

MANDELA GRANDSON'S FURY OVER DUCHESS'S CLAIM

Brain 'hit' by steroids

By Ella Pickover

SOME prescribed steroids such as inhalers could lead to changes in the structure of the brain, researchers claim.

They examined the impact of systemic glucocorticoids and inhaled glucocorticoids.

Dutch researchers at the University Medical Centre in Leiden, assessed differences in grey matter, which helps control movement, and white matter, which messages pass through.

Brain scans found both systemic and inhaled glucocorticoid "reduced white matter integrity" and changed grey matter, but not enough to prove clinical consequences.

The study was published in BMJ Open.

Firm takes the Mickey

By Steph Spyro

EUROSTAR is axing its popular direct train service between London and Disneyland Paris.

The route, which has delivered families to the park since 1996, will end on June 5 next year - after which time Britons will have to change at Lille or Paris.

Eurostar claimed it is focusing on its "core routes" while it recovers from Covid's impact and cited "developments in the proposed EU Entry Exit system", adding: "Existing bookings will not be affected."

Next year, new rules will mean UK visitors to the EU will need to be photographed and have their fingerprints scanned for a database.

Lennon's house sale

By Ellie Iorizzo

THE Liverpool home of John Lennon's mother, where he first rehearsed with Paul McCartney, is due to sell for £250,000.

The three-bedroom, semi on Blomfield Road was used by the two future Beatles for practising with The Quarrymen, the earlier iteration of the Fab Four.

Julia Lennon lived there with husband John "Bobby" Dykins and John's sisters from 1950 until her death in 1958.

John visited often but lived with his aunt Mimi nearby - and she dubbed her sister Julia's place the "House of Sin".

The online Omega Auctions sale ends September 26 at 7pm.

Overcoming 60 years of apartheid isn't the same as marrying a white prince, Meghan

By Richard Palmer Royal Correspondent

NELSON Mandela's grandson condemned the Duchess of Sussex yesterday for comparing her marriage to Prince Harry to the freeing of the legendary anti-apartheid campaigner. Mandla Mandela, said he was "surprised" by her claim that the royal wedding in 2018 sparked scenes of joy in South Africa reminiscent of the 1990 release after 27 years in jail of his grandfather.

The African National Congress MP, 48, said the wild celebrations that greeted his grandfather's long walk to freedom were based on overcoming



Hero... Nelson Mandela on his release from 27 years in jail in 1990 and his grandson Mandla Mandela, below

350 years of colonialism and 60 years of a brutal apartheid regime and were far more important than Meghan's marriage "to a white prince".

He said: "So it cannot be equated to as the same. We are still bearing scars of the past. But they (the February 1990 celebrations of Mandela's release) were a product of the majority of our people being brought out on to the streets to exercise the right of voting for the first time."



Meghan, 41, who met Nelson Mandela's widow in South Africa in 2019 made the astonishing claim in a jaw-dropping interview with American magazine The Cut in which she took swipes at the Royal Family.

She also said Harry had "lost" his father in the royal rift over Megxit, and falsely accused Britain's royal press pack of calling her children "the N-word".

She insisted that the UK media would have sent 40 photographers to watch her children going into school each day, in breach of ethics guidelines that prevent jour-

nalists from interfering in youngsters' education. She said that "just by existing" she and Harry were "upsetting the dynamic of the hierarchy" before they stepped down as working royals.

The exiled Duchess also said she had made an "active effort" to forgive the Royal Family, "especially knowing that I can say anything", adding: "I've never had to sign anything that restricts me from talking."



Smiles... Meghan and Harry meet Graca Machel, widow of Nelson Mandela in 2019

But it was equating her marriage to the release of Mandela that produced the sharpest intakes of breath. Meghan claimed that at a 2019 London premiere of The Lion King which she and Harry attended, a cast member from South Africa pulled her aside and said: "I just need you to know: when you married into this family, we rejoiced in the streets the same as we did when Mandela was freed from prison."

It was not how many South Africans

remembered it. "For her to imply it was the same as when President Mandela was released is the utmost disrespect," one said, joining many in denying there was rejoicing in the streets.

Meghan and Harry will visit Britain next week but an approachment with the Royal Family is not expected.

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The Duchess added: "When she said diva, she was talking about the way I dress, the posture of clothing, a quote unquote fabulousness as she sees it. She meant diva as a compliment. I heard it as a dig."

ATV advert for Persil washing liquid has been banned for "misleading" claims the product is "kinder to our planet".

The ad, seen in March, showed beaches strewn with litter and then a Persil bottle followed by the text "made with 50 per cent recycled plastic", "removes stains at 30C" and "60 minutes quick wash".

The Advertising Standards Authority said claims such as "greener" can only be justified if the advertised item provides an environmental benefit over other products.

It said: "We concluded that the advert was likely to mislead."

of apartheid isn't the same as marrying a white prince, Meghan



THE DUCHESS OF SUSSEX'S STYLISED LOOK FOR HER LATEST PHOTOSHOOT HAS BEEN COMPARED TO WALLIS SIMPSON. A PHOTO USED ON THE COVER OF THE CUT MAGAZINE TO ACCOMPANY HER CONTROVERSIAL INTERVIEW THIS WEEK WAS UNCANNILY SIMILAR TO A CLASSIC PICTURE OF THE LATE DUCHESS OF WINDSOR, THE AMERICAN DIVORCEE WHOSE ROMANCE WITH EDWARD VIII PROMPTED THE ABDICATION CRISIS IN 1936. IT IS NOT THE FIRST TIME MEGHAN HAS BEEN LIKENED TO WALLIS. IN THE SUSSEXES' TV INTERVIEW WITH OPRAH WINFREY IN MARCH LAST YEAR, HER HAIR AND OUTFIT WAS SIMILAR TO THAT OF MRS SIMPSON IN 1936.



Double Duch... Wallis in 1930s

That Simpson style again

THE Duchess of Sussex's stylised look for her latest photoshoot has been compared to Wallis Simpson. A photo used on the cover of The Cut magazine to accompany her controversial interview this week was uncannily similar to a classic picture of the late Duchess of Windsor, the American divorcee whose romance with Edward VIII prompted the abdication crisis in 1936.

It is not the first time Meghan has been likened to Wallis. In the Sussexes' TV interview with Oprah Winfrey in March last year, her hair and outfit was similar to that of Mrs Simpson in 1936.

MARIAH BRANDED ME A DIVA, BUT SHE MEANT IT AS A COMPLIMENT

By Richard Palmer

"You give us diva moments sometimes, Meghan."

Meghan told listeners: "What? How could you? That's not true. Why would you say that? My mind genuinely was just spinning with

what nonsense she must have read or clicked on to make her say that."

The Duchess added: "When she said diva, she was talking about the way I dress, the posture of clothing, a quote unquote fabulousness as she sees it. She meant diva as a compliment. I heard it as a dig."

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'Narcissistic and entitled', she's setting

NO MATTER how implausible the claims in Meghan Markle's latest 6,450-word interview with a US magazine might be, they are almost certainly not aimed at you or I.

Her repeated complaints of perceived slights, the low-level maligning of the Royals and tone-deaf pronouncements on celebrity-dom and her brand of "entitled" fame will be music to the ears of her

audience, even as they leave the rest of us rolling our eyeballs.

Meghan is setting out her store to potential customers. And she has a lot to plug - her Spotify podcast, a Netflix documentary on the Sussexes and a tell-all book. I believe Meghan

shows signs of a 'narcissistic' personality.

The five main symptoms of narcissism are a sense of entitlement, manipulative behaviour, a need for admiration and to be at the centre of attention, a lack of empathy and an arrogant and controlling nature.

Several aspects of her interview appear to exhibit such elements. Take her claim a South African cast



By Professor Kevin Dutton

member of The Lion King told her: "When you married into this family, we rejoiced in the streets the same we did when Mandela was freed from prison."

To make a comparison between herself and Nelson Mandela smacks of a sense of entitlement and a need for admiration. It's classic delusions of grandeur. It also demonstrates a total lack of empathy. Do you really

believe that? And do you really think other people will too?

Unsurprisingly, it has been badly received, not least of all in South Africa where Mandela is revered as the man who overcame 60 years of brutal apartheid. Likewise, her highly misleading claim she would not have been able to do a school run in Britain because of the risk of "40" photographers camping out to

catch pictures of her son. Strict UK regulations about reporting around children that the media willingly subscribes to makes that laughable. The claim a school run would have been impossible falls into the manipulative behaviour playbook. Equally ridiculous is the fact she's invited a journalist along with her on the LA school run, and the constant references to the couple's children

play badly given the Sussexes' repeated demands for privacy. Much of this feels like deja-vu. It's chucking another self-absorbed log on the fire of public attention. These are the logs she knows burn well. She doesn't want the flames to die.

Kevin Dutton, Professor of Public Understanding of Psychology at the University of Adelaide, is an author and academic. See @TheRealDrKev

'Tech light ages users'

By Alice Clifford

TOO much blue light emitted by gadgets may speed up ageing, a study suggests.

LED light from TVs, phones and laptops may bring on obesity and psychological problems by negatively affecting cells, a US team found.

Their findings show cell function in fruit flies - which have cells similar to humans' - broke down if they were exposed to blue light.

But Professor Jadwiga Giebultowicz, of Oregon State University, said: "We used fairly strong blue light - humans are exposed to less intense light, so cellular damage may be less dramatic." The study was published in Frontiers in Ageing.

Use-by date gone to pot

By Josie Clarke

SAINSBURY'S will swap "use by" dates on 46 of its own-brand yogurts for "best before" to help reduce waste.

Some 54,000 tons of yogurt is thrown away each year, around half of it in unopened tubs, the Waste & Resources Action Programme says.

Consumers blame the markers labels for 70 per cent of yogurt disposals. Sainsbury's insisted "stringent testing" found its dairy treats are safe to eat after their expiration dates - particularly if stored at below 5C - as it urged shoppers to judge if one is edible.

Morrisons previously axed dates on its milk, telling consumers to use a "sniff test" instead.

TV ban for Persil's ad

By Josie Clarke

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Pictures: NCAMPBELL ADDY / THE CUT; SAMIR HUSSEIN/WIREIMAGE; EPA