

1855

Origins of the American Civil War: "Border Ruffians" from Missouri invade Kansas and force election of a pro-slavery legislature.

1856

The Treaty of Paris is signed, ending the Crimean War.

1861

Discovery of the chemical elements: Sir William Crookes announces his discovery of thallium.



1863

Danish prince **Wilhelm Georg** is chosen as King George of Greece.

ship



office in Riyadh, Saudi

The G20 was the vital framework coordinating a global response to the 2008-09 financial crisis. The new global crisis is the coronavirus and the disease it causes, COVID-19.

veloping countries and least developed countries to enable them to build their capacities and improve their infrastructure to overcome this crisis and its repercussions." These were important and inspiring words.

"Whatever it takes" was pretty much the mantra when it came to the G20 response to the pandemic. While the communique may be weak on specifics, there was clear solidarity and a sense of purpose among the leaders of the world's

most powerful economies. It cannot be stressed enough how important that show of solidarity was to so many who are both physically and economically affected by the pandemic. The specifics can always be worked out later with the help of the IMF, the World Bank, the OECD and other organizations.

Compare that with the EU, which could not find a common approach to the crisis, leading an exasperated European Commission president Ursula von der Leyen to exclaim: "When Europe really needed an all-for-one spirit, too many initially gave an only-for-me response."

The COVID-19 pandemic is a global crisis of epic proportions. It has been likened to the Spanish flu outbreak in 1918. That may be so. However, the world was a lot less interconnected then, which means that both the ramifications of the pandemic spread more rapidly throughout the globe and that the solutions need to be global as well.

This is truly the moment of leadership for the G20 and for Saudi Arabia, which holds its presidency.

e with anxiety disorders



Many psychotherapists and health plans are offering telehealth visits during this time. Ask your therapist or insurance plan if this is an option. More therapists than ever before are moving their practices online.

peating over and over. This is not "fake it till you make it." This is believing in yourself and believing in a course of action that you can set in motion. Try to believe that, together with supportive others, this self-guidance and this plan will work for you. Know that in many instances, people who have known tremendous adversity and even trauma are able to demonstrate a strength forged from those circumstances. This is entirely consistent with human abilities.

Drawing on what you've learned can help you cope

We are wired for fight or flight. But as a colleague of mine noted, the present situation does not require either of these. If you're a human who's been challenged, or somewhat disabled, by anxiety in the past, I encourage you now to draw upon what you've learned in terms of how you can manage successfully.

Separating out feelings from the past, reminding yourself that you have the strength and ability in the present to prevail, seeing a path forward for yourself and setting yourself upon that path is the way forward. If along that way you should stumble and fall, picture yourself as able to pick yourself back up and carry on. Reassure yourself that the basic provisions for your safety and well-being are within your power to meet. In my book, every day that you are able to do so, counts as a very good day indeed.

Keep providing yourself with guidance

As often as you need to hear it, tell yourself the following: "I can manage. I can practice what I know to be helpful, and I know that in managing my feelings and reactions I can seek support from a few close friends. Further, I can seek the support of a mental health professional when needed. By combining these strategies, I will be able to settle my nerves in order to be able to make healthy choices." This kind of mantra bears re-



TOP
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TWEETS

01



Two things I've learnt the value of in this time: local government over central government, Cuomo over Trump, Kejriwal over Modi. The other is reporting, like @BDUTT and @BBCWorld have done, over studio-insularity, as we see on most of the Indian/American channels, including @CNN

@AatishTaseer

02



We are one human family. Let us bring all hostilities to a halt. May our joint fight against the #COVID-19 pandemic bring everyone to recognize the great need to reinforce brotherly and sisterly bonds. #globalceasefire @antonioguterres @UN

@Pontifex

03



The enemy may be invisible, but @realDonaldTrump is fighting a war against this crisis. His leadership is all the more reason we need to re-elect him in November.

@GOPChairwoman

04



We need global coordination for the development of a #COVID19 vaccine. @WHO stands ready to convene a scientific advisory mechanism of the highest quality to drive this forward and to work with @gavi to save lives! We welcome G7 & @g20org support.

@DrTedros

Disclaimer: (Views expressed by columnists are personal and need not necessarily reflect our editorial stances)

The challenging menace of plastic



KOTA SRIRAJ

Recent research has discovered that due to rampant rising role of plastics in our daily lives, we humans are now consuming plastic equivalent to a credit card every week! According to a study commissioned by Worldwide Fund for nature, formerly World Wildlife Fund (WWF) humans are unwittingly consuming nearly 5 grams of plastic every week which is approximately the same weight as that of a credit card. Further broken down, this consumption can be categorized as ingestion of 2000 tiny plastic particles out of which nearly 1700 fibers are from drinking water alone.

There is an urgent need to divest plastic from our daily lives and especially from our diets! The difficult part is the fact the almost every facet of our lives is interlaced with the role of plastics and no matter how hard one tries the presence of plastic just keeps becoming the common factor for people and businesses alike. The percolation of plastic has been very deep in human life be it food containers, water bottles and groceries packing material are all plastic as they are cheap, durable and unfortunately for the environment – reusable as well and non-recyclable. The Supreme Council of Environment, Bahrain took the commendable initiative of banning single use plastic in July 2019, this included a ban on plastic bags as well. This step alone has led to immense progress in the battle against plastic, but still Bahrain has a long way to go win the war against plastic. This can be understood by the fact that a volunteer group engaged in cleaning public places recently cleared up to 12.5 kg of used plastic bags from the Arad beach alone.

However, given the adverse effects of plastics it is probably time for the community to take the lead and work hand in hand with the governmental authorities to put a definitive end to plastic use so that the health of the common man and immediate environment are both protected. The involvement of the community is critical as no widespread initiative is successful without the support and positive involvement of the community. So, in order to ensure the comprehensive involvement of the community, authorities must run awareness programmes at school and society levels to drive up the knowledge among the general public and when people become aware, the results are instantaneous and positive. The awareness among the people regarding the ongoing corona virus disease is an apt example.

For any nation the health of the citizens and its environment are of paramount importance and plastic stands in the way for achieving the same.

This potent awareness generated couple with some innovative steps can be used to control the spread of plastic use. For instance, community entrepreneurship programme can be launched with the objective of creating eco-friendly alternative packing solutions for the society. This initiative can not only lead to social empowerment, employment generation but also provide added financial support for the households. This step will encourage local government authorities to popularize these eco-friendly packing solutions as substitutes to plastic usage in all walks of life and also reduce the use of plastic in the respective housing communities. This will automatically check the proliferation of plastic by local vendors.

Similarly, the super-markets operating in Bahrain must be encouraged to give up plastic in substitute with eco-friendly packing options. Majid-Al-Futtaim which operates Carrefour and Vox cinemas already announced in February 2020 that it will discontinue the use of single plastic in its businesses by 2025 and has started the process in Middle East. According to estimates this move will remove 500 million plastic bags from Carrefour alone! Large scale measures such as this will make the much-needed difference and put plastics on their way out.

For any nation the health of the citizens and its environment are of paramount importance and plastic stands in the way for achieving the same. Many nations across the world are continuously failing to get a grip on the menace of plastics and in the process unable to get any meaningful traction in the fight against this problem. These global failures can serve as examples for Bahrain to draw observations and conclusions so that the national plan to control plastic is a resounding success. Out of the box efforts are the need of the hour when extraordinary circumstances take shape and the current crisis triggered by plastic is an extraordinary threat that must be neutralized as early as possible.