

# MAURITIUS TIMES

• "Success is not final, failure is not fatal: it is the courage to continue that counts." -- Winston Churchill

## Qs & As Judicial Inquiry into the Murder of Soopramanien Kistnen

### "The truth will not emerge from the Judicial Inquiry unless there is clear evidence..."



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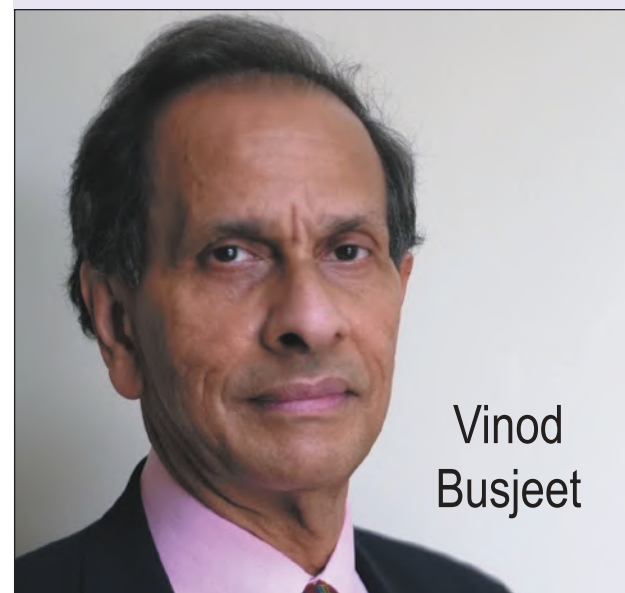
The Indian Ocean is now at the heart of global geopolitics. Pic- Quartz India

20th anniversary - 9/11

### Ancient Greece and Rome can tell us a lot about the links between collective trauma and going to war

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## Encounter



Vinod Busjeet

### "The same names and dynasties continue to dominate politics and business today as when I left Mauritius in 1970"

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# Rising Trend of Covid and Border Opening

**T**he rising numbers of Covid cases and deaths is causing general concern in the country, and seems to have gained a renewed focus over the weekend following the information that Dr Nuvin Ramgoolam, leader of the Labour Party, has been tested positive for the virus and is admitted in a private hospital for treatment. The probability of his being transferred to the All India Institute of Medical Sciences in New Delhi for further management has been flagged, and may take place this week if all arrangements for transfer are finalized.

In all countries, the lifting of restrictions imposed to control Covid spread, even partially or in phases, has been followed by an increase in the number of cases and of deaths as people gave vent to their pent-up feelings and started to mix again – but not always taking the precautions that have been recommended from the very beginning of the pandemic. It was therefore to be expected that we also could not escape this pattern, and although in absolute terms the numbers are comparatively less, this is no cause for complacency. Nor is the fact that we have already reached 65% of first dose vaccination coverage and 60% of second dose, perhaps the one positive statistic that is reassuring amidst the gloom which the increase in cases and deaths is causing.

The vaccination programme is no doubt progressing satisfactorily, but with the notion of herd immunity having been put in doubt even among the experts, we have to maintain if not speed up this pace so as to attain at least 90% of the population at the earliest possible, for this is what is likely to lead to a slowing down of the rising trend. We may also have to start thinking in terms of a booster dose for those above 60 with comorbidities, as certain countries (e.g. Israel) have already started to do, so as to reduce mortality in that age group, which is higher than among those who are younger and contributes significantly in the total mortality figure. Besides, this makes it difficult to decide which of comorbidities or Covid is the main factor that has led to death in a given individual.

Tied to the problem of this rising trend of Covid is the issue of whether the authorities will maintain their plan to open up borders on October 1st, a question which is now also causing a buzz. All governments have faced the same dilemma, and at the end of the day each one has to take the call according to its specific country context and its

overall strategy of coping with the economic and social impacts of the pandemic. As we contemplate opening up, and have to face the reality that there may be an acceleration of the rate of increase of cases (and possibly deaths as well) as a result, it goes without saying that the strategy will have to be updated to cope with this scenario.

Among others in doing so are points that we have flagged a number of times before: one is the conditions in quarantine centres, which are not uniformly to the satisfaction of those who have to be isolated there, despite the heavy charges being borne by the authorities. There must also be some degree of flexibility as regards movement out of the rooms in their close vicinity, as it is impossible for people to remain boxed in 24/7 especially when there is no provision for TV. Besides, these people do need to do some exercise to keep maintain fitness which helps to fight Covid. Blanket prohibition may therefore be counterproductive.

Must also be looked into: the conditions at the ENT Hospital, from non-functioning toilet/bathroom doors to some of the basic amenities which any normal person expects in terms of hygiene and cleanliness. More importantly, the medical process must be regularly reviewed and updated to make sure that the recommended treatment protocol is being implemented so as to give the best chance of survival to patients. An important factor to reckon with – and dealt with – is burnout and the morale of health personnel who are after all also human, and under great duress.

Unfortunately, there will be deaths too, and here as we have had occasion to point out earlier, both the dead and their family and relatives deserve utmost consideration on humanitarian grounds in this period of suffering and loss. Here too the Public Health Division should be able to give guidance as it concerns the disposal of an infected body.

All told, therefore, we have no option than to continue the struggle to gain control over the spread of the virus, which depends on how many people are not infected or are protected from infection – which means pushing on with vaccination –, and whether people are helping transmission, which is less likely to happen if they systematically apply Covid-appropriate behaviour.

This is the only way in which we will be able to open borders safely.

## The Conversation

20th anniversary - 9/11

### Ancient Greece and Rome can tell us a lot about the links between collective trauma and going to war



**O**n the outskirts of Grapevine, Texas, a town about 5 miles northwest of the Dallas/Fort Worth International Airport, there's a memorial dedicated to the 33 airline flight crew members who lost their lives in the terrorist attacks on Sept. 11, 2001. When I stumbled upon the monument several years ago with my family, I experienced contrary emotions: sadness inspired by the memorial's stark figures, mixed with anger over how the attacks quickly became a pretext for US wars in Afghanistan and Iraq.

Now, as US soldiers leave behind uncertainty and violence in Afghanistan, I look back on America's past 20 years with two sets of eyes.

As the first-year graduate student who stood smoking a cigarette in Washington Square Park at 8:45 a.m. on Sept. 11, 2001 – less than a mile from the World Trade Center's Twin Towers and where the sound of the jet engines' final roar mixed in with a Tuesday morning's bustle – I feel visceral sorrow and remorse.

Today, as a scholar of Greek literature who studies narrative and memory, I see how this collective trauma shaped US actions and has affected Americans' vision of their identities and shared history – a feedback loop that is reflected in the myths and histories of ancient Greece.

Twenty years is still recent history for many, so memories of the 9/11 attacks may still be too raw to easily reflect on and learn from. That's why looking for parallels in ancient stories of destruction and loss can help in understanding how shared trauma can shape the stories a nation tells itself, and the decisions that get made in response.

#### What is "collective trauma"?

Collective trauma is a term that describes the shared experience of and reactions to a traumatic event by a group of people. That group may be as small as a few people or as large as a whole society.

The 9/11 attacks shattered collective American confidence in its safety and sense of place in the world.

Joel Christensen, Brandeis University

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# Geopolitics - Afghanistan and Agalega

Jan Arden

**O**ur limited geo-punditry at national and governing levels should not prevent us from asking some questions on complex issues to which there may be only fluid answers at this stage. The planetary consequences of the US debacle in Afghanistan has been amply covered in these columns, last Friday, in Anil Madan's wide-ranging perspective. We can recall a few bare facts again before considering some of the implications in our region and for our sovereign state.

(a) The mostly Pashtun Taliban on either side of the Durand line between Pakistan and Afghanistan, widely suspected to be harboured clients of the former's secret services, as was the Al-Qaeda leader Osama bin Laden, holed up at Abbottabad garrison town, have reaped a lightning speed triumph in the botched US military withdrawal from Afghanistan.

(b) What was the remote North-West frontier and the treacherous Hindu Kush region through which aliens invaded north India, even the British empire at its heyday found difficult to control and administer other than through buying a fidgety loyalty of clan and tribal warlords, guarding their traditions in the barren mountains and rugged terrain where only poppy thrives it seems. Both the former USSR and the USA could have learned something from the British military and colonial historians and avoided themselves costly misadventures, huge face loss, and the current intense disquiet of US allies that both China and Russia look to exploit.

(c) Taliban leadership has, since its take-over, been keen to convince the watching world, international aid groups and their own scared population that the harsh and obscurantist rule they imposed in their last stint in power, from 1996 to 2001, is a thing of the past. That has yet to be demonstrated and translated in ground realities as various ethnic and religious minorities flee the ravaged country and women already face the violence and nastiness of perverts and local vigilante Taliban groups. The last time the group ran the country, women were banned from education, most work and nearly all aspects of public life.

(d) A peaceful march gathered several dozen women this Saturday in Herat, western Afghanistan, demanding that their rights to work, education and participation in public affairs not be trampled upon. "We won't be silent anymore," said one activist in frail defiance as the marchers were unceremoniously roughed up and beaten by a Taliban group. That may be an isolated incident while Taliban of the older variety are yet to be retrained to think and act differently by the new leadership, but the scary uncertainties over human and women rights hang in the air.

(e) Equally dicey is the nagging question whether the vague Taliban assurances given in the Trump Doha Agreement will hold any water and prevent Afghanistan from turning into a convenient terror-breeding centre, first against its own minorities (Shias, Balochs, etc), then progressively against outside "designated" enemies. The Taliban 2.0 has already released thousands of jailed Islamic State in Iraq and Syria, or ISIS, Al-Qaeda, Tehrik-i-Taliban (TTP) and other terror commanders. The TTP, with renewed confidence, has this Sunday already claimed paternity for a violent suicide bomber attack in Quetta market, a regional Shia centre which admittedly has seen decades of chronic violence but the trend is alarming for the stability of the whole of South East Asia, even putting at risk the massive China-Pakistan Economic Corridor in Pakistan.



Pic - Shutterstock

**“We have no national interests to entrench or consolidate by taking sides in the upcoming cooperation and confrontation era between the US and its allies and China, nor should we unless we are forced to. Several powers have their commercial and naval fleet patrolling and ferrying the Indian Ocean without incurring snide and negative reporting from Al Jazeera or other networks, except when it concerns India, which anyway partners France and the US generally in Indian Ocean maritime security. Should the PM be right that there has been no land lease, no military base, and that the port and jetty developments at Agalega will remain under our control at PMO, we are fortunate that India, despite the Covid crisis, has funded and is conducting such a strategic development...”**

(f) No strategic or geo-political analyst can foretell the evolution of the situation with regard to the rights of women and ethnic minorities or evaluate the risks that the Taliban 2.0 leadership, despite official promises of inclusive government, again morph into a regime reminiscent of the dark ages. Whether these vulnerable segments receive more than lip-service support and amicable pressure from immediate neighbours like Pakistan or Iran, from the bordering underbelly of the former USSR, like the Tajiks, Uzbeks and other Turkmens or from more distant but still influential Gulf states and the Saudi kingdom, remains debatable.

(g) However, many knowledgeable US security analysts believe the US military establishment has acknowledged for some years now the quasi-impossibility for the US, either alone or in uneasy partnership with western NATO allies or the cautious Saudis, to win the proclaimed "war on terror" launched in the aftermath of the spectacular attack on the US Twin Towers in 2001. The ineffectual memorandum signed by former President Trump in 2020 and the precipitous exit in August 2021 under President Joe Biden, were then maybe pathetic but the inevitable concluding paragraphs of a twenty-year story of US diplomatic and military failures in the Middle East region spanning Iraq and Syria to Iran, Afghanistan and Pakistan.

That informed analytical narrative of the evolving nature of the "Pax Americana" in the Middle East and the acknowledged phasing out of the US-led "war on terror", is associated with some important postulates, with definite implications for our region.

(i) The first relatively obvious one, is the US military establishment's recognized futility of trying to impose external and western worldviews through stooges or puppet regimes with no support and grounding in the popula-

tion beyond the capital and its vicinities. In the Cold War era, Vietnam was supposed to be the indispensable holding card to prevent the domino card theory in the "war against communism". That politico-military graveyard of simplistic US assumptions and their ghastly failures has come and gone after immense costs on all sides. Exit from the Afghan nightmare is a rather similar sequel to the "war on terror" where US forces had neither a believable rationale nor an achievable end in sight.

(ii) The second tenet of that analytical school is that eradication of terror outfits that hang low amidst the indigenous population benefiting from shelter and covert assistance, not to mention outside secret funding, is virtually impossible. That was the whole philosophy anyway behind US, Saudi and Pakistani funding, arming and conjoining of forces to help Taliban 1.0 successfully kick the Russian foreigners out of Afghanistan. The evolution of US military thought would be then akin to containment or accepting "manageable levels of terrorism" on the global, regional and sub-regional scenes except when these directly threaten US interests. Many capitals throughout south-Asia and Africa, traditional allies of the West or exposed to Al-Qaeda or ISIS variants, will be pondering hard on exactly how much is "manageable" and what US support they can bank on.

(iii) The third postulate is that the US naval and military needs the disentanglement from irritating failed ventures to refocus energies and resources on the real threat posed by the only country that can challenge US world dominance, if not already then certainly over the next twenty years. China is

a permanent member of the UN Security Council on a par with the US and Russia, and its economic, military, naval, diplomatic and geo-political clout has been amply displayed. It is gearing up for its next level, where eyeball confrontation with the US or its Western allies on the high seas or for resource-rich territories can no longer be excluded.

This fundamental shift has implications for our region, if only because the refocus of US military thinking would add critical weight to the necessity of Diego as a substantive part of the Bahrain-Djibouti-Diego triangle for the US naval fleet in its future deterrence of Chinese adventurism in the Indian Ocean. Whatever resolutions may be passed in the UN or elsewhere, real-politics clearly indicate that both the US and the UK will give short thrift to any ill-advised Mauritian initiatives on the issue of Diego, with unforeseeable consequences on various fronts.

Secondly, we have no national interests to entrench or consolidate by taking sides in the upcoming cooperation and confrontation era between the US and its allies and China, nor should we unless we are forced to. Several powers have their commercial and naval fleet patrolling and ferrying the Indian Ocean without incurring snide and negative reporting from Al Jazeera or other networks, except when it concerns India, which anyway partners France and the US generally in Indian Ocean maritime security. Should the PM be right that there has been no land lease, no military base, and that the port and jetty developments at Agalega will remain under our control at PMO, we are fortunate that India, despite the Covid crisis, has funded and is conducting such a strategic development we could never afford on our own at Agalega, one that will immensely benefit our own sovereign interests in our economic zone.

## Judicial Inquiry into the Murder of Soopramanien Kistnen

# “The truth will not emerge from the Judicial Inquiry unless there is clear evidence...”

\* 'An expert has no right to give an opinion that distorts the factual findings or misleads the Court'

With the conclusion of the judicial enquiry proceedings into the murder of Soopramanien Kistnen, an MSM activist in No. 8 constituency, Lex shares his views on some of the surprising elements that have surfaced around the autopsy findings and the likely cause of death.

By LEX

**\* What's the purpose of a judicial inquiry? How far can it go and what are its limits, if any?**

A judicial inquiry is held to ferret out the truth when a person committed suicide or was killed by another person, by an animal or by machinery or accidentally. It's also held when death occurred in circumstances which raise reasonable suspicion that some person has committed an offence; or died whilst in prison or in custody of the police.

**\* What exactly is the role of an expert witness?**

The main role of the expert witness (a person whose opinion by virtue of education, training, certification, skills or experience, is accepted by the judge as an expert) is to assist the court in reaching its decision by providing independent expert or technical information and opinion on an issue based on the information provided by those instructing him or on information that he independently collects.

The expert should provide as much information in an honest way in order to convince the investigating magistrate that his opinion is well founded.

**\* In the course of the judicial inquiry into the death of Soopramanien Kistnen before the Moka Court, we have heard the evidence of two expert forensic doctors on the cause of death of the victim. It would appear that the two doctors have been diametrically opposed on the cause of death. How could that be possible?**

Expert evidence has two strands: collection of data and forming an opinion. Opinions may differ, but they must be based on the facts gathered. An expert has no right to give an opinion that distorts the factual findings or misleads the Court.

**\* In the light of the conflicting medical evidence on the cause of death of the victim, what can the magistrate do?**

It will be up to the magistrate who heard the two doctors to evaluate their

interpretation of medical evidence from the autopsy and determine which opinion is nearer to the truth on the basis of these and other relevant facts gathered at the scene where the body of the victim was found.

**\* Isn't it strange that Dr Parsad Jankee who examined the body of the victim on the spot was not the one who carried out the first autopsy as the body was sent to Dr Jeetoo Hospital instead of Candos where autopsies are usually carried out?**

This is the whole mystery of the case. One would have expected that Dr (Ms) Parsad Jankee, who examined the body at the spot where the body was found, to carry out the autopsy. Since the body was transported to Dr Jeetoo Hospital and the autopsy done by Dr Sunnasee who, it has been reported, would be related to two main witnesses who testified before the inquiry, this opens the door to wild speculations.

On the assumption that the body had to be transported to Dr Jeetoo Hospital, one would like to know who took the decision to have the autopsy performed by Dr Sunnasee...

**\* It would appear that the doctor who carried out the autopsy stated in court that he might have been mistaken. There is no suggestion of conspiracy in this matter, but Mauritius being a small knit society bound together with close and intimate social ties, professional mistakes or dereliction of duty are often ascribed to such ties. What's your take on that?**

Dr Sunnasee should have refused to perform the autopsy so that the risk of a blurred judgment could have been avoided. Unfortunately, he fell headlong into the trap.

**\* If it is established that those who investigated into this case might have conspired with others to build the case file or to give the evidence that they did, what would be the consequences?**

If there is such evidence, it will be up to



the DPP to order a police investigation in the hope that an independent and honest investigation will be carried out by the police.

**\* Once the inquiry is over and the case file is submitted to the DPP, what action can be taken against any party, who it has been established, misled the court?**

If no evidence is found against any author of the homicide, the case will be filed subject to the DPP ordering investigations on other aspects of the case like perjury or conspiracy.

**\* There have been so many cases - not necessarily high-profile ones - where the relatives of persons who died in mysterious circumstances or are believed to have been murdered have had recourse to private forensic experts although those in the public service have generally performed their duties beyond all suspicion. We are heading towards a problem of trust breakdown here, isn't it?**

The trust breakdown has been here since a long time. It's resurfacing now. The people have remained passive observers without even a whimper of protest coming from their ranks.

**\* Would it be advisable in light of the heavy workload on the police having to track and investigate an increasing number of crimes, some of which are very complex ones and in different fields, to detach the Forensic Crime division from the responsibility of the police and have a separate, independent body with the head appointed by the Judicial and Legal Service Commission?**

Dr Arvin Boolell has in the course of a press conference suggested the establishment of a coroner as in the United Kingdom. In the UK, a coroner is a government or judicial official who is empowered to conduct or order an inquest into the manner or cause of death. Normally a coroner is a qualified legal person. He may also be a forensic expert. It would be a good move to establish such an office here and have the Coroner appointed by the Judicial and Legal Service Commission with security of tenure.

**\* 11 months have elapsed since the body of Soopramanien Kistnen was discovered. A first investigation apparently ascribed the death to suicide. Public and media pressure has kept the issue alive, and the DPP instituted a judicial inquiry into this case. At the end of the day, the question that arises is: has the truth emerged?**

If only the police did not rush to judgment by ascribing the death to suicide, matters might have been different. The question that remains unanswered is why was the suicide theory brandished? Was it due to ignorance or incompetence? Or did it have to do with an urge to shield the truth?

The truth will not emerge from the judicial inquiry unless there is clear evidence or evidence from which inferences can be drawn that one or more persons were linked to the homicide. Nor will it emerge from a police investigation, even if a further inquiry is ordered by the DPP, given the record of the investigating agencies. This is the stark reality of the Mauritius of today. It is tragic.

# 20 years on, pandemic gives 9/11 conspiracists fresh impetus

For Heather Bauer, 9/11 anniversaries are about something other than the fallen Twin Towers, smoking wreckage at the Pentagon, and a crashed airliner in a Pennsylvania field.

Instead of the accepted version of events -- that Al-Qaeda conducted the attacks -- she believes the US government was primarily responsible. That is among falsehoods being promoted at various events to mark the 20th anniversary of September 11, reports AFP.

Bauer, a Wisconsin homemaker, was 14 when the attacks left nearly 3,000 people dead.

She believed the official narrative for years, but after falling into QAnon conspiracy theories, she looked again at the 9/11 story. She now thinks the attacks were orchestrated to justify the war in Iraq that followed in 2003.

She is a devoted adherent of the 9/11 truther movement. Its members tirelessly discuss online what they see as evidence that the Twin Towers fell because of controlled demolition techniques, not because commercial planes flew into them.

Those claims were developed in incredible detail over the past 20 years, and have been debunked just as minutely by documentarians and journalists.

The general idea, including the oft-cited "jet fuel can't melt steel beams" argument, is to prove that some entity must have planted explosives in the towers, because they could not have collapsed so neatly from being hit by



planes.

## 'Uniquely conspiratorial country'

In-person conferences planned by the truther community for the 20th anniversary of 9/11 will also discuss the origins of the coronavirus pandemic and vaccines.

Carol Brouillet, the event's organizer and founder of the Northern California 9/11 Truth Alliance, said: "We have so much that we want to cover, and only eight hours."

Conspiracy theories over 9/11 were the first to benefit

from widespread internet access, spreading much faster than previous alternative interpretations of history, including about John F. Kennedy's assassination, and the Moon landings.

With the internet, he said, 9/11 truth theories were able to not only have a greater and faster reach than previous conspiracies, but also enabled those who believed in them to network far more effectively.

## 'Anthrax to the pandemic'

"9/11 conspiracies arrived at the precise moment where social media and online media like YouTube really began to allow people to spread these ideas in big and colorful and compelling ways," he added.

Like Brouillet's group, the Lawyers' Committee for 9/11 Inquiry will hold a conference on the 20th anniversary, and will feature a Covid-19 discussion.

The event is named "From 9/11-Anthrax to the Pandemic," in reference to letters containing the poisonous substance sent to journalists and politicians over several weeks in September 2001.

For Mick Harrison, an Indiana lawyer and the committee's litigation director, the connection between the anthrax in 2001 and the Covid-19 virus today is clear.

Asked about why they are fighting to overturn an established 20-year-old narrative, Bauer and Harrison both said they saw it as a civic duty.

## Warming relations between China, Taliban cause fear among Uyghurs

Refugees from the Uyghur community continue to live under fear as China and the Taliban continue engagement at a diplomatic level. Before the Taliban takeover of Afghanistan, a Taliban delegation led by Mullah Abdul Ghani Baradar met Chinese foreign minister Wang Yi, which created distress among the Uyghurs in Afghanistan.

In that meeting, Wang Yi had urged the Taliban to crack down on the East Turkestan Islamic Movement (ETIM), a group that is believed to be fuelling unrest in China's Xinjiang province while operating from Afghanistan.

The Uyghur community feels that the Taliban could send members of the community to China in a bid to curry favour with Beijing. The news agency in its report cited that Uyghurs who escaped persecution in China and entered Afghanistan 45 years ago are now worried about getting deported to China, reports Hindustan Times.

Many Uyghurs hold Afghan citizenship but despite that their identification cards still identify them as Chinese refugees including those who are second-generation Uyghurs living in Afghanistan, according to the report by news agency CNN.

Uyghur refugees say that no countries are ready to take them as issuing of passports have also been halted. "They don't give passports for free, and we can't afford it. But now they have stopped issuing the passports anyway," a member of the com-



munity told CNN.

Uyghurs are also considered outsiders in Afghanistan and have not found any takers to help them out of this situation.

China denies allegations of human rights violation and genocide against Uyghurs. It says that members of the Uyghur community are sent to 'vocational training centres' in an attempt to stop them from being radicalised.

## 'No jeans, sleeveless tops': New dress code for MPs ahead of UK House of Commons

Before the British members of Parliament return to the House of Commons on Monday, Sir Lindsay Hoyle, the Commons Speaker, has directed them to dress appropriately in "business attire."

Hoyle has updated the "Rules of behaviour and courtesies in the House of Commons" and has asked MPs to "demonstrate respect for your constituents." This update addresses the casual and more relaxed clothing style that had set in during the coronavirus-induced lockdown after rules were eased to allow the MPs attend sessions virtually.

The rules prohibit wearing "jeans, chinos, sportswear or any other casual trousers." "T-shirts and sleeveless tops are not business attire. Smart/business shoes are expected to be worn. Casual shoes and trainers are not appropriate," it said, adding that men are "encouraged to wear a tie" and jackets "must be worn."

The updated norms further stated that it is "privilege" to serve as an MP and the "dress, language and conduct should reflect this."

Apart from tightening the dress code, Hoyle has also clamped down on rowdiness in the House of Commons. According to the new rules, MPs cannot sing and chant - which are both banned in the chamber. The parliamentarians cannot



clap as well as the rules state that it "eats into the time available for debate."

Furthermore, the MPs have also been told to pay attention during a debate and not read books or newspapers or "obviously devote...to...phone or other electronic device."

In December last year, former foreign secretary Jeremy Hunt was called out during a virtual Brexit discussion of the House of Commons by Hoyle for not adhering to the dress code. Hunt was reportedly not wearing a tie and his top shirt button was also undone, reports Sharangee Dutta of Hindustan Times.

Hoyle's views on the strict dress code are in contrast with his predecessor John Bercow's last set of norms wherein business clothing was merely a recommendation. Bercow had also said that there was "no exact dress code."

\*Contd on page 6

## Bangladesh MP proposes ban on marriages for working couples; draws criticism



Rezaul Karim's proposal created laughter in the House and several of his colleagues ridiculed him. Pic - Unsplash

Bangladesh Parliament on Saturday declined to consider a weird proposal by an independent lawmaker who suggested a ban on marriages among the working people to address the unemployment issue in the country, drawing criticism from fellow parliamentarians.

Lawmaker Rezaul Karim also argued that the children of working couples were often exposed to abuse by housemaids.

"Men holding jobs want to marry working women, likewise, women in service want to marry service holders... if the trend continues you can't resolve the unemployment problem in the country," Karim said.

The proposal created laughter in the House and several of his colleagues ridiculed him, reports PTI.

Law minister Anisul Huq called the proposal a manifestation of "freedom of speech".

Huq said being a public representative himself, he could not endanger his own career by accepting such a weird proposal.

Karim, who became a lawmaker from a constituency in northwestern Bogra district for the first time in 2018, last year drew massive criticism by blaming the feminist campaigns for growing incidents of rape.

He also grabbed media attention the same year by posting a profile picture on his Facebook account holding a pistol in his hand.

## Pakistan activates satellite air bases near Afghanistan, India borders: Report

The Pakistan Air Force has activated an air base on its eastern front in Balochistan area close to Afghanistan.

Two other satellite bases named Kotli and Rawalkot have also been activated along the border with India, intelligence sources said.

"The Pakistan Air Force keeps activating these bases from time to time for operational readiness and the frequency has increased after the Balakot air strike by India in February 2019 where the Indian Mirage 2000 fighters could manage to get in and out of Pakistan territory undetected and unchallenged," reports ANI.

Sources said the Indian agencies are continuously monitoring Pakistani activities as all its bases are effectively covered by Indian radars and other systems round the clock.

Agencies are also keeping a track of the Pakistan Air Force activities on their eastern front where the Shamsi air field in Pakistan has been reactivated to support Taliban operations in



Pakistan Air Force personnel check a JF-17 Thunder fighter jet during an airshow in this file picture. Pic - Reuters

the war-torn country, the sources said.

Pakistan has been supporting the Taliban in its fight against both America and the Afghanistan national army for a long time trying to control the happenings and developments there, the sources said.

The Shamsi air field has been used in the past by the American forces deployed in Afghanistan to launch attacks against the Taliban and Al Qaeda terrorists but they were forced to vacate it by Islamabad after Pakistan Army troops got killed in an American air raid.

## UAE launches 'green visas' in a bid to target investors, highly skilled workers

The United Arab Emirates on Sunday announced a new class of visas called 'Green Visas' which will allow expats to apply for work without being sponsored by an employer, according to a report by news agency Bloomberg.

The move comes in a bid to target investors and highly skilled workers as well as students and graduates. The Green Visa holders can sponsor their parents and children up to the age of 25 on their permits. The steps are being taken to attract talent and boost growth.

The UAE government will allow people who lost their

jobs to remain in the UAE for up to 6 months which is an incentive as most visas are tied to employment contacts. It has allowed hiring of temporary workers above the age of 15 in a bid to loosen the job market, reports Hindustan Times.

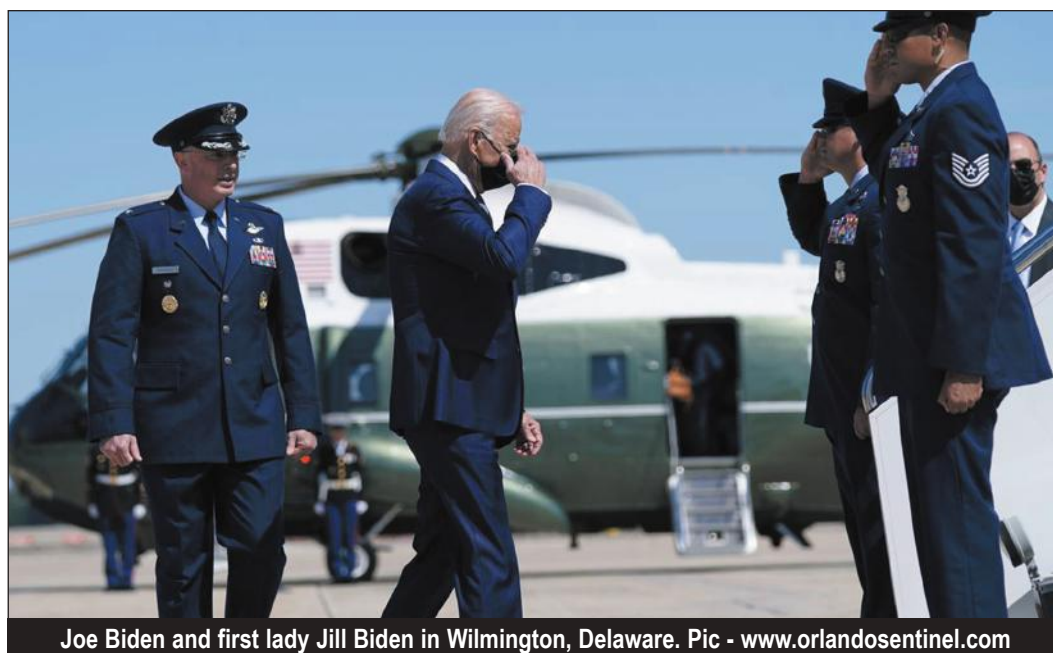
Foreign residents form 80% of the population of the UAE and are intrinsic to the economy of the country for the past few decades. Foreign nationals work in the private sector and contribute to the economy by buying property or by shopping in some of the largest malls in the world.

## Joe Biden to visit all three sites of 9/11 attacks

US President Joe Biden will visit all three 9/11 memorial sites to commemorate the 20th anniversary of the September 11, 2001 attacks and pay his respects to the nearly 3,000 people killed that day.

Biden will visit ground zero in New York City, the Pentagon and the memorial outside Shanksville, Pennsylvania, where United Flight 93 was forced down, the White House said on Saturday. He will be accompanied by first lady Jill Biden.

Next Saturday's anniversary falls less than two weeks after the end of the nearly two-decade-long US war in Afghanistan. The war was launched weeks after the 9/11 attacks to retaliate against the Al-Qaeda plotters and the Taliban,



Joe Biden and first lady Jill Biden in Wilmington, Delaware. Pic - www.orlandosentinel.com

who provided them safe haven.

Biden has found support from the public for ending the conflict but has faced sharp criticism, even from allies, for the chaotic evacuation of US troops and allied Afghans during the final two weeks of August.

Biden on Friday directed the declassification of certain documents related to the September 11 attacks in a gesture towards victims' families who have long sought the records in hopes of implicating the Saudi Arabian government.

The conflict between the government and the families over what classified information could be made public came into the open last month after many relatives, survivors and first responders said they would object to Biden's participation in 9/11 memorial events if the documents remained classified.

Vinod Busjeet

# “The same names and dynasties continue to dominate politics and business today as when I left Mauritius in 1970”



**V**inod Busjeet left Mauritius in 1970 to study at the Université de Madagascar, followed by further studies at Wesleyan University, Connecticut, and New York University and finally at Harvard University Business School where he earned his PhD in Business Administration. He ended up working for the International Finance Corporation, the private sector affiliate of World Bank, where he focused on developing economies.

After his retirement he has devoted himself to writing. His novel *Silent Winds, Dry Seas*, is about 'identity and place, and the legacies of colonialism, of tradition, modernity, and emigration, and of what a family will sacrifice for its children to thrive.' It came out recently in the US and has received positive reviews from a number of publications, including the National Public Radio, *Publisher's Weekly*, *Booklist*, and the prestigious *The Paris Review*.

## sans in the factories?

I remember the thatched house (*lakaz lapaille*) in Plaine Magnien and my mother mixing cow dung with water to make a paste that would become the floor of the house; going shoeless to school in *klas bilo*. The situation improved when my father asked my mother to come back to his house. My cousin in Rivière des Créoles cut sugar cane and loaded his ox-cart till he died. The Creole fishermen in Mahebourg and their families endured a much tougher life, faced with uncertain sea and weather.

The economic deprivation of those days can be illustrated by the fact that an orange was considered a luxury in our house, even though my father was a primary school teacher. Imagine the situation in the home of a cane cutter or fisherman. The contrast with the lifestyle of the sugar magnates in the sugar estates and the campements was stark.

*Silent Winds, Dry Seas* is set in the colonial plantation economy amidst the struggles of working people and small planters. The novel also explores how concepts of family honour are part of repressive cultural and moral norms that stifle the individual; norms that reflect a patriarchy characterized by arranged marriages, the brutalization of women driving them to suicide. The novel deals with subjects considered taboo: sexual repression and prostitution. Admittedly these last two themes are treated from a male perspective which is bound to be a limited one.

The novel's final chapter takes the narrator to the US: after overcoming obstacles back home, he is confronted with an environment where the profit motive is king, but also one that is culturally and intellectually stimulating.

## \* What did you learn about yourself when you travelled back to your childhood when writing the book?

I was shy, an introvert. While my classmates played, I observed people my age and older. Witnessing the horrible final hours of a young woman neighbour forced into a marriage to a much older man left an indelible impression on me; looking back, I realize that this episode shaped my negative views on our society's treatment of women; it resulted in the chapter "All the Same Sauce".

In my adolescence, I began questioning all religions, and to my father's credit, he did not punish me for that. He made sure I read the Ramayana, Mahabharata, the Bhagavad Gita, as well as the Bible and the Koran, but

never insisted that I go to the shivala or pray, though he prayed daily.

I also realized that admission to the Royal College, Curepipe, was a defining moment of my life. The long-term impact of the teachers went far beyond what they imparted to us on their specific academic subjects. What set them apart was their willingness to share intellectual experiences outside of the textbooks, communicate their observations on life, and transmit wisdom as well as witticisms.

“In the 1940s, Uncle Ram defies the norms of his Hindu community by refusing to wear the dhoti at his wedding, flings it on the floor, and threatens to walk out if he can't wear a European style suit. Similarly, at a time when the dhoti had become a politically charged symbol of Hindu hegemony, Tonton George defies his community by putting on a dhoti...”

By tolerating the intellectually adventurous students who constantly tried to veer class discussions away from the set texts, they encouraged the development of a spirit of enquiry. And this spirit was fostered further by the clubs that thrived during the sixties under the aegis of those teachers — The Indian Cultural Society, the French Cultural Society, The Debating Society, The Philosophical Society, The Classical Society. This spirit led me to question social and religious orthodoxies

## \* Has time and personal accomplishments helped to heal the wounds of the past?

“Without a wound, there is no author,” said the acclaimed Israeli writer, Amos Oz. The fact that I wrote an autofiction would suggest that not all the wounds have been healed, or that wounds have been healed only partially.

It is significant that the chapter I wrote first was the political corruption chapter “Six Pounds of Fish”, though it occurs toward the end of the novel: the wounds that rankle most call for immediate attention. I must point out that though the themes of the book are dark, I inject humour in the novel.

● Cont. on page 8

\* Your journey started off at Mahebourg, and it brought you to the World Bank and its private sector affiliate, the International Finance Corporation in Washington, D.C. What happened in between that inspired you to write your debut novel *'Silent Winds, Dry Seas'* at the age of 71?

Throughout the years I've lived in the US, it was clear that most people had never heard of Mauritius. In writing that novel, I had an ambitious goal: help put my native country on the American literary map. Not the island paradise of tourist brochures, but the complex reality of a multi-racial country with its challenges. When I retired, I also decided to take stock of my life. To accomplish these twin goals, I wondered whether I should write a memoir or fiction, and I settled finally for a mix, which may be called autofiction.

Fiction enables you to invent characters and events, manipulate memories and their sequence, compress events that occur over a period of months or years in a few days to create dramatic intensity (most evident in the novel's chapter set during Cyclone Carol), fuse multiple cousins into one, pay homage in a creative way to some of your favourite writers and artists (e.g., Baudelaire, Chekhov, Carlos Santana).

\* Speaking to Parul Kapur Hinzen in an interview for *The Paris Review*, you said that *'Silent Winds...'* is a "novel about family conflict -- honor, *khandan* -- and political conflict". What do you remember about those most trying times for your family and all those who had to eke out a living working in the fields or as arti-

# 'A better level of dialogue isn't enough to improve intercommunal relations.'

Dialogue will be viewed as empty if it is not accompanied by concrete steps by the public and private sectors to reduce economic disparities'

● Cont. from page 7

\* The reviews of your book have generally been quite favourable, although some like Kawai Strong Washburn have pointed to the absence of "deeper insights into humanity and its heterogeneity". How do you react to such responses to your book?

It is impossible to please everyone.

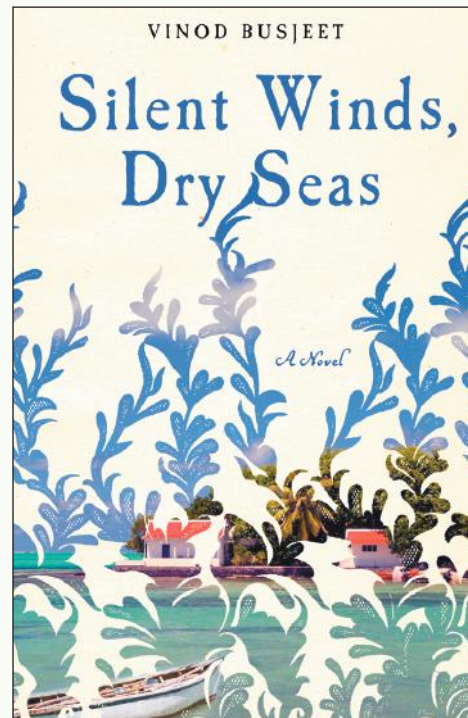
The reviews have been positive, except for two publications, one of which is the *New York Times* (NYT) review by Kawai Strong Washburn. The positive ones include *National Public Radio* (NPR), *Publisher's Weekly*, *Booklist*, and the prestigious *The Paris Review*.

It is every writer's dream to appear in *The Paris Review* and in *NYT*. Between 500,000 to 1,000,000 books are published annually in the US, of which half are self-published. A tiny percentage gets reviewed by the *New York Times*, and I am thankful to its editors for the honour of having my novel selected for review.

To address Washburn's review requires a whole article, and I don't think an author should embark in such an exercise, at least not so soon after publication; I leave it to others, the general reader and other critics, to decide. Suffice it to say that I aim at writing that makes readers think but that also provides an emotional experience.

The proof of the pudding in the eating: the ultimate arbiter is the reader.

\* **'Tamasha' is a riveting chapter about the road to independence. You write about the 1965 and 1968 riots, reminding us how tensions between**



ple and events, hard as it may be to believe. There is inventive fiction, such as Kalipa and Fringant expounding on Mauritian history, but the tense atmosphere of those days and the confrontation of the brothers are a recreation of reality on the page.

It is important to read the end of the chapter bearing in mind the actions of Uncle Ram in an earlier chapter: in the 1940s, he defies the norms of his Hindu community by refusing to wear the dhoti at his wedding, flings it on the floor, and threatens to walk out if he can't wear a European style suit. Similarly, at a time when the dhoti had become a politically

“I can understand that for the sake of peace and the need to move forward with nation-building, political accommodations were made, and the perpetrators were not brought to justice. Nonetheless, we need to draw lessons from that experience if we don't want history to repeat itself. What will prevent a group (political, economic, communal) from fomenting trouble next time if it feels it won't be held to account?”

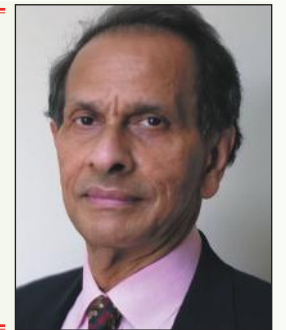
communities flared up during that time. It ends on a note of optimism with Tonton George, wearing a dhoti, coming to the Bhushans' household, greeting them with a 'Namaste' and celebrating the independence of the country. Do tell us about your personal experience of those years.

That chapter conveys to a large degree my personal experience. Tonton George, Kalipa and Fringant are based on real peo-

ple and events, hard as it may be to believe. There is inventive fiction, such as Kalipa and Fringant expounding on Mauritian history, but the tense atmosphere of those days and the confrontation of the brothers are a recreation of reality on the page.

Sometimes defying the norms of the community is necessary to make a larger point: Uncle Ram does it to affirm the right of the individual vis-à-vis the community, Tonton George to expose the fallacious and divisive rhetoric of some politicians backed by powerful economic interests. Uncle Ram and Tonton George are individuals bigger than their respective worlds.

“Since I retired..., I've avoided commenting on economic issues. With that caveat, I'll focus on what remains to be done, notably: a) the same names and dynasties continue to dominate politics and business today as when I left Mauritius in 1970. Economic concentration in and among the top business families remains an issue. b) skewed distribution of the benefits of growth among the different ethnic groups on the island, with the Creole community left behind...”



\* You said to *The Paris Review* interview that you realised, during one of your every-18-month visits back home, that "there were parts of Mauritian history, namely the events leading to independence, that the younger generation is not familiar with. I would even say there is a desire to avoid confronting the ethnic riots that took place in 1965 and 1968... There's a fear of reopening old wounds..." Don't you think it would be better to let sleeping dogs lie more than 50 years after Independence, or would it serve as a catharsis to free us from the shackles of the past?

Shouldn't Mauritians heed the Biblical saying (John 8:32): "You shall know the truth, and the truth shall make you free"? I can understand that for the sake of peace and the need to move forward with nation-building, political accommodations were made, and the perpetrators were not brought to justice.

Nonetheless, we need to draw lessons from that experience if we don't want history to repeat itself. What will prevent a group (political, economic, communal) from fomenting trouble next time if it feels it won't be held to account?

If there are academics who have researched the subject, I'm not aware of it. So far, I've read bits of information on the internet and the account of Alain Gordon-Gentil in *Légère approche de la haine*, published in 2009.

\* What does your last visit to Mauritius inform you about the state of intercommunal relations in the island? Do you perceive a better level of dialogue or is the bigotry of the past still there deep own?

I used to visit regularly until 2013. In view of my eight years' absence, I'm reluctant to answer that question.

Based on what I see in the social media and what I read, there are hopeful signs among intellectuals and youth. But that has always been the case among these groups. What matters is what happens to

the rest of the country and how politicians manipulate voters during election season.

A better level of dialogue isn't enough to improve intercommunal relations. Dialogue will be viewed as empty if it is not accompanied by concrete steps by the public and private sectors to reduce economic disparities between the various ethnic groups.

\* Whatever our views about the Mauritius' melting pot society and its creative potential, it's a fact that the country has done much better than most of the developing economies, which were your areas of focus during your stint at the International Finance Corporation. Why did that happen, and could we have done better?

Since I retired and started writing fiction and poetry, I've avoided commenting on economic issues. With that caveat, I'll focus on what remains to be done, notably:

(a) the same names and dynasties continue to dominate politics and business today as when I left Mauritius in 1970. Economic concentration in and among the top business families remains an issue.

(b) skewed distribution of the benefits of growth among the different ethnic groups on the island, with the Creole community left behind, and

(c) the challenge of climate change – an issue that requires an international approach.

\* We understand that your next book - 'The Black Code' -, will be a novel about a slave rebellion in Ile de France. Do you want each book to stand on its own, or are you trying to build a body of work with connections between each book?

I also have a poetry collection and a memoir (not a novel) about my daughter. I'm not sure what will be completed first. Since they will all be informed by my worldview and values, there will inevitably be common themes. It's hard however to speculate on the precise nature of the connections.



# Calculating the costs of the Afghanistan War in lives, dollars and years



**Neta C. Crawford**  
Professor of Political  
Science and Department  
Chair, Boston University

*Following the completion of the US troop withdrawal from Afghanistan, Neta Crawford, the co-director of the Costs of War Project, reflects on 7,268 days of American involvement in the conflict*

**T**he US invaded Afghanistan in late 2001 to destroy al-Qaida, remove the Taliban from power and remake the nation. On Aug. 30, 2021, the US completed a pullout of troops from Afghanistan, providing an uncertain punctuation mark to two decades

of conflict.

For the past 11 years I have closely followed the post-9/11 conflicts for the Costs of War Project, an initiative that brings together more than 50 scholars, physicians and legal and human rights experts to provide an account of the human, economic, budgetary and political costs and consequences of the Iraq and Afghanistan wars.

Of course, by themselves figures can never give a complete picture of what happened and what it means, but they can help put this war in perspective.

The 20 numbers highlighted below, some drawn from figures released on Sept. 1, 2021, by the Costs of War Project, help tell the story of the Afghanistan War.

## From 2001 to 2021

On Sept. 18, 2001, the US House of Representatives voted 420-1 and the Senate 98-0 to authorize the United States to go to war, not just in Afghanistan, but in an open-ended commitment against “those responsible for the recent attacks launched against the United States.” US Rep. Barbara Lee of California cast the only vote opposed to the war.

In other words, the US Congress took 7 days after the 9/11 attacks to deliberate on and authorize the war.

At 7,262 days from the first attack on Afghanistan to the final troop pullout, Afghanistan is said to be the US's longest war. But it isn't – the US has not officially ended the Korean War. And US operations in Vietnam, which began in the mid-1950s and included the declared war from 1965-1975, also rival Afghanistan in longevity.

US President George W. Bush told members of Congress in a joint session on Sept. 20, 2001 that the war would be global, overt, covert and could last a very long time.

“Our war on terror begins with al-Qaida, but it does not end there. It will not end until every terrorist group of global reach has been found, stopped and defeated. ... Americans should not expect one battle, but a lengthy campaign, unlike any other we have ever seen,” he said.

The US started bombing Afghanistan a few weeks later. The Taliban surrendered in Kandahar on Dec. 9, 2001. The US began to fight them again in earnest in March 2002. In April 2002, President Bush promised to help bring “true peace” to Afghanistan: “Peace will be achieved by helping Afghanistan develop its own stable government. Peace will be achieved by helping Afghanistan train and develop its own national army. And peace will be achieved through an education system for boys and girls which works.”



Heading for the exit. Brendan Smialowski - AFP Pic - Getty Images

The global war on terror was not confined to operations in Iraq and Afghanistan. The US now has counter-terrorism operations in 85 countries.

## The human cost

Most Afghans alive today were not born when the US war began. The median age in Afghanistan is just 18.4 years old. Including their country's war with the Soviet Union from 1979 to 1989 and civil war in the 1990s, most Afghans have lived under nearly continuous war.

There are, according to the US Bureau of Labor Statistics, 980,000 US Afghanistan war veterans. Of these men and women, 507,000 served in both Afghanistan and Iraq.

As of mid-August 2021, 20,722 members of the US military had been wounded in action in Afghanistan, not including the 18 who were injured in the attack by ISIS-K outside the airport in Kabul on Aug. 26, 2021.

Of the veterans who were injured and lost a limb in the post-9/11 wars, many lost more than one. According to Dr Paul Pasquina of the Uniformed Services University of the Health Sciences, of these veterans, “About 40% to 60% also sustained a brain injury. Because of some of the lessons learned and the innovations that have taken place on the battlefield ... we were taking care of service members who in previous conflicts would have died.”

In fact, because of advances in trauma care, more than 90% of all soldiers in Afghanistan and Iraq who were injured in the field survived. Many of the seriously injured survived wounds that in the past might have killed them.

In all, 2,455 US service members were killed in the Afghanistan War. The figure includes 13 US troops who were killed by ISIS-K in the Kabul airport attack on Aug. 26, 2021.

US deaths in Operation Enduring Freedom also include 130 service members who died in other locations besides Afghanistan, including Guantanamo Bay in Cuba, Djibouti, Eritrea, Ethiopia, Jordan, Kenya, Kyrgyzstan, Pakistan, Philippines, Seychelles, Sudan,

Tajikistan, Turkey, Uzbekistan and Yemen.

The US has paid US\$100,000 in a “death gratuity” to the survivors of each of the service members killed in the Afghanistan war, totaling \$245.5 million.

More than 46,000 civilians have been killed by all sides in the Afghanistan conflict. These are the direct deaths from bombs, bullets, blasts and fire. Thousands more have been injured, according to the United Nations Assistance Mission in Afghanistan.

And while the number of Afghans leaving the country has increased in recent weeks, more than 2.2 million displaced Afghans were living in Iran and Pakistan at the end of 2020. The United Nations Refugee Agency reported in late August 2021 that since the start of that year, more than 558,000 people have been internally displaced, having fled their homes to

escape violence.

According to the United Nations, in 2021 about a third of people remaining in Afghanistan are malnourished. About half of all children under 5 years old experience malnutrition.

The human toll also includes the hundreds of Pakistani civilians who were killed in more than 400 US drone strikes since 2004. Those strikes happened as the US sought to kill Taliban and al-Qaida leaders who fled and sheltered there in late 2001 after the US invasion of Afghanistan. Pakistani civilians have also been killed in crossfire during fighting between militants and the Pakistani military.

## The financial cost

In terms of the federal budget, Congress has allocated a bit over \$1 trillion to the Department of Defense for the Afghanistan War. But all told, the Afghanistan War has cost much more than that. Including the Department of Defense spending, more than \$2.3 trillion has been spent so far, including increases to the Pentagon's base military budget due to the fighting, State Department spending to reconstruct and democratize Afghanistan and train its military, interest on borrowing to pay for the war, and spending for veterans in the Veteran Affairs system.

The total costs so far for all post-9/11 war veterans' disability and medical care costs are about \$465 billion through fiscal 2022. And this doesn't include the future costs of all the post-9/11 veterans' medical and disability care, which Harvard University scholar Linda Bilmes estimates will likely add about \$2 trillion to the overall cost of care for veterans of the Iraq and Afghanistan wars between now and 2050.

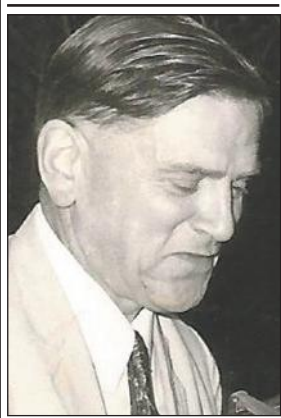
The war in Afghanistan, like many other wars before it, began with optimistic assessments of a quick victory and the promise to rebuild at war's end. Despite Bush's warning of a lengthy campaign, few thought then that would mean decades. But 20 years later, the U.S is still counting the costs.

From the Pages of History - MT 60 Years Ago

4<sup>th</sup> Year No 171

MAURITIUS TIMES

Friday 15 November 1957

• *Let us endeavour to see things as they are, and then enquire whether we ought to complain.* -- Samuel Johnson

Peter Ibbotson

# Aspects of Overpopulation



The biggest question mark over the future of Mauritius is the population problem.

By 1982 a population of over one million is forecast: but where are these million people to live? and what are they going to live on? what work are they going to do? if there is no work, where will they get any money to buy food? Who is going to build the houses and schools and hospitals that will be needed for this huge population? We cannot look forward to a great increase in productivity of the sugar estates; at least, not to an increase commensurate with the expected increase in population. So, what happens?

Somehow, the expected increase in population must be circumvented. But how? That is the problem.

One suggestion of the Population Committee was mass emigration. Certain territories were considered to be more suitable for Mauritian emigration; and the committee thought that among the countries which might consider favourably the reception of Mauritian immigrants would be South Africa, East and Central Africa, Argentina, Brazil, Canada, Australia and Madagascar. Of these, the governments of South Africa, Central Africa, Kenya and Australia are known to have "White" policies, and the immigration of Coloured, Indian and Chinese from Mauritius would not be received at all well. And it is these sections of the population which are most rapidly increasing. Tanganyika and Uganda have not "White" policies, but each is developing as an African state, and neither would be keen on receiving Mauritians in numbers sufficient to make an appreciable effect on the population problem in Mauritius.

As far as emigration is concerned, then, that leaves only Canada and Madagascar. Now that Mauritius is internally self-governing, it is up to the Mauritius government to institute discussions with the Government of Canada; and these discussions ought to be started without delay. Meanwhile discussions with large-scale employers in the UK could surely be started too; I have already suggested London Transport and the British Hotels and Restaurants Association as potential employers interested in recruiting Mauritian labour.

What, however, of Madagascar? Last year I asked Sir Hilary Blood about the prospects of Mauritian emigration there. He said that while he was Governor, he often cast envious glances at the empty acres in Madagascar. It is true that Mauritius has the men and Madagascar has the space. The French Island is under-populated; and needs many more people before its many natural resources can be developed and utilised to the full. Much of the Malagasy discontent with French colonialism stems from

French neglect of the island's resources and the underdeveloped economy. Mauritian immigration into Madagascar could supply the much-needed labour force.

Mr Anthony Wedgwood Benn, another Labour MP vitally interested in colonial affairs (he is treasurer of the Movement for Colonial Freedom of which Mr Fenner Brockway is Chairman), asked the Foreign Office in July about the possibility of a Foreign Office approach to the French Government about "immigration into Madagascar of the excess population in Mauritius". Mr Benn has now received a further letter from the Foreign Office on the subject; and I have permission to reproduce the letter, which has not previously been published anywhere. It reads:

"I understand that the excess population in Mauritius consists chiefly of unskilled Hindu agricultural labourers with their families, and of a certain number of Creoles. Under the reform recently introduced in Madagascar by the Loi Cadre, immigration matters remain under the control of the French Government, acting through their High Commissioner. In a matter of this type, he would no doubt consult the elected Conseil de Gouvernement for the island, which exercises autonomy over a wide range of affairs of local concern.

We have reason to believe that the proposal would not commend itself either to French Administration or to the Malagasy themselves. The great majority of the potential immigrants are Hindus, and the presence of an Indian minority in the island already presents a problem.

In the circumstances I think it is clear that a solution of the problem of over-population in Mauritius cannot be found by immigration into Madagascar and that no useful propose would be served by a formal approach to the French Government. I will, of course, let you know if anything should lead us to change our view."

The letter is signed by Mr Ian Harvey, the Parliamentary Under Secretary to the Foreign Office.

It seems that immigration into any of the countries listed by the Population Committee can be ruled out, except for Canada, Argentina and Brazil where the Government of Mauritius will have to institute talks on the proposal. I repeat, it is high time these talks were undertaken.

The alternative to immigration is, recommends the

Population Committee, "proper organisations capable of assisting the population by advice on and practical aid in family planning methods". (Committee members, Dr Millien and M. Raymond Lamusse, dissented from this recommendation). Unless, however, Mauritius is to be overwhelmed with inhabitants, to an extent beyond the natural resources of the island to support, family planning and limitation of births must come.

Even in the UK, family planning was recommended by a Royal Commission on Population as recently as 1949:

"Public policy should assume and seek to encourage the spread of voluntary parenthood... In our view there is no practicable alternative to contraception as a means of controlling the rate of growth of the population... It is in the long run interests of the family that voluntary parenthood should become universal and that women should have the maximum freedom in the ordering of their lives. Control by men and women over the numbers of their children is one of the first conditions of their own and the community's welfare."

If that is applicable to the UK, then how much more is it applicable to Mauritius? Unless steps are taken to check the enormous growth in the population, misery and want will become even more widespread than they are today. There will be even more beggars for the police to chase off the streets! (In passing, I am appalled at the heartless references to the unfortunates who are compelled to beg and "make rounds" which I have read in *Le Cernéen* and *Action*.)

Family planning, which means birth control, is supported by enlightened opinion all the world over. It is already public policy in several Commonwealth territories, notably Barbados, the West Indian "twin" of Mauritius in so many respects. Buddhism, Hinduism, Islam -- all three religions uphold the principles underlying birth control -- as I showed in a series of articles on this subject in the *Mauritius Times* on August 12, 19 and 26, 1955. Some branches of the Christian religion, e.g., the Church of Scotland, are in favour of birth control. Only the Roman Catholic Church of the world's major religions is opposed.

Much as I understand and respect the Catholic position and arguments on this subject, I cannot accept them when the alternative to birth control is -- as in Mauritius -- the perpetuation of more and more poverty and want: with a progressively lower standard of life for those living in the island. We have had several reminders from financial experts of the falling national income per head, due to the rapid population growth; and failing the adoption of a family planning policy as a matter of public interest, the financial experts will have even more gloomy pictures to paint by 1960.

Already two courageous groups, one in the North of the Island and a group of Muslim professionals headed by a young doctor, have taken the initiative. More private groups should follow suit. If the Government is too timid to take the lead in this vital question of family planning, it must be forced to act by public prodding from all over the island. For only a bold policy of family planning, introduced now, can save Mauritius from a future of poverty and the utmost misery among all sections of the population except the whites.

# At the 20th anniversary of the 9/11 attacks, ancient Greece and Rome can tell us a lot about the links between collective trauma and going to war

• Cont. from page 2

America's collective efforts to learn to live with that trauma partly explain why there is a Sept. 11 memorial in a Texas town thousands of miles from where the attacks took place. It also demonstrates that collective tragedies can shape the world views of individuals who were not present at the event.

The traumatized group may go through shared stages of grief, from disbelief to anger. The further the group gets from the traumatizing event itself, the closer it moves to social memory, a concept historians use to describe how groups of people come to share a consistent story about past events. This narrative can be manipulated to reflect

specter of Persian invasion and the threat of re-invasion, the glory of victory and the casting of Athens as a force for freedom and justice in the world. This rhetoric justified imperial expansion, violence and eventually the murder and enslavement of the city's own allies.

That led to the Peloponnesian War, a destructive 27-year conflict with Sparta that ended with Athens being conquered again in 404 B.C.

## Rhetoric and calls to arms

In 2001, Americans were still in the early days of their collective trauma when talk pivoted to the rhetoric of war. Analogies were made to shared cultural or national stories from the past: The terrorists were "evil-doers," President George W. Bush said soon after the attacks, and fighting them was "a new crusade." September 11 was the "Pearl Harbor" that made it OK to invade Afghanistan.

By early 2002, Bush was telling the nation that Iran, Iraq and North Korea – the "axis of evil" – were threats to the United States, although they had not been implicated in the Sept. 11 attacks. His administration would soon use its claim that Iraq possessed weapons of mass destruction as a "Gulf of Tonkin" moment to justify the US invasion of Iraq – a reference to the 1964 event that spurred greater American military involvement in the Vietnam War.

As I listened to this sort of political rhetoric at the time, the language of Greek myth and poetry helped me understand how political speech capitalizes on memory to create shared realities and justify use of violence. I spent that first year of graduate

school in New York City studying the language and politics in Homer's epic, the "Iliad." The story's "thousand ships" from different cities sailing east, with a bumbling fool at their head, to punish the Trojans seemed an awful lot like the fractious "coalition of the willing" – Bush's term for the military alliance he assembled to invade and occupy Iraq.

## Collective trauma and imperialism

Rome provides another example from ancient history of the relationship between collective trauma and justifications for imperial pursuits.

The city of Rome fought and won its first war with the powerful city of Carthage – located in what is today Tunisia – between 264-241 B.C., and its second between 218-201 B.C. Rome then imposed a hefty war indemnity on Carthage, which helped it acquire territories that laid the foundation for a pan-Mediterranean empire.

These two victories ended any significant threat that Carthage may have posed, but Roman culture remained obsessed with war. According to the military leader and author Pliny the Elder, the statesman Cato the Elder used to shout "I think Carthage must be destroyed" at every meeting of the Roman Senate. Rome went on to fight a third war with Carthage, besieging and destroying the city between 149-146 B.C.

I can't think of this anecdote without remembering how Bush agitated for invading Iraq over 10 years after his father's invasion of the country. Or that just a handful of years after Bush's 2002 "axis of evil" speech, a presi-

dential candidate sang "bomb bomb Iran" to the tune of a Beach Boys pop hit.

These and other accounts from ancient Greece and Rome suggest that over history, collective trauma has often created an opportunity for leaders to use social memory – a culture's shared stories – to create justifications for lashing out at the world, careless of any new damage it may cause.

As individuals and nations, we don't act because of what we suffer, but often because of the stories we tell about it.

By Joel Christensen, Brandeis University



Americans' collective trauma over the Sept. 11 attacks is reflected in memorials located near and far from where they took place. Pic - Nick Ut/AP Photo

or enforce values in the present.

My studies of ancient Greek history suggest to me that this is what happened in the US after the attacks. There are myths and histories of the ancient world that describe how, in the wake of the destruction of cities, societies created cultural memories that helped them find reasons for rushing into war. These episodes have parallels to the US in the early 21st century.

## Reshaping history via stories

In the spring of 2002, I attended a New York University conference called "Saving the City," where speakers were asked to consider such stories. One of the histories we focused on involved Athens after the Persian army invaded Greece – for a second time – in 480 B.C. and burned the temples, groves and homes of the Athenians. The attack was in part vengeance for a past military loss, and also a punishment for Athens' meddling in Persian affairs in Asia Minor. As with New York on Sept. 11, the attackers targeted an icon: the first version of the Athenian Parthenon.

In the wake of this collective trauma, as the scholar Bernd Steinbock argues, narratives of city destruction became popular in Athenian storytelling and art. In some of these stories, cities that had committed offenses against the gods then suffered at the hands of international armies that formed to set them right.

Athenians told one another these stories as they raised troops and a navy to harry the Persians in Asia Minor. Athenian political rhetoric was shaped by the

## MAURITIUS TIMES To Our Readers

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

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

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

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

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The Editorial Team

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# Covid can worsen quickly at home.

## Here's when to call an ambulance

*If your Covid symptoms worsen suddenly, hospital is the best place for you to be monitored, treated and to recover well*



**M**ost Australians diagnosed with COVID-19 recover at home, rather than in a quarantine facility or hospital. About 10% have required hospital treatment. However, a handful have had worsening symptoms, did not receive emergency care and died at home.

There appear to have been two factors behind such COVID deaths at home: worry about the perceived costs and risks of seeking official health care; and the sudden onset of complications from a worsening infection.

Here's what to watch out for when symptoms worsen dramatically at home and when to call an ambulance.

### What should I look out for?

As a GP I am asked this question often. Patients naturally want guidance on the signs to look out for so they don't seek help too late or too early. This is called "safety netting", and is guided by an understanding of the natural history (prognosis) of a disease and its response to treatment. People also seek advice on worrying symptoms to look out for, and specific information on how and when to seek help.

With COVID-19, the natural course of the infection varies. What starts out with cold and flu-like symptoms can lead to breathing difficulties within five days. Not all patients get symptoms that warrant hospital care. But of those who do go to hospital, this generally occurs around 4-8

days after symptoms start.

We know COVID-19 affects the lungs as well as multiple organs, leading them to fail. This includes complications such as pneumonia, liver or kidney failure, heart attacks, stroke, blood clots and nerve damage.

This progress to more severe disease happens as the virus triggers release of inflammatory proteins, called cytokines, flooding the bloodstream and attacking organs.

Some symptoms of these COVID complications include:

- shortness of breath
- loss of appetite
- dizziness
- confusion or irritability
- persistent pain or pressure in the chest
- high temperature (above 38?).
- reduced consciousness (sometimes associated with seizures or strokes)
- cold, clammy or pale and mottled skin.

### Not everyone feels 'short of breath'

The main risk factors that predict progression to severe COVID include: symptoms lasting for more than seven days and a breathing rate over 30 per minute. Faster

breathing is to compensate for the less-efficient transfer of oxygen to lung blood vessels, due to inflammation and fluid build-up in the airways.

But how diseases progress is rarely straight forward, making it impossible to give definitive lists of "red flag" symptoms to look out for.

Some COVID patients have "happy" or silent hypoxia. This features low levels of oxygen in the blood but there aren't the usual signs of respiratory distress normally seen with such low oxygen levels, including feeling "short of breath" and faster breathing.

However, these patients can suddenly deteriorate. Faster and deeper breathing are early warning signs of failing lungs.

### What to do

If you've already been diagnosed with COVID-19 and are concerned about your symptoms, call the phone number you will have been given by your local public health unit, or your health-care provider.

However, for a sudden deterioration, call an ambulance immediately. Tell the operator you have COVID.

If you're not sure which applies or you can't get through on the phone for medical advice immediately, call 000 anyway as operators are trained to triage your call.

Being in hospital if you develop severe COVID, with access to the best monitoring and treatments available, will increase

your chance of surviving complications of COVID, and recovering well.

However, the likelihood of getting any of these complications if you're fully vaccinated is very low. So the best way to protect yourself (and never having to think about calling 000 for COVID) is to get vaccinated.

### David King

Senior Lecturer in General Practice,  
The University of Queensland

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#### Annual General Meeting 2021

Members of the above association are requested to attend the AGM of the above association to be held on 19.09.21 at the seat of the Gurukulam at 2 pm.

#### Agenda:

1. Reading and approval of minutes of the last AGM.
  2. Matters arising out of the said minutes.
  3. Chairman's report.
  4. Treasurer's report, approval of Accounts for 2020 and Estimates 2021/22.
  5. Election of members of the managing committee for the year 2021/22.
  6. Appointment of Auditors.
  7. Amendments to rules.
  8. AOB.
- Compliance members willing to stand as candidates of the managing committee for period 2021/22 should send their application in writing to the secretary by 15.09.21.
  - In case there is no quorum on 19.09.21 the AGM will be postponed for 26.09.21 at the same time and same place with same agenda.

**M. Auckle (Mrs)**  
Secretary

# Leadership Lessons Men Can Learn from Women

-- Tomas Chamorro-Premuzic and Cindy Gallop - Harvard Business Review

Although there is a great deal of public interest in ensuring more women become leaders, too many suggested solutions are founded on the misconception that women ought to emulate men. But this logic fails to account for the relatively dismal performance of most leaders - who are overwhelmingly male. The real problem is not a lack of competent females; it is too few obstacles for incompetent males, which explains the surplus of overconfident, narcissistic, and unethical people in charge.

With this in mind, it would be more logical to flip the suggested remedy: instead of encouraging women to act like male leaders (many of whom are incompetent), we should be asking men in power to adopt some of the more effective leadership behaviours more commonly found in women. This would create a pool of better role models who could pave the way for both competent men and women to advance.

## Leadership Lessons for Men

Here are some critical leadership lessons that most men can learn from the average woman.

There is a trend of telling women to "lean in" to qualities like assertiveness, boldness, or confidence. In a logical world, we would promote people into leadership roles when they are competent rather than confident, vetting them for their expertise, track record, and relevant leadership competencies (e.g., intelligence, curiosity, empathy, integrity, and coachability). Note that all these attributes are far better evaluated with science-based assessments than via the typical job interview.

**Know your own limitations.** Although women are not as insecure as they are portrayed to be in the self-help literature,



Instead of encouraging women to act like male leaders, we should be asking men to adopt some of the more effective leadership behaviours more commonly found in women. Pic - SheThePeople

studies do show that they are generally less overconfident than men. This is good news because it enables them to understand how people see them and gives them the capacity to spot gaps between where they want to be and where they actually are. People who see themselves in a more critical way than others do are better able to prepare, even if it means overpreparing, and that's a solid way to increase your competence and performance.

**Motivate through transformation.** Academic studies show that women are more likely to lead through inspiration, transforming people's attitudes and beliefs, and aligning people with meaning and purpose (rather than through carrots and sticks), than men are. Since transformational leadership is linked to higher levels of team engagement, performance, and productivity, it is a critical path to improving leaders' performance. If men spent more time trying to win people's hearts and souls, leading with both EQ and IQ, as opposed to leaning more on the

latter, and nurturing a change in beliefs rather than behaviours, they would be better leaders.

**Put your people ahead of yourself.** It's very hard to turn a group of people into a high-performing team when your main focus is yourself. Imagine a person who is only interested in being a leader because they are chasing a bigger pay check. Clearly, they will be inherently less interested in making others better; their only goal is to be more successful themselves. Because men are generally more self-focused than women, they are more likely to lead in a narcissistic and selfish way. If the average male leader wants to improve their performance, they would do well to adopt a less self-centred style of leadership.

**Don't command; empathize.** Twenty-first century leadership demands that leaders establish an emotional connection with their followers, and that is arguably the only reason to expect leaders to avoid automation. Indeed, while AI will hijack the

technical and hard-skill elements of leadership, so long as we have humans at work, they will crave the validation, appreciation, and empathy that only humans - not machines - can provide. Men can learn a lot about how to do this effectively by watching and emulating women.

**Focus on elevating others.** Female leaders have been proven to be more likely to coach, mentor, and develop their direct reports than male leaders. They are true talent agents, using feedback and direction to help people grow. This means being less transactional and more strategic in their relationship with employees, and it also includes the openness to hire people who are better than themselves, because their egos are less likely to stand in the way. This enables them to unlock other people's potential and promote effective cooperation on their teams.

**Don't say you're "humbled."** Humility is fundamentally a feminine trait. It is also one that is essential to being a great leader. Without humility it will be very hard for anyone in charge to acknowledge their mistakes, learn from experience, take into account other people's perspectives, and be willing to change and get better. Perhaps the issue is not that men are unwilling or unable to display it, but that we dismiss them for leadership roles when they do. This must change, for humility is a critical driver of leadership effectiveness in both men and women.

*Tomas Chamorro-Premuzic is the Chief Talent Scientist at ManpowerGroup, a professor of business psychology at University College London and at Columbia University. Cindy Gallop is the founder & CEO of IfWeRanTheWorld, co-action marketing software, and of MakeLoveNotPorn - 'Pro-sex. Pro-porn. Pro-knowing the difference'.*

## Work Smarter

### Regain a sense of control (when everything feels out of control)

Between the health risks of the coronavirus, the economic stress of the recession, social distancing, and mandatory work-from-home arrangements, so much of our lives feel out of our control right now. Research shows that anything you can do to restore your sense of autonomy - even in small ways - will help you be more resilient. Here are a few tips. First, if you're working remotely, set up a comfortable and personal workspace. You might define a clear boundary between "work" and "home" by telling yourself: When I'm in this room or wearing these headphones I'm "at work." Also, identify and embrace the perks of working at home.

For example, if you no longer have a long commute, you can choose how you'll spend that time - whether it's

getting an extra hour of sleep, being with your family or friends, or even delving into a new hobby. (Just try to resist the temptation to spend that time working.) You can also reclaim control over your body and mind by prioritizing self-care. Investing time and attention in your own well-being is crucial during stressful times. While the pandemic's closures and restrictions may dictate many

aspects of your life right now, how you customize your environment, spend your time and treat yourself is up to you.

*This tip is adapted from "Restore Your Sense of Control - Despite the Pandemic," by Eric M. Anicich et al - Harvard Business Review.*

### Adjust your job search for this moment

Looking for a job is never an easy process, but it feels particularly daunting right now - not just because of the state of the economy, but also because the pandemic is changing the nature of work so drastically.

If you're on the job market, there are several things you can do to increase your chances of success. Tap your network to find out about job openings: Knowing someone at the company you're applying to will give you an advantage. Brush up your resume and cover letter, and be sure to include any experience that signals your success in high-pressure work environments, since so

many companies are in crisis mode.

If you do secure an interview, prepare by getting familiar with the video-conferencing technology, researching the company's pandemic response, and setting up a professional-looking background. Because you won't get as much non-verbal feedback during the interview, focus on conveying warmth and establishing an emotional connection. Most importantly, throughout this process, take it easy on yourself. It may feel like you're under a lot of pressure, but you'll fare better if you show yourself compassion - the same way you would a close friend.

*This tip is adapted from "How to Nail a Job Interview - Remotely," by Amy Gallo. - Harvard Business Review*

# Is your mobile provider tracking your location? New technology could stop it

Right now, there is a good chance your phone is tracking your location -- even with GPS services turned off. That's because, to receive service, our phones reveal personal identifiers to cell towers owned by major network operators. This has led to vast and largely unregulated data-harvesting industries based around selling users' location data to third parties without consent.

"Today, whenever your phone is receiving or sending data, radio signals go from your phone to the cell tower, then into the network," said Barath Raghavan, an assistant professor in computer science at University of Southern California. "The networks can scoop up all that data and sell it to companies or information-for-hire middlemen. Even if you stop apps tracking your location, the phone still talks to the tower, which means the carrier knows where you are. Until now, it seemed like a fundamental thing we could never get around."

But Raghavan, with study co-author Paul Schmitt, found a way: they decoupled what's known as authentication -- who you are -- from your phone connectivity. The new architecture, called "Pretty Good Phone Privacy" or PGPP, works by breaking the direct line of communication between the user's cellphone and the cell tower. Instead of sending a personally identifiable signal to the cell tower, it sends an anonymous "token." It does this by using a mobile virtual network operator, such as Cricket or Boost, as a proxy or intermediary.

"The key is -- if you want to be anonymous, how do they know you're a paying



Is your mobile provider tracking your location? This new technology could stop it. Pic - Tech Xplore

customer?" said Raghavan. "In the protocol we developed, the user pays the bills, and gets a cryptographically signed token from the provider, which is anonymous. Now the identity in a specific location is separated from the fact that there is a phone at that location."

Since the system works by stopping a phone from identifying its user to the cell tower, all other location-based services -- such as searching for the nearest gas station, or contact tracing -- still work as usual. The researchers hope the technology will be accepted by major networks as default, particularly with mounting legal pressure to adopt new privacy measures.

## Why people snub their friends with their phone

Smartphones have made multi-tasking easier, more understandable, and at times compulsive. But in social settings, these devices can lead to a form of contemporary rudeness called phone snubbing, or phubbing, the act of ignoring one's companions to pay attention to a phone.

While it may be commonplace, snubbing one's friends (Fphubbing) can have serious repercussions on relationships, and a new University of Georgia study reveals positive associations between depression and social anxiety on increasing Fphubbing: depressed people are likely to phub their friends more frequently, and socially anxious people, who might prefer online social interactions to face-to-face communication, might also exhibit more phubbing behavior. Personality traits such as neuroticism also influence phubbing behavior.

The very ordinariness of phubbing suggests some fundamental insights about how technology interrupts social interactions -- and how quickly they are accepted, if not embraced.

"I observed that so many people use their phones while they are sitting with their friends at the cafe, any dining time, regardless of the relationship type," said Sun, currently a doctoral candidate at the University of Oklahoma.

She first considered some negative reasons behind phubbing -- smart phone addiction and relatedly, the habit of constantly reading notifications that pop up onscreen.

"People are really sensitive to their notifications. With each buzz or sound, we consciously or unconsciously look at our phones," she said, noting that the device's wide utility across applications -- from

weather to breaking news, are key drivers fostering this dynamic.

A third significant finding in the study revealed that agreeable individuals have a lower instance of phubbing in the presence of their friends. People who have agreeableness as a personality trait tend to show cooperative, polite and friendly behaviours in their interpersonal relationships and social settings, Sun said.

And though agreeable people may prioritize strong friendships, an exploratory study by the researchers revealed phubbing also to be more likely in the presence of three or more people. That dynamic may influence the prevalence of phubbing in the context of a work environment

Alternately, disabling or turning over a phone can indicate a show of respect for a situation and focus on a person.



## How does our blood fight viruses like chicken pox and colds?

Our bodies are made up of building blocks called cells. They are different sizes and colours and join together to become organs like the skin, brain and lungs.

Some cells travel around our body and work to move food and waste.

Other cells work for the immune system, which is the body's protection system. The mucous (or snot) and the tiny hairs in your nose and throat are a part of your immune system. Snot traps germs before they get too far into your body. The tiny hairs in your nose and throat tickle when they feel a germ, making your body cough or sneeze the germ out.

But if a germ makes it past the first layers of protection and into your blood, they will meet an army of special immune system cells that have one job: to fight germs.

### Red and white blood cells

It helps to think of our blood like a soup,

a mixture of different ingredients. The main ingredients are red blood cells and white blood cells.

The red cells give our blood its colour. They carry a thing called oxygen from our lungs to the rest of the body.

The white blood cells act as an army of fighting soldier cells that attack germs. They are fast, strong and smart.

They can squeeze out of the blood and travel into the nose or throat cells, capture germs and even swallow them.

White blood cells have a cool trick to help them recognise and fight germs: they "wear" the broken parts of germs like a badge. This helps other white cells know what the bad cells look like, so they can stop the bad cells if they come back.

Do you remember going to the doctor and getting a needle in your arm? The doctor was probably injecting a vaccine into your blood. The vaccine has a germ that's been changed so it won't hurt you - like a



tiger with no teeth. The vaccine helps your immune system learn to recognise that germ if the real, more dangerous version came along.

Some viruses are smart and can change their appearance so white cells can't remember them. This is why you can get the cold or the flu more than once.

Sometimes the white cells will eat the viruses. Other times they will shoot powerful balls called antibodies at the bad cells. These balls stick to the bad cells and make them very weak, which stops them moving around your body.

### How to help your body fight a virus

Fighting bad cells can cause your body to get very hot and you can get a fever. This is because white cells work better when your body temperature is higher than normal.

You might also get rashes, aches and pains and feel really unwell. It is important to drink lots of water (or warm soup) and rest. Resting helps your body recover from all the fighting that the soldiers in your body have done.

Archana Koirala, Paediatrician and Infectious Diseases Specialist, University of Sydney

## Well-being

## You'll probably get more agreeable with age. And your self-esteem may soar...

*Secrets no one tells you about getting older - these other things might surprise you, too*

### Lots of know-how

They're called the golden years for a reason. Getting older has its perks. For one, you're good at using what you've learned. This is called crystallized intelligence, and it keeps getting better, even when you're 65 or 70.

### Mr Nice Guy

Turns out you might not be a grumpy old man (or woman), after all. You'll probably get more agreeable as you age, at least through your 60s. You're also likely to be happier and less inclined to get angry. Scientists haven't figured out exactly why this happens, but they do have some theories. Older people might control their emotions better, and focus more on how to make the most of life.

### Play well with others

You're more in tune with other people's emotions in your 40s than at any other time in your life. That insight into how others think and feel can make living with your loved ones easier and help you get along better with your co-workers, too.

### A taste for life

As you age, medications, illness (colds, flu, gum diseases, etc.) and allergies all can change your sense of smell and taste. And that can affect your diet and health. If you find things need to be spiced up, try some olive oil, herbs like rosemary and thyme, garlic, onion, peppers, or mustard. Just stay away from the salt.

### What's that doing there?

Around the time the hair on your head starts to disappear, it can show up in the strangest places. This can mean large hairs in older guys' noses and ears. Older women may notice small hairs on their chins. This is all caused by changes in our hormones.

### Rise and shine

There's a good chance you'll become the morning person you've always wanted to be -- in your 60s. Our sleeping patterns can shift as we age, so we get sleepier earlier and wake up earlier. That seems to work out well. One study showed that even though folks over 65 tend to wake up during the night, most said they regularly get a

good night's sleep.

### Bye-bye migraines

Once you hit your 70s, those migraines you may have had much of your life may go away. Only 10% of women and 5% of men over 70 still report migraines. Even better news: If you do have a migraine, it may not actually come with the headache. As people age, some may experience migraines as visual or sensory disturbances without pain.

### Don't quit your day job

Early retirement might not be the best thing for your health -- unless you have a fun second career. A study called the Longevity Project found that people who work hard at a job they enjoy live the longest. That, along with good friends and a good marriage, could be the key to sticking around a while.

### Fear is not your friend

You may worry more about breaking bones as you age. But you're more likely to take a tumble if you're scared of falling. One study found that about a third of adults over 65 have that fear. And it's understandable, because falls are the leading cause of injuries for older people.

### Self-confidence

Self-esteem soars as you age, studies show, and increases with wealth, education, good health, and employment. But it takes a dip after 60. That may be because people begin to have health issues and start searching for a new sense of purpose following retirement. With increasing life spans, healthier lifestyles, and working to an older age, we may see that change.

### Less stress

Baby boomers and older adults report less stress than their younger counterparts, according to the American Psychological Association. That doesn't mean, it goes away. Health and money problems still crop up. But, the APA says, 9 of 10 older adults say they're doing enough to manage it.

### Weight of the world

The longer you're alive, the more gravity brings you down. The spaces between the bones in your spine -- called vertebrae -- get closer together. That can make you about an inch shorter as you get older.

## Health

## Is it heartburn or something else?

That burning feeling in your chest after you eat could be heartburn. But other conditions, like angina or a heart attack, can have similar symptoms, wites Sabrina Felson, MD, of WebMD. Read on

### What heartburn feels like

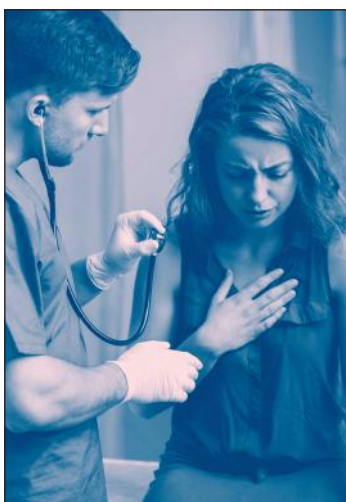
You get this problem when stomach acid moves into a tube called the esophagus, which carries food from your mouth to the stomach. When that happens, you could have a burning pain in your chest. Your throat might burn, and you could have a sour taste in your mouth or a cough. You may also hear it called GERD (gastroesophageal reflux disease), which is heartburn that happens often. But other conditions can have similar symptoms.

### Angina

It's easy to confuse heartburn with angina, which happens when not enough blood flows to your heart. But heartburn tends to happen after meals or when you're lying down. Angina is more common after you've been active. The feeling in your chest is more like "tightness" or "squeezing" than the burning pain of heartburn. Angina symptoms mean you're at risk for a heart attack. Go to hospital or call your doctor right away if you have chest pain or tightness.

### Heart Attack

While heartburn pain stays in your chest or throat, during a heart attack, a squeezing or aching pressure may spread to your arms, back, or jaw. Other heart attack



symptoms include shortness of breath, a cold sweat, and feeling dizzy without warning. Women are more likely to also have an upset stomach or throw up.

### Gallstones

Gallstones are pebble-like bits of cholesterol or digestive fluids (bile) that end up in your gallbladder. If you have gallstones, after a fatty meal you may have heartburn symptoms that can last for hours. You'll

likely ache in the centre or right side of your belly and could feel pain behind your shoulders or rib cage. If this happens to you, call your doctor or go to the hospital. Gallstones often need to be removed right away.

### Stomach ulcer

Sometimes a portion of the lining of your stomach or small intestine breaks down. An open sore, called an ulcer, forms. It can cause burning stomach pain and heartburn that's worse after you eat fatty foods. You'll also have lots of belching and bloating. Your pain may be worse at

night and between meals. If you have an ulcer, your doctor can prescribe medication to ease your pain and help your ulcer heal.

### Anxiety

Your brain and gut are closely linked. If you feel stressed or anxious, your heart rate can go up and your breathing can get faster. The flood of hormones that causes this reaction can also upset your stomach. Besides heartburn, you can feel queasy, have diarrhea, or get constipated. Learning to manage your stress through counseling, meditation, or hypnosis may help.

### Esophageal Spasm

Your esophagus sends food from your throat to your stomach through tiny muscle squeezes. While rare, sometimes these muscles tighten up when they shouldn't. Esophageal spasms are most common if you're over the age of 60. They can cause intense chest pain, trouble swallowing, and you may feel like something's stuck in your throat. You'll need to see a doctor if you have these symptoms. A drug to relax your throat muscles may help.

### Esophageal cancer

Long-term heartburn raises your odds of getting esophageal cancer. If your heartburn keeps up despite treatment, your doctor will want to take a look inside your esophagus. They usually do this with a procedure called an endoscopy. Other symptoms of esophageal cancer include trouble swallowing and weight loss. Coughing and hoarseness are common, as is chest pain or pressure. If you have any of these symptoms, see your doctor right away.



## Riding a Dead Horse!

When you discover that you are riding a dead horse, the best strategy is to dismount and get a different horse. However, in government, more advanced strategies are often employed, such as:

1. Buying a stronger whip.
2. Changing riders.
3. Appointing a committee to study the horse.
4. Arranging to visit other countries to see how other cultures ride dead horses.
5. Lowering the standards so that the dead horse can be included.
6. Reclassifying the dead horse as 'living impaired'.
7. Hiring outside contractors to ride the dead horse.
8. Harnessing several dead horses together to increase speed.
9. Providing additional funding and/or training to increase dead horse's performance.

10. Doing a productivity study to see if lighter riders would improve the dead horse's performance.
11. Declaring that as the dead horse does not have to be fed, it is less costly, carries lower overheads and therefore contributes substantially more to the bottom line of the economy than do some other horses.
12. Rewriting the expected performance requirements for all horses. And, of course,
13. Promoting the dead horse to a supervisory position.

\*\*\*

A lady journalist goes to the gulf to do a story on gender roles, just before the outbreak of the Gulf War in 1991. She notes with some dismay that the women of the country customarily walk about 10 ft behind their men. Several years later the same journalist returns to the country to find out if there has been any change in the gender roles. She is surprised to see on her return that the men now walk ten feet behind the women. Amazed at this, she approaches a young lady.

"This is marvellous, what enabled the women to effect a reversal of roles?" she asks.

"Simple, land mines," replies the woman.

\*\*\*

Three men reach the final round of tests to join the secret service, and are

called to speak with the interviewer.

"Do you love your wife?" says the officer.

"Sir, yes I do, sir" say the recruits in unison.

"And do you love your country?"

"Sir, yes sir," reply the men.

"But what do you love more, your wife or country?"

The recruits do not hesitate: "Sir, my country."

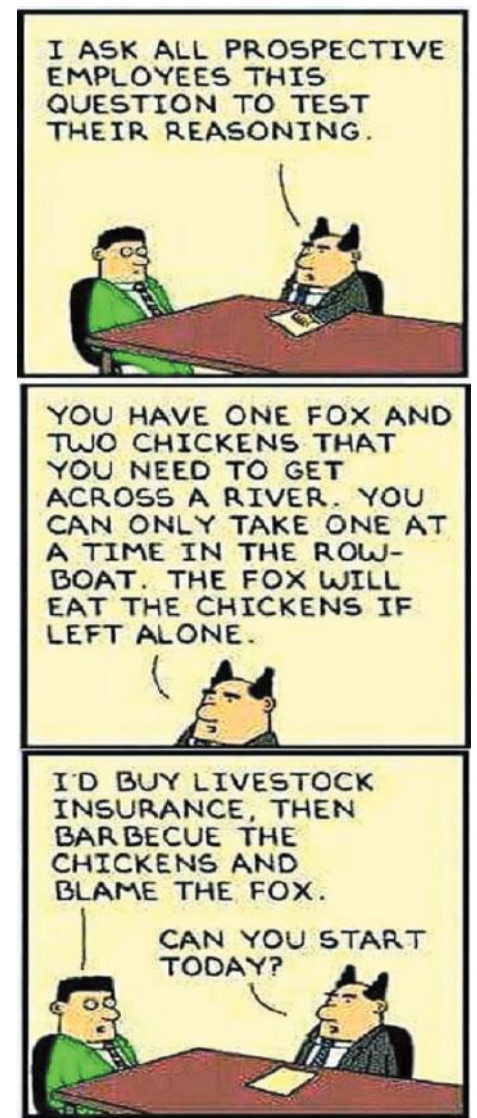
The interviewer stares at them: "We want you to prove this. Your wives are sitting in separate rooms nearby. Take this gun and go and kill your loved one."

The first man gulps and stares at the gun for a few minutes: "I can't do it," he says and leaves.

Turning white, the second man goes into the room, and the man, sweaty, with his tie loosened puts down the unfired gun. The third man looks long and hard, picks the gun, then slowly moves to the adjoining room. After a brief silence, the interviewer hears the sound of a gunshot. Then a brief pause, then an almighty crashing sound and a woman scream.

Grinning and breathless, the final candidate emerges from the room and puts the gun on the table. The interviewer looks at him and asks: "What happened?"

"The gun you gave was filled with blanks, so I had to beat her with the chair," says the man breathing heavily.



## Thought to live by Say it and do it now, not when I am dead

A beautiful poem by  
Rabindranath Tagore

When I'm dead,  
Your tears will flow,  
But I won't know.  
Cry with me now instead.

You will send flowers,  
But I won't see,  
Send them now instead.

You'll say words of praise,  
But I won't hear.  
Praise me now instead.

You'll forgive my faults,  
But I won't know.  
So forget them now instead.

You'll miss me then,  
But I won't feel.  
Meet me now, instead.

You'll wish you could have  
spent more time with me.  
Spend it now instead.

When you hear I'm gone,  
you'll find your way to my house to pay  
condolence, even though we haven't  
spoken in years.

Look, listen to and reply me now.

Spend time with every person around  
you, and help them with whatever you  
can to make them happy, your families,  
friends and acquaintances. Make them  
feel special because you never know  
when Time will take them away from  
you forever.

Alone I can 'Say' but together  
we can 'Talk'.

Alone I can 'Enjoy' but together  
we can 'Celebrate'.

Alone I can 'Smile' but together  
we can 'Laugh'.



## Wise Quotes for a Better Life!

Will Rogers, who died in a 1935 plane  
crash, was one of the greatest political  
sages America has ever known. Some  
of his sayings:

Never slap a man who's chewing  
tobacco.

There are two theories to arguing with  
a woman. Neither works.

Never miss a good chance to shut up.

If you find yourself in a hole, stop  
digging.

The quickest way to double your  
money is to fold it and put it back into your  
pocket.

## Company Matters!!!

Sit for 10 mins before a housewife -  
you will feel life is too difficult.

Sit for 10 mins before a drunkard - you  
will feel life is very easy.

Sit for 10 mins before holy men - you  
will feel like gifting away everything in  
charity.

Sit for 10 mins before a leader - you will  
feel all your studies are useless.

Sit for 10 mins before a life insurance  
agent - you will feel that it is better to die.

Sit for 10 mins before traders - you will  
feel your earnings are too meagre.

There are three kinds of men: The  
ones that learn by reading. The few who  
learn by observation. The rest of them  
have to pee on the electric fence and find  
out for themselves.

Good judgment comes from expe-  
rience, and a lot of that comes from bad  
judgment.

If you're riding ahead of the herd, take  
a look back every now and then to make  
sure it's still there.

Letting the cat outta the bag is a whole  
lot easier than putting it back.

After eating an entire bull, a mountain  
lion felt so good he started roaring. He  
kept it up until a hunter came along and  
shot him.

The moral: When you're full of bull,  
keep your mouth shut.

Sit for 10 mins before scientists -  
you will feel the enormity of your own  
ignorance.

Sit for 10 mins before good teachers -  
you will feel like wanting to become a  
student again.

Sit for 10 mins before a farmer or a  
worker - you will feel you are not working  
hard enough.

Sit for 10 mins before a soldier - you  
will feel your own services & sacrifices are  
insignificant.

Sit for 10 mins before a sincere friend -  
you will feel your life is heaven!

Company matters!



**CINE 12**

Mardi 7 septembre - 21.10



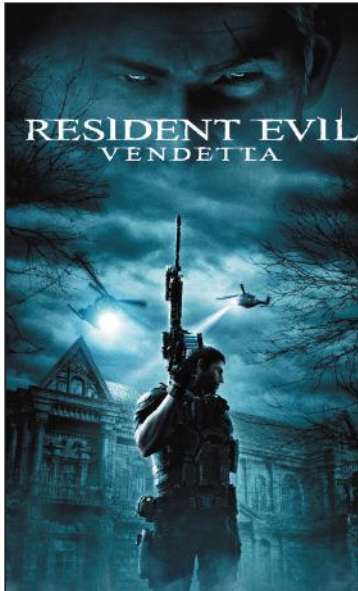
**MBC 1**

Mercredi 8 septembre - 21.15



**MBC 2**

Jeudi 9 septembre - 21.15



MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
06.30 Local: Entractes 09.17 Film: Le Chant De La Mer 11.00 Mag: Le Saviez Vous? 11.10 Tele: Sinu, Rio Des Pasiones 12.00 Le Journal 12.30 Tele: Le Prix Du Désir 12.55 Doc: Green Touch 14.00 Serial: Heidi, Beinvenida... 14.55 D.Anime: Word Party 15.08 D.Anime: Where's Waldo 15.30 D.Anime: Splash And Bubble 16.00 Film: Fish School 17.05 Serial: Dark Oracle 17.35 Mag: Sur Mesure 17.50 Mag: Japan Video Topics... 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 19.30 Journal & La Meteo 20.20 Local: Priorite Sante 20.40 Local Prod: An Eta Dalert 21.15 Film: Legacy	07.00 DDI Live 09.00 Serial: Vir: The Robot Boy 09.11 Serial: Guddu 12.00 Film: Dhoom Dhadaka Star: Anupam Kher, Shaad Randhawa, Sameer Dattani, Chunky Pandey 15.00 Serial: Zindagi Ki Mehek 15.22 Serial: Aamhi Doghi 15.43 Serial: Bava Maradullu 16.04 Serial: Apoorva Raagangal 16.28 Serial: Aatish 16.49 Serial: Imtihaan 17.05 Kullfi Kumarr Bajewala 17.30 Telugu - Premabhishekam 18.00 Serial: Dr. Qin 18.30 Local: Abhay Charan 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.04 Local: Programme In Tamil 20.30 Film: Griha Pravesh	06.00 Mag: Eco@Africa 06.52 Mag: Voa Connected 07.21 Mag: In Good Shape 08.12 Doc: Volcano Stories 09.35 Doc 360 GEO 11.19 Mag: Eco@Africa 13.35 Doc: Volcano Stories 14.55 Doc: 360 GEO 15.50 Mag: Global 300 16.42 Mag: Eco@Africa 18.00 Mag: Rev: The Global Auto... 18.35 Local: Ganesh Chaturthi... 19.00 Student Support Prog... 19.31 Mag: Magnifique 20.30 Local: News (English) 21.57 Doc: Michael Jackson, Gone 22.51 Mag: Close Up 23.17 Local: Klip Seleksion 23.59 Mag: Rev: The Global Auto And Mobilty show 00.25 Doc: When Food Becomes...	03.01 Serial: The Magicians 03.42 Film: Leave No Trace 06.05 Serial: S.W.A.T 06.44 Film: La Poursuite Des Tuniques Blueues 09.00 Serial: When Calls The Heart 09.45 Tele: Teresa 10.35 Tele: Tanto Amor 11.01 Serial: The Magicians 12.00 Film: Leave No Trace 13.34 Tele: Muneca Brava 14.12 Mag: Hollywood On Set 14.45 Film: La Poursuite Des Tuniques Blueues 16.36 Serial: When Calls The Heart 17.18 Serial: S.W.A.T 18.05 Tele: Teresa 19.00 Tele: Tanto Amor 20.05 Tele: Les Trois Visages D'Ana 20.30 Serial: S.W.A.T 21.15 Film: Ghostbusters II	08.00 Film: Jaani Dueshman: Ek Anokhi Kahani Starring Sunny Deol, Akshay... 12.04 / 19.54 - Radha Krishna 12.24 / 20.11 - Chupke Chupke 12.48 / 20.32 Mere Sai 13.09 / 21.09 - Agniphera 13.14 / 21.24 - Bade Acche Lagte Hai 13.53 / 21.59 - Zindagi Ki Mehek 14.10 Serial: Maharakshak 15.02 / 22.25 - Sethji 15.24 Film: Kuku Mathur Ki Jhand Ho Gayi Star: Siddharth Gupta, Simran Kaur Mundi, Simesh Agarwal 18.00 Live: Samacher 18.30 Kundali Bhagya 18.51 Serial: Ishaaron Ishaaron... 19.17 Bhakharwadi
06.30 Local: Entrepreneuriat Au... 09.15 Film: Moi, Moche Et Méchant 11.00 Mag: Le Saviez Vous? 11.05 Tele: Sinu, Rio Des Pasiones 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Doc: Green Touch 14.00 Serial: Heidi, Bienvenida A... 14.50 D.Anime: Word Party 15.03 D.Anime: Where's Waldo 15.25 D.Anime: Splash And Bubbles 15.50 Film: Ulysses 17.45 Mag: Sure Mesure 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 Local: Nayi Drishti 19.30 Journal & La Meteo 20.00 Local: Ganesh Chaturthi 20.05 Local: Shri Venkateshwara, Le Dieu De Tirupati 21.15 Film: Danger One 23.00 Le Journal	07.00 DDI Live 09.00 Serial: VIR: The Robot Boy 09.11 Serial: Guddu 12.00 Film: Kanoon Ki Awaaz Star: Shatrughan Sinha, Jayapradha, Asrani, Menaka Babbar, Prem Chopra 15.00 Serial: Zindagi Ki Mehek 15.21 Aamhi Doghi 15.43 Bava Maradallu 16.01 Apoorva Raagangal 16.29 Serial: Aatish 16.43 Serial: Imtihaan 17.12 Kullfi Kumarr Bajewala 17.28 Serial: Kulvadh 18.00 Serial: Dr. Qin 18.30 Local: Abhay Charan 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Programme In Marathi 21.12 Film: Dragoner 3 22.31 DDI Live	06.00 Rev: The Global Auto... 06.26 Doc: When Food Becomes... 07.18 Mag: Made In Germany 07.44 Mag: Magnifique 08.13 Doc: Builders Of The Future 08.37 Doc: Le Douanier Rousseau 10.49 Local: Klip Seleksion 13.47 Doc: Builders Of The Future 14.12 Doc: Le Douanier Rousseau 16.24 Local: Klip Seleksion 17.09 Mag: Rev: The Global Auto... 18.00 Mag: Motorweek 18.35 Local: Ganesh Chaturthi... 19.00 Student Support Prog... 19.30 Local: Shri Venkateshwara... 20.00 En Direct De Ste Croix - Messe A L'Occasion du Pelerinage du Bienheureux Jacques Desire Laval 21.30 Local: Per Laval Montre Nou Sime Lesperans 23.00 Local: Concert Spirituel	01.26 Film: Hollows Grove 02.45 Serial: The Magicians 03.26 Film: Ghostbusters II 05.10 Tele: Muneca Brava 05.48 Serial: S.W.A.T 06.54 Film: Signed, Sealed, Delive... 09.00 Serial: When Calls The Heart 09.45 Tele: Teresa 10.35 Tele: Tanto Amor 11.01 Serial: Chicago Med 11.51 Film: Ghostbusters II 13.34 Tele: Muneca Brava 14.46 Film: Signed, Sealed, Delive... 16.40 Serial: When Calls The Heart 17.23 Serial: S.W.A.T 18.08 Tele: Teresa 19.00 Tele: Tanto Amor 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: Billions 21.15 Film: Jumanji (1995) 22.55 Tele: Muneca Brava	08.00 Film: Kuku Mathur Ki Jhand Ho Gayi Star: Siddharth Gupta, Simran Kaur Mundi, Simesh Agarwal 12.04 / 20.06 - Radha Krishna 12.24 / 20.26 - Chupke Chupke 12.44 / 20.02 - Mere Sai - Shrad.. 13.10 / 20.46 - Agniphera 13.26 / 21.09 - Bade Acche Lagte Hai 13.49 / 21.50 - Zindagi Ki Mehek 14.11 / 22.15 - Maharakshak 14.54 / 21.46 - Sethji 15.17 Film: Lekar Hum Deewana Dil Starring: SArmaan Jain, Deeksha Seth, Nikita Dutta 18.00 Live: Samachar 18.30 Kundali Bhagya 18.51 Ishaaron Ishaaron... 19.15 Bhakharwadi 19.38 Serial: Siddhi Vinayak
06.10 Local: Metissages 06.45 Local: Aktiv 07.00 D.Anime: Twirlywoos 10.55 Mag: Le Saviez-Vous? 11.00 Tele: Sinu, Rio Des Pasiones 12.00 Le Journal 12.50 Local: Nu Rasinn 13.45 Serial: Heidi, Bienvenida A... 14.35 D.Anime: Word Party 15.10 D.Anime: Splash And Bubble 15.35 Film: Sing/Tous En Scene 15.50 Film: Shopkins 17.20 Serial: Dark Oracle 17.45 Mag: Sur Mesure 18.00 Live: Samachar 18.30 Serial: Jijaji Chhat Par Hain 18.55 Local: Ganesh Chaturthi 19.30 Le Journal 20.15 Film: Panga Stars: Kangana Ranaut, Jassi Gill, Richa Chadda, Neena Gupta	07.00 DDI Live 09.00 Serial: VIR: The Robot Boy 09.11 Serial: GUDDU 12.00 Film: Nanha Farishta 15.00 Serial: Zindagi Ki Mehek 15.23 Aamhi Doghi 15.43 Bava Maradallu 16.01 Apoorva Raagangal 16.32 Serial: Aatish 16.53 Serial: Imtihaan 17.12 Kullfi Kumarr Bajewala 17.29 Local: Amrit Vaani 18.00 Serial: Dr. Qin 18.30 Serial: Ghar Pahucha Da... 19.00 Zournal Kreol 19.30 Serial: Radha Krishna 20.06 Local: Les Grandes Lignes 20.32 Local: Mots & Ecrits 21.14 Film: Resident Evil: Vendetta Stars: Kevin Dorman, Matthew Mercer, Erin Cahill	06.00 Mag: Motorweek 06.26 Mag: Vous Et Nous 07.19 Doc: Garden Party 07.48 Les Montagnes Du Monde 08.31 Doc: Zenith 10.18 Mag: Focus On Europe 14.25 Doc: La Vie Secrete Des Atolls De Polynesie 15.19 Mag: Initiative Africa 15.45 Mag: Focus On Europe 16.53 Mag: Motorweek 17.19 Mag: Arts.21 18.00 Mag: Eco India 18.34 Local: Ganesh Chaturthi... 19.00 Student Prog Grade 7 19.30 Mag: Tomorrow Today 20.01 Mag: Science Ou Fiction 20.30 Local: News (English) 20.40 Doc: Serguei Chtkoukine 21.31 Doc: 360 Geo 22.26 Doc: My Own Private War	03.20 Serial: The Magicians 04.01 Film: Jumanji (1995) 05.31 Tele: Muneca Brava 06.11 Serial: Unforgotten 09.00 Serial: When Calls The Heart 09.45 Tele: Teresa 10.35 Tele: Tanto Amor 11.00 Serial: Chicago Med 12.00 Film: Jumanji (1995) 13.30 Tele: Muneca Brava 14.45 Film: Fixer Upper Mystery 16.40 Serial: When Calls The Heart 17.20 Serial: Unforgotten 18.05 Tele: Teresa 19.00 Tele: Tanto Amor 20.05 Tele: Les Trois Visages D'ana 20.30 Serial: Billions 21.17 Serial: Rich Man, Poor Man 22.05 Film: Love: Space Time 23.32 Tele: Muneca Brava 00.12 Serial: When Calls The Heart	08.00 Film: Lekar Hum Deewana Dil Starring: Armaan Jain, Deeksha Seth, Nikita Dutta 12.05 / 19.54 - Radha Krishna 12.22 / 20.11 - Chupke Chupke 12.48 / 20.32 - Mere Sai 13.07 / 21.09 - Agniphera 13.28 / 21.24 - Bade Acche Lagte Hai 13.53 / 21.50 - Zindagi Ki Mehek 14.14 / 22.15 Maharakshak 14.55 / 21.46 - Sethji 15.20 Film: Luv...Phir Kabhie Starring: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi 18.00 Samachar 18.30 Kundali Bhagya 18.51 Ishaaron Ishaaron Mein 19.14 Serial: Bhakharwadi

mardi 7 septembre

mercredi 8 septembre

jeudi 9 septembre

Jeudi 9 septembre - 15.20

Star: Saurabh Roy, Arijita Roy, Meghna Patel & Narendra Bedi



Jeudi 9 septembre - 20.15

Stars: Kangana Ranaut, Jassi Gill, Richa Chadda, Neena Gupta



# 'Get out now' - inside the White House on 9/11, according to the staffers who were there

A top White House aide to President George W. Bush recounts what 9/11 was like for White House staffers

On Tuesday, Sept. 11, 2001, I anticipated a busy but relatively calm day at the White House.

I was the special assistant to the president for management and administration, and President George W. Bush was in Sarasota, Florida, promoting the No Child Left Behind legislation. The senior official in the White House was Vice President Dick Cheney. First lady Laura Bush was scheduled to travel to Capitol Hill to brief senators on early childhood education. On the South Lawn, tables were being set up for that evening's congressional barbecue.

With the president away, I arrived later than usual that morning and headed to a breakfast in the small senior staff dining room known as the White House Mess, on the ground floor of the West Wing.

I was sitting at a table eating my toast and drinking coffee when a colleague came over and told us about news reports of a plane crashing into the World Trade Center in New York City. We thought it had to be a terrible accident. We left the Mess shortly thereafter, unaware of the impact of the second plane.

## 'Get out now'

This story began as an assignment from the White House Historical Association to write about that day for its 9/11 20th-anniversary edition of the White House History Quarterly. I interviewed a range of White House staffers, from Cabinet officials and aides assisting the vice president and the National Security Council to the interns from around the country who had begun their service at the White House that momentous day.

In the minutes after we heard about the plane crashing, there was a rush of activity in the ground-floor hallway. I was directed by the Secret Service to get West Wing staff out of their offices and into the windowless Mess, which was thought to be the safest place at the time.

But then, the agents, weapons drawn, ordered everyone to "get out now," sending staffers racing through the iron gates that had been opened at both ends of West Executive Avenue outside the West Wing. Women were advised to kick off their heels and run for their lives. Tourists at the White House ran from the building, leaving strollers on the lawn.

Across the White House complex, the Secret Service ordered staff to evacuate as quickly as possible. In the five-story Old Executive Office Building next door, however, many staffers learned about these orders only by watching TV and seeing the chyron: "White House being evacuated."

The frantic evacuation was a response to the urgent call the Secret Service had received from air traffic control at Ronald Reagan National Airport - in which Secret



Staff members were rushed into the White House Mess – then rushed out when they were told a plane was heading for the White House. Tina Hager/George W. Bush Presidential Center

Service staffers were told, "There is an aircraft coming at you" and "What I am telling you, buddy, is that if you've got people, you better get them out of there. And I mean right goddamned now."

Moments later, hijackers crashed American Airlines Flight 77 into the Pentagon. The vice president had been evacuated from his West Wing office to the president's emergency operations center, also called "The Bunker." An agent later said, "We had 56 seconds to move him."

## The 'Dead List'

In the White House Situation Room, which served as the vital link for secure communications and information for the president, staff were told by their senior duty officer that "we have been ordered to evacuate ... If you want to go, go now."

But no one moved.

The communications technician transmitted the list of personnel who remained to the CIA Operations Center. The duty officers there called it the "Dead List." Thankfully, their description was ultimately wrong.

I left the White House and joined staffers across the street in Lafayette Park. I instinctively sought to find a safer place to congregate and thought of the DaimlerChrysler office on H Street, a short walk away. My husband, Tim McBride, a former aide to President George H.W. Bush, was serving as director of government affairs for DaimlerChrysler in its Washington office.

I called Tim and asked if I could bring White House staff members there. Tim had already begun to send his staff home, and thought quickly to ask them to leave their computers on with their passwords written down, so that White House staffers would be able to work in the office.

Ultimately, more than 70 White House personnel from offices including speechwriting, scheduling, communications, Oval Office operations and legislative affairs worked from DaimlerChrysler on 9/11. I

asked one of the first staff members to arrive to sit at the front desk and record everyone's name and contact number and fax that list to the White House Situation Room, notifying them who was at this location.

## 'Bond deepened'

Speechwriters began researching for presidential remarks, communications staff were monitoring reports from around the country and keeping contact with the media, and senior staff took charge, giving directions to create a schedule of events for the president's next few days, including going to New York and the Pentagon.

In horror and grief, we watched the news of the hijacked plane that went down in a field in Pennsylvania, but the mood in the DaimlerChrysler office was focused and determined. As one colleague said, "the culture of the White House stuck with people in the face of an emergency."

Word reached us around 5 p.m. that West Wing staff should head back to the White House. The president was returning. Going room by room at the DaimlerChrysler office, I collected any documents that were left behind. These materials were now presidential records to be preserved at the National Archives.

Making my way back to the White House to get my car, I walked through Lafayette Park. The country was now at war, and everyone knew it was the start of a new chapter in our nation's history. As one former colleague told me, "Working at the White House is a binding experience in itself, but the strengthening of that bond deepened after an experience like this."

## Anita McBride

Fellow in Residence, Center for Congressional and Presidential Studies, Department of Government, American University



Tree of Knowledge

Madisyn Taylor

## Falling In love With Yourself

Once you discover how to fall in love with yourself, you can't help but treat yourself with respect and thoughtfulness

While seeking love, many people tend to look outward rather than inward. Yet falling in love with yourself can be just as wonderful an experience as falling in love with someone else. While the idea of falling in love with ourselves may be thought of as conceited or selfish, choosing to fall in love with who you are is a powerful act of self-love.

When you fall in love with yourself, you can't help but experience a wonderful sense of discovery. You begin to look at yourself again through fresh eyes, becoming more attentive to the little details that make you so unique. Once you discover how much there is about you to fall in love with, you can't help but want to treat yourself as lovingly and respectfully as you would treat anyone who is special to you. You start to give to yourself more because you become more attentive to your own needs and desires.



Choosing to fall in love with yourself is a very personal process that takes time. There is no magic wand you can wave to make this happen. But there is the magic of your intention and the power of your actions, whether you are taking the time to do the activities you like, speaking to and treating yourself with respect, taking inventory of all of your wonderful qualities and accomplishments, or nurturing yourself with plenty of rest and self-care.

When you fall in love with yourself, you begin to see yourself more positively, appreciate your unique outlook on life, and treat yourself in a more nurturing way. In loving yourself, you are acknowledging that you are special and deserving of love. Best of all, you are giving yourself one of the greatest gifts you have to give another. You are giving yourself the gift of your love.