

MAURITIUS TIMES

• "Let us remember: One book, one pen, one child, and one teacher can change the world". -- Malala Yousafzai

Qs
&
As

Corruption & Public Procurements

"Mauritius Telecom, Air Mauritius and others should also come under scrutiny"

By LEX See Page 7-8



Happy World Teachers' Day

to all our teachers and gurus for helping to shape our destinies

**THANK YOU
TEACHER**

By Dr R Neerunjun Gopee

See Page 3



The Aukus pact is a sign of a new global order

The Aukus Pact and Geopolitics in the Indian Ocean

Jan Arden See Page 4

Inside the Pandora's Box

The International Consortium of Investigative Journalists (ICIJ) released on Sunday 3rd October details from a review of nearly 12 million files leaked or hacked from 14 management companies and other service providers doing business in 38 different jurisdictions in the world, including one locally based. The release concerns offshore management companies and trusts in fiscal paradises shielding the investments of the rich and powerful in luxury mansions, exclusive beachfront property, yachts and other assets for the past quarter of a century.

In 2017, the so-called 'Paradise Papers' consisting of some 13.4 million documents, disclosed that several well-known personalities and big companies had funds belonging to them placed in what are called "tax havens", notably places in different countries of the world which have low taxes. A few years earlier there was a similar disclosure called 'Panama Papers' from Panamanian law firm Mossack Fonseca, which led to widespread outrage that so many political and other personalities were hiding away their money abroad whereas sharp income and wealth inequalities were rife in their home countries. Both were leaked from the dealings of an individual law firm whereas this fresh batch is far wider, hitting at the global elite clients of 14 different law and management firms. "Together, these 14 firms have helped tens of thousands of clients from more than 200 countries and territories — including some notable and controversial figures — access and exploit the secrecy offered by some of the world's most notorious tax havens," says the ICIJ.

With this breadth and scope, this year's 'Pandora Papers' unmask then the real owners or beneficiaries of the offshore accounts and hidden assets of some of the world's richest and most powerful people, including world leaders, monarchs, presidents, politicians, generals, billionaires, celebrities and drug dealers. News agencies inform us that 'more than 330 current and former politicians are identified as beneficiaries of the secret accounts'. These include former UK Prime Minister Tony Blair, Czech Republic Prime Minister Andrej Babis, and associates of Russian President Vladimir Putin. Also implicated in the leak, which shows how trillions of dollars have collectively been shielded in hidden dealings, are Jordan's King Abdullah II, Kenyan President Uhuru Kenyatta, and Ecuador's President Guillermo Lasso. Many of the accounts were designed to evade taxes and conceal assets for other shady reasons.

The 'Pandora Papers' investigation dug into accounts registered in familiar offshore havens, including the British Virgin Islands, Seychelles, Hong Kong and Belize. But some of the secret accounts were also scattered around in trusts set up in the US.

The aim of the account holders is to minimize the amount of tax they pay on such amounts, under advice from experts in the field. As of now, only one name has been cited locally: one of the two voluntary administrators of Air Mauritius, Sattar H Abdoula for his investments in the British Virgin Islands. More names will apparently come out in the days to come. Mr Abdoula has put up his defence by saying that he only took out an insurance policy sold to him by Deutsche Bank.

No one should condone tax evasion, which is a deliberate action taken by people with income and property to avoid paying the fair amount of tax due by them or to avoid questions about the sources of such wealth accumulation. Unlawful action of this sort shifts the burden of public expenditure on those who comply with the law. On the other hand, once certain people have paid the due amount of tax on monies belonging to them, they take action by lawful means to avoid having to pay taxes again on such amounts. This is called tax avoidance or "optimisation", not evasion. The false impression is sometime created in the public mind that tax avoidance and tax evasion are one and the same thing and that this is facilitated by the so-called 'tax havens' like Mauritius, Seychelles, the Caribbean islands, Panama, Bahamas, etc.

Rather embarrassingly for those who have tirelessly attacked such distant havens, the leaks show unambiguously that the global centres from which the funds actually go out in the first place into the other low tax jurisdictions are much bigger places like Delaware and New York in the US, London, Luxembourg and Switzerland in Europe. We should be careful not to join cohorts of moralising accusers to bring our financial jurisdiction at the receiving end of unfair accusations, particularly at a time when we are still not out of the woods with regard to the exit from the FATF increased monitoring (grey list) status.

Mauritius created an international financial centre in the late 1980s in response to the need to diversify the economy and the rapid growth of the sector has provided higher value jobs and promoted skilled competencies. However, by its very success, we have certainly generated some envy from other competing, more established abodes and we would do well to remember that we have to remain on our toes, scrupulous with the respect of international norms and best practices, irrespective of whether we feel they are fair or not, while keeping an eye open to disinformation spread by other players. While we certainly need to look at and investigate evidence of shady or untoward dealings of locals in secretive abodes, let us not throw out the baby with the bath water.

The Conversation

New book reveals what drives election rigging – and when citizens resist it

It is often assumed that patrimonial beliefs fuel electoral malpractice whereas civic ones challenge it, but this is an oversimplification

In recent months it has felt like election rigging has run riot.

Citizens killed, beaten and intimidated and election results falsified in Uganda. Ballot boxes illegally thrown out of windows so their votes for the opposition can be dumped in the bin in Belarus. Widespread censorship and intimidation of opposition candidates and supporters in Tanzania.

So what do ordinary citizens make of these abuses?

If you follow the Twitter feed of opposition leaders like Uganda's Bobi Wine, it would be easy to assume that all voters are up in arms about electoral malpractice – and that it has made them distrust the government and feel alienated from the state. But the literature on patrimonialism and "vote buying" suggests something very different: that individuals are willing to accept manipulation – and may even demand it – if it benefits them and the candidates that they support.

Our new book, "The Moral Economy of Elections in Africa" tries to answer this question. We looked at elections in Ghana, Kenya and Uganda over 4 years, conducting over 300 interviews, 3 nationally representative surveys and reviewing thousands of pages of archival records.

Based on this evidence we argue that popular engagement with democracy is motivated by two beliefs: the first is civic, and emphasises meritocracy and following the official rules of the democratic game, while the second is patrimonial, and emphasises the distinctive bond between an individual and their own – often ethnic – community.

This means that elections are shaped by – and pulled between – competing visions of what it means to do the right thing. The ability of leaders to justify running dodgy elections therefore depends on whether their actions can be framed as being virtuous on one – or more – counts.

We show that whether leaders can get away with malpractice – and hence undermining democracy – depends on whether they can justify their actions as being virtuous on one – or more effective – of these very



Protesters march towards a line of Kenyan riot police during post-election violence in Nairobi in 2007. Roberto Schmidt/AFP via Getty Images

different value systems.

Why morality?

We argue that all elections are embedded in a moral economy of competing visions of what it means to be a good leader, citizen or official. In the three countries we study, this moral economy is characterised by a tension between two broad registers of virtue: one patrimonial and the other civic.

The patrimonial register stresses the importance of an engagement between patron and client that is reciprocal, even if very hierarchical and inequitable. It is rooted in a sense of common identity such as ethnicity and kinship.

This is epitomised in the kind of "Big Man" rule seen in Kenya. The pattern that's developed is that ethnic leaders set out to mobilise their communities as a "bloc vote". But the only guarantee that these communities will vote as expected is if the leader is seen to have protected and promoted their interests.

In contrast, civic virtue asserts the importance of a national community that is shaped by the state and valorises meritocracy and the provision of public goods. These are the kinds of values that are constantly being pushed – though not always successfully – by international election observers and civil society organisations that run voter education programmes.

In contrast to some of the existing literature, we do not argue that one of these registers is inherently "African". Both are in evidence.

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● Cont. on page 11

Mauritius Times

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

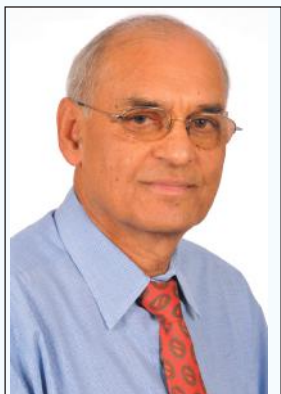
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Dr R Neerunjun Gopee

Happy World Teachers' Day

to all our teachers and gurus for helping to shape our destinies



A communiqué from the Ministry of Education announces that today, 5th October, will be a public holiday for all educational institutions. Interestingly, the Unesco website about this annual event since 1994 notes – in a list of 'Ten facts about World Teachers' Day' – that 'World Teachers' Day is a global observance. It is not a public holiday.' But here as far as I know it has always been a public holiday. Thank goodness that health services are classified as an essential service, otherwise one can well imagine what would happen to patients if World Doctors' Day were to be declared a public holiday! Just my two-penny stray thought...to lighten our mood in these days of pandemic anxiety if not gloom.

Aptly, the theme of World Teachers' Day 2021 is **'Teachers at the heart of education recovery,'** presented by the United Nations (UNESCO) as the theme for teachers' day 'in respect of their determined and diligent efforts in the crucial stages of the Covid-19 pandemic.' It may be noted that the theme for 2020 was **'Teachers: Leading in crisis, re-imagining the future.'**

Like every other sector of human activity, education too has been forced to re-imagine itself to face the abrupt challenges that had been posed by the Covid crisis. In both education and medicine, the major problem was how to ensure safe contact between doctor and patient, teacher and student. New strategies had to be worked out to deliver care and educational contents respectively. Used to working under pressure and in emergency or urgent situations, for doctors the issue was about being overwhelmed by the sheer numbers of patients flooding the healthcare facilities, which meant working long hours wearing cumbersome protective gear and being away from family, as well as being directly exposed to a high risk of catching the infection – which many did, and equally many succumbed to.

For teachers and students, it was the other way round: working at home, in the family setting, which posed different types of problems, especially for the students, in particular the younger ones in primary and lower secondary forms with working parents. Meals had to be available, and concentration and focus were obviously not the same when facing the screen as when interacting live with the teacher in class.

“Many teachers complain that students are no longer the same, and we can hear similar echoes in other fields of human activity too which require face-to-face interaction between people. This is a new reality we are all exposed to, and it is not uncommon to hear teachers saying they wouldn't advise their children to follow in their footsteps. But then, this is true of members of other professions as well – certainly in medicine, again 'because patients are no longer the same'...”

No wonder therefore that students of all ages were very happy to get back to their normal school environments once the decision was taken, meet up with their friends and teachers, and take part in their routine 'contact' activities, wearing mask. Was the excitement the same for teachers? It's for them to answer...

Zoom learning needed some initiation for both teachers and students, and is now here to stay for good as an integral part of learning and teaching methodology. What have remained unchanged, though, are the basic goals of education, namely:

- Learning for career development
- Learning for life
- Training

As dedicated educationists would tell us, they always keep these three aspects in mind throughout their teaching career. They would also agree that the fundamental role of the teacher is to light the spark of interest and curiosity in the students' minds so that they would then go on to discover the subject for themselves, of course under the guidance of the teacher until such time as they are mature enough to cruise on his own. All students have come across teachers who are obviously passionate about imparting knowledge of their subject to their students. But perhaps equally if not more important is how this knowledge is transmitted – the pedagogy, to use the big word. This is a big challenge for the teacher, who faces students possessing different levels of intelligence and understanding, and of interest as well.

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to, and it is not uncommon to hear teachers saying they wouldn't advise their children to follow in their footsteps. But then, this is true of members of other professions as well – certainly in medicine, again 'because patients are no longer the same.'

Be that as it may, the fact is that most of the teaching that is done in all schools all over the world is geared towards the passing of examinations. This becomes even more so as one progresses to the secondary level, at higher stages of which many students start thinking about their career options, and possibly then orientate their studies accordingly depending on the facilities and opportunities available. It goes without saying that once they are in a job, there is further learning to do to set themselves on a career path, but the trend nowadays encourages mobility in different settings, and skills acquired as one goes along may be utilized elsewhere too. So continuing learning – or being an eternal student is another of those dimensions which teachers must prepare their students for.

Many educationists will aver that in addition to transmitting knowledge and skills, character formation through imparting human values too is a major role of teachers. How far this is possible in this mechanical age of electronic gadgets which grab so much of the attention of students' time is a moot question – but it is as fundamental to the quality of the future society that these very students are being prepared for. There are formal structures for teaching human values, but at all stages of the educational pathway, by and large it is the personal example set by the teacher which most influences for a lifetime the student. It must therefore start from the primary level, the age at which children are most impressionable.

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From giving us a purpose to setting us up as successful citizens of the world, teachers inspire in us a drive to do well and succeed in life. Recognising this hard work of our mentors and gurus, through a World Teachers' Day is a good way of doing so, perhaps an opportunity for introspection on the part of both teachers, to review any shortcomings, and students who may not have been as studious or respectful as they ought to be. And we must not forget either, the capital role of parents in this process, a responsibility they must assume fully, shared with the teacher.

So, saying, therefore, happy World Teachers' Day to all our teachers and gurus for helping to shape our destinies.

The Aukus Pact and Geopolitics in the Indian Ocean

Stability and security on the Indian Ocean waterways have been for 70 years the mainstay for international development and regional prosperity. Nobody stands to gain either from a new Cold War

Jan Arden

Canberra strategists have long harboured fears of being swamped under by "invading hordes", a hang-over from the Second World War exposure, but even nowadays many of these fears remain associated with its vast expanses holding a limited population size and its remoteness from traditional allies and friends in the US or Europe, making reliable partnerships towards its national security always problematic. With a natural geography that extends from the Pacific coast with its major cities and states to Western Australia on the Indian Ocean side, it is obviously a crucial player in any Indo-Pacific strategy that has been the strategic security priority of successive US administrations since President Obama.

As a small island state, we certainly have little or no influence on the geo-political issues affecting Australia, its allies and its own pivotal security concerns or their shifts, but our services are surely keeping intelligent track of such developments involving France, the US, the UK and Australia, all with legitimate Indian Ocean interests and the growing behemoth China as it tries to project overseas its economic, military and naval major power status. Stability and security on the Indian Ocean waterways have been for 70 years the mainstay for international development and regional prosperity, including that of China, although the latter is further afield but still relies on secure passageways for its vast fossil fuel and mineral requirements from Africa and the Middle East. Nobody stands to gain either from a new Cold War or disruptive and aggressive behaviours that could jeopardize that stability even if the race for raw materials and energy heats up over future decades.

Australia had in the nineties enjoyed a rather brisk trade relationship with China, over its western mining and quarrying industries, exporting coal for "dirty" power stations, coke and iron ore so essential for China's vast number of steel mills, together with liquefied natural gas and a variety of other agricultural and sea foods. In fact, Australia became one of the few countries to have a healthy trade surplus with the People's Republic, a rare feat indicating both Australia's vulnerability to a trade war with China and the latter's own dependence on such critical imports from down under.



AUKUS is a trilateral security pact between Australia, the UK and the USA, announced on 15 Sept 2021 for the Indo-Pacific region. Under the pact, the US and the UK will help Australia to acquire nuclear-powered submarines.

Pic - Jackson Calder Ltd

However, the Covid-19 pandemic, Beijing's policy of strategic power projection and the US strategic refocus on China as its major security concern, if not threat, have considerably jeopardized that cozy relationship leading to the brutal realignments implicit since last month.

Beijing has been particularly nervous about demands from the WHO or some major countries for an independent inquiry into the real causes of the pandemic that emanated from Wuhan and ravaged livelihoods and national economies the world over. It has successfully resisted any access to controlled data or research personnel at the Wuhan virology labs, and even threatened those small and middle countries that supported such an inquiry.

Australia was targeted in what looked like an effort to make an example of the costs of not toeing Beijing demands: tariff restrictions and trade barriers to imports were slapped on a variety of Australian producers who were hard hit but eventually found alternative outlets. However, in that no-win trade war, China may sooner or later realize that it is far too dependent on Australian coal, coke, LNG and iron ore to maintain such a stance without costs to its own industries, as the recent blackouts and power shortages inside China demonstrate.

Meantime, the costs of all those vital ingredients for international development have scaled up, sometimes considerably. The more immediate counter-productive impact of Beijing's trade war and Aussie bullying attempt was to throw the latter into the arms of the hastily announced triangu-

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lar AUKUS pact that cements US strategic realignment, with UK seeking a post-Brexit Indo-Pacific role and Australia, whose national security apprehensions and anxieties had been unnecessarily raised to mild fever levels. Officially the pact is not against any particular country, but Beijing knew its strategic significance by the immediate hostile reactions of its foreign policy diplomats.

According to a BBC report of 16th September, "the (AUKUS) agreement involves the sharing of information and technology in a number of areas including intelligence and quantum technology as well as the acquisition of cruise missiles. But the nuclear submarines are key. They

are to be built in Adelaide in South Australia and will involve the US and the UK providing consultation on technology for their production." It was undoubtedly a major shift in Australia's policy and national security as the Covid-19 saga and the consequent trade war bullying by Beijing strategists had come at such heavy costs.

The turn-around was so epic that Australia had ditched its traditional resistance to any nuclear industry, civil or military or naval vessels and even, in the process, ditched the deal for some 12 diesel-powered submarines to be delivered by France, another Western ally with strong presence in both parts of the Indo-Pacific. As it turned out from later reports, that French deal had been the subject of numerous rumblings of cost-overruns and constant delays from the Aussie side, which the French may have dismissed with relative insensitivity and its unilateral cancellation by the Australian was all the easier.

France may eventually be roped in or assuaged in the AUKUS build-up and consolidation process, but undoubtedly, the shift to nuclear fuelled submarines and the associated national security perspectives made the pact irresistible to concerned Canberra strategists. It is noteworthy that aside from the five permanent members of the UN Security Council, only India has successfully developed an indigenous capacity for nuclear-powered reactors and submarines. President Biden allowed 18 months to teams from the three nations to work out the details but it would be the first time the US and UK are willing to take the big step of exporting extremely sensitive and sophisticated nuclear technology to a non-nuclear-powered nation.

The US has invested heavily on the Pacific side of its Indo-Pacific strategic refocus, mostly to counter China's assertive military and naval presence in the South China seas. From Japan to South Korea, Vietnam, the Philippines and Thailand, but this new strategic development which impacts both Western Australia and France, gets closer to our traditionally safe and secure Indian Ocean waterways. Obviously, we should all be happier if it improves that state of international security and the rule of law, but we cannot bury our heads in the sands or ignore the current and foreseeable realities of the world order.

Australia, India, the Gulf states and South Africa constitute the corner points of a strategic quadrangle in the Indian Ocean where our maritime jurisdiction and outer islands lie, remote from our intrinsic abilities to either use or exploit them to the benefit of locals or the Mauritian population without extensive investments in their infrastructure, ports, airstrips, energy, transport and naval surveillance facilities. It stands to reason that in funding the massive costs in Agalega, India hopes to secure a naval surveillance outfit but the latter should be a bonus to our common interests for greater peace, stability and security in the northern sea routes bordering our maritime economic zone.

Millions hidden offshore by rich, powerful: Pandora Papers



Linked to offshore assets: singer Shakira, cricket legend Sachin Tendulkar, model Claudia Schiffer. Pic - Getty Images

More than a dozen heads of state and governments, including the King of Jordan and the Czech prime minister, as well as other high-profile individuals, have amassed millions in secret offshore assets, according to an investigation published on Sunday by the International Consortium of Investigative Journalists (ICIJ).

The so-called Pandora Papers investigation - involving some 600 journalists from dozens of media including *The Washington Post* and *The Guardian* - is based on the leak of some 11.9 million documents from 14 financial services companies around the world, reports agencies.

Key members of Pak PM's inner circle named

Over 700 Pakistanis, including some ministers and key members of Prime Minister Imran Khan's inner circle, were listed among the individuals whose names were linked with the Pandora Papers. According to the report, leaked documents revealed that "key members" of Prime Minister Khan's inner circle, including

cabinet ministers, their families and major financial backers "have secretly owned an array of companies and trusts holding millions of dollars of hidden wealth", reports Hindustan Times.

Hours before the leak, in a government letter released by local media, Panama's government said it fears that the publication of a new expose about financial secrecy in global tax havens could again taint its reputation, which was seriously damaged by the "Panama Papers" scandal.

The letter warns that "any publication" reinforcing "a false perception" of the country as a possible tax haven "will have devastating consequences for Panama and its people".

The letter also references some of the reforms that the Central American country has made in recent years, although it remains on the EU list of tax havens. The government fears that Panama will again be the epicentre of a new global tax havens scandal like the one that followed the ICIJ's disclosure of the Panama Papers in 2016.

Japan lawmakers vote Fumio Kishida as new prime minister

Japan's Fumio Kishida was appointed prime minister by parliament Monday, and is set to reveal a new cabinet lineup as he seeks to revive support for his ruling party ahead of a general election that could likely come this month.

The ruling Liberal Democratic Party used its majority to formally elect Kishida, who will be the second premier in about a year, and is looking to hold a national election on Oct. 31, national public broadcaster NHK and Kyodo News said Monday, with an upper house vote due next year.

Kishida won the LDP leadership race last week, beating three opponents, two of whom he's already appointed to party positions, with the third set to join his cabinet. The new team will need to help revive the pandemic-hit economy as it exits a state of emergency and also find a way to balance ties between China, the country's biggest trade partner and the U.S., its only treaty ally, reports Bloomberg.

Kishida has pledged to create a position for a minister of economic security, as the country seeks to bolster its semiconductor industry, amid worldwide shortages. He's also vowed to focus on bolstering the middle classes by raising incomes.

In a good sign for Kishida, data last week showed confidence among big Japanese businesses unexpectedly improved for a fifth straight quarter, defying a record wave of coronavirus infections



Fumio Kishida has pledged to create a position for a minister of economic security, as the country seeks to bolster its semiconductor industry, amid worldwide shortages. Pic - www.businesstimes.com

and suggesting a potentially faster recovery under the nation's new prime minister.

Support for the long-dominant LDP had sagged under outgoing premier Yoshihide Suga, amid criticism of his handling of the coronavirus, and began to rise after he announced he would step down after about a year in the post. While none of the opposition parties have support of more than single figures, they plan to work together in many constituencies to chip away at the ruling coalition's majority in the election.

UK to scrap quarantine for most nations



The UK is set to end hotel quarantine for almost all countries, according to news reports. Pic - HT

The UK is set to end hotel quarantine for almost all countries, the *Sunday Telegraph* reported, citing sources who said the current "red list" of 54 countries will be slashed to as few as nine.

The changes, that are expected to be announced on Thursday, will allow travellers to visit those countries without having to self-isolate on their return. South Africa, Brazil and Mexico are expected to be opened up to quarantine-free travel in time for the October half-term break for schools.

Meanwhile, New Zealand placed its fourth-largest city into a snap lockdown after two cases of Covid-19 were reported outside Auckland, where an outbreak of the infectious Delta variant continues to spread, reports Agencies.

Australia reported more than 1,900 new infections of the Delta variant on Sunday, health data showed, with cases spreading to new states. The island state of Tasmania, which has not had a case for 58 days, reported a new local infection late on Saturday, and there were new cases in South Australia state over the weekend.

Separately, Dubai's Expo 2020 acknowledged for the first time on Sunday that three workers had died from the coronavirus over the course of building the fair during the pandemic.

'US is turning the corner'

"We certainly are turning the corner on this particular surge," US infectious disease specialist Anthony Fauci said on ABC's *This Week* on Sunday. "The way to keep it down, to make that turnaround continue to go down, is to do what we mentioned: get vaccinated."

The head of Germany's BioNTech, which developed the first Covid-19 vaccine along with Pfizer said a new formula will probably be needed by mid-2022 to protect against future virus mutations, according to the *Financial Times*.

Singapore reports over 2000 new Covid cases despite 82% vaccination coverage

Singapore reported 2,057 new cases of Covid-19 on Sunday, bringing the total tally in the country to 103,843.

Of the new cases, 1,676 were in the community, 373 were in migrant worker dormitories and eight were imported cases, the Ministry of Health (MOH) said in a press release.

A total of 1,337 cases are currently warded in hospitals, with 250 of serious illness requiring oxygen supplementation, and 35 in critical condition in the intensive care units, said the MOH, reports ANI.

In total, 113 have passed away from complications due to Covid-19 infection in Singapore. As of Saturday, 82% of the population have been fully vaccinated, and 85% have received at least one dose of

the vaccine, according to the MOH.

The ministry said in a separate press release on Saturday that Singapore has decided to reduce the quarantine order period from 14 to 10 days, in view of the shorter average incubation period of the Covid-19 Delta variant.

In line with this, Singapore will also make consequential adjustments to the travel policies, including to the travel history assessment period and the Stay-Home Notice (SHN) duration. In addition, as part of the regular review of the border measures to take into account the evolving pandemic situation in other countries, Singapore will also adjust the classification of countries which will apply to travelers arriving from 11.59 p.m. on October 6.

Russia test-fires hypersonic 'Tsirkon' missile for first time

Russia said on Monday it had successfully test launched a Tsirkon (Zircon) hypersonic cruise missile from a submarine for the first time, a weapon President Vladimir Putin has lauded as part of a new generation of unrivalled arms systems.

The defence ministry, which tested firing the Tsirkon missile from a warship in July, said that the Severodvinsk submarine had fired the missile while deployed in the Barents Sea and had hit its chosen target.

Low-quality video footage released by the ministry showed the missile shooting upwards from a submarine, its glare lighting up the night sky and illuminating the water's surface, reports Reuters.

Some Western experts have questioned how advanced Russia's new generation of weapons is, while



File photo of a missile test. Pic - ia.tmgrup.com.tr

recognising that the combination of speed, manoeuvrability and altitude of hypersonic missiles makes them difficult to track and intercept.

In July, parts of footage showing Russia's advanced new S-500 surface-to-air missile system appeared

to have been deliberately blurred to make it harder to examine in detail.

Putin announced an array of new hypersonic weapons in 2018, saying they could hit almost any point in the world and evade a U.S.-built missile shield.

'Tolerate your differences': Angela Merkel, nearly in tears, calls to end east-west divide



Outgoing German Chancellor Angela Merkel speaks on the occasion of the 31st anniversary of Germany's Unification Day, in the city of Halle. Pic - Reuters

Angela Merkel urged Germans on Sunday to forge a common future that draws on their diverse backgrounds, harking back to the 2015 decision to admit 1 million refugees that was a defining moment of her long chancellorship.

Merkel appeared close to tears during an address to mark the 31st anniversary of reunification that may be the last before she steps down, although talks to build a new ruling coalition following last month's election could take months, reports Reuters.

She said the freedoms that came

with German reunification 31 years ago had brought "so many new opportunities" for people from the former Communist East, where she grew up, but that many of them suddenly "found themselves in a dead end".

With a voice that betrayed her emotion, she recalled how a journalist had written last year she "wasn't a true born German" after she told reporters in 2015 that "if we have to start apologising" for showing a friendly face during the refugee crisis, "then this is not my country".

"Are there two kinds of Germans

and Europeans - the original and the acquired, who have to prove their affiliation every day anew and can fail the exam with a sentence like the one in the press conference?" she asked.

The 2015 refugee crisis, when Merkel opened Germany's doors to some 1 million migrants fleeing war and poverty in the Middle East, was the most controversial act of her time in power and fuelled the rise of the far-right Alternative for Germany (AfD).

She called for a Germany "in which we shape the future together", adding: "Be open to encounters, be curious about one another, tell each other your stories, and tolerate your differences. This is the lesson from 31 years of German unity."

Merkel described her decision last year, on the 30th anniversary of Germany's reunification, to restrict civil liberties to curb the spread of the coronavirus as "one of the most difficult experiences" of her time as chancellor.

Merkel took power in 2005 - when George W. Bush was U.S. president, Jacques Chirac in the Elysee Palace in Paris and Tony Blair British prime minister. She plans to step down once a new government is formed following last Sunday's elections.

Melania Trump had Google alerts set up for herself

Former first lady Melania Trump was dubbed as 'Rapunzel' by the US secret service because of her "extreme" habit of avoiding public appearances, a White House aide has revealed in her new book which is ready to hit the stands next week. In her memoir, Stephanie Grisham, a former White House press secretary and chief of staff to first lady Melania Trump, has talked about her gradual disillusionment with the first family and resignation following the US Capitol riots on January 6, reports Hindustan Times.

Here are the five things Grisham has revealed about Trump and Melania:

1. The author has claimed Melania Trump refused to condemn the January 6 violence after being asked. "Do you want to tweet that peaceful protests are the right of every American, but there is no place for lawlessness and violence?" Grisham says she asked Melania as the law and order situation in the Capitol deteriorated.

According to the author, Melania Trump sent her back a one-word response, "No."

2. When the story of Trump's past affair with adult star Stormy Daniels broke, Melania apparently responded to the infidelity allegations against the US president by tweeting a photo of herself on the arm of a handsome military aide.

"I do not want to be like Hillary Clinton. She walked to Marine One holding the hands with her husband after Monica news and it did not look good," Melania Trump reportedly told Grisham, referring to Bill Clinton's affair with then-White House intern Monica Lewinsky.



Melania Trump, has talked about her gradual disillusionment with the first family and resignation following the US Capitol riots. Pic - Reuters

3. While Melania, during public appearances, often gave the impression that she didn't much care about what the media and people thought about her, in reality, she obsessively read every little thing written about her, according to the memoir. Grisham claims that the first lady had Google alerts set up for herself and saw everything.

"Like her husband and all of his kids, Mrs. Trump scrutinized her press clippings like an expert architect focusing on blueprints," writes Grisham.

4. The former White House aide has also talked about Trump's "unusual interest" in a "young, highly attractive press wrangler" on her team. Trump often queried about the woman's whereabouts or when she would be travelling with him on foreign trips.

5. In the memoir titled *'I'll Take Your Questions Now: What I Saw at the Trump White House'*, Grisham has also pointed to Trump's "terrifying" temper and his particular contempt for the White House lawyers. "He didn't like them telling him that things he wanted to do were unethical or illegal."

Corruption & Public Procurements

"Mauritius Telecom, Air Mauritius and others should also come under scrutiny"

LEX

We may have the necessary range of watchdog institutions yet corruption of our public procurement processes has ingrained itself to the extent that the rot seems unassailable. As it takes two to tango, large private sector firms are not averse, and some may go beyond the pale, to bribe and corrupt officials responsible for large contracts, while watchdog institutions are busy looking elsewhere. At the time of the FATF audit have we reached rock-bottom levels and how difficult will it be to reverse tracks? Lex opines below.

*** The St Louis Gate case appears to have opened a Pandora's Box: suspicions about huge sums of money given to corrupt the contract selection process of major government infrastructure projects have been confirmed. It appears that the Central Procurement Board, once untainted, has become a weak link in that nexus. And this has raised the question, as mentioned in M. Roy's article in this paper, last Friday: Has the St Louis corruption and bribery case unveiled a much larger scam?**

Not that large and corruption probably existed before here and there. But the St Louis scandal is illustrative and a slim part of a pattern of corruption that has plagued the country. During the first pandemic wave, contracts, running into millions of rupees, including those for defective ventilators, were being awarded to friends and cronies through the newly found mechanism that does not require tenders. The law was amended in 2020 to allow emergency procurement whereby a "public body may purchase goods, works, consultancy services or other services from a single supplier without competition in cases of extreme urgency". What was so desperately urgent? Even if there was urgency, how come only a selected few close to the regime got the contracts?

Large chunks of public funds from MIC have been awarded to a contractor to erect private buildings. Is that the purpose of the MIC? And what is ICAC doing in the meantime? Going against small fries or after politicians who are opposed to the present regime.

*** The stated objective of the Central Procurement Board (CPB) is to "promote economy, efficiency, effectiveness, transparency and prevent any corrupt practice in public procurement and, thus, achieve best value for money in terms of price, quality and delivery according to specifications". What's the point of 'having institutions to assure the transparency of tender procedures without the authorities putting in place the required safeguards and exercising the oversight necessary to ensure that everything is above board'?**

Institutions do not operate by themselves. You cannot just press a button and the institution produces the required result. Institutions are manned by individuals. The manner of appointment of members of the institutions since 2014 shows that a majority of those political nomi-



"Will the government have the political will to cleanse the Augean stables? Can you imagine that some members of the Central Procurement Board have been there for several years! The Director of Audit was bypassed by some institutions when he made a request for some documents for audit purposes. In Parliament questions are disallowed on the award of contracts. Is that the way to exercise good governance?"

nees believe they should be subservient to the government of the day and some may also feel that since corruption exists at the top, why can't they too benefit from the system?

*** What kind of safeguards and oversight mechanisms and/or institutions have to be put in place to exercise control over such institutions like the Central Procurement Board? Parliamentary committees like the one provided for by the law in the case of ICAC do not work...**

A parliamentary committee is a good idea so long as it actually has the latitude to act in an independent manner. If we take the example of the parliamentary committee on ICAC, then it will be of no use having one if it is going to condone inefficiency and shortcomings.

*** Even if Mauritius appears to be on the right path to be delisted from the grey list of the Financial Action Task Force (FATF), which recognises 'the link between corruption and money laundering, including how AML/CFT measures help combat corruption', it's very likely that the country will henceforth remain under vigilant monitoring of the FATF. Is that all the more reason why our procurement system should be periodically reviewed to come up to the level of international best practices as well as meet the requirements of international watch bodies?**

No amount of regulations or guidelines will cleanse the rot that has set in. The best practices already exist, but those who man the institutions should come with an integrity and honesty DNA. What is also important is that those who govern us should set the example of good prac-

"A parliamentary committee is a good idea so long as it actually has the latitude to act in an independent manner. If we take the example of the parliamentary committee on ICAC, then it will be of no use having one if it is going to condone inefficiency and shortcomings..."

tices and demand same. You can have all kinds of monitoring mechanisms but without honest and clean people not much can be achieved.

As the OECD points out in its report on corruption, there must be international, mutual evaluation process and governments should take concrete action to promote integrity in the corporate sector, prevent corruption and investigate and prosecute cases of foreign bribery especially when bids are open transnationally.

*** In the light of the above, would it be necessary 'to review and audit all the public and CEB contracts involving the CPB, Burmeister & Wain Scandinavian Contractor A/S and the main protagonists of the Saint Louis Power Plant Redevelopment Project over the years to ascertain that all government contracts were rigorously based on international best practices'?**

ICAC is investigating. Let us wait and see. In the meantime, will the government have the political will to clean the Augean stables? Can you imagine that some members of the Central Procurement Board have been there for several years! The Director of Audit was bypassed by some institutions when he made a request for some documents for audit purposes are disallowed. In Parliament questions on the award of contracts. Is that the way to exercise good governance?

*** The African Development Bank allowed the 'fast tracking' of the St Louis Power Plant Redevelopment project 'that needs to be commissioned within a very tight schedule'. We had similarly the emergency procurements of medicines, protective equipment, etc., in 2020 to fight the Covid-19 pandemic at a cost of more than Rs 1 billion from a number of suppliers. In both instances there have been allegations of wrongdoing and even corruption. Were the conditions as laid out in the Procurement Act for allowing emergency procurements rather than going through the normal public procurement process met in both cases?**

The Public Procurement Act provides for measures on how procurement should be exercised.

● Cont. on page 8

'No amount of regulations or guidelines will cleanse the rot that has set in.

The best practices already exist, but those who man the institutions should come with an integrity and honesty DNA'



● Cont. from page 7

All these legal provisions boil down to ensuring that bidding and tendering are done in an open and transparent manner without any shady dealings behind the back of bidders.

*** We understand that when it comes to emergency procurements, a Restricted Bidding exercise may be undertaken but only known and reliable suppliers are invited to submit bids. That condition was clearly not met in the case of medicines and other supplies in 2020. What's your take on that?**

That procedure was used admittedly to cope with a pressing problem but it would seem it had to do more with giving loads of public money to cronies. Who are those who obtained the contracts? Hotel owners. Jewellers. Hardware store owners. How did these people come to be aware of the procurement needs of the government?

*** The CPB has the statutory duty to vet bidding documents prepared by a public body (ministry/parastatal) before Invitations for Bids are launched to ensure that the specifications/requirements contained in a Bidding Document are not restrictive or tailor-made. Do you feel that the CPB has its say all along public procurement of goods and services or do you think that the point from which it intervenes in the system of public procurement limits its role so that the best outcomes are not always achieved?**

The temptation of easy money just leads some of those who deal with procurement to cast to the winds the values that should guide them in the discharge of their responsibilities. At the same time, it must be emphasized that the temptation is created by those big firms national or transnational that fight to the hilt to secure big contracts involving colossal amounts of money.

“No amount of regulations or guidelines will cleanse the rot that has set in. The best practices already exist, but those who man the institutions should come with an integrity and honesty DNA. What is also important is that those who govern us should set the example of good practices and demand same. You can have all kinds of monitoring mechanisms but without honest and clean people not much can be achieved...”

*** In light of the recent arrests of public officials connected with the St Louis Redevelopment project and the earlier allegations levelled against some politicians directly or indirectly associated with this matter, what does this case inform us about the questionable nexuses that operate in the public procurement process in the country?**

There has always been a suspicion that contracts are awarded in exchange for kickbacks. There has been an Omerta around such shady dealings. Now this phenomenon is hitting us badly in the face. If only the Integrity Commission had kept an eye on ostentatious living and the assets of some officials operating in the field of procurement, the country would have been spared of so much embarrassment.

“State-Owned Enterprises, the likes of Mauritius Telecom, Air Mauritius and others should also come under scrutiny. But again, it depends on the type of scrutiny that would be entertained. One may ask: why should there be opacity on their operations? Is it to condone corruption? Is it to allow those at the helm to amass money for political parties like what we were given to understand from the earlier Air Mauritius' *caisse noire*?”

*** There is also the issue of corruption in public procurement and political party financing. The OECD has in a report made mention of political parties having been observed 'diverting public funds, including through bribery in public procurement'. Does that strike a chord here?**

Of course. Vinod Boolell in an article in the English section of *l'express* rightly quotes the relevant passage of the OECD report that reads: 'Examples of corruption in public procurement also lead to the more general question of the rules applicable to political party financing. In various countries around the world political parties have been observed diverting public funds, including through bribery in public procurement, to ensure incomes. In some countries, corrupt administrations are the reflection of a much wider corruption problem. In fact, the debate on transparency in political party financing is related to the transversal issue of corruption in public markets.'

*** What about the procurements of State-Owned Enterprises like Mauritius Telecom, Air Mauritius, etc.? Does the fact that they operate in a competitive environment obviate the need for some form of oversight and should therefore escape parliamentary scrutiny?**

State-Owned Enterprises, the likes of Mauritius Telecom, Air Mauritius and others should also come under scrutiny. But again, it depends on the type of scrutiny that would be entertained. One may ask: why should there be opacity on their operations? Is it to condone corruption? Is it to allow those at the helm to amass money for political parties like what we were given to understand from the earlier Air Mauritius' *caisse noire*?

MAURITIUS TIMES To Our Readers

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

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

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

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

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

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

The Editorial Team

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New Johnson & Johnson data shows second shot boosts antibodies and protection against Covid-19

Your body produces antibodies after an infection or vaccine, but these slowly decline over time. New Johnson & Johnson data sheds light on the duration of protection and the need for booster

1. How effective is one dose of the Johnson & Johnson vaccine?

Early clinical trial data released in January 2021 showed that four weeks after the first dose, the Johnson & Johnson single-shot vaccine was 66.3% effective at preventing COVID-19 infection. The initial studies also showed that it was 85% effective at preventing severe or critical disease.

But the original clinical trials and most subsequent studies were done before the delta variant became responsible for almost all of the COVID-19 cases in the U.S. Early studies suggest that although COVID-19 vaccines are still effective against this variant, in general their efficacy is lower compared to protection against the original strain.

On Sept. 21, 2021, Johnson and Johnson announced the results of a large, real-world Phase 3 clinical trial of its COVID-19 vaccine. This study collected data from March 1, 2020, through July 31, 2021, and found that the effectiveness of the vaccine did not diminish over the duration of the study, even after the delta variant became dominant in the U.S. The one-dose vaccine was 79% protective against COVID-19 infections and 81% protective for COVID-19-related hospitalizations. This indicates that a single Johnson & Johnson shot performs well, even in the presence of the delta and other variants.

2. Why might someone need a booster?

The amount of neutralizing antibodies in a person – antibodies that defend a cell from the coronavirus – is an accurate measure of protection within the first several months after vaccination. Studies show that individuals who received a Johnson & Johnson or an mRNA vaccine continue to produce some level of antibodies for at least six months after vaccination. However, neutralizing antibody levels generally start to wane over time and some evidence suggests that immunity provided by the Pfizer mRNA vaccine does the same.

This may sound bad, but it isn't clear that lower antibody levels correlate with an increased risk of severe infection. The immune system's long-term surveillance is done by "memory" immune cells that will prevent or reduce disease severity if a person is exposed to the coronavirus at a later time.

Therefore scientists have been collecting real-world data from vaccinated people to determine when they may become vulnerable to infection again with and without a booster shot.



On Sept. 22, 2021, Johnson & Johnson released information showing that a booster shot produced stronger immunity than the single dose. AP Photo/David Zalubowski

3. How effective is a Johnson & Johnson booster shot?

In addition to the results of the single-shot study, on Sept 21, 2021, Johnson & Johnson also released data about booster shots. The trial gave people a second dose of the Johnson & Johnson vaccine either two or six months after the first dose. In both cases, it increased people's defense against COVID-19.

When given two months after the first dose, protection against moderate to severe disease increased from 85% to 94% and the amount of neutralizing antibodies increased four-fold. If the booster was administered six months after the first shot, antibody levels increased 12-fold, when measured four weeks after the booster was given.

These findings suggest that although a single dose of the Johnson & Johnson vaccine provides strong, durable protection, people may still benefit from a booster because it improves the vaccine's efficacy.

One important question is whether someone who received the Johnson & Johnson shot should get a second Johnson & Johnson dose or mix and match – get a second dose of a different vaccine. As of late September, the FDA seems more likely to approve a second dose of the Johnson & Johnson vaccine because there isn't much data yet about a mix-and-match strategy.

4. What about the side effects?

The vast majority of vaccines – including the Johnson & Johnson and mRNA COVID-19 vaccines – produce common side effects, such as pain at the injection

site, headache, fatigue, muscle and joint pain, chills and fever.

The recent study did not monitor side effects from the booster in detail, but according to Johnson & Johnson, the safety of the vaccine remained consistent and was generally well-tolerated when administered as a booster. Overall, researchers have repeatedly found that despite some rare complications, the benefits of the Johnson & Johnson vaccine far outweigh the risks.

A recent CDC study showed that

unvaccinated people are almost five times more likely to be infected by the coronavirus and 29 times more likely to be hospitalized with COVID-19 compared to fully vaccinated individuals. Therefore, all the evidence suggests that the millions of Americans who are able to get vaccinated but are choosing not to are putting themselves – and others – at serious risk.

Maureen Ferran

Associate Professor of Biology, Rochester Institute of Technology

REMERCIEMENTS

La famille DUKHIRA et leurs proches, durement éprouvés par le décès survenu le 20 septembre 2021 de

M. CHIT DUKHIRA

âgé de 82 ans, ancien Secrétaire de la ville de Beau Bassin - Rose Hill, écrivain, historien, remercient tous ceux ayant accordé leur soutien dans ces moments difficiles.



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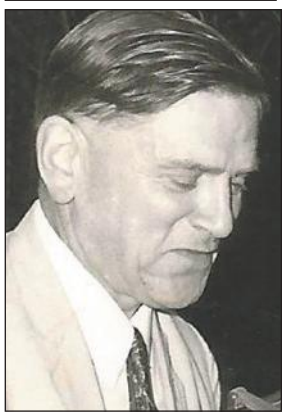


From the Pages of History - MT 60 Years Ago

4th Year No 174

MAURITIUS TIMES

Friday 6 December 1957

● *Laws grind the poor, and rich men rule the law. – Oliver Goldsmith*

Peter Ibbotson

Family planning is in the news again. But what exactly do we mean by family planning? Is it another, a "cover", name for birth control? It is important to know what the term means.

Family planning means the control of conception.

It means that married couples plan the times when they desire their children to be born. It means, on a world-wide basis, that the world resources can be utilised properly, so that all over the world there is hope of social and economic advance for the under-developed countries instead of a rapid and inexorable growth of population complicating the extension of public and social services. A recent United Nations survey of world social conditions has said that food consumption per head of population in the under-developed countries is below the pre-war level. Housing is dreadful in many Asian and African towns and cities; while half the world's children are still not attending school.

All over the world, responsible statesmen are realising the deleterious effects of the growth of population, unchecked by any means. In China, the Minister of Health has said: "without planned child-birth China cannot free itself from poverty". In 1954 the Egyptian Minister for Social Services said "if we continue to reproduce... without regard to the capacity of society to provide for the basic needs of its members, we shall have more weaklings, vagrants and beggars". Mr Nehru has called for a widespread and successful movement in India for population control. Japan is worried about the "large mass of hungry people" in the country, the result of an unplanned population policy.

In Singapore, the population is increasing at the rate of 4 per cent a year. Unchecked, this rate of population growth will give a population of 2 million by 1970 and 3 million by 1982. Mauritius is likely to have a population of over a million by the latter date. The population of Hong-Kong has multiplied fourfold in the last ten years and by the end of another 10 years is likely to be over 4 million!

Need of Association

Like Mauritius, Singapore and Hong-Kong are small islands with no room for expansion and little room to house and educate and provide hospitals and work for all these teeming millions that are forecast. In both territories, the Governments have grasped the nettle firmly and have advocated restriction of births. The Government of Hong-Kong, in its annual report for 1956, says that all sources

Family Planning



of authority and influence (itself, the Churches, the schools and the press) must combine to teach the importance of restricting the number of births in a family. In Singapore, the Government actively supports family planning by making a grant to the local Family Planning Association.

The Singapore Family Planning Association points out, in its report for 1956, that while the politicians of Singapore are anxious for Merdeka (freedom), what the ordinary women of Singapore want is merdeka for themselves and their families — not political freedom but personal freedom; "freedom from fear and worry and want for their families".

The Family Planning Associations of Hong-Kong and Singapore both include as the first of the objects of their associations: "To educate the people in healthy family planning and to provide facilities for scientific contraception so that married

people may space or limit their families and thus promote their happiness in married life and mitigate the evils of ill health and overcrowding." This must be the first statement of aims and objects, too, in the constitution of the *Mauritius Family Planning Association* which should be formed at once to implement the long overdue reforms recommended by the population Committee. The **East African Standard**, a Nairobi (Kenya) daily, spotlighted Mauritius' population problem in an article on 28 September 1956. The article referred to the expected growth of population and thought it likely that by 1970 the island would have run into a state of economic disaster.

This disaster could be avoided — or if not entirely avoided, at least mitigated — by the establishment of a Family Planning Association **Now**. I repeat, **NOW**. Mauritian emigration would prove no more than a temporary palliative in present circumstances; just as emigration from the Seychelles is but a palliative for the over-population there. The import of contraceptives into the Seychelles is forbidden; which helps to explain the high birth rate of 32 per thousand. *Le Seychellois* reported a Government spokesman, on 15 December 1956 as referring to the increasing population. "Outlets must be found," he said, "for this new generation." Family planning, to limit the size of the new generations in many hard-pressed countries, is surely the only answer.

The Religious Aspect

The need for family planning is a need dictated by the hard facts of economic necessity. Julian Huxley has described the growth of the world population as "the most serious threat to human welfare"; the menace of over-population is greater, he thinks, than the menace of the H-bomb. Other eminent scientists, economists and educators have agreed that there is a limit to the feedable population of the world; and means to check the inordinate growth of this population are essential.

Evils arising from unplanned births are many. They include such evils as mothers trying to do away with their children. They include the sale of children, practised on a wide scale among the poverty-stricken people of Java in Indonesia. They include abortion, practised on wide scale

in countries such as Mexico and France where the Catholic Church is powerful and successfully opposes enlightened measures designed to bring knowledge of birth control and family planning within the reach of all.

The churches of the world regard the problem of birth control as a moral problem. It is against the will of God, declares the Catholic Church; but, says an Australian Protestant minister of religion, "Planned parenthood, if practised with a Christian conscience, is more likely to fulfil than violate the will of God."

A recent pamphlet published in France by *Editions Spes* under the title *Planification des Naissances et Morales Sociales* sums up the attitude of various philosophies towards birth control. Of "Les morales traditionnelles de l'Orient," the author (S. de Lestapis) says: "Au nom de la personne individuelle, la planification des naissances apparaîtra vraisemblablement comme une nécessité, et la contraception comme la meilleure méthode à préconiser." Discussing the Christian ethic, de Lestapis differentiates between the "morale chrétienne des confessions réformées" which is "une éthique de la liberté individuelle", and "la morale sociale catholique" which does not allow that "on puisse faire un acte de personne avec un acte contre-indiqué par la nature... En conséquence s'il doit être question d'une régulation de l'accroissement des populations du monde, ce ne peut être par des méthodes contraceptives."

Will Government Act?

The Church of England's Moral Welfare Council first published in 1932 a six-penny pamphlet, *The Threshold of Marriage*. Last reprinted in December 1956 (making 655,00 copies, and still selling at 6d), the pamphlet refers to birth control: "All Christians are in agreement that there is no justification for the use of contraceptives (i) for purely selfish motives... (ii) to avoid parenthood altogether (iii) outside marriage." Family planning does not mean the avoidance of parenthood altogether; it means that married persons should be able to control nature (by artificial means, if necessary, in the same way that nature has been artificially controlled whenever irrigation works are undertaken, whenever a power station is built to harness the waters of a river, whenever a reservoir is built which will prevent water running to waste) and decide for themselves when their child or children should be born. It is in no selfish spirit that birth control is advocated by family planning associations, and by the International Planned Parenthood Federation and its constituent member-organisations. The advocacy is in a desire to see the material resources of the world put to the most economic use. It is in a desire to avoid the misery and poverty which result from unplanned parenthood.

Family planning is a necessity, not only in Hong-Kong and Singapore, but in Mauritius and the UK and Malta and France and Mexico and the West Indian islands... all over the world, in fact.

When is the Government going to act? When is it going to put into effect the recommendations of the Population Committee? When is it going to give its open support to those courageous groups which have already started work in Mauritius? The reform of land tenure is a much-needed reform but it is, in the circumstances of Mauritius, but a palliative. Only an energetic programme of family planning education **NOW** can avert the economic explosion foreshadowed by the *East African Standard*.

New book reveals what drives election rigging – and when citizens resist it

● Cont. from page 2

We found that electoral officials, observers and voter educators were more likely to speak in terms of civic virtue. For their part, voters and politicians tended to speak in terms of patrimonial virtue. But they all had one thing in common – all feel the pull of both registers.

This is perfectly demonstrated by the press conferences of election coalitions in Kenya. At these events, the “Big Men” of different ethnic groups line up to endorse the party, while simultaneously stressing their national outlook and commitment to inclusive democracy and development.

Over simplification

It is often assumed that patrimonial beliefs fuel electoral malpractice whereas civic ones challenge it. But this is an oversimplification.

Take the illegal act of an individual voting multiple times for the same candidate. This may be justified on the basis of loyalty to a specific leader and the need to defend community interests – a patrimonial rationale. But in some cases voters sought to justify this behaviour on the basis that it was a necessary precaution to protect the public good because rival parties were known to break the rules.

In some cases, malpractice may therefore look like the “right” thing to do. What practices can be justified depends on the political context – and how well leaders are at making an argument. This matters, because candidates who are not seen to be “good” on either register rapidly lose support.

Nothing demonstrates this better than the practice of handing out money around election times. Our surveys and interviews demonstrated that voters were fairly supportive of candidates handing out “something small” as part of a broader set of activities designed to assist the community. In this context, the gift was seen as a legitimate part of an ongoing patrimonial relationship.

But when a leader who had not already proved their moral worth turned up in a constituency and started handing out money, they were likely to be seen as using handouts to make up for past ne-

glect and accused of illegitimate “vote buying.”

This happened to Alan Kwadwo Kyeremanten in Ghana, a political leader so associated with handing out money that he became popularly known as Alan Cash. But Cash has consistently failed to become the presidential flagbearer for his National Patriotic Party. We argue that this is because he failed to imbue gifts with moral authority. As one newspaper noted at the time:

The problem of patrimonialism

A great deal of research about Africa suggests – either implicitly or explicitly – that democratisation will only take place when patrimonialism is eradicated. On this view, democratic norms and values can only come to the fore when ethnic politics and the practices it gives rise to are eliminated.

Against this, our analysis suggests that this could do as much harm as good.

Patrimonial ideals may exist in tension with civic ones, but it is also true that the claims voters and candidates make on one another in this register is an important source of popular engagement with formal political processes. For example, voters turnout both due to a sense of civic duty and to support those candidates who they believe will directly assist them and their communities.

This means that in reality ending patrimonial politics would weaken the complex set of ties that bind many voters to the political system. One consequence of this would be to undermine people’s belief in their ability to hold politicians to account, which might engender political apathy – and result in lower voter turnout. In the 2000s, as many as 85% of voters went to the polls, far exceeding the typical figure in established Western democracies.

The same thing is likely to happen if the systematic manipulation of elections robs them of their moral importance – signs of which were already visible in the Ugandan elections of the last few months.

*Nic Cheeseman,
University of Birmingham;
Gabrielle Lynch, University of Warwick;
Justin Willis, Durham University*



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Ten small changes you can make today to prevent weight gain

Making small changes daily can help prevent weight gain in the long run.

Between the ages of 20 and 55, most adults gain between 0.5 and 1kg a year, which could see some people become overweight or obese over time. This weight gain isn't usually the result of overeating large amounts of food. Instead, it's usually caused by eating a small amount – around 100-200 extra calories – more than is needed each day.

The good news is that we may be able to prevent ourselves from gaining weight by making small changes to our diet or physical activity. Our recent review found that eating 100-200 calories less, or burning an extra 100-200 calories each day, may be enough to stop ourselves from gaining weight in the long run. This is known as a "small-changes approach", which was first proposed in 2004 by James Hill, an American expert on obesity, to help people manage their weight.

Many small studies have investigated the use of the small-changes approach for weight management. We combined the results of these smaller studies into a larger review to get an average (and more statistically reliable) result of the effect of this approach on weight management. We looked at 19 trials – 15 of which tested a small-changes approach to prevent weight gain, and four that test this approach for weight loss.

We analysed the data of nearly 3,000 people in weight-gain prevention trials, and 372 people in weight-loss trials. Participants were aged between 18 and 60, 65% of whom were female. In those who used the small-changes approach to prevent weight gain, we found that participants gained almost 1kg less compared with those who didn't use this approach over a period of eight to 14 months. The 1kg difference was statistically significant, meaning it was unlikely to be the result of chance.

While the small-changes approach was shown to be effective for preventing weight gain, it was not proven to be effective for weight loss.

Preventing weight gain

The trials we looked at used a number of different small changes to help participants prevent weight gain. Here are some of the successful techniques used in these trials:

1. Get off the bus one stop earlier and walk the rest of the way. You may end up walking ten to 15 minutes more and this could help you burn up to 60 calories. Doing this on the way home as well could mean you burn up to 120 calories.

2. Skip the chips that come as a side. Small portions of oven chips served alongside main meals contain hundreds of calories. Saying no to these – or opting for a salad or vegetables as a side instead – could help you reduce your daily calorie intake by up to 200 calories.



3. Switch from a regular to a diet drink. Although it might not taste the same, making this switch could reduce your calorie intake by 145 calories. However, recent research suggests that switching to diet drinks may not be great for weight management – so choosing to drink water instead of your regular fizzy drink might be best.

4. Have an Americano instead of a latte. The milk in a regular latte can contain up to 186 calories, so switching to an Americano could prevent weight gain.

5. Add one less tablespoon of oil while cooking. One tablespoon of olive oil, for example, contains slightly over 100 calories, so using less can be one way of avoiding additional calories.

6. If you have something sweet, save half of it for tomorrow. Eating only half a

KitKat, for example, could reduce your calorie intake by about 102 calories – and give you something to look forward to tomorrow.

7. Take one or two fewer potatoes in your roast dinner. One medium roast potato can contain as many as 200 calories, so be mindful of how many you put on your plate.

8. Take phone meetings while walking. You could burn an extra 100 calories if you opted to take a 30-minute phone call on the go.

9. Avoid sweets. Saying no to cakes, biscuits and other sweets could help you easily cut an extra 100-200 calories from your diet – maybe more, depending on the food.

10. Take your dog for an extra 30-minute brisk walk each day. The dog will

appreciate it, and you could burn over 150 calories.

The small-changes approach has many advantages for managing weight. First, small changes are easier to incorporate into everyday life over larger ones. For example, it's easier to eat 100-200 fewer calories a day than to eat 500 fewer calories each day (basically, an entire meal). Small changes are also easier to maintain in the long run, which is key to managing weight. And, if people succeed at making these small changes, it may lead them to make bigger changes in their life.

Claire Madigan & Henrietta Graham,
Loughborough University

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Stop Procrastinating on Your Big Goal

When a goal seems particularly onerous, or the path toward achieving it feels unclear, it's easy to just do nothing and push it off to another day. This is a mistake, says Dorie Clark of Harvard Business Review, a marketing strategist and keynote speaker who teaches at Duke University's Fuqua School of Business and has been named one of the Top 50 business thinkers in the world by Thinkers50. Read on:

We all have professional goals we want to accomplish, whether it's mastering a new technical skill, getting better at delegation, or carving out time in our schedule for networking and relationship building. Yet so often, we find ourselves putting these ambitions on the backburner - again.

Sometimes it's simple busyness, our days eaten up by email and meetings that make longer-term thinking a challenge. Sometimes it's procrastination fuelled by self-doubt. ("Will I look stupid if it turns out I'm bad at programming?") Sometimes it's paralysis fuelled by uncertainty over where, or how, to get started. ("I guess I could take a course - but which one? How do I know if it'll be any good?")

I've spent the past several years researching the question of how we can push ourselves to achieve the meaningful, long-term goals we purport to hold, despite the short-term incentives often pushing in the opposite direction. In my new book *'The Long Game: How to Be a Long-Term Thinker in a Short-Term World'*, I lay out strategies we can adopt to help accomplish our goals, even when the process may be frustrating or challenging. Here are three actions to help you get unstuck and get started achieving your goals.

Hire a coach

It's almost certain that if you wanted to improve your sports performance that you'd hire, say, a tennis instructor. And in recent decades, having an executive coach has transformed from a mark of shame into, oftentimes, a high-powered status symbol indicating that your company prizes you enough to invest in your performance.

But it's rare that we encounter - or even think about - coaches for other situations. That's a mistake.

Some of us have encouraging colleagues who can support us and provide guidance as we work to accomplish our goals. But not all of us do, and even if you have wonderful cheerleaders in your corner, they may not have the expertise necessary to guide you toward the outcomes you seek. Hiring a coach to help structure your learning, create momentum, and hold you accountable can be enormously valuable in advancing your goals.

That's what Zach Braiker, the CEO of a marketing and innovation consulting firm, did. During the Covid-19 pandemic, Zach decided he needed to carve out more time for literature. "In the quarantine, the grind of daily routines, anxiety, working from home, higher stress, constant changes, and seeing people less really took its toll on me," he says. "I knew I needed to do what I loved, and too often I made compromises - focusing on the urgent over the important."

So he hired a literature coach, an English-speaking PhD student in literature from a Mexican university. Every Friday night, they meet for an hour to discuss a short story they've agreed to read that week. "It brings me energy and it cultivates my curiosity," he says - and it's a way of ensuring he prioritizes the goals that matter most.

If it's not possible to hire a coach because of finances or logistics, there are low-cost or even free options available on almost every topic, from online courses to YouTube instructional videos. In the early days of the pandemic before masks were widely available, my mother taught herself to sew them by watching Japanese and Chinese-language videos online.

Create a deadline

For consultant and speaker Petra Kolber, it started as an idle wish: In response to an interviewer's question at the launch party for her book, she announced that wanted to learn how to DJ. But when a friend, who ran one of the largest fitness events in North America, approached her afterward,



her dream got real very fast. "A year from now," the friend announced, "you'll DJ our VIP party."

It didn't seem quite real at the time. But as the year progressed, Petra began to realize the enormity of what she'd actually committed to: running the afterparty for a high-profile, 600-person event. "The stakes were high," she says, "and the potential for public humiliation was real." She doubled down on her training and the event was a success.

Like Petra, most of us need a deadline in order to take action. Sometimes a friend or client will provide us with one, but if not, we can create our own as a forcing function. Signing up for a class means we will be studying on those nights. Committing to a public performance or showcase means we have to be ready to deliver.

Keep your learning going

If your goal is tied to around a specific circumstance - presenting at a high-profile conference, or running a marathon, or learning enough Mandarin to greet the client from Beijing - it's easy to let up once the big event is over. But after you've put in all that work, it's important to solidify your learning, and keep growing.

In the wake of her DJing success, Petra Kolber visited a rooftop bar across the street from her New York City apartment and saw an opportunity. She asked the bartender, "Would you ever want a DJ?" He told her the hotel had just launched a new event series and asked her to perform the following week. "It really wasn't any money," she says, "but it was accountability to my dreams." The ongoing gig enabled her to practise and learn in a low-stakes environment, which was key to her continued growth.

If we want our new habits and skills to stick, we need to find ways to bake them into our schedule on an ongoing basis - for instance, going to the gym with a friend to make it a social ritual, as well as a means of exercise, or downloading a dozen audiobooks on the topic we want to learn about, and systematically listening to them while we're cooking or commuting.

We're all busy, and when a goal seems onerous, or the path towards it is unclear, it's often easier to do nothing and push it off to another day. But if we truly want to embrace long-term thinking, it's time to get unstuck and move forward.

Work Smarter

Bring the joy of learning to your job

We all know that thrilling feeling of learning something new - a new recipe, a new word in a foreign language, a new chord on the guitar. And yet, so many of us go through our workdays on autopilot without setting aside time to learn something new. How can you introduce the joy of learning into your professional life? Start by taking control of what you read to better yourself and your career. Pay attention to what genuinely interests you, rather than relying on a website's algorithm for recommendations. Have an open mind about what "counts" as learning - you can find unexpected opportunities in movies, conversations with friends, speeches, or social media feeds.

Finally, keep a list of what you've learned lately, how you've used that new knowledge, and what you hope to learn in the future. You'll stay focused and motivated by tracking your progress and setting new goals. Taking these steps will help you take your professional learning and development into your own hands - and have some fun with it.

This tip is adapted from "The Simple Joy of Learning on the Job," by Marc Zao-Sanders and Catalina Schveninger

-- Harvard Business Review

How to manage someone related to a company VIP

It can be really daunting when you get assigned a direct report who's related to a top executive at your company. In theory, your team member's relationships shouldn't affect how you work together - but in reality, you need to navigate the situation carefully to avoid perceptions that you're favoring the employee or being unduly harsh to prove you're not biased.

Start by being as open as you can with your direct report about any concerns you might have, and invite them to do the same. They might be experiencing their own problems, such as team members who walk on eggshells or want favors from them. Building this trust will help you develop an authentic relationship.

Next, be sure that you use objective performance measures and clearly communicate how you will assess success. This clarity will benefit everyone on the team. And finally, keep in mind that others, from your boss to your team members, may want to tell you how to work with this person based on their own self-interest.

While you should listen to their feedback with respect and openness, you don't necessarily need their approval. Following these strategies will help you become an effective, confident boss while successfully navigating a politically sensitive situation.

This tip is adapted from "How to Manage Someone Who's Related to the Boss," by Nihar Chhaya

-- Harvard Business Review

Degrees of happiness? Formal education does not lead to greater job satisfaction

Education is considered one of the most critical personal capital investments. But formal educational attainment doesn't necessarily pay off in job satisfaction, according to new research from the University of Notre Dame.

In fact, there is almost no relationship between the two, according to "Does Educational Attainment Promote Job Satisfaction? The Bittersweet Trade-offs Between Job Resources, Demands and Stress," forthcoming in the *Journal of Applied Psychology* from Brittany Solomon (Hall), assistant Prof of management, and Dean Shepherd, the Ray and Milann Siegfried Prof of Entrepreneurship, both at Notre Dame's Mendoza College of Business, along with Boris Nikolaev from Baylor University.

"Our study shows people who have invested in formal education do not tend to be more satisfied in their jobs," Solomon said. "We found that better-educated individuals do enjoy greater job-related resources including income, job autonomy and vari-



ety. But they also endure longer work hours and increased job pressure, intensity and urgency. On average, these demands are associated with increased stress and decreased job satisfaction, largely offsetting the positive gains associated with greater resources."

In supplemental analyses, the team found that women were more

likely to experience an increased negative association between education and job satisfaction, and self-employed individuals experienced a reduced negative association. "Women still face workplace adversity that can undermine the positive returns on their educational investment," Solomon said.

Relative to traditional occupations, self-employment offers considerable flexibility to organize one's work schedule, choose the work content and decide how to respond to job demands.

The researchers do not suggest avoiding higher education in an effort to achieve higher job satisfaction, but recommend a realistic calculation of trade-offs between "good" and "bad" working conditions and the associated stress and job satisfaction.

"Balancing those conditions that lead to both stress and job satisfaction may help workers recalibrate their values and ultimately make decisions that suit their priorities," Solomon said.

Want a longer, healthier life? Resolve your arguments by day's end

A recent Oregon State University study found that when people feel they have resolved an argument, the emotional response associated with that disagreement is significantly reduced and, in some situations, almost entirely erased. That reduction in stress may have a major impact on overall health, researchers say.

"Everyone experiences stress in their daily lives. You aren't going to stop stressful things from happening. But the extent to which you can tie them off, bring them to an end and resolve them is definitely going to pay dividends in terms of your well-being," said Robert Stawski, senior author on the study and an associate Prof in the College of Public Health and Human Sciences. "Resolving your arguments is quite important for maintaining well-being in daily life."

Daily stressors -- specifically the minor, small inconveniences that we have throughout the day -- even those have lasting impacts on mortality and things like inflammation and cognitive function.

The researchers looked at reports of both arguments and



avoided arguments, defined as instances where the person could have argued about something but chose to let it slide so as not to have a disagreement. They then measured how the incident affected the person's reported change in negative and positive emotions, both for the day of the encounter and the day after it occurred.

Results showed that on the day of an argument or avoided argument, people who felt their encounter was resolved reported roughly half the reactivity of those whose encounters were not

resolved.

On the day following an argument or avoided argument, the results were even starker: People who felt the matter was resolved showed no prolonged elevation of their negative affect the next day.

The study also looked at age-related differences in response to arguments and avoided arguments and found that adults ages 68 and older were more than 40% more likely than people 45 and younger to report their conflicts as resolved. But the impact of resolution status on people's negative and positive affect remained the same regardless of age.

While people cannot always control what stressors come into their lives -- and lack of control is itself a stressor in many cases -- they can work on their own emotional response to those stressors.

"Some people are more reactive than other people," he said. "But the extent to which you can tie off the stress so it's not having this gnawing impact at you over the course of the day or a few days will help minimize the potential long-term impact."



How does the stuff in a fire extinguisher stop a fire?

Let's talk fire! And extinguishers

You need three ingredients to make fire: fuel (like wood or gasoline), oxygen and heat.

Fire is a chemical reaction between oxygen and the fuel. If you want to put out a fire, just get rid of one of those three things - fuel, oxygen or heat. Removing the fuel is easy when the fire is controlled. For example, when you shut off the gas valve on a propane grill, the fuel stops flowing and the fire goes out.

I teach chemistry and know from lab experiments that removing the heat or spark is harder to do. Once the fire starts, it provides heat and keeps burning. That is why throwing water on a fire puts it out. When water hits fire it boils, turns to steam and floats away, taking some heat with it. It also prevents oxygen from reaching the fuel.

Most fire extinguishers work by separating the fuel from the oxygen. The oxygen comes from the air. It is the same oxygen we breathe. Since the oxygen has to be in contact with the fuel, if you can coat the fuel with something that keeps the oxygen away, the fire will go out.

Cool gas

Water isn't the only chemical that can put out fires. You want something that won't burn, is light and easy to spread. One common choice: carbon dioxide.

Carbon dioxide is an odorless, colorless gas that is present in the air. People and animals breathe in oxygen from the air and exhale carbon dioxide.

That's exactly what happens when wood burns. The fire uses oxygen and expels carbon dioxide. So, carbon dioxide is sort of already burned - it won't burn if you throw it on a fire.

Since carbon dioxide is a gas, it is easy to store and distribute. If squeezed into a steel canister, the gas streams out as you open the nozzle.

Carbon dioxide is denser than oxygen. So when you spray the carbon dioxide on fire, it sinks under the oxygen, separating the fire from oxygen. No oxygen, no fire.

Hidden danger

Carbon dioxide has several big advantages. Because the gas is squished into a canister, when it comes out it is super cold - at least minus 100 degrees Fahrenheit - removing heat from the fire.

And when sprayed on a fire, carbon dioxide just floats away. That means no cleanup. When tossed on a fire, water will flow along the floor. This means water can spread the fire if the fuel is light enough to be carried. So carbon dioxide removes two out of the three things you need to have a fire.

And, unlike water, carbon dioxide doesn't conduct electricity, so it is good for electrical fires.

The biggest danger in using carbon dioxide is suffocation in enclosed spaces. In the same way that carbon dioxide puts out a fire by robbing it of oxygen, the gas can do the same to a human.

Joseph Lanzafame, Senior Lecturer of Chemistry and Materials Science, Rochester Institute of Technology

Health Care

Ways to protect your heart without medicine

Taking medication isn't the only way to reduce your risk of heart disease. Simple steps like these, writes James Beckerman, MD of WebMD, can make a big difference

Go for a walk: Just 40 minutes three or four times a week (or 25 minutes of harder exercise, like jogging) can lower blood pressure, cholesterol, and body weight. You don't have to do it all at once. Even 10 minutes at a time is great for your heart.

Meet a friend for lunch: Research has shown that being alone, or perhaps more importantly feeling alone, is as bad for your heart as smoking, high blood pressure, obesity, or not exercising. It's not how often you see people that matters, but how connected you feel to others. So make some plans with an old friend. Or join a club and meet some new ones.

Eat more fruits and veggies: The nutrients and fibre (and low calories and fat) make them heart-healthy. But they also have antioxidants, which may help protect your cells from damage that can lead to diabetes and heart disease. Try to work different colours of produce into your diet. You can also add them to foods you already enjoy.

Snack on nuts: The fibre, unsaturated fats, and omega-3 fatty acids in nuts may help your body cut down on inflammation, "bad" LDL cholesterol, and plaque buildup in blood vessels -- all linked to heart disease. They



also might protect against blood clots that cause strokes. The type of nuts you choose probably doesn't matter much, but don't overdo it. About 4 small handfuls a week of unsalted nuts should do it.

Serve up salmon: Two servings a week of fatty fish like salmon, mackerel, sardines, or tuna may help your heart health. Part of it may be the omega-3 fatty acids in the fish, but other nutrients may also help.

Move beyond the gym: It's not just a single daily workout that lowers your odds of heart disease, it's how active you are all day long. Even if you have an exercise routine, being a couch potato, the rest of the day can still be harmful to your health. Gardening, playing with your kids, walking to the bus, and even cleaning house are great ways to stay up and moving.

Do some yoga: It's not just exercise, it's also a way to calm your mind and ease stress. That can lower heart rate and blood pressure and make you less anxious, which is all good for your heart. You can also try other healthy ways to relax and cut stress, like meditation, listening to music, or a hobby you enjoy.

Sleep at least 7 hours a night: Your body needs long periods of deep rest. During that time, your heart rate and

blood pressure drop low for a while, which is key for heart health. If you always snooze less than 7 hours, your body may start to make chemicals that keep those things from happening. Less sleep is also linked to inflammation and high blood sugar, which can be bad for your heart.

Find out if you have sleep apnea: Do you snore loudly, wake up gasping for breath, or feel tired all day after a full night's rest? See your doctor. Those are signs of sleep apnea, a condition that can make you more likely to have stroke, high blood pressure, and heart disease.

Quit smoking: Smoking raises blood pressure, makes it harder to exercise, and makes your blood more likely to clot, which can cause a stroke. But your chances of having a heart attack go down just 24 hours after your last cigarette.

Stay at a healthy weight: Extra pounds raise your odds of high cholesterol, high blood pressure, and diabetes, all linked to heart disease. Don't rely on fad diets or supplements to slim down, though. Exercise and the right amount of healthy foods are the best ways to keep a healthy weight.

Get your flu shot: Research has found that it seems to protect against heart disease, especially if you smoke or have high blood pressure, diabetes, or high cholesterol. It's not clear how, but scientists have a few theories. It might be that the flu causes inflammation that can lead to a heart attack or stroke.

Don't just sit there: Heart disease is more likely if you sit all day. And it's not only because you burn fewer calories -- it's the actual sitting that seems to do it. It may change the way your body processes sugar and fat, which are closely linked to heart disease. Try to break up long periods of sitting at work and at home. Stand up and move around at least once an hour.

Get regular checkups: Your doctor can see if your blood pressure and cholesterol levels are in danger of damaging your heart and blood vessels. The earlier you find those problems, the quicker you can start to treat them.

Food & Recipes

Cheap and Healthy Foods

You don't need a huge bank account to eat nutritious, delicious food. Keep these inexpensive, nutrient-packed options on hand, says Stephanie Langmaid of WebMD. Read on:

Lentils - Calories: 115: They're little, but they pack in protein -- 9 grams per serving. They're also low in fat, so they can be a healthy, less expensive sub for meat. Plus, they're a good source of folate, iron, and potassium. And they have plenty of fiber, so they'll keep you feeling full longer. Try brown, green, or red lentils as a side dish, in a salad, in stews, or over rice.

Eggs - Calories: 71: With 6 grams of protein each, egg is another cheap sub for meat. They're full of nutrients, like vitamins D and A, and choline -- essential for pregnant and breastfeeding women. Experts say one egg per day won't throw off your cholesterol numbers. So crack one for breakfast, try one hard-boiled on grain bowls and salads, or scramble some as a base for veggies or in tacos.

Oats - Calories: 153.5

A hot bowl of oatmeal makes a great

breakfast. Or use oats as a healthy filler in meatloaf, burgers, casseroles, and fruit cobblers. Their fiber will keep your stomach satisfied and can lower cholesterol and boost your immune system. They also have antioxidants that may help protect your cells from damage.

Potatoes - Calories: 164

Sure, they're not so healthy as French fries or slathered in butter and sour cream. But spuds have vitamin C, fiber, and potassium, and may help lower your blood pressure and cholesterol. Slice one and roast it in the oven with a drizzle of olive oil, or top a baked potato with veggies or lean turkey chili for a cheap, easy meal.

Sweet Potatoes - Calories per serving: 103

In just one, you get 400% of your daily vitamin A needs, and more than a third of your vitamin C. Sweet potatoes do have more sugar than white ones, but they have fewer calories and carbs and more fiber. Baked or sliced and roasted, they make a great side dish. Or try mixing shredded ones into muffin batter for added nutrition.

Sardines - Calories: About 155

These little fish are good sources of protein, calcium, vitamin D, and omega-3 fatty acids (EPA and DHA), which help prevent heart disease. For fewer calories, look for those packed in water, not oil. Try them on some whole-grain bread with lettuce and tomato, or chop them with lemon juice and

onions to make a fish spread.

Beans - Calories: About 112

With about 7 grams of protein per serving, you can sub beans for meat in many recipes. And they've got plenty of fiber, folate, potassium, and magnesium. To cook dry beans, soak them overnight, or boil them for a couple of minutes and let them sit off the heat for an hour before cooking. If you use canned ones, drain and rinse them first to cut down on salt.

Popcorn - Calories: 140

Along with the crunch, popcorn packs fiber, which will satisfy you longer than a lot of snack foods. And it's a tasty way to get one of the three servings of whole grains you need every day. A cup has less than a quarter of the calories of the same serving of potato chips. Skip the butter and salt, and add flavor with dried herbs.

Whole-Grain Pasta - Calories: 200

Pasta gets a bad rap, but in a reasonable portion, it can be part of an affordable, healthy meal. Plain noodles are low in fat and salt. Whole-grain versions have twice the fiber as white pasta and will raise your blood sugar less. Try spaghetti, penne, or macaroni with a homemade tomato sauce, or tossed with olive oil and sauteed veggies.

Bananas - Calories: 105

This fruit gives you fiber, vitamins B6 and C, and potassium, which balances blood pressure and keeps your heart

healthy. It's also easy on your stomach, which makes it a good option when you're getting over tummy troubles. Make one a portable snack, or blend it as a healthy base for smoothies.

Peanut Butter - Calories: About 190

Yes, it has quite a bit of fat. But it's mostly the healthy, unsaturated kind. It also has potassium and even some fiber. And it's not just for sandwiches -- try some on celery sticks or apple slices for a satisfying snack.

Chickpeas - Calories: 134

They give you a solid 10 grams of protein, a shot of iron, and plenty of fiber. You can put them in salads, cook them in a curry sauce for a spicy entree, or put them in your food processor to make hummus.

Bagged Greens - Calories: 30

Spinach, kale, collards, and turnip greens are low in calories and full of nutrients like folate, iron, fiber, magnesium, calcium, and vitamin C. The pre-washed, bagged kinds are super convenient and still affordable. Use them for a tasty salad, add them to whole-grain pasta, or you can boil, steam, or saute them as a perfect side dish for just about anything.

Frozen Veggies - Calories: About 30

You'll generally get just as much nutrition from frozen vegetables as you do from fresh, sometimes more. Plus, they stay good longer than fresh produce, so they're less likely to go to waste.



The Truth of Politicians

A Russian Jew was finally allowed to emigrate to Israel. At Moscow Airport, customs found a Lenin statue in the baggage and the customs people asked: "What is this?"

The man replied: "'What is this?' is the wrong question comrade. You should have asked, 'Who is he?' This is Comrade Lenin, he laid the foundations of socialism and created the future and prosperity of the Russian people, I am carrying it with me as a memory of our dear hero."

The Russian customs officer let him go without further inspection.

At Tel Aviv airport, the Israeli customs officer also asked our friend, "What is this?"

He replied: "'What is this?' is the wrong question, sir. You should have asked, 'Who is he?' This is Lenin, the cruel dictator who caused me, a Jew, to leave Russia. I take it this statue with me so I can curse him every day."

The Israeli customs officer said: "I apologize, sir. You are free to go."

Settling into his new home, he put the statue on a table. To celebrate his immigration, he invited his friends and relatives to dinner.

One of his friends asked: "Who is this?"

He replied: "My dear friend, 'Who is this?' is the wrong question. You should have asked, 'What is this?' This is ten kilograms of solid gold that I managed to bring with me without paying any customs duty and tax."

Moral: Politics is when you can tell the same rubbish in different ways to fool a different audience - to allow you to look good in every way.

A young man walks out of a newsagent's and spies an old man on a park bench crying. The youth approaches the pensioner to find out the matter with him.

"Are you ok?" he asks.

"No, it's my birthday today, I am 85," blubs the old man.

"Eighty five, but you look great for your age, you should be happy," continues the youth.

"Yeah, and I got married yesterday too to a 25-year-old blonde," explains the old man

The sympathetic young man thinks he's touched the old man's misery and continues his line of enquiry. "And you're too old to fulfill your conjugal responsibilities, I suppose."

"No, not at all we had our honeymoon, That's not the problem at all," says the old guy who is still crying.

"Look, man, I am 25 and I am still looking for a mate, you are so lucky, then why are you crying?"

The old man looks up and says wistfully, "I have forgotten where I live."

When I was a kid, they didn't take me to a psychologist...



...My mom was able to open my chakra, stabilize my karma and clean my aura with one single slap 😊

Husband and wife both went for an interview

In the evening...

Wife: "How was your interview today?"

Husband: "I have been rejected."

Wife: "Why?"

Husband: "Because the first button of my shirt was open."

Wife: "Strange! I have been selected for the same reason though."

A Gentle Reminder

A lady and her 7-year-old son are eating in a restaurant.

In a moment of playfulness, the boy swallows a coin and chokes. The mother tries slapping his back, rubbing his neck, shaking him hard and everything she could think of, without success.

The boy begins to turn blue. The desperate mother starts screaming for help.

A man gets up from a nearby table, and with astonishing tranquillity, without saying a word, lowers the boy's pants and squeezes his testicles.

The boy yells and spits out the coin. The gentleman with the same tranquillity returns to his table without a word.

Soon, the mother calms down and approaches the gentleman to thank him for saving her son's life.

She asks, "Sir, are you a doctor?"

"No, ma'am," comes the reply. "I'm an Assistant Commissioner of Income Tax. We are trained to squeeze everyone's balls to make them cough up the last penny."

Reminder to file and confirm your tax returns by 15th October, 2021...

Life's Stories

Build like a Child

On a warm summer at a beautiful beach a little boy on his knees scoops and packs the sand with plastic shovels into a bucket. He upends the bucket on the surface and lifts it. And, to the delight of the little architect, a castle tower is created. He works all afternoon spooning out the moat, packing the walls, building sentries with bottle tops and bridges with Popsicle sticks. With his hours of hard work on the beach a sandcastle will be built.

In a big city with busy streets and rumbling traffic, a man works in an office. He shuffles papers into stacks, delegates assignments, cradles the phone on his shoulder and punches the keyboard with his fingers. He juggles with numbers, contracts get signed and much to the delight of the man, a profit is made. All his life he will work. Formulating the plans and forecasting the future. His annuities will be sentries and capital gains will be bridges. An empire will be built.

The two builders of the two castles have very much in common. They both shape granules into grandeurs. They both make something beautiful out of nothing. They both are very diligent and determined to build their world. And for both, the tide will rise and the end will come. Yet that is where the similarities cease. For the little boy sees the end of



his castle while the man ignores it. As the dusk approaches and the waves near, the child jumps to his feet and begins to clap as the waves wash away his masterpiece. There is no sorrow. No fear. No regret. He is not surprised, he knew this would happen. He smiles, picks up his tools and takes his father's hand, and goes home.

The man in his sophisticated office is not very wise like the child. As the wave of years collapses on his empire, he is terrified. He hovers over the sandy monument to protect it. He tries to block the waves with the walls he made. He snarls at the incoming tide. "It's my castle," he defies. The ocean need not respond. Both know to whom the sand belongs.

Moral: Go ahead and build your dreams, but build with a child's heart. When the sun sets and the tides take - applaud. Salute the process of life and go home with a smile.

The Old Carpenter

A carpenter with years of experience, was ready to retire. He communicated his contractor about his plans to leave the house building business to live a more leisurely retired life with his wife and family. The contractor felt a little upset that his good and experienced carpenter was leaving the job, but he requested the carpenter to build just one more house for him.

The carpenter agreed with contractor but his heart was not in his work like it used to be. He resorted to shoddy workmanship and used inferior materials for building the last house of his career. It was an unfortunate way to end his career. When the carpenter completed the house and the employer came to inspect the house.

He looked around the house and just before he exited the house he handed the front-door key to the carpenter. "This is your house," he said, "my gift to you." This was a huge surprise to the carpenter. Although it was supposed to be a good surprise, he wasn't feeling good as he felt a deep shame inside him. If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home that wasn't built that well.



Moral: Like the carpenter, we build our lives in a distracted way, reacting rather than acting, willing to put up with less rather than the best. Give your best. Your attitudes and the choices you make today will be your life tomorrow, build it wisely

Alltimeshortstories.com

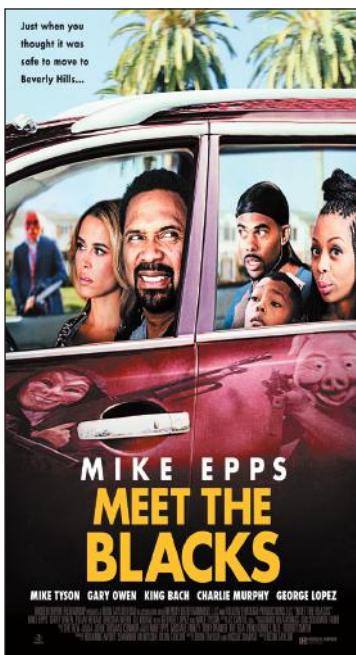
CINE 12

Mardi 5 octobre - 21.10



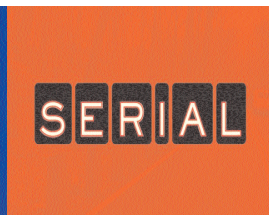
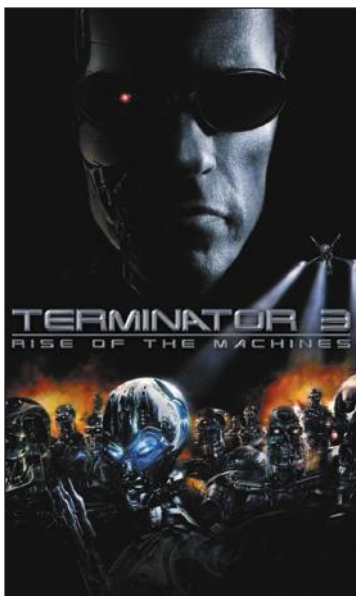
MBC 1

Mercredi 6 octobre - 21.15



CINE 12

Jeudi 7 octobre - 21.15



mardi 5 octobre

MBC 1

06.40 Local: Business Connect
09.45 Local Prod: Passerelles
11.00 Mag: Le Saviez Vous?
11.10 Tele: Sinu, Rio Des Pasionnes
12.00 Le Journal
12.30 Tele: Le Prix Du Désir
12.55 Local: Come On Let's Dance
13.55 Serial: Heidi, Beinvenida...
14.40 D.Anime: Invention Story
15.04 D.Anime: Baby Boss
15.30 D.Anime: Wishfart
16.00 D.Anime: HTDT
17.10 Serial: Mustangs FC
17.35 Serial: Magic Mania
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...
20.45 Local Prod: An Eta Dalert
21.15 Film: Mind Hunters

MBC 2

07.00 DDI Live
08.00 Educational Prod: Grade 3
10.15 Educational Prod: Grade 4
12.30 Film: Chashme Buddoor
Star: Farooq Shaikh, Deepti Naval, Saeed Jaffrey
15.00 Serial: Zindagi Ki Mehek
15.23 Serial: Aamhi Doghi
15.43 Serial: Bava Maradullu
16.04 Serial: Apoorva Raagangal
16.28 Serial: Aatish
16.49 Serial: Imtihaan
17.05 Kullfi Kumarr Bajewala
17.30 Telugu - Premabhishekam
18.00 Serial: My Little Princess
18.30 Local Prod: Abhay Charan
19.30 Serial: Radha Krishna
20.04 Local: Programme In Tamil
20.30 Film: Aatish
Star: Jeetendra, Neetu Singh

MBC 3

06.00 Mag: Eco@Africa
07.21 Mag: In Good Shape
07.47 Doc: Amazing Gardens
09.00 Educational Prod: Grade 5
11.30 Educational Prod: Grade 8
14.03 Doc: My Life With A Robot
14.55 Mag: 360 Geo
15.47 Mag: Global 3000
17.25 Mag: Eco@Africa
18.00 Mag: Rev: The Global Auto...
18.30 Mag: 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: Builders Of The Future
21.05 Doc: Scanning The Great...
22.12 Local: Klip Seleksion
22.54 Doc: Drought In Europe
23.36 Mag: Rev: The Global Auto Mobility Show

Cine 12

01.09 Film: Dylan Dog
02.57 Serial: Chicago Med
03.36 Film: Marshall
05.29 Tele: Muneca Brava
06.52 Serial: Island Doctor
09.00 Serial: When Calls The Heart
09.48 Tele: Teresa
10.35 Tele: I Forgot I Loved You
11.01 Serial: Chicago Med
11.39 Film: Marshall
13.30 Tele: Muneca Brava
14.12 Mag: Hollywood On Set
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: From The Rough
22.49 Tele: Muneca Brava

Bollywood TV

08.00 Film: Bajatey Raho
Starring Tusshar KapoorDolly Ahluwalia
12.04 / 19.54 - Radha Krishna
12.24 / 20.11 -
Chupke Chupke
12.48 / 20.32 Mere Sai
13.09 / 21.09 - Agniphera
13.27 / 21.24 -
Bade Acche Lagte Hai
13.50 / 21.59 - Zindagi Ki Mehek
14.18 Serial: Maharakshak
14.53 / 22.25 - Sethji
15.21 Film: Bajirao Mastani
Star: Ranveer Singh, Deepika Padukone, Priyanka Chopra
18.00 Live: Samachar
18.30 Kundali Bhagya
18.51 Serial: Ishaaron Ishaaron...
19.17 Bhakharwadi

mercredi 6 octobre

06.56 Local: An Eta Dalert
09.30 Local Prod: Retrovizor
11.10 Tele: Sinu, Rio Des Pasionnes
12.00 Le Journal
12.20 Local: Autour Des Valeurs
12.25 Tele: Le Prix Du Désir
12.51 Local: Concert De Guitare
13.45 Serial: Heidi, Bienvenida A...
14.35 D.Anime: Invention Story
14.49 D.Anime: Dee Dee The Little...
15.00 D.Anime: Baby Boss
15.23 D.Anime: Wishfart
15.40 D.Anime: Spirit
17.13 Serial: Mustangs FC
17.50 Mag: Le Saviez-Vous?
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
18.55 Local Production: Ayush
19.30 Journal & La Meteo
20.20 Local: MBC Production
21.15 Film: Meet The Blacks
23.00 Le Journal

07.00 DDI Live
08.00 Educational Prod: Grade 3
10.15 Educational Prod: Grade 4
12.30 Film: Aaj Ka M.L.A Ram Avtar
Star: Rajesh Khanna, Shabana Azmi, Shatrughan Sinha
15.00 Serial: Zindagi Ki Mehek
15.23 Aamhi Doghi
15.52 Bava Maradallu
16.14 Apoorva Raagangal
16.37 Serial: Aatish
16.47 Serial: Imtihaan
17.10 Kullfi Kumarr Bajewala
17.28 Serial: Kulvadh
18.00 Serial: My Little Princess
18.30 Local: Abhay Charan
19.00 Journal Kreol
19.30 Serial: Radha Krishna
20.06 Programme In Marathi
21.00 Film: Hero The Great
22.21 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: Builders Of The Future
09.00 Educational Prod: Grade 5
11.30 Educational Prod: Grade 8
14.00 Doc: Scanning The Great...
14.44 Mag: Close Up
15.52 Doc: Drought In Europe
16.37 Mag: Rev: The Global Auto...
18.00 Mag: Motorweek
18.13 Mag: Vous Et Nous
18.45 Mag: Arts.21
19.00 Student Support Prog - G7
19.47 Les Montagnes Du Monde
20.40 Local: News (English)
20.45 Doc: Zenith
21.08 Doc: Tricky Memory
22.24 Mag: Initiative Africa
22.27 Mag: Focus On Europe
22.23 Doc: China's Cities

01.31 Film: The Jurassic Games
03.49 Serial: Chicago Med
03.28 Film: From The Rough
05.02 Tele: Muneca Brava
05.43 Serial: S.W.A.T
06.49 Film: The Jurassic Games
09.10 Serial: When Calls The Heart
09.45 Tele: Teresa
10.35 Tele: I Forgot I Loved You
11.01 Serial: Chicago Med
12.00 Film: From The Rough
13.34 Tele: Muneca Brava
14.46 Film: The Jurassic Games
16.37 Serial: When Calls The Heart
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: Billions
21.24 Film: Dollar For The Dead
22.59 Tele: Muneca Brava

08.00 Film: Bajirao Mastani
Star: Ranveer Singh, Deepika Padukone, Priyanka Chopra
12.04 / 20.06 - Radha Krishna
12.24 / 20.26 - Chupke Chupke
12.44 / 20.02 - Mere Sai - Shrad..
13.10 / 20.46 - Agniphera
13.26 / 21.09 -
Bade Acche Lagte Hai
13.49 / 21.50 - Zindagi Ki Mehek
14.11 / 22.15 - Maharakshak
14.54 / 21.46 - Sethji
15.21 Film: Chalo Dilli
Starring: Lara Dutta, Vinay Pathak, Akshay Kumar
18.00 Live: Samachar
18.30 Kundali Bhagya
18.51 Ishaaron Ishaaron...
19.15 Bhakharwadi
19.38 Serial: Siddhi Vinayak
20.05 Serial: Redha Krishna

jeudi 7 octobre

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 Pasionnes
12.00 Le Journal
12.50 Local: Le Rendez-Vous
13.45 Serial: Heidi, Bienvenida A...
14.40 D.Anime: Invention Story
15.03 D.Anime: Baby Boss
15.28 D.Anime: Wishfart
15.39 D.Anime: Spirit
17.12 Serial: Mustangs FC
17.40 Serial: Magic Mania
18.00 Live: Samachar
18.30 Serial: Jijaji Chhat Par Hain
18.55 Local: Tirth Yatra
19.30 Le Journal
20.30 Film: A Gentleman
Stars: S. Malhotra, J. Fernandez, Darshan Kumar

07.00 DDI Live
08.00 Educational Prod: Grade 3
10.15 Educational Prod: Grade 4
12.30 Film: Bluff Master
15.00 Serial: Zindagi Ki Mehek
15.27 Aamhi Doghi
15.43 Bava Maradallu
16.01 Apoorva Raagangal
16.32 Serial: Aatish
16.53 Serial: Imtihaan
17.12 Kullfi Kumarr Bajewala
17.29 Local: Amrit Vaani
18.00 Serial: My Little Princess
18.30 Serial: Ghar Pahucha Da...
19.00 Journal Kreol
19.30 Serial: Radha Krishna
20.06 Local: Les Grandes Lignes
20.32 Local: Mots & Ecrits
21.24 Film: A Day Late And A Dollar Short
Stars: Whoopi Goldberg, Ving...

06.00 Mag: Motorweek
06.26 Mag: Vous Et Nous
07.19 Doc: Garden Party
07.48 Les Montagnes Du Monde
08.31 Doc: Zenith
09.00 Educational Prod: Grade 5
14.03 Doc: Tricky Memory
15.22 Mag: Focus On Europe
16.33 Mag: Motorweek
16.59 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)
20.45 Doc: Destinations
20.52 Doc: 80's Blockbusters
21.43 Doc: 360 Geo
22.35 Doc: The Neanderthals
23.18 Doc: Fun, Sun And Guns

00.20 Serial: Chicago Med
03.35 Film: Meet The Blacks
05.12 Tele: Muneca Brava
06.51 Film: Dollar For The Dead
09.00 Serial: When Calls The Heart
09.45 Tele: Teresa
10.35 Tele: I Forgot I Loved You
11.00 Serial: Chicago Med
12.00 Film: Meet The Blacks
13.35 Tele: Muneca Brava
14.45 Film: Dollar For The Dead
16.45 Serial: When Calls The Heart
17.20 Serial: French Series
18.05 Tele: Teresa
19.00 Tele: I Forgot I Loved You
20.05 Tele: Les Trois Visages D'ana
20.30 Serial: Billions
21.17 Serial: Rich Man, Poor Man
22.14 Film: Terminator 3
Avec: Arnold Schwarzenegger, Kristanna Loken, Nick Stahl

08.00 Film: Chalo Dilli
Starring: Lara Dutta, Vinay Pathak, Akshay Kumar
12.05 / 19.54 - Radha Krishna
12.22 / 20.11 - Chupke Chupke
12.48 / 20.32 - Mere Sai
13.07 / 21.09 - Agniphera
13.31 / 21.24
Bade Acche Lagte Hai
13.48 / 21.50 - Zindagi Ki Mehek
14.14 / 22.15 Maharakshak
14.55 / 21.46 - Sethji
15.20 Film: Karlo Time Pass Yaar
Starring: Tiku Talsaniya, Ketaki Dave and Piyush Der
18.00 Samachar
18.30 Kundali Bhagya
18.51 Ishaaron Ishaaron Mein
19.14 Serial: Bhakharwadi



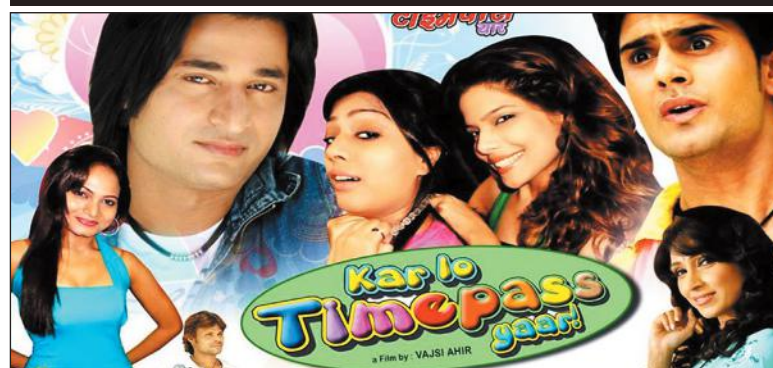
Jeudi 7 octobre - 15.20

Star: Tiku Talsaniya, Ketaki Dave and Piyush Der



Jeudi 7 octobre - 20.30

Stars: Sidharth Malhotra, Jacqueline Fernandez, Darshan Kumar



Cannabis products are being sold as sleep remedies

Here's the evidence about their effectiveness

Although a recent review found a lack of evidence to support these products, this doesn't mean cannabis can't help some people with sleep. We need better research

Problems with sleep are common. In recent research, 48% of UK adults said sleeping badly had a negative effect on their mental health. For teenagers, this proportion was significantly higher – 66%.

The large number of people experiencing sleep problems makes for an attractive market. Some companies have seized the opportunity to provide remedies, including several manufacturers of cannabis products.

Changes to the way cannabis is regulated in many countries, including the UK, have helped the boom in cannabis products, with more people able to access these types of offerings – even if the cannabis compounds that can be used in sleep products in some countries are more limited than in others. In the US, where cannabis is fully legal in many states, California-based Ganja Goddess reported more than a sevenfold increase in revenue for its cannabis sleep products during the first year of the COVID pandemic.

But what is the evidence that cannabis products can help people get a better night's sleep?

Cannabis and sleep

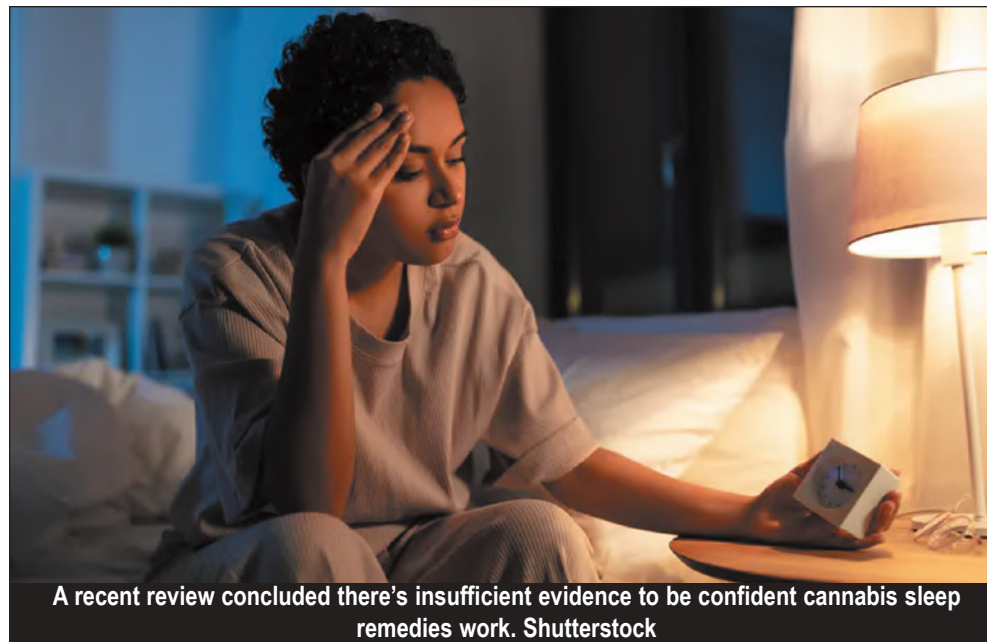
Sleep disturbance is a common feature of withdrawal from cannabis use, indicating there may well be a relationship between cannabis use and sleep. But we still don't have a clear understanding of the mechanisms in the brain involved in this relationship.

The effects of cannabis are due to a group of chemicals in the drug called cannabinoids. These include cannabidiol (CBD), cannabinol (CBN) and tetrahydrocannabinol (THC). THC is the psychoactive substance in cannabis. CBN and CBD don't cause you to get high in the same way.

In the UK, CBD products are available legally, providing they don't contain more than 0.2% THC. Retailers and suppliers make all kinds of assertions about the benefits of CBD products, including how CBD can improve sleep. There is some evidence to support these claims, but this is mainly based on animal and human observational studies rather than randomised control trials, where comparisons can be made between CBD and a placebo.

Although not legal in the UK, CBN is one of the main compounds contained in commercial cannabis sleep products, with more and more CBN formulations coming onto the market. A recent review sought to find out whether CBN really does improve sleep.

The review included studies going back as far as the 1940s. These mainly involved administering CBN to people and comparing the self-reported quality of their sleep with participants in a control group who had not received the drug.



A recent review concluded there's insufficient evidence to be confident cannabis sleep remedies work. Shutterstock

However, the author of the review, Jamie Corroon, noted several problems with the research to date, including the fact that participants tended to be male and white. This male-centric perspective is not unique to research on cannabis; it's known to be a problem more broadly in research.

Corroon was also critical of the lack of structured, evidence-based questionnaires used to assess sleep in the studies. He concluded there is insufficient published evidence to support any assertions that these products improve sleep, noting: "Individuals seeking cannabis-derived sleep aids should be skeptical of manufacturers' claims of sleep-promoting effects."

Other factors to consider

The review concentrated primarily on sleep outcomes associated with pure medical-grade CBN. This doesn't necessarily reflect the way most people use cannabis or cannabis products. Most will either smoke a joint, or ingest a liquid or pill if they're using a commercially supplied product.

The type of commercial product, the way it's administered and the dose are all known to affect sleep. Notably, the dose of CBN in many commercial products is lower than what was tested in the majority of the studies in the review.

While most commercial cannabis sleep products contain less than 1% THC (if any), a cannabis joint will contain hundreds of compounds, including THC. And combining THC with CBN is thought to be a sedative. Pure CBN would therefore not have the same effect it has in real life when consumed with THC.

Although the review found a lack of evidence to support the sedative properties of CBN, scientists have found that medicinal cannabis containing THC and CBD can improve sleep for people with chronic pain. This benefit decreases, however, for people

using these products regularly, as their tolerance to medicinal cannabis builds.

Further, while it's useful to have a review that focuses on sleep and cannabis, it doesn't capture the varied reasons many people use cannabis or products containing cannabis. Many people use cannabis to manage physical problems such as muscle and joint pain, or psychological issues like anxiety or stress, rather than as a sleep aid. It's logical that alleviating these symptoms will improve sleep.

One example is people experiencing vivid nightmares as a result of post-traumatic stress disorder (PTSD). Nabilone, a synthetic cannabinoid, has proved to be beneficial in suppressing these types of nightmares, which could improve the quality of sleep for this group of people suffering from PTSD. So you can see why it's difficult to untangle the effects of cannabis on sleep.

We need better research

As with many issues in research, there isn't a neat answer to how effective cannabis is in improving sleep. How the drug is prepared, the way it's taken and the person's expectations are just some important factors that may influence the outcome.

And, as with all health products, there is a risk of side-effects. A recent review of medicinal cannabis products used for sleep found a substantial increase in the risk of developing dizziness, for example.

What is clear is when millions of people have a problem with sleep, there will be a commercial incentive to make money by offering remedies. We need more rigorous research to investigate any associations between cannabis and sleep, and whether these products work.

Ian Hamilton

Associate Professor of Addiction,
University of York



Tree of Knowledge

Madisyn Taylor

Hearing the Whisper

There is beauty and power when we listen to the whisper

You may have noticed that if you want to speak to someone in a noisy, crowded room, the best thing to do is lean close and whisper. Yelling in an attempt to be louder than the room's noise generally only hurts your throat and adds to the chaos. Similarly, that still, small voice within each of us does not try to compete with the mental chatter on the surface of our minds, nor does it attempt to overpower the volume of the raucous world outside. If we want to hear it, no matter what is going on around us or even inside us, we can always tune in to that soft voice underneath the surrounding noise.

It is generally true that the more insistent voices in our heads delivering messages that make us feel panicky or afraid are of questionable authority. They may be voices we internalized from childhood or from the culture, and as such they possess only half-truths. Their urgency stems from their disconnectedness from the centre of our being, and their urgency is what catches our attention. The other voice that whispers reassurances that everything is fundamentally okay simply delivers its message with quiet confidence. Once we hear it, we know it speaks the truth. Generally, once we have heard what it has to say, a powerful sense of calm settles over our entire being, and the other voices and sounds, once so dominant, fade into the background, suddenly seeming small and far away.

We may find that our own communications in the world begin to be influenced by the quiet certainty of this voice. We may be less inclined to indulge in idle chatter as we become more interested in maintaining our connection to the whisper of truth that broadcasts its message like the sound of the wind shaking the leaves of a tree. As we align ourselves more with this quiet confidence, we become an extension of the whisper, penetrating the noise of the world and creating more peace, trust, and confidence.