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<http://www.thenational.ae/opinion/feedback/america-doesnt-represent-the-worlds-values>

America doesn't represent the world's values

Amol Mane

November 14, 2016

Regarding your report from the United States after Donald Trump's presidential victory (Hate crime and Islamophobia increases after Trump victory, November 12), we must all bear in mind that the world is much larger than just America. The US wields a big influence, but the world must learn an important lesson about tolerance from this election surprise.

We all must be more tolerant and celebrate differences. I trust everything happens for a reason and that we have to be responsible for ourselves first and foremost.

We can start from this point: by being a good friend, a good fellow creature to all regardless of colour, religion or background.

We are able to do this in the global city of Dubai, so that means more people can do it around the world. I am not afraid that more tolerance will be created in this world because I have trust in people.

Christina Toebast, Dubai

It is America and they voted for Donald Trump. It is not our business and we should not interfere in the internal politics of other countries because no country in the world is perfect.

Do what my family does: stay away from the US. We will not travel there as long as Mr Trump is in power.

Tanya Milbourne, Abu Dhabi

Steps to prevent Type 2 diabetes

Concerning the shocking rise in diabetes (UAE diabetes cases have risen by 35 per cent since 2014, experts say, November 13), there are several steps that we can all take to prevent this disease.

Type 2 diabetes develops primarily because of poor diet and over eating.

Here are some easy steps that everyone can try to help prevent diabetes. Eat only when you are hungry.

Don't drink liquid 30 mins before and after and during the meal. Chew your food 25 times or more before swallowing.

It is also critical to monitor sugar levels by curbing your consumption of sugary drinks and snacks.

John Richardson, Dubai

Saving money is about discipline

Many people are unable to save money, as you state in your recent report on money (Having trouble saving money in the UAE? Try zero sum budgeting and 'spend' every dirham, November 13). A person can only save if there is extra to save from.

When a person earns a small salary, there is no room for saving. The only other option would be to eat less, use less water and perhaps even sit in the dark at night but that is not an option for most.

Kristina Margit, Abu Dhabi

The points laid out in the article are what people have been doing for centuries to save money.

There is no need to reinvent the wheel when it comes to personal finance. One of the major issues that affects this country and most other industrialised nations is excess consumption. If we were all to curb our desire for new gadgets and clothing, it would be much easier for families to save. It is not difficult to see the source of the saving problem. The hard part is having the personal discipline to save.

Name withheld by request

This should be no different from budgeting. Savings need to be part of the budget and not an afterthought.

Chris Reid, Dubai

Give Trump a chance to lead

With regards to the US presidential election, I think former Democratic candidate for president Bernie Sanders lied when he appeared on Face The Nation last week. Mr Sanders said the Democratic Party was out of touch.

Establishment insiders and members of the media are trying to make the Republican president-elect Donald Trump a new version of current president Barack Obama. A president who does not deliver on campaign promises.

We have no idea what will happen when Mr Trump takes office but it is clear that politicians already want to see him fail.

Name withheld by request

Great balls of fire in the UAE

I wasn't surprised by the recent meteor news (UAE detection stations fully operational after meteor hits Abu Dhabi, November 13). I was camping in the Abu Dhabi desert, capturing images for a time-lapse and managed to capture a few of these bright fireballs.