

IN BRIEF



Ship slams into Venice wharf, four injured

A massive cruise ship lost control as it docked in Venice on Sunday, crashing into the wharf and hitting a tourist boat after suffering an engine failure. Tourists on land could be seen running away as the 13-deck MSC Opera scraped along the dockside, its engine blaring, before knocking into a tourist boat, amateur video footage posted on Twitter showed. Four people were slightly injured in the accident. AFP



Biologists probe deaths of 70 gray whales

U.S. biologists have launched an investigation into the deaths of at least 70 gray whales washed ashore in recent months along the West Coast, officials said on Friday. The National Oceanic and Atmospheric Administration declared the whale die-off an "unusual mortality event," a designation that triggers greater scrutiny and allocation of resources to determine the cause. REUTERS



Brain zapping can help retrieve lost memories

Forgotten memories can be retrieved by stimulating a specific brain region using electrical currents, scientists have found for the first time. The research, published in the *Journal of Cognitive Neuroscience*, shows that stimulation in the left rostralateral prefrontal cortex helps in memory recall. PTI

Immunotherapy boosts survival chances for lung cancer patients

Patients who took Pembrolizumab without chemotherapy had better results

AGENCE FRANCE-PRESSE
CHICAGO

An immunotherapy treatment helped significantly boost survival rates among patients suffering from advanced lung cancer, according to the results of a clinical trial cited by researchers on Saturday.

Almost 25% of patients who received the drug Pembrolizumab and had not previously received chemotherapy were alive after five years, said the study which was presented at annual meeting of the American Society of Clinical Oncology.

The figure dropped to just over 15% for patients who had previously received chemotherapy.

"The uniformly negative outlook that has been associated with a diagnosis of ad-



Extending life: Immunotherapy leverages the body's immune system to fight disease. • GETTY IMAGES/ISTOCKPHOTO

vanced non-small cell lung cancer (NSCLC) is certainly no longer appropriate," said lead author Edward Garon, an associate professor at UCLA.

The five-year survival rate was 5.5% in the pre-immunotherapy era.

Unlike chemotherapy, immunotherapy works by le-

veraging the body's own immune system to fight disease.

More effective T-cells

In this case, the drug acts by turning off a brake in the immune system, a protein called PD-1, which then allows cancer-fighting T-cells to attack faster and more ef-

fectively. "I describe it as sort of changing the thermostat, in terms of how willing the immune system is to tolerate something versus reject it," Mr. Garon said.

David Graham, an oncologist at the Levine Cancer Institute in Charlotte, North Carolina, who was not involved with the study, said: "It's truly remarkable that for more patients than ever before, we no longer have to count survival in months."

According to Mr. Garon, the trial proved there are groups of patients "who do have long-term survival prospect, and that does change the way we talk to our patients about the disease."

Moving forward, his team would like to identify other biomarkers to further improve survival rates.

Yoga's Instagram provocateur

Slams wellness industry for commodification of the discipline

KATHERINE ROSMAN

You cannot swing a cat (pose) on Instagram without hitting photographs of yoga instructors with perfect figures twisted into perfect shapes, selling essential oils and greeting-card spirituality.

Alex Auder is not one of them.

Ms. Auder, 48, is something of a yoga auteur, sharing homemade videos that are more performance art than content. In them she satirizes, mocks and sometimes fillets the wellness industry, its relentless marketing and "the commodification of yoga," as Ms. Auder calls it.

She writes, stars in and films a regular series of videos in which she has painted a dollar sign on her forehead in eyeliner and plays a character hawking essential oils with names like "urine mist," "feces" and "The One Per Cent."

She also plays a Wall Street dropout who has invested in wellness companies and thanks yoga instructors for continuing "to convince your fellow women to buy into me. I'm making more money than I did on Wall Street and you are still poor."

Then there is the series in which she plays the role of an exacting yoga instructor who berates her students, played by naked dolls whose bodies are covered with dollar signs and the names of yoga clothing brands like Spiritual Gangster.

In one popular video, Ms. Auder has herself wrapped in what appear to be Ikea rugs as she exits a car. "Being a healer who is sponsored by more than 500 brands is a lot of pressure," she says. "Mercedes gets me to my ayahuasca ceremonies quickly and efficiently and Coke keeps me hydrated."

Her Instagram feed is not one for glamour shots celebrated by 10,000 prayer-hand-emoji comments. She has about 6,000 followers, many of whom seem to delight in antics of someone trying to cling to the last ves-



Provoked to think: Alex Auder in Philadelphia. • NYT

I think it's ridiculous for gorgeous wealthy white women to tell anyone what they should love about themselves

ALEX AUDEY
Yoga Instructor

tiges of yoga's counterculture roots.

Ms. Auder has been an instructor for decades, teaching for many years at Kula Yoga Project in New York. She now runs a studio called Magu Yoga in Philadelphia, where she and her husband, filmmaker Nick Nehéz, moved with their two children five years ago. She has been practicing yoga since the late 1980s and teaching it since 1994.

She said she is not making fun of any one Instagram yoga celebrity, but all of them. "It's a conglomeration of personalities, and when people say they see themselves in my characters, I think that is their problem, not mine."

Affordability factor

"I think it's ridiculous for gorgeous wealthy white women to tell anyone what they should love about themselves," Ms. Auder went on. "Rosemary oil is great for the immune system, fine. But the people who really need a boost for their immune system can't afford rosemary oil, and they can't even go to the doctor. So let's give an Instagram heart for that, shall we?"

Ms. Auder's is one of a

handful of social media feeds that holds to account (as it were) the overly branded, idealised version of the yoga lifestyle that has exploded on social media. Others include @shallow_yoga, which features a Barbie doll named Skye Moondust Shallow doing ridiculous yoga poses in ridiculous locations (with captions like, "I hope this picture of me holding my leg up in the air in front of a mirror inspires you to say 'Because of you, Skye, I didn't give up!'").

Ms. Auder is in fact a performance artist IRL, on many different stages. She has made guest appearances on the HBO series *High Maintenance*, which depicts the interactions between a weed delivery man in Brooklyn and his clientele. (On the show, Ms. Auder plays Gloria, a yoga instructor who tries to win a dance world record.) She also regularly walks the runway for fashion designer Rachel Comey.

She comes from a family of activists and artists. "She's always been outspoken, outrageous, passionate, sensational," said Ms. Auder's sister, actress Gaby Hoffmann. (They have matching "SIS" tattoos on their wrists.) "Now it's playing out on Instagram, instead of just on the dance floor and the yoga studio and on the sidewalk." Put another way: "When the machine is corrupted, you are the grit that gums up the works."

Now in Philadelphia, she is devoting as much time to social media. NY TIMES

Riot of colours



Participants throw coloured powder as they celebrate after finishing the Colour Run race in Moscow on Sunday. • REUTERS

Babies crawl to the Lithuanian finish line



Baby Race event in Vilnius, Lithuania. • AP

ASSOCIATED PRESS
VILNIUS

In Lithuania, the rat race of life apparently starts early.

Twenty-five babies have taken to the red carpet in Lithuania in a crawling race as their parents, grandparents and onlookers

cheered the spectacle.

Teams waved toys and even banged baby food cans to spur the 7-to-11-month-old babies to move faster on the carpet.

An 11-month-old baby boy named Ignas managed to reach the finish line first.

Pope apologises to Roma for 'discrimination'

The community is among the poorest in Europe and has faced mistreatment for centuries

ASSOCIATED PRESS
BLAJ

Pope Francis apologised on Sunday to the Roma ethnic minority for their history of discrimination in Europe and paid homage to Romanian Catholics persecuted during communist rule as he wrapped up his third and final day with a message of forgiveness.

Pope Francis reached out to the minorities of Transylvania during a deeply symbolic visit to Romania about 20 years after St. John Paul II made the first papal trip to the majority Orthodox country.

Pope Francis visited a community of Roma, also known as Gypsies, in a newly built Catholic church that was so small organisers



Making it right: Pope Francis arrives to attend the beatification ceremony of seven martyr bishops in Blaj, Romania. • REUTERS

asked the clergy to leave to make more room for Gypsy families to get in.

There, Pope Francis apologised for the "many experiences of discrimination, segregation and mistreatment

experienced by your communities," a reference to the second-class status of the Roma minority in Romania and throughout Europe, where Roma are more likely to be poor, uneducated and at risk

of harassment, according to European Union studies.

"History tells us that Christians too, including Catholics, are not strangers to such evil," Pope Francis said, in an apparent reference to Second World War-era deportation of Roma along with Romanian Jews that is commemorated by a Holocaust memorial in Bucharest. "I would like to ask your forgiveness for this," Pope Francis said.

Marginalised section

Roma are often among the poorest and least educated citizens in Central Europe. Neighbouring Hungary, for example, has been warned by the EU about the discrimination of Roma children in education. The EU Agency

for Fundamental Rights reported last year that 80% of the Roma population in Europe is at risk for poverty, and that hate-motivated crime and harassment were preventing their inclusion in society.

When Communist regime assumed power following Second World War, thousands of priests were incarcerated in prisons, including the seven being beatified on Sunday. The Catholic Church's property was seized. The refusal of the Orthodox church to return those Catholic assets remains a source of tension between the two today.

"This is a holy day for all Catholics," said 50-year old Emanuela Canta, who arrived in the Blaj field early Sunday to get a spot.

Psychedelic rocker Roky Erickson dies



Roky Erickson. • AP

ASSOCIATED PRESS
NEW YORK

Roky Erickson, the blue-eyed Texan who headed the Austin-based 13th Floor Elevators, a pioneering psychedelic rock band in the 1960s that scored with *You're Gonna Miss Me* has died. He was 71.

Mr. Erickson's sinuous lead guitar and wailing vocals made him a musician's musician. Among his fans were Lenny Kaye and the Swedish metal group Ghost

Descend, eat and marvel at Europe's first underwater restaurant

Serves up delicacies in an architectural showpiece that stretches five metres down below, offering a unique close up of ocean life

AGENCE FRANCE-PRESSE
LINDSNES

For the chef and diners alike, each meal beneath the waves at Europe's first underwater restaurant is a thing of wonder.

"We have this small window next to the kitchen and every time some special kind of fish comes by, I always start thinking about how it would taste," says chef Nicolai Ellitsgaard.

The aptly named new restaurant Under opened a few weeks ago in Lindesnes on Norway's southern tip.

It serves up delicacies in an architectural showpiece that stretches down 5 metre underwater, offering a unique closeup of ocean life.



Aquatic show: An aerial view of restaurant Under in Lindesnes, Norway; and a diver, right, cleaning the viewing window. • AFP

From the outside, the giant concrete monolith juts out from the craggy shoreline, while its other end tips down into the North Sea.

Customers enter the res-

taurant onshore through a wood-panelled passage and descend down a long, oak staircase into a dimly lit dining room.

The 36-square-metre win-



dow – "like a sunken periscope" in the words of its designers – offers a panoramic view of the ever changing live aquatic show.

"It is the largest one in the

world and the only one in Europe," said Stig Ubostad, who co-owns the eatery with his brother, Gaute.

There are no clown fish or sharks, like at other under-

water restaurants in more tropical locations such as the Maldives or Dubai.

Adventurous trip

"It's an area on the southern tip where the brackish water from the east meets the salty water from the Atlantic, so the richness of the species is very high," says Trond Rafoss, a marine biologist involved in the project.

In addition to its distinctive architecture and fine dining, Under wants to shine a spotlight on environmental issues.

The international waiting staff are trained to provide guests with information about the aquatic show they are watching.

"The guests are on an adventure. They are exploring the nature themselves, because this is not an aquarium."

"The fish might look at us as an aquarium because what's happening outside here is under natural control," Rafoss says.

"You will never be disappointed, nature is never disappointing."

Algae dessert

The restaurant is a 34-metre monolith designed by Norwegian firm Snohetta, known for its celebrated buildings such as the Oslo Opera and the 9/11 Memorial Pavilion in New York.

It can serve up to 40 din-

ers during its one sitting a day, five nights a week.

In the kitchen, Danish chef Nicolai Ellitsgaard and his staff let their imaginations run wild when creating seasonal menus based primarily on what the sea has to offer, including a dessert composed of five different types of algae collected from a nearby shore.

"We try to use things that are in the area, and also use things that nobody else is using," Ellitsgaard says.

The restaurant however is probably not for everyone's budget. The menu, consisting of 16 to 18 dishes, costs 2,250 kroner (€230 \$258) per person – and double that when wine is included.