as an actor, I have never let these things affect me. If an actor starts getting affected by TRP then how will he act? As an actor, I am giving my best and leaving everything to the audience. Also, I feel that it is very early to say that the show is doing well or not as the show is very new. It takes time for a show to build a loyal audience," says Hiten.

However, the actor says he is aware that channels and makers don't give too much time to a show. "Gone are the days when we used to have a healthy competition between shows, but today it is a different ballgame. Everything is so quick. I am aware that recently only two new shows have taken off air because of low TRP but they were just launched!

"A show should be given at least eight months to build a loyal audience and to work. You can not just expect it to work immediately. Some shows take time. Even in our show *Gupta Brothers* we have changed the track from comedy to complete drama now because of the dip in



TRP. I am sure and quite hopeful that this will and should work now. Even if the show doesn't work, I am not quitting it as of now, unless it is pulled off air. I am quite happy doing the show. There is so much of competition out there today that getting numbers in a short span is a real challenge for everyone," adds the actor.

'Dheeraj Dhoopar & I experiment with styles', says 'Kundali Bhagya' co-star Abhishek Kapur

Abhishek Kapur, who plays the role of Sameer Luthra in *Kundali Bhagya*, recently spoke about his equation with Dheeraj Dhoopar, who plays the role of Karan in the show. In an interaction with TellyChakkar, Abhishek mentioned that 'Dheeraj and he experiment with their styles for the show'. More so, Kapur stated that he loves wearing caps, and Dheeraj's on-screen character Karan loves it as well. Abhishek continued that 'when he wears a cap on-screen, Dheeraj doesn't, and it's vice-versa', reports Republic World.

Adding to this, Abhishek Kapur expressed that Dheeraj and he have a great tuning in such things and it's not just them 'but also other male actors including Sanjay Gagnani and Mani Jaura'. Talking about his equation with Dheeraj Dhoopar, Abhishek said that 'he shares a great bond with the latter' and that 'they are like brothers'. More

so, they also have lots of fun on the sets of *Kundali Bhagya*, stated Abhishek.

Abhishek, time and again, keeps sharing glimpses from the sets of *Kundali Bhagya* on Instagram. Recently, he posted a photo that featured Dheeraj, Mani Jaura and Naveen Saini. Sharing the photo, Kapur wrote, 'The men of Luthra House'. Soon, fans flooded the comments section of the post with love and hearts. The daily soap is quite popular among the audience. Several fan clubs on Twitter share stills from the show and pen their views about the on-going drama in *Kundali Bhagya*.

Apart from *Kundali Bhagya*, Dheeraj Dhoopar has also stepped into Sharad Malhotra's shoes to play his role in *Naagin 5*, alongside Surbhi Chandna. Dheeraj will temporarily take over his role as Malhotra has tested positive for the novel coronavirus.

Yeh Hai Mohabbatein's Aditi Bhatia

Back in India after months of being stuck in the US due to lockdown

Yeh Hai Mohabbatein fame Aditi Bhatia is back in Mumbai after being away for months in the US due to the lockdown, reports Times of India.

Dressed in black from top to toe, Aditi looked visibly excited and happy to be back in India. In her car, the actress shared she was happy about the clear roads, which is an unusual sight in Mumbai otherwise.

Not just this, she even shared her Whatsapp chats with mom, who was elated to have her back in the city. The actress is currently quarantined at her home, and relishing home cooked food. She also shared glimpses of walking around in her house and cherishing the feeling of being home.

It's only recently that Aditi celebrated her 21st birthday in the US. She was wished by several popular television celebs including former co-stars Divyanka Tripathi, Gaurav Wadhwa and Vikas Kalantri.

Talking about her being stuck in the US, Aditi had told BT in April, "I just want to return to India, quarantine myself for 14 days and be with them. I am terribly homesick. Having said that, just the thought of travelling is scary because of the increasing number of Covid-19 cases in the US. We are waiting for things to return to normal."

She also added, "It would have been better if I were home with nani and mom even if there was a lockdown. I would have at least been in India in my own home."



3 years of Kundali Bhagya: Shraddha Arya aka Preeta says 'Made a bigger family with fans'

As *Kundali Bhagya* completed three successful years of running recently, Shraddha Arya aka Preeta took to her social media handle to express her gratitude and share some fond memories with her fans. Here's what she had to say to Pink Villa.

Within a few episodes of the show's release, *Kundali Bhagya* carved a special place in the hearts of the audience and started ruling the TRP charts. The romantic drama starring Dheeraj Dhoopar (Karan), Shraddha Arya (Preeta), and Mani Jaura (Rishabh) in the lead roles, kept the viewers glued to their screens with their amazing acting chops and intriguing storyline.

The daily soap has completed three

successful years of running on TV. The show began as a spin-off to *Kumkum Bhagya*. However, little did anyone know that time that both, *Kumkum Bhagya* and *Kundali Bhagya* would capture millions of hearts and rule the TRP charts also, but they did and how! As *Kundali Bhagya* celebrates its third birthday, lead actress Shraddha Arya took to her Instagram handle to share an adorable throwback picture, express her gratitude to the team and fans, and also shared her feelings.

The actress shared her first photo dressed as Preeta for *Kundali Bhagya* before the show's launch, wherein she looks beautiful in printed peacock green and pink dress. She took down the memory lane and penned down her feelings of being part of the show since its inception and expressed how beautiful this three-year journey with *Kumkum Bhagya* has been.





Mardi 17 Nov - 21.05

Virtual Revolution

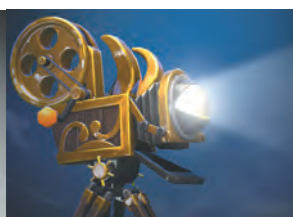
Avec: Mike Dopud, Jane Badler,
Jochen Hägele

Mercredi 18 Nov - 21.00

Snake Fist Of A Buddhist Dragon



Jeudi 19 Nov - 21.15

Avec: Melissa McCarthy, Kristen Bell,
Peter Dinklage

MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
mardi 17 novembre 07.20 Local: Sekirite La Route 07.35 Local: Lavi Zoli An XXL 08.30 Local: Rodrig Prog 09.45 Local: Le Defi De Pascal 10.15 Local: Fam Model 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.55 Local: Elle - No8 13.50 Local: Voyage Au Femini 14.30 D.Anime: The Zoo 14.41 D.Anime: Little People 15.37 D.Anime: Astrology 17.05 Serial: Grandpa In My Pocket 17.30 Mag: Zoboomafoo 18.00 Live: Samachar 18.30 Serial: Jamai Raja 19.30 Journal & La Meteo 20.10 Local: Priorite Sante 20.40 Local: Generations J 21.05 Film: Black Wake 22.45 Serial: The Blacklist	mardi 17 novembre 10.00 Serial: CID 10.43 Serial: Ye Vaada Raha 12.04 Film: Aasoo Bane Angaarey Starring: Jeetendra, Madhuri Dixit, Deepak Tijori 14.20 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 Mehendi Tohra Naam Ke 17.14 Kullfi Kumarr Bajewala 18.00 Serial: Bloody Romance 18.30 DDI Magazine 20.00 Local: Tamil Programme 20.30 Film: Aa Gale Lag Ja Starring: Shashi Kapoor, Sharmila Tagore, Shatrughan Sinha 22.58 DDI Live	mardi 17 novembre 06.00 Mag: Eco@Africa 06.26 Mag: Green Touch 07.00 Mag: Voa Connected 08.00 Doc: Amazing Gardens 09.02 Doc: 360 GEO 10.15 Mag: Washington Forum 11.30 Mag: Eco@Africa 11.56 Mag: Green Touch 12.00 Mag: Arts And Culture 12.17 Mag: World Stories 12.58 Mag: Urban Gardens 13.28 Doc: Amazing Gardens 14.27 Doc: 360 GEO 15.16 Doc: Global 3000 16.12 Doc: The Berlin Wall,... 17.00 Mag: Eco@Africa 17.39 Mag: Voa Connected 18.27 Mag: Green Touch 18.35 Doc: Guilt-Free Brew 19.00 Student Support Prog... 19.34 Mag: Made In Germany	mardi 17 novembre 01.32 Film: The Evil Within 03.06 Serial: Chicago Med 03.47 Film: Runaway 05.06 Tele: Totalement Diva 06.40 Film: Clarity 09.00 Serial: The Magicians 09.45 Tele: Soleil Levant 10.35 Tele: Tanto Amor 11.00 Serial: Chicago Med 12.00 Film: Runaway 13.35 Tele: Totalement Diva 14.48 Film: Clarity 16.40 Serial: The Magicians 17.23 Serial: S.W.A.T 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: Virtual Revolution 22.47 Tele: Totalement Diva 23.38 Serial: The Magicians	mardi 17 novembre 08.00 Film: Angooray 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 - Ikyawann 15.30 Film: Don Starring: Amitabh Bachchan, Zeenat Aman and Pran 18.00 Live: Samacher 18.30 Kundali Bhagya 18.51 Piya Albela
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Jeudi 19 Nov - 15.20

Stars: Salman Khan, Kajol,
Arbaaz Khan

Jeudi 19 Nov - 20.30

Stars: Shahid Kapoor, Shraddha
Kapoor, Divyendu Sharma

Breakfast With Bwana

Hubris and A Comeuppance



Anil Madan

It is not a great surprise that the right-wing media types are cheering Trump's failure to concede the election as evidencing his fighting spirit. Nor is it surprising that left-wing media types and Democrats are castigating him for that refusal, even raising the spectre of threats to national security. This is all nonsense. The next president's term does not begin until January 20, 2021. There is plenty of time for Joe Biden and Kamala Harris to be briefed on national security. And nothing prevents them from beginning the process of creating their administrative infrastructure. Certainly, it would be better for Trump to allow the General Services Administration (GSA) to give them office space and access to funds, but that will happen in due course.

Aside from the theoretical possibility-between slim and nonexistent-that the outcome of the election might be changed by recounts and lawsuits, it is not really that difficult to understand Trump's recusance. Let's take a look. The truth is that Donald Trump will be able to concede only when he acknowledges the crushing collapse of his greater delusion.

Donald Trump is the quintessential used-car salesman or real-estate salesman willing to sell you that old ailing jalopy as a cream puff or tell you the dilapidated barn is a five-star property. The problem is that this time, Biden the old jalopy ran over him as he was making his pitch. And the jalopy was going downhill as it went right through the barn door.

Trump's hubris is the stuff of legend. Recall when he said that he knew more about ISIS than did the Generals who had been directing the Afghan war or anti-ISIS operations elsewhere. I remember laughing when Trump actually said: "If Cory Booker is the future of the Democratic Party, they have no future! I know more about Cory than he knows about himself." It takes some level of shamelessness to proclaim that you know someone else better than he knows himself.

Remember too, that he has decried science not only when it comes to the Covid-19 virus, but also on climate change, vaccinations, energy, nuclear

It is said that the character trait that gets a person to the top often becomes the flaw that brings him (or her) down. So it was with Trump



Donald Trump is the quintessential used-car salesman or real-estate salesman willing to sell you that old ailing jalopy as a cream puff. Photo - overland.org.au

“Donald Trump is the quintessential used-car salesman or real-estate salesman willing to sell you that old ailing jalopy as a cream puff or tell you the dilapidated barn is a five-star property. The problem is that this time, Biden the old jalopy ran over him as he was making his pitch. And the jalopy was going downhill as it went right through the barn door...”

weapons, nuclear power. In short, on practically any subject his lack of knowledge doesn't stop him from expressing his learned opinions.

Trump is accustomed to having his bullying tactics work. He has gotten away with his nonsense for decades. And he undoubtedly thought Biden was an easy pick. There was the time when, at one of his rallies, he played a video of Biden's inconsistent statements and gaffes and smirked, all the while shaking his head as unmasked Trumpkins surrounding him cheered loudly.

But then it all came crashing down.

It is said that the character trait that gets a person to the top often becomes the flaw that brings him (or her) down. So it was with Trump.

When the world was confronted with the spectre of the coronavirus, something that even the most expert virologists, epidemiologists, and immunologists did not understand, Trump declared that he knew more about it than anyone else. He even assured us that it would just go away. He had the option of deferring to Drs Fauci, Birx, and the scientists at the Centers for Disease Control (CDC) and elsewhere. This would have given him a built-in excuse that he had followed the recommendation of experts. If it worked, he could have claimed credit. If not, it was-

n't his fault. But his brazen shamelessness came to the fore once again when in the midst of a surge in infections and deaths, he proclaimed "We have turned the corner."

Trump's failure in dealing with the pandemic is palpable and sustained. Whatever his supporters may think, it is not lost on Americans that his bungling approach to the virus, his disdain for masks and social distancing have resulted in horrific spikes in the number of cases nationwide. Whatever this stable genius may have hoped to do to contain this virus, it has outwitted him and his incompetence. As Americans were suffering and dying, voters were reminded daily of his hubris and incompetence. Worse, the denial of truth now had a measurable consequence.

It may not be fair to say that Trump was more concerned about the economy and the stock market than the pandemic but he certainly gave them an inordinate focus. The stock markets didn't love him back. Rather, the stock markets gave him a mighty slap in the face when the indices rallied sharply as it became apparent that Biden was the winner. This proved, as I have written, that the stock market's performance has very little to do with Trump. This had to sting.

The truth is that the market was probably not cheering a Biden win as much as the prospect that if the Republicans retain control of the Senate, a rise in corporate taxes is unlikely. Never mind that the budget deficit and national debt are two other viruses spiralling out of control.

Worse yet, the election was not a swamping 'blue wave' that gave Democrats victories down-ballot. Rather, Republicans gained seats in the House and retained control of state governorships and legislatures.

As the so-called Leader of the Republican Party lost, the party won without him. Here was another slap in the face.

Then there was the matter of the

vaccine. Pfizer announced, after the election, that its vaccine had proven 90% effective. Pfizer claims not to have taken any money from the government so as to maintain its independence. But it obviously stung Trump that this development was not announced before the election.

Parenthetically, I note that Pfizer's CEO sold \$5.6 million worth of stock in the company on the day of the announcement. If Pfizer's announcement was hubris, its CEO made hay. Trump was left with the hash he has made.

As we can see, Trump has all but given up governing. He sulked for days on end, played golf, and tweeted about a rigged election. He has seemingly come around by issuing an executive order preventing American investments in certain Chinese companies and crowing about Project Warp Speed and its rapid development of several potential vaccines.

The final blow comes from the Election Infrastructure Government Coordinating Council (GCC) Executive Committee and the Cybersecurity and Infrastructure Security Agency (CISA) that:

"The November 3rd election was the most secure in American history.... There is no evidence that any voting system deleted or lost votes, changed votes, or was in any way compromised."

"While we know there are many unfounded claims and opportunities for misinformation about the process of our elections, we can assure you we have the utmost confidence in the security and integrity of our elections, and you should too...."

Here too, Trump is caught between his hubris and a comeuppance. While trying to take credit for the conduct of the election, he nevertheless tweeted that the Democrats had somehow stolen or rigged this most secure of all elections.

Three days ago, I predicted that Trump would concede within ten days. At today's (Friday 13 Nov) news conference, he made a slip of the tongue indicating that he knows the jig is up. Seven days to go.

Now, it's time for Trump to dance the jig as he comes to swallow the rebuke. It is difficult to imagine that a President could be so incompetent as to lose an election with the stock market soaring and the economy generally in great condition except for sectors that fell apart due to no fault of his. But he took on the mantle of the used-car salesman. And Americans did not want to go along for the ride.

As for that barn, the horse had bolted long before he thought to close the door.

Cheerz...
Bwana