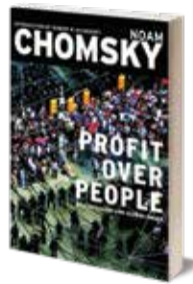


IRAN READS

'Profit over People'

by Noam Chomsky

That is neoliberal democracy in a nutshell: trivial debate over minor issues by parties that basically pursue the same pro-business policies regardless of formal differences and campaign debate. Democracy is permissible as long as the control of business is off-limits to popular deliberation or change; i.e., so long as it isn't democracy.



One of the books that has caught the attention of the Iranian public is, surprisingly, a new translation of one of Noam Chomsky's old books, 'Profit over People: Neoliberalism and Global Order'. Originally published in 1999, Chomsky's take on the matter has been previously translated into Farsi twice in the years 2000 and 2018. Yet, neither of them was published by a major publishing house and, therefore, did not receive the attention that it deserves.

Perhaps another reason for the book's recent success is a recent general interest raised among Iranians about neoliberalism and its consequences.

In his mind-boggling book, the philosopher takes on neoliberalism: the pro-corporate system of economic and political policies that is presently waging a form of class war worldwide. He examines the contradictions between the democratic and market principles proclaimed by those in power and those actually practiced, and critiques the tyranny of the few that restricts the public arena and enacts policies that vastly increase private wealth, often with complete disregard for social and ecological consequences.

'Profit over People' currently holds a very respectable rating of 4.6 out of 5 on Amazon, indicating that it's a very powerful account of the subject matter it discusses. The book also holds a rating of 4.04 out of 5 on Goodreads, where almost 75 percent of the reviewers gave the book either 4 or 5.

Kaveh Shahabi, 36, an Iranian reviewer of the book, writes, "Chomsky has a gift for picking apart convincingly the arguments that others use to support the global status quo. In this book he discusses how 'free trade' isn't really free and how U.S. and Western European policies have helped keep the underdeveloped world poor."

How to become a bit more mindful through taste:

The life-changing benefits of eating an orange



Ali Amiri

Staff writer

EXCLUSIVE

In his rather lengthy, yet very insightful poem, 'How to Be Perfect', Ron Padgett advises the reader to "Eat an orange every morning." The advice comes wrapped between other wise suggestions such as getting enough sleep and being friendly to other people.

But one might wonder how eating an orange every morning can lead to perfection.

In my humble opinion, the answer lies in the single fact that an orange may very well serve as the best metaphor for everything that is good in life, and cultivating the mindset needed for enjoying an orange could steer us in the right direction.

The most striking point of semblance between an orange and all the other good things in life is the fact that you have to be simultaneously active and patient for it to reveal its true bliss. No pain, no gain. Nothing worthwhile comes to us without a little bit of effort, and an orange is no exception. Therefore, in order to enjoy the heavenly taste of a single carpel of the round, orange fruit, you have to work for it.

You also have to be prepared to get your fingers all sticky. That's also another useful lesson that

comes with eating an orange: you can't expect good things in life to come to you without getting your fingers sticky.

Another lesson that orange-eating offers is that in order to be able to enjoy achieving the joys of life's blessings, first we must have a set of skills. In the case of our beloved fruit, one of the skills required is the ability to properly move a knife around and peel it. You can't just bite your way into an orange like it's an apple – in fact, you can, but then you have to be prepared for a whole lot of bitterness.

Indeed, eating an orange is truly an art. In a 2008 article for The Times, Stephanie Marsh lamented that the fast-food generation are deprived of this very art, and as a result, sales of oranges are declining. She had aptly titled her piece 'The lost art of eating an orange'.

I couldn't agree more with her title, with the addendum that another great feature of orange in our age of acceleration and impatience is that you can't have one while you're scrolling Instagram or Twitter. It's a fruit that will not bow to your need of mindless eating, in the way that berries might do.

Committing to eating an orange every day might in fact make you a little more mindful of all the things that require a little bit of extra effort on your part, but reward you greatly if you just play their game.



Scientists witness 'tipping point' of Alzheimer's in lab for first time

Scientists have identified the exact point at which healthy brain proteins are shocked into the tangled mess that is commonly associated with Alzheimer's disease.

Researchers at the University of California Santa Barbara (UCSB) are hopeful that the new laboratory technique behind the discovery can be used to directly study the 'never-before-seen' early stages of many neurodegenerative

diseases, Science Alert reported.

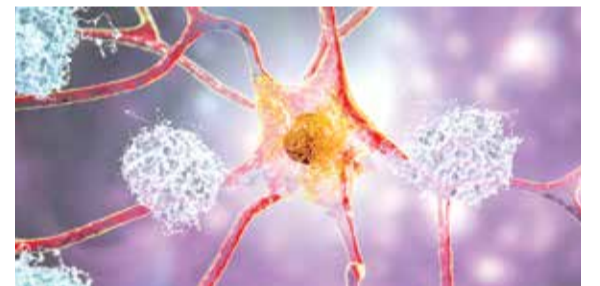
Tau proteins are abundant in the human brain. At first, these proteins look like tiny pieces of string inside neurons. As they fold and bind together with structural elements called microtubules, however, they create a sort of skeleton for brain cells that helps them function properly.

Unfortunately, this folding of tau can sometimes go awry. Abnormally tangled

tau proteins are a sign of many, although not all, cases of Alzheimer's.

In this knotted-up state, known as a neurofibrillary tangle, tau proteins are suspected to smother neurons from the inside out, interfering with cell function and ultimately leading to cell death.

Other experts argue that tau tangles aren't toxic at all, but actually protective in nature, produced in response to some other un-



● GETTY IMAGES

derlying issue. Being able to watch tau as it tangles in the lab could help researchers clarify the pro-

tein's role in brain degeneration. It could also be a great model on which to test up-and-coming treatments.

PIC OF THE DAY

Thousands of flamingos arrive in Iran's Miankaleh wetland in Mazandaran Province, northern Iran. The migratory birds take the trip every year and stay there until the early days of spring.

● EHSAN FAZLI OSANLOU

