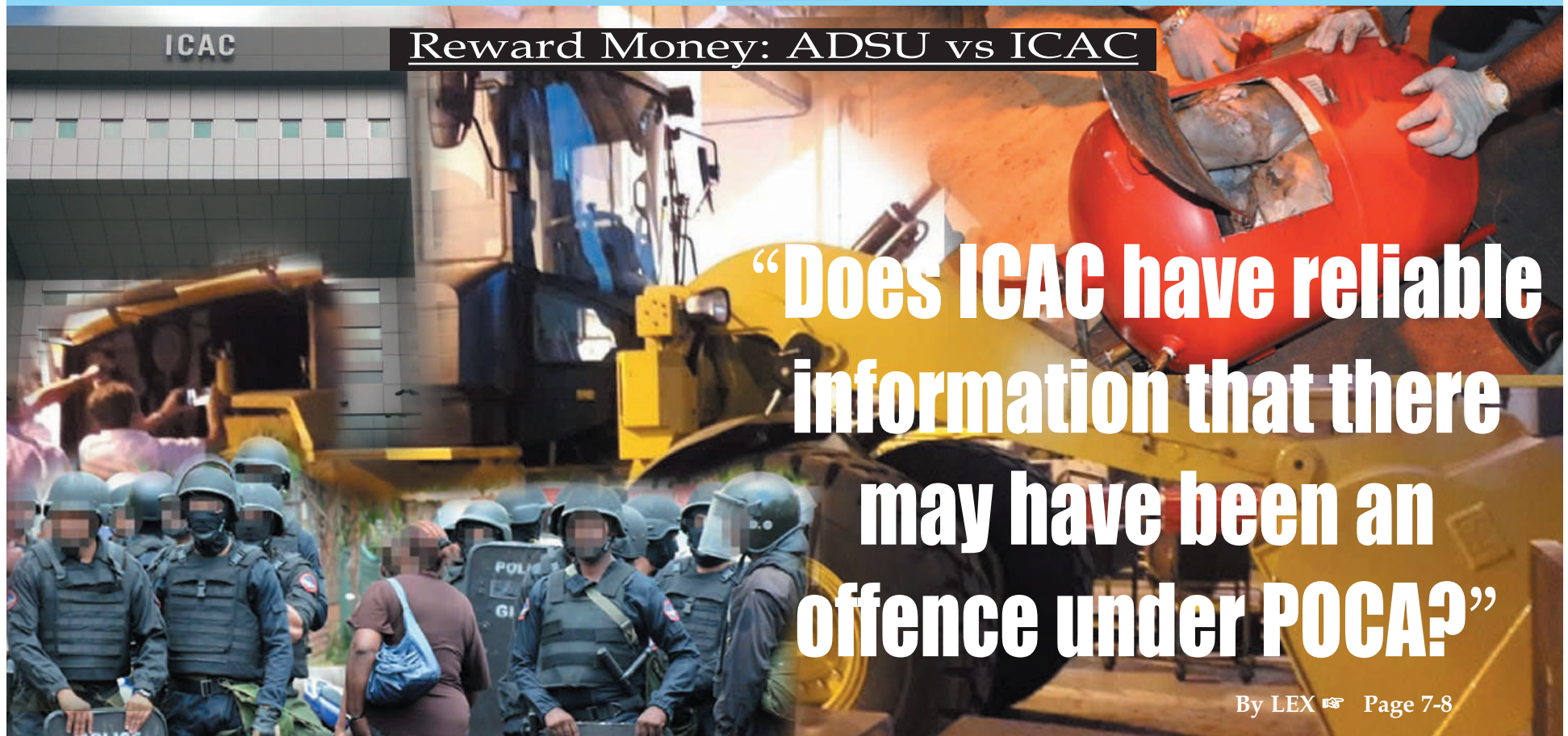


MAURITIUS TIMES


• “Success does not consist in never making blunders, but in never making the same one a second time.” -- Josh Billings

Qs & As



ICAC **Reward Money: ADSU vs ICAC**

“Does ICAC have reliable information that there may have been an offence under POCA?”

By LEX  Page 7-8

Global Resurgence of Violence



By Dr R Neerunjun Gopee  See Page 4



UoM's ranking among top 100 African universities: Simply abysmal

Jan Arden  See Page 3

Encounter

Dr Stephanie Chitpin, Professor of Educational Leadership,
University of Ottawa



**“These are very
challenging times for
educational leaders, and
they need all the
information available
to make the best
possible decisions”**

 See Page 8-9

The Conversation

Éric Zemmour: the far-right polemicist's ideas have a long history in France

Zemmour's statements about universalism, assimilation and "separatism" have deep roots in the history of the French Republic



Pic: Chesnot/Getty Images

Eric Zemmour has become a household name in France. Buoyed by repeated appearances on French television news shows, including the conservative channel CNews (often referred to as the French version of Fox News), Zemmour is widely assumed to be considering a run for president in 2022.

A recent poll saw him predicted to reach the second round of voting alongside current president, Emmanuel Macron, out-performing Zemmour's potential rival on the far-right, Marine Le Pen.

Zemmour has twice been convicted by the French courts for inciting racial hatred. He openly promotes the "Great Replacement" theory – a racist belief, popular on the far-right in Europe, the US and the UK, that white people will soon be "replaced" by non-white, non-European immigrants.

He would have us believe that France's greatness is built upon its civilising mission of educating "inferior races" through colonising them. This position turns a blind eye to the horrors of colonial racism, considering them a necessary price for offering natives their moral enlightenment.

Assimilation and separatism

In Zemmour's view, French life and French values are under threat from Islam. In his many TV appearances and

in his books, he argues that France is contaminated by what he calls "civilisational separatism".

"Separatism" is a loaded term in France. It was once used to describe anti-colonial struggles, particularly those in Algeria and has been the standard accusation thrown at Jewish people since antiquity, and forms the basis of much modern anti-Semitism. But it is also current government policy to root out "separatism" through a new law promoting "respect for the principles of the Republic".

Zemmour is also an ardent supporter of assimilation of migrants to France. His endorsement of assimilation should not be surprising, particularly when we recall that this word was once used to justify the race-based politics evident in the privileges enjoyed by French colonists, which turned them into a quasi-aristocracy; a race apart.

In fact, American historian Tyler Stovall observed that colonists were more inclined to call themselves "white" or "European" than French. He writes:

"It was in the colonies that understandings of the French national idea first became confused with the racial idea of whiteness."

Alain Policar, Sciences Po

● Cont. on page 11

Kistnen Murder: Can truth prevail?

The Avengers group of lawyers succeeded, last Saturday, to relegate to the background the 2021 PRB report, made public last week, with its island wide rallies culminating in a demonstration in front of Government House organised in memory of late Soopramanien Kistnen, who was known to be a political activist in Constituency No. 8 and was murdered in mysterious circumstances at Telfair 12 months ago.

Persistent efforts by those public-spirited lawyers, working pro-bono and supported in no small measure by the media, have succeeded in keeping the issue alive, and the judicial inquiry started by the Director of Public Prosecutions into this case has brought to light unacceptable factors relating to the initial investigation, which ascribed the death of late Soopramanien Kistnen to suicide. We have thus learnt about the questionable role played by investigating officials, the conflicting evidence of expert forensic doctors on the cause of death of the victim, the disappearance or unavailability of vital information such as mobile phones or the so-called "Kistnen papers", the mystery surrounding the Safe City video recordings of the movements of the victim in some particular places... details of which only came out from the proceedings of a judicial inquiry.

The Director of Public Prosecutions and the Judiciary have fortunately stepped in this particular case and in fact more than once to uphold the Constitution. Fortunately for the country, for when some institutions fail to live up to their mission either because political powers have scorched them or because their top brass do not possess the moral fibre needed to execute their functions to the highest ethical standards and norms and to deliver in the larger national interest, it is the country that fails.

We will not prejudge nor speculate on the outcome of the judicial inquiry investigating into this case. The Commissioner of Police has made known his determination to go to the bottom of this and other alleged serial suicide cases of public officials, which all seem to have had a connection with the emergency procurements of medical equipments and drugs in 2020. Other disturbing aspects of the Kistnen case relate to the deliberate schemes to apparently reward an active party agent from a variety of emergency-contracts, which, when they did not materialise, may have led to the alleged fall-out between partners in the general elections of 2019.

At the end of the day, the question that arises is: will the truth about the death of Soopramanien Kistnen in mysterious circumstances emerge? In a comment on this case in a previous edition, our contributor Lex had pointed out that the truth will not emerge from the judicial inquiry unless there is clear evidence or evidence from which inferences can be drawn that one or more persons were linked to the homicide. 'Nor will it emerge from a police investigation, even if a further inquiry is ordered by the DPP, given the record of the investigating agencies. This is the stark reality of the Mauritius of today.'

The new Commissioner of Police will hopefully prove us wrong - despite the 'Kistnen Papers', which detail out the electoral expenses in that same constituency where the late Soopramanien Kistnen was actively campaigning for his party, expenses which, by the way, and according to those papers, shared by the deceased agent, would be far in excess of authorised constituency campaign ceilings. This is now a case entered to the courts as a private prosecution by one of the candidates, Suren Dayal, an action which may force the DPP's Office to take a stand, should they be in presence of the findings of the police enquiry ordered by the district magistrate during the judicial enquiry.

Mauritius Times

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

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

This paper has been produced with the assistance of

Doojesh Ramlallah, Sultana Kurmally and Kersley Ramsamy

Pearl House 4th Floor Room 406 - Sir Virgil Naz Street, Port Louis

Tel: 5-29 29301 Tel/Fax: 212 1313

UoM's ranking among top 100 African universities: Simply abysmal

We have become quiescently satisfied with our tolerance for sub-standard public services and a degree of political meddling and kleptocracy that makes do with mediocrity

Jan Arden

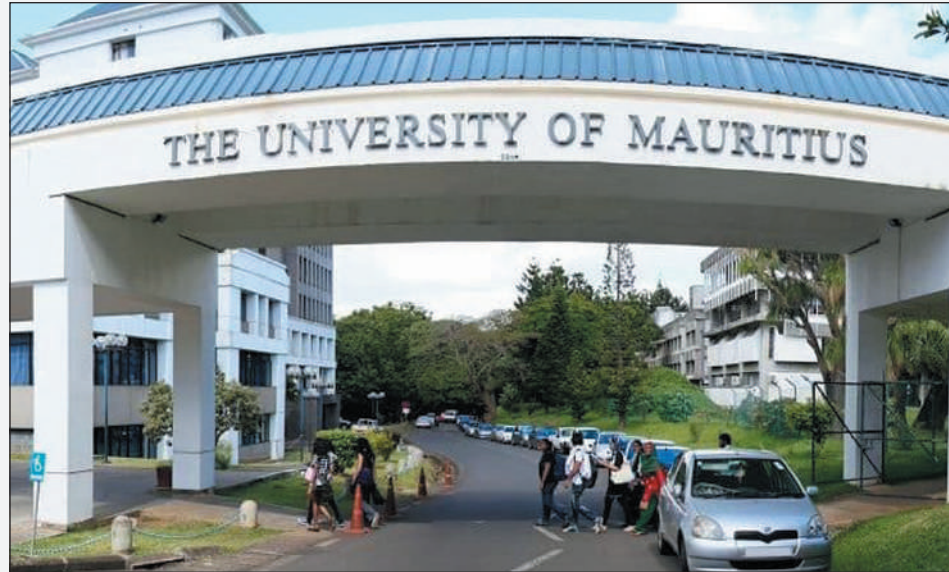
It was reported in the local press last week (*l'express* of 16th October) that our flagship tertiary education institution, the venerable 55-year-old University of Mauritius (UoM), had slipped 4 places from last year in uniRank's ranking of 200 best African Universities, to an even more unflattering 89th place. As for the rankings of other local public universities, the less said the better! Should the authorities at the University, the parent Ministry of Higher Education, the Higher Education Commission or at government level pay heed or be concerned by this state of affairs?

The issues are admittedly slightly more complex than a first reading of this ranking suggests but the status and vision remains neither flattering nor commensurate with what could have taken place in parallel to the country's undoubted financial and economic developments from the 1990s onwards. Indeed, thanks to a perhaps more conducive political ecosystem and the meritorious efforts of numerous UoM staff and its leadership, Prof Soodurshun Jugessur could announce at a press briefing in July 2011 with reasonable pride that

"In January, UoM was ranked 35th among top 100 African universities while on the international level, it was ranked 3,431 among top 12,000 universities but the ranking has now improved to 23rd and 3000th place respectively."

He was being ably supported by the then UoM Vice-Chancellor, Prof Konrad Morgan, who rapidly exited (or was made to exit) when tertiary education policy shifted from its underlying quality orientation and drive philosophy to a rather crude political sales pitch around student enrolments and numbers, with each public university bending over for approval of its funding requirements.

The messaging had warped into "finish your college studies and try to enrol onto any of the available undergraduate courses on offer": it is your passport to a university diploma or degree that will guarantee you better job, career and life prospects, immaterial if the contents and levels of teaching, research or professional consultancies at that institution were slowly or rapidly ebbing away, save for some outposts. The majority of parents may not have cared really as many probably already believed that a university was a college sort of extension with classrooms and teachers plus some more facilities like a library, a canteen and a



"It should be somewhat disturbing that the UoM has regressed from among the best 25 African universities ten years ago to the current 89th place. Whatever the reasons and history, whatever limitations such rankings have, whatever the buck-passing that this news entails, we should recognize such a ranking for our flagship tertiary institution as simply abysmal. Far not only from the ten leading lights, nine from South Africa and one from the American University in Cairo, far from universities in northern Africa, but well behind comparable institutions in Namibia, Botswana, Tanzania, and almost everybody else in sub-Saharan Africa..."

grandstand annual ceremony with caps and gowns. Besides, the majority of first-degree holders could have equivalences and access to European Union universities should they wish and have the means to pursue such an avenue.

Academic respectability in so far as they are embodied in international rankings, in research relevance, peer citations and impact or the willingness of outside Professors willing to spend time in exchange programs at local public universities, are perhaps best summed up by the *Times Higher Education* (THE), whose rankings cover thirteen criteria which aim to "look at their (university) performance across all of their core objectives: teaching, research, knowledge transfer and international outlook." It is completed by a survey of 22,000 academics worldwide, which certainly introduces bias for traditional abodes.

While the general THE ranking, like the QS World University Rankings' (an annual publication of university rankings by Quacquarelli Symonds), is undoubtedly heavily biased towards entrenched traditional centres of learning and research, the likes of Oxford, Harvard, Peking or Sciences Po, its extensive database of some 1600 universities across 99 countries allows THE to do many selective listings (best African, best Emerging Countries, best Asian, etc.).

Mauritius does not currently have any universities in the overall THE World University Rankings and therefore in any of its subsidiary listings which are widely consulted around the world.

Several institutions have tried to come up with alternative ranking models that are more in tune with emerging, younger or less peer-research and academic orientation of the THE or QS ranking models. While there is currently no single viable and widely accepted one the uniRank one gets close, as its site proclaims, to providing "a non-academic League Table of the top 200 Universities in Africa based on valid, unbiased and non-influenceable web metrics provided by independent web intelligence sources rather than data submitted by the Universities themselves."

It should therefore be somewhat disturbing in academic spheres and with relevant authorities, including the Higher Education Commission, that the UoM has regressed from among the best 25 African universities ten years ago to the current 89th place. Whatever the reasons and history, whatever limitations such rankings have, whatever the buck-passing that this news entails, we should recognize such a ranking for our flagship tertiary institution as simply abysmal. Far not only from the ten leading lights, nine from South Africa and one from

the American University in Cairo, far from universities in northern Africa, but well behind comparable institutions in Namibia, Botswana, Tanzania, and almost everybody else in sub-Saharan Africa. We need not spell further shame on the relevant authorities by recording the Université de la Reunion's 34th place on the uniRank of 200 best universities situated on the African continent.

But if parents are keener on the stamped certificate for their kids and many academic staff are relatively happy or feel helpless or consider cozying up to politico-administrative powers more rewarding, why should the local political and corporate world outside academia pay heed to such dismal news for our public institutions, emanating from distant ranking schemes? Why not accept that the trend towards numbers and teaching to examinations in a superior college setting have been reinforced by the illusory bliss of free tuition fees, the noisy "gratis!" that comes fully funded from everyone's pockets. That times have changed somewhat considerably over the past 10-20 years with private sector offerings of university degrees and diplomas that are too numerous to list here: Unicity-Medine, Charles Telfair, Middlesex University, and many others? These are clearly teaching institutions as none of them would claim in these early years that they have or intend to build any engine for scientific or technological research to deserve a full-fledged traditional university label.

Why not recognise that despite (or because) of soaring income growth pre-pandemic, we have become quiescently satisfied with our tolerance for sub-standard public services and a degree of political meddling and kleptocracy that makes do with mediocrity as a natural right of party faithful, leaving quality standards and developments as a laudable private sector domain which we can applaud? Like the Caudan Waterfront, the new Victoria Terminal to be or the new Odysseo Oceanarium.

Why not accept that those professionals who have sweated it out for seven to ten years in higher academic institutions abroad, will always earn less than the diploma-holder who has developed and finely honed his skills and competencies in the civil service, rising through the ranks to that of a Permanent Secretary (PS), whose PRB salary will almost naturally exceed that of any professional surgeon, aviation specialist or university don? For mention, we must also acknowledge that many other administrative ranks outflank the PS, almost all enjoying the benefits of memberships in various lucrative Boards, adding the juicy extras that reward a life of fortitude and sacrifices at the desks of the nation. But, in all fairness, nobody tops our hard-working Ministers, whose salary scales when a variety of allowances are duly factored in, provide more than their EU or UK counterparts. We are undoubtedly a tropical paradise under the sun...



Dr R Neerunjun Gopee

In 2011 Steven Pinker, a renowned psychologist and author at Harvard University, published a book titled *'The Better Angels of Our Nature'*. At over 800 pages, it is a comprehensive and quasi-encyclopaedic survey of all kinds of violence from as far back in history as is possible from available records and data. He comes to the conclusion that over the millennia humankind has become progressively less violent. As the reviewer Tim Radford wrote in his review in *The Guardian* in 2012, I too admit that I have yet to read the book completely, but would agree with his final line: 'I don't know if he's right, but I do think this book is a winner.'

Of that there can be no doubt. Pinker backs up his thesis with rich scholarship from several disciplines, and strengthens his arguments with a wealth of statistical data and graphs to show the trends. As the blurb on the inside front cover puts it, 'violence within and between societies – both murder and warfare – really has declined from prehistory to today. We are much less likely to die at someone's else hands than ever before. The reason is that contrary to the Hobbesian notion that life is 'nasty, brutish and short,' Pinker believes that 'modernity and its cultural institutions are actually making us better people,' showing how 'life has changed around the world... not simply through the huge benefits of organized government, but also because of the extraordinary power of progressive ideas.'

I would have loved to be as optimistic as Pinker, but my view is that as in medicine, so too in society at large: just one unnecessary death is one too many. And so, irrespective of the positive trends that the book presents, the fact is that despite all the seeming progress, the penetration of progressive ideas in several countries is either absent or impossible in some mindsets that are hell bent on hating or eliminating the other. Why, even in the progressive societies held up as examples to emulate, things are no longer hunky-dory, especially in the last three decades or so, and more so after 9/11.

No later than yesterday, two articles illustrate the point. One is by James Weinberg, of the University of Sheffield, with the title 'David Amess killing: threats of violence and harassment have become commonplace for politicians', and sub-headlined 'Politics has become a low-trust, high-blame environment that has left public servants under near constant threat of attack,' which gives a foretaste of the alarming contents in the article that is a must read to understand what is happening. In a country that, the media and

Global Resurgence of Violence

Anyone who is doubt about the global resurgence of violence has only to look back over the acts of terrorism that have become so commonplace in the recent past



Afghanistan: Civilians paying steep price of surge in violence. Pic - ICRC

“The Independent reports that ‘Over three years, the Commission for Countering Extremism has repeatedly warned more had to be done to tackle the evolving threats facing the UK, including closing legal loopholes that allowed those who inspired terrorists to go free. But ministers have not formally responded to any of the reports released by the body since 2019, despite warnings that security threats would worsen until the government stepped up its response. It comes as counterterror police investigate the murder of Conservative MP Sir David Amess, who was stabbed to death while holding a constituency surgery inside a church on Friday...”

collusions at high level helping, chose to ignore the decades of grooming gangs that devastated the lives of tens of thousands of young White and Sikh girls (some as young as 10 years old), should it be a surprise that violence is now an endemic reality?

The other is in *The Independent*, which writes that 'Ministers have failed to act on any of the official recommendations for tackling the rise of extremism in Britain, it has emerged. Over three years, the Commission for Countering Extremism – set up by Theresa May in the wake of the Manchester Arena attack – has repeatedly warned more had to be done to tackle the evolving threats facing the UK, including closing legal loopholes that allowed those who inspired terrorists to go free. But ministers have not formally responded to any of the reports released by the body since 2019, and none of the suggested measures have been put in place, despite warnings that security threats would worsen until the government stepped up its response. It comes as counter-terror police investigate the murder of Conservative MP Sir David Amess, who was stabbed to death while holding a constituency surgery inside a church on Friday.'

Anyone who is doubt about the global resurgence of violence has only to look back over the acts of terrorism that have become so commonplace in the recent past, of the civilian violence originating from the 'institutional racism' that gave rise to the Black Lives Matter movement and the continuing violence against minorities that have been witnessed all around, from the Yazidis in Iraq to the Christians in Syria, the Hindus and Sikhs in Afghanistan where recently attacks on mosques belonging to a different sect have resulted in dozens of deaths of innocents.

As if these were not enough, there have been targeted attacks on non-Kashmiri civilians in Kashmir, and a spate of mob attacks in Bangla Desh on temples and pandals where Durga Puja was being held, with the loss of lives and dozens of injured across 22 districts according to informa-

tion to date. The Prime Minister of Bangla Desh Sheik Hasina has condemned these attacks and given assurance that they will not be tolerated and the perpetrators will be punished. Nevertheless, as at Sunday last, attacks were going on, including on an Iskcon temple whose priests have been assassinated.

These spates of attacks have sent out a cry for initiating an 'All Lives Matter' if not 'Hindu Lives Matter' movement to bring to the attention of an impassive UN the plight of minorities. It will be recalled that Kashmir saw an ethnic cleansing of its minority Pandit population in a single night in April 1990, when nearly 400,000 of them fled when the call of 'Convert, Leave or Die' was launched. This holocaust has been described in great detail by a victim of this violence, R. Pandita, in his book *Our Moon Has Blood Clots* which makes for chilling and tearful reading. That human beings can descend to such levels of inhumanity is unbelievable. As doctors, we see so much of suffering from disease that we simply cannot imagine that there should be more caused by acts of deliberate violence by humans against each other.

The current situation in Kashmir has been analysed by Tushar Gupta in an article in *Swarajya Magazine* dated October 12, with the Snapshot, 'It is the Kashmir valley's clear and apparent transition towards a pro-India normal that the terrorists seek to disrupt.' He points out that 'the valley today is in a transition from religious fanaticism to economic nationalism.'

This shift is highlighted in an article in 'Greater Kashmir' of August 04, 2021 under the title 'The dawn of a new beginning for J & K' by Emaad Makhdooni. He writes about the nearly 7000 development projects that were launched and initiated during the years of 2015 to 2019 which 'were stalled and halted after the initial investments were made,' but that now been completed. The latest news on the Kashmir front according to a TV channel is that the UAE is planning an investment of about Indian Rs 28000 Crore (1 crore = 10 million), that is nearly USD 4 bn there.

Gupta continues that it is 'the growing pro-India sentiment since 2016-17 that is rattling the stakeholders of the conflict economy.' He concludes that 'a long cold brutal winter awaits Kashmir, threatening to disrupt the transition towards economic nationalism and a growing pro-India sentiment.'

'These random acts of violence would be more about deterring the pro-India voices, Hindu or Muslim, and ensuring a sense of normalcy never prevails. For the (armed) forces, the challenge would be to find the various arms of the terror support network and neutralise them,' all the more so because 'Today, an average Kashmiri is distracted more by the economy than the politics, thanks to the pandemic, and the likes of 'The Resistance Front' would want the attention to move back to politics. In the larger scheme of things, these killings are instrumental in brewing the conflict economy.'

It is now ten years since Pinker's book, and a second edition is perhaps due, to take account of the undoubted levels of man-made violence that have been plaguing certain segments of humankind since then.

Reward Money: ADSU vs ICAC

"Does ICAC have reliable information that there may have been an offence under POCA?"

LEX

The very principle and nature of "reward money" for essential confidentially provided information leading to a complex case resolution or arrest is being tested with the ICAC application to the Supreme Court that all data, files and information relating to a specific case be disclosed to it by the Commissioner of Police. Both the application and the Supreme Court's order may be surprising as they may have wider implications. Lex is asked to weigh in on those matters.



“What is the purpose of awarding reward money? Its very purpose is to obtain information, which otherwise would not have become available, and would lead to the detection of serious offences and ultimately to the arrest of the culprit/s. What purpose would it serve to make the information relating to how much has been paid and who is/are the recipient/s serve?”

* It has come out that the Independent Commission Against Corruption (ICAC) had opened an investigation into one particular case involving the payment of Rs 700,000 as reward money by the Anti-Drug and Smuggling Unit (ADSU) to one or more informer/s, which led to the record drug haul of 135 kilos of heroin dissimulated in cylinders imported from South Africa in March 2017. Our understanding is that it's not the principle of awarding reward money that is being questioned; what's being investigated is whether there could have been any 'maldonne' in the award of that money, the identity of the beneficiaries and the sums paid. That seems quite fair, since that's what ICAC is here for, isn't it?

What is the purpose of awarding reward money? Its very purpose is to obtain information, which otherwise would not have become available, and would lead to the detection of serious offences and ultimately to the arrest of the culprit/s. What purpose would it serve to make the information relating to how much has been paid and who is/are the recipient/s serve?

* Reward money at the disposal of law enforcement agencies, like the Police's CID, ADSU or the NIU, is said to be drawn from undisclosed funds in the budget of the Mauritius Police Force voted by Parliament. It's the Commissioner of Police who is vested

with the authority to give the final approval for the payment of reward money to informers. Isn't that *modus operandi* not good enough?

In some countries there is a special committee that deals with the issue of reward money. In Mauritius, it's the Commissioner of Police who gives the green light for such payments. There has to be an element of trust in the system and in the people responsible for its effective operation.

* One would however expect - for the sake of transparency - that the *modus operandi* relating to reward money would include written verification that a tip from an informer helped lead to the arrest and conviction of the perpetrator/s of a crime. What should prevail: transparency or combating crime?

You do that, you kill the informer system in the bud. Who would dare become an informer if the details regarding the identity of the informer and the latter's deal with the police may be leaked out?

* Is a reward offer a contract, which binds the offeror (the police) and the offeree (the informer), just like what would obtain in civil cases, where an offeree can sue the offeror for breach of contract if the latter does not provide the reward after the offeree has fulfilled the contract's requirements?

On the face of it, it would be a contract, and it would be expected that the

informer would respect his side of the bargain by providing solid information that could lead to the arrest of culprits. But if the information proves to be unreliable, the police would not be bound to pay the reward money.

* Following an application by ICAC, the Supreme Court ordered the Commissioner of Police to submit to the ICAC "all data, information and documents and files in relation to the award of reward money in connection to the case bearing OB901/17 ADSU". Is the Commissioner duty-bound to execute the Court's Order, or can he invoke professional secrecy to refuse to provide the information as ordered by the Court?

With due respect to the Supreme Court, I would take a different view.

By ordering that all details relating to the reward money in this particular case be released to ICAC, the latter institution is being given a free hand to investigate the donors of reward money and the recipients of that money.

Does that mean that each time reward money has to be paid, the Commissioner of Police (CP) may be called upon to disclose information to ICAC? Since the payment is ultimately the decision of the CP, would that mean that any ICAC investigation would in fact be an investigation of the decision of the CP?

* It is suspected that the National Intelligence Unit, and its earlier incar-

nations -- the Special Branch, the State Security Services... -- might have all been giving away reward money to informers (and even to some politicians for sensitive information on matters relating to internal party politics as well as on their party leadership's contacts with foreign embassies) or with regard to state security. Can the Director-General of the NIU invoke state security in the latter case, and refuse to furnish any information to any authority?

Section 45 of the Bank of Mauritius Act 2004 reads as follows:

"(1) In any proceedings in which the genuineness of a currency note or coin purporting to have been issued by the bank is in question, a certificate under the hand of a Deputy Governor to the effect that such currency note or coin is spurious or genuine shall be received in all courts as conclusive evidence of the spuriousness or genuineness, as the case may be, of such purported currency note or coin.

"(2) The deputy governor shall not be examined or cross-examined with respect to any such certificate."

Some evidence is prohibited to be ventilated in court.

“In some countries there is a special committee that deals with the issue of reward money. In Mauritius, it's the Commissioner of Police who gives the green light for such payments. There has to be an element of trust in the system and in the people responsible for its effective operation...”

Moreover, in a case decided in 2013, the court made it clear that the legislator creates such statutory exceptions where there are compelling reasons for doing so in the same way that common law exceptions are based on compelling reasons.

If an officer from the Bank of Mauritius were to come and depone in court on the certificate declaring a particular note or coin to be spurious, in cross-examination, evidence could be elicited from him as to the manner in which genuine notes or coins are made by the Bank of Mauritius and, by comparison, why the note or coin subject matter of the prosecution has been declared to be spurious.

● Cont. on page 11

Colin Powell, first Black US state secretary, dies of Covid complications



Colin Powell, a US war hero and the first Black secretary of state, has died from complications from Covid-19, his family said on October 18, 2021. Pic - AFP

Former US secretary of state Colin Powell passed away at 84 years of age due to complications related to coronavirus disease, the family has announced on his Facebook page on Monday. Powell, also the first Black secretary of state, was fully vaccinated, according to the family state-

ment.

The former chairman of the Joint Chiefs of Staff was an American war hero who became the US secretary of state under the Bush administration. While announcing Powell's appointment in 2000, then US President

George W. Bush hailed him for his "towering integrity" and his "sense of duty and honour" as a soldier.

"In directness of speech, his towering integrity, his deep respect for our democracy, and his soldier's sense of duty and honour, Colin Powell demonstrates... qualities that will make him a great representative of all the people of this country."

In his remarkable decades-long career, Powell found it hard to live down his infamous speech to the United Nations Security Council, which paved the way for the Iraq invasion and ouster of Saddam Hussein. He had alleged the existence of weapons of mass destruction in Iraq, which turned out to be a false claim. The misleading intelligence input, resulting in the Iraq invasion, claimed hundreds of thousands of lives, reports Hindustan Times.

"It's a blot... and will always be a part of my record. It was painful. It's painful now," Powell said in a 2005 interview.

Melbourne gears up to lift lengthy Covid lockdown

Melbourne, which has spent more time under Covid-19 lockdowns than any other city in the world, is set to lift its stay-at-home orders this week, officials said on Sunday. By Friday, when some curbs will be lifted, the Australian city of 5 million people will have been under six lockdowns totalling 262 days since March 2020.

Australian and other media say this is the longest in the world - exceeding a 234-day lockdown in Buenos Aires, Argentina.

While coronavirus cases keep rising in Victoria state, of which Melbourne is the capital, the state's double-vaccination rate is set to reach 70% this week, allowing for the ease in restrictions, reports Agencies.

When hospitality venues and some businesses reopen, their capacity will remain heavily restricted. More easing, including the reopening of many retailers, will come once 80% of eligible Victorians are fully vaccinated - estimated by November 5 at the latest.

Missing an apostrophe in Facebook post lands real estate agent in legal trouble



Anthony Zdravac urged the Australian court to dismiss his plea saying the error was trivial.

Pic - houstonagentmagazine.com

An Australian real estate agent's failure to include an apostrophe in his Facebook post has landed him in legal trouble. The post was meant to criticise his former employer over non-payment of retirement funds.

But the missing punctuation mark caused a defamation case to be filed against him, reports Amit Chaturvedi of Hindustan Times.

The incident happened in October last year, reported The Guardian, when New South Wales (NSW)

Central Coast realtor Anthony Zdravac posted on Facebook, "Oh Stuart Gan!! Selling multi-million \$ homes in Pearl Beach but can't pay his employees superannuation. Shame on you Stuart!!! 2 yrs and still waiting!!!"

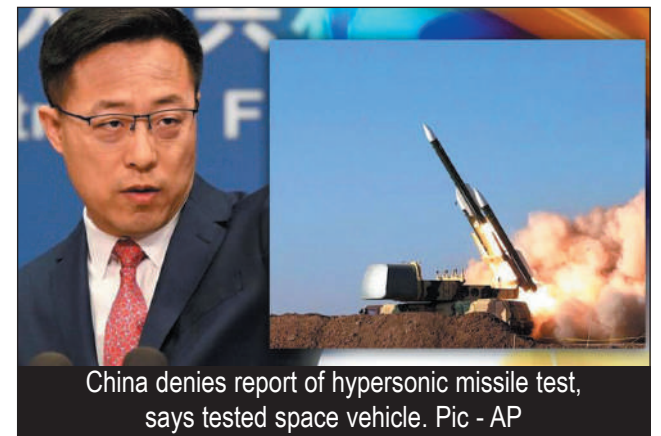
Since the word 'employees' didn't have an apostrophe, it indicated that he was referring to several employees of Gan rather than himself. The post was meant to highlight non-payment of his dues.

Though Zdravac deleted the post within 12 hours, Gan was made aware of it and he filed a defamation case against his former employee, the report further said.

Zdravac pleaded the court to dismiss the petition, saying the failure to punctuate social media post was trivial. But the court last week allowed the case to proceed pointing to the seriousness of the claim in it.

Judge Judith Gibson said the missing apostrophe suggests "a systematic pattern of conduct", saying that the failure to pay looks deliberate.

The judge also noted to such instances where Facebook posts cost their authors dearly, the report added. Zdravac is now facing the prospect of paying more than \$1,80,000 in damages.



China denies report of hypersonic missile test, says tested space vehicle. Pic - AP

'It was a space vehicle': China denies report of hypersonic missile test

Quoting five people familiar with the matter, the Financial Times reported on Saturday that China had tested a nuclear-capable hypersonic missile that flew through space, circling the globe before cruising down toward its target, which it missed by about two dozen miles. The paper said the feat had "caught U.S. intelligence by surprise".

"It was not a missile, it was a space vehicle," ministry spokesman Zhao Lijian told a regular press briefing in Beijing when asked about the report, adding it had been a "routine test" for the purpose of testing technology to reuse the vehicle, reports Reuters.

The significance of a reusability test is that it can "provide a cheap and convenient method for humans to peacefully travel to and from space", Zhao said, adding that many companies had carried out similar tests.

The foreign ministry said the test had taken place in July, not in August as reported by the Financial Times.

The United States is closely watching China's military modernisation programme to assess the possible risks posed to it by its increasingly assertive strategic competitor.

Bangladesh violence: 4000 people booked by cops

Bangladesh police have booked more than 4000 individuals in connection with communal clashes that rocked the country since Friday. Police charged them with vandalism, assaulting security personnel, and obstruction of government duty, reported Dhaka Tribune newspaper.

The three cases were filed by cops at the three police stations in Paltan, Ramna and Chawkbazar. Clashes between police and protesters were triggered by an alleged blasphemy incident, reports Agencies.

On Sunday, a Hindu temple was vandalised in the country in a fresh case of communal unrest, prompting a minority group to announce a countrywide hunger strike.

Hindu-owned temples and shops in Feni, about 157km from the country's capital Dhaka, were vandalised and robbed during clashes on Saturday that broke out after a counter-attack on demonstrators who were protesting against attacks on Durga Puja venues in several places in Bangladesh.

*Contd on page 7

'Committed to restore peace, democracy': Myanmar junta to release over 5,600 prisoners jailed for anti-coup stir



Families wait outside Insein Prison in Yangon for prisoners to be released. Pic - AP

Myanmar's junta chief Min Aung Hlaing said on Monday that the junta will release 5,636 prisoners jailed for protesting against this year's February coup, adding that the ruling military in the country is committed to peace and democracy. However, Hlaing refused to share any details regarding who will be released.

According to the Assistance Association for Political Prisoners, more than 7,300 people continue to remain behind bars in Myanmar.

Hlaing's remarks come two days after the Association of Southeast Asian Nations (ASEAN) said on Saturday

that he will be excluded from the association's upcoming summit on October 26, reports Harshit Sabarwal of Hindustan Times.

Instead, foreign ministers of the bloc decided to invite a non-political representative from Myanmar to its summit, in what was seen as a snub to the military leaders behind the coup against Aung San Suu Kyi's elected government in February.

The bloc, which has been widely criticised as a toothless organisation, took a stand after the junta rebuffed requests that a special envoy meet with "all stakeholders" in Myanmar - a phrase seen to include Suu Kyi.

In a televised address on Monday, the Junta chief made no mention of the ASEAN's decision but urged it to consider the provocations and violence being carried out by its opponents.

Min Aung Hlaing led the February coup in Myanmar, which resulted in widespread protests across the Asian country and the military resorted to violence to disperse the demonstrators.

Hlaing's administration justified the takeover as it cited alleged rigging in the 2020 elections, which Suu Kyi's National League for Democracy (NLD) party won. Suu Kyi currently stares at a raft of charges in a junta court that could see her jailed for decades.

UK MP David Amess murder: Suspect of Somali descent

The killing of British Conservative MP David Amess, who was stabbed multiple times to death in his constituency on October 15, has thrown open some serious questions about political violence and harassment or intimidation of politicians. As British police detectives continue to question the individual who is suspected of fatally stabbing the UK lawmaker, some interesting facts have come to light.

The BBC reported, citing Whitehall officials, that the suspect's name is Ali Harbi Ali - a 25-year-old British of Somali heritage who a few years ago was referred to 'Prevent', the UK's scheme for those who were thought at risk of radicalisation.

Meanwhile, the Daily Mail newspaper also cited people familiar with the matter and reported that Ali was the son of Harbi Ali Kullane, a former communications adviser to the prime minister of Somalia. Kullane has confirmed that his son was in police custody and that he was 'traumatised' by the arrest.

According to the Mail, Ali planned



Police officers guard the scene where British MP David Amess was stabbed to death during a meeting with constituents at the Belfairs Methodist Church. Pic - Reuters

the fatal stabbing of Sir David for more than a week and even booked an appointment for surgery or an open meeting at the Tory MP's Southend West constituency in Essex, before he ended up stabbing the lawmaker 17 times. Ali may have lived in the area at some time in the past, the report said, adding that his present residence is situated in a high-profile north London neighbourhood.

Meanwhile, the Scotland Yard

was reported to have taken over the investigation, and the AFP news agency said citing police officials that "a potential motivation linked to Islamist extremism" is being probed. Police said they have been carrying out searches at three addresses in the London area in a "fast-paced investigation".

David Amess was talking with voters at a church in the small town of Leigh-on-Sea east of London when he was stabbed to death on Friday.

Priti Patel considering measures to boost security of lawmakers

Priti Patel, the UK's home secretary, is likely to introduce additional measures for the security of British parliamentarians following Friday's fatal stabbing of Conservative MP David Amess. Patel, however, also insisted that despite the attack, MPs should not be "cowed down" from fulfilling their duties as elected representatives of the public.

According to the report, published by The Independent, the home secretary could order a regular police presence at weekly "surgeries" (meetings between lawmakers and their constituents) like the one during which Amess was stabbed to death. It also stated that the British Police have contacted all 650 MPs in the wake of the killing to offer them reassurance and support.

A separate report by the publication stated that she could also order the removal of the right to anonymity on social media to stop "cruel and relentless" abuse of politicians, reports Hindustan Times.

Singapore announces crowd control measures ahead of Diwali

The Singapore government has announced crowd control measures at Little India, a popular precinct, in the lead-up to Diwali to prevent overcrowding amid rising cases of Covid-19.

Little India is replete with shops and eateries offering an array of Indian-origin products where the festive mood has been set with decorative street lighting, reports Press Trust of India.

Diwali, the festival of light, which celebrates the triumph of good over evil, falls on November 4 this year. Some businesses will also extend their operating hours to allow shoppers to spread out their visits during the Diwali week, the report said. This is the second year that the major Hindu festival is being celebrated in the middle of the pandemic.



The night bazaar at Singapore's Little India remains suspended due to the pandemic. Pic - NDTV

While the night bazaar remains suspended this year, visitors can enjoy food trails, heritage tours, cooking demonstrations, treasure hunts and competitions such as a TikTok dance challenge being organised within the precincts, which also has a mixed dwelling of residences, apartments and hotels, the report said.

Last year, bazaars or festival villages were not allowed, though some stalls were permitted to extend their footprint out to the streets in order to accommodate crowds.

The STB had also deployed a posse of enforcement officers and safe distancing ambassadors during peak periods leading up to Diwali to help with crowd management.

Eight people were each issued composition fines of SGD300 in late October and early November last year for failing to comply with safe management measures while in Little India, the report said.

The Ministry of Health has reported 3,058 new COVID-19 cases and nine deaths linked to the virus on Sunday, taking the death count to 233 since last year.

Dr Stephanie Chitpin, Professor of Educational Leadership, University of Ottawa

“These are very challenging times for educational leaders, and they need all the information available to make the best possible decisions”



Stephanie Chitpin left Mauritius as a teenager on a Canadian scholarship and eventually settled there as a Professor of Educational Leadership at the Faculty of Education, University of Ottawa, Canada. She is the recipient of the 2020 Research Excellence Award. She is the Series Editor of *Transforming Education through Critical Leadership, Policy and Practice*. She is also the founder of the Equitable Leadership Network. Herself a product of the Mauritian educational system, and brought up as a Buddhist, in this interview she shares her experience about educational leadership and makes some interesting observations about the local educational system.

Therefore, good educational leadership depends on high quality decision-making.

*** If leadership matters in educational contexts, who should be empowered and what goes into the process of empowerment?**

Empowerment is about providing people with the resources they need to get their jobs done, within a context of bounded autonomy and accountability. Bounded autonomy refers to giving people the freedom to find their way to the goal line while ensuring that they know the rules of the game and the boundaries of the playing field. One key resource is providing relevant information; information that is transparent and open. Other resources include funding, training, staff support, organizational clearances, and whatever else individuals need to get their work done successfully.

*** You make the case for strong decision-making and highlight the importance of educational leadership in a school setting in your book *'Understanding Leadership in Educational Contexts - A Case Study Approach'*, published earlier this year. Why do factors matter in an educational setting?**

School principals work in complicated and multifaceted operational decision-making environments (Hallinger & Heck, 2010). The book *'Understanding Decision-making in Educational Contexts...'*, which forms part of the Series *Transforming Education through Critical Leadership, Policy and Practice*, is a live account of what is happening in our schools. It discusses what we are teaching and learning, what we already know, what we are uncovering and discovering, and how school leaders make decisions as a result of specific events that occur widely in schools.

Regarding student learning, school leadership is second only to teaching, among school-related influences. Although decision-making is a central activity for school leaders with respect to student learning, relatively little attention has been paid to the mental models underlying principals' decision-making processes in solving problems. These are very challenging times for educational leaders, and they need all the information available to make the best possible decisions, given their own contexts. Clearly, educational decision-making is not a one-size-fits-all process. The leader must take his or her context into consideration when making decisions so that the positive effects of the decisions made outweigh the negative influences that have created the issue(s) in the first place.

“School leadership is second only to teaching, among school-related influences. Although decision-making is a central activity for school leaders with respect to student learning, relatively little attention has been paid to the mental models underlying principals' decision-making processes in solving problems. These are very challenging times for educational leaders, and they need all the information available to make the best possible decisions, given their own contexts...”

Freedom must include a sense of responsibility, otherwise freedom is only a half-empty glass. In his classic *'Man's Search for Meaning'*, Viktor Frankl (1956) refers to: 'Freedom, however, is not the last word. Freedom is only part of the story and half of the truth. Freedom is but the negative aspect of the whole phenomenon whose positive aspect is responsibility. In fact, freedom is in danger of degenerating into mere arbitrariness unless it is lived in terms of responsibility.'

From a humanitarian perspective, the central responsibility of educational leaders is to create environments where all teachers and support staff succeed. Clearly, the latter need to be provided with unambiguous expectations, as well as with regular and timely feedback. They also need to be well supported, in that they should not be on their own to err, meander or fail. So, good educational leaders need to be both good managers of people and

skilled creators of the school systems that support them.

*** It's known that some Asian countries are doing very well in education, a few even outperforming most countries in the West with superior performance in international comparative exams such as PISA, in STEM subjects (science, technology, engineering, and maths). Asian students in the US, for example, are doing better than the Americans. Doesn't this have to do with the competitive environment in those countries as well as a particular (Asian) culture that values and promotes the acquisition of high levels of knowledge?**

While I am somewhat familiar with international systems of education, I do believe that the success of Chinese international students comes at a significant price. Even if it may be true that these students outperform North American students, the suicide rate among Chinese nationals is unacceptably high, due to the stress of competing with other national and international students. While educational leadership in this context is focused on achievement, perhaps an additional focus on well-being and mental health would be helpful. The high cost of success is but one focal point that may be worthwhile for educational leaders to consider.

*** For having been a product of the education system that's available here, would you say that the empowerment of educational leaders in Mauritius would have a dramatic impact on the system and will enhance its efficiency?**

Empowerment has become a household word and a fuzzy idea that is hard to pin down. I believe educational leaders need to go beyond hypocrisy or empty rhetoric in order to grapple with the serious and important task of finding ways to increase people's ability to make informed decisions and choices that would actually make a difference. Research evidence points to the fact that, when organisations empower their employees to do a better job, both the employees and their organizations feel better about their work, which is a win-win situation.

*** We understand that you were raised in a Buddhist temple as an orphan and went on to become a full professor at one of the largest bilingual universities ranked among the top 100 worldwide - University of Ottawa. Tell us about that journey from the Temple to the University...**

My background and upbringing have left an indelible mark on me and have made me who I am today.

● Cont. on page 9

'There may be more opportunities for success in larger countries, like Canada. However, when one arrives in a new country, one must start anew'

● Cont. from page 8

It is befitting for me to acknowledge the role that my life as the ward of a Buddhist temple (Pagoda Fook Soo Ham) and the lessons I learned from my principal guardians, a head nun, the late Ah Feeti (a.k.a. Ah Pak), and a worshipper have played in bringing me to my present state.

Shortly after I turned six years old, the worshipper (late Joseph, pseudonym) convinced Ah Pak that I should attend a Western, English medium school, arguing that, by receiving a proper education, I would be able to take care of the pagoda's affairs, instead of having to rely on him and others. Shortly afterwards, I was enrolled in a one-room kindergarten, a few metres away from the pagoda. I was the oldest student in that class, as kindergarten starts at age four. There, I learned Creole with the other ten kindergartners. The late Joseph agreed to pay one rupee (approximately five Canadian cents) per month for my schooling. I then attended Villiers René Government School and moved on to the Loreto Convent Port Louis for my secondary schooling.

After I had completed my secondary studies, and while awaiting the official results, I was in limbo. I did not know what to do with my life or where I was heading. My whole day was spent attending to the various chores in the pagoda. Late Ah Pak would ask me to accompany her to pay visits to the sick or to go to town for groceries or supplies.

With the encouragement of the late Joseph and the support of my "Godfather", the then Minister of Justice, I applied for a scholarship in Canada and was accepted at the University of Guelph, where I spent two years completing my bachelor's degree in French with a minor in mathematics. After completing my BA, I applied for my Bachelor of Education at the University of Toronto and became a teacher, one of the youngest certified and qualified educators in Ontario.

I went on to complete a Master of Arts degree in Linguistics and a PhD in Educational Leadership at the University of Toronto, while pursuing my full-time teaching and administrative roles. Upon completing my PhD in 2003, I was offered a position with NASA/University of Huntsville in Alabama. I stayed with NASA/UAH for a year and was head-hunted by the University of Ottawa, where I have been a professor for almost two decades.

*** Did the Temple, coupled with the fact of being an orphan, have a decisive impact on what you have achieved professionally? There must have been more to it than religion, such as the cultural influence, isn't it?**

I don't think being an orphan had an impact on what I was to achieve professionally, culturally or religiously. The late Joseph (one of the worshippers) fostered my independence and encouraged me to broaden my horizons beyond the temple and beyond Mauritius. Largely due to



Stephanie Chitpin and her family at Pagoda Fook Soo Ham, Port Louis

his influence, I graduated from high school and, with his encouragement and the help of my "Godfather", who was a politician, I applied to Canadian universities and succeeded in getting enrolled.

*** It's said that context matters in different areas of human undertakings. Would this also be a reason why Mauritians settled overseas, like in Canada, for example, seem to do better than in the home country?**

You raise an interesting point. I believe there may be more opportunities for success in larger countries, like Canada. However, I also believe that, when one arrives in a new country, one must start anew. The advantage that newcomers (immigrants) have is that they frequently arrive with so little that the risks taken by ordinary citizens are minuscule, compared to those immigrants must take. In order to advance, the newcomer takes risks that those who were born in that country would not think of taking.

In short, those who are not already settled can fall very low if their venture is unsuccessful. I am not implying that taking these risks are easy; it is simply that they are necessary.

*** If you were to travel back in time today, and a decision had to be taken about emigrating, would you still opt for Canada or would you choose some other country? If so, why?**

Canada was the country of my choice and would still be the country of my choice. I have lived in the United States and I am grateful to be a Canadian.

Canadians are more open to multiculturalism than many countries are. Canada has been known as a "land of immigrants." As a result, immigration to Canada is not an impossibility for someone, like me, who arrived in Canada as a teenager, with no family or friends for support.

Although Canada and the USA have similar cultures, they are very different in terms of their immigration policies and I believe those policies speak volumes about what life will be like in each country, post-immigration.

*** Does this mean there are still opportunities out**

there for those who are adventurous and hardworking enough to tap them?

Absolutely. For those of us who wish to take risks in order to improve their lives, there are still plenty of opportunities. One must have a good plan and it is helpful to have strong support. If one is smart and goes about it in the right way, the world will open up.

However, it is also wise to remember that the people we usually look up to are those who have been visibly successful. But there are also many stories about those who have "almost made it." Yes, there are still opportunities. However, no opportunity is a guarantee. If one is hard-working, plans well and keeps moving in the right direction, eventually they will end up at their destination, whatever or wherever that may be.

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.

**Readers having any difficulty to access the Google Form for Subscription, may please contact us on:
Tel: 5 2929 301 / 212 13 13 or
send an email to mtimes@intnet.mu**

The Editorial Team

CLICK BELOW TO SUBSCRIBE



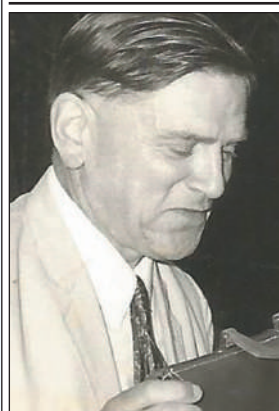
From the Pages of History - MT 60 Years Ago

4th Year No 175

MAURITIUS TIMES

Friday 13 December 1957

● You have no business with consequences; you are to tell the truth. -- Johnson



Peter Ibbotson

The Education Act

In the first schedule to the Education Bill, which has now had its second reading and is in the Committee for detailed examination and (we hope) amendment, there are details of the sanitary accommodation to be provided at schools. We see that in a school of 30 pupils there shall be 2 latrines for girls and 1 for boys, with urinal space as well for the boys. A school of 70 pupils shall have 3 girls' latrines and 2 boys' with urinal space as well. Presumably this refers to mixed schools, but nowhere do we read that all schools shall be mixed. For single-sex school, the boys would need more latrine accommodation than the Bill prescribes; so, would girls. The bill does not recognize this.

But although the schedule goes into detail in this matter — about the amount of sanitary accommodation that shall be provided — it does not anywhere insist that sanitary accommodation shall be provided for the teachers. Nowhere is there any reference to the necessity for a staffroom at all except the very smallest schools. More serious, the Bill does not lay down standards of satisfactory school accommodation. Somewhere the Minister ought to lay down prescribed maximum sizes for classes. He ought also to lay down sizes of classrooms, and standards of lighting, space per child, etc., that all schools (particularly new ones) should conform to.

It will be urged that prescribed standards are utopian; that they cannot be achieved. Perhaps they cannot be achieved in present circumstances; but that is no reason for not laying them down. If prescribed standards are laid down, we have a target at which the Ministry of Education and Institutions has to aim, and we can measure the shortcomings of the Ministry by the degree of its failure to achieve the prescribed aims.

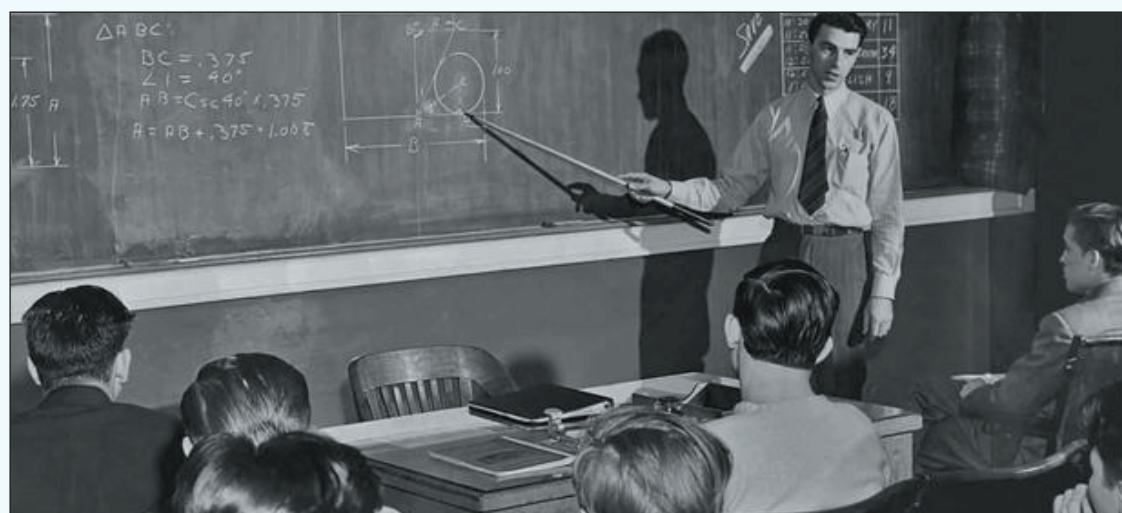
For example: In England and Wales, the Minister of Education has laid down that classes shall not exceed 40 in primary schools and 30 in secondary schools. The

number of classes which do exceed these prescribed maxima is one of the criteria by which the Minister is judged. The Minister has laid down, too, that classrooms shall be of certain minimum sizes, depending on the total roll of the school. Some primary schools must have classrooms of at least 520 square feet, some 480 square feet, the smallest, 400 square feet. In secondary schools, each classroom (for at most 30 pupils) must be at least 480 square feet in area. Provisions such as these should appear in the Education Bill's schedule. Instead, we have no reference to the need for any standard of size or construction whatever — only that all schools shall be kept in a clean and sanitary condition.

Although we read that all schools shall have drinking water and certain sanitary accommodation (which is on a scale less generous than in England and Wales for schools of the same size and although it is true that educational conditions are different in the mother country and Mauritius, the same conditions as regards the calls of nature apply to children everywhere) we read nowhere that washing facilities shall be compulsorily provided. Nor, in addition to the lack of prescription of a staff room, do we find that a Head Teacher's room is prescribed for all schools.

Before the Legislative Council passes into law the first schedule of the Education Bill, especially in this connexion Part VI, it should consider the English **Standards for School Premises Regulations**, made in April 1954 as S.I. No. 473 of 1954 by the Minister of Education in pursuance of powers conferred on him by the 1944 Act. The way in which these standards are drawn up should affect that schedule and the way in which it is drawn up. The English standards are flexible; the Mauritian schedule is too rigid.

This rigidity extends also to the details of syllabus, etc. "In all schools in receipt of public funds the curriculum, the syllabus for



allowed more freedom in their work. They should be allowed to choose their own textbooks. They should be allowed more freedom in the teaching methods they use. Above all, they should be freed from the slavery of the time-table. Just as there is more to marriage than four bare legs in a bed, there is more to teaching than unswerving obedience to the prescribed 30 minutes composition, 30 minutes history, 30 minutes geography, 30 minutes reading, 30 minutes grammar and so on.

Let us hope that the passage of the bill through the committee stage will be marked by amendments designed to liberate teachers from this slavery of the time-table, the rigid oversight by the Director.

* * *

Family Planning in Pakistan

The Pakistan Family Planning Association was formed in 1953, linking together several small pioneer groups of health workers who had been carrying on family planning education on a modest scale. In 1955 the Government of West Pakistan provided financial assistance to the Association; and in 1955 also, Mr Justice Mohammad Munir, Chief Justice of Pakistan, agreed to become the Association's President. The Association has 6 clinics at Lahore and up to January 1957 had advised 12,650 women for contraception. 1,601 women had contraceptives prescribed. On the other hand, 50 women attended the clinics for advice because they had never conceived; and all were given appropriate advice and treatment.

In Peshawar, Karachi and Dacca, too, the Family Planning Association is active but in East Pakistan the Association is hampered by lack of funds. The Government of East Pakistan has never helped with money at the Government of West Pakistan has done.



65 Years of Commitment & Trust

1956-2021



LIC

भारतीय जीवन बीमा निगम
LIFE INSURANCE CORPORATION OF INDIA

LIC Centre, 1st Floor,
John Kennedy Street,
Port Louis

208 1458, Ext 24 (Port Louis)
467 4960 (Quatre Bornes)

marketing@licmauritius.intnet.mu

licmauritius.mu

LIC understands your dreams and aspirations. We will help you to realise them.
Thank you for your support and patronage.

'Who would dare become an informer if the details regarding the identity of the informer and the latter's deal with the police may be leaked out?'

● Cont. from page 5

The effect of such evidence coming out in cross-examination would be that everybody having access to that information, which has become part of a public record, would come to know how genuine notes and coins are made. The interest of affording an accused party the facility to cross-examine the witness is greatly outweighed by the public interest that lies in keeping information about the production of genuine bank notes and coins secret.

In my view, the wider public interest should have prevailed over other considerations.

* **Should reward money be disclosed to the Revenue Authority?**

In an answer in the House of Commons in 1949, the

“By ordering that all details relating to the reward money in this particular case be released to ICAC, the latter institution is being given a free hand to investigate the donors of reward money and the recipients of that money. Does that mean that each time reward money has to be paid, the Commissioner of Police may be called upon to disclose information to ICAC? Since the payment is ultimately the decision of the CP, would that mean that any ICAC investigation would in fact be an investigation of the decision of the CP?”

then Chancellor of the Exchequer Sir Stafford Cripps stated:

"Rewards are given only where the services of the informer result in some substantial recovery of duty and he has incurred expense or expended time and trouble in support of his allegations and the information supplied would not otherwise have become available to the Revenue. These rewards are not income for Income Tax purposes."

If this so and that money need not be disclosed to the Revenue Authority, as it serves a wider public interest in combating serious crimes, why is ICAC concerned with it? Does ICAC have reliable information that there may have been an offence under POCA for it to investigate?

LEX

Éric Zemmour: the far-right polemicist's ideas have a long history in France

● Cont. from page 2

Yet upholding assimilationism in Zemmour's view would also imply the non-assimilation of certain groups. He regularly argues, for example, that Islam is not compatible with the Republic – the opposite of assimilationist politics.



A supporter holds a copy of Zemmour's book, 'France hasn't said its last word' in Toulon, September 17 2021. Pic - Nicolas Tucet/AFP

This is also an idea with deep roots – it should be remembered that to obtain French citizenship in 1958, Algerian Muslim women were required to remove their headscarves during inauguration ceremonies. What better way to illustrate that you had to stop being a Muslim woman to become a French one?

False universalism

Zemmour's pronouncements may be incendiary, but through them we can see that the old idea of a French nation defined in racial terms has had a lasting influence on contemporary debate.

One such idea is that of "universalism", which holds that the national characteristic of being French supersedes any other identity an individual may have. But if immigrants are asked to defer to French traditions based on an assumption that such traditions are inherently universal, universalism becomes not a form of humanism

that embraces diversity, but rather a nationalistic symbol.

This is how Achille Mbembe described the concept in a 2005 article:

"Having long upheld the 'republican model' as the perfect vehicle for inclusion and the emergence of individuality, we have ultimately turned the Republic into an imaginary institution, and underestimated its original capacity for brutality, discrimination and exclusion."

A harsh judgement, perhaps, but French history (long before the establishment of the Republic) attests to this racialised dimension. When it uses national identity as the guiding light of the republican cause, universalism has been seriously misled, to the point of forfeiting all substance.

It is worth noting that this version of universalism can appear in other guises, particularly in anti-cosmopolitanism, which slanders society's incorrigible utopians and blindsided bleeding hearts. This is precisely the tone adopted by Éric Zemmour.

One might even hypothesise that hiding behind this false universalism is a hatred of the universal, exemplified in the famous quote by Joseph de Maistre in his *Considerations on France* (1796):

"In my life I have seen Frenchmen, Italians, Russians, and so on. I even know, thanks to Montesquieu, that one can be Persian. But as for man, I declare I've never encountered him."

In much the same way, Zemmour presents us with a fragmented world that offends his own obsession with purity – his simultaneous hatred of intermingling and a fear of sameness.

Three years ago, my colleague and I wrote an article about Zemmour's place in the public arena in France, and how we should resist his impoverished, black-and-white vernacular. In light of his recent rise, we must continue to do so. There may still be time to change things.

Alain Policar, Sciences Po

jetha tulsidas

**CELEBRATE
DIWALI
IN STYLE**

08 OCT - 04 NOV

**PROMO ON LADIES / GIRLS
CHURIDARS, GOWNS, CROP
TOPS, SHARARA & KURTIS**

BUY 1: 30% OFF | BUY 2: 35% OFF | BUY 3: 40% OFF

30% OFF

**ON KURTA PYJAMA LEHENGAS,
SAREES AND ALL OTHER ITEMS**

*Not applicable on goods already on promo and ending in "9"

Breast milk can contain COVID antibodies - good news for babies

There is immense interest in understanding whether potentially protective SARS-CoV-2 antibodies are provided to the baby via breast milk. This is what we know so far

Although babies and young children are at lower risk of getting very sick with COVID-19 compared to older adults, a small proportion of babies will require hospital care.

There has been immense interest among scientists, health-care workers and new mothers especially in understanding whether potentially protective antibodies against SARS-CoV-2 (the virus that causes COVID-19) can be provided to babies via breast milk.

But what does the evidence tell us? Does a natural COVID infection lead to SARS-CoV-2 antibodies in a woman's breast milk, and how long do these last? What about after vaccination? If natural COVID infections and vaccination do produce antibodies in a woman's breast milk, does this mean babies of these mothers will be protected against COVID-19? And could antibody-filled milk be used as a treatment somehow?

There are now several studies looking at breast milk antibody responses in women who have had COVID-19, while research is increasingly exploring breast milk antibody responses in mothers following vaccination with an mRNA vaccine.

After COVID infection, antibodies have been found to persist in breast milk for at least six months, with emerging data suggesting they are still abundant ten months later. Antibodies are found in breast milk even after mild SARS-CoV-2 infections, and in women who have no symptoms at all.

Meanwhile, the breast milk of women who are vaccinated while lactating (who haven't had COVID-19) has been found to contain significant levels of SARS-CoV-2 antibodies after vaccination. Determining how long SARS-CoV-2 antibodies in breast milk last after vaccination will take time, but reports suggest they persist for at least six weeks.

It's not surprising that if the mother is infected with or vaccinated against COVID-19 we see SARS-CoV-2 antibodies produced in her breast milk. Pregnant women are often advised to be vaccinated against other diseases, such as whooping cough.

In these cases, we know the resulting antibodies that the mother produces can pass on to the baby through the placenta and in breast milk. This is known as "passive immunity", meaning the baby gets immune protection while its own immune system matures to the point where it can make antibodies for itself.

It's a continuation of a process that starts while the baby is developing in the womb, and receiving maternal antibodies that are passing across the placenta. This is very important to protect the baby



Irina Polonina/Shutterstock

against infectious diseases circulating in the community into which it's born.

Breast milk antibodies are unique

Antibodies are made by specialist antibody-producing immune cells called B cells, which are found in our gastrointestinal tract and other tissues. Antibodies can be found in blood, saliva and other parts of the body.

When a mother's body is preparing for the birth of a baby, some of these antibody-producing cells travel to the breasts where they produce antibodies locally into the breast milk.

All antibodies can have sugars bound to them. The types and amounts of these sugars vary depending on the part of the body the antibodies are in. We don't yet fully understand the significance of this, but the pattern of sugars associated with antibodies in breast milk probably supports them in promoting the baby's wellbeing. For example, these factors might help the antibodies avoid being digested too quickly in the baby's gastrointestinal tract.

After natural infection or vaccination, breast milk contains both types of key antibodies — immunoglobulin A and immunoglobulin G. These SARS-CoV-2 antibodies in breast milk have been found to neutralise the virus in laboratory models. This confirms they're likely to protect a baby from infection.

Interestingly, breast milk collected before the pandemic has also been shown to contain antibodies that respond to SARS-CoV-2. This suggests some women have developed antibodies to other human coronaviruses that might protect newborns against COVID-19 — though we don't know

for sure.

Breast milk is safe

While a COVID infection and vaccination confer protective antibodies, there's no danger the virus itself can be transmitted through breast milk from mother to baby.

In a study which tested breast milk from women while they were COVID-positive, the researchers could not detect viral RNA (the genetic material of SARS-CoV-2) in the samples. Meanwhile, where unpasteurised expressed breast milk was fed to babies separated from their mothers who had COVID-19, none of these babies showed evidence of infection.

Similarly, the mRNA from COVID-19 vaccines is not detectable in the breast milk of women vaccinated while breast-

feeding.

Could we use breast milk therapeutically?

The presence of SARS-CoV-2 antibodies in the breast milk of women who have had COVID-19 or been vaccinated is incredibly important, as these antibodies will help to protect babies from infection.

This knowledge also paves the way for questions as to whether we could use breast milk to treat or prevent COVID-19.

Some of the health benefits of breast milk are already harnessed in various ways. Through human breast milk banks, for example, donated breast milk is used to save the lives of premature and sick babies.

The ability of SARS-CoV-2 breast milk antibodies to neutralise the virus is retained after high pressure pasteurization, which is a good sign.

If we were to consider using SARS-CoV-2 antibodies in breast milk to treat COVID-19, such an approach would be similar to that of convalescent plasma therapy. This is where antibodies from the blood of people who have had COVID-19 are administered to hospital patients with the virus to limit disease severity — although these trials have not been very successful.

We're still a long way off any kind of treatment like this. But the ongoing research to understand SARS-CoV-2 antibodies in breast milk is a good start.

Catherine Thornton

Professor of Human Immunology,
Swansea University

April Rees

PhD Researcher in Immunology,
Swansea University

ASSOCIATION BELIEVE IN CARING

Registration No: 15735

c/o - Polyconsult, Columbia Court, Ground floor, St Jean Avenue, Q.Bornes Tel: (+230) 4672526 / (+230) 5 499-4514 Fax: 467-8708

Members are kindly requested to attend the Annual General Meeting of the Association Believe In Care to be held on Thursday 28 October 2021 at 1900 at Gymkhana Club, Vacoas.

Agenda:

Approval of previous minutes

President's announcements

- (i) Election of candidates - Managing Committee members 2022
- (ii) Amendment in bylaws for Recruitment Leader



Secretary announcements

Treasurer announcements: Financial status

Committee Reports: (i) Project Leader; (ii) Media Leader

AOB

VOT- - Protocol

Corina Hookoom Padaruth
Secretary

14 Oct 2021

Five branding mistakes you should avoid in your small business

A significant portion of small business failures are caused by branding mistakes and owners who don't understand the importance of branding. Here are the common mistakes.

Small and medium enterprises tend to underestimate the power of branding. This must rank as one of the deadliest mistakes in the world of making business.

You have most likely read about the branding failures of large businesses in the news - those massive errors that spelled doom for once successful ventures. While not making headlines the collapse of small businesses are more common. Studies reveal that 63% of all South African businesses fail within the first two years of trading.

Many of the errors behind the collapse of small and medium enterprises are branding errors - or the result of business owners not understanding the importance of it. Many people think of "brands" as being large, important identities everybody knows about like Nike, Coca-Cola, and Harley Davidson. But building a credible identity for a small business is just as vital, and one of the first steps along the path to success.

Branding need not be a headache or anybody's worst nightmare but it's essential to make sure you have a little know-how before you start your business. Ensuring that you have the basics down will allow you to steer clear of avoidable errors and take a significant amount of stress out of running a small business or start-up. Plus, if you do it right, you'll likely find you enjoy it! And the value of a good brand is quite simply, beyond measure.

Across the board, there are five common branding mistakes committed by small businesses. All can be avoided with a little thought and planning.

Bad business name

We've all driven past them: those businesses called "Bob's lawnmowers" or "The very best nuts and avocados". With the possible exception of The No. 1 Ladies' Detective Agency, few of these achieve fame and fortune. And the latter is fictitious!

Branding can't be generic. It can't be hackneyed. It can't be repetitive, or something we've all seen before. Your business is your baby, so give its identity the same care you would give to naming a child. Recognise that naming your business is a strategic process and requires thought. The name must reflect your purpose, identity and promise. And please, no clichés!

Penny pinching

Many small businesses try to scrimp and save wherever possible, and the first place they do this is in the office. Bad idea! You may be glad to save on your overheads, but in the long run it could turn out to be an expensive branding mistake. If I walk into your offices as a prospective client and you offer me a broken chair to sit on, what am I going to think?

But this doesn't only apply to your customers. Treat your staff well, too. If your staff are sitting in uncomfortable chairs or don't have proper tools or are dying of heat because you don't have an air conditioner (or at least a fan) they're going to be grumpy. You need your staff to be brand ambassadors and to be proud of working for you. How you treat your staff will turn into how your staff treat your customers. Make sure you create a courteous, respectful brand from the inside out.

Too good to be true

One of the most common mistakes made by new business owners is taking bad advice. It may stand to reason that if you're not a marketing expert, you should outsource marketing, and this certainly does make sense if you need a little help. However, you should put effort to know enough that you can distinguish between good and bad advice. Otherwise you may end up worse off than you were before. A consultant who doesn't have your best interests at heart - or who simply isn't an expert - can easily sink your business with a hearty dose of poor advice. And you would have paid them to do it! Empower



yourself.

Complicating your brand

Ever heard of the award-winning "clown pants" design? Nope, me either. That's because many of the most iconic and memorable brands understand the importance of keeping it simple. This doesn't mean you should make your brand identity completely generic - it's a fine line to tread between keeping it simple and making it forgettable. But as a rule, be bold, make a statement, but keep it clear. And in order to keep it clear, you should stay away from unnecessary bells and whistles. Keep your choice of colours, words and icons to a minimum. And once you have a clear, simple brand, ensure that you enforce it consistently throughout your company.

Remember - you can rebrand at some stage, or launch a new product with its own distinct brand. But beware of walking before you run, as rebranding is a challenging exercise. So, too, is running

multiple brands successfully. Be sure it's really what you want to do, and perhaps call on a little expert advice before you go ahead.

The herd mentality

Be original. Following the crowd is a fatal error. The ultimate key to your success will be identifying a unique or intriguing selling point and aligning your brand with that, so don't go with the flow.

You're hopefully planning to keep your business going for a while, so steer clear of following popular trends - you don't want your brand to date. If you consider the Coca-Cola logo, it hasn't changed all that much since the 1800s. Ask yourself: Will your brand still stand up to scrutiny in 10, 20 or 100 years' time?

Raymond van Niekerk

Adjunct Professor, with expertise in Branding, Marketing, Business Strategy, Corporate Citizenship and Social Responsibility, University of Cape Town

Work Smarter

Keep your reader front of mind in your writing

Strong professional writing is an essential skill for anyone who wants to get ahead. One of the best ways to improve your writing is to focus on what the reader needs to know, rather than on what you want to say.

Make it easier for them by placing the most important information first. Respect their time by keeping your communications brief. Are your sentences four lines long? Cut them down. Always write for an intelligent novice - a smart reader, who isn't necessarily an expert on whatever topic you're writing about. To do that, avoid acronyms and jargon: You don't want your reader to lose focus by having to step away to look something up. They

might not come back. Putting yourself in your reader's shoes will ensure that they better understand - and maybe even look forward to - your writing.

*This tip is adapted from "4 Quick Tips to Improve Your Business Writing," by Lauren Brodsky
- Harvard Business Review*

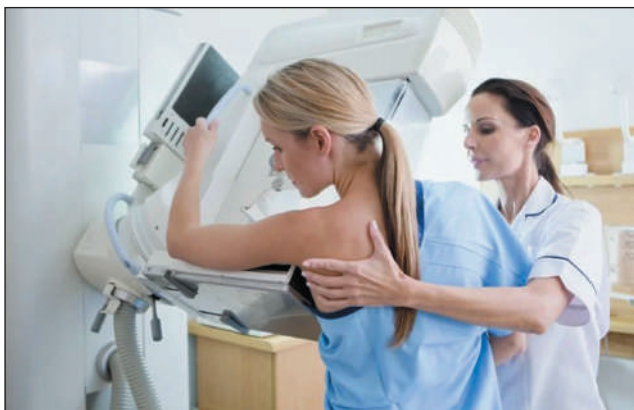
Reframe challenges to cope with uncertainty

We are all dealing with unprecedented - and seemingly endless - uncertainty right now. While you may not have as much clarity as you'd like, you can avoid feeling disoriented by developing your "uncertainty capability" and reframing your outlook on the unknown. Some common reframes include:

1. Learning. Ask yourself what you can learn from the situation rather than automatically viewing it as a setback.
2. Games. Remember that you win some and lose some.
3. Gratitude. Recognize what you already have and are thankful for.
4. Randomness. A lot of life is random. What happens to you isn't always your doing.

Without a clear end to the pandemic in sight, it's important that we develop and sustain a healthy relationship with the things we can't know and can't control. These shifts in how you think about uncertainty will help you build resilience and a positive outlook.

*This tip is adapted from "You're Not Powerless in the Face of Uncertainty," by Nathan Furr
- Harvard Business Review*



New approach to breast cancer prevention

A commentary by Mayo Clinic Cancer Centre researchers published in the Journal of Clinical Oncology Practice suggests that advances in breast cancer prevention research have resulted in new and innovative opportunities to modify breast cancer risk and potentially reduce breast cancer incidence and mortality.

"It is prudent for health care providers to be knowledgeable about the benefits of assessing individual breast cancer risk, and counsel and implement risk-reducing strategies with their patients, says Sandhya Pruthi, M.D., a Mayo Clinic internist and author of the commentary.

Dr Pruthi says evidence-based, risk-reducing strategies include lifestyle modification, preventive anti-estrogen medications, surveillance breast imaging and genetic testing. Women at high risk of harbouring a hereditary breast cancer mutation should consider prophylactic surgery to reduce risk.

"Physicians should be recommending individualized risk assessments for their patients and counselling them on interventions that range from lifestyle modifications to the use of preventive (anti-estrogen) medications or conjugated equine estrogen," says Dr Pruthi.

She says these strategies may be beneficial in reducing hormone-sensitive breast cancer tumours that have a good prognosis, and they also may be beneficial in preventing tumours that are not hormone-sensitive and

have a poor prognosis.

"For many years, breast cancer prevention research has primarily focused on the use of anti-estrogen medications to reduce the incidence of favourable, hormone-sensitive breast cancers, but it is critical that we re-examine and implement other risk-reducing strategies to prevent unfavourable breast cancers, known as triple-negative

tumours," says Dr Pruthi.

She encourages women and their health care providers to consider a comprehensive approach to breast cancer prevention that includes risk assessment; awareness of modifiable lifestyle factors, including low-fat dietary interventions; and use of medications that reduce the risk of dying from breast cancer.

Children who eat more fruit and veggies have better mental health

Children who eat a better diet, packed with fruit and vegetables, have better mental wellbeing -- according to new research from the University of East Anglia.

It shows how eating more fruit and veg is linked with better wellbeing among secondary school pupils in particular. And children who consumed five or more portions of fruit and veg a day had the highest scores for mental wellbeing.

Lead researcher Prof Ailsa Welch, from UEA's Norwich Medical School, said: "We know that poor mental wellbeing is a major issue for young people and is likely to have long-term negative consequences.

"The pressures of social media and modern school culture have been touted as potential reasons for a rising prevalence of low mental wellbeing in children and young people.

"And there is a growing recognition of the importance of mental health and wellbeing in early life -- not least because adolescent mental health problems often persist into adulthood, leading to poorer life outcomes and achievement.

"While the links between nutrition and physical health are well unders-



tood, until now, not much has been known about whether nutrition plays a part in children's emotional wellbeing. So, we set out to investigate the association between dietary choices and mental wellbeing among school-children."

The research team studied data from almost 9,000 children in 50 schools across Norfolk (7,570 secon-

dary and 1,253 primary school children) taken from the Norfolk children and Young People's Health and wellbeing Survey.

The team looked at the association between nutritional factors and mental wellbeing and took into account other factors that might have an impact -- such as adverse childhood experiences and home situations.

Dr Richard Hayhoe, also from UEA's Norwich Medical School, said: "We also found that the types of breakfast and lunch eaten by both primary and secondary school pupils were also significantly associated with wellbeing.

"Children who ate a traditional breakfast experienced better wellbeing than those who only had a snack or drink. But secondary school children who drank energy drinks for breakfast had particularly low mental wellbeing scores, even lower than for those children consuming no breakfast at all.

"Another interesting thing that we found was that nutrition had as much or more of an impact on wellbeing as factors such as witnessing regular arguing or violence at home.



Why is urine yellow?

Our bodies use nutrients from the food we eat. But the processes involved in digestion also create what we call "byproducts". That's where a new chemical is created along the way.

Some of these byproducts in the body are waste and our bodies have clever waste processing systems to get rid of them.

Some of the waste goes out in your poo. And waste that can be dissolved in water goes out in your wee. We call this "water-soluble" waste. Water-soluble means it can be dissolved in water.

And the parts of your body in charge of "making" the wee are called the kidneys. They're shaped like kidney beans.

A delicate balance

The kidneys work around the clock to make sure the body has the right balance of water, salt and chemicals and not too much water-soluble waste in it.

Kidneys have special filters in them that help sort out



the useful bits from the waste. They also are in charge of transporting the water-soluble waste from your kidneys, down two special pipes called "ureters" and into your bladder (which is down near the genitals).

When the bladder gets full, it sends a message along your nerves to your brain that makes you feel like you need to wee.

So.... why is it yellow?

One of the water-soluble waste products that your kidneys put into your urine is a chemical called urobilin, and it is yellow.

The colour of your urine depends on how much uro-

bilin is in it and how much water is in it.

If your urine is light yellow, it means you have been drinking a lot of water and there's a lot of water in your urine. We call this being "hydrated".

If your urine is dark yellow, that means there's less water, and a relatively high amount of urobilin. It probably means you haven't been drinking enough water and could be dehydrated.

Too much water versus not enough

When you haven't been drinking enough water, the kidneys get a message from your brain to try to keep more water in your body (and out of your bladder). You will also start to feel thirsty.

If people can't drink water (because they have a vomiting illness, for example), they might need water put directly into their blood. This usually happens in a hospital using a drip (which is where a bag of salt water is put into your blood via a needle in your arm).

If you have been drinking more water than your body needs, the body tells the kidney filters to get rid of the spare water. That's when your urine will look paler.

Jaquelyne Hughes

Research Fellow,
Menzies School of Health Research

Health Matters

Apple Cider Vinegar: What it can and can't do

Some people say it can help you lose weight, lower your blood sugar, improve your gut health, and even relieve jelly fish stings. Here's what the science says about these claims.

What is vinegar?

It's made when bacteria feed on sugars and alcohol in fruit juices, wine, honey, and similar liquids. The result is an acetic acid solution that may have other nutrients, too. Apple cider vinegar starts with juice made from apples. There doesn't seem to be anything special about its health benefits, compared with other types of vinegar. Perhaps the milder flavour and smell have helped boost its reputation.

Lose weight: In one study, overweight people who drank 1 or 2 ounces of vinegar (diluted with other liquid) lost weight at a slightly faster rate. And they lost belly fat. But there's no evidence that lots of vinegar will help you drop lots of pounds, or do it quickly.

Lower blood sugar: Vinegar can help someone with diabetes control the amount of glucose in their blood after a meal as well as their A1c, a measure of "average" blood sugar for the past few months. It won't cure diabetes or take the place of prescribed medications. But a couple of teaspoons in water or food at mealtime can help, as long as you don't have kidney disease. High blood sugar over time can lead to heart disease, kidney disease, stroke, and blindness.

Insulin control: Vinegar can also help keep insulin levels lower after you eat. Your cells need this hormone to take glucose from your blood to use for energy. But too much insulin released too often can make your body less sensitive to it -- a condition called insulin resistance that can lead to type 2 diabetes or make it worse.



Fighting germs: Apple cider vinegar -- any vinegar, really -- will kill some germs because of the acetic acid in it. It works best in your food -- to clean up bacteria lingering on your salad leaves, for example. It's not very good at disinfecting a cut or wound. And because it's an acid, there's a chance it could chemically burn delicate skin.

Dandruff

It's long been suggested -- for different reasons -- as a rinse to tame a flaking scalp. But there's no evidence to confirm that vinegar kills yeast bacteria or fungus, or that it removes shampoo residue or product buildup, or that it makes your scalp more acidic (or why you'd even want that). Stick to products made to treat dandruff, and follow the instructions. If the problem doesn't clear up, see a dermatologist.

Lice: Some people say vinegar is a good way to get rid of these little critters and their eggs. Science says otherwise. Even when tested against other home remedies -- rubbing alcohol, olive oil, mayonnaise, melted butter, petroleum jelly -- vinegar came in last.

Jellyfish sting: Yep! Tuck a bottle of vinegar into your beach bag. It stops the work of the special jellyfish cells

(nematocysts) that deliver the venom -- the stuff that makes a sting hurt.

When you get home, dunk the wound in hot water. That stops the venom itself from working.

Whiten teeth: Vinegar may brighten your teeth, but it also wears away their enamel -- the thin, hard, outer layer of protection. In fact, wait for at least 30 minutes after you eat or drink diluted vinegar to brush your teeth. If your teeth are discolored, look for whitening toothpaste or products approved by the American Dental Association, or talk to your dentist.

Healthy gut: That murky, thicker liquid that collects at the

bottom of some vinegars, called the "mother," is made up of the fermenting bacteria and their harmless waste. Most brands warm vinegar to kill the bacteria before packaging, but mother can develop once air hits the product. Some say the mother gives vinegar more health benefits because the live bacteria act as "probiotics," but there's no scientific evidence yet.

Hemorrhoids: Is a little apple cider vinegar just the ticket for those painful, itchy bumps on your behind? Doctors say no. Even if it feels good in the short term, it can burn your skin and end up making your symptoms worse. Sitz baths and medication are better choices. See your doctor if you can't soothe the burning.

More is not better

Usually, 1-2 tablespoons a day is plenty to drink. There's little evidence that more can help, and too much can cause stomach problems, wear away your teeth, and lower potassium levels. It can also affect the way some drugs work, including water pills (diuretics), laxatives, and medicines for heart disease and diabetes. Talk to your doctor or pharmacist before you start taking vinegar.

Reviewed by Christine Mikstas, RD, WebMD

Parenting

5 ways to help your daughter handle bullies

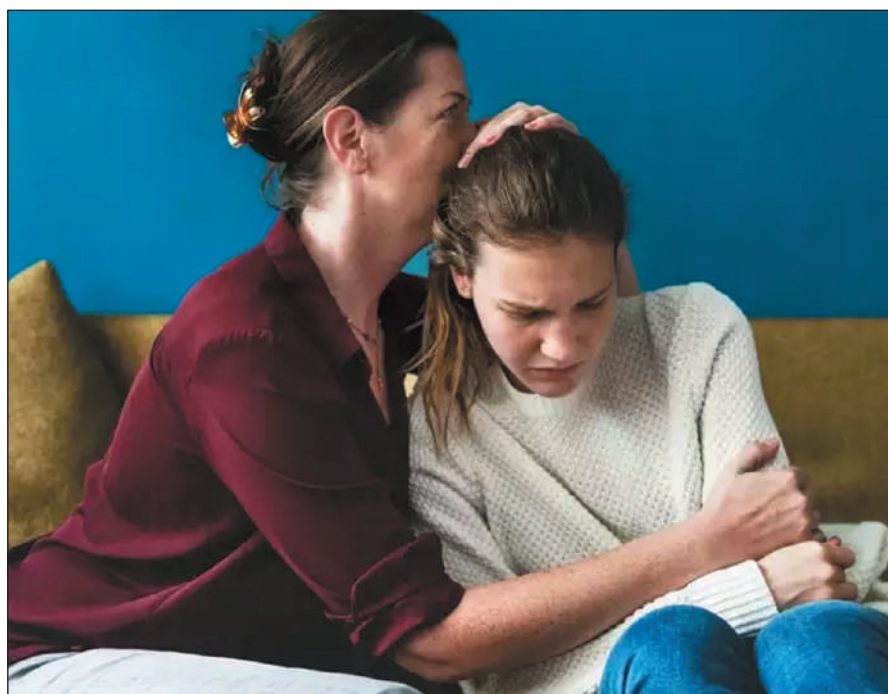
In everyone's life there comes a bully, who is mean, vicious and wicked. Even among young children, there are kids who showcase their power and authority in the most cruel ways. Often, you'll hear your daughter complain of someone at school or in the neighbourhood, making it hard for her to make it through the day. During such circumstances, you must help them. Do not overreact and ask them to fight back or do the same as their perpetrator, rather help them handle it more maturely and with more sanity. That said, here are some ways to help you help your daughter deal with mean girls.

Teach her compassion

While it's hard to show kindness and be compassionate towards people who are mean to you, it is important that you teach your daughter to be forgiving. Doing so will only make her feel light hearted in the long run. It will prevent your daughter from developing any bitter emotions and will keep her sane in the future. If ever 'the mean girl' comes to realise her mistake, your daughter will be proud of herself to have not reacted back in a similar fashion.

Do not make your daughter feel pitiable (after all the bully is the one to blame)

Listening to your daughter's feelings and emotions is



important. But do not make her feel weak or pitiable. Tell her how strong she is to have experienced it all and to have stood up to her bullies. To top it off, commend her for being the bigger person and forgiving the person who hurt her.

Make sure she knows that it's just a phase

Coming across a mean girl is just a part of every girl's

life. Popular TV shows and movies have also highlighted it. But as is known, there is just a phase. There is always a silver lining, a light at the end of the tunnel. Let your child know this. Do not let a phase in her life take control of her mind, health and progress.

Enhance her problem-solving abilities

Rather than letting her dwell on her feelings, enhance her problem-solving abilities. Together, think of ways to deal with the mean girl, without dropping down to her level. Most importantly, identify the difference between bullying and harmless bickering. Some can even take a heavy toll on your daughter's mental health; in which case you must intervene and address the situation.

Help her focus on the people who love her

Once your daughter realises that people love her immensely, that there are friends and family who support and care for her, the things that mean girls do to your daughter won't matter anymore. So, make sure you shower your daughter with all the love and care in the world.



Médecine africaine

Un médecin africain dit à son collaborateur Mamadou: 'Écoute, Mamadou, demain, je vais à la chasse, mais je ne veux pas fermer la clinique, alors tu t'occuperas des patients qui viendront.'

'D'accord, docteur,' répond Mamadou.

Le docteur va à la chasse et le lendemain, il demande à son assistant: 'Alors, comment s'est passée ta journée? Mamadou explique qu'il a eu trois patients. Le premier avait une migraine et je lui ai donné de du Doliprane.'

'Très bien, Mamadou, et le deuxième ?'

'Le deuxième avait des brûlures d'estomac, je lui ai donné du Maalox, Monsieur.'

'Bravo! Bravo, tu es un vrai pro, Mamadou.'

'Et, le troisième ? Bien, j'étais assis et d'un coup sec la porte s'est ouverte. Une femme est entrée comme une furie.'

'Elle s'est déshabillée complètement, elle s'est couchée sur la table d'examen et elle m'a crié: " Aidez-moi ! Cela fait cinq ans que je n'ai pas vu un homme! "'

Plutôt inquiet, le médecin demande: 'Et, qu'est-ce que tu as fait, Mamadou ?'

'Je lui ai mis des gouttes dans les yeux!'

Cape Town man dies after taking his second Pfizer Jab

The local community of Surrey Estate, Cape Town, is in shock after a local resident died shortly after taking his second jab.

Neighbours report the man upon entering his house was happily heard exclaiming, "I did it. I did it. I took the second one, I took the second one."

It's alleged that his wife who was rolling *roti* at the time, spontaneously struck him on the head with a rolling pin. The poor fellow collapsed and died. Friends and neighbours report that for years the man had been threatening to take a second wife.

He should have taken a second wife instead of a second dose!!!

- Did you give roses to your wife on Teacher's Day?
- No.
- Stupid! You may not have heard so many lectures from anyone else!!!

Mad Cow

In a rural program, for farmers, a female TV reporter seeking the main cause of Mad Cow disease, arranged for an interview with a farmer who might have some theories on the matter.

This "true" interview went as follows:

The lady reporter: "I am here to collect information on the possible sources of Mad Cow disease. Can you offer any reason for this disease?"

The farmer stared at the reporter and said: "Did you know that a bull mounts a cow only once a year?"

Reporter (obviously embarrassed): "Well, sir, that's a new piece of information but what's the relation between this phenomenon and Mad Cow disease?"

Farmer: "Miss, did you know that we milk a cow twice a day?"

Reporter: "Sir, this is really valuable information, but what about getting to the point?"

Farmer: "I am getting to the point, Miss. Just imagine, if I was playing with your breasts twice a day... and only screwing you once a year, wouldn't you get mad?"

The TV interview was never aired.

Coffee break's over

A sinner dies and goes to hell. He's greeted by the devil, who tells him he has the choice of three rooms for his eternal stay. Asking if he can view them before taking a decision, the man is led to the first room.

He opens the door to discover a big crowd standing on their heads on a concrete floor.

"I don't like this one, I want to see the next room," says the man.

So Satan leads him to the second room. The man opens the door to reveal another big crowd standing on their heads on a wooden floor.

"No, that does not suit me," says the sinner.

Eventually they reach the final room, and the man peeks around the door to find once more a big crowd standing in a muddy ground and drinking coffee. Despite the atrocious smell, he decides that this is the best option and informs the devil of his choice.

But minutes later, Satan returns, claps his hands and orders: "Okay, you lot, coffee break's over, back on your heads."



The starfish

Once a man was wandering on a deserted beach in a lovely morning. The sun was shining and the sea looked amazing. As he strolled along the beach, he could see a man going back and forth between the surf's edge and the beach. As he approached the man, he noticed that he was throwing starfishes to the sea. The man noticed hundreds of starfish stranded on the sand brought by the tides.

The man was stuck by the apparent vanity of the task. There were hundreds of starfish on the beach and many of them were sure to perish as the sun grew

stronger by the day. But the man continued the task of picking up a starfish one by one and throwing them into the sea.

"I must ask, why are you throwing starfish into the ocean?" he asked as he approached the man throwing the starfish.

The man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die soon."

Observing the frugality of the task, the man said, "There are thousands of starfish stranded on the beach. There is no way you can throw all of them back to the surf. You can't possibly make a difference." The person looked at the man, stooped down and picked up one more starfish and threw it as far as he could into the ocean. He turned back to the man and replied: "It surely made a difference to that one!"

Often, we get overwhelmed by the challenges of the world as it seems to be humongous and unconquerable. We may feel like our actions are trivial. But this should not stop us from our attempt to create positive change in the world. We often forget and ignore the impact of our actions on the world. Sometimes even our tiniest act of kindness may be affecting someone in a great way.

Hope these inspirational short stories charged your spirit, helped you to gain a new perspective in your life or at least made you smile.



Sharks in Life

The Japanese have always loved fresh fish. However, the waters close to Japan have not held many fishes for decades. The fishermen, therefore, had to go further out to sea to catch their supply of fish and the fishing boat got bigger and bigger. Farther the fishermen went to procure fishes, longer it took them to bring the fishes in. So, by the time they reached the market, the fishes were no longer fresh. To solve this problem, fishermen installed freezers on their boats. They would freeze the caught fishes in it. This helped in preserving the fishes for a longer period of time, but the freshness, as the Japanese desired, could not be retained. The price of frozen fishes started going down. Then, the worried fishermen installed fish tanks. They would catch fish and keep them in the tanks, fin to fin. The fishes would thrash around a little but stopped

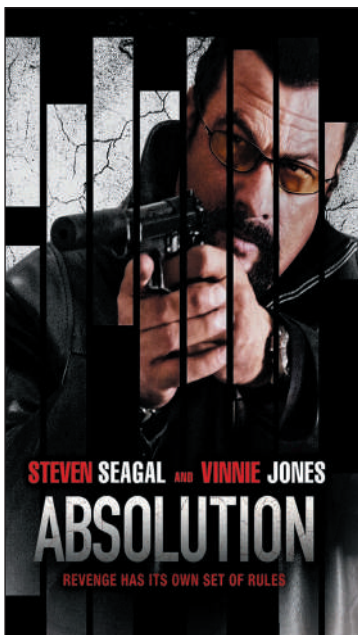
moving afterwards. They were not dead, only tired and dull. Unfortunately, dull and sluggish fish did not taste fresh.

So how did the Japanese fishermen solve the problem? To keep the fishes fresh and lively throughout the journey, the fishermen added a small shark in their tanks. The shark would eat a few fish, but the remaining ones were in a lively state when they reached the market. The shark created a challenge for the fishes and kept them active throughout the journey. Life gets dull when we live too easily, when we live without challenges. It is the challenges that help us grow and keep us lively. So we should consider the problems and challenges as motivators for moving forward in life. Without challenges, we become complacent, life becomes boring and purposeless.

Man thrives, oddly enough, only in the presence of a challenging environment." - L. Ron Hubbard

CINE 12

Mardi 19 octobre - 21.10



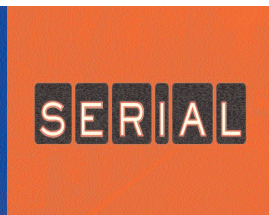
MBC 1

Mercredi 20 octobre - 21.15



MBC 2

Jeudi 21 octobre - 21.15



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
06.30 Local: Business Connect 09.45 Local Prod: Des Histoires... 11.00 Mag: Le Saviez Vous? 11.10 Tele: Sinu, Rio Des Pasionés 12.00 Le Journal 12.30 Tele: Le Prix Du Désir 12.55 Local: Come On Let's Dance 13.50 Serial: Heidi, Beinvenida... 14.45 Mag: Mathematica 15.04 D.Anime: Invention Story 15.47 D.Anime: Les Triples 16.00 D.Anime: Spirit 16.58 D.Anime: Splash And Bubble 17.25 Mag: Human Nature 17.50 Mag: Le Saviez-Vous? 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 19.30 Journal & La Meteo 20.10 Local: Autour Des Valeurs... 20.15 Local Prod: Priorite Sante 21.10 Film: All Is True	07.00 DDI Live 10.00 Serial: CID 10.44 Serial: Ye Vaada Raha 12.00 Film: Abtak Chhappan Star: Nana Patekar, Mohan Agashe, Revathi 15.00 Serial: Zindagi Ki Mehek 15.23 Serial: Aamhi Doghi 15.43 Serial: Bava Maradullu 16.04 Serial: Apoorva Raagangal 16.28 Serial: Mera Maan Rakhna 16.49 Serial: Imtihaan 17.05 Kullfi Kumarr Bajewala 17.30 Telugu - Premabhishekam 18.00 Serial: My Little Princess 18.30 Local Prod: Abhay Charan 19.30 Serial: Radha Krishna 20.04 Local: Programme In Tamil 20.30 Film: Manzil Star: Amitabh Bachchan, Moushumi Chatterjee	06.00 Mag: Eco@Africa 07.21 Mag: In Good Shape 07.47 Doc: Amazing Gardens 09.00 Doc: 360 GEO Reports 10.29 Mag: Washington Forum 13.16 Doc: Hugo Pratt, Trait Pour... 14.11 Doc: 360 Geo 15.04 Mag: Global 3000 15.30 Mag: Washington Forum 18.00 Mag: Rev: The Global Auto... 18.30 Tele: Healthy Living 18.45 Mag: Red Carpet 19.00 Student Support Prog... 19.30 Mag: Made In Germany 20.30 Local Prod: News (English) 20.40 Doc: Cary Grant, De L'autre 21.32 Doc: Beatbox 22.53 Local: Klip Seleksion 23.35 Mag: Rev: The Global Auto... 00.01 Mag: Healthy Living 00.14 Mag: Red Carpet	01.26 Serial: Island Doctor 02.57 Serial: Heroes Reborn 03.39 Film: A Wish Come True 04.57 Tele: Muneca Brava 05.36 Serial: S.W.A.T 09.00 Serial: French Series 09.48 Tele: Teresa 10.35 Tele: I Forgot I Loved You 11.01 Serial: Heroes Reborn 12.00 Film: A Wish Come True 13.30 Tele: Muneca Brava 14.12 Mag: Cinemag 14.45 Serial: Island Doctor 16.41 Serial: When Calls The Heart 17.24 Serial: S.W.A.T 18.05 Tele: Teresa 19.00 Tele: I Forgot I Loved You 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: S.W.A.T 21.15 Film: Mercenary: Absolution 22.45 Tele: Muneca Brava	08.00 Film: Chaar Din Ki Chandni Starring Tusshar Kapoor, Rana Jung Bahadur, Mukul Dev... 12.04 / 19.54 - Radha Krishna 12.24 / 20.11 - Chupke Chupke 12.48 / 20.32 Mere Sai 13.09 / 21.09 - Agnipheara 13.27 / 21.24 - Bade Acche Lagte Hai 13.50 / 21.59 - Zindagi Ki Mehek 14.06 Serial: Maharajshak 14.53 / 22.25 - Sethji 15.16 Film: Sunday Star: Ajay Devgan, Arshad Warsi, Paresh Rawal, Ayesha 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Serial: Ishaaron Ishaaron... 19.30 Bhakharwadi
06.56 Local: Rodrig Sa 09.30 Local Prod: Retrovizor 11.10 Tele: Sinu, Rio Des Pasionés 12.00 Le Journal 12.25 Local: Autour Des Valeurs 12.28 Tele: Le Prix Du Désir 12.53 Local Prod: Groov'in 13.48 Serial: Heidi, Bienvenida A... 14.38 Mag: Mathematica 14.53 D.Anime: Invention Story 15.00 D.Anime: Oum Le Dauphin... 15.41 D.Anime: Les Triples 15.55 D.Anime: Spirit 17.03 D.Anime: Splash And Bubble 17.45 Mag: Le Saviez-Vous? 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 Local Prod: Ayush 19.30 Journal & La Meteo 20.20 Local: MBC Production 21.25 Film: Dylan Dog: Dead Of Night	07.00 DDI Live 10.00 Serial: Pyar Ka Dard Meetha 12.00 Film: Mela Star: Feroz Khan, Sanjay Khan, Mumtaz 14.07 Mag: DDI Magazine 15.00 Serial: Zindagi Ki Mehek 15.23 Aamhi Doghi 15.46 Bava Maradallu 16.07 Apoorva Raagangal 16.30 Serial: Mera Maan Rakhna 16.52 Serial: Imtihaan 17.10 Kullfi Kumarr Bajewala 17.28 Serial: Kulvadhu 18.00 Serial: My Little Princess 18.30 Local: Abhay Charan 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Programme In Marathi 21.00 Film: Eagle Claws Kick Boxer 23.00 DDI Live	06.00 Rev: The Global Auto... 06.26 Mag: Healthy Living 06.52 Mag: Check In 07.51 Mag: Magnifique 08.15 Doc: Cary Grant De L'autre... 09.00 Doc: Beatbox 11.30 Mag: Healthy Living 14.26 Doc: Beatbox 15.21 Mag: Close Up 15.47 Local: Klip Seleksion 16.32 Mag: Rev: The Global Auto... 18.00 Mag: Motorweek 19.00 Student Support Prog - G7 19.30 Doc: Garden Party 20.30 Local: News (English) 20.45 Doc: Zenith 21.05 Doc: Che Guevara, Naissance D'un Mythe 21.57 Mag: Initiative Africa 22.23 Mag: Focus On Europe 22.49 Doc: The Long Way Home 23.32 Mag: Motorweek	01.25 Film: Mercenary: Abolution 02.57 Serial: Heroes Reborn 03.34 Film: Evolution 05.16 Tele: Muneca Brava 05.58 Serial: S.W.A.T 06.40 Film: Mercenary: Absolution 09.10 Serial: French Series 09.45 Tele: Teresa 10.35 Tele: I Forgot I Loved You 11.01 Serial: Heroes Reborn 12.00 Film: Evolution 13.30 Tele: Muneca Brava 14.46 Film: Mercenary 16.43 Serial: French Series 17.23 Serial: S.W.A.T 18.08 Tele: Teresa 19.00 Tele: I Forgot I Loved You 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: Reef Doctors 21.15 Film: Les Deux Cavaliers 23.03 Tele: Muneca Brava	07.00 Film: Sunday Star: Ajay Devgan, Arshad Warsi, Paresh Rawal, Ayesha 11.30 / 20.06 - Radha Krishna 12.00 / 20.26 - Chupke Chupke 12.31 / 20.02 - Mere Sai - Shrad... 13.10 / 20.46 - Agnipheara 13.30 / 21.09 - Zindagi Ki Mehek 14.08 / 21.50 - Bade Acche Lagte Hai 14.31 / 22.15 - Chhanchhan 15.00 / 21.46 - Sethji 15.21 Film: Purani Jeans Starring: Tanuj Virwani Aditya Seallzabelle Leite 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Ishaaron Ishaaron... 19.30 Bhakharwadi 20.00 Serial: Siddhi Vinayak 20.30 Serial: Redha Krishna
06.00 Local: Klip Seleksion 06.45 Local: Fee Main 07.15 D.Anime: Fam Rakonte 10.15 Local Prod: Coin Jardin 11.10 Tele: Sinu, Rio Des Pasionés 12.00 Le Journal 12.50 Local: Le Rendez-Vous 13.45 Serial: Heidi, Bienvenida A... 14.35 Mag: Mathematica 15.03 D.Anime: Oum Le Dauphin... 15.16 D.Anime: Kulipari An Army... 15.39 D.Anime: Les Triples 17.15 Mag: Human Nature 17.45 Mag: Le Saviez-Vous? 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 Local: Tirth Yatra 19.30 Le Journal 20.30 Film: Chhichhore Stars: Sushant Singh Rajput, Shraddha Kapoor, Varun Sharma	07.00 DDI Live 10.00 Serial: Karm Phal Data Shani 12.00 Film: Jhutha Sach Starring: Dharmendra, Rekha, Amrith Puri 15.20 Aamhi Doghi 15.43 Bava Maradallu 16.01 Apoorva Raagangal 16.26 Serial: Mera Maan Rakhna 16.45 Serial: Imtihaan 17.03 Kullfi Kumarr Bajewala 17.29 Local: Amrit Vaani 17.40 Local: Bhajan Sandhya 18.00 Serial: My Little Princess 18.30 Serial: Ghar Pahucha Da... 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Local: Les Grandes Lignes 20.32 Local: Mots & Ecrits 21.09 Film: Stan & Ollie	06.00 Mag: Motorweek 06.26 Mag: Vous Et Nous 07.19 Doc: Garden Party 07.51 Doc: Amazing Gardens 08.17 Doc: Zenith 09.34 Mag: Initiative Africa 15.15 Mag: Focus On Europe 15.41 Doc: The Long Way Home 16.26 Mag: Motorweek 16.52 Mag: Vous Et Nous 18.00 Mag: Eco India 18.30 Mag: Shift 18.43 Mag: Sur Mesure 19.00 Student Prog Grade 7 19.30 Mag: Tomorrow Today 20.30 Local: News (English) 20.40 Doc: 360 Geo 21.32 Doc: Iran Short Of Water 22.27 Doc: Electricity To Go 23.09 Doc: More Sense, Less... 23.35 Mag: Eco India	04.01 Film: The Jurassic Games 05.25 Tele: Muneca Brava 06.03 Serial: Reef Doctors 09.00 Serial: When Calls The Heart 09.45 Tele: Teresa 10.35 Tele: I Forgot I Loved You 11.00 Serial: Heroes Reborn 12.00 Film: The Jurassic Games 13.30 Tele: Muneca Brava 14.45 Film: Les Deux Cavaliers 16.35 Serial: When Calls The Heart 17.20 Serial: Reef Doctors 18.05 Tele: Teresa 19.00 Tele: I Forgot I Loved You 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: Reef Doctors 21.17 Film: Model Citizen Avec: Kevin Fonteyne, Shawn Pyfrom, Brytnee Ratledge 22.40 Tele: Muneca Brava 23.17 Serial: When Calls The Heart	07.00 Film: Purani Jeans Starring: Tanuj Virwani Aditya Seallzabelle Leite 11.31 / 19.54 - Radha Krishna 12.03 / 20.11 - Chupke Chupke 12.34 / 20.32 - Mere Sai 13.07 / 21.09 - Agnipheara 13.31 / 21.24 Zindagi Ki Mehek 13.48 / 21.50 - Zindagi Ki Mehek 14.04 / 22.15 - Bade Acche Lagte Hai 15.02 / 21.46 - Sethji 15.30 Film: Santa Banta PVT Ltd Starring: Vir Das, Boman Irani, Neha Dhupia 18.00 Samachar 18.30 Kundali Bhagya 18.59 Ishaaron Ishaaron Mein 19.29 Bhakharwadi 20.00 Siddhi Vinayak



Jeudi 21 Octobre - 15.30

Star: Vir Das, Boman Irani, Neha Dhupia



Jeudi 21 octobre - 20.30

Stars: Sushant Singh Rajput, Shraddha Kapoor, Varun Sharma



Burn out: the emotional toll of being a politician revealed

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



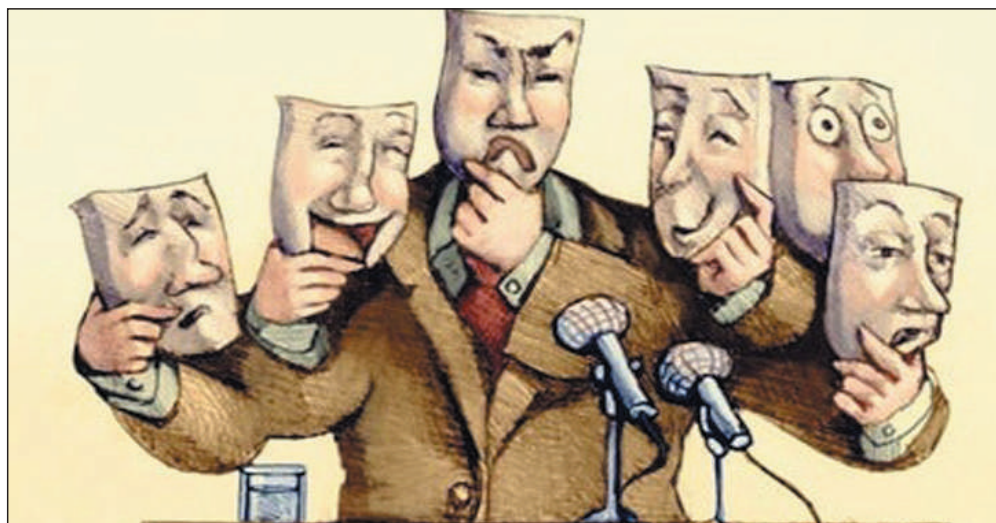
James Weinberg
Lecturer in Political Behaviour,
University of Sheffield

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

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

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

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



Politics Is Exhausting. Pic - Exploring your mind

often complete strangers - in order to get their jobs done.

Playing nice

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

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

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

A gendered experience

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

The same appears to be true for UK

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

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

A health warning

Emotional labour is exhausting. It demands that employees suppress their own personal identity to accommodate others. It is not surprising, therefore, that false-face acting was associated with burnout among the politicians in this study. Symptoms such as negative self-evaluation, affective exhaustion, stress, occupational cynicism and generalised apathy were 51% higher among politicians who reported the highest levels of false-face acting by comparison to those who reported the lowest levels.

And whereas most service workers might seek peer support for the psychological pressures of their job, such choices are risky in the game of politics, where admitting vulnerability can be costly at the ballot box.

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



Tree of Knowledge

Madisyn Taylor

Mind Over Matter

We can improve our physical well-being by first starting to notice our thoughts and our reactions to them



The power of the mind is a curious thing, because it is so powerful yet so difficult to control sometimes. We find ourselves thinking a certain way, knowing that this thought may be creating trouble for us yet we find it difficult to stop. For example, many people have the experience of getting sick at the same time every year or every time they go on a plane. They may even be aware that their beliefs impact their experiences, so continue to think they will get sick and then they do.

Sometimes we need to get sick in order to process something or move something through our bodies. But often we get sick, or feel exhausted, because we don't make the effort to galvanize the power of our minds in the service of our physical health, which is one of its most important functions. We really can use it to communicate to our bodies, yet we often regard the two as separate entities that have little to do with one another.

Knowing this, we have the power to create physical health and mental health, simply by paying attention to the tapes running in our minds. Once we hear ourselves, we have the option to let that tape keep running or to make a new recording. We harness the power of the mind in our defence when we choose supportive, healing words that foster good health and high spirits. All we need to do is remember to tend the field of our mind with the attentive and loving hand of a master gardener tending her flower beds, culling out the weeds so that the blossoms may come to fruition.