

## #LIFESTYLE

### Get Back To The Basics!

Holding their history way back in many countries like India, Italy, Rome, Greek etc., people from all parts of the world today are moving to the old era and adapting the goodness of the clay crockery and cookware.



Earthen pots belonged to an era when people had no choice of other type of cookware which is unlike the current scenario. Today, different varieties of cookware are available in fancy colours and designs, but as once said, all that glitters is not gold. Pots nowadays might win in the looks factor, but definitely lack in the health factor. That's why earthen pots have now become the choice of the century in almost every household. Besides, these earthen pots do have an elegant and classy look that has its roots from centuries ago, yet it still goes with the organic trends nowadays.



World today is moving back to the basic and simple things and why not, when it comes with a bundle of benefits along. Though there are a lot of reasons for using these clay

and corners. Clay pots are quite cheap as compared to any other types of cooking utensils. You can easily buy a whole set of cookware in earthen making a hole in your pocket.

**Provide Minerals**  
Clay pots contain iron, phosphorus, magnesium and several other minerals. The food cooked in earthen pots gets added iron, calcium, magnesium and sulphur which plays an important role for the well-being of a human body.

**Regulate the PH Balance**  
Clay pots being alkaline in nature helps in neutralizing the PH balance of the food by interacting with the acid present in the food. The earthen pots not only make the food healthier but also add a nice aroma to it.

**Healthy for Your Heart**  
Excess use of oil for cooking is one of the leading causes of weight gain. If you wish to make your meals less oily then clay pots are one of the best options because they require very less oil for cooking food. These pots take longer to heat and use a slower cooking process, helping to retain the natural moisture and natural oils present in the food.

**Porous in Nature**  
Clay pot's porous nature allows both moisture and heat to circulate through the food, which results in slow yet aromatic food. It also retains the nutrition of the food, which is generally lost in other types of utensils. The thermal inertia in clay pots helps meats stay tender and soft as the muscle proteins denature and collagen breaks down completely.

**Earthy Flavour**  
Due to slow cooking and porous nature of clay pots, the moisture and aroma tends to stay in the pot without losing any nutrient, hence making it flavourous. It also has an earthy flavour added to it, which we bet you may not get in any other utensil.

**What Kind of Clay Pots to Look Out For**  
While finding clay pots are not a difficult task, it is difficult to get products in their purest form, but it isn't impossible. If you really want to start cooking in clay pots, make sure you do not buy any glazed or polished one, rather try and find unglazed clay pots.

**Environmental Friendly**  
It doesn't take a full-fledged industry or processed material to cook some amazing cookware. It just takes some clay from the right source being treated immaculately by the right hands.

**Economical choice**  
There are many shops that sell pure and unglazed earthen pots if you step out and start discovering your city's nooks

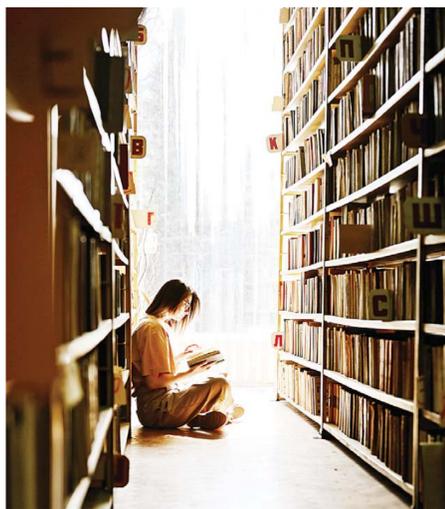
In the movie, '13th Warrior', actor Antonia Banderas plays an Arab poet who learns the Old Norse language by spending time with the Vikings and listening to them converse as they relax in their evening campfire. But is it that easy to learn the language? What about those who keep banging their heads on their desks to master that perfect pronunciation or diction? Do people pick up languages so easily or do they still struggle and fumble with words even years after they seemed to have learnt the language?

## Mind Your Language!

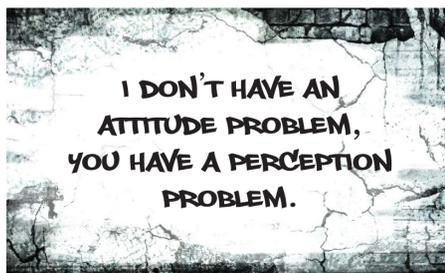
Kavita Subramaniam

For many years my brother and I have been obsessed with a scene from 'The 13th Warrior' in which Antonio Banderas, playing an Arab poet, has to go live with a group of Vikings. In this montage, he sits at the Viking campfire night after night, unable to understand anything initially. Slowly comprehension grows like a patchwork quilt, until the thrilling night when he floors the Vikings by insulting them in Old Norse.

**Effortless pickup**  
The thrill of the scene lies in his ability to deliver sick burns. But also in that his learning seems relatively effortless. Just a lot of flickering of beautiful Banderas' eyes by the firelight. Not the banging of head on desk that usually accompanies serious language learning. I learnt the Tamil alphabet but have since forgotten it. I learnt Kannada in school and frequently mix up the matras with Malayalam, Hindi and even the barely learnt Tamil. I did a few months of Spanish and French but can only speak them among strangers who will not judge me. I have been studying Hindi all my life



## THE WALL



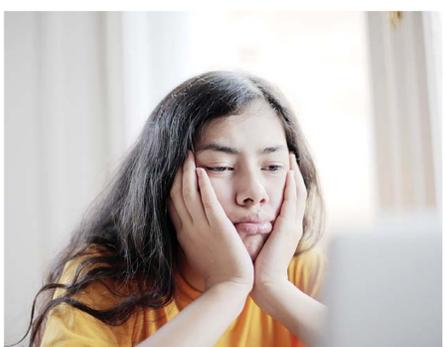
in my childhood. In my school in Muscat, Oman, we all sang it with as much fervour as we sang Snow's 'Inform' - and with as little comprehension. Techno had just arrived in our midst and all dance competition numbers involved moving with sternness and animal passion to 2 Unlimited's 'Tribal Dance'. The two reigning jokes about music that season were that no one knew the words of Informer and that Meatloaf had scanned the whole world with 'I Do Anything For Love' (But I Won't Do That) because no one knew what 'that' was but we all pretended to (there was a third one when one student in class IX watched an interview of Nusrat Fateh Ali Khan on TV and the great man said 'Radhe Radhe touched my soul'. All of us phillistine, barbaric teenagers of Indian School, Darsait went around for two weeks saying 'Radhe Radhe touched my soul' apocryphos of nothing.)

**Ecoutez Moi?**  
It was truly not a great time for music but it was a great time for enthusiasm, so I remember every playlist from that time in detail. Or so I thought. Then this weekend I started playing Aicha and I was shell-shocked. Suddenly I could understand what Khaled was singing after the Aicha, Aicha bits that we had all sung soulfully back then. "Aicha, Aicha, Ecoutez Moi?" Was he not singing in Arabic? Was he... was he... singing in French? I was finally having a 13th Warrior moment-an effortless surge of language-only I was on a flyover in Bengaluru. I immediately texted everyone I knew from that life. The results? I was again convinced that what I needed was better friends. Apparently, my friends didn't know French back then but they all knew Aicha was French.

**Musical Mystery**  
Cut to this weekend, when I was out of the house and away from my neighbourhood after a long stretch, feeling very cheerful. This made me want to play music very loudly in the car. After listening to 'Enjoy Enjaami' three times (because how else can one enjoy anything), I decided to play Khaled's Aicha. Khaled's Didi was a global sensation

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## BABY BLUES



Betrayed, I messaged my friend Brinda, around whose family I am always reminded of the opening line of PG. Wodehouse's 'The Luck Of The Bodkins' - "Into the face of the young man who sat on the terrace of the Hotel Magnifique at Cannes there had crept a look of furtive shame, the shifty, hangdog look which announces that an Englishman is about to talk French." Like Monty Bodkin, I too am ashamed but I never worked up the courage to speak French in Brinda's Francophone household, not even when I was doing 20 hours of it a week, a couple of years ago.

**The French Connection**  
But in this moment of shock, I needed to ask Brinda if I was truly alone. Her reply was a cool balm to my lacerations. Back in the days when Aicha was new, she spoke no French, and now, playing it for the



## ZITS



## World Fair Trade Day

Here in the first world take our coffee, bananas, jeans and sneakers for granted, but every day, tens of thousands of people in various Asian, African and South American countries-men, women and even children-work themselves to their bones in unbearable conditions for pennies for our comfort and leisure. The Fair Trade movement campaigns to improve the lives of workers and small producers, by asserting their rights and raising their visibility within international trade.

## #FOOD-TALK

### Internet Favourite Summer Dessert



There are a 100 ways to have mango desserts. The king of summer produce, and a fruit that nobody can get enough of, be it dessert lovers, chefs, or dessert-loving chefs. From savoury curries to the most indulgent kulfis, a kilo of mangoes can bring delight to every taste palette.

But this season, there's one innovative dessert that has caught every mango-loving netizen's attention - the Stuffed Mango Kufli which started as a street food trend.

Stuffed Mango Kufli is a classical Indian ice cream dessert recipe made with fresh mangoes, which are stuffed with Malai Kufli prepared with full cream milk, cardamom powder and kesar. This recipe is an old-Delhi style Mango Kufli. Unlike the other traditional kufli recipes, this kufli has a unique taste of frozen mango with malai Kufli, which makes this kufli more



tasty and attractive. Also, you don't need a lot to make it at home, either. Check out the recipe:

- Ingredients**
- 5 mangoes
  - 1 litre Milk
  - 3-4 tbsp sugar of choice
  - 1/4 tsp cardamom powder
  - Kesar (optional)

- Preparation**
1. Scoop out the seeds from 5 mangoes by cutting along the seed and making sure to not cut the edges. Twist the seed first so that it loosens and then pull it out. Put back the top lid of the mangoes and place each mango in a bowl so that it holds up straight till the time the kufli stuffing is ready.
  2. Start cooking the milk and reduce it to 1/3rd in medium flame. Add sugar, elachi powder and kesar. Mix and let it cool completely before filling in the mangoes
  3. Pour cooled down kufli mix in the mangoes, cover with the lid and freeze for at least 12 hours.
  4. Peel with a knife, cut thin slices and serve.

## #BIODIVERSITY

Aggressive and rapid reductions in greenhouse gas emissions are critical for avoiding a major mass extinction of ocean species.



As greenhouse gas emissions continue to warm the world's oceans, marine biodiversity could be on track to plummet within the next few centuries to levels not seen since the extinction of the dinosaurs, according to a recent study in the journal Science by Princeton University researchers.

The paper's authors modelled future marine biodiversity under different projected climate scenarios. They found that if emissions are not curbed, species loss from warming and oxygen depletion alone could come to mirror the substantial impact on humans and marine biodiversity by around 2100. Tropical waters would experience the greatest loss of biodiversity, while polar species are at the highest risk of extinction, the authors reported.

"Aggressive and rapid reductions in greenhouse gas emissions are critical for avoiding a major mass extinction of ocean species," said senior author Curtis Deutsch, professor of geosciences and the High Meadows Environmental Institute at Princeton.

**Reducing the Risk**  
The study found, however, that reversing greenhouse gas emissions could reduce the risk of extinction by more than 70%. "The silver lining is that the future isn't written in stone," said first author Justin Penn, a post-



doctoral research associate in the Department of Geosciences. "The extinction magnitude that we found depends strongly on how much carbon dioxide [CO2] we emit moving forward. There's still enough time to change the trajectory of CO2 emissions and prevent the magnitude of warming that would cause this mass extinction."

Deutsch and Penn, who initiated the study at the time when they were at the University of Washington. They combined existing physiological data on tropical marine species with models of climate change to predict how changes in habitat conditions will affect the survival of sea animals around the globe over the next few centuries. The researchers compared their model to the magnitude of past mass extinctions captured in the fossil record, building on the geographic pattern of the End-Permian Extinction more than 250 million years ago - Earth's deadliest extinction event - underlying drivers, namely climate warming and oxygen loss from the oceans.

The researchers found that their model projecting future water temperature, so the demand for oxygen rises as the supply decreases. "Once oxygen supply falls short of what species need, we expect to see substantial species losses," Penn said. Marine animals have physiological mechanisms that allow them to cope with environmental changes, but only up to a point. The researchers found that polar species are more likely to go globally extinct if climate warming occurs because they will have no suitable habitats to move to. Tropical marine species will likewise fare better because they have traits that allow them to cope with the warm, low-oxygen waters of the tropics. As waters north and south of the tropics warm, these

## Mass Extinction of Marine Life?

species may be able to migrate to newly suitable habitats. The equatorial ocean, however, is already so warm and low in oxygen that further increases in temperature - and an accompanying decrease in oxygen - might make it locally uninhabitable for many species. The researchers report that the pattern of extinction their model projected - with a greater global extinction of species at the poles compared to the tropics - mirrors the pattern of past mass extinctions. A study Deutsch and Penn published in Science in 2018 showed that temperature-dependent increases in metabolic oxygen demand, paired with decreases in oxygen availability caused by volcanic eruptions - can explain the geographic patterns of species loss during the End-Permian Extinction ago, which killed off 81% of marine species.

**Temperature and Oxygen**  
Water temperature and oxygen availability are two key factors that will change as the climate warms due to human activity. Warmer water is itself a risk factor for species that are adapted for cooler climates. Warm water also holds less oxygen than cooler water, which leads to more sluggish ocean circulation that reduces the oxygen supply at depth. Paradoxically, species' metabolic rates increase with

**Anthropogenic Warming**  
The new paper used a similar model to show that anthropogenic warming could drive extinctions from the same physiological mechanism at a comparable scale if warming becomes great enough, Penn said. "The latitude pattern in the fossil record reveals the fingerprints of the predicted extinction driven by changes in temperature and oxygen," he said. The model also helps resolve an ongoing puzzle in the geographic pattern of marine biodiversity. Marine biodiversity increases steadily from the poles towards the tropics, but drops off at the equator. This equatorial dip has long been a mystery - researchers have been unsure about what causes it and some have even wondered whether it is real. Deutsch and Penn's model provides a plausible explanation for the drop in equatorial marine biodiversity - the oxygen supply is too low in these warm waters for some species to tolerate.

Penn said that climate change could soon eclipse all of these stressors in importance. "Extreme warming would lead to climate-driven extinctions that near the end of the century will rival all current human stressors combined."

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