



# THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION



SATURDAY, OCTOBER 16, 2021

SAVING THE DATE

## GOLDFISH GENERATION

A term that started last year because of an increased dependency on smartphones, 'goldfish generation' refers to the group of people who have grown up with smartphones and other technology and have a poor memory and attention span as a result. It stems from the fact that the attention span of a goldfish is famously limited – it's nine seconds. In an article in the 'Irish Examiner' said: "As a result of using smartphones, it's feared, both our memories and our concentration are weaker ... We have become, it seems, the goldfish generation... And it's not just adults we should be worried about – there's growing concern about the impact of smart devices on our kids' brains, concentration levels, and memory capacity too."

Apparently, flitting from one item to another online has reduced our attention spans to eight seconds. But according to a study by Microsoft, the average human being now has an attention span of eight seconds, down from the not very impressive 12 seconds of the year 2000. Because of the internet and social media, the average office worker will check their email inbox 30 times every hour (yes, every two minutes) and will pick up their phones 1,500 times per week, amounting to three hours and 16 minutes a day. Social media platforms, such as Facebook, Twitter, Instagram, YouTube, WhatsApp, and Facebook Messenger, are keeping 3.196bn of us busy daily (and nightly). We spend an average of two hours and 22 minutes socialising online each day, most of it on these six platforms.

People who are online an average of five hours a day have trouble remembering people's names. Memory experts don't support the claim though. Dr Sabina Brennan, a memory expert and professor in Trinity College, Dublin: "Yes, modern technology including smartphones with their capacity for storing our memories will shape our brains. However, in terms of fears about the emergence of a 'goldfish generation', while there is 'observational knowledge' of decline in attention spans, definitive scientific evidence underpinning this theory is not there."

FOOD



## ANCIENT IS THE LATEST

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### BACK WITH A BANG

We are waking up to the goodness of alternative and sprouted grains now, but our ancestors knew better. Barley was the food for gladiators and the Roman army since it was nutritionally dense and packed to the brim with fibre. Similarly, acai berry was used by Amazonian tribes to prevent and cure various ailments. "What is ancient today was trendy once. What made it trendy back then was the need of that time, the lifestyle of people in those days," says chef Vikramjit Roy. "It is natural for these patterns to resurface."

### 'GO TO' GRAINS

Ancient grains are often the 'go to' grains when people want to eliminate gluten (gluten features among the top 5 allergens in the world) from their diets. Quinoa, often referred to as 'mother of all grains', is gluten-free and packed with complex carbohydrates. It contains all the 9 essential amino acids needed by the human body. Amaranth was and is a nutritional powerhouse in Africa, Indian and South America. A complete protein, it has calcium, magnesium, potassium, and iron.

### BACK TO BASICS

1. Sitting cross-legged on the floor while eating pacifies the mind, reduces stress and aligns the body better for eating and digesting food. 2. Cook and eat fresh. Leftovers accumulate 'ama' (toxins). 3. In ancient Rome, dinner was taken late in the afternoon or when the sun started going down. The simple reason was that the earlier you have your food, the more time the body gets to digest it. 4. According to Ayurveda, when we put food in our mouth through our hand, the five fingers together form a mudra which activates the sensory organs that keep prana in balance.

### OLDEN WAYS

We are using more ghee and coconut oil. We are trying out hemp milk and turmeric, and we are finding comfort in grandma's warming spices. 'Ancient food practices are healthy. Things like slow cooking, using cast iron utensils, dry roasting and steaming food wrapped in leaves should come back for the sheer nutrition and variety they bring to the dinner table,' says food blogger Sangeeta Khanna.

### #GOALS

## Humble Billionai₹e\$

Elon Musk recently took a dig at Jeff Bezos when he replied to Bezos' tweet with a silver-medal emoji. This, because Musk came first in the "world's most wealthiest person" race. Both Bezos and Musk are known for their flamboyance. However, not all super rich are lavish spenders, few show the world that their achievement is not defined by status symbols

### AZIM PREMJI

CHAIRMAN, WIPRO

Premji often takes a three-wheel auto rickshaw to and from the airport. His net worth is \$20.5 billion, still he keeps a tight rein on employees at Wipro headquarters by demanding that staff conserve essentials such as toilet paper and electricity. But perhaps most impressive is that Premji is listed fifth on the list of those who have given the greatest sums of money to charity in the world, his personal contribution at over \$8 billion.

### INGVAR KAMPRAD

FOUNDER, IKEA

Kamprad has a net worth of \$3.4 billion. According to a 2006 Reuters article, he flies only economy class and drives a 1993 Volvo 240. Aside from that, he prefers to take the bus from time to time. He reportedly recycles tea bags.

### DAVID CHERITON

STANFORD PROFESSOR

An early investor of Google, this unassuming professor is worth \$3.6 billion, but he has refused to let wealth change his attitude. He prefers driving his 2012 Honda Odyssey and lives in a relatively modest house. He said: "These people who build houses with 13 bathrooms and so on, there's something wrong with them."



### WARREN BUFFETT

CHAIRMAN AND CEO, BERKSHIRE HATHAWAY

His net worth is \$66.7 billion but he still lives in the 50-year old home he paid \$31,500 for in Omaha, Nebraska. He drives a Cadillac DTS which costs only \$45,000. Buffett is also known for being generous to various charitable institutions.

### AMANCIO ORTEGA

FOUNDER, ZARA

With a net worth of \$70.7 billion, he is the richest man in Spain according to Forbes. He lives in a modest apartment and dresses like your average businessman. He eats lunch at the same coffee shop every day with his employees in the Zara cafeteria.

### TIM COOK

CEO, APPLE

It's unclear what Mr Cook's net worth is, but he made \$378 million in 2011 alone, and lives rather humbly. He wakes up every morning before 4 am, spends an hour on email, then goes to the gym, then heads to work. In the book 'Inside Apple', he was quoted as saying, "I like to be reminded of where I came from, and putting myself in modest surroundings helps me do that. Money is not a motivator for me."



AMANCIO ORTEGA

TIM COOK

CEO, APPLE



DAVID CHERITON

STANFORD PROFESSOR

On Oct 16, 1950, the first book in 'The Chronicles of Narnia' series - 'The Lion, the Witch and the Wardrobe' came out. Here's your ticket to...

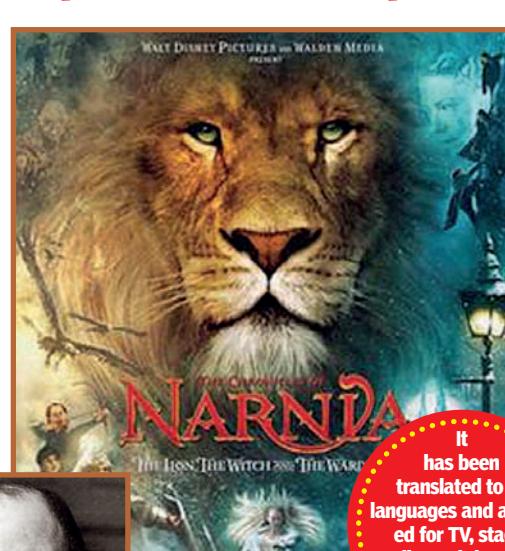
### Lewis came up with the idea when he was 16

When the first book came out, Lewis was 52-year-old, but the original inspiration for the story came when he was just 16. Lewis often found himself imagining "a faun carrying an umbrella and parcels in a snowy wood." According to his short essay 'It All Began With A Picture', the image continued to come to him until, at age 40, he said to himself, "Let's try to make a story about it." It took 10 more years to finish.

### He burned an early version

The first draft had children named Ann, Martin, Rose, and Peter. When he showed the story to his friends and colleagues, however, the reaction was consistently negative, so he burned it and started over. He later stated that the missing ingredient was Aslan: as soon as he added the lion to the story, everything fell into place.

## ENTER THE WORLD OF NARNIA



It has been translated to 47 languages and adapted for TV, stage, radio, and the silver screen



CS Lewis  
There's a conjecture that the Narnia book is a Christian allegory. But Lewis said the book is a "supposal," as in: "Suppose there were a Narnia world and it, like ours, needed redemption. What kind of incarnation and Passion might Christ be supposed to undergo there?" Aslan is supposed to be Christ

### Many characters are based on real

The Pevensie children were based on actual children. In 1939, three girls, Margaret, Mary, and Katherine, were evacuated from London because of anticipated bombings and sent to live with Lewis in the countryside for a short time. They are said to be the inspiration behind the four children in

the story. Lewis himself can be seen as the basis for Professor, Digory Kirke. Lucy is based on Lucy Barfield, Lewis's goddaughter and the daughter of Owen Barfield, British philosopher. She was 4 years old when he started the book and 14 when he finished it.

Narnia draws on Greek, Roman, and Norse mythology, Irish and British fairy tales, Germanic folklore, and Arthurian romance, just to name a few. Even Santa Claus makes an appearance

### Lewis and JRR Tolkien were in a writing group

While both writers were working on fantasy novels, they met every Monday morning to talk about writing. Others started to join them, and soon the group swelled to 19 men.

In 1949, Lewis read a completed manuscript to Tolkien and was surprised by his negative reaction. There's much speculation as to why he disliked the book. Some say it's because Tolkien didn't like how Lewis mixed different mythologies together. Another theory is that Tolkien was threatened by the speed with which Lewis assembled his world.

## PERSON OF INTEREST

### Happy Birthday OSCAR WILDE

Oct 16 is the birthday of the celebrated writer. Besides his writing, he is remembered for his wit and his memorable quotes. Here's a refresher course...

"Man is least himself when he talks in his own person. Give him a mask, and he will tell the truth."

"I can resist everything except temptation."

"A man's face is his autobiography. A woman's face is her work of fiction."

"True friends stab you in the front."

"Always forgive your enemies; nothing annoys them so much."

"Art is the most intense mode of individualism that the world has known."

"I have the simplest of tastes. I am always satisfied with the best."

"I am so clever that sometimes I don't understand a single word of what I am saying."

"Be yourself; everyone else is already taken."

"There is only one thing in the world worse than being talked about, and that is not being talked about."

"To live is the rarest thing in the world. Most people exist, that is all."

"You can never be overdressed or overeducated."

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart."

— Nelson Mandela

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PICS: ISTOCK



## LEARNING LANGUAGE With Movies

From immersing yourself in 19th Century Britain to experiencing life in suburban California, movies give you a chance to live the language as it's spoken in real life.

Textbooks are great for learning vocabulary or grammar, but nothing is better than listening to real native English. By watching British and American films, you can listen to native English actors speaking the language in a natural way. Not only will watching movies get you familiar with different accents, you'll also get an incredible insight into English-speaking culture from around the world. In this article, we focus on how watching British English

movies can hone your language speaking and writing skills.

**Listening and comprehension skills:** The visual element of film makes it easier for language learners to comprehend dialogue and follow the action. You may feel as if you're sitting back, relaxing, and watching a film, but the whole time your brain is soaking up the new sounds of the English language.

**Authentic accents:** British films present you with a wide range of accents and British dialects. A London accent is very different to a Scottish accent, a Welsh accent. Birmingham, Liverpool, Newcastle, Glasgow – all have their own sounds and pronunciations.

**Live Context:** When you learn a word, it can be difficult to remember what it means or how to

use it. In films, words are used as part of a story and this context helps you to learn and remember them more effectively.

**Pronunciation:** Playing back films allows you to quickly and easily compare your own pronunciation with that of native English speakers.

**Explore Culture:** You can learn about the culture behind the language when you watch movies in English. Language and culture are closely connected. Why not study both at the same time?

A London accent is very different to a Scottish accent, a Welsh accent. Birmingham, Liverpool, Newcastle, Glasgow – all have their own sounds and pronunciations



## HOW DID LANGUAGE EVOLVE?

Let's learn some fun facts about the history and evolution of languages

### 1. Language is thought to have originated circa 100,000 BC.

The question of how old language is still being debated. Nevertheless, most linguists agree that it began around the time when modern humans (*homo sapiens*) evolved in Africa with modern skull

shapes and vocal cords. With the proper tools in place – skull size, brain, and voice box – language evolved.

Some anthropologists even speculate that language could have developed before the physiological development of modern brains and larynges, but 100,000 BC is a good starting point.

calls and animal noises. Or human communication may have started with the emanation of involuntary sounds: distress sounds from pain or surprise, or wails of sadness, or cheers of joy or triumph.

### 2. Language developed to strengthen social ties among our ancestors.

A study of macaque monkeys supports the idea that languages may have evolved to replace grooming as a better way of forging interpersonal bonds. Two other theories posit is that our ancestors began to develop language by imitating natural sounds, like bird calls and animal noises. Or human communication may have started with the emanation of involuntary sounds: distress sounds from pain or surprise, or wails of sadness, or cheers of joy or triumph.

### 3. The oldest known languages include Sanskrit, Sumerian, Hebrew, and Basque.

But, the only reason we really know this is because there is a written record of those languages. "What is the oldest language?" can never fully be

answered, as it doesn't take spoken languages with oral traditions into consideration.

### 4. The English language has a long and interesting history. Here's a quick history of the English language periods:

#### OLD ENGLISH

The English language came to Britain between the 5th – 7th century A.D., it's a West Germanic language which was brought over by Anglo-Saxon settlers.

#### MIDDLE ENGLISH

Following the Old English period, was the Middle English period which dates from 11th century (when the Norman's invaded Britain) to the 15th century.

#### EARLY MODERN ENGLISH

This is the language that was used by Shakespeare, dating from around 1500. The Early Modern English period brought a change in pronunciation of words with long vowels.

#### MODERN ENGLISH

The Modern English period is dated from the late 17th century; this is the English that we speak today!

## INSPIRATIONAL PROVERBS TO REFLECT ON

Proverbs speak of simple truths we can all reflect on. They may just be words but they can help us acknowledge, accept, and understand certain matters in life. They can also inspire, embolden, and give us hope. Here are a few...

1 A slip of the foot may soon be recovered; but that of the tongue perhaps never.  
— Danish Proverb

2 Take care of your pennies and your dollars will take care of themselves.  
— Scottish Proverb

3 Vision without action is a daydream. Action without vision is a nightmare.  
— Japanese Proverb

4 Don't count your chickens before they're hatched.  
— English Proverb

5 Wise men learn from other men's mistakes, fools by their own.  
— Italian Proverb

6 Give a man a fish and you can feed him for a day. Teach a man to fish and you feed him for a lifetime.  
— Chinese Proverb

7 Those who get lost on the way to school will never find their way through life.  
— German Proverb

8 A wise man makes his own decisions, an ignorant man follows public opinion.  
— Chinese Proverb

9 A chain is only as strong as its weakest link.  
— English proverb

10 A journey of a thousand miles begins with a single step.  
— English proverb



## TECH TALK

Some cool tech buzzwords you should know

### 1. Fakersation

A conversation that is faked for the sake of removing yourself from an unpleasant or awkward situation.

### 2. Moodle

An open source learning platform that is distributed freely, it primarily helps assist with e-learning

### 3. Breadcrumbs

An option in a site that shows you where are in relation to the site itself. A tool that makes navigation easy.

### 4. Hoot

A method of crowdsourcing locals to get tips on the best places to go.

### 5. Flaming

Similar to trolling, flaming is

the act of posting offensive and insulting comments. This can be intentional or unintentional.

### 6. Chatbots

Chatbots are computer programs which conduct "human like" conversations with users, typically via text. They are typically used in Instant Messaging applications



## Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on [tointie175@gmail.com](mailto:tointie175@gmail.com)