

# Bahrain embraces minimalism

Finding meaning in simplicity and breaking free from materialism for a more fulfilling life

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In a world consumed by excess and driven by the constant pursuit of more, a growing movement in Bahrain is urging individuals to embrace minimalism, a lifestyle that advocates for simplicity, intentionality, and conscious consumption.

As people seek to break free from the shackles of materialism, minimalism is gaining popularity globally, offering a more meaningful and fulfilling existence, say experts.

In an exclusive interview with The Daily Tribune, environmentalist and an advocate of minimalism Kai Miethig shed light

on several eye-opening facts. He revealed that an average of 33 to 50 percent of food is wasted annually, resulting in a staggering 1.6 billion tons of food and a loss of around \$1 trillion. Astonishingly, this amount could be used to feed every single human on the planet, he said.

Locally, the per capita waste is one of the highest in the world.

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- KAI MIETHIG, ENVIRONMENTALIST AND AN ADVOCATE OF MINIMALISM

Mr. Miethig emphasized, “If food reaches its expiration date, it does not necessarily mean it has gone bad immediately. It is often a ploy by the food industry to encourage consumers to buy more. Food can be used well beyond its ‘expire date’ with proper storage,” he stated.

He further mentioned that canned food lasts almost in-

definitely, as without oxygen and light, there are no reactions taking place. As an example, a German magazine tested canned milk powder from 1950 in 2015 and found it to have the same quality as new milk powder, Mr. Miethig said.

On a global scale, an astounding \$400 billion worth of fashion is wasted each year, with 85 per-

cent of it ending up in landfills or textile mountains in various regions such as Chile, Asia, and Africa. These regions are flooded with second-hand items discarded by consumer societies in the developed countries, the expert pointed out.

To combat fashion waste, Mr. Miethig provided some valuable insights. He recommended decluttering by giving away any item that hasn't been touched in a year, repairing clothes and shoes instead of replacing them, and opting for long-lasting quality items rather than cheap fast fashion products.

He also highlighted the issue of e-waste generated by technology-minded communities, which amounts to a stagger-

ing 53.6 million tons annually worldwide, comprising valuable mineral resources worth 62.5 billion USD.

When asked how individuals can adopt a minimalist lifestyle, Mr. Miethig emphasized the importance of saving resources. This includes reducing the number of light bulbs in the house, purchasing from local markets to avoid excessive plastic bag usage, utilizing bicycles for shorter distances, and cutting down on overconsumption to save both money and resources. He concluded by reminding everyone that saying ‘No’ to unnecessary items is crucial, as there is “No Away” as almost everything eventually ends up somewhere else.

## GCC Ministerial Council meeting

Foreign Affairs Minister Dr. Abdul Latif bin Rashid Al Zayani participated in the foreign ministers meeting of the GCC countries, which was held at the headquarters of the Permanent Mission of Oman to the United Nations for the 78th Session of the United Nations General Assembly (UNGA) in New York. The meeting was chaired by Badr bin Hamad bin Hamood Al Busaidi, Oman's Foreign Affairs Minister and chairman of the ministerial council's current session, in the presence of GCC countries' foreign ministers and Jassem Mohamed Al Budaiwi, GCC Secretary-General. The ministers discussed current developments in Iraq, and the consequences of the Federal Supreme Court's ruling regarding the agreement concluded in 2012 between Kuwait and Iraq, relating to the regulation of maritime navigation in Khor Abdullah, and the inaccurate historical merits included in the court's ruling out of context. They also discussed developments in current Arab, regional and international issues.



## Praise for alternative penalties, open prisons implementation

Arab Parliament Speaker Adel Abdulrahman Al Asoomi has praised the sound vision of His Majesty King Hamad bin Isa Al Khalifa in implementing alternative penalties and the open prisons programme, stemming from HM's pioneering humanitarian approach and reformist mindset.

Addressing the opening session of the ninth Arab Interior Ministers' Conference on Human Rights, Al Asoomi expressed appreciation to Government of Bahrain, led by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, for upholding human rights values and advancing human rights in Arab countries.

Al Asoomi affirmed the Arab Parliaments' support for Bahrain's efforts to enhance human rights respect in security work, praising the Kingdom's distinguished experience in this field.

He said that promoting human rights is a key responsibility of Arab interior ministries, as they require achieving a balance between ensuring security and stability, and keeping these measures in line with human rights standards and international law.

## Arab national ‘innocent’ in medical malpractice case

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The lawyer of an Arab national implicated in the case of two doctors whose medical malpractice resulted in a young man's death during a gastric sleeve operation claimed that his client had not been negligent with the patient.

His role was limited to anaesthesia during the operation, which was scheduled to take place in two hours but lasted for six, he added, stating that the first doctor was responsible for botching the operation by performing manual stitching at the start after a stapling device malfunction, the lawyer confirmed.

The Lower Criminal Court decided to postpone the case to a hearing on September 24 for pleading by the second defendant's lawyer and to complete the submission of the civil claims list by the victim's representative, Zainab Al Dairi, who attended on behalf of lawyer Nour Abdullah.

The second defendant's law-



Image used for illustrative purposes only

yer attended the hearing and requested sufficient time to present a plea on his client's behalf. He presented a brief defence in which he demonstrated his client's innocence. He confirmed that negligence rested on the part of the first defendant since his client's role was limited to the process of anaesthetising the victim, rather than critical care.

“The first defendant committed medical errors and failed to monitor the condition of the victim. When the stapling device malfunctioned at the start of

the operation, the first defendant continued the procedures through manual sewing,” the lawyer argued. With regards to his client removing the respirator from the victim, he confirmed that the victim's physical indicators appeared normal at the time.

Lawyer Zainab Al Dairi attended on behalf of Lawyer Nour Abdullah and submitted a document addressed to the Ministry of Justice related to the fees imposed in a civil lawsuit. She requested a deadline for the submission of the civil

claims list.

The Public Prosecutor in attendance stated that Public Prosecution stands by its pleading from the previous session and confirmed that sufficient evidence was presented condemning both defendants. It indicated malpractice and violation of accepted medical standards by the two, who hadn't exercised the necessary care to protect the victim, leading to his death. He requested that maximum penalties be implemented against their actions which demonstrated carelessness in preserving human life.

The details of the incident began when the Prosecution received a report from the father of the deceased, stating that a doctor caused the death of his son during a gastric sleeve operation. Investigations promptly began. The body of the deceased was examined and his medical file was seized.

Statements were taken from the father and the medical staff supervising the patient's condition, while a forensic doctor was

delegated to conduct an autopsy. The National Health Regulatory Authority was tasked with reviewing the medical procedures that were followed during surgery to assess the extent to which they complied with applicable medical standards and to ascertain the alleged medical malpractice.

Investigations concluded that the consultant surgeon was responsible for the death of the victim, wherein several errors occurred during the operation and subsequent medical interventions, which he failed to rectify due to negligence.

Furthermore, the doctor supervising the condition of the deceased was also held responsible for failure to monitor the patient's condition and follow medical protocol in the intensive care unit.

The forensic report concluded that the death occurred from a heart attack and bacterial blood poisoning resulting from a leak after gastric incision, which affected the patient's body organs and caused them to shut down.

## Four Asian nationals arrested for illegal shrimp fishing

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The Chief Prosecutor of Ministries and Public Entities announced that the Public Prosecution has taken action against four Asian nationals who were caught fishing for shrimp using banned bottom trawl nets in the Sitra area.

The Coast Guard Command reported the incident after spotting two boats engaged in illegal

fishing activities. While four individuals were apprehended, others managed to escape.

During the operation, authorities seized the two boats and confiscated approximately 410 kilograms of shrimp. The Public Prosecution wasted no time in launching investigations into the matter.

The defendants were interrogated and subsequently detained

pending further investigation. They have been charged with possession of prohibited bottom trawl nets, failure to operate the automatic identification device on the boat, lack of safety equipment, and failure to comply with the Coast Guard Command's instructions.

The Public Prosecution also ordered the continued seizure of the two boats and

summoned their owners for questioning. In addition, efforts are underway to identify the remaining defendants involved in the illegal fishing operation. The seized shrimp will be sold at a public auction, and the proceeds will be deposited into the treasury of the Public Prosecution.

The Chief Prosecutor emphasised the importance of complying with the Law Regulat-

ing Fishing, Exploitation, and Protection of Marine Wealth, as well as relevant ministerial decisions.

These regulations aim to safeguard marine resources and protect wildlife, particularly in relation to the harmful practice of using bottom trawl nets. Such fishing methods have long-lasting adverse effects on the marine environment.