



www.NigerianBulletin.com 18/2/2017

WEEKLY

Kidney Damage: 10 Warning Signs You Should Not Ignore

Money: Top 5 Cities To Do Business In Nigeria

Donald Trump: The Emperor's New Clothes



The Week: Top 7 News Headlines

How Smartphone Addiction Damages Your Health

My Wife Is Sleeping With Her Boss To Pay Our Bills

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The Emperor's New Clothes

Christian Andersen's famed tale, "The Emperor's New Clothes," published more than a thousand years ago is evergreen. It paints a picture which illustrates how the human mind can be manipulated into thinking and believing in fallacies, a quality which makes the story a classic.

This tale tells of a very powerful Emperor who struts about in what he called his new clothes but was actually naked. One astonishing thing is that the Emperor was so feared that anyone who pointed out the obvious was labeled stupid and incompetent by his sycophants. So everybody kept mum and admired the Emperor's new clothes.

This situation is currently what's happening at the White House in Washington DC. An astute businessman, President Donald Trump preyed on intrinsic human emotions to rise to power. He divided America along many lines, promised to deport immigrants and proclaimed to "make America great again," a slogan which is now the watchword of violent xenophobic extremists.

This fear, that foreigners, or strange looking people have come into your own house to take all your valuables was what led Britain to vote BREXIT. It is what opportunistic people prey on to be chosen as leaders. Hitler utilized it to lead Germany into one of its darkest point in its history and it is what France's Marie Le Pen is banking on to push her to France's number one spot. Russia's Vladimir Putin also supports to this rule and it's the same feeling that makes South Africans kill foreigners amongst them.

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Kidney Damage: 10 Warning Signs You Should Not Ignore



The kidneys are vital organs that perform certain key functions without which it becomes practically impossible for the body to thrive. Some of the fundamental roles the kidneys play involve excretion of nitrogenous waste products and toxins from the body system; maintenance of fluid and electrolyte balance; synthesis of erythropoietin to drive red blood cell production and regulation of Blood Pressure.

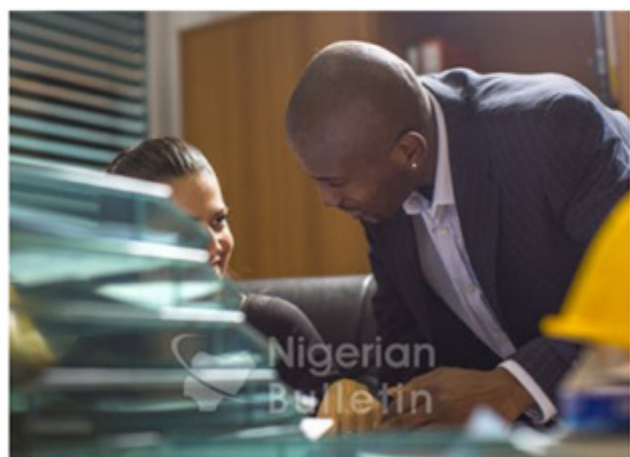
From the aforementioned, it is obvious that failure of both kidneys has grave implications for the affected

individual. But do the kidneys have to fail before medical help and intervention is sought? The answer is NO.

Discussed below are some of the warning or alarm signs that may point to failing kidneys, necessitating an urgent visit to your doctor for proper evaluation and management.

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My Wife Is Sleeping With Her Boss To Pay Our Bills



My name is Felix and I have a problem that is only getting worse as time goes by. My wife Mary and I are both in our thirties and have been married for five years. We have two children and are very happy together. I graduated from one of the top schools in Nigeria and was just starting my engineering career when I was involved in a car accident that took away my ability to do my job. When my firm let me go, I decided to start my own business.

After a couple of years of being in business, I am still struggling and barely breaking even. Throughout all of this,

my wife has maintained her job and she has even been able to bring in more money to help support my business, pay the rent on our home, and pay for schooling for our children. Without my wife's job, our family would be homeless.

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The Week: Top 8 News Headlines

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[Trump Telephones Buhari, Invites Him To White House](#)

[Buhari Has Shortchanged Ndigbo, I Regret My Role In 2015 Elections](#)

[Okorocha Saraki, Dogara, Others Visit Buhari in UK](#)

[Biafra To Declare Independence March 15](#)

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Jobs in Nigeria

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Pfizer - Good health is vital to all of us, and finding sustainable solutions to the most pressing health care challenges of our world cannot wait. That's why we at Pfizer are committed to applying science and our global resources to improve health and well-being at every stage of life.

[Vacancy: Customer Service Executive, Branch Admin Officers and Client Relationship Officers](#)

The Nigerian Stock Exchange (NSE) services the largest economy in Africa, and is championing the development of Africa's financial markets. It is an open, professional and vibrant exchange, connecting Nigeria, Africa and the world.

[Vacancy: 2017 Graduate Trainee Recruitment](#)

Fidelity Bank, also known as Fidelity Bank Plc., is a commercial bank in Nigeria. It is licensed as a commercial bank, by the Central Bank of Nigeria, the central bank and national banking regulator

[Vacancy: Graduate Medical Representatives](#)

GlaxoSmithKline (GSK), one of the world's leading research based pharmaceutical and healthcare companies, is committed to improving the quality of human life by enabling people to do more, feel better and live longer. GSK employs over 97,000 employees in over 100 countries worldwide.



In the world generally, it is statistically proven that only 10 percent of business survive after ten years of creating them; and part of the reasons why 90 percent of businesses created pack off before ten years of creating them has to do with the location of such businesses.

LAGOS

Nigeria's centre of excellence and commercial hub claims the number one spot when it comes to business location in Nigeria. Lagos has a population of 20 million inhabitants, as such, it offers a vast market for any business an entrepreneur has in mind to locate.

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5 Ways To Use Social Media To Find Your Next Job



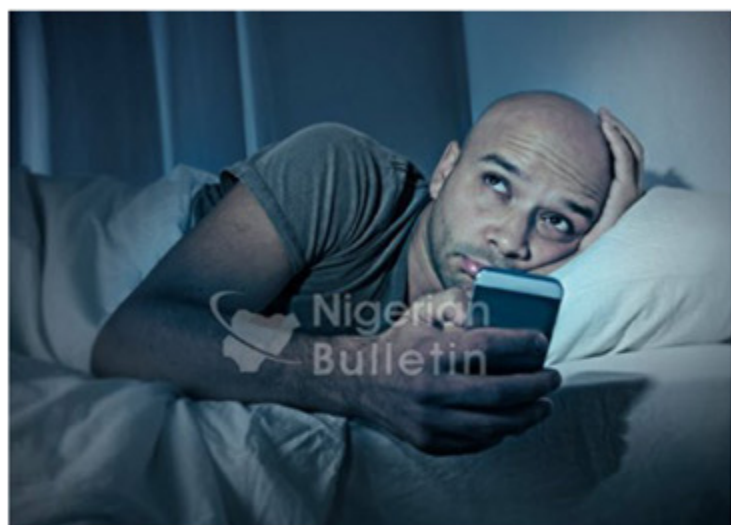
Whether you are looking to advance your career or you need to find a new job, you want to use all of the tools at your disposal to maximize your job hunt. As a job hunter, you see millions of people on social media every day and you are just chomping at the bit to reach out and find all of the potential employers in that group. But how do you do it? As a World Report points out, there is more to job hunting on social media than just logging in and looking around. Here are five ways you can maximize the social media for your career move.

Make Yourself Accessible On The Social Networks

Facebook, Twitter and LinkedIn all offer the ability to create very comprehensive profiles that can include all of your pertinent job hunting information. For example, if you are a civil engineer, then be sure to include that in your Facebook profile and your name will appear in Facebook searches that have to do with civil engineers.

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How Smartphone Addiction Damages Your Health



Especially for youths, smartphone addiction is very real. Several survey and research have been carried out on the addictive use of smartphones by young people – who spend more time, and can't do without their phones. So what makes us so eager to play with our phones instead of engaging in real life? Experts say our brains get a hit of dopamine and serotonin – the chemicals linked to happiness – when our phones beep or ring. These are the same chemicals that give drug users their 'high'! Smartphone addiction exists, and just like with other addictive substances, withdrawal can be long and painful and come with complications, some of which are:

- 1. Nerve Damage:** Smartphones don't just affect your health on a day-to-day basis – they may also cause long term, incurable side effects. Like occipital neuralgia – a neurological condition where the nerves that run from the top of the spinal cord up through the scalp become compressed or inflamed. This condition causes symptoms similar to those you'd experience with a severe headache or migraine.
- 2. Anxiety & Depression:** Spending so much time staring at a screen can lead to anxiety and even depression as people expect constant updates and interaction from friends, and worry when these aren't received. For every minute you're fondling with your phone, you're missing out on a minute of exercise, of cooking healthy meals, of real-life human interaction – all of which are important for good mental health.

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OVERVIEW

Meet Pixel, Phone by Google.

WATCH NOW



Nigeria-In-Dependence A Poem by Ayokunle Adeleye

Nigeria. Nigeria. Malaria. Pneumonia
Boko. Haram. Jona. Athan
Nigeria. Nigeria. Thieves in Power
'Herein is a Country! ' Proclaimed
Lugard

Nurtured. Able-bodied. Now mature
Yet. Abroad. Her offspring seek manure
They hop on planes, even hide beneath
them
All, in search of the greener pasture

Northern. Haram. Southern. Militants
Central. Theft. Abuja. Massacre
Europe. China. They borrow galore
Indebted nation! Ravened future

The cries. Can one hear easily.
Responsibilities abandoned
As it dries. Can one see. Milky resources
squandered
Noses like our gases, are flared for oil
Mouths, like our water are polluted
with oils.

Ministries-Decaying. Military-Wailing.
Souls. Scarce
Kidnappers-Ransom. Politics-Faction.
Land. Scarred
ASUU-Striking. President, delegates,
New-Yorking
'Nigeria the Great! ' Obama mocking?

Nigeria. Nigeria. Behold. The Nation
Now held. Together by. Fragile. Threads
Census-Disrepute. 2015-Dispute.
Armageddon is foretold
The threads to razor! Politicians hold

Sit in the Square. Gold I-pads share.
Have fun
Spend millions. Send billions. Tend to be
all that is done
Alliances shear, amidst laughs and
cheers
Plots, tier as apart Nigeria tears!

(God. Forbid!)

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