



# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**STUDENT EDITION**  
SATURDAY, FEBRUARY 13, 2021

**GOOD TO KNOW**  
**Types of SCHOOL BAGS**  
Can you make a style statement with your school bag? Here are different styles to pick from

**CLICK HERE: PAGE 1 AND 2**

RETHINK

## WHY YOU MUST PUT YOUR PHONE DOWN

The bright side of keeping distance from your smartphone

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### 1. IT STRENGTHENS RELATIONSHIPS

An act actually meant to connect you with another person is ironically distancing you with those around you. Phubbing, defined as the practice of ignoring your current social company to text/surf on your phone, is understood to actually harm relationships. It is considered really bad for our mental health since it threatens our sense of belonging, self-esteem, making us feel excluded. And phubbing doesn't just affect the person being phubbed. It affects the phubber, too. A study found phubbers who used their phones during a meal with friends or family enjoyed their meal less

### 2. MAKES YOU SMARTER

It has been seen that smartphones are contributing to more and more people becoming 'lazy thinkers'. In the earlier days, birthdays, their schedules for the day, and other important information/tasks. But now, almost everyone is dependent on their phones to take care of this. Also, all information is available so easily in seconds, whenever needed, so people tend to show less interest in learning and knowing things in advance.

**A study by Murdoch University in Perth found that late-night text messaging and browsing could also reduce the quality of sleep, resulting in depressive moods and lower levels of self-esteem**

### 3. HELPS YOU RELAX

We are so dependent on our phones that it almost feels like an extension of our bodies, or an extra limb. And anxiety is natural when the phone is not around or the battery is dipping low. Also, notifications from WhatsApp, email, Instagram, twitter, Facebook, Snapchat, news alerts make us jump from screen to screen, causing an information overload. The result of this is a scattered brain, poor attention and concentration.

### 4. SAVES YOUR SPINE

Continuous use of smartphones can lead to various problems, ranging from chronic cervical sprain and tennis elbow and sometimes trigger thumb and carpal tunnel syndrome. All these may occur due to excessive usage of the smartphones in a single posture, so what you need to do is not continuously bend and look down at the phone but keep the gadget at eye level. The

constant slouching linked to poor sitting posture or smartphone use can lead to loss of the natural curve of the neck, according to a new study in Surgical Technology International. While texting with your head bent over your smartphone won't hurt you in the short run, over the long term it will. Most of us spend an average of two to four hours a day with our heads tilted over smartphones, tablets, or laptops, the study author's estimate. Cumulatively this is 700 to 1400 hours a year of excess stresses on the cervical spine.

—Inspired from Bhakti Thakkar Bauva, consultant clinical psychologist and Dr Tejas D Upasani, orthopaedic and joint replacement surgeon



Pics: Istock



**Utilitarian Backpack**  
One of the most practical picks, they're always a decent size and have multiple compartments. A school backpack is now available in a range of colours and it's usually the most comfortable option to carry.



**Messenger Bag**  
Traditionally known as a bookbag, these types of bags tend to be large and rectangular to be able to fit in A4 textbooks and even a laptop. It usually has a long strap that allows you to wear it cross body.



**Duffle Bag**  
A duffle bag is more sensible than stylish. But there are now cool duffles also available. They tend to be large and can either be boxy or barrel-shaped but mostly the latter.

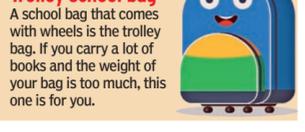
**Finding What Works:** Before picking a new bag, shop for the one that suits your personal taste, needs, activities and school life



**Weekender Bag**  
It may not be an often used school bag but a weekender is best for school trips, students who have taken up sports and need to carry equipment. Often made from leather and very sturdy, it can compete with the duffle bag and is easier to arrange.



**Backpack Purse**  
If you're a trend follower and love to showcase the latest arm candy, the backpack purse is it. It's a trendy purse but with two straps so that you can wear it on your back.



**Trolley school bag**  
A school bag that comes with wheels is the trolley bag. If you carry a lot of books and the weight of your bag is too much, this one is for you.

## Tricks to manage bad HAIR DAYS

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**PERK UP YOUR PONY**  
Turn up your ponytail by doubling or tripling up on hair bands. The extra fabric will prop your hair up and give a fuller bouncier effect. You can do this on days you haven't had the time to wash and condition your mane.

### CONDITIONER FIRST FOR OILY SCALPS

If your hair is greasy, skip the "first shampoo and then conditioner" routine and do the opposite. Using conditioner first will give hydration to your hair and following it with shampoo will wash away the last traces of grease and prevent hair from becoming limp after a few hours.

**BIG TIP:** A quick-fix for oily hair is to dab a bit of talcum powder to the roots of your hair to blot away the grease. And stay away from hair serums that add "shine" to hair as they usually have oils that will make your hair greasier. The "shine" serums work for dry hair but makes oily hair look flat and un-bouncy.

**MANAGE TANGLES**  
Get a wide-tooth comb and not a hairbrush. The ones made with wood are especially good.  
**BIG TIP:** Using an ultra-hydrating hair conditioner also helps in reducing risk of tangles. So, invest in a good conditioner (formulated with almond oil, coconut oil, avocado, macadamia oil). And do make sure you comb your hair well and have it tangle-free before your hair wash time.

**NO TEXTURE?**  
Create some with the help of a toothbrush. Yes, the tiny bristles on a toothbrush are great for adding enough texture to braids and updos. Just move the toothbrush in little circles (do it gently) and see stylish fuzzi transform your hair from mundane to manageable and stylish.

**MINIMISE CHEMICALS**  
Young age is a great time to experiment with your hair. However, do understand that excessive heating treatments like straightening and perming are bad for hair and will eventually lead to bad hair days. Overall, embrace your hair type - straight, wavy or curly - and keep it healthy by eating enough green veggies, colourful fruits, having tons of water, getting regular exercise and staying stress free.

## A lot like love

This Valentine's Day, nurture your relationships with advice from celebs

**Work on yourself WILL SMITH, ACTOR**  
Speaking to 'Entertainment Tonight' in 2015, Smith explained how he and his wife, Jada Pinkett Smith, had made it work for nearly 20 years. "If there is a secret I would say is that we never went into working in our relationship. We only ever worked on ourselves individually, and then presented ourselves to one another better than we were previously."

**Be independent BEYONCE, SINGER**  
In an interview with 'GQ' in 2013, Beyonce said, "I was independent before I met my husband. I've seen, growing up, when a woman or a man in a relationship, it doesn't matter which one, doesn't feel confident, they feel a bit trapped. Your self-worth is determined by you. You don't have to depend on someone telling you who you are."

## PLANNED OBSOLESCENCE

In economics and industrial design, planned obsolescence (also called built-in obsolescence or premature obsolescence) is a policy of planning or designing a product with an artificially limited useful life or a purposely frail design. It's done so that it becomes obsolete after a certain pre-determined period of time. It could stop working with no new updates, might slow down, cease to function or is just perceived as unfashionable. It started with car companies and then later was adopted as a practice by electronics and tech companies. It's back in news as European Union is looking to grant the citizens the right to repair something that has been in the works in the US and Europe since 2015. Now, across Europe, legislation is pushing back against a waste-based economy and giving citizens the right to repair what they've bought.

## #GOALS Career before love LADY GAGA, SINGER/ACTOR

In a 2010 interview with 'Cosmopolitan' the singer said: "Some women choose to follow men, and some women choose to follow their dreams. If you're wondering which way to go, remember that your career will never wake up and tell you that it doesn't love you anymore."

## Always listen MERYL STREEP, ACTOR

Talking to 'New Zealand Women's Weekly' Meryl Streep said: "You have to talk about all the issues that arise, even the smallest things. You have to listen to your partner's problems, suggestions, and advice, and accept that you're not always right. Conversation is the key."



## SELF-CARE The gift of self-love

**Celebrate the Valentine month by gifting yourself some self-care**

**EAT SMART**  
Instead of overloading your system, take care of yourself by eating at home most of the week, and practicing portion control when you're out. Nourish yourself with good quality carbs (including vegetables and fruit), protein (lean meats, quinoa, dal, egg and seafood) and unsaturated fats so that you get your daily dose of vitamins and minerals. And avoid things that come in boxes, packets or tins.

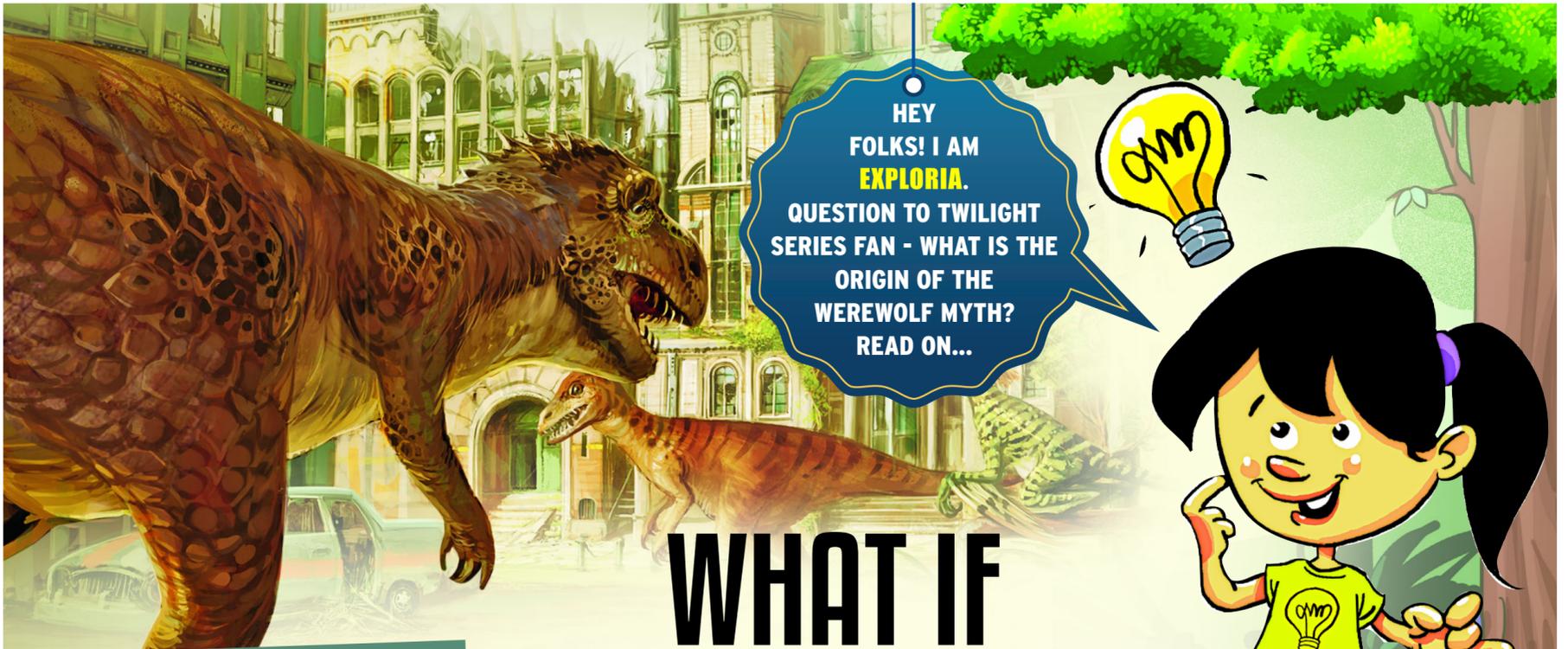
**HYDRATE WELL**  
Hydrate your life by drinking water because it helps in your daily functioning of your body, which helps in maintaining its equilibrium. Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently.

**EAT FREQUENTLY**  
Boost your metabolism by eating small meals every two hours. Did you know that apart from walking, jogging or even breathing, digestion is a calorie-burning activity? By breaking up four main meals (breakfast, lunch, teatime snack, dinner) into eight small meals (two hours apart), your body burns some of the calories as you eat them.

**MOVE IT**  
Exercise is one of the best ways to show yourself you care. Try exercising for an hour a day: walking, jogging, or even aerobic dance, coupled with lightweight training. You could break up the hour into 20 or 30-minute blocks in the day.

**GET ANTIOXIDANTS**  
You can do this by drinking a glass of vegetable juice every day. Blend three different raw vegetables in a mixer (not a juicer), add half the pulp to a glass, top with water and season. Drink immediately to enjoy a whole host of wonderful antioxidants that flush out your system of toxins. You'd be doing your body - and your life - a great service.





HEY  
FOLKS! I AM  
EXPLORIA.  
QUESTION TO TWILIGHT  
SERIES FAN - WHAT IS THE  
ORIGIN OF THE  
WEREWOLF MYTH?  
READ ON...



ILLUSTRATION: ARYA PRAHARAJ

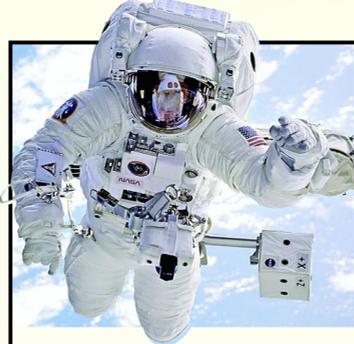
# WHAT IF DINOSAURS WERE ALIVE TODAY?

Well, technically, many scientists will argue that dinosaurs are alive in modern times. In fact, you probably see them every day since birds are believed to have descended from dinosaurs. As you know, dinosaurs died millions of years ago, possibly on account of a giant comet hitting the Earth and dramatically altering the planet's atmosphere and causing the giant lizards to go extinct. But what if that giant asteroid had missed Earth? Phil Currie, from the University of Alberta in Canada says, "We wouldn't have the modern animals that we're used to. Giraffes and elephants and so on; they just wouldn't have evolved because dinosaurs would still be here." Instead of elephants, there would be large plant-devouring sauropods. In place of lions on the plains of Africa there would be tyrannosaurs. A world with dinosaurs in it would be at the expense of most, if not all, of the mammals that we are familiar with today — and all that we rely on them for. No cats, no cows, no sheep, so no milk, no leather, no wool, no domestic companionship. But what about us humans? If the asteroid had missed Earth, there probably wouldn't be humans here today either to find out how it would have turned out, says scientists. Researchers have speculated that intelligent "dinosaurs" might have evolved in our place, based on the relatively large brain size of late-emerging troodontid species, which were bird-like predators.



## DID COMETS MAKE LIFE ON EARTH POSSIBLE?

A growing cadre of scientists believes the organic material needed to create life may not have been produced on Earth, but was instead brought here by comets. The newly-formed Earth was most likely subjected to a fierce bombardment of comets four billion years ago. These comets may have brought with them the organic compounds that later evolved into living matter. According to the most radical theory, known as "panspermia," life in a ready-made form is ubiquitous in the galaxy and is brought by comets to new planets. However, few scientists subscribe to this hypothesis. But comets/asteroids are of huge academic interest. On November 12, 2014, ESA's Rosetta mission soft-landed its Philae probe on comet 67P/Churyumov-Gerasimenko, the first time in history that such an extraordinary feat has been achieved. The purpose of the mission was to study complex organic compounds believed to be the harbingers of life on Earth.

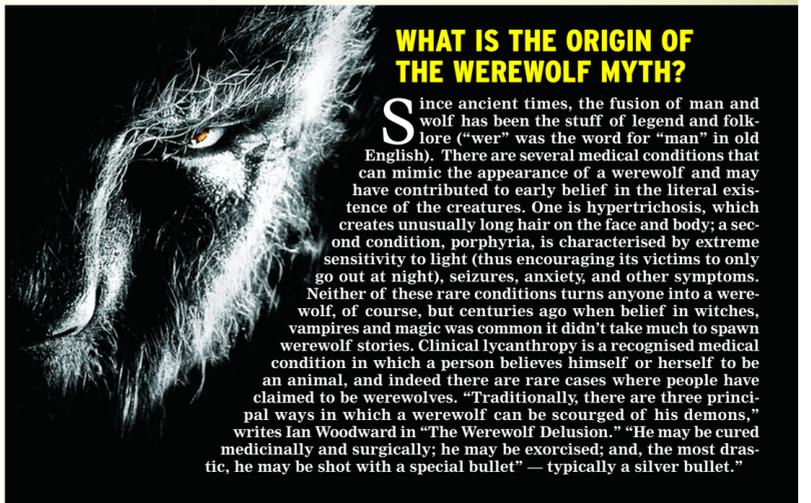
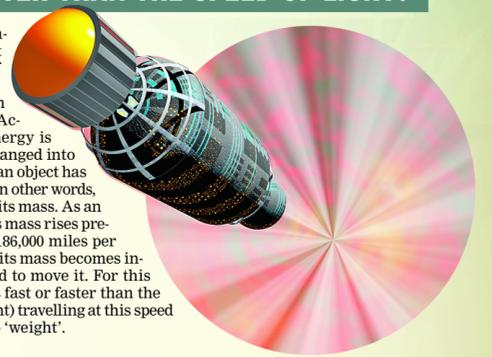


## DO NATIONAL SPACE AGENCIES SHARE INFORMATION WITH EACH OTHER?

Yes, after the Space Race of the 20th century (1955-1972) between the two Cold War rivals, the Soviet Union and the United States — for supremacy in spaceflight capability — the approach to space exploration changed. Nowadays almost all information is shared. This is for a number of reasons, the main one being cost. It is very expensive to send missions to do the same thing, it is much more cost efficient to send one and share the results. This also means that expertise can be pulled in from across the globe to design missions and analyse test results. For example, the ISS (International Space Station) programme is a joint project among five participating space agencies. So why do space agencies launch similar exploration missions? There could be a number of reasons, including national pride, proving technological capability, validating data among and so on. One of the payloads of the Indian Mars mission seeks to validate the data about presence of methane on Mars as shown by an earlier mission.

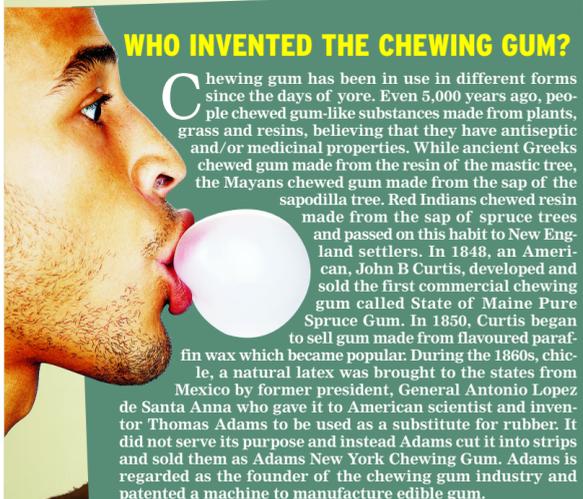
## CAN WE TRAVEL FASTER THAN THE SPEED OF LIGHT?

Einstein's theory of special relativity rightly states that we can't travel faster than the speed of light. Remember the scientist's famous equation,  $E = mc^2$ , where E is energy, m is mass and c is the speed of light? According to this equation, mass and energy is the same physical entity and can be changed into each other. Because of this, the energy an object has due to its motion will increase its mass. In other words, the faster an object moves, the greater its mass. As an object approaches the speed of light, its mass rises precipitously. If an object tries to travel 186,000 miles per second (the speed of light in vacuum), its mass becomes infinite, and so does the energy required to move it. For this reason, no normal object can travel as fast or faster than the speed of light. We perceive photons (light) travelling at this speed because they are mass-less, or have no 'weight'.



## WHAT IS THE ORIGIN OF THE WEREWOLF MYTH?

Since ancient times, the fusion of man and wolf has been the stuff of legend and folklore ("wer" was the word for "man" in old English). There are several medical conditions that can mimic the appearance of a werewolf and may have contributed to early belief in the literal existence of the creatures. One is hypertrichosis, which creates unusually long hair on the face and body; a second condition, porphyria, is characterised by extreme sensitivity to light (thus encouraging its victims to only go out at night), seizures, anxiety, and other symptoms. Neither of these rare conditions turns anyone into a werewolf, of course, but centuries ago when belief in witches, vampires and magic was common it didn't take much to spawn werewolf stories. Clinical lycanthropy is a recognised medical condition in which a person believes himself or herself to be an animal, and indeed there are rare cases where people have claimed to be werewolves. "Traditionally, there are three principal ways in which a werewolf can be scourged of his demons," writes Ian Woodward in "The Werewolf Delusion." "He may be cured medicinally and surgically; he may be exorcised; and, the most drastic, he may be shot with a special bullet" — typically a silver bullet.



## WHO INVENTED THE CHEWING GUM?

Chewing gum has been in use in different forms since the days of yore. Even 5,000 years ago, people chewed gum-like substances made from plants, grass and resins, believing that they have antiseptic and/or medicinal properties. While ancient Greeks chewed gum made from the resin of the mastic tree, the Mayans chewed gum made from the sap of the sapodilla tree. Red Indians chewed resin made from the sap of spruce trees and passed on this habit to New England settlers. In 1848, an American, John B Curtis, developed and sold the first commercial chewing gum called State of Maine Pure Spruce Gum. In 1850, Curtis began to sell gum made from flavoured paraffin wax which became popular. During the 1860s, chicle, a natural latex was brought to the states from Mexico by former president, General Antonio Lopez de Santa Anna who gave it to American scientist and inventor Thomas Adams to be used as a substitute for rubber. It did not serve its purpose and instead Adams cut it into strips and sold them as Adams New York Chewing Gum. Adams is regarded as the founder of the chewing gum industry and patented a machine to manufacture edible gum.

## CAN ONE REALLY FIGHT FIRE WITH FIRE?

We are sure you must have come across the expression 'fight fire with fire', which was coined perhaps back in the 16th century. Metaphorically, the phrase implies, matching aggression with aggression. However, does the phrase apply literally too? Can we actually fight fire with fire? Yes, we can prevent and fight forest fires with fire. A forest fire needs vegetation like leaves and grasses (mostly forest floor vegetation) to spread. If the vegetation is removed, the fire will also die out. So when an entire forest is ablaze, firefighters remove combustible underbrush by setting fire under controlled conditions so that the fuel (leaves as well as forest floor vegetation) for the forest fire is cut off, thus containing the fire. So in order to survive big wildfires, forests must experience small fires every five to 25 years. Similarly, while dealing with an oil well fire, fire fighters detonate a small amount of dynamite that eats up the entire oxygen, leaving nothing to keep the fire going.



## WHICH ANIMALS CAN SURVIVE THE LONGEST WITHOUT FOOD?

The most remarkable records of continued abstinence from food are to be found among the lower animals. Spiders have an exceptionally low metabolism in comparison to other creatures. The Rabbit Hutch spider (Steatoda bipunctata), which is found throughout North America and Europe, had been kept in captivity for 18 months without water or food, but did not show any signs of distress. Even one-celled organisms (amoeba, paramoecia, etc.) can exist without food for four to 21 days. Among cold-blooded animals the survival time without food is usually much greater than among warm-blooded animals, since the former do not have to "burn fuel" in order to maintain a high body temperature. Snakes and other reptiles easily go for long periods without food. Frogs have survived 16 months and fish 20 months without food. But topping the charts are Olms. These amphibians live in water in underground caves throughout Italy, Croatia and Slovenia. The olm's eyes are undeveloped, leaving it blind, while its other senses, particularly those of smell and hearing, are acutely developed. When there isn't much food around they lower their metabolic rate and become inactive, living from their nutrient reserves. Documented trials have demonstrated that these creatures can live for up to 10 years without food.

