#### This Day in History

(1-12-1395

Today is Sunday; 1st of the Iranian month of Esfand 1395 solar hijri; corresponding to 21st of the Islamic month of Jamadi al-Awwal 1438 lunar hijri; and February 19, 2017, of the Christian Gregorian Calendar.

1820 solar years ago, on this day in 197 AD, Septimius Severus defeated his former ally Clodius Albinus in the Battle of Lugdunum (modern Lyon in France) – the bloodiest battle between Roman armies that resulted in the death of almost 150,000 soldiers – to emerge as the Roman Emperor, thereby ending the year of five emperors. A ruthless pagan, Septimius Severus persecuted monotheists, especially the followers of Prophet Jesus (AS), and waged war against Iran's Parthian Empire, sacking the capital Ctesiphon in 197. Like Trajan a century earlier, he was not much successful. Although he briefly annexed the upper part of Mesopotamia in what are now northern Syria and southern Turkey, he failed to subdue the impregnable fortress of Hatra near Mosul in what was then the Iranian province of Khayaran, despite two lengthy sieges.

1118 lunar years ago, on this day in 320 AH, the acclaimed Muslim physician, philosopher, and geographer, Ahmad ibn Ja'far ibn al-Jazzar al-Qayrawani, was born in Qayrawan in what is now Tunisia during the rule of Fatemid Ismaeil Shi'ite dynasty of North Africa, and was known in Europe by the Latinized name Algizar. He authored several books on grammar, history, jurisprudence, medicine, prosody, etc. His book on medicine titled "Zaad al-Musafer", was translated as "The Viaticum" in Latin, and later translated into Greek and Hebrew. It was copied, recopied, and printed in France and Italy till the sixteenth century, and was used in Europe as a medical education text, along with "al-Qanoun fit-Tibb" (The Canon of Medicine) of the famous Iranian Islamic genius, Abu Ali ibn Sina. Ibn al-Jazzar also wrote a book on sleep disorders and another one on forgetfulness and how to strengthen memory, titled "Kitab an-Nisyaan wa-Turuq Taqwiyat az-Zakira". He also wrote books on pediatrics, sexual disorders, leprosy, therapeutics and animals.

**828** lunar years ago, on this day in 610 AH, the Mu'tazzalite little figure and lexicographer, Burhan od-Din Nasser bin Abdus-Seyyed Matrazi, passed away at the age of 74 in his homeland Khwarazem in Central Asia which was part of Iran. He is known as successor to the famous Iranian exegete of the Holy Qur'an, hadith scholar, and lexicographer, Jarallah Zamakhshari, who passed away in the year that Matrazi was born. His famous book on lexicography is titled "al-Maghreb fi Lughat al-Fiqh". He wrote numerous other books including a commentary on the Arabic literary masterpiece "Maqamaat Hariri".

**544 solar years ago,** on this day in 1473 AD, Polish astronomer and mathematician, Nicolas Copernicus, was born in Toruri. During his studies in Rome, he came across the Latin translations of Arabic works of Muslim scientists, including those of the Iranian-Islamic genius Abu Rayhan Birouni, who had written about the spherical shape of the earth. Copernicus heavily borrowed from Muslim scientists and is indebted to them for stating for the first time in Europe the orbit of the Earth around the Sun while rotating on its axis. The Christian Church frowned upon his writings and tried to stamp out his writings. He died on May 24, 1543.

418 solar years ago, on this day in 1600 AD, Arequipa, Peru, was destroyed as the Huaynaputina volcano exploded catastrophically in the largest volcanic explosion in South America in historic times. The eruption continued with associated earthquakes into March and devastated the socioeconomic fabric of southern Peru and neighboring Chile and Bolivia. The explosion had effects on climate around the Northern Hemisphere, where 1601 was the coldest year in six centuries, leading to a famine in Russia.

387 solar years ago, on this day in 1630 AD, Shivaji, the Maratha guerilla chieftain of the Bhosle clan who carved out a kingdom in western India, was born. His father Shahji – a general in the service of the Adel-Shahi and Nizam-Shahi Persianate dynasties of the Deccan – was named by his father in honour of the Muslim mystic "Shah Sharif" of Ahmadnagar, whose prayers had granted the hitherto childless Maloji two sons – the second was named Sharifji. Shivaji was not on good terms with his own father, and rebelled against the Adel-Shahi sultanate of Bijapur, whose famous general of eastern Iranian origin, Afzal Khan, he deceitfully slew at Pratapgarh in 1659 during a supposedly unarmed meeting between the two sides for submission to the central authority and end of insurgency. An expert in guerilla warfare, he was invited to Agra by Moghal Emperor Mohammad Aurangzeb, and according to protocol, restrictions were placed on his movements from the mansion where he was lodged. On learning that Aurangzeb was planning to send him and his guerilla forces to the northwestern frontier for the campaign to retake Qandahar (in what is now Afghanistan) from the Safavid Empire of Iran, Shivaji became terrified and fled south without notice. Back in the Deccan, by 1674, he carved out an independent enclave from the declining sultanate of Bijapur and chose Raigarh as his capital, for raiding the territories of the Qutb-Shahis, the Adel-Shahis and the powerful Moghal Empire that brought retaliation from Aurangzeb. The mountainous terrain exhausted Moghal armies and before his death in 1680 at the age or 50, Shivaji had molded the Marathas into a local power. In the areas under his control, he replaced the Persian language with his mother-tongue Marathi for official use. In the next century, the Marathas expanded their power in the north as far as Delhi, Punjab and the borders of Kashmir, bringing them into direct confrontation with the Afghans. Their pillaging and looting had alienated the Sikhs, the Jats, and even fellow Hindu Rajputs, enabling Ahmad Shah Durrani to inflict a crushing defeat on them at the Battle of Panipat in 1761 from which they never recovered and were gradually absorbed by the British.

66 solar years ago, on this day in 1951 AD, French author and critic, Andre Gide, died at the age of 82. Born in Paris he spent most of his life in North Africa, especially Algeria, which was under French colonial rule. His impressions of the life of the North African Muslims are portrayed in some of his novels. He was awarded the Nobel Prize for Literature in 1947.

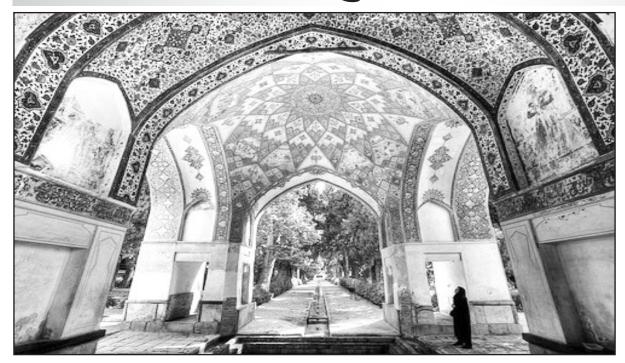
65 solar years ago, on this day in 1952 AD the Norwegian writer, Knut Hamsun, died at the age of 93. Born in a poor family in northern Norway, he started writing at the age of 24. During his two visits to the US, he adopted a critical and disgusting view of American society, which he presented in his book, titled: "The Spiritual Life of Modern America". The publication of the book; "Hunger" marked a turning point in his works. He was awarded the Nobel Prize in Literature in 1920. Hamsun was against the British and US colonial rule and supported Germany during the two World Wars, even joining the Nazi Party of Adolf Hitler. On Germany's defeat in World War II, he suffered from mental illnesses till his death.

37 solar years ago, on this day in 1980 AD, as per a decree of the Father of the Islamic Revolution, Imam Khomeini (RA), the Council of Guardians was formed to act as a supervisory body to oversee whether the laws passed by the parliament are in conformity with the Islamic shari'a and the constitution of the Islamic Republic of Iran. This 12-member council is made up of six leading jurisprudents nominated by the Leader of the Islamic Revolution and six judicial experts nominate by the Judiciary Chief. The members have to win the confidence of the parliament. The Council of Guardians plays a unique role in overseeing the presidential, parliamentary and other elections, and to determine whether or not the candidates have the required qualifications and eligibility. It is a superb example of popular religious rule in Iran in line with the aspirations of the people. 29 solar years ago, on this day in 1988 AD, the US supported repressive Ba'th minority of Saddam shot down an Iranian passenger plane in southwestern Iran, in violation of all international rules, resulting in the martyrdom of Hojjat al-Islam Fazlollah Mahallati and 39 other passengers including parliamentary members. Mahallati was the representative of Imam Khomeini in the Islamic Revolutionary Guards Corps (IRGC) and had played a leading role both during the struggles

against the Shah's despotic regime, and during the 8-year Iraqi imposed war.

(Courtesy: IRIB English Radio – http://parstoday.com/en)

## Iranians Peace Seeking, Proud People: UN Official



Fin Garden located in Kashan, Iran.

KASHAN (IRNA) – Iranians Tehran Gary Lewis said. are peace seeking, hospitable, and Lewis made the remarks

Lewis made the remarks in the closing ceremony of a French week in the city of Kashan on Friday.

He pointed to the sentence inscribed on top of UN entrance, saying that this quotation by Iranian well-known poet, Saadi Shirazi, focuses on human's proximity:

"Human beings are members of a whole, In creation of one essence and soul, If one member is afflicted with pain, Other members uneasy will remain, If you have no sympathy for human pain, The name of human you cannot retain," the poem reads.

"Iran and France enjoy strong ties and they both have ancient and proud civilizations," Lewis said

"Tourism could be a link between nations and tour guides would be able to strengthen these relations and to make nations closer," he added.

"Also met collage artist Reyhaneh Fadavikashani also from Kashan. So much inspiring talent. Thanks to Kashan and France for organizing," Lewis said in a twitter message on Feb 16.

# Fasting Diet Lowers Risks for Major

intelligent people and they have

a proud history and culture, the

LOS ANGELES (Dispatches)
- Results of a clinical trial shows
a periodic, five-day fasting diet
designed by a researcher safely
reduced the risk factors for heart
disease, cancer, diabetes and other age-related diseases.

**Diseases** 

In a clinical trial conducted by researchers at the University of Southern California (USC) Leonard Davis School of Gerontology, 71 adults who were placed on three cycles of a low-calorie, "fasting-mimicking" diet. The diet reduced cardiovascular risk factors including blood pressure, signs of inflammation (measured by C-reactive protein levels), as well as fasting glucose and reduced levels of IGF-1, a hormone that affects metabolism. It also shrank waistlines and resulted in weight loss, both in total body fat and trunk fat, but not in muscle mass.

"This study provides evidence that people can experience significant health benefits through a periodic, fasting-mimicking diet that is designed to act on the aging process," said Valter Longo, director of the USC Longevity Institute and a professor of biological sciences for USC Davis and Dornsife. "Prior studies have indicated a range of health benefits in mice, but this is the first randomized clinical trial with enough participants to demonstrate that the diet is feasible, effective and safe for humans.

"Larger FDA studies are necessary to confirm its effects on disease prevention and treatment," he added.

### Iranian Movie "Daughter" Wins Belgian Festival



"Daughter" by Reza Mirkarimi.

TEHRAN (ISNA) — "Daughter" by Reza Mirkarimi won 4 awards of the 33rd International Love Film Festival in Mons, Belgium.

The Iranian movie "Daughter",

directed by Reza Mirkarimi won the "Grand Prize" and the best actor award received by FarhadAslani at the 33rd International Love Film Festival.

Another Iranian movie "Si-

lence", co-directed by Ali Asgari and FarnazSamadi, won Jury's Prize for Best International Short.

The "Daughter" also won "CinéFemme" and "International Confederation of Arts and Compilation" prizes of the cinematic event in Belgium, receiving a total of 4 awards from the festival.

The "Daughter" was one of the 11 movies in the competition section of this festival and Reza Mirkarimi held a cinematic class after the screen of its movie.

Fifteen cinema students from Europe and Middle East attended this class and exchanged views about the movie.

## Picture of the Day



Shahzadeh Garden, located at 35km southeast of Kerman city, is the ninth Iranian garden that has been registered on UNESCO's World Heritage List.

Credit: Tasnim News Agency