

# MAURITIUS TIMES

“When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.” -- Queen Elizabeth II

## Interview: Sada Reddi, Historian



**«What people look for is justice, and they are confident they can get it from the Privy Council»**

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## Opinion



**British Monarchy in Transition**

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It is necessary to urgently revisit our international trade policy and gauge the real trade-off benefit between market access for our limited range of exports and opening the floodgates of highly competitive imports from trading powerhouses.

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**«Exhibits are produced in court as evidence and any tampering with them can destroy their integrity and make them worthless evidence»**



‘When the police are investigating an offence, they can secure mobiles and laptops. But they need a judge’s order to take cognisance of whatever the phones or laptops contain’

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# Legacy of the Brits

**E**volution and change are inescapable facts of life and new challenges keep cropping on our pathway to a better life as a collectivity. The British left us with a mixed legacy, a number of seminal independent institutions, a sense of pragmatism and fair play as historian Sudda Reddi points out in these pages and a basic infrastructure of education, health, roads and other civil engineering works. And of course, the live Chagos and Diego Garcia issue, still as intractable as ever even after decades of international legal challenges against the British have confirmed our sovereign rights over those territories, illegally excised and presented in those pre-independence days as a fait accompli.

Most of the displaced original islanders may have passed away over the past sixty years, part of their progeny lured to accept dual or UK citizenship, but the rules-based world order both the UK and the USA claim elsewhere, has yet to light our way to the recognition of our sovereignty rights over those islands strategically located in the Indian Ocean. How can our diplomacy take steps and make smart moves to displace the cursor should be a matter for a high-level confidential brainstorming of our best minds and outside legal experts for a non-partisan cross-party approach on an issue of obvious national importance, but we lack either the organic structures or the political willingness to rise above our bickering, gamesmanship and shallow perspectives.

Mature democracies may have cross-party national security commissions or similar high-level non-partisan briefings on major issues as a normal pragmatic feature, although one would be tempted to quote Seychelles as a counter-point when India a few years ago sought a mutual security treaty with that island state. With the current regime exhibiting no haste to walk that path, whether such an organic change in structures and outlooks would be on the agenda for the Opposition remains a toss-up as yet.

Independent institutions and commissions were a hallmark of the British colonial period and part of its legacy at independence. Against some predictions of doom and a vast exodus of cadres to other shores, an array of institutions overseen and manned by dedicated personnel charted our way into the welfare state, the universal free education, the first national university and set the scene for an educated workforce and staff that could sustain the opportunities of economic development from delocalised textiles in the mid-eighties. Since then, we strategised new pillars of growth and strengthened our economic funda-

mentals enough to weather the most damaging worldwide financial crisis of 2008-2009 without the population or the national currency being at the brunt end of policies.

Back then it was normal to expect from key institutions that each played its role and that our best administrators saw to the sound management of a growing flock of parastatals and public companies with some purpose and a system of checks and balances which the Audit Office backed up by flagging unacceptable departures. A system that had its flaws and occasional misfirings perhaps but overall, it sailed us through the good times of expansive government and lifestyles of the eighties as through the tougher straits of the global financial and banking crisis of 2008-2009. That was no reason to believe that such patiently built-up resilience of our structures and processes would buckle or get distorted when new challenges or opportunities would inevitably beckon and challenge us out of our assumed comfort zones.

Historians with enough hindsight will assess whether the onset of the worldwide pandemic in 2019 and its initial unfamiliar contours to even the best medical brains or the WHO with its disruption of supply chain logistics and its vaccination or public health pressures was such a test of how resilient our institutions and their topmost cadres were and how they fared since then.

Standing out these days in the legacy of independence from the Brits is an Executive branch that boasts an independent DPP's office (ODPP) and a judiciary to the Supreme Court with an ultimate Court of Appeal - the Judicial Committee of the Privy Council (JCPC). Given the nexus of complexities and relations that operate locally and may hamper justice equitably without fear or favour to one and all including the high and mighty, we may count our blessings that the ODPP and the right of appeal to the JCPC have become such key pillars of our fledgling democracy. The current ODPP has resisted and survived the deliberate attempts to curtail its independence, most notably through Xavier Duval's resignation from government benches, and the JCPC now stands in the epic position of having soon to rule on appeal cases impacting both the current and former PMs, Pravind Kumar Jugnauth and Navinchandra Ramgoolam. At no time was the need for a distanced pillar of our legal pyramid more evident and necessary as well as vital to our democracy than in the present politico-judicial context.

## The Conversation

# When Tragedy Becomes Banal

Why news consumers experience crisis fatigue



As the war continues in Ukraine, a grandmother helps her grandchild light candles in a church in Lviv. AP Photo/Emilio Morenatti

**W**hen Vladimir Putin launched a full-scale invasion of Ukraine by land, air and sea on Feb. 24, 2022, the images of war were conveyed to dismayed onlookers around the world. Far from the action, many of us became aware of the unprovoked aggression by reading online coverage or watching TV to see explosions and people running from danger and crowding into underground bunkers.

Half a year later, the violence continues. But for those who have not been directly affected by the events, this ongoing war and its casualties have been shifting to the periphery of many people's attention.

This turning away makes sense.

Being attentive to realities like war is often painful, and people are not well-equipped to keep a sustained focus on ongoing or traumatic occurrences.

In addition, since the war in Ukraine began, many other events have arisen to occupy the world's attention. These include droughts, wildfires, storms tied to global warming, mass shootings and the reversal of Roe v. Wade.

As the philosopher-psychologist William James asked, "Does not every sudden shock, appearance of a new object, or change in a sensation, create a real interruption?"

Ongoing tragic events, like the assault on Ukraine, can recede from people's attention because many may feel overwhelmed, helpless, or drawn to other urgent issues. This phenomenon is called "crisis fatigue."

### Roots of crisis fatigue

Malevolent actors and authoritarians are aware of public fatigue and use it to their advantage. "War fatigue is kicking in," the Estonian prime minister, Kaja Kallas, said.

In a speech to marketing professionals in Cannes, France, the president of Ukraine, Volodymyr Zelenskyy, asked them to keep the world focused on his country's plight.

Rebecca Rozelle-Stone,  
Professor of Philosophy, University of North Dakota

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# Revisiting Our International Trade Policy



Mrinal Roy

*It is necessary to urgently revisit our international trade policy and gauge the real trade-off benefit between market access for our limited range of exports and opening the floodgates of highly competitive imports from trading powerhouses.*

The dire socio-economic fallouts of the Covid-19 pandemic and rising energy, grocery and commodity prices caused by more than six months of war in Ukraine have woken countries across the world to the jolting reality that they should be as self-reliant as possible and not be dependent in the current state of supply chain uncertainty in the world on costly and erratic imports for their existential necessities.

It also dawns on economic actors, governments and people at large that globalisation and wanton trade liberalization and the elimination of trade barriers with all and sundry, epitomized by the indiscriminate proliferation of free trade agreements (FTAs) and the delegation of production of key products overseas to take advantage of cost advantages, which have been the bedrock of international trade policy over recent decades, are fraught with pitfalls. Especially, if strategic industries have not been securely protected against duty-free and highly competitive imports from economic giants like China, India or as the country found out to its dismay in Comesa with competitive countries like Egypt.

It is therefore necessary to urgently revisit our international trade policy and gauge the real trade-off benefit between market access for our limited range of exports and opening the floodgates of highly competitive imports from trading powerhouses. The country cannot be blind to ballooning trade deficits which weigh on and drain our foreign reserves through triggered by bilateral FTAs with unequal trading partners.

## Global chip shortage

The chronic global shortage of chips in a digitally driven world since 2018 and 2019 when trade wars triggered supply chain uncertainty caused by outsourcing its production to high quality producers in low-cost countries is a case in point. This shortage was exacerbated in 2020 by the Covid-19 pandemic which seriously impaired production by chipmakers. After more than two years of global chip shortage, a wide range of chip-dependent manufactures are still finding it very difficult to source chips.

This has adversely affected the supply of Graphic Processing Units (GPUs), microprocessors and even vehicles and hobbled production. Thus, many carmakers unable to meet the demand for their vehicles are storing them in warehouses awaiting the availability of one or two crucial microchips to complete production and delivery to their customers. Analysts predict that the chip shortage could continue well into next year and beyond.

Picking up on this immense market opportunity, the Taiwanese electronics giant Foxconn and Indian conglomerate Vedanta will invest \$19.4 billion to make semiconductors in India backed by the Indian government push to boost tech self-reliance in the wake of the

global chip shortage.

## No end to the war

The protracted proxy war in Ukraine is having disastrous socio-economic consequences in the EU, the US and the UK. It has caused inflation to reach record high levels, cut down global growth forecast to 3.2% and is imposing tremendous hardships on people across the world. Soaring UK food prices continue to rise at their fastest rate over more than 40 years. The war is not likely to end any time soon. The UK and the EU countries are therefore facing the prospect of a massive hike in winter energy bills amid calls for an urgent energy price cap. In the UK, Prime Minister Liz Truss is under pressure from her own party to reveal details of the go-vernment's plan to tackle the country's energy crisis as soon as possible.

Why on earth are the US, the EU, UK and NATO countries prolonging a war which causes such unnecessary hardships and distress on citizens who have just surmounted the throes of the Covid-19 pandemic? It is tantamount to shooting themselves in the foot. Are their costly and questionable pursuit of anachronistic geopolitical objectives reminiscent of the Cold War era more important than the wellbeing of their own people? This patent folly cannot go on. Is it not therefore high time for the large caucus of nations who have no axe to grind in this Pyrrhic geopolitical tug of war to lobby and demand that the war be ended forthwith?

## Welcome relief

The only welcome relief amidst all the current existential distress of people caused by the double whammy of escalating food and energy prices fuelled by the continuing war in Ukraine and a depreciating Rupee has been of the cornucopia of fresh and wholesome local vegetables currently available on the market at extremely affordable prices so quickly after the setbacks and damage caused to the vegetable growers' crops by the recent torrential rains and bad weather. Such affordable prices for quality vegetables significantly alleviates the household budget and provides wholesome food for a healthy diet to people.

The vegetable and fruit growers of Mauritius are one of the most entrepreneurial economic actors of the country. Despite the government rhetoric, they are basically left high and dry to bear the brunt of the many risks of vegetable and fruit production and fend for them-



Pic - i.insider.com

**“There cannot be two types of private sector in the country. On the one hand, a traditional private sector richly endowed with substantial land assets and financial resources, yet pampered with a plethora of generous government tax waivers and incentives forfeiting billions of Rupees of government revenue for their smart cities... In contrast, despite repeatedly gargling about the democratization of the economy, it is obvious that the non-establishment private sector economic actors do not benefit from the favoured treatment enjoyed by the traditional private sector nor the required production and trade facilitation ecosystem necessary to operate efficiently...”**

selves to overcome numerous operational obstacles to market their produce and satisfy the country's basic food requirements.

## Double standards

There cannot be two types of private sector in the country. On the one hand, a traditional private sector richly endowed with substantial land assets and financial resources, yet pampered with a plethora of generous government tax waivers and incentives forfeiting billions of Rupees of government revenue for their smart cities projects and high-end villas targeting foreign investors and billions of Rupees of MIC bailout funds and other support measures provided to distressed conglomerates on terms and conditions which are shrouded in opacity.

In contrast, despite repeatedly gargling about the democratization of the economy, it is obvious if one surveys the operating environment, that the non-establishment private sector economic actors do not benefit from the favoured treatment enjoyed by the traditional private sector nor the required production and trade facilitation ecosystem necessary to operate efficiently, grow and contribute more meaningfully to the socio-economic advancement of the country

The true spirit of entrepreneurship does not need state props and assistance. Entrepreneurs and economic actors such as vegetable and fruit growers only want a level playing field, equal opportunities and the removal of artificial bottlenecks which hamper their activities and growth.



# British Monarchy in Transition

*Can the monarchy move on unperturbed after 70 years of Elizabeth II, the longest reign in UK history, as King Charles III gets enthroned?*

Jan Arden

Having spent a couple of years in the English countryside, around Stratford-on-Avon and the Yorkshire surrounds, I was rapidly to discover the penchant of Brits for the charms of its narrow country roads winding along a green countryside as if they were meant for a nonchalant gentry with time to spare and a quirkiness to protect against hordes of foreigners bustling with their decimals and metrics.

Not for one moment would they have given up the unusual mathematical base in cricket or lawn tennis scores or the shifty bases embedded for so long in pounds, shillings and pence, complexities of which kept college students awake for long, until they too yielded to the sounds of modernity and international financial transactions. Decimalisation yes but never would they have considered abandoning the great British pound as national currency in favour of the Euro.

For the nobiliary and military establishment of colonial Britain, personal characteristics demonstrated on a cricket field, the lone stand of the batsman facing the onslaught of a wily bowler supported by his field players, the self-discipline, the front foot batting, the personal sacrifices he sometimes made to last an innings so as to keep his team in play and other such matters were the stuff that dwarfed degrees and qualifications as candidates were assessed for careers in foreign territories and outposts of the Empire.

Many British sociologists ascribe the profound attachment of 75% of ordinary UK citizens with their monarchic symbolism to that underlying sense of being special, of quiet but determined fortitude, of a quirkiness that had to be protected somehow against a world they no longer ruled: Republican values and strength in post-war Britain have never exceeded 20% in all countrywide polls.

The former Queen and the monarchy embodied so much in the most trying of moments, played their ceremonial duties on foreign trips with such grace, that even battered and bruised Britons say forget inherited rights, forgive the fracas of the new generation and say to hell with the heavy taxpayer costs of pomp, pageantry, peers and princely privileges!



British sociologists ascribe the profound attachment of 75% of ordinary UK citizens with their monarchic symbolism to that underlying sense of being special...

Pic - Daily Express

Whatever the irrational or emotive reasons for such attachment, can the monarchy move on unperturbed after 70 years of Elizabeth II, the longest reign in UK history, as King Charles III gets enthroned? Will he enjoy the same level of personal attachment if he is tempted, as is his wont, to speak his mind more freely than his mother, whose high personal standing may have something to do with the studious avoidance of any personal views in public as she accomplished her duties? Only time will tell although it is clear that no democratic leader and not even the worst autocrat can aspire to such personal longevity with cherished fondness.

\* \* \*

## The benefit of the doubt to the Police

Last week's editorial here flagged the role and constitutional independence of the Commissioner of Police and, despite swirling questions and allegations of improprieties in the conduct of the drug trafficking case alleged against lawyer Akil Bissessur and his com-

panion, we were tempted to give the institution the benefit of the doubt, if only because the alternative would be too ghastly to consider.

The different aspects being still under inquiry we will abstain from commenting further on the matter, even if we have to note that there are many unanswered disturbing questions, namely the trial by the press. The public condemnation of the suspect on a political soap-box by no less than the Minister of Home Affairs and PM of the country. "We caught him red-handed..." (*'la main dans le sac'*) and the collective "he was on our radar for some time" are not the sort of heady declarations that can induce confidence in the Police as an independent institution and raise the distinct possibility of a defence that the suspect's rights to a fair trial have been compromised through ill-advised public interventions of Special Striking Team police officers and their higher echelons.

The Commissioner of Police (CP) was entirely right in his address to long-service officers last Saturday that "we are increasingly being held accountable for our actions and inaction." He pursued by extolling that "unlawful use of law, abuse of authority should never be a crime-fighting strategy... there will be no compromise on unwarranted and undesirable behaviours." We are tempted to believe that these were not merely sentences lifted from standard policing textbooks but a reflection of the CP's core beliefs and a guide to his actions at the helm of that institution under the limelight ever since the ghastly videos of humiliation and torture of suspects surfaced and went viral on social media.

We might have even condoned the idea of a Special Striking Team working with discretion, efficacy and utmost professionalism to unravel and fight the drug scourge at its roots, the "barons" who finance drug business and the big importers or dealers who stand to benefit the most from trafficking at scales far more potent and damaging than an isolated 50g could ever be.

The latest twist to the saga with the release of private videos and clips from the mobile of the companion of Akil Bissessur in the custody of the Police has raised such shocking questions that the public perception is increasingly turning the tide against Police's higher command and in the process tarnishing the image of a corps that counts numerous honest and decent servants of the law and the people. The circumstances of such ugly and disrespectful leakages have yet to be ascertained, but there is a need to act urgently to restore the credibility of those in command of the fortress.

## The Issue with Tromelin

The 12th of September issue of *Le Defi* carried an article entitled 'Maurice remet le dossier Tromelin sur le tapis'. A remote, uninhabited piece of rock (1700m by 700m) some 500 km to the north-west of Mauritius, the long-standing contention with France relates to whether the 1814 treaty ceding Mauritius and its territories (Seychelles and Rodrigues) to the UK included Tromelin. The PM had announced some time back in Parliament during somewhat heated

exchanges with Paul Bérenger, that as soon as he finishes with the Brits over the Chagos issue, he would tackle the French over Tromelin. It seems that he is making good on that promise, even if the Chagos issue is far from settled and stands little chance to progress beyond the moral and political condemnation won at the UN General Assembly.

According to the paper, the PM called for "an early resolution of the disputed islet in the spirit of friendship that charac-

terizes the relations between Mauritius and France" at the UNGA meeting of 24th September last. While it is abundantly clear is that Mauritius has no independent means to man or defend that rocky islet (which could soon go down under with global warming and rising sea-water levels), and its principal value is an economic zone covering almost half the size of France and therefore a question not to be neglected by either party.

It is unfortunate that an agreement for *co-gestion* (joint management) of that vast zone, without prejudice to the sovereignty issue, drawn up and inked in

June 2010 has failed to be ratified as yet by France, which might explain the PM's impatience. If France considers that impatience is not a virtue but an annoyance, there may be more repercussions than the departure of the Agence française de développement (French Development Agency) to consider for an island economy that is so dependent on French and Reunion visitors without even considering the breadth and depth of historical, cultural, sociological and economic links nurtured with France over decades.

Jan Arden

## Cybercrime & Mobile Phone Tampering

# “Any tampering with exhibits can destroy their integrity and make them worthless evidence”

**T**he investigations leading to charges of drug trafficking being laid against Me Akil Bissessur and his companion were already the subject of controversy but a nasty new twist has been added with leakages of private videos seemingly from the mobile phones under police custody. If a few bad eggs are contributing to sink the image of the police services as strict, equitable and professional operators and custodians of public order, then there is cause to evaluate the legal repercussions on the case and its conduct in any future court proceedings. And who can properly investigate any departures from acceptable practice by the police itself? Lex is invited to share his views below.

LEX

**\* What responsibilities bear the police when taking charge of an individual's private mobile phone to ensure that only matters of relevance to an inquiry are viewed or analysed and that utmost security is attached to anything extraneous to that inquiry?**

There are rules that govern the safe keeping of exhibits in the Standing Orders of the Police Force. Exhibits are produced in court as evidence and any tampering with them can destroy their integrity and make them worthless evidence.

**\* When highly confidential and even intimate files or videos located on a mobile phone find themselves leaked to the general public, is there a redress when considerable irreparable damage to a person's reputation may have been already done?**

The individual can file a complaint with the police as Ms Moheeputh has done. The other remedy is to file an action for damages against the State for any illegal act that might have been committed in this matter. But the damage as you say would have already been done.

**\* To your knowledge are there current protocols and procedures governing the recovery and secure handling of seized mobiles and laptops and are these sufficient to ensure public cooperation when attending to such requests from the police?**

When the police are investigating an offence, they can secure mobiles and laptops. But they need a judge's order to take cognisance of whatever the phones or laptops contain.

Under the Data Protection Act, personal data are protected except when disclosure is ordered upon a judge's order. Under section 42(3) of the same Act, any person who obtains access to personal data, or obtains any information constituting such data, and discloses them without the prior authority of the controller or processor by whom the data are kept commits an offence.

Controller means a person who or public body which, alone or jointly with others, determines the purposes and means of the processing of personal data and has decision making power with respect to the pro-

cessing. Processor means a person who, or public body which, processes personal data on behalf of a controller.

Will the Data Commissioner look into the matter? The Data Commissioner has the power to investigate any complaint or information which gives rise to a suspicion that an offence may have been, is being or is about to be committed under the Data Protection Act. Ms Moheeputh may wish to make a complaint to the Data Commissioner.

**\* Whoever would have tampered with the mobile phone of the partner of Akil Bissessur and caused intimate pictures to be extracted, shared or distributed without the permission or consent of the owner would have committed an offence under the Cybersecurity and Cybercrime Act 2021 as well. What does the law provide in such circumstances?**

**“Not all police officers are bad eggs. But, as you say, what is important is for a really independent investigation to be carried out. Should there be a commission of inquiry? Should there be a fact-finding committee? And, more importantly, there's the issue of who will chair such an inquiry? Hopefully not an individual close to the regime...”**

Under the Cybersecurity and Cybercrime Act 2021, data means information recorded in a form in which it can be processed by equipment operating automatically in response to instructions given for that purpose, and includes representations of facts, information and concepts held in any removable storage medium.

Under the Act, any person who causes a computer system to perform a function, knowing that the access he intends to secure is unauthorised, shall commit an offence and shall on conviction be liable to a fine not exceeding Rs 50,000 and to penal servitude not exceeding 5 years.

**\* ASP Kokil, who has been instructed to go on early retirement following allegations of failure to conduct an inquiry into the inhuman and degrading treatment meted out to suspects or detainees by**



**“There are rules that govern the safe keeping of exhibits in the Standing Orders of the Police Force. Exhibits are produced in court as evidence and any tampering with them can destroy their integrity and make them worthless evidence...”**

**police officers earlier this year, refused to submit himself to the panel set up by the Commissioner of Police, arguing that ‘the police cannot inquire on the police’. Could he be right or wrong?**

Since the video clips on torture came out in public, there has been a tendency to refer all cases of impropriety to the Police Complaints Commission that is mandated by law to inquire on any complaint against the police. Maybe this is the reason that supports ASP Kokil's contention.

The Police Complaints Commission can only conduct an investigation if a complaint is made to it. However, it can also conduct an investigation into a complaint made after the period of one year if it considers that there are special circumstances which make it proper to do so.

**\* If ASP Kokil is right about the police not legally empowered to inquire on the police, this would mean that it would not be possible and proper for the CCID to inquire into allegations of tampering, as in the present case, and that might involve officers of other units of the police force, right?**

Yes, it would be for the Police Complaints Commission to conduct that inquiry.

**\* It would be in the interest of the police itself for an independent investigation to be carried out to get to the bottom of the tampering of the mobile phone and illegal sharing and distribution of its intimate files. Which authority is empowered to order such an investigation? A court of law?**

Yes, of course, it would be in the interest of the police that such an inquiry be conducted. Not all police officers are bad eggs.

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# Has the Sun set on the British Monarchy?



Anil Madan

**F**ollowing the death of Queen Elizabeth II, the Editor and I had an email exchange in which he asked about the monarchy as an institution both in the context of the UK and the Commonwealth of nations. Why, in essence, he asked, has the monarchy survived to this day, without the Empire?

I must confess that the answer to this question is ephemeral. So, I offer some thoughts with the disclaimer

that I really don't know the answer to the ultimate question posed. On the other hand, the answer may be obvious.

King Charles III in his first speech to Parliament said: "While very young, her late Majesty pledged herself to serve her country and her people and to maintain the precious principles of constitutional government which lie at the heart of our nation." He then avowed that he was resolved to follow in her footsteps. He also allowed as how "Parliament is the living and breathing instrument of our democracy."

When I heard a replay of that part of the new King's speech — no, I did not watch it live — I smiled. It occurred to me that the British monarch has very little to do with maintaining the principles of constitutional government. Indeed, the very concept of monarchy or hereditary power is antithetical to the idea of democracy. The role of the sovereign is merely ceremonial.



The monarchy has survived so far because the late Queen, deeply sensible of her absence of power to determine the policies that successive governments sought to implement, was at the same time deeply sensible of the power of tradition, pomp, circumstance, and pageantry. She did all of those well, better than almost any predecessor. Pic - Serbia Posts English

Over the centuries, people have tried to understand why the monarchy survives despite calls for its abolition and the more than obvious contradiction to the concept of Democracy that inheres in a hereditary and Divine succession.

A plausible answer may lie in a look back over the centuries. The experience of Britain has been almost as profound as the example of Democratic thought that America conceived and propounded to a world not accustomed to concepts of self-determination and what Abraham Lincoln was to encapsulate in his famous formulation: "government of the people, by the people, for the people."

One can see that the concept of government in Britain evolved from authoritarianism to representative government or democracy. And the American experience was to throw off the yoke of the authoritarianism of King George III



The late Queen was always doing and saying the right thing, at the right time, in the right place. Unerring and reliable. Until her initial reaction when Princess Diana died. Then, the nation saw their Queen with clay feet. Pic - Reader's Digest

and move to self-government or, as the Declaration of Independence stated, government by the consent of the governed. In these twin movements, one can see a mirroring of the concept of freedom that both the US and UK cherish.

A cursory review of history shows that the tendency of autocrats and would-be monarchs claiming hereditary or divine rights is a common occurrence. Even in today's world, we have no shortage of dictators and authoritarian figures. Putin has effectively made himself President for life and Xi Jinping is on his way to similar effect. Kim Jong Un is revered as a God and Recep Tayyeb Erdogan is virtually president for life.

That to me, is the magic of the British monarchy. The monarch is willing to cede all the power and divine right to the concept of constitutional government. Perhaps the monarch no longer has a choice, but the principle remains. And it has survived so far because the late Queen, deeply sensible of her absence of power to determine the policies that successive governments sought to implement, was at the same time deeply sensible of the power of tradition, pomp, circumstance, and pageantry. She did all of those well, better than almost any predecessor.

One must also give credit to King Charles III. He seems intuitively to have grasped that his mother was the ultimate Drum Major for the British Monarchy leading its marching bands and battalions and then surveying them as representing her ultimate source of power in the pageant of British democracy.

To be sure, it is a valid observation that the British monarchy is a magnificent and lucrative tourist attraction for the British Exchequer

and the economy of Britain writ large. And, if one must be cynical about this, all one must do is look at the magnificent funeral march and procession for the late Queen to understand that the British do this stuff like no one else. That was an attraction that Britons too wanted to see, up close and personal.

There is, of course, the Commonwealth of nations. Today, 56 members remain, Zimbabwe and Ireland having left. The Commonwealth, of which the Queen was the head, was a magnificent marketing manoeuvre. It fostered close alliances among nations that might otherwise have drifted apart especially in reaction to being liberated from British rule.

So, where does this leave us? The biggest problem that the monarchy faces is that of implosion from within. It is difficult to imagine that the late Queen was ever criticized. She was always doing and saying the right thing, at the right time, in the right place. Unerring and reliable. Until her initial reaction when Princess Diana died. Then, the nation saw their Queen with clay feet. But she was smart enough to recover well. And an indulgent nation forgave her.

Clay feet have been a characteristic of this Royal household. Whether it was Charles' dalliance with Camilla, seemingly forgiven, or the not easily forgiven frolics of Andrew with Jeffrey Epstein's bevy of young girls, or the never to be forgiven rupture caused by the antics and seeming ingratitude of Meghan and Harry, it does not seem that there is a surfeit of Royal charm to carry this Royal vessel on the next leg of its cruise.

Ultimately, a King needs charm and the ability to be embraced by his people. Whether the tourist money will make up for a dour family remains to be seen.

Cheerz...  
Bwana

## To Our Readers

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67 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 pandemic, 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.

Readers will no doubt appreciate that it takes a lot of time, hard work, money and the continued support of our contributors to produce the *Mauritius Times* - as we have done without interruption in these last 67 years.

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## US senate's 1st step to direct military aid to Taiwan amid 'existential crisis'

A Senate committee took the first step Wednesday toward the United States directly providing billions of dollars in military aid to Taiwan and making ties more official, ramping up support following soaring tensions with Beijing.

The United States for decades has sold weapons to Taiwan but the new legislation will go further by providing US security assistance of \$4.5 billion over four years, a step sure to infuriate Beijing, reports AFP. It also lays out sanctions on China if it uses force to try to seize the island.

With support from both parties, the Senate Foreign Relations Committee approved the Taiwan Policy Act, billed as the most sweeping upgrade of the relationship since the United States switched recognition from Taipei to Beijing in 1979.

Lawmakers moved ahead on the act amid heightened worries for Taiwan after Russia invaded Ukraine and following a visit to Taipei by House Speaker Nancy Pelosi, which prompted China to stage major military exercises seen as a trial run for an invasion.

Senator Bob Menendez, a member of Biden's Democratic Party who leads the committee, said that the United States "does not seek war or heightened tensions with Beijing" but needed to be "clear-eyed."

The bill still must clear the full Senate and House. The



The United States has for decades sold weapons to Taiwan but the new legislation will go further. Pic- barrons.com

White House has not said whether President Joe Biden will sign the bill, although the strong support it has may mean Congress could override any potential veto.

The office of Taiwan's President Tsai Ing-wen on Thursday said it expressed "sincere gratitude" to the United States "for once again demonstrating its bipartisan friendship and support for Taiwan."

### Less ambiguous relationship

Under the act the United States still will not diplomatically recognize Taiwan.

China considers the island -- where the mainland's defeated nationalists fled in 1949 -- to be its territory and strongly opposes any international legitimacy for Taipei, which has transformed into a vibrant democracy and major economic power.

But the new law would shed many of the runarounds and codewords that have been in place so as not to anger China by implying recognition.

The de facto embassy -- now officially the Taipei Economic and Cultural Representative Office -- would be renamed the Taiwan Representative Office and the US government would be instructed to interact with Taiwan as it would with any government.

The top US envoy in Taipei, now called the director of the American Institute in Taiwan, would be renamed the "representative" of the office and need confirmation by the Senate, as would a US ambassador.

The act would also designate Taiwan a "major non-NATO ally," a status for the closest US military partners outside of the trans-Atlantic alliance.

And in a reflection of changing dynamics since the landmark 1979 Taiwan Relations Act, the bill says the United States will provide weapons "conducive to deterring acts of aggression" by China rather than simply "defensive" weapons.

In addition to the \$4.5 billion in funding to Taiwan, the act would authorize \$2 billion in loan guarantees for Taiwan to buy US weapons.

Biden earlier this year appeared to end decades of US ambiguity and said the United States would directly help Taiwan if it is attacked.

But his aides later walked back his remarks and the White House quietly discouraged Pelosi from going ahead with her visit, fearing it would provoke President Xi Jinping ahead of a key Communist Party meeting.

## The odd arrangements being made for Queen Elizabeth II's funeral



Queen Elizabeth II. Pic - Shutterstock

Britain's longest-reigning monarch Queen Elizabeth II will be laid to rest at Westminster Abbey on September 19. Her funeral will mark the first state funeral in Britain since former UK prime minister Sir Winston Churchill's in 1965.

Several world leaders, members of distinguished royal families and former prime ministers of the United Kingdom are expected to attend the state funeral.

United States President Joe Biden, France's Emmanuel Macron, Turkey's president Recep Tayyip Erdogan, Japan's Emperor Naruhito, New Zealand Prime Minister Jacinda Ardern and European Commission President Ursula von der Leyen are expected to attend the state funeral in London.

Here's what we know so far about the arrangements being made for Queen Elizabeth II's funeral, as reported by Hindustan Times:

### Only commercial flights

World leaders have been urged to travel by commercial flights, not their government planes, if they are flying to Heathrow International Airport, a Politico report said.

### No cars also

World leaders will not be allowed to use helicopters or cars to travel to the funeral site, the report said. They will be taken to Westminster Abbey in "escorted coaches", it added.

### Only spouses/partners allowed

World leaders have been requested to not bring any other family or staff member to the funeral other than their spouses or partners.

## Because the boss got promoted: King Charles III's staff could lose jobs

Following King Charles III's accession to the throne, up to 100 employees working in his previous official palace received notices saying that they might lose their jobs, reports said.

The staff from the monarch's previous home - Clarence House - are not moving in with King Charles and the Queen Consort to the Buckingham Palace following the death of Queen Elizabeth II.

King Charles' private secretaries, finance office, communications team, and home workers have received the notices so far, reports Hindustan Times.

King Charles' new role necessitates these changes, Sir Clive Alderton, the King's private secretary said in a letter to the staffers. Many positions in the Clarence House - that will be



Britain's King Charles III and Camilla, the Queen Consort. Pic - Reuters

closed - would no longer be required, Alderton added.

Some staffers claimed that they were not informed of what was to come until Alderton's letter as they thought they would be merged into the King's new

household.

A few employees who provided Charles and Camilla with "personal support" will continue in their positions, the letter noted. Although, no final decision has been taken.

## Kate Middleton, Meghan Markle have to follow this dress code at Queen's funeral

Women of the royal family, including non-working royals must wear a traditional black lace veil in some form at the monarch's funeral due to a long-held royal tradition.

The rule will apply to both Kate and Meghan Markle. The "mourning veils" signify that wearer is in mourning while allowing more privacy to grieve for the one wearing it, said a royal family expert.

Female members of the royal family wore the veils to Prince Philip's funeral in April last year, opting for a more subtle version of the traditional long black tulle veil.

Additionally, all members of the royal family will be dressed in black, which they have been following since the Queen's death was announced.

Queen Elizabeth II, Britain's longest-reigning monarch, will be laid to rest at Westminster Abbey on September 19. Her funeral will mark the first state funeral in Britain since former UK prime minister Sir Winston Churchill's in 1965.

\* Contd on page 8





Yvon Chouinard is the founder of Patagonia. Pic- c.ndtvmg.com

## Yvon Chouinard: The US billionaire donating his company to fight climate change

**Y**von Chouinard, the billionaire founder of outdoor fashion retailer Patagonia said that he has given away his company to a charitable trust. Under the new ownership structure, any profit not reinvested in running the company would go to combating climate change.

This will amount to around \$100 billion every year, Yvon Chouinard said.

Yvon Chouinard's Patagonia which was founded in 1973, sells hiking and other outdoor clothing in over 10 countries. The company's estimated revenue was \$1.5 billion this year, while Yvon Chouinard's net worth is said to be \$1,2 billion, BBC reported.

Titled "Earth is now our only shareholder," Yvon Chouinard penned a letter, which was posted on the company's website on Wednesday explaining his decision, reports Hindustan Times.

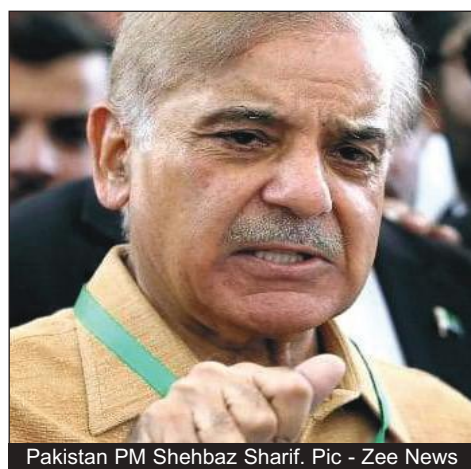
"Despite its immensity, the Earth's resources are not infinite, and it's clear we've exceeded its limits. Instead of extracting value from nature and transforming it into wealth, we are using the wealth Patagonia creates to protect the source," Yvon Chouinard said.

## Pakistan witnessing a severe economic crisis: PM Shehbaz Sharif

**P**rim Minister of the flood-hit Pakistan Shehbaz Sharif on Wednesday addressed the country's devastating economic state and said that the 'friendly countries had started looking at Pakistan as a nation that is always asking for money,' while speaking at a lawyers' convention.

"Today, when we go to any friendly country or make a phone call, they think that we have come to beg for money," the prime minister was quoted as saying by Pakistani media outlet The Dawn. "Where does Pakistan stand today after 75 years? Even smaller economies had surpassed Pakistan and we have been wandering for the past 75 years carrying a begging bowl," he added.

Sharif then shifted the blame for the skyrocketing inflation to the previous Imran Khan-led Pakistan Tehreek-i-Insaf (PTI) government. He alleged that Khan's government violated the agreement with the IMF, compelling the incumbent government to agree on tough conditions.



Pakistan PM Shehbaz Sharif. Pic - Zee News

"The IMF had even threatened withdrawal of its programme if the agreed conditions were not met," he added.

Pakistan, which is currently witnessing a severe economic crisis and rising inflation, has been reeling under devastating floods which brought the entire nation to a standstill. A third of the country is submerged in water and one in every seven persons is badly affected by the floods.

## France respects India keeping Russia ties, foreign minister says

**F**rance is aware of and respects India's energy and other relations with Russia, its foreign minister told the India Today news channel on Thursday during a visit to the country.

India has not condemned Russia's February invasion of Ukraine, instead calling for negotiations and peace. Russia is India's biggest foreign supplier of defence hardware, and India's imports of Russian crude oil and coal have soared since the war.

"We know the differences in our relations vis-a-vis Russia," Catherine Colonna said in an interview, during which she was asked about India's oil trade and overall ties with Russia, reports Reuters.

"We know the history" of India's past and present relations with Russia, Colonna said. "We do respect your country's decision to keep going with some relations."



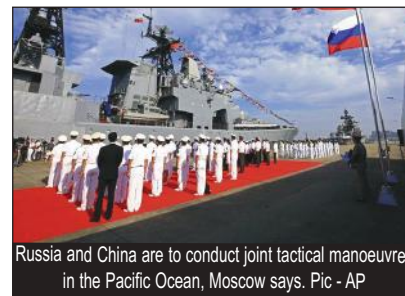
India's Prime Minister Narendra Modi meets with French Foreign Minister Catherine Colonna in New Delhi, India, September 14, 2022. Pic- Reuters

India has seen a flurry of visits from Western diplomats and other officials in recent weeks, as they seek to widen support for a plan of the G7 group of rich countries including France to cap the price of Russian oil.

## Russia says its navy in joint patrols with China as Xi-Putin set to meet

**T**he Russian and Chinese navies are holding joint patrols in the Pacific Ocean, the Russian defence ministry said on Thursday, deepening military and diplomatic ties between Moscow and Beijing when their relations with the West have soured.

A ministry statement on Telegram said crews from both sides were conducting joint tactical maneuvers and



Russia and China are to conduct joint tactical manoeuvres in the Pacific Ocean, Moscow says. Pic - AP

carrying out exercises involving artillery and helicopters, reports Reuters.

"The tasks of the patrols involve the strengthening of naval cooperation between Russia and China, upholding peace and stability in the Asia-Pacific region, coastal monitoring and safeguarding Russian and Chinese nautical economic sites," it

said.

China's President Xi Jinping is due on Thursday to meet Russia's President Vladimir Putin in Uzbekistan to discuss Ukraine and Taiwan, among others, in what is the Chinese president's first trip abroad in more than two years.

The deepening "no limits" partnership between the rising superpower of China and the natural resources titan of Russia is a geopolitical development the West is watching with anxiety.

Russia and China warships conducted their first joint patrols of the western Pacific Ocean in October last year, a move closely monitored by Japan who called the maneuvers as "unusual."

## How US changed amid Covid: Unwed couples grew, work from home's sudden uptick

**D**uring the first two years of the pandemic, the number of people working from home in the United States tripled while unmarried couples living together rose in number as well, US census bureau survey on Thursday said. Home values grew and the percentage of people who spent more than a third of their income on rent went up, the survey added.

With detailed data on how day-to-day life of Americans changed amid Covid, the survey reflects on how the pandemic changed people's choices. Fewer people moved, preschool enrollment dropped and commuters using public transportation was cut in half, the survey noted. The survey relies on responses from 3.5 million households, reports Hindustan Times.

**Here are the ways in which Covid changed America:**

**Increase in unwed couples:** The percentage of married-couples stayed stable at around 47% but unwed couples cohabiting rose to 7.2% in 2021 from 6.6% in 2019. The average household size contracted from 2.6 to 2.5 people, the survey



Representative image. Pic- pewresearch.org

said.

**Americans moved less:** More than 87% of those surveyed were living in their same house as Americans shifted to remote learning and working from home.

**Demand for housing:** Housing demand among Americans grew over the two years, as the per cent of vacant homes dropped from 12.1% to 10.3%. The average value of homes rose from \$240,500 to \$281,400, the survey said.



## Interview: Sada Reddi, Historian

# \* 'There was never any question of sale of Diego by Ramgoolam. That is clearly evident from all the documents presented to the International Court of Justice'

The demise of Queen Elizabeth II, the longest serving monarch in UK history, and the memorials will give rise to what promises to be a mega international TV event broadcast in many parts of the world. The fondness of Britons for their endearing monarch is understandable, but its appeal even in former colonies which had to face the uglier aspects of the "Empire on which the sun never sets" can be somewhat surprising. Historian Sada Reddi visits the issues globally and in the Mauritian historical and sociological context leading to independence.

**Mauritius Times:** With people all over the world enthralled by the pomp and pageantry surrounding the British monarchy, it's expected that the funeral of Queen Elizabeth II early next week is destined to be "the biggest live TV event in history" according to Carolina Beltramo, TV analyst at WatchTVAbroad.com. How would you explain this fascination about the monarchy despite the view that it had been the central institution of British colonialism and everything that came along with it?

**Sada Reddi:** People all over the world have a fascination for royalties as well as for celebrities in the field of sports, cinema, etc. The Queen was a world personality, head of state, queen regnant of 32 states since her coronation and 15 states until her death this year. She was also the queen of some other Commonwealth realms.

We have to keep in mind that a vast public relations

« The Privy Council is an absolute necessity for Mauritius. In the eyes of Mauritians, it is an independent institution which reassures the people that the rule of law would ultimately prevail. Just as in any small country like ours we cannot have super specialists for surgery for every part of the body, we will never have all the best specialists in all branches of law. Out of necessity, we'll have to rely on expertise from outside the country...»

« That Ramgoolam and the ministers agreed to the principle of leasing Diego Garcia subject to a number of conditions which were reiterated to the British government in 1965 after the Lancaster Conference is a fact, but the British government reneged on the deal and unilaterally excised Diego by an Order in Council. It was also a colonial cabinet, presided by the Governor, which had the final say in all decisions that presented the Mauritian side with a fait accompli...»

exercise has always tended to endear the Queen to the masses through royal visits, royal celebrations broadcast all over the world. This also includes her pictures, portraits, films, books and various kinds of memorabilia. The royalty and the Queen play an important role in British tourism attracting millions of people to the UK. Most Mauritians who have been to England would not have missed a visit to one of the Queen's residences - whether at Buckingham Palace, or Windsor Castle or Sandringham. For all these reasons the Queen occupies an important place in the minds and hearts of people.

Finally, nobody is forced to pay or not to pay respect to her; it is the people's choice beyond state protocol.

\* On the other hand, historians in Africa are today recalling the brutal suppression of the Mau Mau freedom movement in Kenya during the 1950s, leading to the massacre of tens of thousands of people. Similar sentiments are presently being echoed in India with memories of colonial era massacres and the brutal repression of the Quit India movement, not to mention the horrific partition of 1947, said to have been committed under the royal insignia of the British monarchy, coming back. Yet the Indian national flag was flown at half-mast on September 11 as decided by the Indian government as a mark of "respect to the departed dignitary". Has India moved on even if colonisers have been seen to be generally averse to any form of remorse, reparation or even apology?

We are all aware of brutalities associated with British colonialism whether in India, Malaysia, Africa and other parts of the world.

But the masses do not in my view associate those atrocities to the Queen or the royal family. After all, many will point out that the Queen reigned but did not rule. Many will also feel that she formed part of their history.

In 1972 when she visited Mauritius during a state of emergency when many politicians were imprisoned, people thronged in great numbers to acclaim her. It is not an exaggeration to say she has a place in the hearts of many Mauritians.

Historians would blame Winston Churchill for his decision leading to the Bengal famine - not the Queen. Similarly, the same could be said as regards the Mau Mau rebellion in Kenya, just like many people will today blame George W. Bush and Tony Blair for the destruction of Iraq and the suffering of the Iraqi people - not the Queen though there are certainly many people who will also hold her responsible for the war and subsequent atrocities.

It is also true that people generally tend to be freely forgiving and let bygones be bygones. But forgiveness does not mean forgetting. So it is with India: remember how the Indian government went on to nominate Lord Mountbatten as the Governor-General of India despite his role in the Partition, considered a holocaust by many historians and the people as well.

The Queen as head of state of the Commonwealth commanded such a respect that at the biennial Commonwealth Summit in 2019, it was easy for her to request publicly the confirmation that they endorsed Prince Charles as their next leader. She was able to do so because consensus had already been reached among the 53 states that would otherwise have found it difficult to elect a successor.

\* The Mauritian national flag will also be flown at half-mast on the day of the funeral of the Queen. Although we have not known any massacre nor famine here under



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**British colonialism, how had been the experience of Mauritius with British colonialism?**

British colonialism has not been unduly oppressive in the minds of many Mauritians for a number of reasons. Though the British condoned the slavery system after their conquest of the island, they thereafter abolished slavery in Mauritius. They also abolished racial discrimination in 1829 which had been so oppressive for the Coloured under General Decaen. It was said that under General Decaen, the Coloured people went to bed free but woke up as slaves because the new laws had deprived them of rights obtained during the French Revolution in the colony.

\* Contd on page 10



# 'Fairness, an independent judiciary and social justice have been enduring legacies of the British in Mauritius'

\* Contd from page 9

The British also initiated steps for the education of slaves and the coloured under Rev Lebrun. They encouraged the introduction of Indian indentured labour, which was being exploited by the plantocracy, but they also provided various correctives in terms of laws, institutions and commissions of inquiry with a view to limiting gross abuses.

The introduction of English language provided Mauritians with a neutral language but also another international language without having to compulsorily use French with its inherent assimilative tendencies, but also other languages thus enhancing the pluralist culture of Mauritian society

In the 20th century, the process of constitutional development initiated as from 1945 and which ultimately led to Independence was done with extensive consultations with the people and their representatives at various conferences and consultations so that contrary to several myths, the Mauritian Constitution in fact reflects the aspirations of Mauritians of these times.

The people of Mauritius did not view the British as the direct oppressors as opposed to the perception they had of the earlier plantocracy. They were right in their assessment because they had seen the British very often acting as a buffer between the planters and workers. The British did so by introducing laws and setting up public institutions and even intervened personally against gross abuses. It is well known that Governor Gordon protected Adolph de Plevitz after he was assaulted by a representative of the planters.

Following harassment of Old Immigrants by the police, the commission of inquiry on the police presided by Judge Gorrie confirmed those abuses. Moreover the Commission of Inquiry on Indian immigrants published in 1875 confirmed all the abuses perpetrated by planters.

After the resistance of planters to the introduction of trade unions by the British government in 1924 and subsequent to the demand of the Mauritius Labour Party made in 1936, the Hooper Commission opened a new era in labour relations by recommending the passing of the Industrial Associations Ordinance which was promulgated in 1938. Those measures confirmed in the minds of workers that the British were more sympathetic to their well-being and that they could get a better deal from them.

\* **What do you think have been the biggest gains for Mauritius from British colonialism?**



« **The royalty and the Queen play an important role in British tourism attracting millions of people to the UK. Most Mauritians who have been to England would not have missed a visit to one of the Queen's residences - whether at Buckingham Palace, or Windsor Castle or Sandringham. For all these reasons the Queen occupies an important place in the minds and hearts of people. Finally, nobody is forced to pay or not to pay respect to her; it is the people's choice beyond state protocol...**

« **We are all aware of brutalities associated with British colonialism whether in India, Malaysia, Africa and other parts of the world. But the masses do not in my view associate those atrocities to the Queen or the royal family. After all, many will point out that the Queen reigned but did not rule. Many will also feel that she formed part of their history...**

The English language, pragmatism especially in the field of politics and governance, multiculturalism, and a sense of fair play, an independent judiciary and social justice have been enduring legacies of the British in Mauritius.

\* **There is also the view expressed by a social media commentator, one Ploum Ploum, that besides the abolition of slavery, there had been a continuous injection of capital by the British into Mauritius which went into putting in place the island's infrastructure and institutions that were necessary to run the country as and when we were ready to do so. What's your take on that?**

The British had been the ones who enabled the sugar industry to take off in the 19th century, by opening the British market to Mauritian sugar and by

equalizing the sugar duties in 1825. In the initial phase of the country's development, it was British capital which sustained the sugar industry up to 1850.

Since we were a British colony, all the infrastructure - roads which we still call royal roads, railways, bridges, reservoirs, tramways and post offices were built during the British period for their own interests, but these benefited the people and the colony as well. Health infrastructure, the laws regarding the environment, for example, to preserve riverbanks from destruction as well as the slow eradication of malaria which started in 1945 were carried out under British rule

Finally, there had also been the technical assistance provided by British experts: the Ward Report on education, the Rankine Report on health, the Titmuss Report on overpopulation and social services, Mead's blueprint with its 154 recommendations for industrialization.

\* **But there is also Diego Garcia, and the occasional criticism levelled against Sir Seewoosagur Ramgoolam for having "collaborated" with the British at the expense of the Chagos. Would you say with hindsight that SSR did not give himself enough time to overcome that hurdle?**

It is clearly evident from all the documents presented to the International Court of Justice that there was never any question of sale of Diego by Ramgoolam or any Mauritian colonial government.

That Ramgoolam and the ministers agreed to the principle of leasing Diego Garcia subject to a number of conditions which were reiterated to the British government in 1965 after the Lancaster Conference is a fact, but the British government reneged on the deal and unilaterally excised Diego by an Order in Council. It was also a colonial cabinet, presided by the Governor, which had the final say in all decisions that presented the Mauritian side with a fait accompli.

I think that SSR did not have to add to whatever he had said before, but now that all the documents relating to that period (which were not available for consultation in the past for they were in British possession - not even in the Public Record Office) have been declassified, historians are now able to reach new conclusions. Remember that only recently about 20,000 documents on Kenya had been destroyed - officially said to be damaged by insects - but probably for other reasons.

\* **One particular gain from the British colonial system has been the Privy Council, access to which has been maintained to this day despite our accession to a republican status - for good reasons**

« **British colonialism has not been unduly oppressive in the minds of many Mauritians for a number of reasons. Though the British condoned the slavery system after their conquest of the island, they thereafter abolished slavery in Mauritius. They also abolished racial discrimination in 1829 which had been so oppressive for the Coloured under General Decaen. It was said that under General Decaen, the Coloured people went to bed free but woke up as slaves...**

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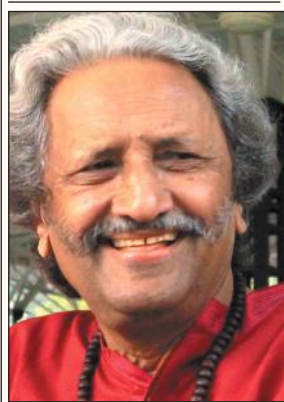
**it would seem in most cases brought before the Law Lords. Do you share that view?**

The Privy Council is an absolute necessity for Mauritius. In the eyes of Mauritians, it is an independent institution which reassures the people that the rule of law would ultimately prevail. Just as in any small country like ours we cannot have super specialists for surgery for every part of the body, we will never have all the best specialists in all branches of law. Out of necessity, we'll have to rely on expertise from outside the country.

\* **But one could also argue that the course of Mauritian politics should not be allowed to be influenced by a foreign institution - in fact a legacy of past British colonialism - with the political future of two of the country's leaders hanging on what decision the Privy Council will take when their cases come up for appeal. What do you think?**

Whether the judgements have political consequences or not, such considerations should not influence the rule of law. I don't think it is fair to judge a case by anticipating its consequences - good or bad. What people look for is justice, and they are confident they can get it from our final court of appeal, the Privy Council.





Kul Bhushan

# Lest we forget: Kenya bled during Elizabeth's rule

**S**ure, Kenya is the country where a young royal lady went as a princess and returned as a queen in 1952 but Kenya is also the country where her government launched a brutal and vicious campaign to crush the freedom movement by its people at that time.

It all started about 50 years earlier when the Uganda Railway was built and reached Nairobi in 1896. The railway brought British officers and missionaries; officers to rule the country and missionaries to convert 'the heathen' to Christianity. The Africans farmed on the temperate slopes around Mount Kenya and herded animals in the plains of the Great Rift Valley. When more Britishers arrived in this new colony, they took over the land around Mount Kenya and it came to be called White Highlands. The vast plains in the Rift Valley were also fenced for cattle ranching. This new group was called White Farmers and the Africans ended up as their farm labourers.

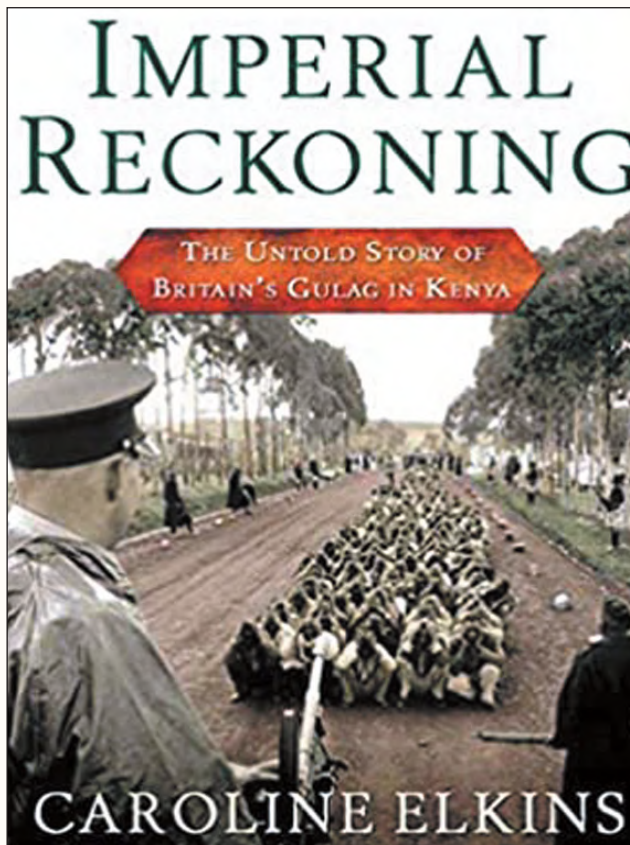
While pressing for freedom, Kenya's charismatic leader and later its first president Jomo Kenyatta famously said that the white man had a book (The Bible) when he came to Kenya and the African had the land. Soon, the white man had the land and the African had the book.

The campaign for freedom started in the 1920s and early 1930s when African leaders started demanding human rights, first as workers and later as citizens. Since they did not get far, the more radical ones launched a violent uprising to get back their land and freedom, known as Mau Mau rebellion. When Elizabeth visited Kenya, this movement was gathering pace in the early 1950s and continued until 1960. In fact, the Mau Mau fighters burnt down Treetops in 1954 and it was later rebuilt.

The British government or rather the Queen's government flew in hundreds of British soldiers to fight the "terrorists" and the Royal Air Force flew in with planes to



Kenyans (left to right) Wambugu Wa Nyingi, Jane Muthoni Mara, Paulo Nzili and Ndiku Mutua, stand outside the Royal Courts of Justice, in central London, April 2011. They were taking the British government to court over alleged atrocities in the 1950s in what is now Kenya. Pic - AP



bomb the forests where the Mau Mau fighters were hiding. An Emergency was declared and the rulers had a free hand. With the local police and administration, they unleashed a horrendous, powerful and bloody response. Thousands were picked up and sent to 'detention camps' where they were beaten and tortured to extract information. The detainees also suffered malnutrition, starvation and disease due to the inhuman conditions. Hundreds of suspects were hanged. Many thousands of Africans were issued with a pass to travel from their villages, denying them the freedom of movement.

The number of deaths of Africans during the Emergency is disputed. The estimates range from 25,000 to 50,000 but go up to 130,000 to 300,000. How many were killed by Mau Mau? Around 300 White farmers, some 5000 African loyalists, just 30 White soldiers and about 200 British police officers of different races were killed.

In 2013, after a group of elderly Kenyans sued the Foreign Office for atrocities during the eight-year emergency, the British government was forced to admit it had illegally hidden more than one million colonial-era documents that should have been declassified. To date, these documents remain in the UK and are yet to be repatriated to the colonies they were stolen from.

These documents are not only hidden from Kenyans and researchers but also from the British public who have a romanticised image of the white man developing and civilising an African land. The petitioners were paid a paltry sum as compensation. The honours bestowed on the officers of the Empire - the Queen's medal and so on - were all in the name of the monarch. The demand for freedom gathered pace in the late fifties and early sixties until the British government yielded and granted independence to Kenya in December 1963.

Like most freedom struggles against the British Empire, the Mau Mau uprising is but another episode during the reign of Elizabeth II which is not included in British history as it is taught in the schools or universities.

A Kenya journalist, Patrick Gathara, has written, "The romanticised tale of the girl who went up a tree a princess and descended a queen tends to ignore the circumstances she was thrust into as well as the death, torture, brutalisation and dispossession of Kenyans that would mark the first decade of her reign."

\* \* \*

## It's in Kenya that Princess Elizabeth became Queen Elizabeth

**K**enya in East Africa is where Princess Elizabeth became the Queen of the United Kingdom. She climbed the remote Treetops, a wild animal viewing tree hotel in Nyeri, about 95 miles from the capital Nairobi, as a Princess and came down as the Queen, in February 1952.

On an official tour of the Commonwealth as Princess Elizabeth, accompanied by her husband, Philip the Duke of Edinburgh, she climbed the wooden ladder to the famous wild animal spotting location and spent the night up in the trees. The next morning, she learnt of the death of King George VI, her ailing father, in London.

Treetops, a four-star hotel in Aberdare National Park, is near Nyeri town in the shadow of Mount Kenya. Starting with just two rooms in the trees next to a watering hole frequented by elephants and other wildlife, Treetops opened in 1932. Twenty years later, more rooms were added as the location got popular.

It was 6 February 1952 when the 25-year-old princess and her husband were at Treetops. Back in the UK, the ailing King George VI died in the early hours of the morning.

"The princess climbed up to a look-out point at the top of the tree to see the dawn breaking. The duke's equerry and friend, Mike Parker, was at her side at the look-out when they spotted an eagle hovering overhead," according to an article in the *Salisbury Journal*.

"I never thought about it until later but that was roughly the time when the King died," he later recalled.

Lady Pamela Hicks, who was the Queen's lady-in-waiting and also Philip's cousin, said the Queen and the duke were "the last people in the world to hear" that the King had died. "She goes up as a princess. The king dies that night. She comes down the ladder as a Queen," Lady Pamela said.

The secret ciphers, announcing the King's death, could not be read as the key to the code was with the governor of Kenya who was in Mombasa to prepare for the Princess's visit.

When the news finally filtered through to royal aides, Elizabeth was resting at the nearby Sagana Lodge, a wedding present from the people of Kenya.

● Cont. on page 12



## 'When the police are investigating an offence, they can secure mobiles and laptops.

But they need a judge's order to take cognisance of whatever the phones or laptops contain'

☞ Cont. from page 5

But, as you say, what is important is for a really independent investigation to be carried out. Should there be a commission of inquiry? Should there be a fact-finding committee? And, more importantly, there's the issue of who will chair such an inquiry? Hopefully not an individual close to the regime.



“It will have a bearing on the manner in which the investigation was conducted. The police had a warrant to look for drugs. The mobile phone could only be checked to verify the calls Akil Bissessur made, not to pry into his private life...”

\* Now with serious suspicions of tampering having been raised in the Bissessur case, would a suspect in a criminal matter be perfectly entitled to refuse access to his mobile device for forensic analysis?

No, he is bound to give access to his mobile for forensic analysis.

\* Would a precautionary measure duly registered with the police serve a useful protective and precautionary purpose of securing the privacy of strictly private content being stored in a mobile device and against any form of tampering and distribution?

All exhibits must be properly secured and kept. However, a precautionary measure can always help to prevent any form of tampering.

\* The case being investigated into the alleged drug trafficking by Akil Bissessur has had its twists and turns - first, the allegation of drug planting, and second, the recent ugly tampering of the mobile phone and the sharing of intimate files. Would these have any bearing on the main case itself if and when lodged with the court?

It will have a bearing on the manner in which the investigation was conducted. The police had a warrant to look for drugs. The mobile phone could only be checked to verify the calls Akil Bissessur made, not to pry into his private life.

LEX

# It's in Kenya that Princess Elizabeth became Queen Elizabeth

● Cont. from page 11

The Queen's private secretary, Martin Charteris, was in Nyeri, having a drink in a restaurant, when a journalist of a local newspaper approached him and remarked on the news.

Rushing to the Lodge, he told Mike Parker, who went to the room where Princess Elizabeth was at her desk, motioned to the Duke of Edinburgh and secretly turned on the radio very low to get confirmation – but it did not work.

Philip had to break the sad news to his wife while they were alone. He took her into the garden and told her the news as they slowly walked up and down the lawn.

Asked what name she wished to use as Queen, she replied simply: "My own name, of course."

Lord Charteris and Mike Parker had packed up, worked out timetables, sent a flood of signals, organised a plane at Nairobi and timed a London airport arrival for 4 pm the following day.

Elizabeth's mourning clothes were waiting for her in Nairobi. After a long air journey, she reached home the following day, dressed in sombre black mourning garments, setting foot at London's runway for the first time as sovereign.

The visit of Princess Elizabeth rocketed the fame of Treetops. The visit of Princess Elizabeth was immortalised by Jim Corbett (who was a resident 'hunter' at Treetops) in his final book, 'Tree Tops', which was published by Oxford University Press in October 1955, six months after Corbett's death.

Following the media hype over the accession of Elizabeth II, Treetops attracted a large number of rich and famous people. Personalities who have visited Treetops include Charlie Chaplin, Joan Crawford and Lord Mountbatten, and a return visit by Elizabeth II in 1983.

As Queen Elizabeth, she visited Kenya again in March 1972, and had lunch with President Jomo Kenyatta in Nairobi, where she was bestowed the Chief of the Order of the Golden Heart.

The Queen later made two more visits to Kenya during the reign of President Moi. The first was in 1983 (when she revisited Treetops) and toured Sagana Lodge, the place her tour was cut short in 1952, and gifted it to



Kenya, and the last visit was in 1991 as a guest of President Moi.

The original structure of Treetops was burnt down by Kenya freedom fighters in 1954 and was re-built and expanded to become a 35-room, four-star hotel. Comfortable bedrooms with attached bathrooms, it had observation lounges and modern facilities like the Internet. Treetops closed in 2021 due to the pandemic but has reopened at US \$65 per night.

Your arrival is made dramatic when you leave Nyeri on a four-wheel drive to venture into the thick forest. As the vehicle stops, a hunter with a gun, warns you to be extra careful and look out for wildlife. Then you are guided to a nearby wooden staircase to climb up to the tree hotel.

Once you check in, you can go to the rooftop for tea and start looking over the forest and the salt lick. Later, you can climb down to the observation lounge and have cocktails while watching out for animals at dusk. Soon it is dinner and after a hearty meal, you can retire to your room. The staff informs you that you can avail of a bell to be alerted of wild animals at the salt lick if you so desire. After a night of game watching, it is breakfast time. As you leave, you wonder if Princess Elizabeth also had such a fantastic experience.

*Kul Bhushan, who worked as a newspaper Editor in Nairobi for over three decades and has twice stayed at Treetops, now lives in New Delhi*



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5<sup>th</sup> Year No 205

## MAURITIUS TIMES

Friday 11 July, 1958

● "Power corrupts; absolute power corrupts absolute"

# NMU Re-Enters

**W**e once remarked that future historians of Mauritius would be unable to ignore the role of NMU. In the affairs of Mauritius especially during the period 1949-1958 which is certainly one of the most critical periods. That period, a transitional one, witnessed the transfer of power, though to a limited extent, from the minority to the majority and NMU comes into the picture as the trump card of the reactionaries in their desperate attempt to perpetuate the status quo. For about ten years NMU held the centre of our political stage. Everybody, whether friend or foe, had to pay attention to his "Opinions du Jour".

Lately NMU had been heard less and less. It was due to illness but it appeared also that he had given up the struggle. But it was not so. He is out again now to continue his struggle but this time it is likely that his campaign is going to attract little attention. What can have been the cause of his decline? Now that NMU is at the end of his tether it is interesting to appraise his oeuvre and recall and remember the techniques he used.

Few contemporary public men have sustained their cause with such persistence and fanaticism as NMU. After the general election of 1948 when the capitalists found that power had slipped out of their hands they called for him from France, to take over the direction of *Le Cernéen*. NMU unleashed the most formidable campaign of vilification against the Labour Party, the Hindu community and India. Day in and day out he hammered the alleged Hindu peril so much so that he succeeded in alienating the Muslim community and a large section of the Coloured community against the Hindu community.

In March 1954, under the auspices of the *Centre International de Documentation et d'idées* he started a bulletin called a *Commentary on Politics and Economics in Mauritius*. Its existence was surrounded with great secrecy until we exposed it. Explaining the objects of the CIDI bulletin he complained that the action of political agitators, in Council and elsewhere, had never been curbed.

The bulletin was meant to draw the attention of the British Government "to situation which required its energetic intervention". The editor revealed that the bulletin was not only sent to Officials of the Colonial Office, **but also to people prominent in public affairs in Britain, South Africa, Australia and the USA** who were likely to be interested in the future of Mauritius and who, in the opinion of the editor, would make known their real anxieties. It was published in two editions — English and French. About 400 copies were printed and despatched to various people and organizations by airmail. Distorted and unreliable news were the highlights of the bulletin.

NMU's campaign of vilification produced the contrary effect. It propped up the La-bourites and shook the Hindus from their lethargy. He indirectly and unconsciously paved the way for Hindu unity and responsible government. And now that Responsible Government is imminent, NMU, in his quixotic way goes anew to war. He has given the signal of another campaign. While the Parti Mauricien, the authoritative organization of the Conservative elements, declare that it will fight the forth-

coming election, NMU advocates boycotting. His approach to our problems and his tactics haven't changed much. The only difference now is that he cautiously avoids offending the religious susceptibilities of the Hindus and does not indulge in wholesale vilification of his opponents.

His ruthlessness apart, NMU remains one of our greatest propagandists. In "Les Deux Voies" of the 8th instant, he outlines his new "dynamic method of propaganda". This time he is decided to enlist the support of the foreign press and some Conservative MPs in London. And so, we shall have the pleasure to watch another tragicomedy which will be re-enacted after a long intermission. Be that as it may, NMU is on the decline and the pity of it is that he hasn't yet realised that he has been fighting the devil's case all the time.

\* \* \*

## Fenner Brockway

**M**any of us may not be aware that there is in London a team of selfless and indomitable socialists who have the cause of Mauritian workers at heart. It is indeed difficult to draw up a complete list of them all but few are those who must not have heard of John Hatch, Lady Hilda Sylwyn Clarke, James Johnson and Fenner Brockway. Peter Ibbotson needs no mention: his name is a household word.



Fenner Brockway was a British socialist politician, humanist campaigner and anti-war activist

What our friends individually or collectively have done and are doing to help us in our political struggle is no secret. But here Fenner Brockway is more widely-known.

This is natural because we were fortunate enough to have Fenner with us for eight days in September 1955. His stay amongst us did much to strengthen our relations with the British Labour Party. Moreover, Fenner got the opportunity of collecting some first-hand information about our problems.

Why, people are sometimes apt to ask, should Fenner get himself so much involved in matters not necessarily his personal concern? Why should he clamour so much for the equality of races? The answer to these questions are the key to his great personality. He is a humanitarian to the core and a democrat *par excellence*. He has spent a whole

life struggling for the uplift of the oppressed whether in the Metropolis or in the colonies. Fenner will be 70 in November. We are now informed that the Movement for Colonial Freedom, of which Fenner is the Chairman, will celebrate Fenner's 70th birth anniversary in a befitting manner. Here is a golden opportunity for Mauritian socialists to express their gratitude to Fenner. We intend sending Fenner a birthday gift. Can we expect some help from our readers and all those who feel for Fenner?

## Quotable Quotes

*Some people appear as comets in our lives. They burn with such brightness and move so fast, that they don't last.* -- Jashashwini

*Letters to the sky, An affair with the stars, A Universe of broken Comets, Galaxies to repair.* -- Anonymous poem

*You are made up of comets and stars. Do not surround yourself with those that treat you like dirt and dust.* -- Noor Shirazie

*Life is like a comet which briefly crosses the night sky without almost being noticed.* -- Habyarimana (The great pearl of wisdom)

*Like a blazing comet, I've traversed infinite nights, interstellar spaces of the imagination, voluptuousness and fear.* -- Antonio Tabucchi  
*Sensual pleasures have the fleeting brilliance of a*

*comet. A happy marriage has the tranquility of a lovely sunset.* -- Ann Landers

*I've been looking for a long, long time for this thing called love. I've ridden comets across the sky, and I've looked below and above. Then one day I looked inside myself, and this is what I found: a golden Sun residing there, beaming forth God's light and sound.* -- Rumi

*Like a palm tree set on a millet plant with a growing tail on a little star, you blaze forth in kinship with the eastern moon, Oh illustrious comet!* -- Bharathiyar's Tamil poem translated by Dr T N Ramachandran

*When beggars die, there are no comets seen; the heavens themselves blaze forth the death of princes.* -- Shakespeare in 'Julius Caesar'



## Revisiting Our International Trade Policy

• Cont. from page 3

In order to provide efficient support for production and trade facilitation, government and the authorities must first fathom and address the various operating constraints faced by the economic actor.

### Ironing out decried constraints

There are many decried constraints which hobble and undermine the activities of vegetable and fruit growers. Growers are invariably imposed lengthy payment terms of 90 or more days on vegetables and fruits supplied to the large hotel groups inhouse buying cell on a regular basis. This poses serious cash flow problems on growers who have invested in plantations, use imported labour and have operational overheads. Growers have to be paid cash or through pre-

dictable and contractual banking arrangements promptly. There must also be an end to buying monopolies in hotels as they need instead to encourage and be a catalyst of economic activities in their region by sourcing their vegetable and fruit requirements and other local produce from the region.

The government also needs to provide the promised support infrastructure, facilitate the adoption of state-of-the-art greenhouse production systems, provide modern storage facilities, cold rooms and marketing platforms for direct sales to supermarkets, wholesalers and retailers and ship chandlers to maximize their revenue by cutting out intermediaries in order to sustain their key economic role in the country. There must also be an interface with agro-industries to provide an outlet for surplus production.

M. Roy

In the Caribbean in Punta Cana (Dominican Republic) or Cancun (Mexico) all drinks and cocktails made with local produce such as rum, lime, fruit juice, tequila or liqueur are free at the bar. This simple policy provides a tremendous impetus to farmers and producers supplying fresh fruits, fruit juice, tequila, liqueur or rum to the hotels. The introduction of such a policy in Mauritius would have a similar multiplier effect on the local producers of these products.

This is the only way forward if we want to nurture and consolidate the determinant role of vegetable and fruit growers as well as diverse producers of local produce in the country to assure self-sufficiency and cut down our costly dependence on imports.

## When Tragedy Becomes Banal

• Cont. from page 3

"I'll be honest with you – the end of this war and its circumstances depend on the world's attention...", he said. "Don't let the world switch to something else!"

Unfortunately, many of us have already changed the channel. The tragic has become banal.

I became interested in the phenomenon of fatigue as a result of my scholarly research into moral attentiveness. This idea was articulated by the 20th-century French philosopher and social activist Simone Weil.

According to Weil, moral attention is the capacity to open ourselves up fully – intellectually, emotionally and even physically – to the realities that we encounter. She described such attention as vigilance, a suspension of our ego-driven frameworks and personal desires in favour of a Buddhist-like emptiness of mind. This mindset receives, raw and unfiltered, whatever is presented without avoidance or projection.

Not surprisingly, Weil found attention to be inseparable from compassion, or "suffering with" the other. There is no avoiding pain and anguish when one attends to the afflicted; hence, she wrote that "thought flies from affliction as promptly and irresistibly as an animal flies from death."

The sensitivity involved in attending to crises can be a double-edged sword. On one hand, attention can put people in touch with the unvarnished lives of others so the afflicted are truly seen and heard. On the other, such openness can overwhelm many of us through vicarious trauma, as psychologists Lisa McCann and Laurie Pearlman have noted.

The difficulty of sustained focus on events like the war is due not only to the inherent fragility of moral attention, however. As cultural critics like Neil Postman, James Williams and Maggie Jackson have noted, the 24/7 news cycle is one of many pressures clamoring for our attention. Our smartphones and other technology with incessant communications – from trivial to apocalyptic – engineer environments to keep us perpetually distracted and disoriented.

### Why audiences tune out

Aside from the threats to people's attention posed by our distracting technologies and information overload, there is also the fact of crisis fatigue leading readers to consume less news.

This year, a Reuters Institute analysis showed that in-

terest in news has decreased sharply across all markets, from 63% in 2017 to 51% in 2022, while a full 15% of Americans have disconnected from news coverage altogether.

According to the Reuters report, the reasons for this differ, in part, with political affiliation. Conservative voters tend to avoid the news because they deem it untrustworthy or biased, while liberal voters avoid news because of feelings of powerlessness and fatigue. Online news, with its perpetual drive to keep eyes trained on screens, is unwittingly undermining its own goals: to provide news and keep the public informed.

### Taking a new tack

How might we recover a capacity for meaningful attention and responses amid incessant, disjointed and overwhelming news? Scholars have made a variety of recommendations, usually focused on reining in digital device usage. Beyond this, readers and journalists might consider the following:

Limiting the daily intake of news can help people become more attentive to particular issues of concern without feeling overwhelmed. Cultural theorist Yves Citton, in his book "The Ecology of Attention," urges readers to "extract" themselves "from the hold of the alertness media regime." According to him, the current media creates a state of "permanent alertness" through "crisis discourses, images of catastrophes, political scandals, and violent news items." At the same time, reading long-form articles and essays can actually be a practice that helps with cultivating attentiveness.

Journalists can include more solutions-based stories that capture the possibility of change. Avenues for action can be offered to readers to counteract paralysis in the face of tragedy. Amanda Ripley, a former Time magazine journalist, notes that "stories that offer hope, agency, and dignity feel like breaking news right now, because we are so overwhelmed with the opposite."

Weil, who was committed to the responsibility of moral attentiveness but did not romanticize tragedy, wrote, "Nothing is so beautiful and wonderful, nothing is so continually fresh and surprising, so full of sweet and perpetual ecstasy, as the good."

Rebecca Rozelle-Stone - Professor of Philosophy, University of North Dakota

## Books

# 'Education and Society in Mauritius'

By Suren Bissoondoyal

'Education and Society in Mauritius', a collection of articles and interviews of Suren Bissoondoyal published in local newspapers, including the *Mauritius Times*, has recently been launched by the author.

More commonly known for the directorship of the Mauritius Examination Syndicate (MES) for almost

13 years and which kept national examinations at both primary and secondary levels away from controversies, Suren Bissoondoyal has also presided over the destiny of the University of Mauritius in his capacity of Pro-Chancellor and Chairman of the Council of the University of Mauritius from 1988 to 2005.

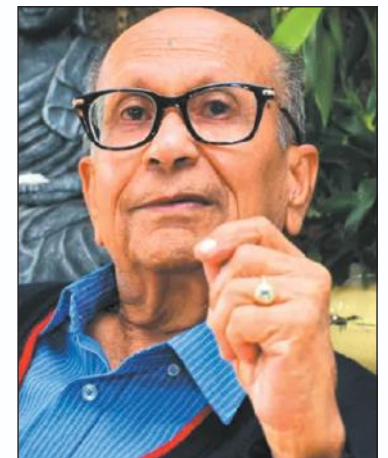
His long career in education started in 1956, when he came out as Laureate of the Royal College of Port Louis for the English Scholarship, which allowed him to pursue higher studies at the University of London. After obtaining a BSc Honours in Mathematics, he took up employment as a teacher of Mathematics and General Paper at the Royal College of Port Louis before he joined the Teachers Training College in 1965. He also took up in later years studies in Educational Administration at Leeds University, which would thereafter open his way to a long career in educational administration at the Mauritius Institute of Education, the MES, the UOM and as Adviser to the Minister of Education, and finally as Chairman of the Tertiary Education Commission from 2015 to February 2020.

Surendra Bissoondoyal has contributed with other educationists and educational administrators to carve and shape the educational landscape since independence. His expertise and knowledge of the education sector and human resource and skills development are widely recognized by his peers beyond the borders of the countries of the region.

In the first part of *'Education and Society in Mauritius'*, Surendra Bissoondoyal writes about the importance of educational reforms necessary for the economic, social and cultural development and transformation of society in Mauritius in a series of articles published by *l'Express* and *Le Mauricien* and *Mauritius Times*. In the second part, he shares his views on Mauritian society since independence as well as two interviews given to this paper.

The selected press articles show a "rare mix of a culture of 'grit and wit' in writings about educational and social concerns" points out Cadresse Armoogum in a foreword to the book. 'Education and Society in Mauritius' is however more than that: it offers a scholarly insight into the evolution of the country in diverse fields – education, politics, religion and democracy, the language issue, electoral reform, etc.

A recommended read for students of history and those keen to learn more about the evolution of our society.





## Role culture plays in feeling sick

The physical and mental sensations we associate with feeling sick are a natural biological response to inflammation within the body. However, the strength and severity of these sensations go beyond biology and may be affected by gender, ethnicity and various social norms we've all internalized. These are the latest research findings, according to social scientists at UTSA, who have discovered a link between a person's culture and how one classifies being ill.

Social scientists think that a person's values may shape internal views on "socially appropriate sickness." This has implications for how different individuals may take more action in dealing with illness rather than spreading further disease.

Eric Shattuck, a biological anthropologist with UTSA's Institute for Health Disparities Research; sociology Prof Thankam Sunil, who is director of the IHDR; and Xiaohe Xu, chair of UTSA's Department of Sociology, found that sickness expression is affected by gender, income and cultural values.

Specifically, study participants who (1) earned less than the U.S. median household income, (2) claimed to be stoics with a high tolerance for pain or (3) had symptoms of depression were more likely to express being sick. In men with stronger family bonds, feeling sick was also more likely to be reported.

"It's ironic. You think that being a stoic would mean that you are more likely to be reserved, but according to our survey, it has the opposite effect," said Shattuck. "Stoics could own up to being ill as a bragging right and



maintain a disease for longer than is necessary."

According to the researchers, stoics -- regardless of gender -- and individuals with household incomes lower than \$60,000 were more likely to claim being ill.

"In regard to lower income levels, perhaps those individuals were more likely to claim to have been sick because they didn't necessarily have the means to seek medical attention and, therefore, symptoms became severe," added Shattuck. "This perhaps made them remember the illness."

The researchers also pointed that men with stronger family ties were more likely to report stronger sickness sensations over the past year.

"It could be that family support allows men to feel more cared for and therefore rely on that social safety net," said Shattuck.

The researchers analyzed the self-reported surveys of 1,259 respondents who claimed to have been sick with influenza or the common cold in the past year. Participants were also asked to rate their current feelings of sickness from "not sick" to "severely sick" using a Likert-type scale in order to control for any possible compounding effect.

Sickness behaviour, including lethargy, social withdrawal and appetite changes, is "one of the responses that all living creatures from ants to bees to humans seem to have in common. Yet socioeconomic and cultural norms play a part with us," said Shattuck. "For example, other researchers have shown that the majority of individuals who work in many fields, including medicine, are often likely to show up to work while being sick. If you think about it, this is about work culture and it has consequences."

The next step for the researchers is to repeat the study with individuals who are actively sick versus those that had to recall an illness. Areas of future investigation will explore how the severity of an illness affects reporting being sick.

"Maybe people are more comfortable reporting being sick when it's a common cold," Shattuck said, "but what about those stigmatized infections, such as HIV. What about the coronavirus? How are infectious diseases claimed using a cultural or economic lens?"



## What do tornadoes look like on the inside?

The value of digital art or other digital objects depends on how much someone is willing to pay for it

Scientists really don't know the answer to this question. There are no visual observations from inside of a tornado, because these storms create very violent and dangerous conditions on the ground.

If we placed cameras in the path of a tornado, they would either be damaged by the strong winds and swirling debris, or become so caked with mud and water that they wouldn't produce any useful pictures. And of course, it's not safe for humans to try to observe tornadoes at close range. It's important to always seek shelter when tornado conditions develop.

We do have some ideas about the structure of the inside of tornadoes from instruments called mobile Doppler radars. Scientists can drive these instruments to locations near the tornado, but stop at a safe distance.

The radar sends energy toward the tornado, and when it hits the storm, some of the energy is bounced back. Researchers can analyze that reflected energy to detect important characteristics about the tornado. These include where there is and is not rain within the storm, where there is debris, how fast the winds are, and how these properties change moving away from the center of the tornado toward its outer edges and up vertically through the storm cloud above it.

From these radar observations, we



A tornado in Turkey, Texas. Jana Houser, CC BY-ND

have learned that tornadoes usually have a clear area in their centers, or at least a zone that is rain- and debris-free. This area also has intense vertical winds that sometimes are strong enough to suck pavement up from roads.

This clear space is surrounded by a ring of heavy rain and debris that is often moving outward, away from the tornado's center. That's because the winds are spinning incredibly fast and creating centrifugal force that pulls these objects away from the middle of the storm. Sometimes areas of heavy rain that are a little farther removed from the tornado spiral inward toward the area of rotation, like the spiral bands that extend outward from the eye of

a hurricane.

Some tornadoes have only one main funnel cloud. Others have multiple small funnels that rotate around each other. There are even tornadoes that don't have a funnel cloud at all. As long as winds are rotating in a tight circle all the way from the storm cloud down to the ground, it's a tornado, even if atmospheric conditions haven't condensed water vapor in the air into a visible funnel.

Scientists have also learned that many tornadoes don't actually descend from the cloud to the ground. Rather, they form at the ground and quickly build upward -- often in less than a minute.

When that happens, your eyes may

fool you if you're watching for a funnel cloud coming down from the sky. There could already be tornado-strength winds at the surface, even without that funnel cloud. So be careful -- when it comes to tornadoes, looks can be deceiving.

Mikkael A. Sekeres  
University of Miami

Aum Shri Ganeshaya Namaha  
The President & Members of  
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## LAUGHTER is the best medicine

### What goes wrong in the surveys?

A woman approaches a man and says: "Excuse me Sir I'm doing a little survey; can I ask you questions?"

The man says: "Yes, of course."

Woman: "If you're travelling in a bus and a female gets on the bus and she's got no available seat, would you give up your seat for her?"

Man: "No."

Woman: "What if the lady that got on the bus was pregnant, would you give up your seat, then?"

Man: "No."

Woman: "What if the lady who got on the bus was a senior lady, would you give your seat, then?"

Man: "No."

Woman: "You are one selfish man; you have no manners. Who do you think you are?"

Man: "I am the bus driver."

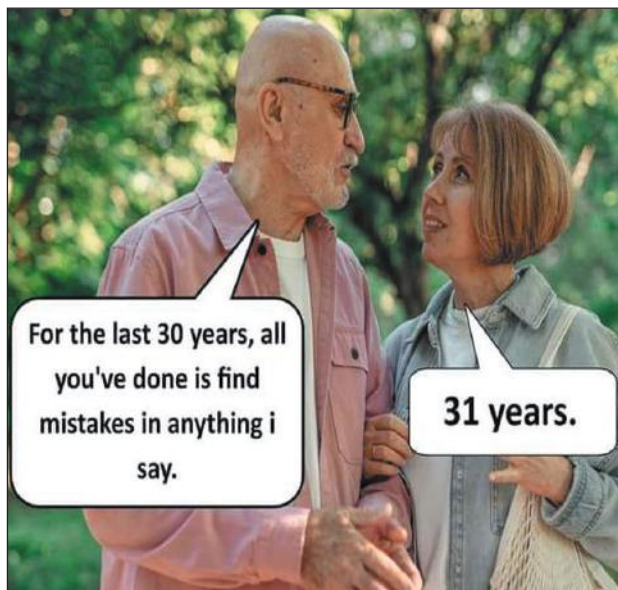
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#### Never underestimate your teachers

Once, 4 students of IIT, Mumbai, were playing cards till late night and could not study for the test which was scheduled for the next day.

In the morning they thought of a plan!

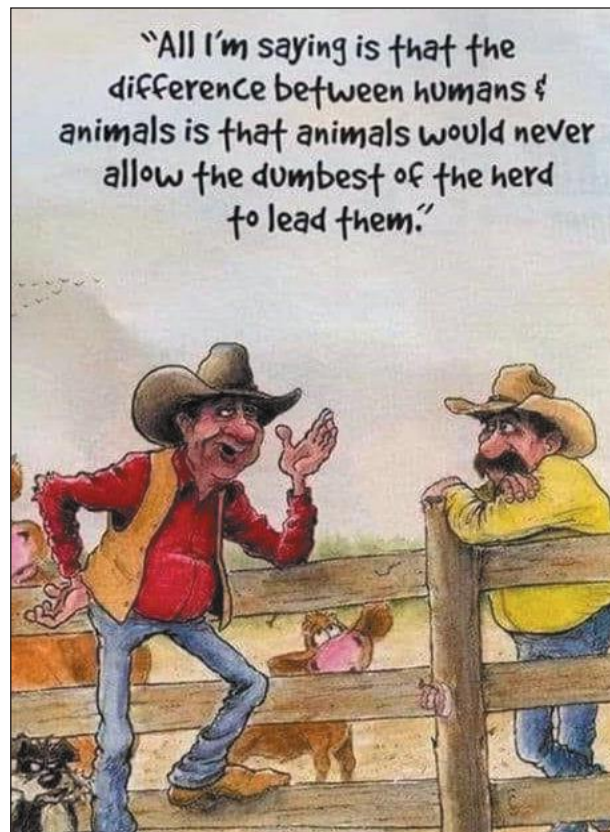
They made themselves look dirty with grease and dirt. They then went up to the Dean and said that they had gone out to a wedding last night and on their return the tyre of their car burst and they had to push the car all the way back and that they were in no condition to appear for the test.



The Dean said they could have the re-test after 3 days. They thanked him and said they would be ready by that time.

On the third day they appeared before the Dean. The Dean said that as this was a Special Condition Test, all four were required to sit in separate classrooms for the test. They all agreed as they had prepared well in the last 3 days.

The Test consisted of only 2 questions with a total of 100 Marks



The questions were:

#### 1. Which tyre burst? (50 Marks)

- a) Front Left: \_\_\_\_\_  
 b) Front Right: \_\_\_\_\_  
 c) Back Left: \_\_\_\_\_  
 d) Back Right: \_\_\_\_\_

#### 2. Who sat where in the car? (50 MARKS)

- a) Front Left: \_\_\_\_\_  
 b) Front Right: \_\_\_\_\_  
 c) Back Left: \_\_\_\_\_  
 d) Back Right: \_\_\_\_\_

**Note:** Marks will be awarded only if all the 4 answered both the questions exactly with the same response.

*True story from IIT Bombay Batch of 1992.*

\*\*\*

#### That's Life

1. Today I donated my watch, phone and R500 to a poor guy. You don't know the happiness I felt as I saw him put his knife back in his pocket.

2. I miss times when I was working at the zoo. My boss fired me just because I left the lions gate open. I mean who would steal a lion?

3. I was in a cab today and the cab driver said, "I love my job, I'm my own boss. Nobody tells me what to do." Then I said, "Turn left".

\*\*\*

#### A day without laughter is a day wasted, so ever wondered why...?

Why do supermarkets make the sick walk all the way to the back of the store to get to the Pharmacy for their prescriptions while healthy people can buy cigarettes at the front?

Why do people order double cheeseburgers, large fries, and yet get a diet coke?

Why do banks leave vault doors open and then chain the pens on the counter tops?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

Why does the sun lighten our hair, but darkens our

skin?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do 'practice'?

Why is lemon juice made with artificial flavouring, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called the rush hour?

Why didn't Noah swat those two damned mosquitoes?

Why do they sterilize the needle for lethal injections?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

You know that indestructible black box that is used on airplanes?

Why don't they make the whole plane out of that stuff?

A young woman wasn't feeling very well and asked her boss to recommend a doctor.

'I know a good one in the city, but he is very expensive; he charges \$500 for the first visit and \$100 for each one after that.'

So, the lady went to the physician's office, she cheekily tried to save herself \$400 by announcing 'it's me again!'

Not fooled for a second, the doctor quickly examined her and said: 'Very good, but continue the same medicine, I prescribed on you last time.'

\*\*\*

A newspaper owner went to see to a doctor and said: 'My paper has lost 10,000 readers over the past year.'

'I will prescribe you some tablets,' said the doctor.

'What use will that be to me?'

'Well, they will improve your circulation.'

\*\*\*

A woman went to see her doctor for a check-up.

Afterwards the physician said: 'I have some good news and some bad ones.'

'Okay, tell me the bad news first,' said the lady apprehensively.

'Well, I'm afraid you have a tumour in the brain, and you have only a few months to live.'

'Oh my god, what's the good news?' cried the woman.

'Congratulations! You're three months pregnant.'

\*\*\*

An elderly doctor visited a woman patient at her home.

'Could you fetch a hammer?' he asked.

The husband got a hammer from his garage.

'Right, now get me some pliers, a screwdriver and a hacksaw,' said the doctor after a few minutes.

The husband became alarmed at the last request and asked anxiously: 'Just what are going to do to my wife?'

The old doctor replied 'nothing until I am able to open my medical box,' replied the doctor.



## Life's Lessons

# Leadership lessons from Queen Elizabeth II

“London Bridge is down.” That was the secret phrase used by the Queen’s private secretary to notify insiders that the monarch—who served for 70 years—had died.

There are 5 leadership lessons that immediately spring to mind that we can model from her:

1. At the tender age of 21, she gave a speech in South Africa where she said: “I declare before you all that my whole life, whether it be long or short, shall be devoted to your service.”

**Our leadership lesson:** place Cause above Ego. And serve those who follow you with a clean heart and a strong mind. Do not stray from this task. Stay true to the mission for a lifetime.

2. Queen Elizabeth once remarked: “You have to be seen to be believed.” By the time she was near the end, she had attended 21,000 engagements and gone around the globe 42 times.

**Our leadership lesson:** Lead by being with the people you serve. Talk to your team. Mentor them daily. Take customers to lunch and actively listen to them



(deeply). Go out and study what your industry peers are doing. Travel. Roam. Understand the world. Pay attention.

3. Aside from a mere handful of instances, the Queen was on point. She had her finger on the pulse of her people and developed the acuity to sense how they were feeling. This became one of her top leadership powers.

**Our leadership lesson:** To materialize your leadership potential, develop even greater empathy. Regularly ask what it must be like to be in another’s shoes. Seek

the meaning behind what your followers are saying. Be a benevolent leader. Care more than all would expect you to. Be a good human.

4. The Queen was steady. She dressed the same way, with those wonderful colourful hats and those well-cut coat dresses, ignoring the fashion of the many eras that she lived through. She loved her dogs and rode her horses. In a world where too many good souls change to join the crowd, she was true to herself.

**Our leadership lesson:** Think for yourself, in an age where it’s too easy to become like those you follow. Know and then live your own values. Do the dreams that are honest to you. Handcraft a life that suits who you are. Don’t be a sheep.

5. On the passing of Princess Diana from a tragic car crash in a Paris tunnel in 1997 (her last words were “My God, what’s happened?”), Queen Elizabeth gave an address to her subjects “as your queen and as a grandmother.” She moved millions—and celebrated a glorious life.

**Our leadership lesson:** Keep it real. Stay human. Be vulnerable, when it’s appropriate to do so. When we take down our social masks and reveal our hopes, longings, struggles and flaws, others fall in love with us.

**Robin Sharma**

Humanitarian & Leadership Missionary



## I'm That Wife

I think at the end of the day mothers and wives are begging someone to notice that the floor was mopped, the form was filled out, the weird crevice between the sink and wall was vacuumed...

The favourite snacks were bought, the appointment was made, the day was planned, and everyone had everything they didn't know they needed.

We are asking for our work to be acknowledged, because if it isn't, it's like what we spend our lives doing doesn't matter.

Caring for the people we love brings so much joy, but the weight of all of these small things is unbearable when unnoticed.

**Worthywords**



## I loved growing up when I did. It was the best of times

We are a generation that will never come back...

A generation that walked to school and then walked back.

A generation that did their homework alone to get out asap to play in the street.

A generation that spent all their free time in the streets with their friends.

A generation that played hide and seek when dark.

A generation that made mud cakes.

A generation that collected sports cards.

A generation that found, collected and washed & returned empty coke bottles to the local grocery store for 5 cents each, then bought a candy bar with the money.

A generation that made paper toys with their bare hands.

A generation who bought vinyl albums to play on record players.

A generation that collected photos and albums of clippings of their life experiences as a kid.

A generation that played board games and cards on rainy days.

A generation whose TV went off at midnight after playing the National Anthem.

A generation that had parents who were there.

A generation that laughed under the covers in bed so parents didn't know we were still awake.

A generation that is passing and unfortunately it will never return no matter how hard we try.

## Dream Interpreter



A king once dreamt that he had lost all of his dreams. So, naturally, the king wanted to learn what his weird dream meant. So, he summoned the kingdom’s two best dream interpreters to decipher his dream’s meaning.

The first man said that the dream foretold that all of the royal family would die and he would be left all alone. Hearing that, the king had the guards punish the interpreter for such terrible news.

The second man was sharp-witted and had seen the fate of the earlier man. He told the king that the dream meant that the king would live longer than the royal family. The king was delighted and presented him with gifts.

The interpretation of the second man was no different from the first man. They meant the same thing: the royal family would perish, leaving the king alone. But while the king punished the first dream interpreter, the second man was given treasured gifts.

**Moral:** The same message can be delivered in many ways. It is essential to learn to communicate correctly. It is not always about what you say but also how you say it.

## Food for Thought

### Je dessinerai des sourires

Je continuerai à croire, même si tout le monde perd espoir.

Je continuerai à aimer, même si les autres distillent la haine.

Je continuerai à construire, même si les autres détruisent.

Je continuerai à parler de paix, même au milieu d'une guerre.

Je continuerai à illuminer, même au milieu de l'obscurité.

Je continuerai à semer, même si les autres piétinent la récolte.

Et je continuerai à crier, même si les autres se taisent.

Et je dessinerai des sourires sur des visages en larmes.

Et j'apporterai le soulagement, quand on verra la douleur.

Et j'offrirai des motifs de joie là où il n'y a que tristesse.

J'inviterai à marcher celui qui a décidé de s'arrêter...

Et je tendrai les bras à ceux qui se sentent épuisés.

-- L'Abbé Pierre (5 août 1912 - 22 janvier 2007)



## Your Health

# Managing your blood sugar during high stress times

**T**oo much stress, no matter what causes it, may make it harder to manage diabetes. During stressful situations, your insulin levels drop and stress hormone levels go up. That makes it harder for your insulin to work the way it should. All of this may raise your blood sugar. If you reach for comfort foods or alcohol to deal with stress, that can make things worse.

**Healthy habits may help blood sugar:** When you make a point to make healthy choices during stressful times, it may help you lower your stress, feel better, and control your blood sugar. If you start to track how stressed or relaxed you feel when you test your blood sugar, you may notice that certain triggers cause your numbers to go up. That way, you can plan to de-stress at those times.

**Follow a routine:** A set schedule adds structure to your day and may help you feel calmer, even in stressful, uncertain times. With fewer decisions to make, you'll be less likely to oversleep, skip meals, forget your medicine, or stay up too late. It may comfort you to know when you'll do your daily activities. That comfort can help you get enough rest and choose healthy foods.

**Eat healthy foods:** Since stress may throw off your blood sugar levels, try to do everything that you can to keep your numbers on target. Don't pamper yourself with junk food. Instead, follow your usual healthy eating plan, including balanced meals and healthy portion sizes.

**Avoid unhealthy temptations:** Some people reach for vices like cigarettes or alcohol in high-stress situations, but it's wise to avoid them. When you smoke, the nicotine raises your blood sugar and makes it harder to



control. Alcohol can lower your blood sugar levels. There's a risk that your levels could go too low, especially if you don't eat first or if you exercise afterward. If your doctor says it's OK to drink, keep it to one beverage when you do.

**Exercise every day:** Being active helps you ease stress and boost your mood. It can also lower your blood sugar and your blood pressure. You might sleep better, too. Aim for 30 minutes of exercise each day, and try to make it fun. Walk with a friend, or call them while you walk.

**Get enough good sleep:** Research shows that when you don't rest enough, changes in your hormone levels make it harder for your body to control your blood sugar. Go to bed and wake up at the same time every day, and aim for 7 to 8 hours of good sleep each night. That means you get disturbed once or less through the night, and fall

back asleep quickly when you wake during the night. Unwind the hour before bed in dim light: Shower, read, or enjoy music.

**Reach out to your social circle:** Talk to friends or family about your feelings. The connection to people who care about you may help you feel more relaxed. Some people may suggest ideas to help you deal with what stresses you. Talk to loved ones about lighter topics, too. When you laugh together, it helps to ease stress, which helps your blood sugar.

**Be mindful:** You may feel more relaxed if you breathe deeply, meditate, or practice mindful behaviors that help you relax, like yoga. One study found that people with type 2 diabetes who practised yoga twice a week for 12 weeks lowered their blood sugar and stress levels more than people who walked twice weekly for the same amount of time. And research shows that mindfulness-based stress relief helps people with diabetes lower their blood sugar.

WebMD

## Senior Citizens Federation

### Annual General Meeting

All members of the Senior Citizens Federation are hereby informed that the Annual General Meeting will be held on Saturday 8 October 2022 at 10 am at the Community Centre of Rivière des Anguilles.

#### AGENDA:

1. Reading and Approval of the last AGM
2. President's report.
3. Treasurer's report
4. Election of new office bearers
5. AOB

Members who wish to stand as candidates are kindly requested to send their letter to Mr Dev Siboruth, Maisonette Road, Rivière des Anguilles before 24 September 2022.

**Potaya Kuppan**

16 September 2022

## The Ideal Partner's Most Common Traits

**E**very person dreams of an ideal partner. Someone who will love them with all their heart. Someone who supports them in adverse situations. Here are some of the most common traits, as listed by TOI, that make for a good life partner.

**Compassion:** A good partner should be caring, compassionate and considerate towards the partner and their family. They should work towards looking for solutions and staying calm in times of adversity.

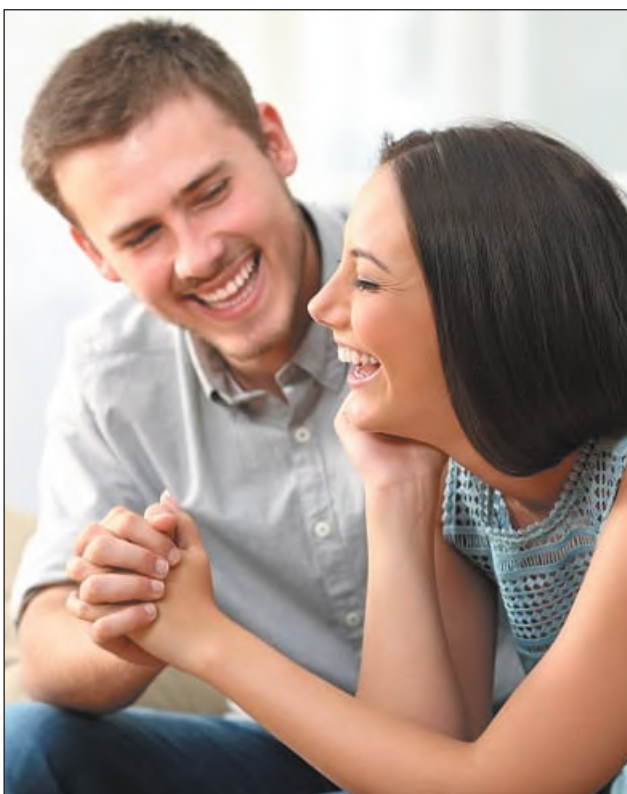
**Time:** A good partner should find time for the partner. They should not stay absorbed in other duties and commitments but always take out time for the love of their life.

**Encouragement and respect:** A good spouse should always be encouraging and motivating. They should be able to respect their partner's decision and not impose their opinions or views all the time.

**Believes in resolving issues:** A good partner should keep their cool and make sure to arrive at a solution that benefits everyone.

**Teamwork:** A good partner should be able to ensure shared participation in all activities. Teamwork is a vital aspect of every marriage and you shouldn't overlook this quality. Teamwork and coordination are actually a bonus quality!

**Personal space:** A good partner shouldn't be disrespectful towards your personal space in the mar-



riage. Every person needs some 'me time' and so, invading that private space should be something a good wife or a husband should never do.

**The best, happy face:** A good partner should be able to bring out the best in you. They should be kind, graceful, respectful, happy and caring towards everyone.

## Humanity Senior Citizens Club

Centre Municipal

Carreau Lalo, Vallée des Prêtres

Reg No 8128

Members are kindly invited to attend the Annual General Meeting of the Association in the Municipal Hall, Carreau Lalo on **Monday 17 October 2022** at 5.00 pm.

#### AGENDA:

1. Reading and Approval of minutes of proceedings of last AGM.
2. President's report.
3. Reading and approval of Treasurer's report.
4. Estimates of expenses 2022-2024.
5. Election or selection of members for the COM 2022-2024.
6. Nomination of the Auditor for 2022-2024.
7. AOB

Members willing to form part of the bureau COM 2022-2024 should submit their application letter to the Secretary Mr O. Sewumber at the seat of the club on Monday 3, 10 and 17 October 2022. The applications can also be handed over or sent by post to the Secretary at his residence at 337D, Bernadin de St Pierre Street, Vallée des Prêtres, latest by 10 October 2022.

**Mr O. Sewumber**  
Secretary

16 September 2022



## Abhinav Shukla proud of the success of his wife Rubina Dilaik

Abhinav Shukla believes that the idea of wives being more successful than their husbands should be normalised. Abhinav and Rubina, who tied the knot in 2018, were seen as contestants on *Bigg Boss 14* in 2020, which was won by the latter.

Abhinav Shukla recently said that he knows Rubina is a bigger star than him, while Rubina added that her husband has always made her feel comfortable about it, reports Hindustan Times.

When told that Rubina was "a bigger star" than him when he met her, Abhinav told Pinkvilla, "She still is." Meanwhile, Rubina was asked if she feels she has to overcompensate in their relationship because of her success, she said, "He has made me feel and be so comfortable with the fact that it is absolutely normal for a woman to be more successful than a man. He has vocalised the thought that 'Rubina, today, tomorrow or any given point of time, if you are at a higher ladder of success, fame-wise, money-wise or anything, I am there for you, for you to understand that it's normal and we've to normalise it.'"



Abhinav added to Rubina's comment, "We've to be practical about it. It is what it is. Somebody would be a fool who doesn't admit she is more successful. She is doing more work than I am, that's a fact. So, if I try to say, 'both of us are equally successful,' that's when she needs to compensate. But I know she is more successful than me, but that's the profession; once she is at home, she is my wife." Rubina added, "I am a fan of my man."

Rubina is all set to make her Bollywood debut with the Hindi movie *Ardh*, which also features Hiten Tejwani and actor Rajpal Yadav. The film, which marks the directorial debut of music composer-singer Palaash Muchhal is scheduled to release later this year.

## Priyanka Chahar Choudhary on making her debut as lead:

### 'You have to deliver your best and give viewers a great show to watch'

Priyanka Chahar Choudhary, currently seen as Tejo in the new daily soap *Udaariyaan* feels that playing a positive character is challenging. Priyanka, who was last seen in the show *Gathbandhan* tells Times of India, "I feel that playing a positive character is equally challenging. You have to act in a way that your performance feels real to the audience. Our audience is clever and it doesn't take much time for the viewers to catch you if the character isn't coming from within."

Born and brought up in Jaipur, Priyanka comes from an army background. She has done her schooling from Kendriya Vidhyalaya in Jaipur and graduated from Kanoria PG Mahila Mahavidyalaya. Talking about her journey to the showbiz world, Priyanka tells us, "Acting was always on my mind. After I completed my 12th, I started hosting shows. Then, I got an offer to work in a music video by lyricist Kunaal Vermaa, who is again from Jaipur. After that, I played a small role in a German movie titled *The Girl With The Indian Emerald*, which was shot in and around Jaipur. It gave me the confidence to face the camera. Since then, there has been no looking back."

To date, Priyanka has mostly played supporting roles. This is the first time she has made her debut as a lead. "I am playing one of the leads in the show. This is a big opportunity for me. I feel so responsible now!" she says. "I had jitters the moment I started shooting for the show. There's a sense of responsibility that you have to deliver

your best and give viewers a great show to watch," she adds.

*Udaariyaan* deals with the trend of people from Punjab migrating to Canada. "Tejo doesn't want to go to Canada and that's what makes her different from others. Unlike her sister Jasmine (Isha Malviya) who dreams of settling in Canada, Tejo loves Punjab and wants to stay here forever," she shares.

On the other hand, indiaforums.com reports that the current track of the show revolves around Fateh and Tejo moving out of the Virk house while Tejo has started to get flashes of her past memories with Fateh.



India Forums got in touch with Priyanka and asked her about her preparations to play the mentally unstable Tejo. The actress said, "Well, generally, I'm an actress who doesn't really like to prepare for my character a lot. I believe in performing on the spot, according to situations and the briefs given by the director. However, for this character, I did a little homework. I watched a few films for inspiration as I wanted to do justice to the character. I watched projects like *Sadma*, *Khilona*, *Ranjha Ranjha Kar Gai Mai* along with a few Pakistani dramas to have an idea about such characters".

She added, "It was definitely challenging as an actress to get into the skin of a mentally unstable Tejo. I wanted the body language to not be over the top and I worked hard to keep it as real as possible."

## YOUR STARS

### Sagittarius: Nov 22 - Dec 21

A property case may take longer than expected to solve. Family may prove a strong support system for those who are planning to start new business. Giving a small gift to your spouse may work wonders. Some may take their lover for a movie or dinner in order to spend some quality time together.

**Lucky Numbers:** 15, 18, 20, 22, 33, 40

### Capricorn: Dec 22 - Jan 19

It is an excellent time on the financial front. You may invest in property and get a good business deal too. A work issue may need extra efforts and time to resolve. You may get blessings of parents to get engaged with someone you like the most. Married couples may also plan to extend their family.

**Lucky Numbers:** 1, 7, 19, 25, 26, 30

### Aquarius: Jan 20 - Feb 18

You may perform extraordinarily on the professional front and some good business deals are on your way. Financial stability is foreseen. Some discord with the partner is on the cards. today. However, it may be temporary if you don't let your ego take control of you.

**Lucky Numbers:** 4, 9, 15, 21, 33, 36

### Pisces: Feb 19 - Mar 20

Avoid taking any major business or investment decision in haste. Appreciation, award and applause from seniors may keep you motivated and boost your self-confidence. This is a good day on the love front. There are chances of finding your soulmate.

**Lucky Numbers:** 11, 18, 25, 31, 34, 36

### Aries: Mar 21 - Apr 19

Your stable financial condition may allow you to splurge on yourself or go on trip with loved ones. Some may also invest in properties. Singles may find their soul mate soon. Some may receive support from partner and it may develop better understanding in relationship.

**Lucky Numbers:** 7, 9, 18, 24, 30, 33

### Taurus: Apr 20 - May 20

It seems to be a moderate day on the financial front. Your new plans and methods may work for your business and help you beat competitors. It's an excellent day on the work front. Your boss may consider you for promotion. You may also get suitable marriage proposals.

**Lucky Numbers:** 1, 8, 14, 15, 16, 30

### Gemini: May 21 - June 20

You have good financial condition, so you may take risks and try your hands on something new. Some may also spend on property. Moderate day is indicated on the work front, you should exercise cautious if it is about implementing new ideas. Your love front seems promising.

**Lucky Numbers:** 9, 10, 11, 17, 20, 33

### Cancer: June 21 - July 22

This is an average period for Cancer natives, you just need to be careful on the work front. An ancestral property may need renovation work. Students may work hard to achieve their academic goals or crack a competitive exam. Your relationship with partner or spouse may become stronger.

**Lucky Numbers:** 5, 6, 19, 22, 24, 39

### Leo: July 23 - Aug 22

You are advised to invest wisely if it is about your business. A romantic road trip with beloved is on the cards. Married couples may sort out all differences and decide to live happily. Your partner may start paying attention towards your needs and expectations.

**Lucky Numbers:** 5, 11, 12, 17, 21, 30

### Virgo: Aug 23 - Sept 22

Some professional issues may cause a tense aura at office, but you may find a way to deal with it. You may also find multiple sources to boost your income. Some excellent property deals are foreseen. Love birds may try some different ways to add spark to their love life.

**Lucky Numbers:** 10, 16, 17, 20, 21, 32

### Libra: Sept 23 - Oct 22

Foreign trips are also indicated for some. Good property deals may get you good profit, but it may need your lots of time in the selling/buying process. Nothing may work on the love front as stars are not in your favour. You should wait for the right time to discuss important issues with your partner.

**Lucky Numbers:** 9, 12, 15, 20, 23, 27

### Scorpion: 23 Oct - 21 Nov

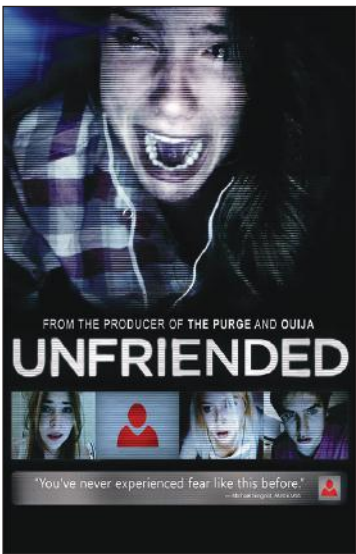
A business or leisure trip may turn out refreshing and help relax your mind and body. You may invest your money in different schemes and your new business may take off soon. A long or short trip with beloved is indicated.

**Lucky Numbers:** 1, 8, 9, 21, 32, 35





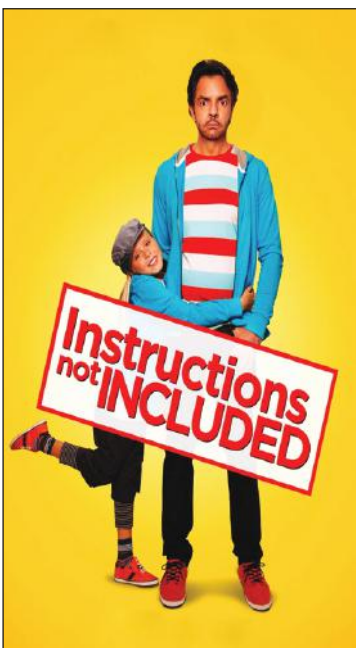
Vendredi 16 septembre - 21.15



Samedi 17 septembre - 21.00



Dimanche 18 septembre - 21.52



# Programme TV



	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
<b>vendredi 16 septembre</b>	07.00 Local: Les Grandes Lignes 08.00 Local: Profil 09.00 Doc: Will Roots Save The... 11.00 Doc: Books 11.10 Tele: Les Trois Visages D'ana 12.00 Le Journal 12.30 Tele: Muneca Brava 13.56 MBC Production 14.45 D.Anime: Spongo 15.24 D.Anime: Oum Le Dauphin... 15.36 D.Anime: Panda And Little... 16.48 D.Anime: Les Blagues De... 17.10 Serial: Monster Hunt 17.35 Doc: World Capitals 18.00 Live: Samachar 18.31 Serial: Surya Puran 18.55 Serial: Jag Jaanani Maa... 19.30 Journal & La Meteo 20.25 Local: Les Grands Noms... 21.25 Serial: Pine Gap 23.00 Le Journal	07.00 DDI Live 10.00 Serial: Aatish 11.38 Serial: Tu Ishq Hai 12.02 Film: Naal 14.47 Filler: Radha Krishna 15.00 Live: Samachar 15.22 Serial: Saare Tujhyachsathi 15.45 Serial: Bommarillu 16.04 Serial: Sondha Bandham 16.28 Serial: Meer Abru 16.49 Serial: Bhaag Na Banche... 17.11 Serial: Bhakharwadi 17.30 Serial: Chhanchhan 18.01 Serial: Meteor Butterfly... 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Mushk 20.44 Local: Shaan-E-Mustapha 21.45 Local: Urdu Programme - 22.40 DDI Live	07.00 Mag: Border Crossing 07.51 Doc: Hotels 08.48 Doc: Trust The Guide 09.42 Doc: Island OF White Antel... 11.51 Mag: Carnet De Sante 13.57 Une Histoire Amazonienne 15.55 Doc: Fine Arts Sculptures 16.27 Mag: Eco India 17.06 Mag: Border Crossing 19.00 Student Support Prog... 20.30 Live: News 20.45 Doc: World Heritage 21.42 Doc: Quand L'Histoire Fait... 22.50 Doc: The Heart Of Brazil 23.33 Doc: Legendary Hotels 00.16 Mag: World Stories 00.31 Mag: Our Voices 00.57 Mag: Euromaxx 01.23 Doc: Cuisine Sauvage 02.12 Doc: Volcans Tumeurs	01.32 Film: Signed, Sealed, Delive.. 03.37 Film: Band Aid 05.23 Tele: Rubi 05.59 Serial: Burden Of Turth 06.41 Film: Signed, Sealed, Delive... 09.00 Serial: Dynasty 2 09.45 Tele: La Beaute Du Diable 10.35 Tele: Fierce Angel 11.00 Serial: Suits 12.00 Film: Band Aid 13.35 Tele: Rubi 14.45 Film: Signed, Sealed, Delive... 16.41 Serial: Dynasty 2 17.21 Serial: Burden Of Truth 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.34 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: S.W.A.T 21.20 Film: Unfriended 22.50 Tele: Rubi	06.42 Film: Dil Hain Betaab Starring: Vivek Mushran, Ajay Devgn, Pratibha Sinha 11.12 / 20.30 - Radha Krishna 11.42 / 21.00 - Anupamaa 12.13 / 21.30 - Mere Sai 12.44 / 22.00 - Agnihera 13.12 / 22.03 - Yeh Teri Galiyan 13.33 / 22.30 - Patiala Babes 14.25 / 23.00 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 - Yeh Hai Mohabbatein 15.07 Film: Aladin Starring: Shubhankar Atre, Amitabh Bachchan, Victor Banerjee 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.28 Kuch Rang Pyar Ke...
<b>samedi 17 septembre</b>	06.00 D.Anime: Ubongo Kids 06.56 D.Anime: Darwin And Newts 09.06 D.Anime: Panda Fanfare 09.35 D.Anime: Kids' Planet 10.00 Local: Au Pays Des Merveilles 10.35 Mag: Sand Tales 12.00 Le Journal 12.25 Local: Les Grands Noms... 12.30 Tele: Muneca Brava 13.50 Tele: La Femme De Lorenzo 15.00 Live: Samachar 15.21 D.Anime: Oum Le Dauphin... 15.56 D.Anime: Akili And Me 16.27 D.Anime: Rev & Roll, Amis... 17.06 Mag: National Anthem 17.35 Doc: World Capitals 18.00 Samachar 18.30 Enter: Taare Zameen 19.30 Journal & La Meteo 20.25 Local: Autour Des Valeurs... 21.25 Film: Grace And Goliath 23.00 Local: Le Journal	07.00 Film: Sitamgar Starring Dharmendra, R.Kapoor, Parveen Babi, Poonam Dhillon 09.55 Bade Acche Lagte Hai 11.23 Serial: Dikri Vahalno Dariyo 12.13 Serial: Nanda Saukhya Bharo 12.35 Serial: Mooga Manasulu 12.58 Serial: High School 15.00 Live: Samachar 15.25 Film: Rishthon Ki Saanjh Stars: Asif Basra, Tanu Bhardwaj, Aditi Charak 17.11 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Porus 21.00 Film: Aankhen Starring Amitabh Bachchan, Akshay Kumar, Sushmita Sen	06.00 Doc: Legendary Hotels 06.42 Mag: World Stories 06.57 Mag: Our Vocies 07.25 Mag: Euromaxx 07.56 Doc: Cuisine Sauvage 09.46 Doc: Quand L'Histoire Fait... 10.51 Doc: The Heart Of Brazil 12.23 Mag: World Stories 13.06 Doc: Cuisine Sauvage 17.30 Quand L'Histoire Fait Date 18.08 Doc: Sweet Magic 18.30 Doc: Smoothie Mania 19.33 Doc: Les Ailes De Patagonie 20.30 Local: News (English) 20.45 Doc: World Heritage 20.50 Doc: Cuisine Sauvage 22.03 Doc: Luana's Kitchen 22.31 Doc: Fungal Empire 23.10 Doc: Thirst: When The Wells 23.52 Doc: Sweet Magic 00.24 Doc: Smoothie Mania	01.33 Film: Unfriended 03.02 Serial: Pure Genius 03.41 Serial: Madam Secretary 04.22 Serial: Rich Man, Poor Man 05.13 Tele: Les Trois Visages D'ana 06.20 Serial: S.W.A.T 07.02 The Baker And The Beauty 08.30 Serial: Burden Of Truth 09.11 Serial: Madam Secretary 10.40 Film: Extortion 12.29 Serial: Pure Genius 13.30 Serial: Suits 15.00 Tele: Marimar 16.24 Serial: S.W.A.T 17.06 Film: Drone 18.30 Serial: Knight Rider 19.35 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Series: Timeless 21.15 Film: Extracted 23.07 Tele: I Forgot I Love You	04.30 Radha Krishna 04.30 Anupamaa 05.02 Mere Sai 05.32 Agnihera 06.00 Yeh Teri Galiyan 06.33 Patiala Babes 08.00 Yeh Teri Galiyan 10.00 Motu Patlu 10.13 Sasural Simar Ka 2 12.25 Serial: Udaariyaan 14.19 Serial: Anupamaa 16.15 Kuch Rang Pyar Ke Aise... 18.00 Samachar 18.30 Film: Love Ke Liye Kuch Bhi Karega Starring: Saif Ali Khan, Fardeen Khan, Aftab Shivdasani, Sonali Bendre 20.46 Serial: Namah 20.47 Serial: Naagin Season 3 21.42 Serial: Yeh Teri Galiyan
<b>dimanche 18 septembre</b>	06.00 D.Anime: Ubongo Kids 07.02 D.Anime: Darwin And Newts 07.24 D.Anime: The Twisted... 08.00 D.Anime: Adventure In Duck... 10.00 Local: Zanfan Nou Zil 11.00 Local: Nu Rasinn 11.55 Local: Autour Des Valeurs... 12.00 Le Journal 12.36 Tele: Muneca Brava 13.12 Tele: La Femme De Lorenzo 15.22 D.Anime: Oum Le Dauphin... 15.35 D.Anime: Panda And Little... 16.39 D.Anime: All Hail King Julien 17.10 Planet Home 17.40 Doc: World Capitals 18.00 Live: Samachar 18.30 Local: Yeh Shaam Mastani 19.30 Le Journal 20.30 Local Production: Les Klips 21.25 Film: Instructions Not Includ... 23.25 Le Journal	07.00 Film: Paanch Qaidi 11.03 Serial: Azhagu 11.20 Jag Jaanani Maa Vaishnodevi 11.39 Serial: Surya Puran 12.06 Film: Stree 15.00 Samachar 15.20 Mooga Manasulu 15.42 Serial: He Mann Baware 16.04 Serial: Sondha Bandham Starring: Bharathi, Badekilla, Pradeep, Naresh Eswar 16.30 Local: Yaadein 17.03 Serial: Siya Ke Ram 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.05 Serial: Porus 21.26 Serial: CID 21.07 Serial: Naagin Season 3 Starring: Mouni Roy, Arjun Bijlani, Aadaa Khan, Karanvir Bohra	06.00 Doc: Sweet Magic 07.06 Mag: The 77 Percent 07.32 Mag: Check In 10.14 Mag: Luana's Kitchen 10.39 Doc: Fungal Empire 12.12 Doc: Snapshots 12.38 Doc: Smoothie Mania 12.41 Mag: In Good Shape 13.39 Mag: Check In 14.05 Doc: Les Ailes De Patagonie 15.00 Doc: World Heritage 15.05 Doc: The Viking Warriorress 17.30 Doc: Bohemian Switzerland 18.05 Doc: Tresors Oublie De La... 19.06 Mag: The Inside Story 19.37 Doc: Les Mysteres Du Nil 20.30 Live: News (English) 20.50 Doc: World Heritage 21.42 Mag: Sky Eye 22.08 Doc: Good Virus, Bad Virus 22.49 Doc: Electricity To Go	01.08 Film: Extracted 02.27 Serial: Absentia 03.12 Film: Grace And Goliath 04.43 Tele: Les Trois Visages D'ana 05.50 Serial: S.W.A.T 06.32 Film: The Lion Woman 08.30 Serial: Burden Of Truth 09.11 Film: Grace And Goliath 10.40 Film: Drone 12.16 Serial: Absentia 13.30 Serial: Suits 15.35 Tele: Marimar 17.00 Serial: S.W.A.T 17.45 Serial: Absentia 18.30 Serial: Galactica 19.36 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: The Good Doctor 22.00 Film: The Cleanse 23.17 Tele: I Forgot I Loved You	00.00 Serial: Sasural Simar Ka 2 02.10 Udaariyaan 04.07 Anupamaa 06.30 Kuch Rang Pyar Ke Aise... 08.12 Ishaaron Ishaaron Mein 10.01 Kundali Bhagya 12.01 Yeh Hai Mohabbatein 14.00 Agnihera 16.08 Jijaji Chhat Par Hain 16.23 Punar Vivaah 17.33 Live: Samachar 18.30 Film: Kabir Singh Starring: Shahid Kapoor, Kiara Advani, Nikita Dutta 21.13 Naagin Season 3 21.55 Yeh Hai Mohabbatein 23.27 Ishaaron Ishaaron Mein 01.21 Kundali Bhagya 03.09 Agnihera
<b>lundi 19 septembre</b>	06.00 Local: Zanfan Nou Zil 07.00 Local: Nu Rasinn 07.55 Local: Music Tour 2022 09.00 Doc: Vincent Van Gogh Super 11.00 Doc: Books 11.10 Tele: Les Trois Visages D'ana 12.00 Le Journal 12.30 Tele: Muneca Brava 13.55 Local: Nu Rasinn 15.20 Other: Radha Krishna 15.21 D.Anime: Garfield Originals 17.15 Serial: Monster Hunt 18.00 Live: Samachar 18.30 Serial: Mere Sai 18.55 Serial: Jag Jaanani Maa Vaishnodevi 19.30 Le Journal 20.20 Local: Business Connect 21.15 Local: Agir Ensemble 21.40 Serial: Rich Man, Poor Man Avec: Nick Nolte, Peter Strauss	07.00 DDI Live 10.00 Kundali Bhagya 12.06 Film: Dulhan Wahi Jo Piya Man Bhaye Starring Madan Puri, Prem Krishen, Rameshwari 15.00 Samachar 15.20 Serial: Saare Tujhyachsathi 15.47 Serial: Bommarillu 16.02 Serial: Sondha Bandham 16.26 Serial: Meer Abru 16.53 Serial: Bhaag Na Bachhe... 17.13 Serial: Bhakharwadi 17.30 Serial: Vandhal Sridevi 17.57 Serial: Meteor Butterflu... 18.30 Mag: DDI Mag 19.00 Live: Zournal Kreol 19.30 Serial: Radha Krishna 20.00 Programme In Telugu 20.30 Film: Annamayya 23.01 DDI Live	07.00 Mag: Salad Area 07.55 Doc: Les Mysteres Du Nil 08.55 Doc: Nos Cinq Sens 09.47 Doc: Sky Eye 12.15 Mag: Smoothie Mania 14.39 Doc: World Heritage 15.34 Doc: Sky Eye 16.42 Doc: Electricity To Go 18.00 Mag: Eco@Africa 19.00 Doc: Persons 19.33 Mag: In Good Shape 20.45 Doc: Fine Arts Sculptures 20.48 Doc: Gloabl Food 22.06 Mag: Global 3000 22.32 Mag: Washington Forum 23.00 Doc: Child Slavery In Myan... 23.40 Mag: Eco@Africa 00.06 Mag: The 77 Percent 00.35 Mag: Africa 54 01.31 Doc: Bohemian Switzerland 01.56 Doc: Fine Arts Sculptures	01.39 Film: The Cleanse 03.36 Film: Instructions Not Include 05.30 Tele: Rubi 06.17 Serial: The Good Doctor 07.40 Film: The Cleanse 09.45 Tele: La Beaute Du Diable 10.12 Tele: A Que No Me Dejas 10.35 Tele: Fierce Angel 11.00 Serial: Suits 11.46 Film: Instructions Not Include 13.43 Tele: Rubi 14.45 Film: The Cleanse 16.40 Serial: The Good Doctor 17.21 Serial: The Good Doctor 18.05 Tele: La Beaute Du Diable 19.00 Tele: Fierce Angel 19.39 Serial: Backstage 20.05 Tele: Missing Bride 20.30 Serial: Absentia 21.15 Film: Danger One 22.53 Tele: Rubi	08.00 Taare Zameen Par 11.30 / 20.30 - Radha Krishna 11.59 / 21.00 - Anupamaa 12.31 / 21.30 - Mere Sai 13.00 / 22.00 - Agnihera 13.31 / 22.03 - Yeh Teri Galiyan 14.00 / 22.30 - Patiala Babes 14.30 / 23.00 - Main Maikhe Chali Jaungi Tum Dekhte Rahiyo 15.00 / 21.46 - Yeh Hai Mohabbatein 15.27 Film: Veer Starring: Salman Khan, Zarine Khan, Mithun Chakraborty, Sohail Khan 18.00 Live: Samachar 18.30 Kundali Bhagya 19.00 Udaariyaan 19.31 Kuch Rang Pyar Ke Aise... 20.01 Sasural Simar Ka 2 20.30 Radha Krishna 21.06 Anupamaa



## The Curse of Bêti

By Sita Devi Seecharrun Harris



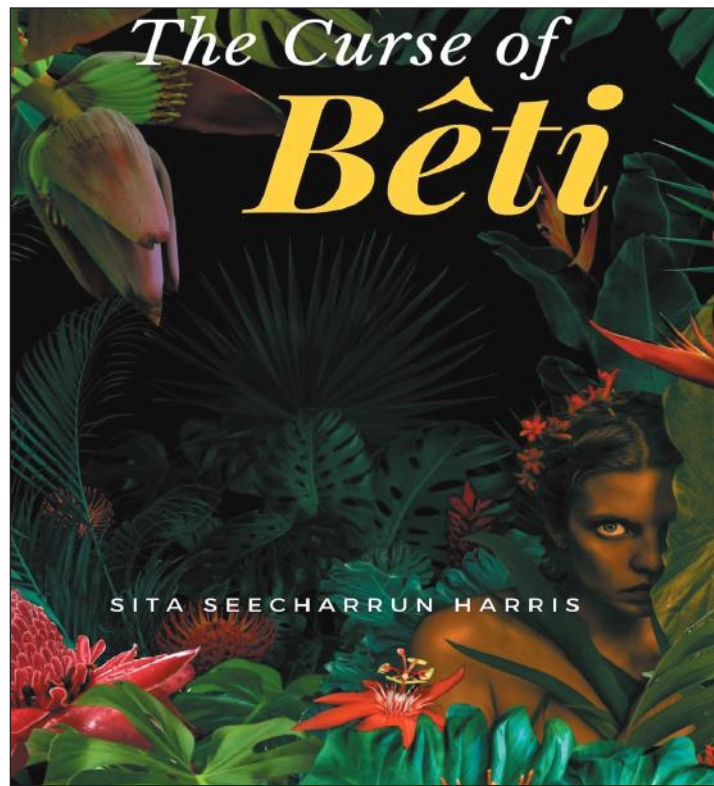
Sita Devi Seecharrun Harris

The launch ceremony of 'The Curse of Bêti', penned by Sita Devi (Shakuntala) Seecharrun Harris was held recently at Hennessy Park Hotel. Written in a hybrid style encompassing both factually researched parts as well as fiction, 'The Curse of Bêti' completes a trilogy with two earlier books - Island Folk Stories of the Indian Ocean Vols 1 and 2 - also set in Mauritius amidst transitions in the island's colonial history from the time that the French brought in the first African slaves till its take-over by the British with the intake of indentured workers from India.

Shakuntala's book tells the tale of Bêti, who belongs to the fourth generation and revisits her native island to fulfill her departed Mother's wish – that of finding about who her own mother was. Armed without a picture of what her grandmother looked like, Bêti goes on to discover through arduous research many hidden secrets about her maternal family's roots and ultimately a hard truth which shatters her understanding of the historical past of the island. "Here cultures clash, the colour of the skin matters, faith in supernatural beliefs brought by the tribal African slaves and the indentured Indian labourers forge a way of life."

Shakuntala's 'Curse of Bêti' makes a significant contribution to the recent expansion of research on Indian Ocean cultures. Its originality lies in its focus on the 'under-researched, affective dimensions of belonging and identity within forced migration by allying fiction with historical facts'.

Shakuntala has a number of publications to her credit. Besides 'When the stars Shine' and 'Taming of a Brew' - both available on Amazon, and major online bookstores - there are also the 'Island Folk Stories from the Indian Ocean' Vols 1 & 2, 'Essays: Medium' and 'Through the Eyes of the Children'. She has worked as an



International Senior Knowledge Management & Strategist for the United Nations (UNICEF, UNESCO, UNDP, UNHCR); she founded and directed EcoVivre Sustainable Living Program for Women Empowerment (Sub-Saharan countries, India, Vietnam, UK); she is also an active blogger, vlogger, writer, art critic, research moderator, evaluator on History, Art, Aesthetics, Anthropology SE & East Asia as well as an artist and held exhibitions around the world - Vietnam, UK, Denmark, Holland, France, Belgium, Australia, Japan, India, etc.

She also undertook professional training in Interaction Design (Stanford University, USA), Pedagogy, Training of Teacher Trainers, Applied Art, Art Appreciation & Aesthetic. She also earned an MPhil in Education & Technology, and an MBA in Management & Strategy.

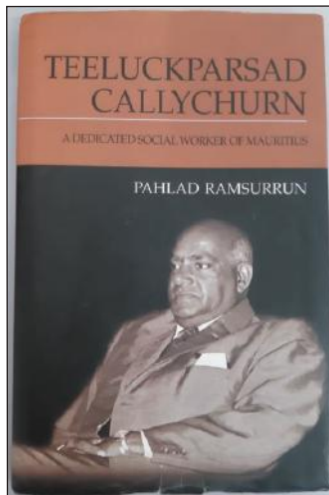
## 'Teeluck Callychurn – A Dedicated Social Worker of Mauritius'

By Pahlad Ramsurrun

Another publication that would be of interest to students of history, social and religious workers and those with a particular interest in the evolution and development of the Indo-Mauritian community is 'Teeluck Callychurn – A Dedicated Social Worker of Mauritius' by Pahlad Ramsurrun. To the latter's credit, it has to be recorded that he has over several years painstakingly brought out thanks to his personal research numerous books and other publications on different facets of Mauritian society, its evolution and history and the contributions of numerous individuals dedicated to the task of nation-building as well as against different forms of injustices that were meted out to weaker sections of our population. The present publication on Teeluck Callychurn has been done in that same spirit.

Those who have known Teeluck Callychurn remember his contribution and dedication to the Mauritius Arya Samaj. He was for a number of years the Secretary of the Sabha, a responsibility which, it is widely recognised, he undertook with great devotion. He also gave his unflinching support to the Gayasing Ashram, which he managed for a number of years.

Born in the district of Pamplemousses on 3rd August 1909, Teeluck Callychurn became an orphan at the early age of 10, but that did not deter him from assiduously pursuing his studies initially at the Pamplemousses Government School, and in



later years at the Technical School in Port Louis, where under the guidance of Mr Dabee, then Inspector of Schools, he passed the then much coveted Second Class Teacher examination.

In the late 20s, his family moved to Port Louis from where started his association with the Bissoondoyal Brothers who influenced him immensely. That influence and his personal grit were to manifest themselves in his refusal to change his religion, but that would debar him from joining the School Department. He thus chose to apply for a job in the postal services. His seriousness of purpose and sense of dedication to duty made him quickly climb up the ladder in the Post Office department to ultimately become Postmaster General in 1964.

His discipline and righteousness won the respect of his superiors. Late Guy Balancy, the Minister of Telecommunications, noted in 1966: 'M. Callychurn a un dossier vierge et a toujours donné satisfaction comme fonctionnaire. Il est un chef de service mauricien qui a commencé au bas de l'échelle et qui a progressé dans sa carrière par son mérite, son expérience et son intelligence.'

Being a staunch supporter of the Labour Party, he contributed to the cause being defended by the party by writing on various subjects in the columns of the *Mauritius Times*. It was befitting therefore that it was Yvan Martial, former editor-in-chief of *l'express*, who spoke about the personal struggle and contribution of Teeluck Callychurn to Mauritian society in a memorial lecture held some time back.

Doojesh Ramlallah



Tree of Knowledge

Madisyn Taylor

## The Soul's Unity

*We are all made up of many different aspects and traits, making each of us unique and beautiful like no other*

Human beings are multidimensional creatures. Our identity is made up of the sum total of our many traits and values and our character. Each of us possesses within us many different selves. There is the adult part of ourselves and the childlike spirit that resides in each one of us. There is our masculine side and our feminine side. In us there is the hard worker, the artist, the parent, and the caretaker. All of these selves combined form a well-rounded, complex person. Not all of these different aspects of who we are blend easily with each other, however, and some of them may even conflict with or oppose one another. When a person's different parts clash, such as the self that is our childlike aspect and the self that is our responsible adult, we often end up compartmentalizing or suppressing one of these aspects to ease the conflict. While this may make us feel better in the short run, we would be better off finding a way for these two selves to coexist peacefully inside us.

Though some of our selves may be dominant while others rarely assert themselves, attempts to suppress one or more of these different aspects can leave us feeling that our identity has been splintered. Being able to successfully integrate our various selves can be as simple as accepting and embracing each one. It may also be necessary to reframe the way you see them. The immature self that you ridicule can become a valued and accepted part of you when redefined as your more playful aspect. Journaling can help you acknowledge and understand the different parts that make up your identity.

When your many selves blend together to form an integrated individual, you will feel changed. You will no longer feel pulled in multiple directions, and you will never again have to deny any part of yourself. You become a complete person – familiar and comfortable with the many selves that make up the person you are.