

# MAURITIUS TIMES

• *"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient". -- Daniel Kahneman*

## Our Winter of Discontent



What have we learned through the pains and sufferings, what have we understood and what has really changed one year later?

Jan Arden 📧 See Page 3

Qs & As - Crossing The Floor

## Politics is often a matter of big money and private interests



By LEX 📧 Page 5

## Inflation might well keep rising in 2021 - but what happens after that?

By Brigitte Granville, Queen Mary University of London 📧 See Page 2



## From 'Know Thyself' to 'Be Yourself'

By Dr R Neerunjun Gopee 📧 See Page 4



## Environmental, Social and Corporate Governance

LUX and New Mauritius Hotels have disclosed more about their bailouts to the public than the MIC has disclosed. The likes of Mauritius Telecom and the State Bank of Mauritius have miles to go when it comes to enhancing governance frameworks, corporate disclosures and moving towards the ESG way

By Sameer Sharma 📧 See Page 6



# Geopolitical Balance in the Indian Ocean

**C**learly the first thing that we must take into account when the issue of developments taking place in Agalega comes up is that we have to pragmatically acknowledge the new circumstances that have developed in the Indian Ocean region. There are new regional players, an endemic hostile environment north of the Gulf states, and a geomilitary thrust by large powers, along with the constant threat of piracy along the African coast. Definitely we cannot ignore this changed and evolving context, and our focus must perforce be on our security as a small island state, which depends on the **geopolitical balance** in the region. Our goal should be to ensure that we are strategically aligned with the equation which is in the country's interest both politically and economically on a long-term basis.

In this context we have to acknowledge some realities that have prevailed in the Indian Ocean region since long, as they were spelt out by Jan Arden in an earlier article in this paper. There is a considerable Western military and naval presence in the Indian Ocean, such as the USA through its Fifth Fleet based in Bahrain, its military base in Djibouti known as Camp Lemonnier, guarding the Red Sea, and its aero-naval base in Diego Garcia. Besides playing a deterrent and defensive role in safeguarding security in the aftermath of the Iraq-Kuwait invasion and the generally volatile Middle East, it is also a key stabilizing force for ensuring safety in the North Indian Ocean Sea Lines of Communication (SLOCs) in a zone through which vital oil supplies are routed.

Then there is France which, through its overseas departments and *'territoires outre-mer'* inside the Indian Ocean, notably Reunion, Mayotte and a string of small islands further south, has claims to have its fleet, submarines or nuclear-powered aircraft carriers patrolling this Ocean, and, in particular, the pirate-infested areas off the Mozambique channel and up the Somali coastline.

On the other hand, through the initiative of President Nelson Mandela and his Indian counterpart, a multilateral treaty called the Indian Ocean Rim Association for Regional Cooperation (IOR-ARC) was officially launched in 1997 and among its major areas of concern were maritime security and the Blue Economy, and that may be how India became drawn more strategically in the Indian Ocean in recent times.

In the meantime, the most significant change that has taken place, has been no doubt China's stupendous economic growth since the nineties with an insatiable demand for massive oil and raw materials from Africa and the Middle-East, to be necessarily routed through

the Belt and Road Initiative and the Indian Ocean. And 'That is the core of Chinese anxiety: that its economic powerhouse might be throttled up by any other super-power through its exposure to the SLOC in northern Indian Ocean. It may have been one reason it leased Djibouti land for its first overseas military and naval base (officially launched around September 2017), allowing its naval fleet, including aircraft carriers and, reportedly nuclear-powered submarines, to offer some patrolling capacity towards international security in trade routes so vital to its own needs.'

It is worth noting that China is the only power which is entirely non-bordering of the Indian Ocean, but that has not prevented it – nor has there been any local outcry – from establishing its 'String of Pearls' extending from the Chinese mainland to Sudan Port, with military facilities in Bangladesh, Pakistan and Sri Lanka, where it is creating the large Port City of Hambattha, which is an autonomous region in the country. Sri Lankan citizens who will be working there need a passport – in what is their own country!!

But has there been any coverage by Al Jazeera about all these military developments? Not that we know of. Whatever Al Jazeera says about India is with a heavy bias against that country - as were its invariably negative coverages about the Covid situation there. It is therefore no surprise that, as pointed out by Prime Minister Pravin Jugnauth, it allegedly did not present the latter's version fully regarding the questions that it had put about Agalega. Why?

It would therefore be better to stick to the official version given in answer to PNQs by the PM, namely the development of the infrastructural works at Agalega and their use by both Mauritian and Indian authorities, that there will be no stockpile of weapons at Agalega which would thus not qualify as the development of a military base – unlike what obtains in the case of US/Chinese/French engagement when they set up their military bases in the region and elsewhere.

We must reiterate the importance of maintaining a **geopolitical balance** in the region, and as an important riverine state directly concerned by the security aspect for our country, we must play our role adroitly, between allies and friends, each with its own geo-strategic interests, so that we are in a win-win situation. Either way and whatever further developments take place we must obtain guarantees on some key fundamentals: that we retain absolute sovereignty over Agalega, that the rights and dignity of the inhabitants of Agalega as Mauritian citizens will be unconditionally upheld (that is, Agalega will not be another Diego Garcia), and that they will fully benefit from any facilities that become available there, such as health, education and employment locally.

## The Conversation

### Inflation might well keep rising in 2021 - but what happens after that?



**T**he US Federal Reserve has just reassured the markets that it doesn't expect inflation to get out of hand in the coming months. It comes as concerns about serious inflation damaging the global economy have reached fever pitch, particularly since recent Labor Department data showed that American inflation rose 4.2% over the 12 months ended April - the highest since the global financial crisis of 2007-09. In the euro area, inflation seems certain during the rest of this year to break out above the European Central Bank target of "close to but below 2%".

Central bankers on both sides of the Atlantic say that these price rises are a temporary consequence of the whiplash effect of the COVID-19 pandemic on demand. Supply chains in everything from commodities to semiconductors have been disturbed by demand first collapsing and then surging back, making prices very volatile. On this rationale, inflation will settle down once the pandemic recedes.

Critics point to the risks of price pressures setting off a chain reaction where everyone expects future price rises, causing a true inflationary episode where prices persistently increase across the board.

This debate about the near-term outlook is matched by an equally lively debate about long-term inflation, relating to drivers such as the effect of baby boomers retiring, China's changing labour force, automation and so on. So who is right in all this? Are the inflation numbers a blip or are we seeing a gathering storm?

#### Lessons of the 2010s

In Remembering Inflation, a book I published in 2013, I attempted to weave together various strands of this subject by looking at the breakthroughs in economists' thinking about the causes and cures of inflation inspired by the "stagflation" of the 1970s, where inflation and unemployment both sharply increased.

My timing with that book was poor. The global economy's faltering recovery from the global financial crisis was characterised by the opposite problem - deflation - where people expect prices to fall. As overstretched firms and households retrenched during the early 2010s, it should have fallen to governments to generate needed demand by ramping up public spending. Instead, fashionable notions of balancing the books using austerity got in the way.

**Brigitte Granville**

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● Cont. on page 11

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# Our Winter of Discontent

*What have we learned through the pains and sufferings, what have we understood and what has really changed one year later?*

Jan Arden

**L**ike every country, even insular ones, the resilience of our country's health infrastructure, institutional integrity and governance, economic fundamentals and social solidarity has been under severe test ever since the Covid-19 worldwide pandemic, raging outside, managed to infiltrate our shores sometime in early 2020 leaving us now plagued by a furiously infective variant.

Our pandemic misfortunes were compounded when the Japanese-owned tanker MV Wakashio evaded all our national monitoring and radar scanning systems, leaving our National Coast Guard prevention and intervention forces helpless as it drove onto our coral reefs on a wintry 25th July 2020. While various departments fiddled and looked to have entrusted our sovereign waters and the unique biodiversity-rich marine ecosystem of the south-east coast to ship-salvers, the consequence was that the tanker broke in half and spilled a 1000 ton of its muck into our waters.

In this most pathetic and gut-wrenching saga of multiple-level failings, the Court of Investigation has to delve without, we trust, skirting the issues and awkward questions. An inability to secure our maritime and coastal frontiers a few kms from shore, and an admission of such inadequacies and helplessness at international level, bodes poorly for an island claiming, rightfully we may say, to oversee millions of square kms of the Indian Ocean. One winter later, Minister Anwar Husnoo, seemed in Parliament to be in studying-reports mode and no immediate corrective measures, pending completion of court inquiry, have surprisingly been initiated as yet.

In the Wakashio disaster, matters were made bearable only by the enthusiasm, solidarity, patriotism and pride of thousands of volunteer hands across all walks of life rushing to concoct artisanal booms, organize logistics, transport and food supplies to help limit the eco-system damages. They waited on nobody - Minister, PPS and backbench MP included - to hector them about patriotism, as some in government quarters tend to forget these days.

That was unfortunately not the end of the country's wintry woes, as the saga of precipitous contracts of PPEs, sanitary equipment, respirators, antigen tests, other health supplies being awarded helter-skelter or deliberately to a variety of happy beneficiaries was to follow. That scandal regarding STC and Commerce



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broke out and hit the stands around July 2020 with arrests made by year-end and the anti-corruption agency reportedly initiating inquiries and audit trails into some Rs 400m of public monies disposed of to cronies, family and associates.

On a different plane, the first payouts from the US\$ 2 billion of Central Bank reserves allocated to its wholly-owned subsidiary, the MIC, destined to major "systemic" business players in financial difficulties through the pandemic, were announced by the Minister of Finance end July 2020. The creation of the MIC having already attracted flak from the IMF, the lack of the total transparency promised by one and all, was widely decried as, one winter later, the Leader of the Opposition revealed details of happy beneficiaries clearly not in that "systemic" bracket, and reportedly close to ruling political bosses.

For the largest MIC handout, economic and society observers had to rely on a press communique of the listed company Omnicane: "The company has entered into binding agreements with the [MIC] for the sale of all its shares held in Mon Trésor Smart City... and the sale of plots of land situated in the regions of Britannia and Mon Trésor for a total consideration of Rs 4.5 billion." Legitimate calls for fuller and real-time transparency have been largely ignored by the authorities.

That was 2020, the winter that was, giving rise to the historic and widely reported manifestation of end August in the streets of the Capital. Hard on its heels came the poignant homily of Cardinal Piat on the eve of the Pere Laval commemora-

tion which upset government attendees but raised some real social issues related to the collective sufferings of the country's psyche: squatters, social housing, rampant drug trafficking, Covid-19, wreckage and oil-spill of MV Wakashio, wreckage of Sir Gaëtan Duval tug, amongst others. The annual homilies at St Louis or Pere Laval are usually well attended by our top political brass and although they may not be everybody's cup of tea, they undoubtedly have some moral stature and relevance for our fellow Catholic brothers.

Since then, matters and nerves could have been expected to calm down and some serenity restored both in government circles and in the wider society, already on edge by the consequences of the pandemic. No sane society can remain in such a meta-stable condition over years. To quote from the beleaguered conservative British PM, Margaret Thatcher (1980, Brighton), "I prefer to believe that certain lessons have been learned from experience, that we are coming, slowly, painfully, to an autumn of understanding. And I hope that it will be followed by a winter of common sense."

To use her metaphor in our context, from the winter of discontent of 2020, have we sailed that autumn and reached the winter of 2021 in a more sobering state in terms of governance?

The Cardinal's appeal in winter 2020 was for greater togetherness, solidarity and empathy during the immensely challenging times of the year that had passed, though government may have legitimately believed it had done what it could on those

social fronts under the duress of the pandemic. If the August 29th manifestation and homilies had heavy undertones of social and environmental distress and the all too apparent bungling and incompetence in our twin maritime disasters (Wakashio and Sir Gaëtan Duval tug), the tone was to shift when, some six months later, on Saturday 13th February 2021, another massive march took to the streets of the Capital to denounce the succession of scandals in government spheres.

By that time, two Senior Ministers had exited government: Nando Bodha on matters of principle, and Yogida Sawmynaden on allegations of impropriety. In addition, January 15 marked the resumption this year of the judicial investigation surrounding the suspicious death of MSM activist Soopramanien Kistnen, whose partially charred body was found in a cane field in Telfair, Moka, on 18 October 2020. Although it was wound up on June 18th, fresh evidence has forced re-opening of this disconcerting case which is slowly turning into an indictment of police and official investigations in this high-profile affair.

So, one winter later, have we moved on to a new democratic space, refreshed ideals or a new plane of governance? For what it's worth, not in the view of our friends in Seychelles, whose Presidential slap about our Parliament proceedings ("we operate in far more civilised mode here") are still reddening government cheeks. We could also note that the Cardinal's St Louis homily delivered last week has shifted its tone from last year's challenges to this year's concerns: "Nous avons tous une part à prendre dans le maintien du niveau d'honnêteté et d'intégrité dans la conduite des affaires de notre famille, de notre travail, et de notre pays. L'engagement pour la transparence et contre toute forme de corruption n'est pas seulement une option, c'est le devoir de chaque citoyen. Car il y va, non pas seulement de la santé d'une société mais de sa survie."

On key operational levels, are our independent institutions gearing up to better serve the country? Is the health and pandemic under better control as we prepare for opening our frontiers? Is Education making allowance for the exceptional circumstances of last year's tracas of students and parents, the general uncertainty around Cambridge's assessments, and relax her hard and fast rule that will force 4-credit holders out of college education? While discipline and efforts are desirable under normal circumstances, we might have expected Education to show greater empathy in this exceptionally disturbed year. After all, it only concerns less than a few hundred seats at an educated guess.

What then have we learned through the pains and sufferings, what have we understood and what has really changed one year later? Ultimately, those questions will be best answered by each one of us as we relive events, some highly mediatized, since that winter of discontent in 2020.



# From 'Know Thyself' to 'Be Yourself'



Dr R Neerunjun Gopee

Yourself.

**T**he rainy weekend kept many of us indoors, and I took the opportunity of putting some order in a bookshelf. This is always very relaxing, and also exciting because besides being a trip into nostalgia, one also makes some interesting 'discoveries' along the way as one stumbles upon books that one has read before and half-forgotten; it's like finding long lost friends. That is how I came across Swami

and mess up our own lives.

At the very beginning of *'Be Yourself'*, which I took delight in reading again, Swamiji makes use of an analogy between the body and a car. 'When your father presents you with a car,' he writes, 'it is definitely not given to you to crash and die. He wants you to drive around and enjoy the ride. Similarly, this physical body, which is a lovely vehicle, is given to us to drive around in this universe and definitely not crash and clash.'

He goes on to say that the 'car must be in good condition and you should also be an ace driver for you to have a nice journey. In the same way, the body and mind must be in excellent condition. Only then does living become a fantastic celebration, which is what it is meant to be.'

Pursuing the analogy, Swamiji continues, 'when you see a vehicle swinging from side to the other, will you ever think that the vehicle is drunk? It is the driver who is drunk. In the same way if the physical body is trembling with hatred, jealousy, anger or passion, the body has not gone crazy.' And then comes the essential point: *'It is the mind which drives the body crazy. Instead of fixing the mind we are busy fixing the body. Instead of fixing the driver, we are fixing the car and the road.'*

'Know thyself!' - is supposed to have said the Oracle of Delphi in Greece. Thousands of years earlier Indian sages had already explored that territory, and had codified for the benefit of posterity, for mankind, not only the knowledge they had acquired, but also how each one of us could discover it for ourselves at our own pace and then apply it so that we could lead fulfilled lives.

Indeed, that is the theme of *'Be Yourself'*, and I could almost hear Swamiji speak - and laugh! One tends to think of a Swami as austere if not actually severe, with no time for light talk and laughter. Totally wrong as far as Swamiji is concerned: he doesn't preach but he teaches, until you have understood the subject matter as clearly as he does. As you sit through the hour with him, it's all enjoyment and no tension whatsoever. Because our nature is Happiness. In the words of Swamiji,

'We have graduated from the best colleges and universities. But nobody ever told us that we are the Bliss, the Happiness. When you go to religion also, it gives you more conditioning like "you are a sinner", "you are a mortal", "you should always worship God", "you should not eat this or that", etc. The more "dos" and "don'ts" the religion prescribes, the more guilt you have, the more you succumb to the religious injunctions. The religious man puts guilt into you so that you can be counselled by him. If you are a happy person, free from conflicts, then you will not need him. *He will never tell you that you are happy, because if you are happy and free from conflicts, he has no role to play.*

Swamiji goes on to explain that all you have to do is to feed the body and it will automatically grow and attain maturity according to its genetic programming. However, this is not so with the mind which, as the body's driver, must be trained to drive it in the right direction and well. And that training comes in the form of exposure to different kinds of knowledge, for 'whatever you are exposed to, that is how you become.' Thus, 'a sixty-year-old may have a six-year old's thinking. A sixteen-year-old may have a tremendously matured thinking.'

As we grow in age, there is no 'automatic' growth in mental maturity corresponding to the physical maturity of the body. The mind becomes conditioned - and therefore constrained - by exposure, and this spans a whole range: formal learning at school and college, religious conditioning, different ideologies in the social sphere and so on.

All of these impart an amount of knowledge which is necessarily limited, which never adds up to a whole and can never be sufficient to put the mind on the right path. It is only knowledge of oneself - one's Self - that can do that, because it teaches that the Self is of the nature of Happiness. And if you ARE Happiness, that means you are not bound, you are liberated from all limitations, and you can celebrate life freely, accepting what comes your way if you have made all the effort and given yourself the time required to achieve your given goals.

Once the mind is regularly exposed to good thoughts it matures to become in excellent condition, and if the body is in a similar state, what remains is to launch oneself on to the adventure of the celebration of living.

Imagine how different the world would be if that were its agenda. Barring healthy competition that can spur excellence through creative imagination, it would be a world free of the needless conflicts and wars that are currently plaguing it. It's a dream we can realise.

## MAURITIUS TIMES To Our Readers

65 years ago, *Mauritius Times* was founded with a resolve to fight for justice and fairness and the advancement of the public good. It has never deviated from this principle no matter how daunting the challenges and how costly the price it has had to pay at different times of our history.

We are determined not to abandon this line of action, which is the cardinal principle of our *raison-d'être*. This is what has given *Mauritius Times* a unique standing in the local publishing world.

Our production circumstances have changed since last year with the onset of the Covid-19 lockdown, and we have had to move to the digital platform. We have since March 2020 freely circulated the paper via WhatsApp and by email, besides making it available on our website.

However, with print journalism in Mauritius and across the world struggling to keep afloat due to falling advertising revenues and the wide availability of free sources of information, it is crucially important for the *Mauritius Times* to still meet its cost of production for it to survive and prosper.

Readers will no doubt appreciate that it takes a lot of time, hard work, money and the continued support of our contributors to produce the *Mauritius Times* - as we have done without interruption in these last 65 years. We can only continue doing it with the support of our readers.

We hope you'll continue to support the paper by taking a subscription or by making a recurring donation through a Standing Order to our not-for-profit Foundation. Our future will be secure with the support of our readers and well-wishers.

*The Editorial Team*

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**“Swami Siddhananda explains that all you have to do is to feed the body and it will automatically grow and attain maturity according to its genetic programming. However, this is not so with the mind which, as the body's driver, must be trained to drive it in the right direction and well. And that training comes in the form of exposure to different kinds of knowledge, for 'whatever you are exposed to, that is how you become'”**

Swamiji who is from South India has visited Mauritius several times, and he has a knack of explaining in very simple language what appear at first sight to be complicated fundamental concepts, using catchy examples to make serious points about how to live one's life correctly.

When we come to think of it, this must surely begin by understanding ourselves first, so that we may get to know who or what we are, which should help us to decide what we want, and then be guided about fulfilling the want(s).

Suppose you buy a house and move into a new neighbourhood. Next day you go and meet one of the neighbours and make friends. He is kind enough to show you around his house, and offers to extend any help you might need to settle down. When you return home, you start criticizing his house, finding all kinds of faults in the construction, the finish and furnishings and so on. And you start mulling about corrective measures he should take. But you are blind to the defects in your own house!

This is exactly how we start our lives. We don't even know ourselves, let alone take the trouble to find out, but we get to know bits and pieces about the external world. On the basis of this incomplete knowledge, we then try to fix the world! And when we don't succeed, we get upset



## Qs &amp; As - Crossing The Floor

# Politics is often a matter of big money and private interests

LEX

**C**rossing the floor by parliamentarians and regional councillors has been a plague in some countries and certainly not unknown here too. Legal measures to prevent or ban such occurrences by a party member have to contend with the latter's freedom of thought or conscience should he or she feel uneasy with policies of the party under whose banner he/she was elected. But more often than not it may be a matter of motivated trade-offs to bolster slim-majority governments for less than lofty reasons, but which one can surmise. Lex shares his views below.

\* **Municipal councillors Ashley Mungapen, Rajesh Bhinda and Maynanda Rajaratnam have recently been revoked after they switched sides to join Nando Bodha's newly-formed Rassemblement mauricien. The councillors seem to believe that their revocation is illegal, and they intend to contest that decision. What does the law provide in such instances?**

There must be a legal provision in the Local Government Act that the Minister of Local Government used to revoke the councillors. The revoked councillors are claiming that there is no such law, but section 37 of the Local Government Act provides that where a person who has been elected as a *Municipal City Councillor, Municipal Town Councillor or Village Councillor* resigns from his group, he shall be deemed to have also resigned his office as Councillor. Since these councillors were elected under the banner of the MSM/Lepep Alliance they are deemed to have left their group.

\* **What defies understanding is why it's only municipal and village councillors who have been singled out for revocation in case they cross the floor, not Members of the National Assembly, who might be more amenable to party switching with the prospect of a ministerial post. What could be the rationale behind this unequal treatment before the law?**

Presumably if local councillors be it municipal or village ones are allowed to cross the floor freely this may upset the balance of political power in a council and may



**“No government in Mauritius would ever come with a law that would cause a Member of Parliament who crosses the floor to forfeit his seat. The gamble is too high at the level of central government and the costs of holding a by-election with each crossing might jeopardise the majority of the government especially if it is a thin majority. Besides any party in power would always be prone to poach members of the Opposition to bolster its majority...”**

negatively impact on the smooth running of local administration.

No government in Mauritius would ever come with a law that would cause a Member of Parliament who crosses the floor to forfeit his seat. The gamble is too high at the level of central government and the costs of holding a by-election with each crossing might jeopardise the majority of the government especially if it is a thin majority. Besides any party in power would always be prone to poach members of the Opposition to bolster its majority.

\* **Besides the prospect of a ministerial post and/or personal benefits, there might be good reasons - religious, philosophical or ideological - for an elected member to abstain from or vote against his own party or simply to cross the floor. But a Canadian court however held a different view in the case of Fletcher vs The Government of Manitoba (2018): it ruled against the contention of Mr Fletcher (who was bound by a floor-crossing prohibition) that the law breached his right to freedom of association and/or thought. What could have been the reasoning of the Canadian court?**

One of the arguments used by the lawyer of Fletcher was precisely that the law on prohibition to cross the floor in Manitoba impinged on his freedom of association or expression. But this was rejected by the court as there was nothing on the facts to establish that Fletcher would lose such a right. Whether a prohibition on crossing the floor would be a derogation from freedom of association and would be regarded as justifi-

fiable in a democratic society remains to be seen.

Moreover, the judge ruled that legislatures have the right to set their own rules, and the courts should not interfere. The ban on floor-crossing did not prevent Fletcher from working informally with any party or from taking out a party membership. That law has been repealed. The Minister of justice justified the repeal by stating that that the prohibition was “unparliamentary” and went against... the Westminster parliamentary traditions that Canada upholds.

\* **There are some countries, however, like India, the Maldives and Bangladesh have laws that removes Members of Parliament due to floor crossing. Is this a matter worthy of consideration when and if our Constitution is revisited -- even if MPs would not want to shoot themselves in the foot?**

Even in countries where legislation has been enacted to prohibit floor-crossing, there have been criticisms of such legislation. In the Canadian case of Fletcher that you mention, the lawyer of Fletcher, Bill Gange, commenting on such legislation stated: 'I can understand why party leaders would like this legislation. It's legislation that gives them a lot of control over their backbenchers.'

\* **On the other hand, one can well understand the hard line adopted by party establishments against members who vote against the party line, cross the floor or simply sit as independents. This latter posture has been adopted by some Mauritian MPs in recent years, wea-**

kening in the process the voting strength of the party under whose banner they were elected. Is that acceptable?

Yes. If a Member of Parliament who was elected on a programme of his party realizes that his party is just going against all if not most of what was promised to the electorate or is weltering in undemocratic practices or is tolerating widespread corruption, then that Member would feel uncomfortable to continue sitting on the party benches in the House. Why can't he switch sides then?

\* **On the other hand, it would appear that the undue influence of big money and private interests in politics has increased here as elsewhere in many countries these last few decades. It might not be only about vote buying of the electorate; it would seem MPs could also be influenced with the right inducements to put questions or abstain from doing so if that would further or harm private interests. What's your take on that?**

As regards private interests, especially business interests, that is quite possible, but these will have to be substantiated by material facts. However, this question must also be viewed from another angle. When government backbenchers put questions, one of the factors that must be considered is whether they have been prompted to do so for the national interest or for protecting some other unavowed interests - private or political.

Given the trend of Question Time in Parliament recently, it would seem that most of the questions put by some government backbenchers are tailor-made to protect the interests of ministers or some other interests. If that is indeed the case, then one could say that some MPs are being influenced with the right inducements to put questions.

\* **There was the political scandal - "cash-for-questions affair" - in the United Kingdom in the 1990s, following the allegation made by 'The Guardian' in October 1994 that London's most successful parliamentary lobbyist, Ian Greer of Ian Greer Associates, had bribed two Conservative MPs Neil Hamilton and Tim Smith to ask parliamentary questions and perform other tasks on behalf of Mohamed Al-Fayed, the Egyptian owner of Harrods department store. Big money and private interests again, Isn't it?**

Politics is often a matter of big money and private interests.

What is happening to a historical institution like the Mauritius Turf Club? Isn't that due to the lobbies of a businessman close to those in power? Why was the BAI dismantled? For whose benefit?

\* **Those bad winds have fortunately not reached our shores to date...**

We do not have an official lobby policy here. But many associations, religious or otherwise, would lobby their elected members on communal and caste lines to obtain an advantage. This is the reality of Mauritius. Whether big money is involved is anybody's guess.



# Environmental, Social and Corporate Governance



Sameer Sharma

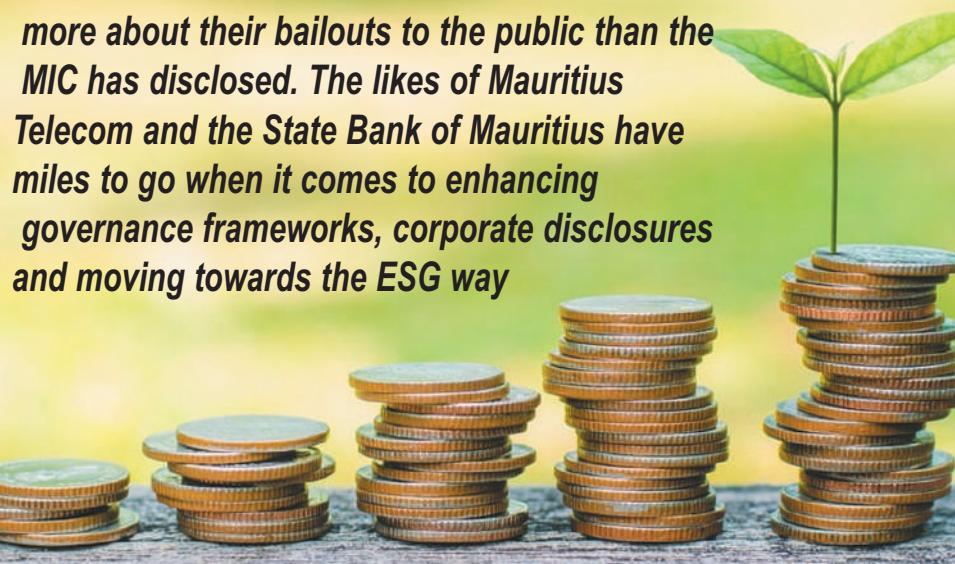
**A**sset managers have a major role to play in helping to solve some of the most pressing problems the world currently faces. As a link between the providers of funding and those who need it, they are in a privileged position. Providers of capital must make the most of the opportunity they have to improve the world in which we all live in, as well as grow the value of their clients' assets over the full market cycle. As the previous generation gradually passes on the baton to the millennials, asset managers are increasingly being assessed on the values they uphold, the ethics they promote and the wider role they have to play in improving the society in which they live in. Even other more traditional providers of debt capital such as banks must demonstrate their capacities to develop meaningful investment solutions that meet today's challenges and help finance sustainable economic growth.

This sustainable form of investing tends to have two pillars – integration and active ownership. Environmental, Social, and Corporate Governance (ESG) considerations are integrated throughout investment processes through universe screening, investment selection, portfolio construction and engagement. Managers are also committed to continuously increasing transparency of reporting to clients on ESG impacts and on active ownership activity.

There is an increasingly belief with an increasing degree of quantitative backing behind this which shows that ESG tilts and long-term returns are positively correlated to each other. Well-governed businesses with responsible practices can make a positive contribution to client portfolios over the long-term. Both public listed and private companies which seek capital must publish ESG reports which are increasingly scraped in order to allow Natural Language Processing models to build a better picture of the firm.

Sustainability will be a long-term driver for change in markets, countries, sectors and companies that will create opportunities for fruitful investment. Therefore, investors and credit providers today want to participate more and more in the investment returns these opportunities will generate. Investors are becoming increasingly active. The likes of Blackrock are putting client money behind ESG weighted funds and look at ESG scores when voting in shareholders' or Board meetings. Fund managers are expected to be active and responsible owners who incor-

**LUX and New Mauritius Hotels have disclosed more about their bailouts to the public than the MIC has disclosed. The likes of Mauritius Telecom and the State Bank of Mauritius have miles to go when it comes to enhancing governance frameworks, corporate disclosures and moving towards the ESG way**



**“For decades, the rentier economy and the system of political patronage have co-existed and created high barriers to entry and moral hazard. This is because policy makers have consistently provided backstops in the form of various subsidies, cheap bailouts and perks to many sectors of the economy. The effective corporate tax rates companies pay are also today not impacted by any ESG score today which could also meaningfully tilt corporate behaviour...”**

porate ESG criteria when voting which helps to drive positive change. To be clear, even within the Sub Saharan African private equity world today, private equity managers need to demonstrate that they focus on ESG or impact investment goals in order to obtain funding from their traditional investor base including Development Finance Institutions.

We should of course keep in mind that these are early days still. There is still some work to do when it comes to standardizing these ESG scores across the industry. While it would not be true to say that markets have completed shifted to ESG, it is quite clear that they are moving in this direction and fast. Let us also make no mistake, fund managers and credit providers care about returns, but there is a realization that there is no long term trade off between ESG and sustainable returns.

## **Sustainable investing does not start and end with policy papers**

In the case of Mauritius, very little progress has been made on this front beyond a few announcements including by one large listed company in particular which probably understands that slightly better debt pricing can be obtained in USD by going the ESG way. Unlike in most emerging and developed markets, the shareholder base of the non-financial listed companies tends to be patrimonial and the reliance on equity markets as an alternative to traditional bank debt funding has remained low. The local institutional investor base is not very sophisticated and tends to be quite passive. When it comes to the corporate debt market, there has been so much excess liquidity and so much desperation by institutional investors and banks for yields that it has mainly been a large borrower's market.

It is hard to even think about ESG when the ball is not on the side of the providers of capital. Listed company quarterly reporting standards are poor given their abridged nature, and while most frontier markets have moved further ahead on the quarterly reporting front,

Mauritius has not done much on this front over the past decade and a half. The local stock market tends to see poor turnover to market capitalisation ratios and high transaction costs. You need a dynamic market before you even push for ESG, and we do not have a dynamic market in Mauritius.

Being a small country, very often sponsors of institutional funds also have overlapping interests in other areas as well. On the public side, the now dying National Pension Fund never really professionalized itself while the newly created Mauritius Investment Corporation has also not clearly defined its investment objectives beyond saying that returns do not matter given its focus on “love and care”.

On the regulatory front, we have also not seen any moves by the Bank of Mauritius to look at ways to promote ESG financing by banks by reviewing risk weightings based on ESG scores (which would be calculated by a credible and independent body following international best practice and operate in full transparency) which could meaningfully tilt lending behaviour in the longer term. Sustainable investing does not start and end with policy papers on green bonds and green bond issuance. Without a greater use of equity markets by listed companies, given their wish to not dilute family control, and without a more activist institutional investor base, it would also not make a lot of sense for equity indices to be ESG tilted.

While the public equity markets may continue to show limitations going forward, given high debt to free cash flow levels within the non-financial firms and the low likelihood of any public share issuance, the private equity space may see more traction. For example, highly indebted companies may look to sell assets or share investment risks on projects which need more financing/restructuring or financing for new projects where family shareholding dilution concerns on the holding company will not be at risk. Given the low level of gross national savings to GDP (and high public and private debt levels), private Mauritian firms may need to depend more on foreign investors who today demand ESG convergence.

## **Is there a way without the will?**

For decades, the rentier economy and the system of political patronage have co-existed and created high barriers to entry and moral hazard. This is because policy makers have consistently provided backstops in the form of various subsidies, cheap bailouts and perks to many sectors of the economy. The effective corporate tax rates companies pay are also today not impacted by any ESG score today which could also meaningfully tilt corporate behaviour.

Lastly, if the government is interested in promoting a more inclusive and socially responsible society in Mauritius, it should perhaps start with its many public majority owned companies when it comes to corporate disclosures, Key Performance Indicators setting, governance structure enhancements and its ESG goals. For example, LUX and New Mauritius Hotels have disclosed more about their bailouts to the public than the MIC has disclosed. The likes of Mauritius Telecom and the State Bank of Mauritius have miles to go when it comes to enhancing governance frameworks, corporate disclosures and moving towards the ESG way.

ESG is the future, but whether Mauritian policy makers will move in this direction or not remains an open question.

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





Online game providers can only offer services to minors for an hour on Fridays, Saturdays and Sundays, Xinhua reported, citing a notice released by National Press and Publication Administration.

## China limits minors to just three hours of online gaming a week

China's regulators announced a new set of tighter regulations over the country's games industry, including limiting the number of hours that minors can play.

The new rules are aimed at curbing excessive indulgence in games and protecting minors' physical and mental health. Online game providers can only offer services to minors for an hour on Fridays, Saturdays and Sundays, Xinhua reported, citing a notice released by National Press and Publication Administration. They can also play only an hour a day during holidays, reports Bloomberg.

The new rules are part of a broader government crackdown on technology companies in the country. Tencent Holdings Ltd., China's largest games company, had already begun to implement similar restrictions.

Earlier this month, state media published forceful critiques of the industry and at one point labeled games "spiritual opium." That description was later removed, but share prices plunged out of concern for further restrictions.

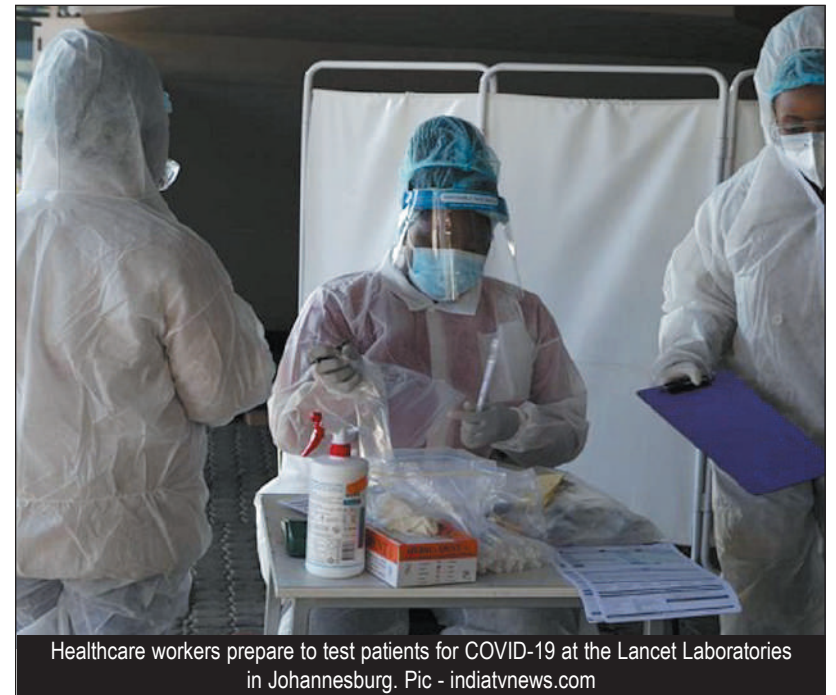
## 'C.1.2': New variant of Sars-CoV-2 detected in South Africa, researchers say

Researchers in South Africa have said that a new variant of Sars-CoV-2, the virus which causes the coronavirus disease (Covid-19), has been detected in the country. Variant, C.1.2, they warn, could be more transmissible and avoid protection offered by Covid-19 vaccines.

Scientists from the National Institute for Communicable Diseases (NICD) and their counterparts from the KwaZulu Natal Innovation and Sequencing Platform (KRISP) have called the C.1.2 a "potential variant of interest," which, they say, was first found in South Africa in May this year.

Since then, the variant has also been located in the Democratic Republic of the Congo, China, England, New Zealand, Portugal and Switzerland, the researchers claimed, adding that C.1.2 has more mutations than other variants of concern (VoC) and variants of interest (VoI) which have been detected globally till now, reports Hindustan Times.

Their study, which is yet to be peer reviewed and was posted on the pre-print repository MedRxiv on August 24, further noted that the number of available sequences of C.1.2 may be an "underrepresentation" of the spread and frequency of the variant in South Africa, as well as across the world. It also found what it described as a "consistent



Healthcare workers prepare to test patients for COVID-19 at the Lancet Laboratories in Johannesburg. Pic - indiatvnews.com

rise in the number of genomes of this new variant each month in the African nation, rising from 0.2 per cent of genomes sequenced in May to 1.6 per cent in June and, finally, to 2 per cent in July.

The authors of the research termed this rise as being "similar" to the increases observed with the Beta and Delta variants in South Africa during the early stages of their detection.

They also explained how C.1.2 evades protection offered by Covid-19 vaccines. "The mutations N440K and Y449H, which are asso-

ciated with immune escape from certain antibodies, have been found in C.1.2 sequencing. These mutations combine with changes in other parts of the virus likely aid the latter in avoiding antibodies. This is true also for patients who have already developed antibodies for Beta and Delta variants," they wrote.

According to Johns Hopkins University, South Africa, in the last 28 days, has logged 308,747 cases of the coronavirus disease. The country's cumulative infection tally stands at 2,764,931 including 81,595 related deaths.

## 5 rockets fired at Kabul airport, intercepted by defence system: Report

As many as five rockets were fired at the Kabul airport but were intercepted by a missile defence system on Monday, a day after the US carried out an airstrike on Sunday night in the Afghan capital on an explosives-laden vehicle, said an American official. The US official, who spoke on the condition of anonymity, said the rockets were fired early Monday morning Kabul time, though it was unclear if all were brought down by the defence system. This came even as the United States nears the complete withdrawal of its troops from the city.

The official also told Reuters that initial reports did not indicate any US casualties but that information could change.

Earlier in the day, journalists in Kabul said they could hear the sound of rockets flying across the city even as the United States raced to complete its withdrawal from Afghanistan, with the evacuation of civilians all but over, amid fears of terror attacks. People living near the airport said they heard the sounds of the missile defence system being activated and smoke could be seen rising near the airport, reports Meenakshi Ray of Hindustan Times.

Officials have warned that ISIS-K was looking to target the airport with rockets. On Saturday, US President Joe Biden said the situation on the ground remained extremely dangerous, and that his military chiefs had told him



Rockets flew across the Afghan capital on August 30 as the US raced to complete its withdrawal from Afghanistan, with the evacuation of civilians all but over and terror attack fears high. Pic - AFP Photo

another militant attack was highly likely within the next 24-36 hours.

The Islamic State group, rivals of the Taliban and the West, carried out a suicide bomb attack at the airport last week that claimed more than 100 lives, including 13 US troops.

On Sunday, the US said an Islamic State suicide car

bomber suspected of preparing to attack the airport in the capital city was killed in the drone strike. Several Afghans, including children, were killed in the airstrike in Afghanistan's Kabul as the United States said it is probing them.

"We are aware of reports of civilian casualties following our strike on a vehicle in Kabul today," Captain Bill Urban, a US Central Command spokesperson, said in a statement. Urban said the US military was investigating whether civilians were killed, noting there were "powerful" explosions that resulted from the destruction of the vehicle. "We would be deeply saddened by any potential loss of innocent life," he said.

Biden has set a deadline of Tuesday to withdraw all US forces from Afghanistan, drawing to a close America's longest military conflict, which began in retaliation for the September 11 attacks.

The return of the hardline Islamist Taliban, which took over the country earlier this month, has triggered an exodus of terrified people aboard US-led evacuation flights. The flights, which have evacuated more than 114,000 people out of Kabul airport, will officially end on Tuesday when the last of the thousands of American troops pull out.

\*Contd on page 8



## China protests passage of US warships



The Arleigh Burke-class guided-missile destroyer USS Kidd and US Coast Guard cutter Munro conduct Taiwan Strait transits on Friday.  
Pic - im-media.voltron.voanews.com

The Chinese defence ministry on Saturday protested against the passage of two US warships through the Taiwan Strait, saying it had closely monitored them and is maintaining a state of high alert.

The passage comes amid a spike in military tensions in the past two years between Taiwan and China, and follows Chinese "assault drills" held near Taiwan last week for which the People's Liberation Army (PLA)

deployed battle ships and fighter jets.

"The Arleigh Burke-class guided-missile destroyer USS Kidd (DDG 100) and legend-class US Coast Guard National Security Cutter Munro (WMSL 755) conducted routine Taiwan Strait transits August 27 (local time) through international waters in accordance with international law," Lt Mark Langford, 7th Fleet spokesperson said late on Friday, reports SutiirhoPatranobis of

Hindustan Times.

The Chinese defence minister reacted angrily against the US move on Saturday morning.

A statement posted on the ministry's website on Saturday called the move provocative. It added that the passage of the ships showed that the United States is the biggest threat to peace and stability and creator of security risks in the 160km wide Taiwan Strait.

A senior Pentagon official held talks with the Chinese military for the first time since President Joe Biden took office in January, a US official told Reuters on Friday.

Michael Chase, deputy assistant secretary of defence for China, spoke last week with Chinese Major Gen Huang Xueping, deputy director for the People's Liberation Army Office for International Military Cooperation. "(They) utilised the US-PRC Defence Telephone Link to conduct a secure video conference," the US official said.

"Both sides agreed on the importance of maintaining open channels of communication between the two militaries," the official added.

## SpaceX launches ants, avocados, robot to space station



A recycled Falcon rocket blasted into the predawn sky from NASA's Kennedy Space Center. Pic - s.yimg.com

A SpaceX shipment of ants, avocados and a human-sized robotic arm rocketed toward the International Space Station on Sunday.

The delivery - due to arrive Monday - is the company's 23rd for NASA in just under a decade.

A recycled Falcon rocket blasted into the predawn sky from NASA's Kennedy Space Center. After hoisting the Dragon capsule, the first-stage booster landed upright on SpaceX's newest ocean platform, named "A Shortfall of Gravitass." SpaceX

founder Elon Musk continued his tradition of naming the booster-recovery vessels in tribute to the late science fiction writer Iain Banks and his Culture series.

The Dragon is carrying more than 4,800 pounds (2,170 kilograms) of supplies and experiments, and fresh food including avocados, lemons and even ice cream for the space station's seven astronauts, reports AP.

The Girl Scouts are sending up ants, brine shrimp and plants as test subjects, while University of

Wisconsin-Madison scientists are flying up seeds from mouse-ear cress, a small flowering weed used in genetic research. Samples of concrete, solar cells and other materials also will be subjected to weightlessness.

A Japanese start-up company's experimental robotic arm, meanwhile, will attempt to screw items together in its orbital debut and perform other mundane chores normally done by astronauts. The first tests will be done inside the space station. Future models of Gitai Inc.'s robot will venture out into the vacuum of space to practice satellite and other repair jobs, said chief technology officer Toyota-kaKozuki.

As early as 2025, a squad of these arms could help build lunar bases and mine the moon for precious resources, he added.

SpaceX had to leave some experiments behind because of delays resulting from Covid-19.

It was the second launch attempt; Saturday's try was foiled by stormy weather.

NASA turned to SpaceX and other U.S. companies to deliver cargo and crews to the space station, once the space shuttle program ended in 2011.

## France, UK to propose safe zone for people leaving Afghanistan

At the head of an emergency meeting by the United Nations on Monday, French President Emmanuel Macron said that France and Britain would propose for a safe zone in Kabul to protect people trying to flee Afghanistan.

"Our resolution proposal aims to define a safe zone in Kabul, under UN control, which would allow humanitarian operations to continue," news agency Reuters quoted Macron as saying on Sunday. During his visit to Mosul in Iraq later in the day, Macron stressed the resolution would be passed by the two countries and expressed hope that it would be accepted by member nations favourably. "I cannot see who could oppose enabling the safety of humanitarian operations," he further said.



In this photo provided by the U.S. Marine Corps, Italian coalition forces assist and escort evacuees for onward processing during an evacuation at Hamid Karzai International Airport in Kabul, Afghanistan, Tuesday, Aug. 24, 2021. Pic - The Associated Press

UN secretary-general Antonio Guterres is scheduled to meet the permanent representatives for the United Kingdom, the United States, France, China and Russia - the five permanent members of the UN Security Council - to discuss the worsening situation in Afghanistan. Meanwhile, earlier on Saturday, Macron had said that France had held preliminary discussions with the Taliban about the humanitarian situation. The talks also included possible evacuation of more people out of the country, reports Srivatsan K C of Hindustan Times.

"We have begun having discussions, which are very fragile and preliminary, with the Taliban on the issue of humanitarian operations and the ability to protect and repatriate Afghans who are at risk," Reuters had reported on Saturday citing the French President.

France ended its evacuation operations in Afghanistan on Friday, two weeks after the Taliban seized the capital city of Kabul. The US troops are scheduled to withdraw completely from the country by August 31, a deadline that has been agreed upon by the Taliban.

Several other countries have also closed their evacuation operations as the last date nears. The UK pulled out the last of its troops from the war-torn nation early on Sunday despite a number of Afghans, eligible for repatriation, being left behind.



# What happens when the Covid-19 vaccines enter the body

An infectious disease doctor explains the science behind Covid-19 vaccines at a level that children - and adults - of all ages can understand



**Glenn J Rapsinski**  
Pediatric Infectious Diseases  
Fellow, University of  
Pittsburgh

**T**he Covid-19 pandemic, caused by the SARS-CoV-2 virus, has changed the way people live around the world. As of late August 2021, more than 630,000 people have died in the United States alone. Health experts agree that Covid-19 vaccines are one important way to help bring an end to the pandemic.

But getting a vaccine can be scary for both kids and adults. Plus, there is lot of information about how the Covid-19 vaccines work, but some of it can be hard to understand.

As a pediatrician, infectious disease doctor and scientist who studies germs like bacteria and viruses, I have devoted close attention to the pandemic and the development of the Covid-19 vaccines.

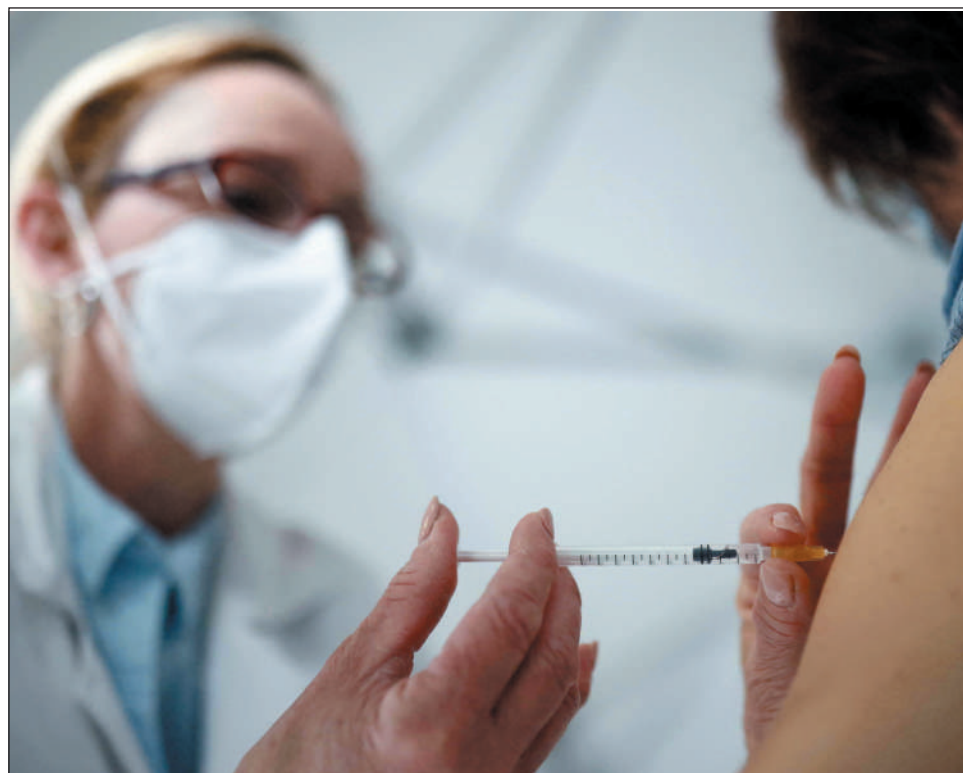
## Vaccines are made to resemble invaders

The most important thing to understand about vaccines is that they teach your body how to gear up to fight an infection, without your body having to deal with the infection itself. In this way, vaccines help your body be prepared for invasions by germs that could otherwise make you very sick.

All three of the Covid-19 vaccines available in the U.S. focus on what is called the spike protein of the SARS-CoV-2 virus, or coronavirus. SARS-CoV-2 is a round virus, with bumps all over it - sort of like a baseball covered in golf tees. The bumps are the spike proteins.

On an actual coronavirus, spike proteins allow the Covid-19 virus to get into cells so the virus can make more copies of itself. It does this by sticking to certain kinds of proteins, called receptors, on human cells - particularly lung cells. In this way, the virus can break into healthy cells and infect them.

The Pfizer-BioNTech, Moderna and Johnson & Johnson vaccines all work similarly by giving the body's cells the instructions to make the spike protein. The Pfizer and Moderna vaccines carry these instructions on a molecule called mRNA. This single-stranded molecule looks like a



long piece of tape with the instructions to make a protein coded on one side.

The Johnson & Johnson vaccine, on the other hand, passes the instructions to cells through DNA molecules. It uses a virus called an adenovirus, which cannot make copies of itself, to carry the spike proteins' DNA into human cells. This DNA gets copied into mRNA, which then translates the instructions into proteins - in this case, the spike protein of the coronavirus.

So the main difference between the three vaccines is that the Pfizer and Moderna shots give your body instructions for the spike protein through mRNA, while the Johnson & Johnson shot directs it via DNA. After that, all three vaccines work the same way.

## What happens when the vaccine enters your body?

Once a Covid-19 vaccine is injected, the mRNA or DNA gets swallowed up by tissue cells and special immune cells that live in muscles, skin and organs called dendritic cells. Dendritic cells keep watch over all parts of the body like sentinels, searching for signs of invading germs - like the coronavirus.

As soon as the DNA or mRNA is inside the dendritic or tissue cells, the cells use the instructions to create spike proteins. This process usually takes less than 12 hours. After the spike proteins are made and ready to "show" to the immune system, the mRNA or DNA is broken down by the cell and eliminated.

It's important to know that even though your cells have made their own spike proteins, they don't have enough information to make copies of the full virus. But the spike proteins can trigger the body's immune system to amp up its defense so it

is ready if the whole coronavirus invades.

When the tissue cells and dendritic cells recognize the spike proteins as unwelcome visitors, the cells place sections of the spike proteins on their exterior for other cells to see. The dendritic cells also release "danger" signals at the same time to let other cells know that the spike protein presents a threat. The danger signals are like flashing neon yellow signs pointing to the displayed spike protein piece saying, "This does not belong!"

These warning signals then fire up your body's immune response.

## What happens once the immune system gets revved up?

Thanks to that process, the body is now on high alert and ready to learn to fight invaders - in this case, the spike proteins made after injection with the Covid-19 vaccine.

Immune cells in the body, called B-cells and T-cells, recognize the warning signs of an outside invader. Thousands of these cells rush to the area to learn about this new threat so they can help provide protection.

B-cells are specialists at building "traps," called antibodies, that will take down any invading spike proteins. Different B-cells make lots of specialized antibodies that recognize different parts of a virus or bacteria. And B-cells will act like a factory, continuing to make antibodies against the perceived threat even after it's gone in order to protect the body for a long time to come.

One type of T-cell, called helper T-cells, assist the B-cells in making antibodies when danger signals are present. Another kind of T-cell is there to check if other cells in the body are infected by the virus. If that type of T-cell spots an infected cell, it removes the infected cell so it cannot create more copies and pass on the infection to other cells.

## Why is my arm sore?

As all of these important processes are happening inside your body, you might see some physical signs that there's a struggle going on underneath the skin. If your arm gets sore after you get the shot, it's because immune cells like the dendritic cells, T-cells and B-cells are racing to the arm to inspect the threat.

You might also experience a fever or other signs of sickness. All of these mean that your body is doing exactly what it's supposed to. This is a safe and natural process that happens when the body is learning how to fight the spike proteins. That way, if you do come into contact with the real coronavirus, your body has learned how to protect you from it.

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From the Pages of History - MT 60 Years Ago

4th Year No 170

MAURITIUS TIMES

Friday 8 November 1957

• Let us have the crisis: we shall either have death or the cure. -- Thomas Carlyle

# 1956 SC Examiners' Report

*"The Standard of English: Low", say School Certificate Examiners*

R. Rummun

**N**ow that the exams are striding fast, and the very thought of the English Language is troubling minds, we feel it will do much good to SC add even GCE candidates taking this language and also to teachers and parents to know what the examiners have to say on that subject.

The most important section of the English Paper is the one dealing with composition – Paper I. Its purpose is to test the candidate's ability to express his thoughts clearly, logically and convincingly. It strictly stipulates that he must provide a "reasonable length", and pay attention to "style, subject-matter and arrangement". For the guidance of candidates, we shall group the various paragraphs of the Report dealing with Paper I under four headings, suggested by the above requirements, and treat them in the same order.

## Length of Composition

This is a point that puzzles many candidates. The Report emphatically states that the compositions were generally short. "Few candidates wrote 3 pages and the average was barely 11/2 pages".

Many could write even this and, being short of ideas, fell to "stupid repetitions" and padding – "The opportunities afforded by the subjects to introduce local material were not seized with conviction and description lacked colour and knowledge."

## Style

After recording this sad lack of material, the Report mentions a general absence of fluency. The candidates were evidently straining every nerve to make themselves understood, but the efforts of many were rendered fruitless by faulty constructions of sentences and paragraphs, and errors of vocabulary, idiom and concord.

As regards sentence-construction, the examiners stress the need for "complete sentences, simple, compound and complex." The main faults were lack of unity of thought, and the use of "loose and completely uncontrolled" sentences, or the other extreme of short, jerky, monotonous sentences.

A very important point is mentioned about vocabulary: the use of coinages (drying-leaves making, chasing-time, habituated, etc.) and such stale and meaningless



phrases as, "as a matter of fact", "and so on and so forth", etc.

## Subject-Matter

"This was often slight, childish and elementary. Frequently it was incorrect. There was an absence of individuality in these compositions. Many candidates appeared to avoid subjects favouring a personal approach and concentrated instead on those requiring objective writing (e.g., Nos 1, 3, 6). There was much reliance on conventional ideas expressed very superficially." The above remarks, which we could not resist quoting in full, deserve careful study.

A good number seemed unable to concentrate on a topic, but inability to convince was also due to lack of "factual know-

ledge." (e.g., in No. 1 – climate). Thus, candidates are advised not to write on a subject on which they have "only hazy and inaccurate notions."

Coming to relevance, we learn that many who attempted No. 6 (*Forests*) digressed badly, no doubt through lack of material. But most of those who tackled No. 8 (*School Plays*) were woefully irrelevant, since they wrote not on dramatic productions but on sports.

On the ticklish problem of interpretation, the examiners have this to say: "A wide tolerance is observed by examiners, but some candidates go beyond this and have to be penalised for gross, often deliberate, irrelevance." There seem to be two causes for this: first, a misreading of the title; se-

cond a deliberate "twisting" of the subject to suit the candidate's "own convenience".

## Arrangement

Under this heading will come plan & construction, and paragraphs. The examiners admit that many candidates did make some kind of mental or written plan, comprising introduction, body, conclusion. But they failed in execution. In many cases the introduction bore no relation to the body of the composition and the conclusion was but a poor repetition of some point already dealt with. Rarely were the main threads gathered into a summary. Often the conclusion was in-existent or irrelevant, being introduced by a lonely and meaningless "Thus".

As regards paragraphs, the examiners note the absence of "a topic sentence to introduce a new point", and failure to achieve unity within the paragraph. Many paragraphs had not one idea but "as many as six disjointed thoughts, unrelated to one another." Such mistakes were more glaring in the scripts of those who had chosen a subject beyond their capacity, but they often found their way in essays on such familiar subjects as "Tea." There were also numerous cases of multi-paragraphed compositions: e.g., as many as ten "so-called paragraphs" in an essay of 11/2 pages.

## General Remarks

On the whole, the Report concludes: "The standard of work in English Language I was low. Punctuation was haphazard and elementary blunders were rife. Spelling was often very shaky. Handwriting was careless and often illegible."



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# Inflation might well keep rising in 2021 - but what happens after that?

● Cont. from page 2

My timing with that book was poor. The global economy's faltering recovery from the global financial crisis was characterised by the opposite problem - deflation - where people expect prices to fall. As overstretched firms and households retrenched during the early 2010s, it should have fallen to governments to generate needed demand by ramping up public spending. Instead, fashionable notions of balancing the books using austerity got in the way.

Central banks were left to do the heavy lifting through cutting headline interest rates and using unconventional monetary policies like quantitative easing (QE) - that is, "printing money" - to buy large quantities of government bonds and other financial assets.

This helped to drive down long-term interest rates - even into negative territory in Europe - making things like mortgages and business loans cheaper. Yet the only "inflation" that resulted was rising asset prices in everything from property to stocks and shares. It made the rich richer, engendering even wider inequalities than before.

All the while, official consumer price inflation - which refers to the average change in prices of a basket of specific household goods - remained persistently below the 2% level targeted by the major central banks. According to what is known as the Phillips curve, inflation should have been stimulated by the fact that unemployment fell in countries such as the UK, but it turned out this relationship had been suspended.

One reason - particularly apparent in the US - was that the falling rate of unemployment was flattered by increasing numbers of people giving up looking for work and dropping out of the labour force altogether. This was a symptom of the core problem of insufficient demand from businesses and consumers.

A related symptom was the structural shift in the labour market. Where new jobs were created - sometimes, as in the UK, even to the extent bringing people back into the labour force - these were concentrated in low-skilled and low-paid openings in sectors like leisure, hospitality and logistics. Increased demand for such services was the meagre limit of the "trickle-down" effect from ever-richer asset owners.

All this meant that there was not much real wage growth which, along with associated increases in bank lending, is essential for creating inflation. So it was that, in the 2010s, monetary policy not only failed to stimulate the economy but actually proved counterproductive.

## Stimulus and the pandemic

During the pandemic, the situation has been different. Central banks have again been trying to stimulate the economy by expanding QE, but governments have also been using debt-funded spending to substi-



tute for the normal demand that has disappeared because of the shutdowns.

Major governments seem determined to correct the flawed policies of the past decade. This is especially true of the Biden administration, whose massive programme of increased spending aims to drive up labour participation and wages - thereby avoiding the deflationary troubles of the 2010s.

The administration is firmly supported in this by Federal Reserve chair Jerome Powell. In August 2020, the central bank changed its inflation policy to "average inflation targeting". Whereas in the past, the Fed targeted 2% inflation and would raise interest rates in response to low unemployment in the belief that inflation would otherwise start rising, it is now ready to allow inflation to rise to say 3% in the name of increasing employment to help stimulate economic recovery.

The success of this strategy depends on demand for more workers materialising from US businesses. But critics like Larry Summers, the former Democratic treasury secretary, argue that the government's fiscal stimulus will create demand beyond the economy's present production potential, risking persistent inflation.

The administration and its supporters counter that there is more slack in the economy than people like Summers believe, because so many discouraged workers have dropped out, and higher production of goods and services will result from reversing the long dearth of domestic business investment.

All such happy effects will, according to the plan, flow from using government spending to generate demand. The jury remains out on whether this will cause unmanageable inflation - either in America or, potentially, in Europe if the ECB, together with the EU and its member states, follow their apparent inclination to emulate the US.

## A danger and an opportunity

Returning to my own studies of the exit from the "great inflation" of the 1970s, two lessons emerge that should help the jury in its deliberations about where we go from here. One points to an opportunity, the other to a danger.

The first lesson has to do with confidence and the expectations of firms and households, which dominate any discussion about

inflation. The 1970s inflation was only really subdued after central banks were given operational independence from politicians to pursue low and stable inflation. As monetary policy became more credible, people no longer expected prices to rise so fast.

This was the main reason for the flattening of the Phillips curve - that is, inflation no longer jumps up smartly as unemployment falls. Present-day policies to stimulate demand benefit from well anchored inflation expectations. Put bluntly, policymakers will "get away" with

more stimulus before having to pay an inflationary price, and this should improve their chances of success.

A key figure in the development of such thinking about expectations in the 1970s-80s was the American economist Thomas Sargent. His work on "systematic changes in inflation policy" also underlies the second - and more cautionary - lesson for today's policymakers and the present inflation outlook.

This was crystallised in a 1982 paper by Sargent and Neil Wallace called *Some Unpleasant Monetarist Arithmetic* showing that monetary and fiscal policy are inextricably intertwined. At the heart of this thinking sits the idea of a government's budget constraint. If government spending stimulates demand to the extent of driving up inflation, and monetary policymakers then respond by raising interest rates, a nasty surprise can ensue.

Higher interest rates increase a government's interest payments on its debt. If the government responds by issuing even more debt to finance its activities, it can make inflation rise even faster - as the government's extra spending would end up driving up demand just as the central bank is trying to curb it. In other words, a government can only run so much of a deficit before unforeseen problems crop up.

Today this lesson is even more relevant than Sargent and Wallace could have imagined. Nowadays, interest rates can no longer be a central bank's first instrument of monetary policy: public and private debt are so high that raising rates could potentially make repayments unmanageable for many.

To take the US as the most prominent example, the Fed would instead start out by cutting back the level of government bond purchases going on to its balance sheet. This bond purchasing has ballooned in the past decade, particularly since governments' heavy deficit spending during the pandemic.

The problem is that the money created through QE ends up, for reasons that don't need to be explained here, in the reserves of commercial banks held by the central bank. In the US, these sums now approach a fifth of all of the Fed's assets.

As and when the Fed decides to "taper" QE - now running at US\$120 billion (£85 billion) of purchases per month - as a first step

in tightening policy to lean against inflation, this will result in a lower proportion of banks' assets being lodged with the Fed in the form of reserves, and increase the scope for banks to lend to the real economy.

Such credit expansion and the associated increase in the velocity of money is likely to fuel the inflation pressures that the Fed wants to counter. Since one of the main aims of QE is to increase bank lending, it's a paradoxical effect - just like the previous example of higher interest rates increasing inflation.

The bottom line is that public debt has expanded to the extent of becoming unaffordable in a free market. Today's conundrum created by QE is just the latest demonstration of the reality that disregarding government budget constraints will result, by one way or another, in higher inflation.

## Long-term trends

The final question is how all of this relates to long-term trends in the labour market and elsewhere. It is often said that in the past couple of decades, globalisation and technology have both helped to reduce inflation. Globalisation has kept wages lower by moving production to poorer countries. Technology has made it cheaper to produce goods and therefore brought prices down, while the the gig economy has reduced the cost of services.

But a recent book by British-based economists Charles Goodhart and Manoj Pradhan argues that the years to come will be far less deflationary, for several reasons. China's labour market participation is rising, which is increasing wages, and baby boomers are retiring, taking a very large generation out of the labour market and making workers more scarce and therefore more valuable.

It's a fascinating argument, but still very debatable. For example, possible inflationary effects of ageing populations might yet be outweighed by the deflationary effect of rapid technological change automating more jobs. This will reduce workers' bargaining power and therefore act as a brake on wage growth. Also, most people consume less in retirement, and certainly do not borrow as much: the ageing of the baby boomers will therefore be another source of deflation.

In sum, there is good reason to expect inflation in the short to medium term, but the longer-term picture is more mixed. The seeds of higher long-term inflation are surely present, but the chances of their germinating will depend to a large extent on to what extent the extra fiscal stimulus from the US and elsewhere leads to increased production, as opposed to only consumption.

If there is higher business investment and labour participation, government budget deficits will narrow faster as the private sector gets back into gear and pays more in taxes. This will also help the Fed to find a smoother path through the minefield of the exit from QE, since the increased bank lending will be more likely to be unlocking sustainable economic growth. If so, it is still possible that the central banks' claims that inflation will only be transitory could still be proven right.

**Brigitte Granville**  
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# Being chased, losing your teeth or falling down? What science says about recurring dreams

Dreams help us regulate our emotions and adapt to stressful events. Repetitive content may represent an unsuccessful attempt to integrate difficult experiences.

**H**aving the same dream again and again is a well-known phenomenon — nearly two-thirds of the population report having recurring dreams. Being chased, finding yourself naked in a public place or in the middle of a natural disaster, losing your teeth or forgetting to go to class for an entire semester are typical recurring scenarios in these dreams.

But where does the phenomenon come from? The science of dreams shows that recurring dreams may reflect unresolved conflicts in the dreamer's life.

Recurring dreams often occur during times of stress, or over long periods of time, sometimes several years or even a lifetime. Not only do these dreams have the same themes, they can also repeat the same narrative night after night.

Although the exact content of recurring dreams is unique to every individual, there are common themes among individuals and even among cultures and in different periods. For example, being chased, falling, being unprepared for an exam, arriving late or trying to do something repeatedly are among the most prevalent scenarios.

The majority of recurring dreams have negative content involving emotions such as fear, sadness, anger and guilt. More than half of recurring dreams involve a situation where the dreamer is in danger. But some recurring themes can also be positive, even euphoric, such as dreams where we discover new rooms in our house, erotic dreams or where we fly.

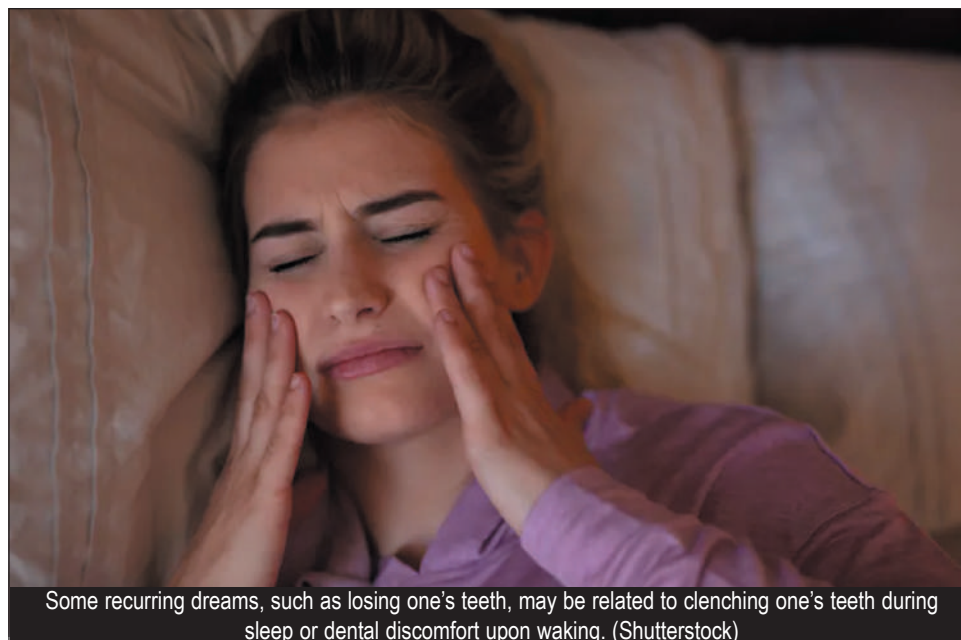
In some cases, recurring dreams that begin in childhood can persist into adulthood. These dreams may disappear for a few years, reappear in the presence of a new source of stress and then disappear again when the situation is over.

## Unresolved conflicts

Why does our brain play the same dreams over and over again? Studies suggest that dreams, in general, help us regulate our emotions and adapt to stressful events. Incorporating emotional material into dreams may allow the dreamer to process a painful or difficult event.

In the case of recurrent dreams, repetitive content could represent an unsuccessful attempt to integrate these difficult experiences. Many theories agree that recurring dreams are related to unresolved difficulties or conflicts in the dreamer's life.

The presence of recurrent dreams has also been associated with lower levels of psychological well-being and the presence of symptoms of anxiety and depression. These dreams tend to recur during stressful situations and cease when the person has resolved their personal conflict, which



Some recurring dreams, such as losing one's teeth, may be related to clenching one's teeth during sleep or dental discomfort upon waking. (Shutterstock)

indicates improved well-being.

Recurrent dreams often metaphorically reflect the emotional concerns of the dreamers. For example, dreaming about a tsunami is common following trauma or abuse. This is a typical example of a metaphor that can represent emotions of helplessness, panic or fear experienced in waking life.

Similarly, being inappropriately dressed in one's dream, being naked or not being able to find a toilet can all represent scenarios of embarrassment or modesty.

These themes can be thought of as scripts or ready-to-dream scenarios that provide us with a space where we can digest our conflicting emotions. The same script can be reused in different situations where we experience similar emotions. This is why some people, when faced with a stressful situation or a new challenge, may dream they're showing up unprepared for a math exam, even years after they have set foot in a school. Although the circumstances are different, a similar feeling of stress or desire to excel can trigger the same dream scenario again.

## A continuum of repetition

William Domhoff, an American researcher and psychologist, proposes the concept of a continuum of repetition in dreams. At the extreme end, traumatic nightmares directly reproduce a lived trauma — one of the main symptoms of post-traumatic stress disorder.

Then there are recurring dreams where the same dream content is replayed in part or in its entirety. Unlike traumatic dreams, recurring dreams rarely replay an event or conflict directly but reflect it metaphorically through a central emotion.

Further along the continuum are the

recurring themes in dreams. These dreams tend to replay a similar situation, such as being late, being chased or being lost, but the exact content of the dream differs from one time to the next, such as being late for a train rather than for an exam.

Finally, at the other end of the continuum, we find certain dream elements recurring in the dreams of one individual, such as characters, actions or objects. All these dreams would reflect, at different levels, an attempt to resolve certain emotional concerns.

Moving from an intense level to a lower level on the continuum of repetition is often a sign that a person's psychological state is improving. For example, in the content of traumatic nightmares progressive and positive changes are often observed in people who have experienced trauma as they gradually overcome their difficulties.

## Physiological phenomena

Why do the themes tend to be the same from person to person? One possible explanation is that some of these scripts have been preserved in humans due to the evolutionary advantage they bring. By simulating a threatening situation, the dream of being chased, for example, provides a space for a person to practise perceiving and escaping predators in their sleep.

Some common themes may also be explained, in part, by physiological phenomena that take place during sleep. A 2018 study by a research team in Israel found that dreaming of losing one's teeth was not particularly linked to symptoms of anxiety but rather associated to teeth clenching during sleep or dental discomfort upon waking.

When we sleep, our brain is not completely cut off from the outside world. It continues to perceive external stimuli, such as sounds or smells, or internal body sensations. That means that other themes, such as not being able to find a toilet or being naked in a public space, could actually be spurred by the need to urinate during the night or by wearing loose pyjamas in bed.

Some physical phenomena specific to REM sleep, the stage of sleep when we dream the most, could also be at play. In REM sleep, our muscles are paralyzed, which could provoke dreams of having heavy legs or being paralyzed in bed.

Similarly, some authors have proposed that dreams of falling or flying are caused by our vestibular system, which contributes to balance and can reactivate spontaneously during REM sleep. Of course, these sensations are not sufficient to explain the recurrence of these dreams in some people and their sudden occurrence in times of stress, but they probably play a significant role in the construction of our most typical dreams.

## Breaking the cycle

People who experience a recurring nightmare have in some ways become stuck in a particular way of responding to the dream scenario and anticipating it. Therapies have been developed to try to resolve this recurrence and break the vicious cycle of nightmares.

One technique is to visualize the nightmare while awake and then rewrite it, that is, to modify the narrative by changing one aspect, for example, the end of the dream to something more positive. Lucid dreaming may also be a solution.

In lucid dreams we become aware that we are dreaming and can sometimes influence the content of the dream. Becoming lucid in a recurring dream might allow us to think or react differently to the dream and thereby alter the repetitive nature of it.

However, not all recurring dreams are bad in themselves. They can even be helpful insofar as they are informing us about our personal conflicts. Paying attention to the repetitive elements of dreams could be a way to better understand and resolve our greatest desires and torments.

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# What are we here for?

During a crisis of uncertainty, what's more important than the rhetorical demonstration of certainty is the formulation of a strong, shared sense of meaning

In a crisis, the possibility of failure feels close. This often drives leaders into command-and-control mode: more-rigid schedules, tighter budgets, exaggerated targets, hyperbolic promises. Military metaphors proliferate. But during a crisis of deep ambiguity and uncertainty, what's more important than the rhetorical demonstration of certainty is the formulation of a strong, shared sense of meaning. Leaders can't impose this from above. Their role is to become activists who convene people - employees, suppliers, customers, members of the communities that the company serves - to explore and define that meaning together.

To succeed, in good times or bad, the leader of any organization must be able to answer the question **"What are we here for?"** In volatile times, focusing on that question is even more urgent, because the organization's activity often needs to change. Past usefulness can become irrelevant overnight; just ask the owners of today's travel businesses, movie theatres, and gyms. In this context, business as usual, even on steroids, is an inadequate response. Instead, leaders have to shift their goals from **maintaining the status quo to constructing a newly imagined future**. It's hard for leaders to do both at once.

Where are leaders to find their sense of purpose? Command-and-control cultures look to the CEO to concoct it, with the danger that it may lack both legitimacy and impact. "We may be in a pandemic, but the one thing we can do is make every customer feel financially secure," a British banking leader told his team. While they recognized that this goal was well-intentioned, they also knew it was impossible to achieve. The alternative to imposing meaning is to let it emerge.

The UK's National Health Service tried both of these approaches -engineering meaning and letting it emerge - in different places during the peak of the Covid-19 crisis.

In some regions, individual healthcare CEOs, believing that the emergency

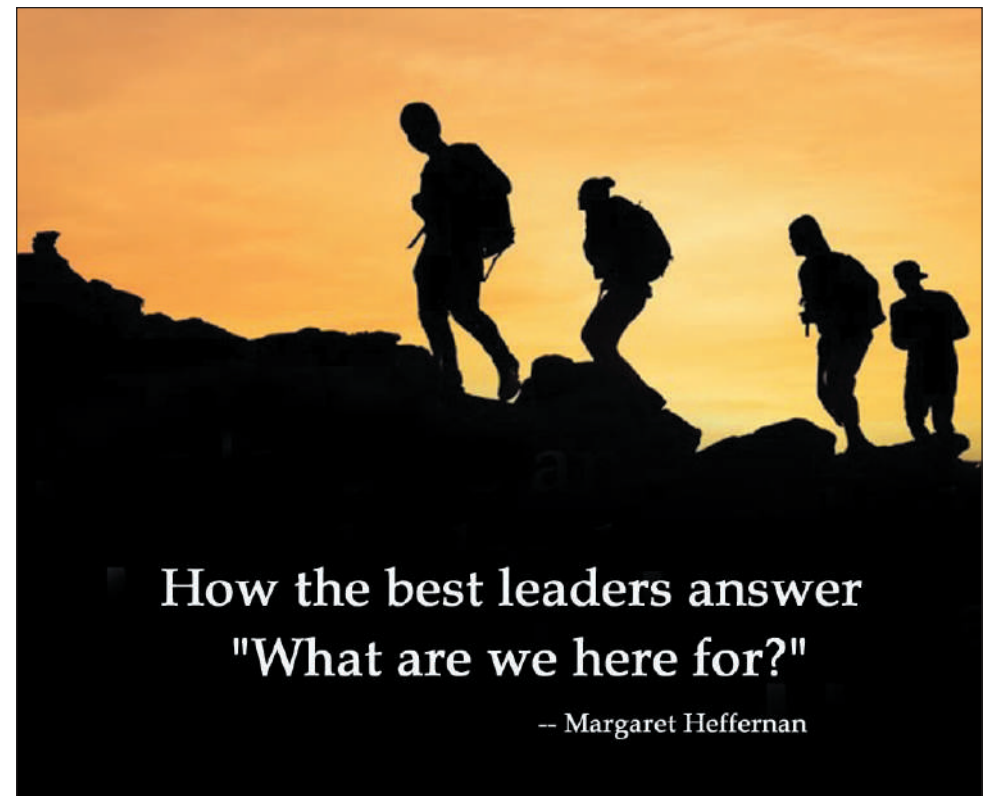
demanding their command-and-control leadership, took charge and leapt into their new style with avidity. They ordered people around, tried single-handedly to design new systems, and put themselves at the centre of decision-making. This slowed everything down. Widely dismissed as power grabbers, most of them ended up retreating, humbled by their inability to master the volume and complexity of demands.

But in other regions, those very demands on the service collapsed a vast and intricate healthcare hierarchy into a single organism, which in turn generated levels of collaboration and cooperation across all levels and among other services (ambulance, fire and rescue, social care) with an ease and speed managers had previously only ever dreamt of. No leader imposed a sense of purpose, but everyone knew what it was: To do the right thing for patients, whatever that might require. When managers were no longer "doomed to hit targets but miss the point," one doctor said, "it was incredible the ease with which we could do the right thing." The challenge for NHS leaders going forward will be to fight for the freedom and resources needed to preserve that focus.

For real integrity, an organization's sense of purpose must derive from the ecosystem that the business inhabits - the full diversity of employees, customers, neighbours, partners, and leaders who are touched by its work. Otherwise it lacks both authority and impact. The most creative corporate leaders during the Covid crisis have understood this.

Take the CEO of an intellectual-property agency who, once the logistics of working from home were resolved, shifted into activist mode. The world, she saw, had changed completely. In the community that the business served, everyone was suffering. For her business to stay relevant, it needed to be seen as a source of realistic hope.

That was her instinct, but she didn't trust it blindly. Instead, she convened groups of stakeholders - suppliers,



How the best leaders answer  
"What are we here for?"

— Margaret Heffernan

employees, customers, partners - and asked them what they needed and expected of the firm now. Her first priority was to discover how the firm could better champion and empower its community, addressing and articulating its most fervent hopes and dreams. Ideas proliferated. New technology offered the opportunity to accelerate copyright enforcement. New strategic alliances promised to give the organization more clout. The business-development team overflowed with ideas for new products and services scarcely glimpsed before. A legitimacy of purpose developed, because everyone contributed to it. Instead of clinging to an old plan, customers and employees alike are galvanized now by the opportunity to grow in size and scope and influence.

Convening and listening to stakeholders can break the boundaries of the status quo. In 1982, Larry Kramer founded Gay Men's Health Crisis to educate the homosexual community about a new mysterious disease that was killing its members, but it quickly became bureaucratic and hierarchical, providing comfort and care but developing a preoccupation with its own survival. So Kramer, a notoriously impatient man, quit the organization and formed ACT UP, which was entirely focused on the future: Its purpose was to cure AIDS. And it was democratic ("to a fault," Kramer said), convening an eclectic range of

people whose passion and wildly differing areas of expertise allowed strategies to emerge organically. The group was raucous and frequently fractious, so the idea of its having a leader at all was contentious. But Kramer designed a role for himself that focused on preventing anyone from becoming complacent and by creating narratives about what both success and failure could look like. And when cures started to emerge, he didn't take the credit.

Peter Drucker once said, "A healthy business can't exist in a sick society." The health of any business depends fundamentally on the health of society - or that piece of it which the business serves. Today, as the Covid crisis continues, in parallel with an economic crisis, a crisis of inequality, and a climate crisis, the leader-as-activist role will only become more critical. The nature of their jobs will differ, but their purpose will be the same: To outrun irrelevance by convening and listening to both central and marginal voices in the societies they serve, nurturing an ambition that far outstrips survival.

*Margaret Heffernan is an entrepreneur, CEO, speaker, and author. She is currently a Professor of Practice at the University of Bath School of Management. Her most recent book is 'Uncharted: How to Navigate the Future'.*

## Work Smarter

When you're facing down a large pile of resumes, it may be tempting to default to candidates who went to a more prestigious college or university. While research shows that these candidates may slightly outperform their peers in some dimensions, the data also shows that they can be more expensive to hire.

## Hire for competency - not degrees

So how do you figure out whether the extra cost is worth it? You should consider the candidates' potential value for your firm - but ultimately their fit for the position is the most important.

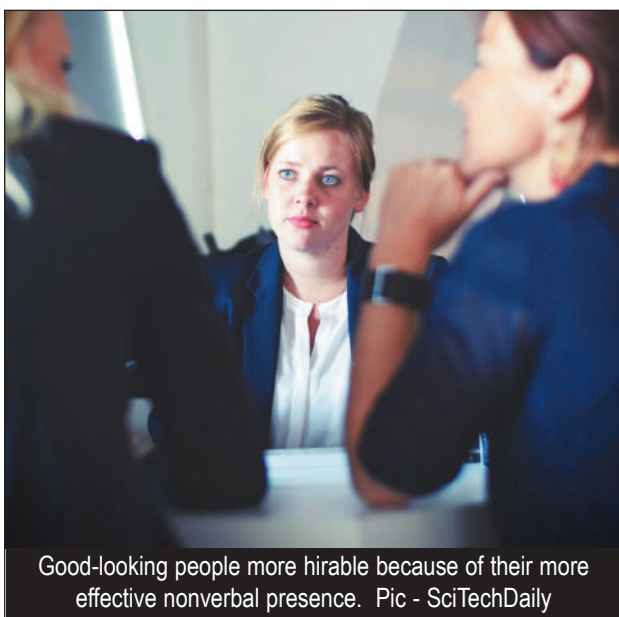
To determine this, test for the technical and interpersonal competencies needed for the job. And remember that any modest advantage stemming from university rank may also be mitigated by on-the-job

training. While it may be an unsatisfying answer, the best hiring practice is to make decisions on a case-by-case basis - not to uniformly overvalue university pedigree.

*This tip is adapted from "Graduates of Elite Universities Get Paid More. Do They Perform Better?," by Vasyl Taras, et al - Harvard Business Review*



## Attractiveness pays off at work - but there's a trick to level the playing field



Good-looking people more hireable because of their more effective nonverbal presence. Pic - SciTechDaily

**B**eautiful people are more likely to get hired, receive better performance evaluations and get paid more -- but it's not just because of their good looks, according to new research from the University at Buffalo School of Management.

The study found that while a "beauty premium" exists across professions, it's partially because attractive people develop distinct traits as a result of how the world responds to their attractiveness. They build a greater sense of power and have more opportunities to improve non-verbal communication skills throughout their lives.

"We wanted to examine whether there's an overall bias toward beauty on the job, or if attractive people excel professionally because they're more effective communicators," says Min-Hsuan Tu, assistant professor of organization and human resources in the UB School of Management. "What we found was that while good looking people have a greater sense of power and are better nonverbal communicators, their less-attractive peers can level the playing field during the hiring process by adopting a powerful posture."

The researchers conducted two studies. In the first study, managers determined the good-looking people to

be more hireable because of their more effective nonverbal presence.

In the second study, the researchers asked certain participants to strike a 'power pose' by standing with their feet shoulder-width apart, hands on hips, chest out and chin up during their pitch. With this technique, the less attractive people were able to match the level of nonverbal presence that their more attractive counterparts displayed naturally.

### Global dementia cases forecasted to triple by 2050

**P**ositive trends in global education access are expected to decrease dementia prevalence worldwide by 6.2 million cases by the year 2050. Meanwhile, anticipated trends in smoking, high body mass index and high blood sugar are predicted to increase prevalence by nearly the same number: 6.8 million cases. Both according to new global prevalence data reported at the Alzheimer's Association International Conference (AAIC) 2021 in Denver and virtually.

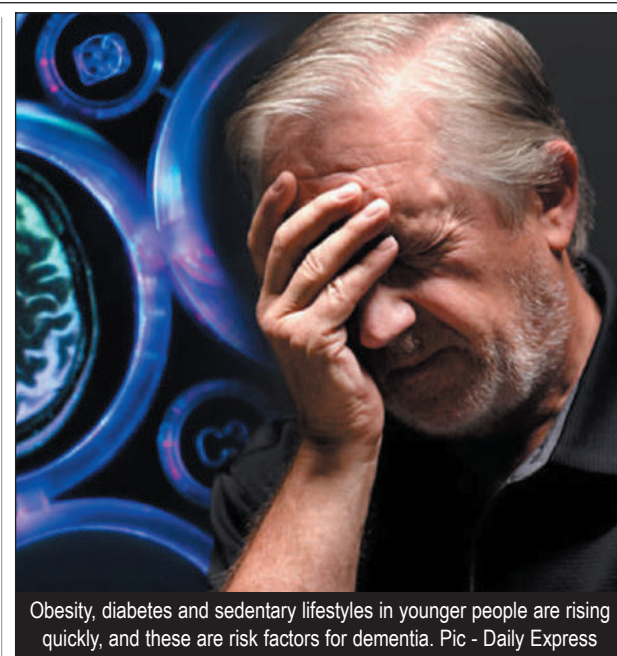
"Improvements in lifestyle in adults in developed countries and other places -- including increasing access to education and greater attention to heart health issues -- have reduced incidence in recent years, but total numbers with dementia are still going up because of the aging of the population," said Maria C. Carrillo, Alzheimer's Association chief science officer. "In addition, obesity, diabetes and sedentary lifestyles in younger people are rising quickly, and these are risk factors for dementia."

The U.S. National Institute on Aging estimates people over the age of 65 will make up 16% of the world's population by 2050 -- up from 8% in 2010.

Also reported at AAIC 2021 were two other prevalence/incidence studies. Key findings include:

\* Each year, an estimated 10 in every 100,000 individuals develop dementia with early onset (prior to age 65). This corresponds to 350,000 new cases of early onset dementia per year, globally.

"By adopting the physical postures associated with feelings of power and confidence, less attractive people can minimize behavioural differences in the job search," says Tu. "But power posing is not the only solution -- anything that can make you feel more powerful, like doing a confidence self-talk, visualizing yourself succeeding, or reflecting on past accomplishments before a social evaluation situation can also help."



Obesity, diabetes and sedentary lifestyles in younger people are rising quickly, and these are risk factors for dementia. Pic - Daily Express

\* Emma Nichols, MPH, a researcher with the Institute for Health Metrics and Evaluation at the University of Washington School of Medicine, and colleagues leveraged data from 1999 to 2019 from the Global Burden of Disease (GBD) study, a comprehensive set of estimates of health trends worldwide. They found dementia would increase from an estimated 57.4 (50.4 to 65.1) million cases globally in 2019 to an estimated 152.8 (130.8 to 175.6) million cases in 2050. The highest increases were observed in eastern sub-Saharan Africa, North Africa and the Middle East.



## Why is air colder the higher up you go?

**A** lot of people have probably wondered this.

Well, it helps if you imagine the ground here on Earth as a big heater. It keeps us warm, and if you move away from the heater you feel cold.

So what "heats up" the heater? The light and warmth from the Sun. Scientists call this light and warmth "radiation".

### Light and warmth travel from the Sun

The light and warmth from the Sun travel through space towards Earth, and pass through our atmosphere. (The "atmosphere" is what we call the swirling air that surrounds our planet.)

But the atmosphere isn't very good at holding onto the warmth from the Sun. The heat just slips straight through it. (For the

adults reading: that's because air at higher altitudes thins out as the gas particles expand and lose energy.)

Eventually, the heat from the Sun hits the ground and the ground soaks it up. This especially happens in forests and oceans, which are very good at absorbing heat. Other places, like snow fields, are more likely to reflect the radiation - meaning it bounces back toward the Sun instead of being soaked up by the ground.

### Up, up, up

The higher up you go, the further you are away from the "heater" that is keeping us all warm - the ground that has absorbed the warmth from the Sun. At the top of mountains it can get so cold people could die within minutes without special protection. That's because the air up there is just really bad at "holding onto" the radiation



coming from the Sun, and the warmth passes straight through it on its journey toward the ground.

And all the way up in space, there is a lot more radiation from the Sun, and astronauts wear special suits to protect themselves from it. But there's also no air in space, which means there's really nothing much at all to "hold onto" the warmth of the

Sun and make the temperature around you feel warm.

So if you were unlucky enough to be caught in space without a suit, you would freeze to death before the Sun's radiation would get you.

**Zoran Ristovski & Branka Miljevic,**  
Queensland University of Technology



## Health & Balance

# 14 Tricks to Quiet Your Racing Thoughts

**Put a home aquarium on your shopping list: Gazing at fish can help you feel less stressed, and it may even lower your blood pressure. See other ways to calm your mind when it goes into high gear.**

**Breathe:** We do this all the time, but to use your breathing to find stillness, be more careful and conscious about it. Pay attention to the rhythm. If you take short, quick breaths, try to move toward slower, deeper ones. Put your hand on your belly: You should feel it rise and expand as you draw air in, and fall as you let it out. Shoot for about six breaths a minute.

**Watch Fish Swim:** People with home aquariums say they feel calmer, more relaxed, and less stressed when they gaze at their fish, and science backs it up. It isn't just the water, although that alone helps. A study using a tank hundreds of times larger found that the more types of marine life that were added, the happier people got. Heart rates and blood pressures dropped, too.

**Exercise:** Just 5 minutes of aerobic exercise, like a brisk walk, could start to calm your mind. It releases endorphins -- chemicals that make you feel good and can help improve your mood, focus, and sleep. High-intensity interval training (HIIT) can give you a big dose of them in a short time. After warming up, alternate 20- to 30-second bursts of pushing yourself hard (like doing sprints, squats, or fast weightlifting) with equal amounts of rest.

**Listen to Music:** It literally calms the activity in your brain. Fewer neurons fire in your amygdala (the part of your brain that responds to fear), which may lead to fewer signals sent to other parts of your brain. Music is a good thing to try if you're distracted by pain. Listen closely, not just as background. The more you notice, the less you'll dwell on your other thoughts.

### Help Someone

It lights up parts of your brain that make you feel pleasure and connection. Doing something nice for someone lowers stress and lessens feelings of loneli-



ness. It may even boost your heart health and immune response. Fun fact: When you spend money on other people, your body releases more endorphins (the same chemicals from exercise) than when you spend on yourself.

### Go Outdoors

Being in and around nature often makes people think more clearly and feel more relaxed and refreshed. Your brain doesn't have to work as hard in a greener environment. In one study, after 20 minutes in a park, children with ADHD were able to concentrate better. Spending time outside can also bring down your heart rate, blood pressure, stress hormones, and even muscle tension.

### Progressive Muscle Relaxation

Use the connection with your body to soothe your mind. Pick a body part -- foot, leg, mouth, eyes -- and tense it for a few seconds. Then release and relax for 10 seconds or so. Notice how that feels different. Switch to another part, and keep going until you've done your whole body. This can also improve sleep and may even ease headaches and stomachaches.

### Hang Out With a Dog

Whether it's a member of your family or a therapy dog, a friendly pooch can make you feel less anxious, tense, confused, and restless. When you pet and play with them, it seems to lower levels of stress hormones. One reason could be that your body releases oxytocin, a hormone that plays a role in bonding and trust. (Although not studied as much, cats can calm you, too.)

### Guided Imagery

Think of a favorite spot, real or imagined, that makes you calm and happy: perhaps a beach at sunset, a comfy chair in front of a fireplace, or a stream in the forest. Focus on details. Can you smell pine needles, for example? See bubbles in the water? Hear the gurgle and splashing? There are audio recordings and apps that can help you through this process.

### Hatha Yoga

This mix of challenging poses and controlled breathing helps you turn your awareness to being in the present moment instead of judging yourself and others. There's also evidence that a regular practice lessens anxiety and takes the edge off your natural stress response. Plus, it's exercise that builds your strength and flexibility. Go to a class, and you'll get the benefits of socializing with other people, too.

### Get Creative

Activities like coloring books, knitting, scrapbooking, and pottery offer an escape for a busy mind. Simple, repetitive actions, especially -- like kneading dough -- can help you redirect your thoughts and tune out the chatter in your head. Let your inner child play! The key is to enjoy the process and not worry so much about the result.

### Take a Break

When you find your mind racing full-speed or spiraling down a rabbit hole, change your focus: stretch, daydream, walk around, get a snack, or chat with a friend. Take at least 5 minutes to recharge and reset. You'll be more centered and clear-headed. If you're going to be working intently, set a timer or use an app to remind you to stop every 90 minutes or so.

### Dig in the Dirt

It's not just the great outdoors and the exercise at work here. The soil itself has microorganisms that might help you focus and lift your mood. Gardeners are less depressed and anxious, and they feel more connected to their communities.

Reviewed by Stephanie S. Gardner, MD, WebMD

## Healthy Living

# Grave health risks of sitting for very long hours

**W**e all know sitting for long hours is not a healthy thing to do. But did you know that sitting for very long hours can alleviate your blood pressure levels and increase your risk of death from cardiovascular diseases and even cancer? Yes, any extended sitting, either on the desk, in the car or in front of the screen can be harmful.

Sitting utilises less energy from our body as compared to moving or standing. Studies have linked sitting for a long period of time with several health issues. Some of these issues include obesity, high blood pressure, excess body fat around the waist and elevated cholesterol levels. Sitting increases your risk of death from cardiovascular diseases and cancer. People who sit for more than eight

hours a day with no physical activity, have a similar risk of dying as posed by smoking and obesity.

### Why you must not sit for long hours?

The human is made to stand upright. Our cardiovascular system works most effectively when we are standing. Our bowel movements are also more efficient when we are upright. Thus, it is common for people who are bedridden to suffer from bowel issues.

### Leg and glute muscles

Sitting for long hours can lead to the weakening and wasting away of the large leg muscle and gluteal muscle. The large leg muscles are important for walking and stabilizing our bodies. If these muscles become weak, you are more likely to fall from exercise.

### Metabolic problems

When we move our bodies, we digest fats and sugar. When we spend a lot of time sitting, digestion is not as efficient so the body retains those fats and sugars, which leads to metabolic disorders.

### Hip and joint problems

Hip flexors shorten when you sit for long hours, which can lead to problems with hip joints. It can also cause a

problem with the back, especially if one sits with poor posture or does not use an ergonomically designed chair or workstation. Even if you exercise, but sit for long hours at a stretch, you are at risk of health problems such as Metabolic Syndrome.

### Cancer

Various studies have suggested that sitting for long hours increases your chances of developing some kind of cancer including lung cancer, uterine and colon cancers.

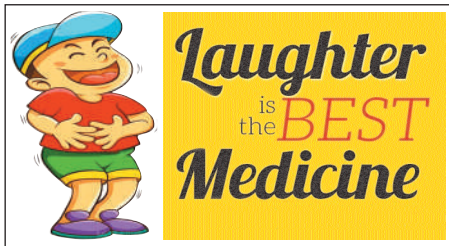
### How to increase your movement?

Staying active increases your overall energy levels, endurance and boosts your bone strength. You can start by simply standing rather than sitting when you get a chance.

- Every 30 minutes take a break from sitting
- Walk when you talk on the phone or while watching television
- Switch between standing and sitting desk

Taking all these small little steps will lead to weight loss, increased energy levels and help you burn more calories.





## So, Tod goes to a new truckers joint...

**H**e sits down and the waiter approaches him.

Do you want to hear the daily specials sir? He asks.

"No thank you", says Todd, "let me smell your hand and I'll tell you what I'd like today".

So the waiter reluctantly proceeds to offer his hand to be smelled by this weird customer.

Todd says, I'll have the fried chicken with spicy paprika mashed potatoes.

The waiter is impressed, he thinks to himself: how does this guys know that's on the menu!

Todd has his lunch, pays the check and leaves.

Next day, Todd walks in again, and again he asks to smell the same waiter's hand.

This day, he says, I'll have the catfish with a side of salad.

Again, the waiter is dumbfounded by this guy's sense of smell. Todd gets his lunch, eats it, pays the bill and leaves.

The next day, surely Todd walks in, but this time the waiter has something planned.

The waiter goes to the kitchen and says to the kitchen lady, "Ok Mary, come here" he proceeds to put his hand under her skirt and goes to attend Todd.

Would you like to hear today's specials? says the Waiter

No, thank you, let me smell your hand and I'll tell you what I'll have.

So the waiter offers his hand with a smirk in his face, Todd smells it and exclaims: "I didn't know Mary worked here!"

\*\*\*

## Donald trump was getting his daily briefing...

"Sir, there was another 60,000 cases of corona and a thousand Americans died."

"Huh," the orange elder barely nods and continues watching Fox.

"Sir, also there was a riot in downtown DC and two cops and fourteen protesters are dead and sixteen in custody."

"Yawn... next," replies Donald chewing on his fries.

"Three American soldiers were killed in Afghanistan too."

"BORING!"

"And finally a wall has collapsed and we lost two Brazilians."

Donald's eyes go red and tears begin to stream down his face.

"Sir, I didn't know that would mean so much to you?!"

Donald looks up through watery eyes? "How many is a Brazilian?"

\*\*\*

## Daily Covid-19 check

At 7 pm open the whiskey bottle and smell it.

If you can smell, you are not infected.

Then pour it in a glass tumbler.

Taste it. if you can feel the taste, you are not infected.

- Dr Johnny Walker

## A high-school girls soccer team hires a new coach

When Coach Bill is hired the girls are in last place. Bill starts a whole new regimen for practices, including new workouts, new drills and after two weeks of this he introduces a new herbal supplement he asks the girls to start taking daily.

A week later the girls win their first game of the season. Then another one, and another one... In fact, they can't lose and go to first place in the league. Everyone is thrilled, the girls, the school, and of course the coach.

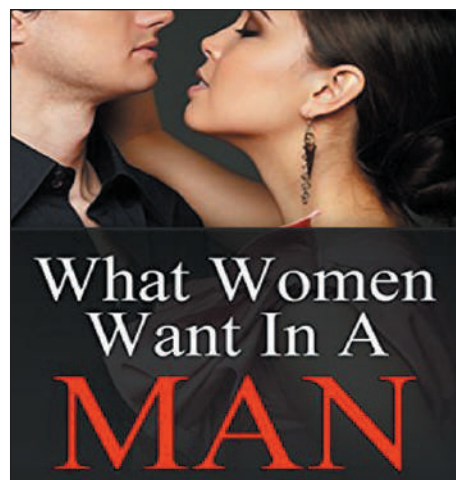
About a month later while Coach Bill is sitting in his office reviewing tapes of the other team they're playing that weekend, there's a knock at his door. It's one of his star players Bella.

Bella says, "Coach Bill can I talk to you about a couple things?"

"Of course," says Coach Bill, "my door is always open to my players, what's up?" Bella nervously replies, "Well coach, ever since you started making us take those supplements, I've noticed that I started growing hair all down my chest and I'm a bit worried."

Coach Bill very concerned immediately responds, "Oh no, how far down does the hair go?"

Bella responds, "All the way down to my balls, that's the other thing I wanted to talk to you about."



## Life's Lesson

# Relocating to Nursing Home

In Western countries, old age homes are called nursing homes. This article on the internet has caused many to reflect on their own lives. The author is a retired writer, and she expressed her feelings when she was about to go to a nursing home.

**I**'m going to a nursing home. I have to.

When life gets to where you are no longer able to take care of yourself completely, your children are busy at work and have to take care of their children and have no time to take care of you, this seems to be the only way out.

The nursing home is in good condition, with clean single rooms equipped with simple and practical electrical appliances. All kinds of entertainment facilities are complete, the food is fairly delicious, the service is also very good. The environment is also very beautiful, but the price is not cheap.

My pension is poorly able to support this. But I have my own house. If I sell it, then money is not a problem. I can spend it on retirement, and the rest will be left as an inheritance for my son. My son understands that very well: "Your money and your property should be enjoyed by you, don't worry about us."

Now I have to consider preparing to go to a nursing home.

As the saying goes: Breaking a family is worth tens of thousands, which refers to many things. Boxes, bags, cabinets, and drawers are filled with all kinds of daily necessities: clothings for all weathers and beddings for all seasons.

I like to collect. I have collected a lot of stamps. I have also hundreds of purple clay tea pots. There are many small collections, and such small items as pendants of emerald and walnut amber, and two small yellow croakers. I am especially fond of books. The bookshelves on the wall are full.

There are also dozens of bottles of good foreign wine. There are full sets of household appliances; various cooking utensils, pots and pans, rice, oil, salt, noodles, flour, spices, various seasonings, in fact the kitchen is also full. There are also dozens and dozens of photo albums... Looking at the house full of things, I'm worried!

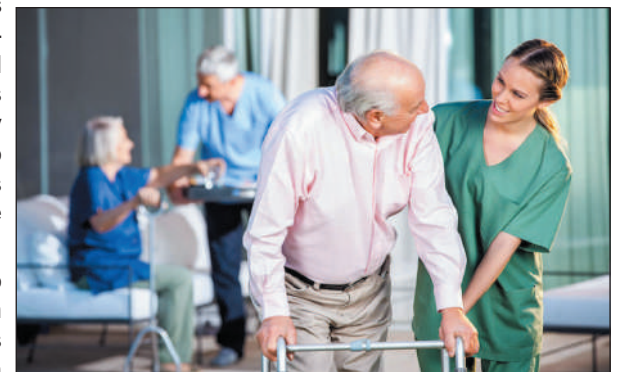
The nursing home has only one room with a cabinet, a table, a bed, a sofa, a refrigerator, a washing machine, a TV, an induction cooker and a microwave oven -- all the things I will really need. There is no

place to store the wealth that I have accumulated throughout my life.

At this moment, I suddenly feel that my so-called wealth is superfluous, and it doesn't belong to me. I just take a look at it, play with it, use it. It actually belongs to this world. The wealth that come in turns are just passing by. Whose palace is the Forbidden City? The Emperor thought it belonged to him, but today it belongs to the people and society.

You look at these, you play with these, you use these but you can't take them with you in death.

I really want to donate the things in my house, but I can't get it done. To deal with it has now become a problem. Very few children and grandchildren can appreciate what I have collected. I can imagine what it will be like when my children and grandchildren face with these painstakingly accumulated treasures of mine: all the clothes and bedding will be thrown away; dozens of precious photos will be destroyed; books will be sold as scrap.



Collections? If you are not interested, you will dispose of them. The mahogany furniture is not practical and will be sold at a low price.

Just like the end of the Red Mansion: only a piece of white left, so clean.

Facing with the mountain of clothes, I only picked a few favourites; I only kept a set of pots and pans for kitchen supplies, a few books that are worth reading; a handful of teapots for tea. Bring along my ID card, senior citizen certificate, health insurance card, household register, and of course a bank card. Enough!

It's all my belongings! I'm gone. I bid farewell to my neighbours, I knelt down at the door and bowed three times and gave this home back to the world.

Yes! In life, you can only sleep in one bed, live in one room. Any more of it is merely for watching and playing!

Having lived a lifetime, people finally understand: we don't really need much. Don't be shackled by superfluous things to be happy!

It's ridiculous to compete for fame and fortune. Life is no more than a bed.

For people over 60 years old, shouldn't we think carefully about how to take the last journey in life?

Let go of fantasies and baggage, and of those things that can't be eaten, worn, used.

Be healthy and be happy.



## CINE 12

Mardi 31 août - 21.10



**mbc 1**  
Mercredi 1 septembre - 21.15



**mbc 2**  
Jeudi 2 septembre - 21.15



mardi 31 août

## MBC 1

06.30 Local: Crime Watch  
09.30 Film: The Baby Boss  
11.00 Mag: Le Saviez Vous?  
11.10 Tele: Soleil Levant  
12.00 Le Journal  
12.30 Tele: Le Prix Du Désir  
12.55 Doc: Green Touch  
14.26 Serial: Heidi, Bienvenida...  
14.55 D.Anime: Word Party  
15.08 D.Anime: All Hail King Julien  
15.30 D.Anime: Splash And Bubble  
16.00 D.Anime: Jil Jil Genie 5  
17.10 Serial: Dark Oracle  
17.35 Mag: Women Who Changed...  
17.40 Serial: Lucas Etc  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
19.30 Journal & La Meteo  
20.10 Local: Autour Des Valeurs...  
20.40 Local Prod: Tous Egaux  
21.15 Film: The Baker

## MBC 2

07.00 DDI Live  
09.00 Serial: Vir: The Robot Boy  
09.11 Serial: Guddu  
12.00 Film: Jawaab  
Star: Raj Babbar, Danny Denzongpa  
15.00 Serial: Zindagi Ki Mehek  
15.22 Serial: Aamhi Doghi  
15.43 Serial: Bava Maradullu  
16.04 Serial: Apoorva Raagangal  
16.28 Serial: Aatish  
16.49 Serial: Imtihaan  
17.05 Kullfi Kumarr Bajewala  
17.30 Telugu - Premabhishekam  
18.00 Serial: Dr. Qin  
18.30 DDI Magazine  
19.00 Journal Kreol  
19.30 Serial: Radha Krishna  
20.04 Local: Programme In Tamil  
20.30 Film: Aulad  
Star: Jeetendra, Jayapradha...

## MBC 3

06.00 Mag: Eco@Africa  
06.52 Mag: In Good Shape  
07.21 Doc: Amazing Gardens  
07.47 Doc: Volcano Stories  
09.00 Doc 360 GEO  
11.19 Doc: L'Art Et La Matiere  
14.15 Mag: Global 3000  
15.33 Mag: L'art Et La Matiere  
15.50 Doc: Amazing Gardens  
16.16 Mag: Eco@Africa  
18.00 Mag: Rev: The Global Auto...  
18.30 Doc: Troubled Treasures  
19.00 Student Support Prog...  
19.31 Mag: Magnifique  
20.30 Local: News (English)  
21.33 Doc: Abderrahmane Sissako  
22.25 Mag: Close Up  
22.51 Local: Klip Seleksion  
23.33 Doc: Look And Act  
23.59 Mag: Rev: The Global Auto And Mobility show

## Cine 12

01.24 Film: Boone  
02.50 Serial: The Magicians  
03.32 Film: Fixer Upper Mystery  
05.39 Serial: S.W.A.T  
06.44 Film: The Wind And The Lion  
09.00 Serial: When Calls The Heart  
09.45 Tele: Teresa  
10.35 Tele: Tanto Amor  
11.01 Serial: The Magicians  
12.00 Film: Fixer Upper Mystery  
13.30 Tele: Muneca Brava  
14.12 Mag: Hollywood On Set  
14.45 Film: The Wind And The Lion  
16.39 Serial: When Calls The Heart  
17.22 Serial: S.W.A.T  
18.05 Tele: Teresa  
19.00 Tele: Tanto Amor  
20.05 Tele: Les Trois Visages D'Ana  
20.30 Serial: S.W.A.T  
21.15 Film: Ingrid Goes West  
22.48 Tele: Muneca Brava

## Bollywood TV

08.00 Film: Main Krishna A Hoon  
Starring Juhi Chawla, Paresh Ganatra, Namit Shah...  
12.04 / 19.54 - Radha Krishna  
12.24 / 20.11 - Chupke Chupke  
12.48 / 20.32 Mere Sai  
13.09 / 21.09 - Agniphera  
13.14 / 21.24 - Bade Acche Lagte Hai  
13.53 / 21.59 - Zindagi Ki Mehek  
14.10 Serial: Maharakshak  
14.53 / 22.25 - Sethji  
15.15 Film: Nanhe Jaisalmer  
Star: Bobby Deol, Dwij Yadav  
18.00 Live: Samachar  
18.30 Kundali Bhagya  
18.51 Serial: Ishaaron Ishaaron...  
19.17 Bhakharwadi  
19.35 Siddhi Vinayak

mercredi 1 septembre

06.30 Local: Tous Egaux  
09.30 Film Barbie: Agents Secrets  
11.00 Mag: Le Saviez Vous?  
11.10 Tele: Soleil Levant  
12.00 Le Journal  
12.25 Tele: Le Prix Du Désir  
12.55 Doc: Green Touch  
13.05 Local: Groov'in  
14.15 Serial: Heidi, Bienvenida A...  
14.40 D.Anime: Word Party  
14.53 D.Anime: All Hail King Julien  
15.15 D.Anime: Splash And Bubbles  
15.40 D.Anime: The Book Of Henry  
17.20 Serial: Dark Oracle  
17.45 Serial: Lucas Etc  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
18.55 Local: Nayi Dristhi  
19.30 Journal & La Meteo  
20.20 Local: MBC Production  
21.15 Film: Navy Seals  
23.30 Le Journal

07.00 DDI Live  
09.00 Serial: VIR: The Robot Boy  
09.11 Serial: Guddu  
12.00 Film: Hum Dono  
Star: Rajesh Khanna, Hema Malinee  
15.00 Serial: Zindagi Ki Mehek  
15.21 Aamhi Doghi  
15.43 Bava Maradallu  
16.01 Apoorva Raagangal  
16.29 Serial: Aatish  
16.43 Serial: Imtihaan  
17.12 Kullfi Kumarr Bajewala  
17.28 Serial: Kulvadhu  
18.00 Serial: Dr. Qin  
18.30 Mag: DDI Magazine  
19.00 Zournal Kreol  
19.30 Serial: Radha Krishna  
20.06 Programme In Marathi  
20.34 Film: Pahila Paul  
22.24 DDI Live

06.00 Rev: The Global Auto...  
06.26 Doc: Troubled Treasures  
06.52 Mag: Made In Germany  
07.18 Mag: Magnifique  
07.47 Doc: Builders Of The Future  
08.37 Doc: Portraits Of Marie...  
09.58 Local: Klip Seleksion  
13.47 Doc: Portraits Of Marie...  
14.39 Mag: Close Up  
15.05 Local: Klip Seleksion  
16.16 Mag: Rev: The Global Auto...  
18.00 Mag: Motorweek  
18.27 Mag: Vous Et Nous  
18.54 Mag: Arts.21  
19.19 Doc: Garden Party  
19.47 Doc: Les Montagnes Du Monde  
20.30 Local: News (English)  
21.04 Doc: La Ville Passe Au Vert  
21.58 Mag: Business Africa  
22.23 Mag: Focus On Europe  
22.49 Doc: Asteroids

01.26 Film: Ingrid Goes West  
03.00 Serial: The Magicians  
03.41 Film: Little Women  
05.35 Tele: Muneca Brava  
06.14 Serial: S.W.A.T  
06.56 Film: Signed, Sealed, Delive...  
09.00 Serial: When Calls The Heart  
09.45 Tele: Teresa  
10.35 Tele: Tanto Amor  
11.01 Serial: The Magicians  
11.41 Film: Little Women  
13.34 Tele: Muneca Brava  
14.46 Film: Signed, Sealed, Delive...  
16.40 Serial: When Calls The Heart  
17.23 Serial: S.W.A.T  
18.08 Tele: Teresa  
19.00 Tele: Tanto Amor  
20.05 Tele: Les Trois Visages D'ana  
20.30 Serial: Billions  
21.15 Film: La Poursuite Des Tuniques Bleues  
22.45 Tele: Muneca Brava

08.00 Film: Nanhe Jaisalmer  
Star: Bobby Deol, Dwij Yadav  
12.04 / 20.06 - Radha Krishna  
12.24 / 20.26 - Chupke Chupke  
12.44 / 20.42 - Mere Sai - Shrad..  
13.10 / 20.46 - Agniphera  
13.26 / 21.09 - Bade Acche Lagte Hai  
13.49 / 21.50 - Zindagi Ki Mehek  
14.11 / 22.15 - Maharakshak  
14.54 / 21.46 - Sethji  
15.17 Film: Chatur Singh Two Star  
Starring: Sanjay Dutt, Ameesha Patel, Suresh Menon  
18.00 Live: Samachar  
18.30 Kundali Bhagya  
18.51 Ishaaron Ishaaron...  
19.15 Bhakharwadi  
19.38 Serial: Siddhi Vinayak

jeudi 2 septembre

06.00 Local: Klip Seleksion  
06.45 Local: Aktiv  
07.10 D.Anime: Twirlywoos  
10.56 Mag: Le Saviez-Vous?  
11.00 Tele: Sinu, Rio Des Pasiones  
12.00 Le Journal  
12.50 Mag: Green Touch  
13.03 Local: Le Rendez Vous  
14.00 Serial: Heidi, Bienvenida A...  
14.50 D.Anime: Word Party  
15.03 D.Anime: All Hail King Julien  
15.25 D.Anime: Splash And Bubble  
15.50 Film: Shopkins  
17.05 Serial: Dark Oracle  
17.35 Mag: Sur Mesure  
18.00 Live: Samachar  
18.30 Serial: Jijaji Chhat Par Hain  
18.55 Local: Tirth Yatra  
19.30 Le Journal  
20.30 Film: Excuse Me  
Stars: Sahil Joshi, Sharman Joshi...

07.00 DDI Live  
09.00 Serial: VIR: The Robot Boy  
09.11 Serial: GUDDU  
12.00 Film: Arth  
15.00 Serial: Zindagi Ki Mehek  
15.22 Aamhi Doghi  
15.43 Bava Maradallu  
16.01 Apoorva Raagangal  
16.32 Serial: Aatish  
16.53 Serial: Imtihaan  
17.12 Kullfi Kumarr Bajewala  
17.29 Local: Amrit Vaani  
18.00 Serial: Dr. Qin  
18.30 Serial: Ghar Pahucha Da...  
19.00 Journal Kreol  
19.30 Serial: Radha Krishna  
20.06 Local: Les Grandes Lignes  
20.32 Local: Evasion  
21.14 Film: Resident Evil  
Stars: Milla Jovovich, Iain Glen, Ali Larter

06.00 Mag: Motorweek  
06.26 Mag: Vous Et Nous  
07.19 Doc: Garden Party  
07.51 Les Montagnes Du Monde  
08.06 Doc: La Ville Passe Au Vert  
10.15 Doc: Asteroids  
14.25 Mag: Business Africa  
15.16 Doc: Asteroids  
16.01 Mag: Motorweek  
16.27 Mag: Vous Et Nous  
17.22 Doc: Les Montagnes Du Monde  
18.00 Mag: Eco India  
18.34 Mag: Shift - Living In The...  
19.00 Student Prog Grade 7  
19.30 Mag: Tomorrow Today  
20.01 Mag: Science Ou Fiction  
20.30 Local: News (English)  
20.40 Doc: Altered By Elvis  
21.31 Doc: 360 Geo  
22.49 Doc: Concorde

03.20 Serial: The Magicians  
04.01 Film: La Poursuite Des Tuniques Bleues  
05.21 Tele: Muneca Brava  
06.46 Film: Fixer Upper Mystery  
09.00 Serial: When Calls The Heart  
09.45 Tele: Teresa  
10.35 Tele: Tanto Amor  
11.00 Serial: The Magicians  
12.00 Film: La Poursuite Des Tuniques Bleues  
13.30 Tele: Muneca Brava  
14.45 Film: Fixer Upper Mystery  
16.40 Serial: When Calls The Heart  
17.20 Serial: Unforgotten  
18.05 Tele: Teresa  
19.00 Tele: Tanto Amor  
20.05 Tele: Les Trois Visages D'ana  
20.30 Serial: Billions  
21.17 Serial: Rich Man, Poor Man  
22.05 Film: Beyond The Mask

08.00 Film: Chatur Singh Two Star  
Starring: Sanjay Dutt, Ameesha Patel, Suresh Menon  
12.05 / 19.54 - Radha Krishna  
12.22 / 20.11 - Chupke Chupke  
12.48 / 20.32 - Mere Sai  
13.07 / 21.09 - Agniphera  
13.28 / 21.24 - Bade Acche Lagte Hai  
13.48 / 21.50 - Zindagi Ki Mehek  
14.14 / 22.15 Maharakshak  
14.55 / 21.46 - Sethji  
15.20 Film: Ekka Raja Rani  
Starring: Govinda, Vinod Khanna, Paresh Rawal  
18.00 Samachar  
18.30 Kundali Bhagya  
18.51 Ishaaron Ishaaron Mein  
19.14 Serial: Bhakharwadi



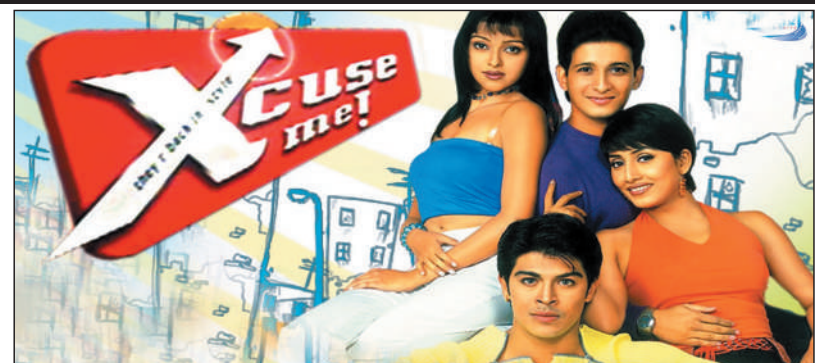
Jeudi 2 septembre  
- 15.20

Star: Govinda, Vinod Khanna, Paresh Rawal



Jeudi 2 septembre -  
20.30

Stars: Sahil Joshi, Sharman Joshi, Sonali Joshi





# Spoiler alert: We are not winning the global war on terror

*If the past 20 years of fighting terrorism by military means have shown us anything, it is that going to war makes things worse*

**S**poiler alert: we are not winning the global war on terror. If the past 20 years of fighting terrorism by military means have shown us anything, it is that going to war makes things worse.

The direct costs in terms of human suffering - lives lost, societies destroyed and trillions of dollars spent - are multiplied by unintended consequences and cascading problems.

Invading Iraq in 2003 created a vacuum quickly filled with violent insurgencies that led directly to the rise of Islamic State and indirectly to a devastating decade of civil war in Syria. It did not make sense at the time and it certainly does not make sense now.

Launching a military campaign in Afghanistan weeks after the attacks of September 11, however, started out looking like a sensible response. Osama bin Laden and al-Qaeda had planned and directed the attacks from the mountains of eastern Afghanistan.

It was there in the late 1980s, during the struggle of the Afghan mujahideen against the Soviet military, that al-Qaeda - "the base" - had been formed to support foreign mujahideen. The mission was to further radicalise and equip them to take jihad to the world.

The initial US special forces operation, which then Prime Minister John Howard insisted Australia join, had the goal of capturing or killing bin Laden and the al-Qaeda leadership. It also aimed to deny al-Qaeda a safe haven in Afghanistan to launch further attacks.

The Taliban regime that had come to power in Kabul five years earlier chose to protect al-Qaeda and suffered the consequences. Mullah Baradar and other Taliban leaders yielded power in Kabul in November, much more quickly than anyone had anticipated. They then staged a strategic retreat to insurgent mode.

In 2002, mission creep saw an international coalition doing what many said should have been done a decade earlier when the Soviets left. For a moment, nation-building seemed to be working, but then attention turned to invading Iraq.

Even without the distraction of marching on Baghdad and sinking into a rapidly expanding quagmire of our own making, pretty much every mistake in counter-insurgency and nation-building that could be made in Afghanistan was made. A brittle, corrupt, incompetent and highly centralised government in Kabul presented opportunities on all fronts to the Taliban insurgency.

Even after a massive military surge early in the second decade of the 21st century that saw 140,000 International Security Assistance Force NATO troops enter the conflict, the patient Taliban remained. Then, after the sharp drawdown of international troops in 2014, the Taliban insurgency expanded.



Some nation-building seemed to be happening in Afghanistan after September 11. Then came the invasion of Iraq. Pic - AP

Long story short, the war on terror, and fighting terrorism by military means, has been a largely unmitigated failure. Even in Africa, where failing states and jihadi insurgencies have demanded military responses, victories have been short-lived. At best, as in Somalia, they have resulted in costly stalemates.

## Military interventions have been costly and counter-productive

This is not to say the struggle against global terrorism has been completely without result. Elaborate terror plots targeting cities around the globe, first by al-Qaeda and then by IS, have been defeated and prevented on an impressive scale. But this has been achieved primarily by police-led counter-terrorism intelligence operations, working with communities, intercepting communications in terrorist networks and disrupting plots.

Military successes, such as the destruction of the IS caliphate in Syria and Iraq, have come not only at enormous cost, but also as corrections to problems created by military interventions.

Now in Afghanistan there is only failure. Two decades of significant achievement in transforming Afghan society, if not building robust government, have been washed away.

Not only that, the original success in defeating jihadi terrorism is also at an end, with the return of the Taliban and the success of the Islamic Emirate of Afghanistan project.

Developments in Afghanistan will be significant for at least three key reasons.

First, the triumph of the Taliban after two decades of struggle against the combined forces of NATO and the US is being seized on as evidence of divine approval for the global jihadist cause.

Ironically, although declaring a global war on terror proved to be a monumental

mistake, jihadi movements such as al-Qaeda, the Taliban and IS are defined by their commitment to what they claim to be a holy war. That is why the success of Taliban, after 20 years of struggle, resounds around the world. And that is why, for all of their post-victory rebranding and social media information campaign, the Taliban, as a jihadi movement, remains bound to al-Qaeda.

Second, the mountains of Afghanistan will once again become home to mujahideen from across Asia and around the world. Jihadi camps in Afghanistan will return to making a significant contribution to the recruitment, radicalisation, training and networking of new generations of jihadi fighters and movements in South-East Asia.

The Taliban regime in Kabul (or Kandahar) will, despite the Taliban's existential commitment to global jihad, likely seek to distance itself from such camps. It will exploit plausible deniability, as it focuses on rehabilitating and reinventing its international reputation and securing the long-term viability of the Islamic emirate. This will potentially have the not insignificant benefit of restraining the Taliban from some of the brutal excesses of the past, particularly with respect to the oppression of women and the persecution of minority groups like the Hazara.

But it will also contribute to a third, more insidious challenge. As world powers like China and Russia, neighbours like Iran and Pakistan, and Muslim nations like Indonesia and Malaysia seek to engage with the emirate in order to moderate the Taliban regime, local Islamist groups will exploit the opportunity to push the boundaries of the permissible in South-East Asia. This is already on display with statements congratulating "our brothers the Taliban" from radical Islamist political groups such

as the Malaysian Islamic Party (PAS).

## The threat in southeast Asia

Over the past two decades, jihadi extremism with origins in the Afghan alumni - mujahideen trained and radicalised in Afghanistan in the 1980s and 1990s, and groups formed in Afghanistan such as Jemaah Islamiyah and the Abu Sayyaf Group - has been foundational to violent extremism in our region. This was amplified by a new generation of South-East Asian mujahideen returning from Syria and Iraq.

The stage is set for a new era of terrorist growth in South-East Asia and around the world. The IS motto of "remaining and expanding" rang hollow in the wake of the destruction of the caliphate.

Now, as the Islamic Emirate of Afghanistan is set to eclipse the caliphate in scale and longevity, the jihadi catch-cry appears to have been met with divine vindication.

**Greg Barton,**  
Chair in Global Islamic Politics,  
Deakin University

## Appartement à louer - long terme



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