

# MAURITIUS **TIMES**

• The general population does not know what's happening, and it doesn't even know that it does not know. -- Naom Chomsky



Interview: Me Antoine Domingue, Senior Counsel

## “Money politics’ a encore de beaux jours devant elle...

...il est en effet fort improbable que nos députés votent une loi d'exception contre eux-mêmes”

Suren Dayal v Pravind Jugnauth: ‘On aurait pu faire l'économie de cet appel... l'on est fort mal habilement allé chercher le bâton pour se faire battre!’

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## Pre-determined legal outcomes

# For Free and Fair Elections

In a 22-page judgement, an unusually short one according to legists, the Law Lords of the Judicial Committee of the Privy Council have confirmed that the Supreme Court ruling relating to the election of Pravind Jugnauth and of his two running mates at the 2019 general elections, namely Leela Devi Dookun-Luchoomun and Yogida Sawmynaden was not flawed. The electoral petition lodged by unreturned candidate Suren Dayal, submitted within the specified timeframe (21 days), as prescribed by the Representation of People Act (1958), has taken almost four years to be resolved. In August 2022, the Supreme Court of Mauritius had made a number of findings of fact and, on the basis of those findings, dismissed the petition on all grounds. The appeal to the Privy Council has similarly been dismissed on all grounds.

Mr Dayal's allegations referred to promises made by Pravind Jugnauth during the election campaign, namely to increase the basic retirement pension, to accelerate forms of public sector pay and terms, and to pay one-off performance bonuses to police officers, firemen and prison officers — all of which, in his view, constituted bribery as defined in the Representation of People Act, Section 64, which deals with "Bribery and Treating". Suren Dayal also alleged that food, drink, and entertainment provided at an event organised by the Ministry of Social Security, at which Pravind Jugnauth spoke, constituted treating.

As regards the first count in Mr Dayal's appeal in relation to bribery, the legal reasoning applied by the Privy Council and based on its interpretation of the relevant section of the law and the findings of facts of the Supreme Court has brought it to conclude that 'the mere fact that a promise is made to the electorate that represents money, and is designed to win votes, does not mean that an act of bribery has been committed'. That, according to the Law Lords, would constitute 'normal electoral campaigning'. The Privy Council goes on to caution that 'whether there has been illegal bribery or treating will always be a question of fact and degree. In some cases, it will be obvious that bribery has taken place. In others, it will be necessary to consider all of the relevant facts and the surrounding circumstances in detail. There is no hard and fast rule or test. Rather, a flexible approach, tailored to the facts of each case, is required.'

The concluding remarks on this count, which may be perceived by Opposition parties and concerned citizens as a green lighting of inappropriate electoral campaigning in recent and possibly repeated in future electoral campaigns, unless checked by appropriate amendments to electoral laws, may appear to go counter to the principle of free and fair elections as understood in the local context. The Law Lords state:

'The literal interpretation of the Act advanced for Mr Dayal would make it impossible for any candidate to campaign on a general policy that would provide a financial benefit to a group of voters (such as taxation). This would produce absurd results and undermine the principle of free and fair elections. A court will be slow to find that a political candidate is guilty of bribery without cogent evidence to that effect, particularly when they have campaigned in support of a party manifesto commitment.' The curt conclusion of the Privy Council with regard to the allegations of treating was that 'there was no evidence that any voter was corrupted. 'The event in question took place well before polling day and the food and drink was provided by the Ministry of Social Security (...). It was an annual event that was attended by voters from all over Mauritius, not just those in the individual constituency.'

What all this means is that in light of the conclusions of the Privy Council in this much-awaited judgement, the country will very likely be served next time round with the same 'normal electoral campaigning' as obtained in the 2019 and earlier elections. This means that what could appear to be ethically reprehensible in terms of electoral promises would be not only entirely legal but also "politically correct", even if the parties in power and its candidate were to use State resources and the patronage of governmental institutions to "treat" voters during official 'eat-and-drink' parties. What it also means is that the MBC-TV - and the abuse perceived to have been made of it but not canvassed before the Privy Council -, which has been transformed by successive governments into a formidable propaganda machine, unequalled in its reach all over the island, and has become the best political agent for parties in power, will operate unhindered and unabashedly. So much for free and fair elections.

The fact that under our Representation of the People Act, predating our Independence, such cases and indeed mere demands for a recount as in the constituency No 15 petition, have taken four long years, in the latter case with a decision that the case be heard all over by a new judge (because the previous one had retired), has not come under the scanner of either the Supreme Court or the Privy Council. Neither was the strict observance of a 21-day room to file an appeal or a petition. Nor were matters not canvassed like the thousands of electors who, having been struck off the electoral register, failed to verify in the limited time slot granted to them. This judgement lays to rest the issue of campaign pledges, but it beholds our lawmakers to make amends regarding the Representation of the People Act and ordinary citizens to use their judgement in deciding between alternative manifestoes and their impact.

## The Conversation

# A Brief History of the Gaza Strip

*The Gaza Strip – why the history of the densely populated enclave is key to understanding the current conflict*



Palestinians inspect damage to their homes caused by Israeli air strikes on October 13, 2023, in Gaza City - Pic - Ahmad Hasaballah - Getty Images

How did Gaza become one of the most densely populated parts of the planet? And why is it the home to militant Palestinian action now? As a scholar of Palestinian history, I believe understanding the answers to those questions provides crucial historical context to the current violence.

### A brief history of Gaza

The Gaza Strip is a narrow piece of land on the southeastern shore of the Mediterranean Sea. Roughly twice the size of Washington, D.C., it is wedged between Israel to its north and east and Egypt to its south.

An ancient trade and seaport, Gaza has long been part of the geographic region known as Palestine. By the early 20th century, it was mainly inhabited by Muslim and Christian Arabs who lived under Ottoman rule. When Britain took control of Palestine following World War I, intellectuals in Gaza joined the emergent Palestinian national movement.

During the 1948 war that established the state of Israel, the Israeli military bombed 29 villages in southern Palestine, leading tens of thousands of villagers to flee to the Gaza Strip, under the control of the Egyptian army that were deployed after Israel declared independence. Most of them and their descendants remain there today.

Following the 1967 Six-Day War between Israel and its Arab neighbours, the Gaza Strip came under Israeli military occupation. The occupation has resulted in "systematic human rights violations," according to rights group Amnesty International, including forcing people off their land, destroying homes and crushing even nonviolent forms of political dissent.

Maha Nassar, Associate Professor  
University of Arizona

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Sada Reddi

# Does it matter whether elections are held this year or in 2024?

*Few governments have completed their full mandates. Others have stayed on till the very last moment to go to the polls. To do so exposes the incumbent parties to a number of risks*

At the present time, supporters of both the government and of opposition parties seem to be giving increasing attention to the forthcoming general elections, speculating about the date it is likely to be held. The Prime Minister has even dismissed the rumours about early elections. On the other hand, the electorate would have preferred to have a fixed date for elections rather than leave it as the prerogative of the Prime Minister, whoever is in office, to decide.

Election dates fixed by legislation would be fairer to all parties. It does not give the incumbent parties any undue advantage and, most of all, it saves the country precious time and does not keep the electorate on its toes with permanent electioneering. It is argued by many that abuse can be made of the election date-fixing prerogative to give incumbent parties a tactical advantage for the prior announcement of certain measures, mostly populist, which makes it difficult for opposition parties to counter appropriately. In many countries it has been shown that that such a tactical advantage has enabled incumbent parties to get re-elected to power.

However, there is a flaw in this argument when applied to democratic states. If one accepts that this were true in a democratic polity, it would suggest there would never be any change in government and the incumbent parties would always remain in power. In the case of Mauritius, it is doubtful whether the prerogative of fixing elections has enabled parties to remain in power though this perception is very strong among politicians and the electorate. In fact, in the past several incumbent parties/alliances had been booted out despite the tactical advantage drawn from the election date-fixing prerogative.

In 1966 Gaetan Duval, the then leader of the PMSD, grudgingly agreed to the Stonehouse modification of the Banwell Report on the promise that elections would be held in November or December 1966. Dr Seewoosagur Ramgoolam resisted the pressure to call for elections; however, following further pressure from Colonial Office mandarins he fixed the elections for August 1967.

The date chosen coincided with the crop season when there would be an increase in employment and sugar revenue would trickle down creating a feel-good factor among pockets of the working classes - dockers, sugar industry workers, small planters, in fact the whole population. Yet the Independence Party almost lost the 1967 elections and was saved by the three urban constituencies which were initially expected to vote for the PMSD.

Similarly, the Prime Minister's prerogative to set the date of the elections does not seem to have given a sig-



**“Political parties know what are the critical factors which require attention during electoral campaigns, but they are rarely able to implement the appropriate strategies because of factors ranging from wrong choice of party personnel, poor organisation, and ignorance of constituency realities. Yet they have ample time to prepare and refine their electoral strategies for the forthcoming general elections, whether in terms of alliances, candidates' profiles, field work and intelligent use of the traditional media and social media...”**

nificant advantage to incumbent parties, which lost the 1976, 1995, 2000, 2005, 2014 elections to opposition parties. In 1983, 1987, 1991, 2010, 2019 incumbent parties were returned to power.

One major factor which in the past brought parties to power was the type of alliances they crafted, and the same explanation is applicable to opposition parties that won the elections. One could therefore conclude that the type of alliances crafted is more important than other considerations to secure electoral victory, except for the 2014 elections that were an aberration in the history of elections.

Generally, elections are fixed when certain objective conditions exist, and these are known to all parties. Parties will continuously monitor the situation so that elections, when they come, will never be a surprise. Whether elections are fixed this year or later, the nature of the alliance concocted by political leaders may significantly decide the election results; economic and social conditions too may have a decisive impact. Admittedly, there are also other crucial factors which come into play among all segments of the electorate such as ethnicity, the profile of the prime ministerial and other candidates. In addition, election campaigns and, to some extent, an electoral programme may become more important than in the past given that the aspirations of the present generation in the 21st century may be different from the earlier ones.

Yet it would be unwise to ignore the subjective factors - the mood and perception of the electorate at different stages in the electoral campaign. Incumbency has both advantages and disadvantages. Widespread dissatisfac-

tion can make incumbents unpopular with voters. Broadly speaking, the electorate would vote depending on their satisfaction or dissatisfaction with the present state of affairs. There will be plus and minus points on both sides of the divide and every section of the electorate will decide what it views as its major concerns and priorities and its expectations from political parties in terms of credible solutions to those concerns.

For example, some people will find that the metro has helped to ease travelling; others may think that it has instead compounded traffic congestion problems while many will not even consider it as an electoral issue. Young electors have different priorities from senior citizens that constitute 23% of the electorate. It also remains to be seen whether the older generation, who make up a non-negligible vote bank, will ultimately constitute, as popularly believed, the deciding factor in a victory for the MSM-led alliance.

Political parties know what are the critical factors which require attention during electoral campaigns, but they are rarely able to implement the appropriate strategies because of factors ranging from wrong choice of party personnel, poor organisation, and ignorance of constituency realities. Yet they have ample time to prepare and refine their electoral strategies for the forthcoming general elections, whether in terms of alliances, candidates' profiles, field work and intelligent use of the traditional media and social media.

One can expect a fierce campaign based on laundered and un laundered truths in the forthcoming elections. Abuse of the state apparatus may be effective, or it can backfire. Now that the Privy Council has provided a broad outline of what constitutes “normal electoral campaigning” especially with reference to bribery, parties would do their best to remain within the limits of the law but that would not prevent unfair electoral practices.

Finally, whether we have elections this year or not, the election date is less important than the state of preparedness to wage the electoral battle. Nevertheless, a fixed date for general elections is more democratic, transparent, and one hopes such a proposal will appear in a democratic electoral programme for the general elections. That will send an important message that the country is at last inching towards a more democratic order.

In the past, few governments have completed their full mandates. Others have stayed on till the very last moment to go to the polls. To do so exposes the incumbent parties to a number of risks as unnecessary delays may provoke and exacerbate the impatience of the electorate which then votes for change.

# Invasion imminente de Gaza

La poudrière du Moyen-Orient n'a jamais semblé aussi proche de l'étincelle qui déclenche un conflit mondialisé

Par A. Bartleby



Le bilan humain est déjà désastreux avec plus de 1,200 morts parmi les civils du côté israélien et une estimation dépassant les 2,500 morts du côté des Palestiniens. P - The Guardian

**P**lus d'une dizaine de jours se sont écoulés depuis l'attaque du Hamas sur Israël. À l'heure où nous écrivons ces lignes, l'armée israélienne est mobilisée et se prépare à une invasion terrestre de Gaza.

Cela fait plusieurs jours que l'armée de l'air israélienne bombarde ce qu'elle appelle les positions de Hamas dans la bande de Gaza, faisant des centaines de morts parmi les civils. Le bilan humain est déjà désastreux avec plus de 1,200 morts parmi les civils du côté israélien et une estimation dépassant les 2,500 morts du côté des Palestiniens.

Tout ce qui avait été atteint comme semblant de paix ces dernières années vient de partir en poussière, et la poudrière du Moyen-Orient n'a jamais semblé aussi proche de l'étincelle qui déclenche un conflit vraiment mondialisé.

Ce terme, « mondialisé », est utilisé en lieu et place de « mondial » pour mieux faire ressortir le fait que nous ne sommes pas dans la situation d'une guerre qui va se généraliser globalement, en mobilisant les appareils de production de la quasi-totalité des pays du monde comme cela avait été le cas pour les guerres de 1914-1918 et de 1939-1945.

Nous semblons être bien plutôt dans une situation où la guerre de Gaza sera un autre front de la guerre hautement stratégique pour le contrôle des ressources énergétiques, une sorte d'autre front parallèle au front ukrainien, qui va mobiliser plus de ressources et impliquer plus d'enjeux géostratégiques.

Nous expliquions la semaine dernière comment l'Arabie saoudite et l'Iran menaient une guerre par proxy dans le sud du Soudan depuis près d'une décennie. La

guerre de Gaza sera exactement cela: une guerre par proxy entre plusieurs puissances qui utiliseront le terrain palestinien pour avancer leurs intérêts sécuritaires, économiques et géopolitiques, avec le contrôle des ressources énergétiques et la mainmise sur le commerce régional en ligne de mire.

C'est exactement cela qui est en jeu. Les Palestiniens n'ont eu de cesse d'être pris dans un étau tragique entre Israël en proie à la gourmandise de territoire, et des pays arabes qui n'auraient en réalité pas grand-chose à faire de la cause palestinienne, sauf à l'utiliser pour leurs propres intérêts...

**Les accords d'Abraham... tout s'est effondré le 4 novembre 1995**

**L'**espoir créé par les accords d'Abraham laissent enfin entrevoir une résolution pragmatique à ce conflit, une quasi première depuis les accords d'Oslo signés entre Yasser Arafat et Yitzhak Rabin en septembre 1993. La voie vers la paix était posée en 1993 mais cet accord historique s'est effondré le 4 novembre 1995 lorsque Yigal Amir, un militant de l'extrême-droite sioniste israélienne, avait assassiné Rabin de trois coups de feu.

L'ironie de l'histoire voudrait que le gouvernement israélien actuel soit composé d'individus issus des mêmes groupuscules d'extrême-droite que Yigal Amir. Parallèlement à cela, Gaza a basculé sous le contrôle du Hamas, qui se distingue du Fatah de Mahmoud Abbas qui gouverne la Cisjordanie.

Cette scission entre deux Palestine, celle de Gaza et du Hamas et celle de la Cisjordanie et du Fatah, produit une situation profondément complexe. Israël a tenté de normaliser ses relations avec le Hamas et Gaza depuis quelques années en délivrant notamment des permis de travail à des milliers de Gazaouis et en laissant le Qatar acheminer du financement vers Gaza en passant par Israël – les spécialistes parlent d'une somme mensuelle de \$35 millions qui transitent par Israël dans des valises destinée aux dirigeants du Hamas.

Ce «commerce» permettait à Israël de garder la main sur Gaza, en alimentant le territoire de monnaie, tout en laissant le Qatar se porter garant de cet argent, ce qui produit une situation de dépendance entre ces trois entités. Le gouvernement du Hamas utilisait d'ailleurs cet argent pour opérer les services publics dans la bande de Gaza. Mais tout cela s'est arrêté le 7 octobre dernier, et nous sommes aujourd'hui plongés dans une situation dont la volatilité est profondément inquiétante.

Plusieurs voix sérieuses s'élèvent depuis plusieurs jours pour exhorter Israël à la retenue. D'ailleurs, nous avons constaté un «shift» dans la teneur des discours



Au total, la guerre a déjà fait plus de 3 600 morts de part et d'autre, civils, soldats israéliens et combattants palestiniens. (Photo: AFP)



Guerre Hamas-Israël : Des milliers de personnes tentent de quitter Gaza avant l'assaut de l'armée israélienne. P - 20 Minutes

des dirigeants israéliens, qui ne laissent aucune place à la moindre négociation dans l'immédiat de l'attaque du Hamas.

Ils sont aujourd'hui légèrement plus mesurés, acceptant même de rétablir la fourniture d'eau momentanément dans certaines régions de Gaza et demandant aux civils de la partie nord de la bande d'évacuer vers le sud avant que l'armée n'entame son opération au sol. Cette évacuation concerne près de 1,2 millions de personnes, quasiment la population mauricienne, et il semblerait que plusieurs centaines de milliers de Gazaouis aient réussi à se diriger vers le sud.

**Des centaines de morts dans une frappe sur un hôpital à Gaza**

**L'**es choses ont pris un tournant dramatique dans la nuit de mardi lorsqu'un hôpital a été la cible des missiles. Les autorités israéliennes et le Hamas n'arrêtent pas de se renvoyer la balle dans l'attribution des responsabilités, Israël démentant le fait qu'il s'agit d'un tir israélien et le Hamas accusant l'armée israélienne de bavure.

La frayeur des analystes chevronnés était qu'Israël ne dépasse une ligne rouge, qui n'a jamais été définie, qui ferait que le conflit passerait dans une autre dimension. Le bombardement de l'hôpital à Gaza, faisant plusieurs centaines de morts, pourrait bien apparaître comme une telle ligne rouge aux yeux d'une grande partie du monde.

Si la preuve est apportée qu'il s'agissait d'une frappe israélienne, l'argument sera démontré que l'armée israélienne ne distingue pas entre civils palestiniens et Hamas, tout comme les terroristes du Hamas ne distinguent pas entre civils israéliens et État israélien. Cela laisse présager le pire à la veille d'une intervention au sol de l'armée israélienne.

Nous ne nous avancerons pas sur ce qui suivra l'intervention au sol, mais nous pourrions deviner que l'armée israélienne entrerait dans une guerre âpre faisant face à des tactiques de «urban warfare» et de guérillas venant d'un Hamas prêt à en découdre.

L'histoire militaire récente démontre que ce genre de situation produit un seul cas de figure: un borbier dont aucune armée ne peut s'en sortir rapidement. Cela avait été le cas pour l'armée américaine en Irak et en Afghanistan, par exemple.

L'autre tendance serait celle évoquée plus haut: une mondialisation du conflit.

☞ Suite en page 5

# Invasion imminente de Gaza

☞ Suite de la page 4

Le Président américain Joe Biden a déjà mis l'Iran en garde, ce qui n'a pas empêché le gouvernement iranien de positionner des missiles en Syrie et de tenter d'ouvrir un front dans le nord d'Israël en utilisant le Hezbollah. La réponse américaine a été de déployer un autre porte-avions, avec tout son contingent militaire en Méditerranée, ce qui ne laisse présager rien de bon.

Une issue existe-t-elle actuellement? Il est difficile de l'affirmer, mais il faudra observer comment l'Arabie saoudite, la Chine, l'Inde, la Russie et l'Union africaine, eux, se positionnent. Ils ont été plutôt discrets depuis le début de la guerre, ne faisant que condamner les attaques sur Israël et appeler Israël à la retenue. Il se pourrait bien que leur intervention soit décisive dans le scénario actuel, donnant de facto au BRICS+ une capacité diplomatique qui pourrait être bien plus efficace que toute action de l'ONU.

Mais nous ne sommes pas encore là.

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## Privy Council Conséquences du jugement sur nos pratiques électorales

**L**e jugement du Privy Council dans le cas opposant Suren Dayal à Pravind Jugnauth et ses colistiers de la circonscription numéro 8 est enfin tombé. Les spéculations allaient bon train sur l'issue du jugement, après un "hearing" qui ne semblait pas être en faveur de la partie plaignante compte tenu des questions et de la posture des Law Lords pendant la séance. Les avis n'hésitaient pas à avancer une issue favorable pour l'actuel Premier ministre.

Donc, c'est sans surprise réelle que nous avons appris le contenu de la délibération des Law Lords lundi après-midi. Le MSM avait déjà anticipé une telle issue et avait déployé ses partisans à son quartier général au



L'importance du jugement rendu par le Privy Council dépasse de loin les ambitions politiques partisans et s'inscrit dans une culture nationale qui en sera influencée. P - MT

Sun Trust. Cette démonstration de force se voulait être une réponse forte aux congrès de l'alliance de l'opposition. Et la teneur des discours (et notamment celui de Pravind Jugnauth) n'a pas manqué d'attaquer l'opposition et sa démarche.

Navin Ramgoolam a également réagi en affirmant qu'il respectait bien évidemment le jugement mais que ce dernier ne signifiait aucunement que les élections de 2019 étaient «free and fair».

Comme nous le disions la semaine dernière, le défi pour les leaders de l'alliance de l'opposition parlementaire est de pouvoir exister dans une temporalité qui sera désormais dictée par Pravind Jugnauth, et ce, en faisant évoluer leur rhétorique. Désormais, il faudra changer de cap et proposer des politiques apportant des solutions aux problèmes actuels des Mauriciens, dans une situation globale extrêmement complexe. Cela pourrait représenter un défi certain pour ces trois partis dont les idéologies et les ambitions politiques divergent parfois radicalement. Ces trois partis devraient donc se mettre au travail.

L'importance du jugement rendu par le Privy Council dépasse de loin les ambitions politiques partisans et s'inscrit dans une culture nationale qui en sera influencée. En effet, en rejetant tous les points avancés par les avocats de Suren Dayal, le Privy Council a officiellement déclaré que la culture électorale mauricienne fonctionnait parfaitement bien pour les conditions politiques et sociales du pays. Et le rejet de tous les points avancés par les Law Lords implique également qu'aucune recommandation ne devrait s'appliquer pour des réformes électorales.

Relevons uniquement le fait que nous avons cette tendance et cette culture de la surenchère électorale. Cela fait partie intégrante du libéralisme mauricien où la liberté de l'expression politique prime sur la rationalité des propositions politiques. C'est d'ailleurs pour cela que nous voyons, tous azimuts, la multiplicité des partis politiques s'engager dans la surenchère politique.

Est-ce qu'il appartenait au Privy Council, une instance «hors sol», de statuer sur cette culture? Ou bien appartient-il plutôt à la responsabilité des politiciens et au discernement de l'électorat de proposer des politiques justes et réalisables, d'un côté, et de voter pour les propositions qui participent à la construction du bien commun, de l'autre?

En rendant son verdict, le Privy Council a également témoigné de sa volonté de ne pas s'ingérer dans cette culture électorale et dans l'esprit libéral qui constitue son fondement. Après tout, si nous n'avons pas cette concurrence des promesses et des propositions pendant une campagne électorale, que resterait-il? Ainsi, par-delà le contexte politique actuel du jugement, nous devons poser une question bien plus profonde.

Si les partis politiques ne peuvent pas faire campagne sur des propositions de politique publique, alors sur quoi feront-ils campagne?

Dans un pays où la donnée identitaire est une clé de voûte de la construction de l'espace politique, sans proposition de politique publique, que reste-t-il donc à débattre dans cet espace, si ce n'est que la question de la répartition identitaire de ce même espace?

En d'autres termes, des propositions de politique publique permettent aux partis politiques de proposer des choses universelles, qui concernent tous les Mauriciens. Sans cela, notre système politique et électoral pourrait être condamné à ne devenir qu'une lutte identitaire qui nous mènerait dans un gouffre dont nous ne pourrions guère nous en extraire.

Peut-être donc que le Privy Council, tout comme la Cour suprême de la République de Maurice, ont eu raison de rejeter un cas qui aurait produit un précédent bien plus dangereux que le simple soupçon de corruption formulé par les avocats de la partie plaignante.

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## Un sommet pour marquer l'anniversaire des 10 ans de la 'Belt and Road Initiative'

**U**n sommet pour marquer les 10 ans de la 'Belt and Road Initiative' (BRI) a été organisé cette semaine en Chine. Près de 130 pays étaient représentés par diverses délégations, mais l'événement majeur de ce sommet, c'était la présence de Vladimir Poutine à Pékin.



Vladimir Poutine va rencontrer en Chine son «cher ami» Xi Jinping. P - Le Journal de Québec

Le président russe ne se déplace plus depuis le début de la guerre en Ukraine à cause d'un mandat d'arrêt de la Cour pénale internationale (CPI) pour crimes de guerre contre lui. Néanmoins, une visite à Pékin n'implique pas un tel scénario étant donné que la Chine n'est pas signataire des accords permettant à la CPI de sommer une arrestation.

C'est ainsi qu'un Vladimir Poutine tout sourire est arrivé en Chine pour rencontrer son «dear friend» Xi Jinping. Les deux hommes s'étaient rencontrés en personne en mars dernier lors d'une visite officielle du président chinois en Russie. Cette dernière rencontre avait été extrêmement cordiale. Une caméra a même été témoin d'un échange important entre Poutine et Xi, où ce dernier avait déclaré à son homologue russe qu'après près d'un siècle leurs deux pays étaient revenus sur le devant de la scène internationale et qu'ils allaient désormais présider au destin de l'avenir du monde.

Cet échange n'avait pas manqué de faire le buzz à l'époque.

De manière pragmatique, le président russe est à Pékin pour discuter de projets d'investissement avec son homologue chinois. La priorité actuelle de la Russie est la finalisation du projet Power of Siberia 2, un pipeline de 2,800 kms de long, qui acheminera du gaz russe vers le nord-est de la Chine. Les négociations sont à un stade très avancé et il ne reste plus que quelques détails à régler entre les deux pays avant de trouver un accord final, qui pourrait bien être annoncé à l'issue du sommet.

A. Bartleby  
☞ Suite en page 7



Anil Madan

## Israelis and Palestinians

# The Dissonance of Opposing Existential Narratives

**I**t is heart wrenching to read about the atrocities of Hamas that left 1,400 Israelis dead on October 7, and of the suffering of the Gazan Palestinians as their homes and infrastructure are destroyed by relentless aerial bombardment by Israel. Watching video broadcasts on television and seeing photos of grief and suffering on both sides is almost impossible. The death, destruction and suffering we humans can inflict on each other is unfathomable.

The explosion at the Al-Ahli Hospital left hundreds dead and wounded. Israel and Hamas both deny culpability. Israel claims that a rocket launched by Palestinian Islamic Jihad failed and exploded in the vicinity of the hospital and points to an Al Jazeera livestream video to support its claims. Al Jazeera asserts that its video does not support Israel's claim. But Al Jazeera shows no airstrike around the time of the explosion.

NPR concluded that the damage is not consistent with an Israeli airstrike, but they hedged about it possibly being some other Israeli low yield weapon. There is no evidence of any such weapon being used. Regardless of who is culpable, it is unconscionable that Israel did conduct airstrikes in the vicinity of the hospital and that Hamas and Islamic Jihad used the hospital and Palestinian civilians seeking shelter in its parking lot as human shields.

My Jewish and Muslim friends talk to me and send me messages of support for Israel or for the Gazans. And there is either praise for, or revulsion at President Biden's unwavering support for Israel.

The sense that each side, Israelis, and Palestinians, view their mutual and ongoing struggle as existential is palpable. Not for the first time, I have pondered how to reconcile these conflicting claims that for each, this is existential. And with President Biden's brief visit to Israel, the geopolitical implications of this ongoing and evolving crisis spring to mind.

It is easy enough to understand Israel's views that it is engaged in an existential struggle for its very survival. After all, Hamas and Hezbollah have clearly stated aims to kill every Jew and to destroy Israel itself. Hezbollah's attacks some years ago, and Hamas' attack on October 7, tell us that it is dangerous to dismiss the rantings of these two terrorist organizations, for they are well supplied by Iran and egged on by its Supreme Leader Ayatollah Khamenei who has long threatened the extinction of Israel and even recently praised Hamas' for its attack as did Iranian President Raisi.

Understanding the Palestinians' basic claim of an existential struggle is also easy. This is, of course, the overarching claim that the very creation of Israel that led to the mass displacement of Palestinians in 1948 was the "catastrophe" or Nakba. The more nuanced claim is that Israel is systematically displacing Palestinians and seizing land in the West Bank as settlers expand and build new settlements. This, they say, is a long-range goal of Israel to make a two-state solution impossible. Then there is the claim that Gaza is nothing more than an open prison where Palestinians are trapped in some of the most densely crowded conditions and denied basic human rights. Only the destruction of the evil of



Pic Financial Times

**“Obviously, Israel is bent on destroying the subterranean tunnel structures that Hamas has built in Gaza. Hamas is unlikely to give up the hostages because they will be valuable bargaining chips in this vile game of death and destruction. And Israel will be hard pressed to avoid killing the hostages as it continues to bomb. A ground invasion of Gaza promises only more death and destruction...”**

Israel can remedy that.

### Competing claims

How does one resolve these competing claims which from the perspective of each side are entirely justified? It is of little value to look at the historical record. Depending on the point at which one starts the concatenation, the land belonged to the Jews or to the Palestinians. Does one go back to 1948, or to the Balfour Declaration, or even as far back as 2000 years? Ultimately, Israel is in possession of what it describes as the eternal Jewish homeland, and it is not about to give up any of that.

To some extent, they are both right. One can poke holes in either position if one is so inclined. That is not a productive exercise. Most troubling is that both sides also have the notion that their survival is dependent on the destruction of the other. For any hope of peace, we must find a way to prove them both wrong in this mutually consistent deduction that appears seemingly logical to them, but irrational to any objective onlooker.

Is it possible for the Israelis and Palestinians to live together in peace, if not in harmony? Given what has happened, the obvious answer seems to be no. But if that makes it equally obvious that each will continue to try to destroy the other, somehow, we must find a way to change the answer to yes.

At this point, the Gazans are afraid to leave their land for fear that they will not be allowed to return. These concerns are justified and given Israel's evacuation order to clear northern Gaza, who knows if an order to evacuate southern Gaza will follow?

Egyptian President Abdel Fattah al-Sisi expresses the same fear: “What is happening now in Gaza is an attempt to force civilian residents to take refugee and migrate to Egypt, which should not be accepted,” he said, and “Egypt rejects any attempt to resolve the Palestinian issue by military means or through the forced displacement of Palestinians from their land, which would come at the expense of the countries of the region.” He added that any such move would turn the Egyptian peninsula into a base for attacks against Israel.

The urgent necessity for Israel to avoid such an event is palpably clear. Egypt and, indeed, the Arab countries would find themselves once again in conflict with Israel. The hope for a rapprochement between Israel and Saudi Arabia has faded to the back burner with Israel's unrelenting bombing of Gaza. The explosion at the Al-Ahli Hospital could cause the flame on the back burner to be extinguished. Certainly, it caused the President Biden's trip to the Middle East to devolve into a love fest with Israel and not a wider diplomatic overture.

### A game of death and destruction

So, what is to be done? Obviously, Israel is bent on destroying the subterranean tunnel structures that Hamas has built in Gaza. Hamas is unlikely to give up the hostages because they will be valuable bargaining chips in this vile game of death and destruction. And Israel will be hard pressed to avoid killing the hostages as it continues to bomb. A ground invasion of Gaza promises only more death and destruction.

● Cont. on page 13

# Pre-determined legal outcomes



Prakash Neerohoo

From an ideological perspective, I have always argued that legal outcomes are pre-ordained and pre-determined in a class society where privileged classes hold absolute political and economic power.

The king's law lords would never upset the rule of the monarchy, whether it is *de jure* there (UK) or *de facto* over here. It was naive for some people to expect a different outcome than what they heard on October 16th.

That speaks to their lack of political culture, their misunderstanding of the interdependence of political, economic and legal institutions in a capitalist society, and their lack of knowledge of the sociology of law. What is called respect for public institutions is actually acquiescence to the anti-democratic practices of such institutions.

In a class society, the legal system is the superstructure that upholds the arbitrary laws passed by



Parliament in the name of separation of powers (which is doubtful). Higher courts lack judicial activism. When aggrieved parties get relief at a lower court thanks to maverick magistrates, the higher court overturns the ruling in order not to rock the boat.

Regulatory and investigative institutions twist facts and evidence to suit their political agenda and very often act *ultra vires* to their statutory mandate. In many cases, we see corrupt officials getting away with murder because they are power holders or close to power. In one particular area, namely contract law, we see that courts of justice are always upholding immoral or rigged contracts by relying on a literal interpretation of the law (just looking at the rights and obligations of parties).

Unless there is a political revolution to do away with *de facto* monarchy (like the French Revolution) and make radical constitutional changes, the whole system will continue to operate in an anti-democratic way against public interest, that is the people's interests.

Only dim-witted people or semi-intellectuals with no ability to think about fundamental systems are happy with predictable legal outcomes. Their worship of public institutions only shows their lack of depth.

## Éclairages

☞ Suite de la page 5

Ce pipeline s'inscrit dans la stratégie russe de diversifier encore plus les bénéficiaires de son gaz naturel. Pour rappel, la compagnie russe Gazprom est le plus grand distributeur de gaz naturel au monde, avec des revenus dépassant les \$120 milliards annuellement.

La finalisation de ce pipeline relève d'une importance hautement stratégique pour la Russie car elle ouvrira une deuxième voie d'acheminement vers la Chine, donnant au gouvernement russe encore plus d'indépendance par rapport aux exportations vers l'Europe via les pipelines Nord Stream.

### BRICS, ou l'alternative au monde occidental

De manière plus profonde, un tel projet s'inscrit dans la droite lignée de cette attitude démontrée par le fameux échange entre Xi et Poutine en mars dernier. Depuis plusieurs années, la Chine ne cache plus ses ambitions géopolitiques sur le plan mondial. Au contraire, elle se positionne de plus en plus fermement comme une alternative au monde occidental, et la BRI s'inscrit directement dans cette ambition.

De ce fait, la relation sino-russe relève d'une importance capitale pour les ambitions des deux pays. La Chine a besoin de la Russie pour consolider ses approvisionnements en énergie et aussi pour peser sur les institutions du multilatéralisme. Et la Russie, elle, a besoin

## Un sommet pour marquer l'anniversaire des 10 ans de la 'Belt and Road Initiative'

de la Chine pour se libérer des sanctions occidentales et avoir une plus grande marge de manœuvre sur l'échiquier mondial.

Xi Jinping n'a d'ailleurs jamais vraiment condamné ce que les Russes ont nommé "l'intervention spéciale" en Ukraine, reconnaissant même à Poutine le droit légitime de protéger les Ukrainiens russophones et de consolider la sécurité de la Russie en face d'un OTAN qui n'a eu de cesse de gratter du terrain vers l'est. Parallèlement, Vladimir Poutine affiche constamment son soutien à l'émergence d'un nouvel ordre mondial avec la Russie, la Chine et l'Inde en tête de gondole. C'est d'ailleurs là tout l'esprit de la création des BRICS et le sens premier du projet de dédollarisation du pétrole et du gaz.

Ainsi, le sommet de la BRI semble plus se transformer en une opération de PR pour mettre à l'avant l'entente extrêmement cordiale entre Vladimir Poutine et Xi Jinping. Avec les troubles qui se déroulent au Moyen-Orient, cette relation extrêmement amicale relève également d'un enjeu sécuritaire pour le monde, surtout lorsque l'on sait que la Russie entretient des liens forts avec l'Iran.

Tout cela ne peut pas manquer de nous renvoyer à ce fameux échange de



One Belt, one road : Vladimir Poutine en Chine pour la conférence sur les nouvelles routes de la soie. P - nemrod-ecds.com

mars dernier entre les deux hommes, échange qu'ils ont pris soin de mettre en scène afin que les caméras capturent l'image. Oui, les ambitions chinoises et russes sont alignées. Et elles ne sont pas uniquement alignées dans une cause commune contre le bloc occidental. Elles

sont également alignées dans leur volonté de former un bloc qui aura les moyens de sérieusement contester l'hégémonie sécuritaire, économique et institutionnelle du bloc occidental.

A. Bartleby



French police officers guard the entrance of the Palace of Versailles after a security alert. Pic - AP

## France' major new security challenge: Multiple fake bomb alerts

France's justice minister vowed Wednesday to crack down on "the little jokers" behind a flurry of false bomb alerts that caused chaos at airports and tourist sites on Wednesday.

Emailed "threats of attack" combined with abandoned luggage scares to trigger evacuations at multiple airports including Lille, Lyon, Nantes, Nice, Toulouse and Beauvais near Paris, leading to hours of delays.

The situation had returned to normal at all airports by early evening, reports AFP.

The Palace of Versailles, a major tourist attraction outside Paris, was evacuated for the third time since Saturday for bomb disposal teams to check the site.

Justice Minister Eric Dupond-Moretti said "the little jokers" behind the false alerts would be found and punished.

France is on high alert following Hamas's October 7 attack on Israel and Friday's fatal stabbing of a teacher at a school in the northern city of Arras by a man claiming allegiance to the Islamic State group.

The school was evacuated due to a bomb alert on Monday just as a minute's silence for the murdered teacher was due to be held, while the Louvre museum was also evacuated on Saturday due to a bomb threat.

## Why Egypt and other Arab countries are unwilling to take Palestinian refugees from Gaza

As desperate Palestinians in sealed-off Gaza try to find refuge under Israel's relentless bombardment in retaliation for Hamas' brutal Oct. 7 attack, some ask why neighboring Egypt and Jordan don't take them in.

The two countries, which flank Israel on opposite sides and share borders with Gaza and the occupied West Bank, respectively, have replied with a staunch refusal. Jordan already has a large Palestinian population.

Egyptian President Abdel Fattah el-Sissi made his toughest remarks yet on Wednesday, saying the current war was not just aimed at fighting Hamas, which rules the Gaza Strip, "but also an attempt to push the civilian inhabitants to ... migrate to Egypt." He warned this could

wreck peace in the region, reports AP.

Jordan's King Abdullah II gave a similar message a day earlier, saying, "No refugees in Jordan, no refugees in Egypt."

Their refusal is rooted in fear that Israel wants to force a permanent expulsion of Palestinians into their countries and nullify Palestinian demands for statehood. El-Sissi also said a mass exodus would risk bringing militants into Egypt's Sinai Peninsula, from where they might launch attacks on Israel, endangering the two countries' 40-year-old peace treaty.

Here is a look at what is motivating Egypt's and Jordan's stances.

### A history of displacement

Displacement has been a major theme of Palestinian history. In the 1948 war around Israel's creation, an estimated 700,000 Palestinians were expelled or fled from what is now Israel. Palestinians refer to the event as the Nakba, Arabic for "catastrophe."

In the 1967 Mideast war, when Israel seized the West Bank and Gaza Strip, 300,000 more Palestinians fled, mostly into Jordan.

The refugees and their descendants

## UK spy chief warns of terror threat from Israel-Hamas war

Britain's domestic MI5 spy agency chief warned that the current conflict in Israel after Hamas attack increases UK terror risk. The chief singled out Iran as a cause for concern following terror attacks by suspected Islamist extremists in France and Belgium since renewed violence erupted in the Middle East 11 days ago.

MI5 director general Ken McCallum said, "There clearly is the possibility that profound events in the Middle East will either generate more volume of UK threat and/or change its shape in terms of what is being targeted, in terms of how people are taking inspiration."

The agency chief spoke at a summit in the United States attended by its intelligence chiefs and counterparts from Canada, Australia and New Zealand, reports Hindustan Times.

"In the current climate, we and our partners are particularly attuned to the risk that terrorist organisations may choose to strike in a new way, or perhaps that individuals choose to respond often in spontaneous or unpredictable ways," he added.

Talking about Iran, he noted that London had "been concerned" about its behaviour within Britain "for a long time", with the current Middle East situation heightening



Terrorist organisations may choose to strike in a new way, says MI5 chief Ken McCallum. Pic - LBC

those concerns.

"In particular, the last 18 months or so have been a particularly intensive phase of Iran-generated threat on UK soil," he said, adding that Tehran had mainly targeted its "internal enemies, dissidents, Farsi media organisations" in the UK.

McCallum noted the world had entered a new, more dangerous era, in which "authoritarian states" were "behaving much more aggressively".

## Robert Kennedy's entry into Presidential race affects Joe Biden, and Donald Trump

President Joe Biden could get a boost from independent candidate Robert F. Kennedy Jr. in the 2024 election, according to new polls.

Kennedy, who was running as a Democrat until recently, switched to an independent third-party bid last week.

Kennedy's move could change the outcome of the election, as he has supporters from both Democrats and Republicans. He is an activist and lawyer who opposes vaccines.

The latest NPR/PBS NewsHour/Marist National poll

released this week showed that Kennedy's party change hurt former President Donald Trump more than Biden.

The poll suggests that if the election were held today, Biden would get 44% of the vote, Trump would get 37% and Kennedy would get 16%, with 3% undecided.

The poll shows that Trump lost 10% of votes because of Kennedy's switch, while Biden only lost 5%.

"Although it's always tricky to assess the impact of a third-party candidate, right now Kennedy alters the equation in Biden's favor," said

Lee M. Miringoff, director of the Marist College Institute for Public Opinion.

The latest Morning Consult poll of Republican voters, which Benzinga tracks weekly, showed that the former President still has a big lead for the Republican primary, but his support is slightly declining.

Trump got 59% of the vote in this week's poll, down from 61% the week before. Florida Gov. Ron DeSantis gained the most, going up to 14% from 12%, while Nikki Haley and Mike Pence also increased by one percentage point.

now number nearly 6 million, most living in camps and communities in the West Bank, Gaza, Lebanon, Syria and Jordan. The diaspora has spread further, with many refugees building lives in Gulf Arab countries or the West.

After fighting stopped in the 1948 war, Israel refused to allow refugees to return to their homes. Since then, Israel has rejected Palestinian demands for a return of refugees as part of a peace deal, arguing that it would threaten the country's Jewish majority.

Egypt fears history will repeat itself and a large Palestinian refugee population from Gaza will end up staying for good.

### Worries over Hamas

At the same time, Egypt says a mass exodus from Gaza would bring Hamas or other Palestinian militants onto its soil. That might be destabilizing in Sinai, where Egypt's military fought for years against Islamic militants and at one point accused Hamas of backing them.

Egypt has backed Israel's blockade of Gaza since Hamas took over in the territory in 2007, tightly controlling the entry of materials and the passage of civilians



Palestinians flee on foot from Gaza City to southern Gaza after being told to leave their homes in the north by the Israeli military. Pic - Bloomberg

back and forth. It also destroyed the network of tunnels under the border that Hamas and other Palestinians used to smuggle goods into Gaza.

With the Sinai insurgency largely put down, "Cairo does not want to have a new security problem on its hands in this problematic region," Fabiani said.

El-Sissi warned of an even more destabilizing scenario: the wrecking of Egypt and Israel's 1979 peace deal. He said that with the presence of Palestinian militants, Sinai "would become a base for attacks on Israel. Israel would have the right to defend itself ... and would strike Egyptian territory."

\* Contd on page 9



## Joe Biden's approval ratings hit record lows of 58% in new poll as he eyes second-term

President Biden is facing his worst approval ratings ever as he seeks a second term in office at the age of 80, a new poll shows.

A CNBC survey released Wednesday revealed that 58% of Americans disapprove of how Biden is running the country. He got especially low scores for his economy – 32% approve – and foreign policy – 31% approve.

His own party is also losing faith in him.

Only 66% of Democrats support his foreign policy, and 74% approve of his economic policies. These numbers are much lower than his overall approval rating of 81% among Democrats, reports Hindustan Times.

Democratic pollster Jay Campbell told the outlet that Biden's ratings among young voters, blacks and Latinos



President Joe Biden talks to reporters aboard Air Force One during a refueling stop in at Ramstein Air Base in Germany, Wednesday, Oct. 18, 2023.

are "very troubling."

The poll also found that the President would lose to former President Donald Trump by 4 points if they ran against each other.

Trump would get 46% of the votes, while Biden would

get 42%.

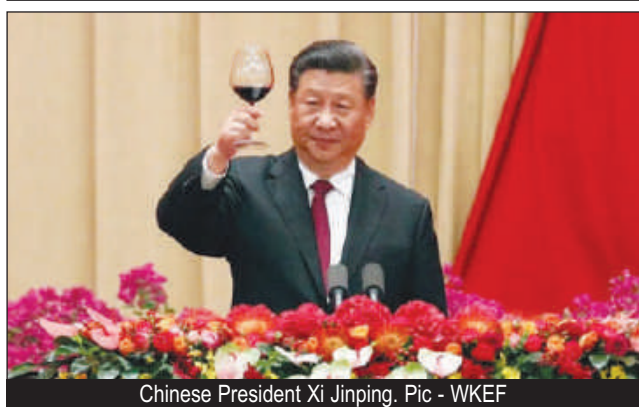
The poll was conducted after Israel declared war on Hamas terrorists on Oct. 7. It showed that most Americans – 74% – think that the US government should provide military aid to Israel.

However, only 39% said that US policy should favor Israel, while 6% said it should favor the Palestinians and 36% said it should be neutral.

Another poll by Quinnipiac released Tuesday showed similar results. Only 42% of registered voters agree with Biden's response to the Hamas attack on Israel. According to the poll, an equal percentage supports US policy toward Israel.

Quinnipiac's findings also indicated that 56% of registered voters disapprove of Biden's performance.

During his visit to Israel on Wednesday, President Biden revealed a \$100 million humanitarian aid package for Palestinians in the West Bank and Gaza Strip, alongside a commitment to request an "unprecedented" military aid package for Israel from Congress.



Chinese President Xi Jinping. Pic - WKEF

## China will work with Egypt to help stabilise Middle East: Xi Jinping

Chinese President Xi Jinping told Egypt's prime minister on Thursday that Beijing hoped to work with his country to bring "more stability" to the Middle East, state media reported, as the Israel-Hamas conflict cast a shadow over the region.

"China is willing to enhance cooperation with Egypt... and inject more certainty and stability into the region and the world," Xi told Mostafa Madbouli at a meeting in Beijing, according to state broadcaster CCTV.

"China and Egypt are good friends who share the same goals and trust each other, and good partners who work hand-in-hand for development and common prosperity", CCTV reported Xi as saying.

"At present, the international and regional situation is undergoing profound and complex changes, and the world is experiencing rapid changes not seen for a century," Xi added.

Beijing was also willing to work with Cairo to "jointly safeguard international fairness and justice as well as the common interests of developing countries", he said.

Since the outbreak of hostilities between Israel and Hamas this month, Egypt has mostly kept closed its border with the Gaza Strip, where the humanitarian situation has become increasingly desperate, reports AFP.

But Cairo said Thursday it would allow the "sustainable" passage of humanitarian aid through the Rafah crossing.

Relations between China and Egypt have strengthened in recent months, with Cairo set to become an official member of the BRICS group of emerging economies from next year.

## No longer welcome', Harvard & Columbia students lose job offers over Palestine support letter

After several Wall Street CEOs and founders announced their intent to deny jobs to Harvard and Columbia students who had openly supported Palestine and blamed Israel after the October 7 Hamas attacks, three of them are now facing repercussions.

An elite law firm, Davis Polk & Wardwell, has rescinded job offers given to three Ivy League students associated with Palestine support letter.

Davis Polk's managing partner Neil Barr has confirmed the reports in an email stating, views expressed in the letter "are simply contrary to our firm's values" and added that the firm is remaining "in dialogue" with two of the students, reports , reports Hindustan Times.

It added that student leaders who signed onto the statements are "no longer welcome in our firm".

### What did Harvard Columbia letters say

The students had signed the letter titled 'Joint Statement by Harvard Palestine Solidarity Groups on the Situation in Palestine' condemned Israel in the wake of the violence. It went on to claim that Hamas attack, 'did not happen in a vacuum' and the Israeli government has forced Palestinians to live in 'an open-air prison for over two decades.'

A similar letter, signed by more than 20 student groups at Columbia stated, "The weight of responsibility for the war and casualties undeniably lies with the Israeli extremist government and other Western governments."

The students who have been denied jobs at the prestigious law firm attended Harvard and Columbia. Their names have not been revealed.

### NYU Student lost job offer last week

Last week, another law firm, Winston & Strawn revoked a job offer to former New York University Student



A demonstrator takes part in the "We Won't Back Down: All Out for Palestine" protest in support of Palestinians in Boston, Massachusetts, U.S., October 16. Pic - Reuters

Bar Association president Ryna Workman, after Workman wrote that "Israel bears full responsibility" for Hamas' deadly attack in Israel.

However, a BBC report says that an email sent by the managing partner, Neil Barr also indicates that a door has potentially been left open for a reversal of the decision. The law firm is reportedly talking to two of the students "to ensure that any further color being offered to us by these students is considered".

Compiled by Doojesh Ramlallah

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Interview: Me Antoine Domingue, Senior Counsel

# “‘Money politics’ a encore de beaux jours devant elle...”

...il est en effet fort improbable que nos députés votent une loi d'exception contre eux-mêmes”

**M**e Antoine Domingue, Senior Counsel, commente le jugement du Privy Council dans l'appel de Suren Dayal qui contestait l'élection de Pravind Jugnauth et de ses colistiers à la circonscription no. 8. Selon Me Domingue, il n'y avait aucune nouvelle donne pour consolider le cas de Suren Dayal. La partie était donc perdue d'avance... Le vrai problème n'est pas légal mais éthique, et pour légiférer dans ce domaine, il faudrait du cran émanant de la classe politique collectivement et une certaine fermeté pour contrer toute tentative de faire taire ce genre d'initiative.



**Mauritius Times:** Quelle analyse faites-vous du jugement du Privy Council dans l'appel de Suren Dayal contre Pravind Jugnauth et de ses deux colistiers qui a été unanimement rejeté “on all grounds”?

**Me Antoine Domingue:** Le fait que ce soit un jugement unanime veut tout dire. Ce qui était reproché aux trois élus de la circonscription no 8, en particulier ce qui était reproché au Premier ministre sortant, n'entraîne assurément pas dans le cadre de la section 64 de la 'Representation of the People Act' (RPA).

Cela n'importe quel quidam aurait pu aisément s'en convaincre avec un minimum de jugeote en parcourant le jugement du juge Lam Shang Leen dans l'affaire *Ringadoo v Jugnauth* auquel les Law Lords se sont référés et qui trace, très clairement, selon les dispositions de la section 64 de la RPA, la ligne de démarcation entre promesses électorales et 'bribery' qui est une 'electoral offence' punissable par l'inéligibilité pour une période de 7 ans. Il suffit de consulter la section 69 de la 'Representation of the People Ordinance' de 1958.

Mon analyse du jugement du Privy Council me porte donc à conclure que l'on aurait dû et on aurait pu faire l'économie de cet appel et que, dans la conjoncture actuelle, l'on est fort mal habilement allé chercher le bâton pour se faire battre!

**\* Les Law lords ont rejeté tous les points soulevés par les avocats de Suren Dayal, insistant sur le fait que ces points impliqueraient qu'aucun politicien ne pourrait formuler des propositions politiques avant une échéance électorale. Pensez-vous que ce jugement aura des conséquences sur la culture des propositions électorales à Maurice?**

Je ne le pense pas puisque c'était déjà écrit noir sur blanc dans le jugement du juge Lam Shang Leen qu'il suffisait de lire et, surtout, de comprendre.

Il n'y pas de nouvelle donne. Ce jugement du Privy Council reprend presque mot à mot et confirme les jugements existants des juges Lam Shang Leen et Gunesh-Balaghee. D'ailleurs, le jugement de Lady Chief Justice (UK) Dame Sue Lascelles Carr se situe dans la même lignée que le jugement de la Cour suprême de Maurice dans l'affaire *Mamoojee v Walter* qui, je le rappelle, date de 1964.

**\* Doit-on donc comprendre, à la lumière de ce jugement unanime des Law Lords, que ce qui pourrait paraître éthiquement condamnable en termes de propositions ou de promesses électorales dans un**

contexte politique donné pourrait être non seulement tout à fait légal mais aussi “politiquement correct”, et cela même si le candidat dont l'élection est contestée aurait utilisé les ressources de l'État pour “treat” ('faire manger-boire') les électeurs comme lors de la célébration de la Journée internationale des personnes âgées au Centre Swami Vivekananda à Pailles?

Il ressort de la dernière page du jugement que ce qui fut fait en cette occasion n'était pas contraire à la section 64(2) de la RPA vu que cela avait lieu chaque année, que c'était organisé par le ministère de la Sécurité sociale et

**“Le jugement du juge Lam Shang Leen dans l'affaire *Ringadoo v Jugnauth* trace, très clairement, la ligne de démarcation entre promesses électorales et 'bribery' qui est une 'electoral offence' punissable par l'inéligibilité pour une période de 7 ans... Mon analyse du jugement du Privy Council me porte donc à conclure que l'on aurait dû et on aurait pu faire l'économie de cet appel et que, dans la conjoncture actuelle, l'on est fort mal habilement allé chercher le bâton pour se faire battre!”**

que tout le troisième âge de l'île Maurice y était grassement convié aux frais du contribuable et non pas seulement les électeurs de la circonscription des trois défendeurs, Mme Leela Devi Dookun et M.Sawmynaden n'étant - par ailleurs - que de passifs spectateurs.

Il ne s'ensuit pas que cela était conforme à l'éthique. Mais c'était en tous points conforme à la devise du MSM: «Moralité pas rempli ventre!»

**\* Au fait, les Law Lords avancent que “there must besomebargainbetween the candidate and the voter by which money is paid to (or other valuable consideration conferred on) the voter in return for voting in a particular way. Normal electoralcampaigningdoes not fallfoul of section 64 (de la Representation of People Act)...Whether there has been illegal bribery or treating will always be a question of fact and degree”. Mais prouver les faits nécessaires afin d'établir qu'un acte de corruption a eu lieu n'est pas tou-**

**jours évident, non?**

Ce l'était, pourtant, dans l'affaire *Raj Ringadoo v Ashock Jugnauth* ! Et c'est précisément ce que Jean Claude de L'Estracous a rappelé, avec beaucoup de pertinence, sur les ondes de Radio Plus suite à l'énoncé du jugement.

**\* A la lumière de ce jugement du Privy Council, on pourrait voir les pétitions contestant certaines élections obtenues sur la base des promesses électorales - perçues comme éthiquement condamnables - sensiblement réduites au regard des critères soulignés par les Law Lords, ce qui n'est pas une bonne chose en démocratie...**

Je partage entièrement votre opinion, mais dans l'état actuel des dispositions de notre code électoral et au vu de la dernière page du jugement du Privy Council sur la question de 'treating', il est évident que cela n'est pas prohibé par le texte de la section 64(2) de la RPA.

☞ Suite en page 11

# Suren Dayal v Pravind Jugnauth: 'On aurait pu faire l'économie de cet appel...

**l'on est fort mal habilement allé chercher le bâton pour se faire battre!**

☞ Suite de la page 10

Mais cela ne veut pas dire que c'est «*raisonnablement justifiable*» dans un société démocratique telle que la nôtre. Cela est un vaste débat qui se situe hors du cadre étriqué de la section 64 de la RPA.

\* Raj Ringadoo avait contesté l'élection d'Ashock Jugnauth au no. 8 en 2005. Il avait obtenu un jugement favorable en Cour suprême, ce qui par la suite fut maintenu par le Privy Council. Les faits et le contexte dans ce cas particulier sont sans doute différents de ce qui s'est passé au No. 8 en 2019, mais ce jugement aurait pu servir de référence, n'est-ce pas?

Ce jugement a pourtant servi de référence aux juges Chan et Gunesh-Balaghee dans le jugement contesté en appel et qui a été unanimement maintenu dans son intégralité. C'est l'appelant qui aurait dû s'en inspirer au lieu de continuer à prétendre que «Ringadoo» avait été mal compris et mal appliqué par nos deux juges.

\* Qu'en est-il du rôle que joue la Mauritius Broadcasting Corporation (MBC) pour favoriser chaque gouvernement sortant durant la campagne? Ce point n'a pas été soulevé devant le Privy Council, mais il est connu que la MBC-TV en particulier peut potentiellement jouer un rôle déterminant durant une campagne électorale - comme l'affaire "katori" l'avait démontrée en 2019.

Encore une fois, il faut légiférer pour que cela cesse une fois pour toutes. Et il faudrait donc que de telles pratiques soient prohibées et constituent une «*serious electoral offence*» passible d'une peine d'emprisonnement assorti d'une longue période obligatoire d'inéligibilité.

“Au vu de la dernière page du jugement du Privy Council sur la question de 'treating', il est évident que cela n'est pas prohibé par le texte de la section 64(2) de la *Representation of People Act* (RPA). Mais cela ne veut pas dire que c'est «*raisonnablement justifiable*» dans un société démocratique telle que la nôtre. C'est l'objet d'un vaste débat qui se situe hors du cadre étriqué de la section 64 de la RPA...”

“Un code de conduite ne suffit pas et n'a jamais servi à rien. Il faut prendre le taureau par les cornes, et il faut absolument légiférer. C'est d'ailleurs ce que j'ai préconisé lors de mon intervention sur les ondes de Radio Plus. Notre texte est vieillot : il date de 1958 et les dispositions de la section 64 de la RPA trouvent leur origine dans un texte de 1854, il est donc grand temps de rajeunir et de revigorer notre code électoral dans son ensemble 'so as to give it some teeth'...”

“Ce qui fut fait (lors de la célébration de la Journée internationale des personnes âgées au Centre Swami Vivekananda à Pailles) n'était pas contraire à la section 64(2) de la RPA vu que cela avait lieu chaque année, que c'était organisé par le ministère de la Sécurité sociale et que tout le troisième âge de l'île Maurice y était grassement convié aux frais du contribuable... Il ne s'ensuit pas que cela était conforme à l'éthique. Mais c'était en tous points conforme à la devise du MSM: 'Moralité pas rempli ventre'!...”

“Il est, en effet, fort improbable que nos députés votent une loi d'exception contre eux-mêmes. Ce n'est pas demain la veille que cela changera et la «*money politics*» a encore de beaux jours devant elle, jusqu'à ce que par un sursaut de la population, cela se retourne contre ceux qui s'en servent, l'argent étant un bon serviteur mais un bien mauvais maître...!”



\* Les Law Lords du Privy Council avaient recommandé à l'Electoral Supervisory Commission, dans leur jugement dans l'affaire *Raj Ringadoo v Ashock Jugnauth*, la mise en place d'un code de conduite à l'intention des ministres, fonctionnaires et autres, après la déclaration d'une élection, pour la tenue de "free and fair elections". Ce code existe aujourd'hui, mais il n'a pas force de loi. Au regard du contexte et de la culture politique qui prévalent à Maurice, pensez-vous que les choses auraient pu être différentes avec un code contraignant?

Un code de conduite ne suffit pas et n'a jamais servi à rien. Il faut prendre le taureau par les cornes, et il faut absolument légiférer. C'est d'ailleurs ce que j'ai préconisé lors de mon intervention sur les ondes de Radio Plus. Notre texte est vieillot : il date de 1958 et les dispositions de la section 64 de la RPA trouvent leur origine dans un texte de 1854, il est donc grand temps de rajeunir et de revigorer notre code électoral dans son ensemble «*so as to give its some teeth*».

\* Il y a quelques semaines, certains juristes avaient fait le commentaire à la suite du "hearing" que l'argumentaire du plaignant aurait pu être beaucoup plus solide mais ses avocats avaient choisi un argumentaire plus faible afin de ne pas mettre en lumière le fait suivant: ce que Suren Dayal reprochait à Pravind Jugnauth, c'était en réalité une pratique de tous les leaders politiques à Maurice depuis des décennies. Pensez-vous qu'il y aurait un

consensus non déclaré de la part des leaders politiques de ne pas toucher à cette culture au fond?

Non, ce n'est pas le cas. La quatrième raison d'appel concernant la «*undue influence*» de la MBC et la cinquième raison d'appel concernant la BAI furent abandonnés sur les conseils sans doute éclairés de Maître Timothy Straker KC qui ne souhaitait pas, dit-on, diluer son argumentaire sur ses trois autres raisons d'appel «*bribery under grounds 1 and 3, treating under ground 2*», dont chacun sait maintenant ce qu'il en est advenu.

"Who will bear the costs?" Il reste maintenant la question des 'costs' qu'il avait lui-même fort inopinément soulevée devant le Privy Council à la conclusion des débats. Ce qui démontre, une fois de plus, qu'il ne faut jamais vendre la peau de l'ours avant de l'avoir tué.

\* Dans ces circonstances, on ne voit pas les hommes politiques de quelque bord politique que ce soit réformer la «*Representation of People Act*» puisque cela sert leurs intérêts politiques, non?

Je ne vous le fais pas dire. Il est, en effet, fort improbable que nos députés votent une loi d'exception contre eux-mêmes. Ce n'est pas demain la veille que cela changera et la «*money politics*» a encore de beaux jours devant elle, jusqu'à ce que par un sursaut de la population, cela se retourne contre ceux qui s'en servent, l'argent étant un bon serviteur mais un bien mauvais maître...!



Suze Wilson  
Senior Lecturer,  
Massey University

# What makes a good political leader – and how can we tell before voting?

For many people, voting is not just a right, it's an act of civic duty. Even more than that, some voters base their decisions on what they believe best serves society as a whole, not what might personally advantage them.

The trick, of course, is how to exercise that vote in a responsible, informed and considered manner. Understanding the policies of different parties is obviously a key part of that.

But what of the individual characteristics of candidates and would-be leaders? What can the research tell us about what to look for? Given they are "actors" on the political "stage", how do we evaluate their performance?

Of course, leadership isn't a solo act. Many things determine what leaders can and can't do. But what makes them tick – how their personality or character informs their actions – is enduringly fascinating. In fact, we know a lot about the beliefs, attitudes and behaviours that can help distinguish between good and bad leaders.

## Confusing confidence with competence

Given "good" leadership is generally accepted as being both ethical and effective, it stands to reason "bad" leaders tend to fail on one or both counts. They either breach accepted principles of ethical or moral conduct, or they act in ways that detract from achieving desired results.

This distinction helps demystify leadership by highlighting that the qualities we least admire in others are also what scholars have long flagged as danger signs in leaders: arrogance, vanity, dishonesty, manipulation, abuse of power, lack of care for others, cowardice and recklessness.

Notably, though, bad leaders can appear charming, confident and driven to achieve, despite seeking power for selfish reasons.

Numerous studies have identified the ways in which narcissists and what are sometimes called corporate psychopaths can be highly skilled at manipulating people into believing they've got what it takes, but will typically lead in destructive and dysfunctional ways. Other studies have shown the negative effects of "Machiavellian" leadership styles.

There is also a tendency to confuse competence – the actual knowledge and skills needed to perform a leadership role – with confidence. Good leaders tend to be relatively humble about their abilities and knowledge. This means they're better listeners, more sensitive to others' needs, and better able to collaborate effectively.

## Practical wisdom

None of this fascination with leadership is new. The Classical Greek philosopher Aristotle argued good leaders possess a range of character virtues in the "middle ground" between what he called the "vices" of excess or deficiency. Courage, for example, is the virtuous mid-point between the vices of recklessness and cowardice.

The modern character virtues leadership researchers emphasise include humanity, humility, integrity, temperance, justice, accountability, courage, transcendence, drive and collaboration.

*Politics is about appearances as much as policy. But it's possible to make an informed judgment about political leaders, if we know what to look for*



## How would you rate local leaders?

“The Classical Greek philosopher Aristotle argued good leaders possess a range of character virtues in the “middle ground” between what he called the “vices” of excess or deficiency. Courage, for example, is the virtuous mid-point between the vices of recklessness and cowardice. The modern character virtues leadership researchers emphasise include humanity, humility, integrity, temperance, justice, accountability, courage, transcendence, drive and collaboration...”

Each attribute helps a leader deal more effectively with some aspect of their role. Humanity, for instance, enables a leader to be considerate, empathetic and compassionate. Temperance helps them remain calm, composed, patient and prudent, even in testing circumstances.

Deployed together, these character virtues help foster sound judgment, insight, decisiveness – allowing a leader to calmly handle complex, unfolding challenges.

For Aristotle, the ideal leader could demonstrate what he called “phronesis”, or practical wisdom. This wasn't necessarily about delivering perfect, painless solutions. Indeed, phronesis might mean adopting the least-worst option – which is often the case when dealing with the complex task of running a country.

There is also no single personality “type” most suited to good leadership. But studies indicate those who are proactive, optimistic, believe in themselves and can manage their anxieties stand a better chance. Empathy, a sense of duty and a commitment to upholding positive social values also underpin the attributes of good leaders.

## Evaluating political leadership

No leader will be perfect. But each character or personality flaw impedes their capacity for wise judgment and dealing with the demands of their role. A wise leader, therefore, is one who has deep and accurate insight into their personal foibles and has strategies to

mitigate for those tendencies.

Political leaders will obviously seek to present their policies, parties and themselves in a positive light, something known as “impression management”. This is where critical questioning and fact checking by journalists and experts can play a vital role.

But gauging a leader's “true” personality or character is more difficult. And we first need to be aware that our impressions and evaluations of leaders are not entirely driven by reason or logic.

Secondly, we can look for recurring patterns of behaviour in different situations over time. We should pay particular heed to behaviour under pressure, when it becomes more difficult to “mask” true feelings and motives.

Thirdly, we can consider the values that underpin a leader's policies, who benefits from them, and what messages these convey to the community at large.

In the long run, a leader's results bear consideration. But we need to assess these fairly, accounting for what was beyond their control. We should be mindful to avoid “hindsight bias” – the tendency to imagine events were predictable because we know they've occurred.

It should be no surprise that what constitutes good leadership has been studied and debated for thousands of years. Leaders have power and we've always wanted them to use it wisely. An informed voting choice makes that more likely.

From the Pages of History - MT 60 Years Ago

6th Year No 253

MAURITIUS TIMES

Friday 19 June, 1959

• *Love is a wonderful thing and highly desirable in marriage. — R. Hughes*

# Mr John Hatch

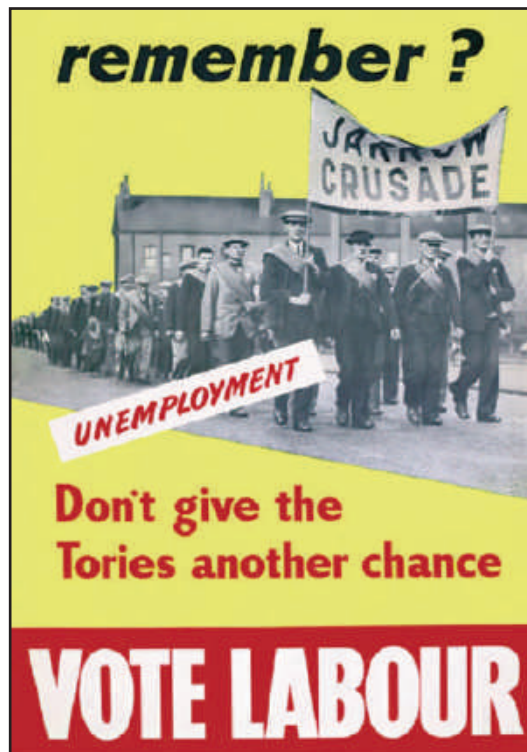
When Karl Marx launched his galvanizing war cry - "Workers of the World Unite!", he certainly did not realize that it was also going to have a far-reaching impact on non-communist workers throughout the world. For there is no doubt today that workers the world over, though separated by mountains and oceans, are making common cause in their heroic struggle for political emancipation and social and economic freedom.

That is why John Hatch, Commonwealth Officer of the British Labour Party, who arrived on Wednesday is especially welcomed to our shores. He is more especially welcomed because he comes from a great political party which is a source of inspiration to workers all over the world including Mauritius.

We welcome him warmly because in him we find a distinguished representative of the great British traditions. And we welcome him because of the tremendous help he and the British Labour Party extended to our delegates when they were in London to discuss our Constitution. It can be said, without fear of contradiction, that the British Labour Party and its zealous and illustrious members of the calibre of John Hatch have tremendously influenced the course of our destiny.

In our attempt to build up a solid working-class movement the British Labour Party stands as a model to which we always look up. And we have no doubt that this official visit of Mr Hatch, who happens to be from the Commonwealth section of the British Labour Party, will go a long way towards strengthening the bonds of friendship and cooperation which so closely bind us together. We are sure Mr Hatch will get first-hand information about our situation over here; he will be able to see for himself what the local Labour Party is doing or is attempting to do, and when he goes back to London he will certainly take with him a lot of useful information which will further enrich the large amount of documentation which the British Labour Party already has about Mauritius.

Mr Hatch seems to have come at the right moment. He comes at a time when the Labour Party has just been returned to power with an overwhelming majority under a new Constitution — a Constitution which the advisers of the British Labour Party helped to bring about. It was agreed that the present Constitution is a transitional one and if Mr Hatch has the oppor-



## About John Hatch, Commonwealth Officer of the British Labour Party

Between 1950 and 1970, John Hatch served as Commonwealth correspondent for the *New Statesman*, and developed a lifelong interest in African affairs, serving as a policy adviser to leaders such as Julius Nyerere and Kenneth Kaunda amongst others. He was Commonwealth Secretary of the Labour Party during the 1950s, before becoming Director of the Extra-Mural Department of the University of Sierra Leone in 1961. He was made a life peer on 5 May 1978 as Baron Hatch of Lusby of Oldfield in the County of West Yorkshire.

tunity of assessing its foibles, and we are sure he will do so, he will certainly realise how inadequate it is.

The Mauritius Labour Party has proved its mettle; it has shown that it can supply the brains and the initiative a Cabinet system of government would require and if people in Whitehall would say that we are immature Mr Hatch will be there to take up the cudgels on our behalf with greater authority and *connaissance de cause*.

During his visit, Mr Hatch may well share with us his views on the organisational aspect of the Mauritius Labour Party. Undoubtedly, his rich and valuable experience of party organisation will prove helpful to our Party. It will be also interesting to have his views regarding the rela-

tions which now exist between the trade union movement and the Labour Party. We may well let Mr Hatch know that it is being said in so-called responsible quarters that the trade union movement should have nothing to do with the Labour Party. Nay, it is even suggested that the trade union movement should side or should be made to side with anti-Labour forces!

But how much can Mr Hatch see and do within so short a stay! It is indeed a thousand pities that we should say welcome to him and in the same breath to bid him Bon Voyage and happy return home. Nevertheless, we do hope that as an ambassador of goodwill and friendship from the British Labour Party his short but sweet visit to our tiny island would have served its purpose.

Let him take to London our good wishes and our very best greetings of Mauritian workers to our fellow British workers. We do assure them, through him, of our spirit of solidarity and we look forward to the day when the British Labour Party will be installed at Whitehall. May we also assure him of our devotion and sincerity to the Commonwealth family so ably defined by the Vice-President of India in these words:

Commonwealth means for us complete independence and informal association, sharing of ideals though not of allegiance, of purposes though not of loyalties, common discussions which lead to better understanding of our problems and not binding decisions which restrict the independence of Member States.

So once again, welcome to our island and bon voyage!

\* \* \*

## The Dahal Case

It is indeed unfortunate that through a technical mishap on his part Mr Ajum Dahal, President of the Comite d'Action Musulman, should have been unseated from the Legislative Council.

We are sure that Labourites all over the Island and especially those of the Riviere des Anguilles Constituency must deplore the accident which has befallen Mr Dahal. But we can't help it. The law has to be applied and we think Mr Dahal must take the decision as such and should not get discouraged. Legion are those who are ready to come out and help him in the by-election.

We have every reason to believe that the STAR and KEY entente will work once again. Let our friends be ready at their respective posts. And when the signal is given, Ajum Dahal will again carry the day at Riviere des Anguilles!

## Breakfast with Bwana

### Israelis and Palestinians The Dissonance of Opposing Existential Narratives

• Cont. from page 6

There may be a faint hope. Gaza will have to be rebuilt. Israel will certainly have to pay for most of that reconstruction. But perhaps if Israel were to guarantee the right of return to Gaza for its civilians and cede control of Gaza to a joint administration with Egypt, Saudi Arabia, the UAE, and Jordan, contributions to the rebuild could well come from the UAE and Saudi Arabia, both with the resources to help.

“On the geopolitical front, there is the grave danger here that Israel will once again become isolated and the US, seen as the chief backer of Israel, will lose even more influence than it has. But an alliance of Israel with the Arab states would undercut Iran's ambitions and as well Russian and Chinese hopes of destabilizing the Middle East to the further detriment of the US...”

A rebuilt Gaza with new homes, schools, factories, libraries, universities, farms, and a socially secure setting would go a long way to restoring dignity to the Palestinians. Can Israel bring itself to do this? If there is a better way, I have not seen any evidence of it.

On the geopolitical front, there is the grave danger here that Israel will once again become isolated and the US, seen as the chief backer of Israel, will lose even more influence than it has. But an alliance of Israel with the Arab states would undercut Iran's ambitions and as well Russian and Chinese hopes of destabilizing the Middle East to the further detriment of the US.

One can only hope for a bit of enlightenment and enlightened self-interest. President Biden's unwavering support for Israel is not incompatible with exerting pressure on all concerned to achieve a lasting peace.

Cheerz...  
Bwana

# A Brief History of the Gaza Strip

*The Gaza Strip – why the history of the densely populated enclave is key to understanding the current conflict*

● Cont. from page 2

Palestinians staged two major uprisings, in 1987-1991 and in 2000-2005, hoping to end the occupation and establish an independent Palestinian state.

Hamas, a Palestinian Islamist militant group centered in Gaza, was founded in 1988 to fight against the Israeli occupation. Hamas and other militant groups launched repeated attacks on Israeli targets in Gaza, leading to Israel's unilateral withdrawal from Gaza in 2005. In 2006, Palestinian legislative elections were held. Hamas beat its secular rival, Fatah, which had been widely accused of corruption. Elections haven't been held in Gaza since 2006, but polling from March 2023 found that 45% of Gazans would back Hamas should there be a vote, ahead of Fatah at 32%.

After a brief conflict between Hamas and Fatah militants in May 2007, Hamas took complete control of the Gaza Strip. Since then, Gaza has been under the administrative control of Hamas, even though it is still considered to be under Israeli occupation by the United Nations, the US State Department and other international bodies.

## Who are the Palestinians of Gaza?

The more than 2 million inhabitants of the Gaza Strip are part of the 14 million-strong global Palestinian community. About one third of Gaza's inhabitants trace their family's roots to land inside the Gaza Strip. The remaining two-thirds are refugees from the 1948 war and their descendants, many of whom hail from towns and villages surrounding Gaza.

The Palestinians of Gaza trend young: nearly half the population is under 18. The enclave is also very poor, with a poverty rate that stands at 53%.

Despite this grim economic picture, education levels are quite high. Over 95% of Gazan children ages 6-12 are in school. The majority of Palestinian students in Gaza graduate from high school, and 57% of students at the prestigious Islamic University of Gaza are female.

But because of the circumstances of their surroundings, young Palestinians in Gaza find it difficult to live fulfilling lives. For graduates between the ages of 19 and 29, the unemployment rate stands at 70%. And a World Bank survey earlier this year found 71% of Gazans show signs of depression and high levels of PTSD.

There are several factors that contribute to these conditions. A major factor is the crippling, 16-year blockade that Israel and Egypt – with US support – have imposed on Gaza.

## Years of blockade

Shortly after the 2006 elections, the Bush administration tried to force Hamas from power and bring in a rival leader from the Fatah party who was considered friendlier to Israel and the US. Hamas pre-empted the coup and took full control of Gaza in May 2007. In response, Israel and Egypt – with US and European support – closed the border crossings into and out of the Gaza Strip and imposed a land, air and sea blockade.

The blockade, which is still in effect, limits the import of food, fuel and construction material; limits how far Gaza's fishermen can go out to sea; bans almost all exports; and imposes strict limitations on the movement of people into and out of Gaza. In 2023, Israel has



Palestinians inspect the damage in the aftermath of Israeli strikes, in Khan Yunis, southern Gaza Strip on October 10, 2023. Pic - Reuters/Ibraheem Abu Mustafa

allowed only around 50,000 people a month to exit Gaza, according to U.N. figures.

U.N. experts say this blockade is illegal under international law. They argue that the blockade amounts to a collective punishment of the Palestinians of Gaza, a violation of the Hague Convention and the Geneva Conventions that form the backbone of international law.

## No end to the suffering

Israel says that the blockade on Gaza is necessary to secure the safety of its population and will be lifted when Hamas renounces violence, recognizes Israel and abides by previous agreements.

But Hamas has consistently rejected this ultimatum. Instead, militant fighters stepped up the firing of homemade rockets and mortars into populated areas surrounding the Gaza Strip in 2008, seeking to pressure Israel to lift the blockade. They have sporadically attacked Israel in this way in the years since.

Israel has launched four major military assaults on Gaza – in 2008-09, 2012, 2014 and 2021 – in efforts to destroy Hamas' military capabilities.

Each of those wars ended in a fragile cease-fire but no real resolution to the conflict. Israel seeks to deter Hamas from launching rockets. Hamas and other militant groups say that even when they have upheld previous cease-fires, Israel has continued to attack Palestinians and has refused to lift the blockade.

Hamas has offered a long-term truce in exchange for Israel ending the blockade on Gaza. Israel has refused to accept the offer, sticking to its position that Hamas must first end violence and recognize Israel.

In the months leading up to the latest escalation, conditions in Gaza have deteriorated even further. The International Monetary Fund reported in September that Gaza's economic outlook "remains dire." Conditions

became more dire when Israel announced on Sept. 5, 2023, that it was halting all exports from a key Gaza border crossing.

Without an end in sight to the suffering caused by the blockade, it appears that Hamas has decided to upend the status quo in a surprise attack on Israelis, including civilians. Israel's reprisal airstrikes and its imposition of a "complete siege" on the strip have heaped even further suffering on ordinary Gazans.

It is a tragic reminder that civilians bear the brunt of this conflict.

**Maha Nassar, Associate Professor  
University of Arizona**

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Mike Lean  
University of  
Glasgow

# People can get rid of type 2 diabetes through weight loss – nutrition expert

*What most people don't know is that with a bit of hard work, it is possible to become non-diabetic again*

Every working day, GPs (general practitioners) in the UK diagnose almost 1,000 people with type 2 diabetes. It is one of the commonest and most expensive diseases. What most people don't know is that with a bit of hard work, it is possible to become non-diabetic again.

Formerly limited to older people, type 2 diabetes is now common in younger, fatter, people in their 40s and 50s, and even younger ones who are severely obese. Some people are spared, but the epidemic of diabetes has closely followed the epidemic of overweight and obesity. The key is where the excess fat is stored: if it can no longer be stored under the skin, and starts to accumulate in the liver and pancreas, these organs malfunction to cause diabetes.

The conventional conversation with a GP used to go: "Your blood test confirms that you have diabetes." And then, "Don't worry, it's mild diabetes and we can treat it with tablets." That advice is horribly wrong.

Patients deserve a fuller, more honest explanation: "You are right to be concerned. Type 2 diabetes is a ghastly, progressively destructive disease. It leads to disabling painful complications, as the main cause of amputations, blindness and kidney failure, and contributes importantly to heart disease and dementia. Oh, and the tablets reduce your blood glucose but allow the disease to progress, so you will still die five to eight years younger."



We now hope to add: "But if we can help you with an evidence-based programme to lose a substantial amount of weight, often 15kg or more, there's a good chance you will no longer be diabetic."

## Losing 15kg often does the trick

A growing number of people who develop type 2 diabetes have decided that they don't want to live with this stigmatising disease or wait for its complications. By one means or another they have managed to lose weight – commonly 15kg or more – so they become non-diabetic again. They no longer carry the disease-label, or need the tablets, or pay the increased insurance premiums. Their blood pressure comes down, sleep apnoea (a cause of depression) improves and they often feel younger and more energetic.

Knowing this, research teams in Glasgow and Newcastle are running the Diabetes Remission Clinical Trial (DiRECT). It will establish how many people with type 2 diabetes can lose 15kg or more and achieve a remission, and for how long.



More than 300 people with type 2 diabetes, in Scotland and Tyneside (England) are involved. The treatment uses a well-established weight-management

programme, which involves a 12-week total diet replacement phase, followed by stepped, structured food re-introduction phase, followed by a weight maintenance phase. This programme is delivered entirely within routine NHS primary care, so the results should be applicable to almost all people with the disease.

It is designed to find out if over one in five people with type 2 diabetes can get rid of their diagnosis (off all anti-diabetes drugs) after one year. That sort of number would have massive implications for healthcare spending.

In principle, if people are no longer diabetic, they can't get the complications of diabetes. However, at present, diabetes researchers and healthcare planners can't get reliable information to confirm that, because doctors are not recording the remissions by using the appropriate code in national statistics, in the UK, US and elsewhere.

## Mauritius Times

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Thank you so much.  
**Mauritius Times**

# A backyard discovery, turmeric for indigestion, and friendly bacteria in breastmilk

**B**y looking at their backyard, an internet personality found a species of ant never recorded in the Philippines. This ant has a “unique red and black bumpy body” which sparked the interest of the ant enthusiast. The finding was confirmed by the University of the Philippines Los Banos and although this ant is new to the Philippines, it lives in neighbouring countries and might be expanding its habitat.

Weight loss is difficult as restrictive diets can be hard to maintain, leaving people hungry or feeling pressured by the constraints of what they can and cannot eat. The brain has a major role to play in appetite and even how fat is “burned off”. The Institute for Basic Science in South Korea found an area in the brain that could be targeted to stop weight gain while maintaining a normal appetite. By suppressing a certain gene in brain cells in mice, the team found that the mice continued to lose weight



even while eating the same amount.

Turmeric has been used in traditional medicine to treat or prevent a variety of ailments. A study by Chulalongkorn University has shown that it can be comparable to medication when treating indigestion. The researchers studied people suffering from dyspepsia and found no significant difference when comparing a common drug treatment with turmeric.

Breastfeeding has multiple benefits for both mother and baby, helping with bonding and providing the baby with nutrients and antibodies. Yili Maternal and Infant Nutrition Institute and Tsinghua University have also found friendly bacteria in breast milk that help babies’ gut micro biomes. The researchers looked at the composition of breast milk and the babies’ stool samples and found beneficial bacteria such as *C. butyricum* and *P. distasonis* which contribute to a healthy gut.



## How does your brain wake up from sleep?

*The mystery of how the brain creates consciousness still puzzles scientists, but the mechanics of waking up are starting to be understood.*

**W**hen you’re asleep, you can seem completely dead to the world. But when you wake up, in an instant you can be up and at ‘em. How does the brain turn on awareness or consciousness? This question has puzzled scientists for centuries – and continues to do so.

While scientists don’t have the full answer yet, they are finding clues by studying people’s brains as they shift between sleeping and waking.

### Looking inside a living brain

One way scientists study activity in the brain is by using a tool called electroencephalography, or EEG. EEG measures electrical signals coming from thousands of brain cells called neurons. The person being studied wears a funny-looking cap that is connected to a computer. It doesn’t hurt at all. The electrical activity in their brain shows up as wavy lines.

You might think your brain is turned off – or resting – while you sleep, but it’s actually on a roller-coaster ride of activity, even if you’re not aware of it. You cycle through four different sleep stages, each of which shows up as a different pattern on the EEG.

One stage of sleep, called rapid eye movement or REM sleep, is when dreams typically occur. Dreams are interesting because you actually feel like you are conscious, but you’re not conscious in the same way you are when you’re awake.

It turns out each sleep stage is also associated with different patterns of chemicals in your brain. These are called neurochemicals and are the way brain cells communicate with each other.

### What scientists know so far

One of the major systems in the brain



Sometimes your brain is slow to wake up. Mypurgatoryyears/E+ via Getty Images

that wakes you up is called the reticular activating system, or RAS. The RAS is a part of your brain located just above your spinal column. It’s about two inches long and the width of a pencil. The RAS acts like a gatekeeper or filter for your brain,

making sure it doesn’t have to deal with more information than it can handle.

The RAS can sense important information and create neurochemicals that wake up other parts of the brain. It also keeps you awake throughout the day.



Brain waves have a story to tell. William Taufic/The Image Bank via Getty Images

If you have to go to the bathroom in the middle of the night, the RAS senses that signal from your body and flips a switch to wake your brain up – just like a light switch. Signals coming from outside of your body, like the sound of an alarm clock or a parent waking you up, can also flip on your RAS.

Once the RAS switch turns on, it can take some time for your whole brain and body to wake up. This is

because it takes a few minutes to clear all the “sleepy” neurochemicals from your brain, which is why you may feel groggy when an alarm clock wakes you up.

But why do you feel more groggy on some days and not on others? When your brain is asleep, it shifts between deep and light stages. If your alarm clock goes off during a deeper stage of sleep, it takes longer for all the parts of your brain to wake up. You can use technology to track what stage of sleep you’re in and then wake you during a light stage, so you wake up feeling more refreshed.

### Mysteries left to solve

There is still a lot to learn about waking up. Although you spend about one-third of your time sleeping, scientists don’t totally understand the purpose of sleep.

They do know that sleep is vital for health, especially for kids whose brains and bodies are still growing. Sleep restores your immune system, improves your memory and supports your mental health. And you might be surprised by how many hours of sleep doctors recommend for babies, kids and adults.

Even though scientists have found some of the pieces, the puzzle of how and why the brain generates consciousness is still unsolved. This is why the future needs curious scientists – perhaps even you.

### Hilary A. Marusak

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A man was sick and tired of going to work every day while his wife stayed home, so he prayed:



"Dear Lord: I go to work every day and put in 8 hours while my wife merely stays at home. I want her to know what I go through, so please allow her body to switch with mine for a day. Amen."

God, in his infinite wisdom, granted the man's wish.

The next morning, sure enough, the man awoke as a woman. He arose, cooked breakfast for his mate, awakened the kids, set out their school clothes, fed them breakfast, packed their lunches, drove them to school, came home and picked up the dry cleaning, took it to the cleaners and stopped at the bank to make a deposit, went grocery shopping, then drove home to put away the groceries, paid the bills and balanced the check book.

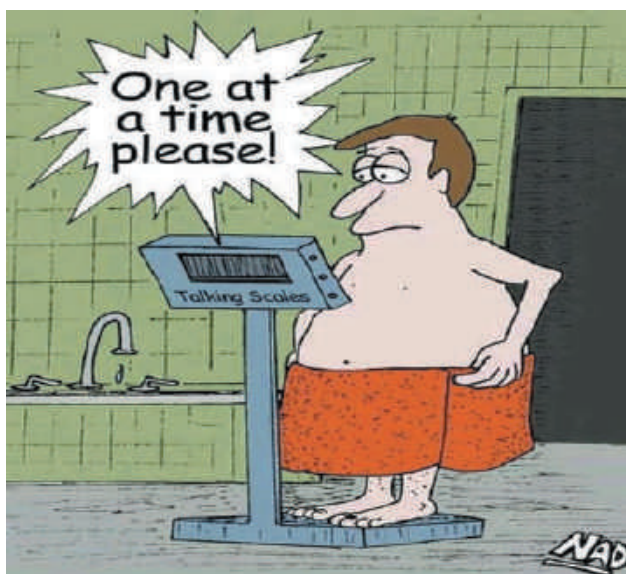
He cleaned the cat's litter box and bathed the dog.

Then it was already 1 pm and he hurried to make the beds, do the laundry, vacuum, dust, and sweep and mop the kitchen floor. Then ran to the school to pick up the kids and got into an argument with them on the way home.

Set out milk and cookies and got the kids organized to do their homework, then set up the ironing board and watched TV while he did the ironing. At 4.30 he began peeling potatoes and washing vegetables for salad, breaded the pork chops and snapped fresh beans for supper.

After supper, he cleaned the kitchen, ran the dishwasher, folded laundry, bathed the kids, and put them to bed.

At 9 pm he was exhausted and, though his daily chores



weren't finished, he went to bed where he was expected to make love, which he managed to get through without complaint.

The next morning, he awoke and immediately knelt by the bed and said: Lord, I don't know what I was thinking. I was so wrong to envy my wife's being able to stay home all day. Please, oh please, let us trade back."

The Lord, in his infinite wisdom, replied: "My son, I feel you have learned your lesson, and I will be happy to change things back to the way they were. You'll just have to wait nine months, though. You got pregnant last night."

\* \* \*

**Teacher:** "Jay, why are you down today?"

**Jay:** "Because my mom is at the hospital and my dad is at the police station."

**Teacher:** "Oh, I'm sorry to hear that, dear. Do you want to go home?"

**Jay:** "Yes, please."

After Jay has left the classroom, the teacher asks the other classmates, "Why is Jay's father at the police station and the mother at the hospital?"

**Classmate:** "Because his father is a policeman and his mom's a nurse."

\* \* \*

**M**y boss didn't come in to work today. He called this morning and said he was having a vision problem.

When I asked what was wrong, he replied, "I just can't see myself at work today."

\* \* \*

**A**n employee went to see his supervisor. "Boss," he said, "we're doing some heavy housecleaning at home tomorrow, and my wife asked me for some help with the attic and the garage, moving and hauling stuff."

"We're shorthanded," the boss replied. "I can't give you the day off."

"Thank you," said the employee. "I knew I could count on you!"

\* \* \*

**L**ittle Hope was practicing the violin in the living room while her father was trying to read in the den.

The family dog was lying in the den, and as the screeching sounds of little Hope's violin reached his ears, he began to howl loudly.

The father listened to the dog and the violin as long as he could. Then he jumped up and yelled above the noise, "Can't you play something the dog doesn't know?!"

\* \* \*

A college senior took his new girlfriend to a football game.

The young couple found seats in the crowded stadium and was watching the action. A substitute was put into the game, and as he was running onto the field to take his position, the boy said to his girlfriend, "Take a good look at the fellow. I expect him to be our best man next year."

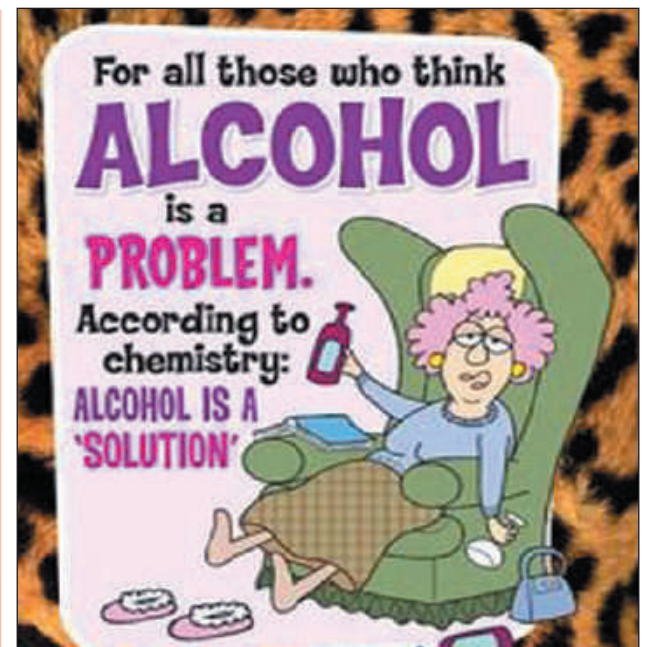
His girlfriend snuggled closer and said to the surprised young man, "That's the strangest way I ever heard of for a fellow to propose to a girl. Regardless of how you said it, I accept!"

\* \* \*

**A** man on his way home from a pub decides to take a short cut through an unlit park. A woman approaches him and offers herself for a few dollars.

He thinks to himself this is a chance too good to miss, so hands a 10 \$ note to her. She leads him into a bush, and they get under way.

A cop passes by, hears them, and notices the bush shaking. He shines his torch on the pair and asks the guy



what's he is doing. The man replies calmly. "I'm just having fun with my wife, officer, do you mind?"

The policeman responds: "I'm sorry, sir, I didn't realize it was your wife."

The guy replies: "That's quite all right, officer, until you shone your torch on her face, neither did I."

\* \* \*

A man caught a goldfish. And as always...

"Let me go and I will grant you a wish!" said the goldfish.

"But I don't need anything! I have a house, a summer house by the sea, cars, a cottage in the mountains, a yacht, more than enough money... I only fish for pleasure," he says.

"Come on, please, let me go, I'll fulfil any wish!" the goldfish pleaded.

"Well, ok!" says the guy, "from now one wish that my dear and devoted and sincere wife and I always have an orgasm together!... and releases the fish.

"Voila, granted!" says the little fish while swimming away.

The man picked up his fishing equipment, put it in the car and happily, drove home. On the way home, he came twice!

\* \* \*

Two men broke into a drugstore and stole all the Viagra.

The police put out an alert to be on the lookout for the two hardened criminals.



## MEN'S MISTAKES IN MARRIAGE

Women aren't the only ones responsible for keeping a home and it's wrong for people to say that. It's the responsibility of both partners to keep a home.



### 1. Reckless spending

Making big purchases without consulting your wife or spending recklessly is one big mistake most men make in marriages. Keeping a bank account hidden from your wife is a no-no in a marriage. When you cut off your wife from knowing about your finances, you make her feel less loved and connected.

### 2. Not involving yourself in child rearing

Most men leave child rearing to their wife and believe all they need to do is provide for the family and this is wrong. It is wrong as a husband to take a backseat when it comes to child rearing. Spend time with your children and play an active role in their lives.

### 3. Thinking of your satisfaction alone in the bedroom

Disregarding the needs of your wife in the bedroom can ruin your marriage. Having a good time in the bedroom with your wife requires a very high level of communication and such conversations should happen when both partners are calm, relaxed and receptive to ideas.

### 4. Not taking care of your body

Most men want their wife to take good care of their body but rarely do that themselves. I have seen so many husbands allow themselves to lose their body and many wives aren't happy about it. Just as you want your wife to maintain a good body, you ought to do the same thing.

### 5. Failure to make future plans

As a husband, you need to give your wife and children security by planning for the future. You have to plan for the future of the marriage, your finances, the children, etc. Don't be the husband that lives for the now; make plans for retirement, old age, death, when the kids get married, etc.

### 6. You don't listen to your wife

Most men fail to see their wives as their partner and would rarely listen to her opinion. Learn to listen to what she has to say. Don't assume you know what your wife is going to say or tune her out because you have heard it all before.

### 7. You don't confide in your wife

Not confiding in their wife is another common mistake most men make in marriages. Your wife is supposed to be your gossip partner and the one you confide in. She wants to be included in your entire world.

### 8. You allow family and friends to disrespect your wife

You have failed as a husband when you allow your family and friends to disrespect your wife. Anyone that disrespects your wife also disrespects you; it's as simple as that. Avoid talking bad about your wife in public so she won't get disrespected.

### 9. You refuse to apologise when you are wrong

Refusing to apologize when you are wrong is one mistake husbands make in marriages. Many men believe they belittle themselves when they apologize to their wife, and this is wrong. Just because you are a man is no reason not to apologize when you wrong your wife.

### 10. You compare your wife to other women

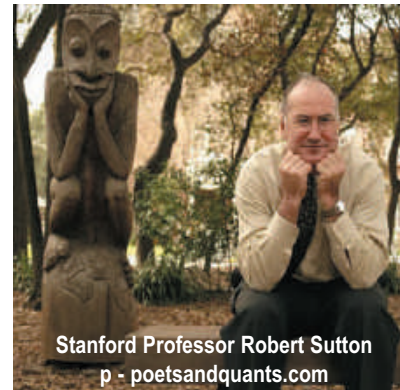
There will always be women around you who have traits and strengths that your wife does not have but do you know the weaknesses these women have? Cherish and honour your wife for who she is, not for what she does or doesn't do.

# How to deal with idiots

and stop being one yourself

By Robert I. Sutton

1. Identify idiots early. The sooner you can identify an idiot, the sooner you can start to protect yourself from them.
2. Don't try to change idiots. Idiots are not going to change, so don't waste your time and energy trying to do so.
3. Don't take idiots personally. Idiots are not attacking you personally, they are just being idiots.
4. Set boundaries with idiots. Don't let idiots into your life if you don't have to.
5. Don't argue with idiots. It's a pointless exercise.
6. Don't try to explain yourself to

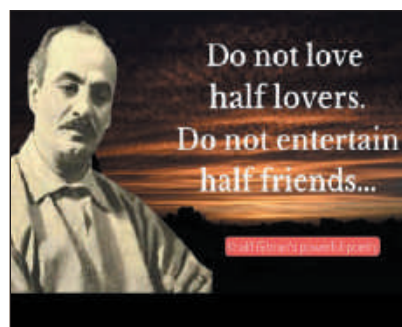


Stanford Professor Robert Sutton  
p - poetsandquants.com

- idiots. They won't understand.
7. Don't try to reason with idiots. They are not reasonable people.
8. Don't try to please idiots. They are impossible to please.
9. Don't expect idiots to appreciate you. They don't

- have the capacity to do so.
10. Don't let idiots ruin your day. They are not worth it.
11. Don't become an idiot yourself. It's easy to do, but it's important to remember that there is no excuse for bad behaviour.
12. Learn to laugh at idiots. It's the best way to cope with them.
13. Don't take yourself too seriously. Idiots will try to make you feel bad about yourself, but don't let them.
14. Remember that you are not alone. Everyone has to deal with idiots at some point in their lives.
15. Be kind to yourself. Dealing with idiots can be stressful, so make sure to take care of yourself.

Robert I. Sutton's book is a humorous and insightful guide to dealing with idiots. It is a must-read for anyone who has ever had to deal with a difficult person.



## Do not live half a life and do not die a half death.

— Khalil Gibran

If you choose silence, then be silent.  
When you speak, do so until you are finished.

If you accept, then express it bluntly.  
Do not mask it.

If you refuse, then be clear about it  
for an ambiguous refusal is but a weak acceptance.

Do not accept half a solution.  
Do not believe half-truths.

Do not dream half a dream.  
Do not fantasize about half hopes.

Half the way will get you nowhere.  
You are a whole that exists to live a life,  
not half a life.

From 'The Prophet'

## I Love You

— Ella Wheeler Wilcox

I love your lips when they're wet with wine.

And red with a wild desire;  
I love your eyes when the lovelight lies.  
Lit with a passionate fire.  
I love your arms when the

## Thoughts to Live by

warm white flesh.  
Touches mine in a fond embrace.  
I love your hair when the strands enmesh.  
Your kisses against my face.  
Not for me the cold, calm kiss  
Of a virgin's bloodless love;  
Nor for me the saint's white bliss,  
Nor the heart of a spotless dove.  
But give me the love that so freely gives.  
And laughs at the whole world's blame,  
With your body so young and  
warm in my arms,  
It sets my poor heart aflame.  
So, kiss me sweet with your  
warm wet mouth,  
Still fragrant with ruby wine,  
And say with a fervour born of the South  
That your body and soul are mine.  
Clasp me close in your warm young arms,  
While the pale stars shine above,  
And we'll live our whole young lives away  
In the joys of a living love.

## 'Living, Loving & Learning'

To laugh is to risk appearing a fool,  
To weep is to risk appearing sentimental.  
To reach out to another is to  
risk involvement,  
To expose feelings is to risk exposing  
your true self.  
To place your ideas and dreams  
before a crowd is to risk their loss.  
To love is to risk not being loved in return,  
To live is to risk dying,  
To hope is to risk despair,  
To try is to risk failure.  
But risks must be taken because the

greatest hazard in life is to risk nothing.  
The person who risks nothing, does nothing,  
has nothing, is nothing.  
He may avoid suffering and sorrow,  
But he cannot learn, feel, change,  
grow or live.  
Chained by his servitude he is a slave  
who has forfeited all freedom.  
Only a person who risks is free.

— Leo Buscaglia

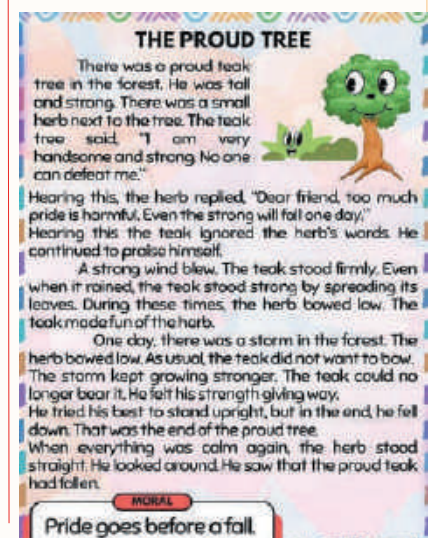
From 'Living, Loving & Learning'

“The mind is its own place, and in itself  
can make a heaven of hell, a hell  
of heaven.”

— John Milton, Paradise Lost

To be silent the whole day long, see  
no newspaper, hear no radio, listen  
to no gossip, be thoroughly and completely  
lazy, thoroughly, and completely indifferent  
to the fate of the world is the finest  
medicine a man can give himself.

— Henry Miller



# How to prevent heart disease without meds

Something as simple as a daily walk can help improve your heart health. See what else you can do -- no medicine required, as recommended by Dany Paul Baby, MD

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. Take the dog or meet a friend at the park. If you're new to working out or just getting back into it, start slow. Talk to your doctor to see if you're healthy enough for exercise.

## Meet a friend

Your buddy can do your heart good -- literally. 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, like loading pizza with veggies or adding fruit to a bowl of cereal.

## 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 -- they have lots of calories. 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. If yoga's not your thing, make time for 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. Your doctor can help you treat it, which will help you sleep better and protect your heart.

## 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. So see your doctor or check with groups like the American Heart Association for resources that can help you quit.

## 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. Talk to your doctor about how to measure your body mass index (BMI) to find out if you need to lose 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. Or that the side effects of the virus strain the heart.

## 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. They may want to test you for diabetes as well. If you have any of these conditions, your doctor can suggest lifestyle changes and medication to protect your heart.

## Skin Problems & Treatments

# When to use Aloe (and when you shouldn't)

*Aloe really comes to the rescue when you have a burn, including a sunburn -- it can speed up healing and repair the skin. See other reasons, as medically reviewed by Melinda Ratini, MS, to reach for it, and find out when it can do harm.*

**A**loe vera is a time-honored treatment. Alexander the Great used the clear gel-like sap in the middle of its leaves to heal their wounded soldiers' wounds. And while there's some evidence it can help some types of wounds, it may delay healing in others. Talk to your doctor about whether aloe products are right for your injury.

**Burns:** Here's an area where aloe really seems to shine. A number of studies show that aloe ointments and creams can help burns, including sunburns, heal more quickly. Some substances in the aloe ease swelling and speed up healing, and others help your body repair the skin. But you need to see a doctor for:

- A serious burn
- A widespread burn



- A burn on the hands, feet, face, groin, or buttocks
- Any burn that looks infected
- A burn that affects the airways
- A burn that takes a long time to heal
- A burn caused by chemicals or electricity

**Psoriasis:** Aloe extract cream seems to help some people with the dry, scaly, itchy, or painful skin it that comes with psoriasis. But aloe vera gel doesn't seem to have the same effect, so ask your doctor if aloe cream could help you manage your psoriasis.

**Cold Sores:** The research is still early on this, but some of it shows aloe might help slow the growth of the virus that cause cold sores. Aloe extract cream may also help cold sores heal faster.

**Genital Herpes:** The same family of viruses (herpes simplex) that causes cold sores around your mouth can

cause blistering sores on your private parts. In two research studies, men who used aloe cream on these sores healed faster than those who used aloe gel or a placebo cream. Part of the reason for this may be that aloe appears to slow the reproduction of the virus.

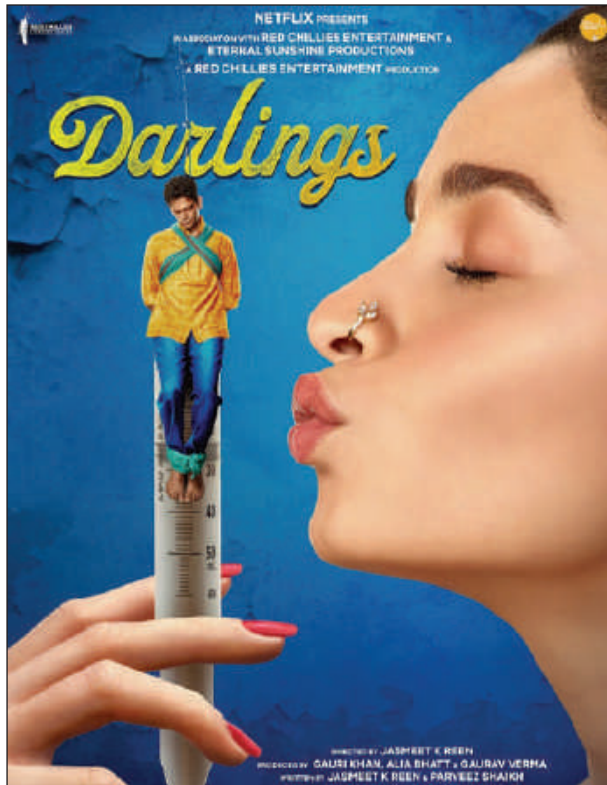
**Acne:** Research suggests that aloe gel may help clear up acne if you use it twice daily along with the prescription acne cream tretinoin (sold as Atralin, Retin-A, and others). In a separate study, doctors applied a standard 2-day wound-healing cream to a group of people after full-face dermabrasion, an acne treatment that sands the skin. When they added aloe to the cream on one side of the face, it healed much more quickly.

**Constipation:** Aloe works as a laxative if you swallow it. That is, it may make you poop if you haven't been able to go. But it can cause serious stomach cramps, diarrhea, and other unpleasant symptoms. Talk to your doctor or pharmacist if you aren't sure which laxative is right for you.

**Diabetes:** There's evidence that aloe taken by mouth might help lower both blood sugar and cholesterol in some people with the condition. But it might interfere with medications like insulin, and it could make your blood sugar too low. Other studies, using different forms and doses of aloe, had different results. The bottom line: It isn't clear if oral aloe is safe to use for diabetes. Scientists need more studies to sort these things out.

## From Alia Bhatt to Sonam Kapoor...

# How do Bollywood actresses today continue with their careers post motherhood



**A**lia Bhatt welcomed her first-born child with husband Ranbir Kapoor on Sunday 6 November 2022. The couple welcomed a baby girl, and Bhatt took to Instagram and shared the announcement which read, “And in the best news of our lives, our baby is here, and what a magical girl she is. We are bursting with love, blessed and obsessed parents, love love love Ranbir and Alia”.

She was last seen in the blockbuster hit ‘Brahmāstra’ opposite Kapoor, and has recently ventured into production with this year’s ‘Darlings’, in which she also played one of the protagonists. She also launched her own maternity brand, called Edamama.

### Sonam Kapoor Ahuja welcomes her first child



In August this year, actor Sonam Kapoor Ahuja welcomed her first child with husband Anand Ahuja. The National Award-winning actor is set to star in Sujoy Ghosh’s production ‘Blind’, the shooting for which has been wrapped up.

While there hasn’t been a lot of discussion regarding Kapoor Ahuja’s career after becoming a mother, it wouldn’t be surprising if she continues to pick up unconventional roles, as many women in contemporary Bollywood have done post marriage and maternity.

In an earlier interview, Bhatt had said, “He (husband Ranbir) said, ‘Baby you work from this month, so I’ll take time off, and then I come back, and you take time off.’ We just keep taking time off. He is very happy to share that responsibility. He recently said in an interview that he has a ‘big responsibility on his head, and that is to send me (Alia) back to work as the movies will complain if I don’t do my bit as the parent.”

In 2016, around the time Kareena Kapoor gave birth to her first child, she was adamant about not having a maternity break and said, “I think people give too much thought that an actress has got married and now she has a kid or kids”.

It’s not just Bhatt and Kapoor Khan though – plenty of actresses today are choosing to continue their careers with the same momentum after marriage and motherhood. Some examples include Priyanka Chopra Jonas (who recently gave birth to a daughter), Deepika Padukone and Yami Gautam. Samantha Ruth Prabhu, who is known for her work in Tamil and Telugu industries, also chose not to let her marriage into a prominent Telugu film family stop her from pursuing her ambitions.

### Have actresses always been quitting films after marriage or motherhood?

Nargis, one of the earliest stars of the ‘golden era of Hindi cinema’ (roughly defined between late 1940s to 60s), decided to quit acting after marrying Sunil Dutt in 1958. However, she came back in 1967 with *Raat Aur Din* for which she won the inaugural National Award for Best Actress. Media reports claim that her brother Jaffer Hussain, who was the producer, convinced her to act in the film.

Vyjayanthimala, who achieved fame in both Tamil and Hindi film industries, retired after her marriage to Dr Chamanlal Bali in 1968. Her last film was *Ganwaar* (1970), which she had signed before getting married.

However, there have been several notable exceptions too. Nutan continued acting in films after her marriage to naval Lieutenant-Commander Rajnish Bahl in 1959, and the birth of her son Mohnish in 1961. In fact, some of her most memorable films came after these events: *Milan* (1967), *Saraswatichandra* (1968) and *Saudagar* (1973).

Sharmila Tagore too continued as the leading lady in films after marrying Mansoor Ali Khan Pataudi in 1968. She had her first child, Saif Ali Khan, in 1970, and like Nutan, a lot of her iconic roles happened after marriage and motherhood. One of her most successful pairings was with Rajesh Khanna, and the duo did ten films together which include *Aradhana* (1969), *Amar Prem* (1972) and *Daag* (1973).

Waheeda Rehman, in her biography (Nasreen Munni Kabir’s *Conversations with Waheeda Rehman*),

says that after her marriage to Shashi Rekhy in 1974, she “didn’t miss acting very much.” She moved to Bangalore with her husband and children, after which if she agreed to act in a film, it was for “financial reasons”. She also says that she married when she was 34, a time when her career was “no longer at its peak because Hindi cinema as such does not have good roles for women over 30”.

### What about other female superstars over the years?

Sridevi, who was popular all over India during the 80s and 90s, left films after her marriage to producer Boney Kapoor and the birth of her daughter Janhvi Kapoor in 1997. In 2004, she acted in the TV series *Malini Iyer* produced by her husband, before making a proper comeback in 2012 with *English Vinglish*.



Meenakshi Seshadri, one of Hindi cinema’s leading heroines in the 80s, left the industry for good after her marriage to investment banker Harish Mysore in 1995. She subsequently moved to the United States with him to start a family.

Another top actress who shifted to US post-marriage was Madhuri Dixit, who married Dr Shriram Nene in 1999. After the birth of her first son, Arin, Dixit took a five-year break from acting, returning with *Aaja Nachle* (2007). She has acted in six films since then, along with a few special appearances.

Kajol married Ajay Devgn in 1999. After the blockbuster *Kabhi Khushi Kabhie Gham* (2002), she took a sabbatical from work to focus on her marriage. She insisted that she had not quit films, even though there were speculations in the media that her career was over. She did return to films in 2006 with *Fanaa*. She has often spoken of the term ‘comeback’ with disdain, saying that she never went away in the first place.

Former Miss World Aishwarya Rai married Abhishek Bachchan in 2007, and gave birth to her daughter Aaradhya in 2011. Rai took a sabbatical from films in 2010, and returned with *Jazbaa* in 2015. Since then, she has acted in four films, with the latest, *Mani Ratnam’s Ponnaiyin Selvan*, becoming one of her most acclaimed roles yet.

## 'Kismat Ki Lakiro Se' actress Sumati Singh recalls her initial days of struggle in Mumbai

### "I used to walk from Malad to Andheri to save money"

Actress Sumati Singh, who is known for her roles in shows such as 'Roop-Mard Ka Naya Swaroop' and 'Amma Ke Babu Ki Baby', is now showcasing her acting skills as 'Kirti' in the daily soap 'Kismat Ki Lakiro Se.'

The actress, who is now playing pivotal roles in daily soaps, had her share of ups and downs. There was a time when she had to struggle for even a small role on TV. Her road to success was not so easy, and she had to struggle a lot in the early days. Recently, she opened up about her hustling days, when the actress was earning for herself solely and also struggling to get work on screen.

Talking about her initial days, Sumati says, "Initially, when I came to Mumbai, the industry was a completely new thing for me. I always had this in mind with acting that it might take a little time so I need to do something else as well to take care of my necessities. I started working behind the camera for a year. The difficult part for me was learning new things in a new city. I used to work and go for auditions at the same time, so I used to carry clothes and go for auditions during my lunch break. For a year, I did this. After that, I started auditioning full-time."

She adds, "I used to walk from Malad to



Andheri to save money. I was scared of trains. For 3-4 months, I was auditioning, but then due to several problems, I again searched for a job and joined an office. Then too I was in search of roles and one day after giving auditions for so many months I finally got an opportunity. I started working out at home so that I don't have to go to the gym."

Ask her about the changes she feels in her life after working for so many years in the industry, and Sumati says, "Things have changed a lot for me. People now know me, and it has become easy to communicate. The way they look at me is also different. People now

recognise me as an artist. It's not easy to get work done, but things are much easier now compared to before. Sometimes you don't even have to give an audition for a show, as people know your acting skills."

She continues, "After my last show, Tera Mera Saath Rahe, things have changed a lot. After that show went off the air, people started offering me shows directly without auditions. They directly call for the look test. Even in Kismat ki Lakiron se, they directly selected me without any audition. I got a call just a week after my last show."

## Ratan Raajputh was asked to 'compromise' with actor, director, producer in south

### 'It's not just Bollywood,' she says

Ratan Raajputh became a household name with Hindi TV shows like *Agle Janam Mohe Bitiya Hi Kijo* and *Radha Ki Betiyaan Kuch Kar Dikhayengi*. She could have also been a known face in the South film industry had she not been asked to "compromise".

Often referred to as 'compromising', Ratan recently revealed that the practice of casting couch is very prevalent in the South film industries and is the "norm". In an interview with Pinkvilla, Ratan shared her conversation with a person who offered a role to her in a South film.

Ratan recalled when she was doing the TV show *Agle Janam Mohe Bitiya Hi Kijo*, she got many calls from South. "I used to get many calls from South, some from very good directors, but along with that, they would add, 'Ratan ji you have to put on some weight, you are very thin'," Ratan recalled. The actor agreed to the demand, but then she was asked to 'compromise'.

Ratan continued, "Then the person said,

'You already know the norms here'. I asked him about it and he said, 'You know that in the industry, director, producer, and actor (lead only) and may be DOP'. I asked him directly what about it and then he said, 'You know, here you have to compromise'."

The actor turned down the offer and said that to date she hasn't received an offer from the South where she hasn't been asked to compromise.

Ratan said, "What people are talking about Bollywood, that happens in South as well. The reason why South is still doing good work is because they still respect their culture, rituals, clothes, and everything."

She added that the South film industry "doesn't matter" to her anymore.

In an earlier interview, Ratan Raajputh opened up about her experience with the casting couch where a casting coordinator spiked her drink and wanted to take advantage of her in a drugged state during the early days of her career.



## YOUR STARS

### Sagittarius: Nov 22 - Dec 21

Embrace the spirit of adventure that defines you. New experiences beckon, urging you to step out of your comfort zone. Relationships, both old and new, will play a significant role, bringing joy and challenges. Professionally, opportunities for growth are on the horizon. Trust your instincts and take calculated risks. Financially, it's a time for prudence.

**Lucky Numbers:** 4, 7, 11, 14, 20, 30

### Capricorn: Dec 22 - Jan 19

Personal relationships may require extra attention and understanding. Professionally, your hard work is set to pay off, bringing recognition and new opportunities. Financially, careful planning will lead to stability and growth. Health and wellness should be a priority, so take time for self-care. Reflect on your goals and realign your actions accordingly.

**Lucky Numbers:** 15, 16, 30, 31, 36, 40

### Aquarius: Jan 20 - Feb 18

Professionally, your unique perspective will set you apart, opening doors to exciting ventures. Financially, diversification is the key. Explore new investment avenues and be cautious with spending. Personal growth is on the cards, so be open to learning and self-reflection. Your forward-thinking attitude will guide you.

**Lucky Numbers:** 9, 11, 14, 16, 27, 30

### Pisces: Feb 19 - Mar 20

Dive deep into your feelings and trust your inner voice. Relationships will bring moments of joy, introspection, and growth. Professionally, showcase your creative talents and make your mark. Avoid risky ventures and focus on building a secure foundation. Personal growth and self-discovery are highlighted, urging you to explore your passions and dreams.

**Lucky Numbers:** 5, 10, 14, 23, 26, 27

### Aries: Mar 21 - Apr 19

On the personal front, relationships deepen, bringing joy and challenges. Remember to communicate openly and honestly. Financially, it's going to be a good week to review and revise your budget. Health-wise, prioritize self-care. Whether it's a spa day or a long walk-in nature, do what feels right for you. Stay grounded and remember to enjoy the journey.

**Lucky Numbers:** 14, 15, 20, 29, 30, 34

### Taurus: Apr 20 - May 20

Personal relationships require effort, so make time for loved ones. Financially, it's a week of gains and losses. Be cautious with investments. Health-wise, focus on mental well-being. Meditation and mindfulness practices will be beneficial. Remember, it's okay to seek help when needed. Embrace change and trust the process.

**Lucky Numbers:** 4, 9, 7, 18, 20, 26

### Gemini: May 21 - June 20

Professionally, your ideas are well-received, leading to new opportunities. Personal relationships flourish, but they also bring challenges. Remember to listen as much as you speak. Health-wise, prioritize physical activity. Whether it's a gym session or a dance class, get moving. Embrace the ebb and flow of life and remember to enjoy the little moments.

**Lucky Numbers:** 6, 20, 25, 26, 30, 31

### Cancer: June 21 - July 22

Take a step back and reflect on your journey. Professionally, it's a slow week, but it's the perfect time to plan for the future. Personal relationships bring comfort and joy. Spend quality time with loved ones. Financially, be cautious. Avoid big investments and focus on saving. Health-wise, it's essential to prioritise mental well-being.

**Lucky Numbers:** 3, 15, 17, 20, 25, 30

### Leo: July 23 - Aug 22

Professionally, you're in the spotlight. Embrace it and showcase your skills. Personal relationships bring joy, but they also require effort. Remember to communicate and compromise. Health-wise, prioritize self-care. Whether it's a spa day or a meditation session, do what feels right. Embrace the limelight but remember to stay grounded.

**Lucky Numbers:** 2, 13, 20, 21, 23, 26

### Virgo: Aug 23 - Sept 22

You're on top of your game. Projects move forward smoothly, and you're recognized for your efforts. Personal relationships deepen, bringing joy and challenges. Remember to communicate openly. Financially, it's a stable week. Focus on saving and budgeting. Health-wise, consider exploring holistic practices. Whether it's yoga or herbal remedies, find what resonates with you.

**Lucky Numbers:** 5, 9, 11, 12, 17, 30

### Libra: Sept 23 - Oct 22

Harmony is your mantra this week. Embrace teamwork and share your ideas. Personal relationships bring joy and challenges. Remember to find a balance. Financially, it's a week of gains. Consider exploring new investment avenues. Health-wise, focus on mental well-being. Meditation and mindfulness practices will be beneficial.

**Lucky Numbers:** 7, 11, 14, 18, 27, 33

### Scorpion: 23 Oct - 21 Nov

Personal relationships deepen, bringing both joy and challenges. Remember to communicate openly and honestly. Financially, it's a good week for investments. Consider diversifying your portfolio. Health-wise, prioritize physical activity. Whether it's a gym session or a hike in nature, get moving. Stay focused, and remember to enjoy the journey.

**Lucky Numbers:** 3, 8, 9, 14, 20, 36



Vendredi 20 octobre - 20.30



Samedi 21 octobre - 20.30



Dimanche 22 octobre - 20.30



# Programme TV



SERIAL



vendredi 20 octobre

samedi 21 octobre

dimanche 22 octobre

lundi 23 octobre

## MBC 1

- 05.32 Tele: Imperio De Mentiras
- 06.01 Serial: Killjoys
- 07.00 Film: Tootsie
- 09.41 Tele: Le Chemin Du Destin
- 10.05 Tele: Amour Secret
- 10.30 The Gardener's Daughter
- 10.52 Tele: Marimar
- 11.15 Tele: La Reina Del Flow
- 12.00 Le Journal
- 12.35 Tele: Barbarita
- 13.25 Tele: Fierce Angel
- 13.50 Tele: Imperio De Mentiras
- 14.15 The Baker And The Beauty
- 15.21 Film: In A Valley Of Violence
- 17.30 The Gardener's Daughter
- 18.31 Serial: Wagle Ki Duniya
- 18.55 Serial: Mere Dad Ki Dulhan
- 20.35 Film: Starman
- 22.24 Tele: Barbartia
- 23.30 Le Journal Televisé
- 00.15 Serial: Billions

## MBC 2

- 06.25 Local: Les Grandes Lignes
- 08.38 Local: Generations J
- 09.33 Local: Radio Vision
- 10.41 Local: Nou Later Nou Lamer
- 11.03 Local: Groov'in
- 12.02 Rodrig: Li Bon Ou Konnin
- 12.15 Local: Les Grandes Lignes
- 14.13 Local: Mangeons Veg
- 14.46 Local: Ong An Eta Dalert
- 15.02 Local: Generations J
- 15.47 Local: Groov'in
- 16.44 Local: En Forme
- 18.00 Tele: Imperio De Mentiras
- 18.26 Tele: Amour Secret
- 19.30 Local: J'ai Faim
- 20.04 Local: Animalia Nos Amis...
- 21.00 Local: Come On Let's Dance
- 22.00 Local: La Societe
- 23.00 Journal Kreol
- 23.30 Local: Voyage Au Feminin
- 23.48 Local: Rodrig Prog

## MBC 3

- 07.00 Serial: Chacha Bhatija
- 08.00 Local: Amrit Vaani
- 10.00 Serial: Agniphera
- 11.30 Serial: Radha Krishna
- 12.00 Film: Jawani Diwani
- Starring: Randhir Kapoor, Shweta Sangani
- 15.00 Live: Samachar
- 15.30 Dulhin Uhe Jo Nanad Man Bhave
- 16.00 Serial: Ishaaron Ishaaron Mein
- 16.44 Serial: Bhakharwadi
- 17.31 Serial: Radha Krishna
- 18.00 Live: Samachar
- 18.30 Local: Mati Ke Mol
- 19.02 Local: Khel Khiladi
- 19.30 Local: Durga Pooja
- 20.30 Local: Durga Navratri 2023
- 21.30 Film: Hum Hayeen Ganwar
- 00.07 Jijaji Chhat Par Hain

## Cine 12

- 06.03 Doc: Smoothie Mania
- 06.41 Mag: Carnet De Sante
- 07.28 Mag: Tomorrow Today
- 08.24 Doc: Convicted For Murder
- 08.57 Doc: Adios Honduras
- 10.34 Doc: A Passion For Helping
- 11.04 Doc: Smoothie Mania
- 11.34 Doc: Shift
- 11.46 Mag: Carnet De Sante
- 12.31 Doc: A Mediterranean...
- 13.43 Doc: Adios Honduras
- 14.30 Mag: The World Is Yours
- 14.52 D.Anime: L'Heure Du Conte
- 15.06 D.Anime: Eddie Is A Yeti
- 15.18 D.Anime: Les Blagues De Toto
- 15.42 D.Anime: Akili And Me
- 16.07 D.Anime: Gon
- 16.28 The Adventures Of Puss...
- 16.51 Mag: Recipes For Kids

## Bollywood TV

- 14.25 Serial: Zindagi Mere Ghar Aana
- 15.00 Bade Acche Lagte Hai 2
- 15.30 Film: Sharmaji Ki Lag Gai
- Starring: Mugdha Godse, Brijendra Kala, Krishna Abhishek
- 18.00 Live: Samachar
- 18.31 Kundali Bhagya
- 19.01 Udaariyaan
- 19.31 Kuch Rang Pyar Ke Aise...
- 20.01 Sasural Simar Ka 2
- 20.30 Radha Krishna
- 21.01 Anupamaa
- 21.30 Mere Sai
- 22.01 Kismat Ki Lakiron Se
- 22.31 Kabhi Kabhie Ittefaq Sey
- 22.59 Serial: Shaurya Aur Anokhi Ki Kahani
- 23.30 Film: Sharmaji Ki Lag Gai

- 04.17 Serial: S.W.A.T
- 05.00 Tele: La Beaute Du Diable
- 06.30 Tele: Le Chemin Du Destin
- 07.00 Serial: Wanted
- 07.45 Serial: Seal Team
- 08.30 Serial: Hooten & The Lady
- 09.15 Serial: Riviera
- 09.59 Serial: S.W.A.T
- 10.45 Serial: The Inbetween
- 11.30 Tele: Le Chemin Du Destin
- 12.00 Le Journal
- 12.25 Serial: Queens Of Mystery
- 13.20 Tele: Sublime Mensonge
- 15.21 Film: Albion
- 18.00 Live: Samachar
- 18.31 Dance India Dance Little Masters
- 19.30 Le Journal
- 20.30 Film: Intrusion
- 22.02 Film: Open Grave
- 00.25 Serial: Under Pressure
- 01.05 Tele: Missing Bride

- 06.14 Local: Enn Semenn Dan Lafrik
- 08.12 Local: Animalia Nos Amis...
- 10.37 Local: Rodrig: It's My Day
- 12.02 Rodrig: 13 Minit Natir Rodrig
- 12.31 Local: Les Grands Noms...
- 13.00 La Journee Sous Le Regard
- 14.02 Local: Zanford Nou Pei
- 15.09 Local: La Sosiete
- 17.00 Local: Come On Let's Dance
- 18.00 Serial: The Equalizer
- 19.00 Journal Kreol
- 19.20 Magazine De L'emploi
- 21.40 Local: Glwar Dantan
- 22.04 Rodrig - Klip Seleksion
- 23.00 Journal Kreol
- 23.26 Local: Lavi Zoli An XXL
- 23.46 Local: Pran Kont Ou Lasante
- 00.27 Local: Rodrig - D'Jam
- 00.50 Local: Son Ladan Mem
- 01.04 Local: Mon Jardin Ma Maison

- 07.00 Serial: Chacha Bhatija
- 08.26 Local: Mati Ke Mol
- 10.55 Bade Acche Lagte Hai
- 12.02 Serial: Dikri Vahalno Dariyo
- 12.30 Local: Mati Ke Mol
- 11.59 Local: Khel Khiladi
- 14.08 Taare Zameen Par
- 15.00 Live: Samachar
- 15.30 Film: Maa
- Starring: Dharmendra and Hema Malini
- 18.00 Live: Samachar
- 18.29 Local: Satrangi
- 18.52 Durga Pooja
- 19.17 Local: Ubharte Sitare
- 19.29 Local: Ayush
- 21.10 Film: Naseeb
- Starring: Amitabh Bachchan, Shatrughan Sinha
- 22.28 Local: Satrangi

- 06.26 D.Anime: Fast And Furious
- 07.04 D.Anime: Sam Le Pompier
- 09.51 Serial: Creeped Out
- 10.02 Serial: Hank Zipzer
- 10.35 Doc: Smoothie Mania
- 13.26 Doc: Fine Arts Sculptures
- 14.12 Mag: Shift
- 14.51 D.Anime: Zoonicorn
- 15.08 D.Anime: Eddie Is A Yeti
- 15.19 D.Anime: Les Blagues De Toto
- 15.42 D.Anime: Akili And Me
- 16.07 D.Anime: Gon
- 16.29 The Adventures Of Puss
- 16.48 Mag: Recipes For Kids
- 16.54 Serial: My Perfect Landing
- 17.15 Doc: World Capitals
- 18.00 Mag: In Good Shape
- 20.01 Tele: Le Chemin Du Destin
- 20.30 Live: News
- 20.50 Tele: La Reina Del Flow
- 21.40 Film: Counting Bullets

- 08.00 Kabhi Kabhie Ittefaq Sey
- 10.00 Gadget Guru Ganesha
- 10.18 Sasural Simar Ka 2
- 12.15 Udaariyaan
- 14.05 Anupamaa
- 16.00 Kuch Rang Pyar Ke Aise...
- 18.31 Film: Teesri Aankh
- Starring: Sunny Deol, Ameesha Patel, Neha Dhupia
- 20.19 Gadget Guru Ganesha
- 20.31 Serial: Porus
- 21.00 Serial: Crime Patrol
- 21.52 Kabhi Kabhie Ittefaq Sey

- 03.35 Film: Counting Bullets
- 04.55 Tele: La Beaute Du Diable
- 06.20 Tele: Le Chemin Du Destin
- 06.45 Film: Intrusion
- 08.20 Serial: Imposters
- 09.05 Film: Starman
- 10.55 Serial: Falling Water
- 11.30 Tele: Le Chemin Du Destin
- 12.00 Le Journal
- 12.40 Film: The Doolins Of Oklahoma
- 14.15 Serial: Scorpion
- 15.00 Live: Samachar
- 15.25 Film: The Night We Met
- 17.00 Tele: Tour De Babel
- 18.00 Live: Samachar
- 18.31 Enter: Sa Re Ga Ma Pa
- 19.16 Sayings Radha Krishna
- 19.30 Le Journal
- 20.30 Film: Glengarry Glen Ross
- 22.06 Serial: Under Pressure

- 06.00 Rodrig: D'Jam
- 06.26 Rodrig Prog: Rod'Art
- 06.45 Local: En Forme
- 07.07 Rodrig: Klip Seleksion
- 09.42 Local: Zanford Nou Zil
- 11.06 Local: Nu Rasinn
- 12.00 Local: Rodrig Prog
- 13.11 Local: Groove'in
- 14.11 Local: Rodrig: Elle
- 15.03 Local: Pause Cuisine
- 17.30 Local: Glwar Dantan
- 18.00 Serial: The Equalizer
- 19.00 Journal Kreol
- 19.33 Local: Elle
- 20.00 Local: Tipa Tipa Nu Avance
- 20.45 Local: Les Klips
- 21.37 Local: Rodrig: Sa Lavi-La
- 22.50 La Journee Sous Le Regard
- 23.20 Local: Arsviv MBC - Fer Roule
- 00.36 Local: Nu Rasinn

- 07.10 Serial: Tik Tak Tail
- 09.00 Durga Pooja
- 12.02 Film: Pagalpanti
- 14.59 Live: Samachar
- 15.22 Other: Radha Krishna
- 15.45 Local: MBC Prod
- 16.45 Local: Ekta
- 17.45 Local: Navratri Sandesh
- 18.00 Live: Samachar
- 18.29 Sayings Radha Krishna
- 19.00 Local: Tohar Rashi
- 19.29 Coming Up Graphics
- 20.28 Sayings Radha Krishna
- 20.30 Serial: Porus
- 21.01 Serial: Crime Patrol
- 21.43 Serial: Naagin Season 4
- 22.26 Serial: Bahubali
- 23.10 Serial: Bhaag Na Bachhe Koi
- 00.34 Local: Planet Bollywood
- 01.00 Local: Tohar Rashi

- 06.56 D.Anime: Sam Le Pompier
- 07.10 D.Anime: Polly Pocket
- 09.23 D.Anime: Miraculous
- 10.09 Serial: Hank Zipzer
- 11.00 Mag: Afrimaxx
- 11.35 Mag: In Good Shape
- 12.00 Doc: Nos Cinq Sens
- 13.41 Doc: Antarctica
- 14.49 D.Anime: Zoonicorn
- 15.02 D.Anime: Eddie Is A Yeti
- 15.19 D.Anime: Les Blagues De...
- 15.42 D.Anime: Akili And Me
- 16.07 D.Anime: Gon
- 16.27 The Adventures Of Puss...
- 16.49 Mag: Recipes For Kids
- 16.51 Serial: My Perfect Landing
- 18.26 Foodland: Veggie Feasts
- 18.35 Doc: The Secrets Of Vanuatu
- 19.30 Mag: Arts Unveiled
- 20.02 Tele: Le Chemin Du Destin
- 21.42 Film: Easy Rider

- 00.00 Sasural Simar Ka 2
- 02.05 Udaariyaan
- 04.00 Anupamaa
- 06.06 Kuch Rang Pyar Ka Aise...
- 08.00 Tenali Rama
- 08.12 Patiala Babes
- 10.21 Kundali Bhagya
- 12.00 Bade Acche Lagte Hai 2
- 13.46 Kismat Ki Lakiron Se
- 15.50 Jijaji Chhat Par Hain
- 18.32 Film: Super Nani
- Starring: Rekha, Sharman Joshi, Randhir Kapoor
- 20.42 Serial: Tenali Rama
- 20.56 Enter: Dance India Dance Little Masters
- 21.42 Bade Acche Lagte Hai 2
- 23.48 Serial: Patiala Babes
- 02.00 Serial: Kundali Bhagya

- 06.07 Serial: L.A.'S Finest
- 07.10 Film: Glengarry Glen Ross
- 08.55 Serial: The Equalizer
- 09.40 Tele: Le Chemin Du Destin
- 10.00 Tele: Amour Secret
- 10.30 The Gardener's Daughter
- 10.48 Tele: Marimar
- 11.16 Serial: La Reina Del Flow
- 12.00 Le Journal
- 12.25 Tele: Barbarita, Les Couleurs..
- 13.15 Tele: Fierce Angel
- 13.40 Tele: Imperio De Mentiras
- 14.15 Serial: The Equalizer
- 15.20 Film: Memories Of War
- 17.30 The Gardener's Daughter
- 18.30 Serial: Wagle Ki Duniya
- 18.55 Serial: Mere Dad Ki Dulhan
- 19.30 Le Journal
- 20.25 Serial: Wanted
- 21.15 Serial: Seal Team
- 22.00 Serial: Hooten & The Lady

- 07.12 Local: Tipa Tipa Nu Avance
- 09.42 Local: Elle
- 10.27 Local: Le Challenge
- 11.32 Local Prod: Komanter
- 12.02 Local: Nu Rasinn
- 13.07 La Journee Sous Legard...
- 13.56 Local: Elle
- 14.26 Local: Clin D'oeil
- 15.26 Local: Tipa Tipa Nu Avance
- 16.05 Local Production
- 16.55 Local: Le Challenge
- 17.10 Local: Radio Vision
- 18.04 Tele: Imperio De Mentiras
- 18.30 Tele: Amour Secret
- 19.00 Journal Kreol
- 19.30 Local: Feminin Pluriel
- 20.00 Local Production
- 21.19 Local: Radio Vision
- 22.32 Local: Itinerer Moris
- 22.50 La Journee Sous Le Regard
- 23.00 Journal Kreol

- 07.00 Serial: Chacha Bhatija
- 08.04 Local: Planet Bollywood
- 08.47 Local: Tohar Farmaish
- 09.31 Local: MBC Prod
- 10.00 Serial: Bahubali
- 10.43 Bhaag Na Bachhe Koi
- 11.36 Radha Krishna
- 12.00 Film: Aastha Ki Shakti
- Starring: Rajeev Vezman, Divya Dwivedi
- 15.30 Dulhin Uhe Jo Nanad Man Bhave
- 16.00 Serial: Kundali Bhagya
- 18.00 Live: Samachar
- 18.35 Ved Ki Shikshayen
- 19.04 Local: Ayush
- 19.34 Local: Excerpts From Shiv Abhishek
- 20.15 Local: Vaad Vivaad
- 21.01 Film: Solah Shukrawar
- Starring: Rajni Bala, Indira Bansal, Abhi Bhattacharya

- 06.02 Doc: Planet Home
- 07.40 Doc: Robert Wilson
- 09.09 Guardians Of The Desert
- 10.34 Doc: Troubled Treasures
- 11.33 Doc: Foodland
- 12.29 Mag: Arts Unveiled
- 12.55 Doc: Persons
- 14.30 Mag: The World Is Yours
- 14.51 D.Anime: Zoonicorn
- 15.05 D.Anime: Eddie Is A Yeti
- 15.08 D.Anime: Dee Dee The Little
- 15.19 D.Anime: Les Blagues De...
- 15.42 D.Anime: Akili And Me
- 16.07 D.Anime: Gon
- 16.29 The Adventures Of Puss In...
- 16.49 Mag: Recipes For Kids
- 18.30 Mag: The 77 Percent
- 19.02 Student Support Programme
- 19.32 Mag: In Good Shape
- 21.41 Film: What The Night Cab Do
- 23.18 Mag: Tomorrow Today

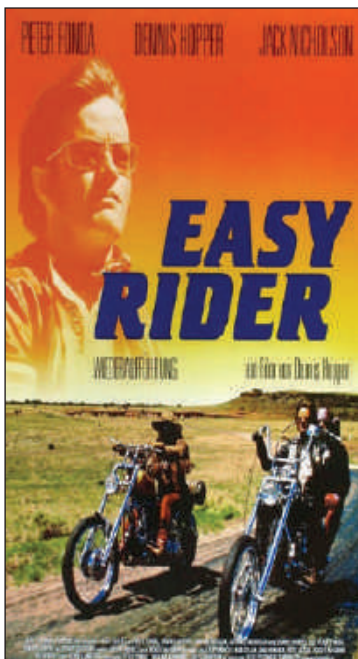
- 14.25 Serial: Zindagi Mere Ghar..
- 15.00 Serial: Bade Acche Lagte Hai 2
- 15.30 Film: Ahista Ahista
- Starring: Abhay Deol, Soha Ali Khan, Shayan Munshi
- 18.00 Live: Samachar
- 18.30 Kundali Bhagya
- 19.00 Udaariyaan
- 19.31 Kuch Rang Pyar Ke Aise...
- 20.08 Sasural Simar Ka 2
- 20.28 Radha Krishna
- 21.06 Anupamaa
- 21.32 Mere Sai
- 22.04 Kismat Ki Lakiron Se
- 22.29 Kabhi Kabhie Ittefaq Sey
- 23.00 Serial: Shaurya Aur Anokhi Ki Kahani
- 23.30 Film: Ahista Ahista
- Starring: Abhay Deol, Soha Ali Khan, Shayan Munshi



Mardi 24 octobre - 20.30



Mercredi 25 octobre - 21.15



Mercredi 26 octobre - 15.30



# Programme TV



	MBC 1	MBC 2	MBC 3	MBC 5	Bollywood TV
<b>mardi 24 octobre</b>	04.45 Tele: Amour Secret 05.08 Tele: Le Chemin Du Destin 07.15 Serial: Wanted 08.09 Serial: Seal Team 08.45 Serial: Hooten & The Lady 09.30 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.30 The Gardener's Daughter 10.50 Tele: Marimar 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.10 Serial: For Life 15.25 The Doolins Of Oklahoma 17.30 The Gardener's Daughter 17.59 Live: Samachar 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.30 Film: A Beautiful Day In The Neighbourhood	07.24 Local: Business Connect 09.12 Local: Radio Vision 10.17 Local: Ekriir Korel 11.07 Local: Le Rendez Vous 12.07 Rodrig: Feminin Pluriel 13.12 Eclairage Economique 13.32 Local: Tous Egaux 14.53 Local: Lir - Ekriir Kreol 15.44 Rodrig Prog: Zenn Aktif 16.23 Le Rendez Vous Avec... 17.16 Local: Radio Vision 18.08 Tele: Imperio De Mentiras 18.29 Tele: Amour Secret 19.00 Journal Kreol 19.20 Le Magazine De L'Emploi... 19.48 Local: Son Ladan Mem 20.03 Local: Dubreuil Fete Ganesh 21.33 Local: Radio Vision 22.23 Local: Mots & Ecrits 22.50 La Journee Sous Le Regard 23.00 Journal Kreol	07.00 Serial: Chacha Bhatija 09.29 Local: Vaad Vivaad 10.03 Serial: Kundali Bhagya 12.02 Film: 108 - Teerth Yatra 14.59 Live: Samachar 15.30 Badki Malkaain 16.00 Jijaji Chhat Par Hain 17.28 Radha Krishna 18.00 Live: Samachar 18.36 Local: Tark Vitark 19.00 Local: Bhojpuri Dhamaka 19.30 Local: Prakriti Ki God Mein 20.00 Chikitsa Aur Swasthya 20.42 Film: Jai Santoshi Maa 23.12 Serial: Jijai Chhat Par Hain 23.35 Serial: Yeh Teri Galiyan 00.24 Local: Tark Vitark 00.51 Local: Bhojpuri Dhamaka 01.28 Prakriti Ki God Mein 01.57 Chikitsa Aur Swasthya	06.03 Doc: Smoothie Mania 08.54 Mag: Tomorrow Today 09.18 Doc: World Heritage 10.36 Doc: The Green Revolution 11.06 Doc: Smoothie Mania 13.10 Doc: Hotels 14.00 Mag: Tomorrow Today 14.50 D.Anime: Zoonicorn 15.08 D.Anime: Dee Dee The Little 15.19 D.Anime: Les Blagues De... 15.43 D.Anime: Akili And Me 16.06 D.Anime: Gon 16.17 D.Anime: Sam Le Pompier 16.28 D.Anime: The Adventures Of... 16.51 Mag: Recipes For Kids 17.15 Doc: World Capitals 17.22 Doc: World Heritage 18.05 Doc: Smoothie Mania 18.31 Mag: Healthy Living 19.31 Mag: Global 20.02 Tele: Le Chemin Du Destin	14.25 Zindagi Mere Ghar Aana 15.30 Film: Deewangee Starring Ajay Devgn, Akshaye Khanna, Urmila Matondkar 18.00 Live: Samachar 18.30 Kundali Bhagya 19.03 Udaariyaan 19.33 Kuch Rang Pyar Ke Aise... 20.06 Sasural Simar Ka 2 20.38 Radha Krishna 21.08 Anupama 21.30 Mere Sai 22.08 Kismat Ki Lakiron Se 22.29 Kabhi Kabhie Ittefaq Sey 23.30 Film: Deewangee Starring Ajay Devgn, Akshaye Khanna, Urmila Matondkar 01.58 Kundali Bhagya
<b>mercredi 25 octobre</b>	04.30 Tele: Amour Secret 05.08 Tele: Le Chemin Du Destin 08.50 Serial: The Equalizer 09.35 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.28 The Gardener's Daughter 10.50 Tele: Marimar 11.15 Tele: La Reina Del Flow 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.15 Serial: The Equalizer 15.21 Film: A Beautiful Day In The Neighbourhood 17.30 The Gardener's Daughter 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 19.30 Journal & La Meteo 20.30 Serial: Under Pressure 21.15 Film: Easy Rider Avec: Lea Marmar, Keith Green...	07.17 Local: Priorite Sante 09.12 Local: Saver Kil Tirel 09.32 Local: Radio Vision 11.00 Local: Music Tour 2022 12.16 Rodrig: Plat Du Chef 12.48 Dubreuil Fete Ganesh 14.39 Local: Nu Rasinn 15.25 Local Glwar Dantan 16.43 Local: Music Tour 2022 18.00 Tele: Imperio De Mentiras 18.28 Tele: Amour Secret 19.00 Journal Kreol 19.30 Local: Rodrig Spor 20.00 Local: Saver Kil Tirel 20.30 Local: Toc Toc Doc 20.45 Local: En Forme 22.18 Local: Agir Ensemble 22.22 La Journee Sous Le Regard 23.20 Local: Sa Lavi-La 00.12 Rodrig: Pran Kont Ou Lasante	07.00 Serial: Chacha Bhatija 08.26 Local: Bhojpuri Dhamaka 08.56 Prakriti Ki God Mein 09.33 Chikitsa Aur Swasthya 10.00 Serial: Jijaji Chhat Par Hain 11.29 Serial: Radha Krishna 12.00 Film: Raja Harishchandra Starring: Neera Bela Bose Jayshree 15.30 Serial: Dulhin Uhe Jo Nanad Man Bhave 16.01 Serial: Suhani Si Ek Ladki 17.30 Serial: Radha Krishna 18.00 Live: Samachar 18.39 Local: Tirth Yatra 19.00 Local: Kala 19.37 Local: Anjoria 20.02 Local: Virasat 20.32 Film: Khalnayak 22.49 Serial: Jijaji Chhat Par Hain 23.00 Serial: Yeh Teri Galiyan	06.30 Mag: Healty Living 08.00 Doc: Lost Edens 09.18 Mag: Euromaxx 11.13 Doc: Smoothie Mania 11.57 Mag: Red Carpet 12.45 Mag: Global 14.11 Mag: Initiative Africa 14.51 D.Anime: Zoonicorn 15.09 D.Anime: Dee Dee The Little... 15.20 D.Anime: Les Blagues De... 16.06 D.Anime: Sam Le Pompier 16.48 Mag: Recipes For Kids 16.49 Serial: My Perfect Landing 17.11 Doc: World Capitals 18.00 Doc: Smoothie Mania 18.08 Mag: Motorweek 18.34 Mag: Vous Et Nous 18.58 Student Support Prog... 19.30 Mag: The Inside Story 20.00 Tele: Le Chemin Du Destin 20.30 Live: News 21.40 Film: Glengarry Glen Ross	14.25 Zindagi Mere Ghar Aana 15.30 Film: Sniff Starring: Parshva Dhariwal, Khushmeet Gill, Putul Guha 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.06 Anupama 21.36 Mere Sai 22.05 Kismat Ki Lakiron Se 22.31 Kabhi Kabhie ittefaq Sey 23.00 Serial: Shaurya Aur Anokhi Ki Kahani 23.26 Film: Sniff Starring: Parshva Dhariwal, Khushmeet Gill, Putul Guha 02.09 Serial: Kundali Bhagya
<b>jeudi 26 octobre</b>	04.52 Tele: Amour Secret 05.30 Tele: Le Chemin Du Destin 07.18 Serial: Imposters 08.09 Serial: Under Pressure 08.45 Serial: Riviera 09.30 Tele: Le Chemin Du Destin 10.05 Tele: Amour Secret 10.30 The Gardener's Daughter 10.50 Tele: Marimar 12.00 Le Journal 12.25 Tele: Barbarita 13.15 Tele: Fierce Angel 13.45 Tele: Imperio De Mentiras 14.10 Serial: For Life 15.25 Film: Glengarry Glen Ross 17.18 The Gardener's Daughter 17.59 Live: Samachar 18.31 Serial: Wagle Ki Duniya 18.55 Serial: Mere Dad Ki Dulhan 20.30 Film: Tumhari Sulu Starring : Vidya Balan, Neha Dhupia, Manav Kaul	07.45 Local: Agir Ensemble 09.26 Local: Come On Let's Dance 11.00 Local Prod: Les Klips 11.42 Local: Rodrig Spor 12.39 Local: Toc Toc Doc 12.54 Local: En Forme 14.20 Local: Proze Dime 15.19 Rodrig: Pran Kont Ou Lasante 15.48 Come On Let's Dance 16.50 Local: Aktiv 18.05 Tele: Imperio De Mentiras 18.31 Tele: Amour Secret 19.00 Live: Zournal Kreol 19.20 Le Mag De L'Emploi 19.29 Rodrig: Li Bon Ou Konnin 20.04 Local: Les Grandes Lignes 20.30 Local: Mots & Ecrits 21.00 Local Radio Vision 23.00 Le Journal 23.20 Local: Groov'in	07.00 Serial: Chacha Bhatija 07.31 Serial: Selfie With Bajrangi 08.04 Local: Tirth Yatra 08.49 Local: Anjoria 09.44 Local: Gyan Vigyan 10.00 Serial: Suhani Si Ek Ladki 11.29 Radha Krishna 12.00 Film: Humrahi 15.30 Serial: Badki Malkaain 16.00 Serial: Agnipheera 18.00 Live: Samachar 18.30 Radha Krishna 18.45 Local: Bhajan Sandhya 19.04 Local: Swami Dayanad Saraswati 19.56 Local: Hunarbaaz 21.14 Mag: Bharat Ke Sant 22.04 Serial: Jag Jaanani Maa Vaishnodevi 23.47 Serial: Yeh Teri Galiyan	06.03 Doc: Smoothie Mania 07.31 Mag: The Inside Story 09.29 Doc: World Heritage 10.33 Doc: China's New Silk Road 11.17 Mag: Motorweek 11.43 Mag: Vous Et Nous 13.18 Doc: Running Wild 14.01 Mag: Close Up 14.30 Mag: The World Is Yours 14.49 D.Anime: D.I.Y. Discover Your Inner Picasso 15.19 Les Blagues De Toto 16.11 D.Anime: Sam Le Pompier 16.31 The Adventures Of Puss In... 16.54 Mag: Recipes For Kids 16.56 Serial: My Perfect Landing 18.30 Mag: Shift 19.00 Student Support Programme 19.30 Mag: Tomorrow Today 20.00 Tele: Le Chemin Du Destin 21.42 Film: Starman	14.25 Zindagi Mere Ghar Aana 15.28 Film: Andolan Stars: Sanjay Dutt, Govinda, Mamta Kulkarni 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.30 Kuch Rang Pyar Ke Aise... 20.00 Sasural Simar Ka 2 20.30 Radha Krishna 21.02 Anupama 21.30 Mere Sai 22.01 Kismat Ki Lakiron Se 22.31 Kabhi Kabhie Ittefaq Sey 22.59 Shaurya Aur Anokhi Ki Kahani 23.30 Film: Andolan Stars: Sanjay Dutt, Govinda, Mamta Kulkarni 02.04 Kundali Bhagya 02.30 Serial: Udaariyaan



Jeudi 26 octobre - 15.28

Stars: Sanjay Dutt, Govinda, Mamta Kulkarni



Jeudi 26 octobre - 20.30

Stars: Vidya Balan, Neha Dhupia, Manav Kaul



# 21ème siècle: l'éveil nécessaire



Nita Chicooree-Mercier

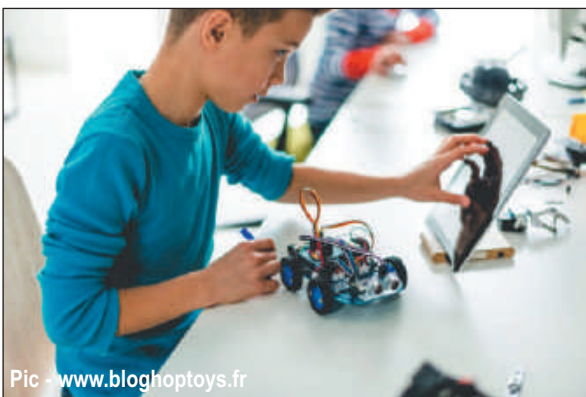
**L**e 21ème siècle sera spirituel, annonçait-on au siècle dernier. Bientôt un quart de siècle filera sous nos yeux. Mais nous sommes encore ébahis d'un tournant de l'histoire en septembre 2001, à peine quelques années après que l'Histoire prenait en compte que les horreurs de 1945 avaient mis fin aux terrains fertiles de guerres à répétition en Europe. Toutefois, l'ancienne Yougoslavie - démembrée après plus de 70 jours de bombardement incessant des forces de l'OTAN - n'était pas rentrée dans le calcul de cette fin de l'histoire.

Les pays, directement ou indirectement liés à l'affront du 11 septembre fait aux Etats-Unis, n'avaient pas tardé à faire l'amère expérience des avions de guerre déchirant le ciel et les bottes américaines martelant le sol. Une pandémie inattendue suscita une prise de conscience de la vulnérabilité de l'existence humaine sur terre, une peur de l'extinction de toute vie, et fut endiguée dans sa course meurtrière par la science quoi qu'on en dise.

Toute menace majeure provoque une quête du sens de la vie, une interrogation sur l'évolution du monde, et mène à une redéfinition de la réussite, du bonheur tout en n'écartant pas les illusions et les utopies.

Cependant, à peine relevée d'un malheur, l'économie mondiale chancelle sous l'effet d'une guerre où les forces de l'OTAN, réveillées d'une "mort cérébrale", se donnent à cœur joie à infliger sanctions en séries et armes à volonté. Le ciel s'assombrit.

Mais le 21ème siècle est aussi la formidable explosion d'internet qui fait circuler les informations à une vitesse phénoménale. Un outil de communication inégalable qui met à la disposition de tous les peuples sur la planète une variété de connaissances sur tous les sujets imaginables: politique, économie, histoire, philosophie, science, technologie, arts, physique, mathématiques, écologie, anthropologie, religions et un nombre infini d'autres sujets d'intérêt.



Pic - www.bloghoptoys.fr



Pic - 21th-century-businessman-com

Pour ceux qui ne sont pas de grands lecteurs, c'est une aubaine. Les théories fumeuses de complot de tout genre et les faux messies trouvent aussi un public non averti et crédule. Le livre reste, néanmoins, l'outil par excellence pour accéder à une connaissance approfondie.

Chacun cherche à comprendre et à explorer le comment et le pourquoi des choses qui concernent leur vie, leur pays, le vaste monde, et de ce que l'avenir réserve aux uns et aux autres. La dangerosité des catastrophes naturelles en série sur une planète surpeuplée et surexploitée n'échappe à personne, encore moins la menace existentielle que fait peser sur une partie du monde une guerre acharnée entre pays ennemis millénaires; et au cas où une fuite en avant donnerait libre cours à un délire de destruction massive à un des pays susceptibles de ne pas reculer devant l'autodestruction au Moyen Orient.

De nos jours, l'internet permet au public à travers le monde de remonter le temps et d'aller jusqu'à la source des conflits. C'est, donc, un outil redoutable. Pour des millions des gens qui cherchent à comprendre, c'est une première étape qui permet de rétablir les faits et la réalité historique à travers le temps.

La compréhension ouvre la voie à la Raison et cultive une certaine honnêteté dans la manière d'appréhender les événements et, peut éviter la déraison et calmer les réactions émotionnelles et impulsives nourries par des passions identitaires. Le constat de la réalité devrait normalement renforcer une quête de la vérité. C'est un aspect indispensable de l'évolution d'une personne, d'une communauté, d'un pays et du monde.

L'exercice complexe qui consiste à rechercher une certaine clarté dans les objectifs idéologiques, politiques et économiques que se fixent les divers protagonistes rivaux n'empêche pas de choisir son camp à la lumière des certains idéaux, principes, valeurs et affinités partagées.

Personne ne se fait d'illusion. Les récits des uns s'opposent à ceux des autres et cette opposition persistante retarde tout compromis. La falsification des faits, le déni de la réalité, les mensonges et la frustration palpable, le désir de vengeance et la paranoïa des uns ou des autres sont bruyamment visibles.

Nous avons presque parcouru un quart de ce siècle. Il y a un peu plus de trente ans le communisme (une utopie) qui s'était répandu par la répression, une force brutale et des lois liberticides, accepta sa défaite. Cela étant dit, les mentalités qui permettent l'épanouissement des sociétés progressent d'une manière très inégale selon la qualité de l'éducation et le développement culturel et économique de chaque pays.

Enfin, la vérité est Une et il est du devoir de ceux qui savent de faire entendre leur voix afin d'éveiller les consciences. Un conflit localisé qu'est celui qui fait rage au Moyen Orient ne serait aussi qu'une énième expression d'un antagonisme qui a traversé les siècles et qui se traduit par une volonté d'anéantir un peuple et son pays.

Cette folie destructrice est inacceptable de nos jours. Cette bataille est une épopée à forte valeur symbolique qui déstabilise la civilisation moderne. Toute idéologie malencontreuse qui alimente cette animosité doit être combattue par ceux qui ont foi en l'évolution spirituelle de l'humanité. Si cette idéologie est vaincue, y en aura-t-il d'autres au cours de ce siècle?

Il en va de la survie de l'humanité de s'armer de bon sens et de préserver un équilibre entre la liberté et la dignité humaine d'une part, et les tentations futures d'asservissement idéologique des peuples, d'autre part.



Tree of Knowledge

Madisyn Taylor

## The Journey of Finding a Relationship



Pic - theurbandater.com

**B**efore we embark upon the journey of finding the relationship that is right for us, we may want to take the opportunity to refine our concept of who we are and our ideas of what we want from life. That way, we are clearer on the kind of person we want to attract into our lives. Part of the journey of finding a mate is learning how to become our own mate. When we can learn to meet our needs without relying on someone else to complete us, we don't have to form relationships from the space of needing our emptiness to be filled. We can also discover our intrinsic value, separate from what someone else might be reflecting back to us. Getting to know who we are and learning to love ourselves creates a solid foundation of self that we can bring to any relationship.

We are fortunate to live in a time when relationships can unfold at a pace that is right for us and take unique forms. Friendship, dating, open relationships, long term relationships, long distance relationships, or committed relationships -- we are free to choose the kind of relationships that we want. If you want to be in relationship, but haven't found the right one for you, remember that the universe works in perfect order and, therefore, right now your life is unfolding exactly as it is meant to be. Maybe all this time has been part of your preparation period for meeting your intended partner. Even the relationships in our lives that haven't worked out as we had hoped to serve us by teaching us to make better choices in our next relationships.

Finding the relationship, we want can come early or later in life. It may even happen again and again in one lifetime. There is no right or wrong for how to find a relationship nor is there a timeline that you have to follow. Follow your heart, listen to your inner voice, continue to become your own soul mate, and stay open to love. The journey of finding the right relationship begins with being in right relationship with yourself.