



THE TIMES OF INDIA

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Your Weekender
TODAY'S EDITION

➤ Roger Federer - the tennis G.O.A.T. - is our newsmaker of the week **PLUS:** Celebrating birthdays (Sept 17-23)

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➤ Four ways to improve your relationship with family **PLUS:** Identify social media addiction; Signs of ADHD

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STUDENT EDITION

SATURDAY, SEPTEMBER 17, 2022


NUTRITION

CLICK HERE: PAGE 1 AND 2
MIND MATTERS

Pics: Istock



Plant SEEDS for teen MENTAL HEALTH

SEEDS here stands for sleep, exercise, education, diet, and self-care

The mental well-being of pre-teens and teens is continuously declining. According to the most recent CDC poll, 19.9% of all teenagers reporting having seriously thought about trying to commit suicide. Fifty-five percent of respondents experienced emotional abuse. There's a lot of things teens worry about - grades, friends, the future.

More than one in three high school students report having chronic depressive or dismal sentiments, and one in six young people said they had considered suicide in the previous year. One of the finest things' parents can do, according to experts, is to talk to their

teens about their emotions.

Parents may increase positive emotions and manage negative feelings by encouraging their children to follow SEEDS, which stands for sleep, exercise, education, diet, and self-care.

Practicing elements of SEEDS, such as self-care, which focuses on hygiene, can increase confidence, boost self-esteem, and reduce feelings of sadness.

It is crucial for parents to help their children create a timetable for everything and instill habits in them that will lead them to a great future. Focusing on the below mentioned 5 things can help a child or for that matter anyone keep away from extreme sadness and anxiety.

It might develop a healthy mind and help a child put their energy to better things

ADEQUATE SLEEP

Sleep plays an essential role in maintaining mental well-being. The brain's ability to interpret emotional information is facilitated by getting enough sleep, particularly REM sleep.



REGULAR EXERCISE

According to research, those who frequently exercise have higher mental and emotional well-being, as well as lower rates of mental disease. Exercise appears to lower the likelihood of acquiring mental disease. Additionally, it appears to be effective in treating some mental health issues like anxiety and depression.

The brain works to analyse and retain thoughts and memories when we sleep, and it appears that lack of sleep is particularly detrimental to the consolidation of emotionally positive information.

Mental health and sleep are intimately related. Your mental health and psychological status are impacted by sleep deprivation. In addition, persons who struggle with mental health issues are more susceptible to insomnia and other sleep disorders.

QUALITY EDUCATION

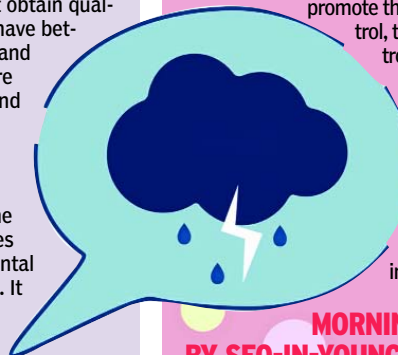
Education enhances cognitive ability, cultivates useful habits, and improves literacy skills. Children that obtain quality education will not only have better lifestyle choices, skills, and self-advocacy, but also more accurate health attitudes and information.

HEALTHY DIET

Eating healthfully lowers the risk of physical health issues might be disturbing the mental well-being. It

also benefits general health, energy levels, and sleeping habits. One may have observed that the mood frequently influences the food choices as well as the amount of food one consumes.

TNN



K-POP DIETS: THE NEW NO-NOS

From a nutritional standpoint, travel is a fantastic way to introduce variation in your diet and even local trips could mean another way of looking at your boring old bhaji. But it sometimes also opens up access to a world that makes no nutritional sense. On a recent trip to Japan, I caught the buzz about the madness over K-Pop diets - diets followed by Korean-Pop stars; madness being the operative word.

PAPER CUP BY NINE MUSES

Popularized by the K-Pop group Nine Muses, the Paper Cut Diet is one where all your meals have to fit within three paper cups (the disposable kind you use for drinking water). While you can fill them with whatever you want to eat, and while this does promote the concept of portion control, there is good portion control and bad portion control. And this is definitely not good. Apart from making starvation or malnutrition into a high art form, this diet is guaranteed to encourage binge eating at its best and eating disorders at its worst.

MORNING BANANA DIET BY SEO-IN-YOUNG

Also called the Asa-Banana diet, this is associated with K-Pop idol Seo-in-Young and has gone viral in Japan, South Korea and Taiwan. This diet asks you

to eat one or two bananas in the morning with room-temperature water for breakfast, anything you like for lunch and dinner with maybe another banana in between. You also have to go to sleep before midnight as well as keep a food diary. Apart from the fact that you're playing nutritional roulette - and not actually nourishing yourself - you also have to stop eating when you're about 80% full because, of course, you can actually know when that is.

THE DEADLY DIET BY WHEESUNG

This diet consists almost only of chicken breasts with salad but no dressing, punctuated by a handful of almonds from time to time. While proponents encourage dieters to take Vitamin C and multivitamins as well as drink double the amount of water they would normally drink, they also have to step up the exercise like a crazy person.

Other K-Pop diets include incredibly dangerous liquid diets or eating only certain foods like sweet potatoes, chicken breasts and boiled eggs as followed by the star Seolhyun, where people have reported to have been crying from hunger. While these are just some of the latest fads on offer, please note that the only thing fad diets will do is provide you with rapid weight loss, followed by rapid weight gain. The best way to get the body you've always wanted is to break up your main meals into 6-8 smaller, healthier meals and eat every two hours to bump up your metabolism and energy levels along with regular exercise, proper hydration and adequate sleep. Value your life more than you value your appearance and your body will always be grateful to you.

— Nutritionist Pooja Makhija


TRAVEL

Copenhagen for free!

From free jazz concerts to innumerable free walking tours, the Danish capital has its own lucky charms for a traveller watching his pocket

Scandinavia may be a tad expensive when compared to rest of Europe, but Copenhagen, the Danish capital and the land of Hans Christian Andersen has plenty for a budget traveller.

CHANGE OF THE ROYAL GUARDS

Copenhagen is filled with palaces and castles and if you are looking for a regal experience at no extra cost, then head to Amalienborg, which is still the home of the Danish royalty. The traditional ceremony called the Den Kongelige Livgarde or the Changing of the Royal Guard takes place at noon every day and you do not have to pay anything to watch it. The palace square has four different castles and a museum as well.

FREE WALKING TOURS

Every city is best discovered on foot and there are several free walking tours in Copenhagen. While you can explore sights like Nyhavn on your own, you can even opt for Copenhagen Free Walking tours or Sandeman Free Walking tours that start in the city centre every day. You can book these online as well. The Museum of Copenhagen has a free walking tour every Sunday.

GET A COPENHAGEN CARD

With entry to over 60 museums and 85 sights for free and a free ride in all public transport systems in the city, the Copenhagen card is the best companion for a budget traveller. You can either buy the card for 24 hours at 54 Euros or for 72 hours at 93 Euros. It also includes access for two kids under 10 for free. It is recommended to buy it online before your trip or at the airport so that you can avail the metro ride to the city.

CANAL TOUR

You cannot visit Copenhagen and miss the canal



tour. While most of the sightseeing tours may be expensive, you can opt for the bright yellow barges cruising down the canal. The local harbour bus can take you to the Little Mermaid while you sail down Nyhavn losing yourself in the sights and sounds of the city.

AMUSE YOURSELF AT AMUSEMENT PARKS

The Oldest Amusement Park awaits you at Bakken located in a dense forest with 400 year old trees where you have herds of deer for company. While entry to the amusement park is free, there is a fee towards the rides, especially if you fancy one of the oldest roller coaster rides. If you would like to head to Tivoli Gardens, you may still have to pay an entrance fee but there is a free concert waiting for you at Friday Rock.

BIKE YOUR WAY THROUGH

Bikes are virtually symbols of Copenhagen and they are the cheapest way to explore the city. While there are several biking tours at a price, you can rent a bike and explore the city at your own pace.

MUSEUMS FOR FREE

If you love exploring museums then you need to do a little planning to avail the free entry on certain days of the week. The Museum of Copenhagen is free on Fridays, the Hirschsprung Collection, the Thorvaldsen Museum, the Royal Danish Naval Museum are free on Wednesdays. If you want to visit the Ny Carlsberg Glyptotek Museum for its art collection or Danish Museum of Art and Design, then Sunday is the day for you.

A trip to Copenhagen is not complete if you do not visit Christiania, the famous free town. The essence of this neighbourhood is captured in its free spirit, music, galleries, restaurants, street art and graffiti

ETIQUETTE

How can I remember names?

Using someone's name in conversation is one of the simplest ways to make them feel recognised. But many people tend to forget names. Here's a quick guide to help you

Nupur.Amarnath@timesgroup.com

Shakespeare wrote, "What's in a name? That which we call a rose, by any other name would smell as sweet." Great thought, but would you rather be called any other name than your own? Remembering someone's name is one of the simplest ways to make them feel recognised. And blanking on the name of someone you have met before or just been introduced to is borderline rude, and downright embarrassing.

THE NAME GAME

Soft skills trainer Rael Padamsee

says that in case you have blanked out on someone's name, play along. It'll be rude to interrupt them mid-conversation with: "Sorry! What's your name again?" This makes you appear arrogant. Her tip: Apologise genuinely and say, "I really need to curse my memory, I'm so sorry but I can't seem to recollect your name!" Or rely on humour by saying, "Pardon my amnesia, but you need to help me with your name again."

According to her, one of the most common flubs is when you run into a student or a friend after a long time and can't seem to recollect his/her name. It's an awkward moment. And if you have to introduce that per-

son to someone, there's no way around but to blame your memory. "But for all practical purposes, quickly and subtly repeat the person's name a few times after the initial introduction," she says. This builds instant recall value.

MEMORY LOSS

Names are one of the most common things we forget about people, as opposed to faces. One of the key reasons is that faces have a lot of cues to remember - eyes, hair, teeth, nose, skin colour, etc. They all lend a uniqueness to the face that helps us remember. Names, on the other hand, are quite arbitrary. They don't give more information about the person - a reason why names get stored in the brain's short-term memory (that mostly registers things we hear). This memory is churned each time and can be easily replaced by the next piece of information we gather.

5 TRICKS

MEET AND REPEAT

When you get someone's name, don't just nod and continue the conversation. Plug it in the conversation as and when without overdoing it. When saying goodbye, use the name and look at them. Try and commit their face to memory.

SPELL IT OUT

Memory experts suggest that ask them to spell their name out, especially if it's an unusual one. This creates a visual memory. How? By creating a mental picture of the person's name with their face.

ASSOCIATE

After meeting someone, the first moment that you get, put them into your contacts with a few pieces of information that will help you remember them - appearance, hobbies, any detail will help.

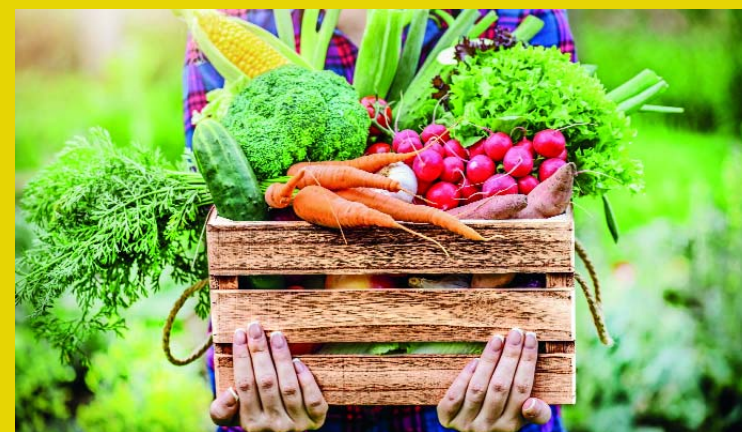
PLAY GAMES

Experts suggest conjuring a verbal game or image when you first hear a name. Can be an alliterative pattern like "Sanya in School" or "Pratish from Piano".

MAKE CONNECTIONS

Make a connection between the person you're talking to, and someone you know with the same name.

One of the easiest ways to upgrade a name from short-term memory to long-term is by bringing it up in conversation, or combine it with the person's attributes like what they like, some interesting anecdotes, etc

LATEST BUZZWORDS EXPLAINED


FUNCTIONAL FOODS

The term functional foods, and later "nutraceutical" was first coined in Japan in the early 1980s. Functional foods overlap with other terms alongside nutraceuticals, and include "vitafoods", "medical foods", "probiotics", and "pharmafoods".

Today, functional foods cover a wide variety of food types and are considered to be those that are fortified, enriched, or enhanced foods; it is by way of enhanced nutritional profiles

that these foods provide health benefits that go beyond providing essential nutrients (vitamins and minerals) when they are consumed at a threshold amount as part of a varied diet, regularly.

Japan is also the first country to have devised a specific regulatory approval process for functional foods. The term food for specified health use (FOSHU) was coined and established in 1991. This concept then rapidly expanded to different parts of the world.

THE UNDEFEATED

Some interesting facts about the 15th Prime Minister of India

NARENDRA MODI
BIRTHDAY: SEPT. 17, 1950

HUMBLE BEGINNINGS

Narendra Modi was born in the by-lanes of Vadnagar, a small town in North Gujarat's Mehsana district. Narendra Modi was the third of the six children of Damodardas Modi and Hirabai Modi. Modi's family belonged to the marginalised sections of society and had to struggle to make ends meet, according to his profile in "Narendramodi.in". The family lived in a small single storey house. His father is said to have sold tea at the local railway station.

WITHOUT A BREAK

Since October 2001, Narendra Modi has been the head of a elected government for over 20 straight years. Prime Minister Narendra Modi has become the longest serving head of the country of a non-Congress government, with more than 3000 days in office. He was elected as the 14th PM of India in 2014. This makes PM Modi the longest-serving head of an elected government after Jawaharlal Nehru and Indira Gandhi. When it comes to just the prime ministerial tenure, Modi is the fourth longest-serving leader with more than 3000 days in office as of September 17.

FROM STATE TO COUNTRY
Out of the 14 Prime Ministers India has had so far, six have also served as chief

ministers. PM Modi is one of them. The last PM who also served as the chief minister was JD (S) supremo HD Deve Gowda. Gowda was the Karnataka chief minister from 1994 to 1996 and served as PM from 1996-1997. Notably, among CMs who went on to become PMs, Modi's term as CM has been the longest at nearly 13 years.

POSTER BOY

Prime Minister Narendra Modi is the most bankable mass leader in the country today and has helped the BJP taste success in both national and state polls time and again. Since PM Modi enjoys unwavering support which cuts across caste

On social media, he is the most followed active politician in the world with over 177 million followers on Twitter, Facebook, Instagram combined

He is known to be a workaholic. In 2012, someone asked him how many hours he sleeps a day. Modi said: "I sleep very less. Yoga, Pranayama and deep breathing keep me energetic throughout the day!"



and religious lines, the BJP has centered almost all its election campaigns after 2014 around him.

MANY FIRSTS

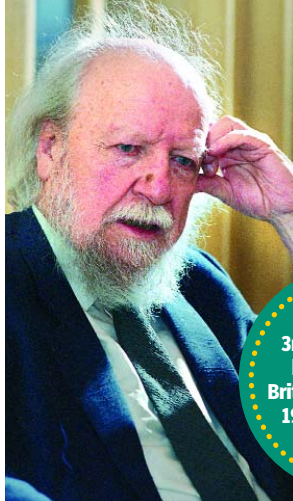
In 2015, Modi hosted Barack Obama as the chief guest at India's Republic Day parade. This was the first time an Indian PM hosted a US President for the event. In July 2017, Modi became the first-ever Indian Prime Minister to visit Israel. He was also the first PM to invite SAARC heads of government to his swearing-in ceremony in 2014. Last year, he became the first Indian PM to preside over a UN Security Council meeting.

GLOBAL RECOGNITION

In 2019, Russia awarded its highest state honour 'Order of St Andrew the Apostle' to PM Modi. The same year, he was honoured with the 'Order of Zayed', UAE's highest civilian award. In 2020, PM Modi was awarded The Legion of Merit — a top American military honour — by former US President Donald Trump.

Writer's Block

He won the Nobel Prize in Literature in 1983 and is among the best English writers of the modern era



WILLIAM GOLDING
BIRTHDAY: SEPT. 19, 1911

William Golding was born in Cornwall, England. He began studies in the natural sciences at the University of Oxford, but soon abandoned them to instead devote himself to English literature. For several years he worked as a teacher before enlisting in the British Navy in 1940. Golding took part in several battles during World War II, and his wartime experiences are reflected in

Man produces evil as a bee produces honey

several of his novels. When he was still a child, he decided to become a writer, but his first novel, "Lord of the Flies", was not published until he was 43.

He was ranked 3rd on the Times list of the best British writers since 1945 beating JRR Tolkien

WORK

William Golding's debut came in 1934 with the poetry collection "Poems". After World War II, he began working on the "Lord of the Flies" novel, which was published in 1954 after several rejections. The book was widely read throughout the world, and today it continues to be a work that has inspired popular culture in several ways. Golding's novels are often framed by a tale of adventure, while they explore the human capacity to transform what is good and constructive into something malicious and destructive.

Lord of the Flies' is based on Golding's experiences as a teacher of young children and his own experiences as a child

PERFORMER EXTRAORDINAIRE

Known for her stereotype-smashing roles, Azmi is also a vocal human rights activist

SHABANA AZMI
BIRTHDAY: SEPT. 18, 1950

1 Shabana Azmi was born into the Azmi family. Her father, Kaifi Azmi, was an Urdu poet and lyricist, and her mother, Shaikat Azmi, was a veteran stage actress. Her brother, Baba Azmi, is a cinematographer who has worked on films like "Tezaab", and "Mr. India".

2 Shabana Azmi is the only actor to win the National Award for Best Actor five times. She won it for her very first film "Ankur". She has served as a Goodwill Ambassador on behalf of India to the United Nations Population Fund. In 2006, she was awarded the Gandhi International Peace Award by the Gandhi Foundation in London, England for her efforts. In appreciation of Azmi's life and works, she served as a nominated (unelected) member of the Rajya Sabha.

3 Shabana Azmi and her fellow theatre actor Farooq Sheikh had participated in the renowned play "Tumhari Amrita", a play comprising two actors reading out letters to one another on stage. The show ran for 21 years. The last show, before Sheikh's demise in 2013, was held on December 14 against the backdrop of Taj Mahal.

4 Shabana Azmi is the president of Mijwan Welfare Organisation which works for the marginalised sections of the society. The NGO was founded by her father in 1993. Shabana also hosts the annual Mijwan fashion show.

5 It was after watching Jaya Bachchan (then Bhaduri) in a film that inspired Azmi to enroll in the Film and Television Institute of India (FTTI), Pune

6 A vocal activist, in 1989 at the 12th International Film Festival of India held in New Delhi in 1989, she criticised the then Congress government for its failures after communist playwright and director Safdar Hashmi was murdered in the capital.

7 She was arrested in 2014 for leading protests against land acquisition of slum dwellers in Mumbai. Azmi had protested against Mumbai municipal corporation's move to demolish slums of the poor in the city.



FATHER OF SCI-FI
H G WELLS
BIRTHDAY: SEPT. 21, 1866

He was a prolific English author of fiction and non-fiction. Herbert George Wells is best-remembered, however, for his famous science fiction novels and uncanny predictions about the future. At the age of 7, after Wells suffered an accident that left him bedridden, he became a voracious reader of everything from Charles Dickens to Washington Irving. When the family store finally went under, his mother went to work as a housekeeper at a large estate. It was there Wells was able to expand his literary horizons with authors such as Voltaire.

Wells struggled to gain an education and finally succeeded in studying the natural sciences under the well-known proponent of evolution T H Huxley.

Wells' long- and short-form fiction falls into many genres, including science-fiction, fantasy, dystopian fiction, satire, and tragedy. Wells penned plenty of non-fiction, including biographies, autobiographies, social commentaries, and textbooks as well as social commentary, history, biography, autobiography, and recreational war games. His 1895 debut, "The Time Machine", was followed by "The Island of Doctor Moreau" (1896), "The Invisible Man" (1897), and "The War of the Worlds" (1898). All four novels have been adapted for film.

Wells was among the first to write about such things as time machines and alien invasions. Wells also made a number of social and scientific predictions in his writing - including airplane and space travel and the atomic bomb



NEWSMAKER OF THE WEEK

ROGER FEDERER

THE G.O.A.T.

CONSIDERED THE GREATEST MALE TENNIS PLAYER IN THE WORLD, ROGER FEDERER JUST ANNOUNCED HIS RETIREMENT FROM THE SPORT

Roger Federer, regarded by many as the greatest male player to wield a tennis racket and who took the sport to new levels during a career spanning more than two decades, announced that he will retire after next week's Laver Cup in London. The 41-year-old, who won 20 Grand Slam singles titles and re-defined a sport with his artistry and grace, broke the news tennis fans across the world have feared in a lengthy statement on Thursday via his Twitter handle.

A knee injury meant he has not played a match since losing at last year's Wimbledon although many still believed he could come back for one last hurrah! But he said his age had finally caught up with him. Federer said in an emotional statement: "As many of you know, the

past three years have presented me with challenges in the form of injuries and surgeries. I've worked hard to return to full competitive form. But I also know my body's capacities and limits, and its message to me lately has been clear. I am 41 years old."

I have played more than 1,500 matches over 24 years. Tennis has treated me more generously than I ever would have dreamt, and now I must recognise when it's time to end my competitive career



■ Won his first Grand Slam title at Wimbledon in 2003 when he beat Mark Philippoussis on the Centre Court. In 2001, he first came to notice when he beat Pete Sampras in the quarter-finals

■ Won eight Wimbledon titles, claimed five US Open titles, six Australian crowns and a single French Open achieved in 2009 to complete his career Slam

■ Record for 237 consecutive weeks as World No 1

■ Doesn't have an Olympic singles gold, losing to Andy Murray in the 2012 final

■ He has undergone three knee operations in the last two years and his last competitive match was a quarter-final defeat against Poland's Hubert Hurkacz at the 2021 Wimbledon

Only player in tennis history to win 6+ titles in 7 different tournaments

As of Nov 2020, Federer holds the world's second highest number of performance-based Guinness World Records ever achieved within a single athletic discipline (37 total / 26 performance based)

HORROR, HORROR

The best horror writer, King's books have been adapted into very successful films

STEPHEN KING
BIRTHDAY: SEPT. 21, 1947

While growing up, for several years Stephen King struggled to support his young family by washing motel linens at a laundry, teaching high-school English, and occasionally selling short stories to men's magazines. Then, in 1973, he sold his novel "Carrie", which quickly became a bestseller. Since then, King has sold over 300 million books.

In addition to 43 novels, King has written eight collections of short stories, 11 screenplays, and two books on the craft of writing. Virtually all of his novels and most of his short stories have been adapted for film or TV. Although he was dismissed by critics for much of his career — one "New York Times" review called King "a writer of fairly engaging and preposterous claptrap" — his writing has received greater recognition in recent years.



Since the publication of his first novel Carrie, just shy of fifty years ago, King has held dominion over the landscape of horror. He arrived during a resurgent interest in all things frightening — following the success of Ira Levin's "Rosemary's Baby" (1967) and William Peter Blatty's "The Exorcist" (1971) — and quickly set about reshaping the genre in his own image.

LESSON TO LEARN:

King compares writing fiction to crossing the Atlantic Ocean in a bathtub, because in both, "there's plenty of opportunity for self-doubt." Not only will you doubt yourself, but other people will doubt you, too. "If you write (or paint or dance or sculpt or sing, I suppose), someone will try to make you feel lousy about it, that's all," writes King.

A distracted driver lost control and struck King as he took a walk down a quiet country road. The author was nearly killed and sustained serious injuries, but he recovered. Afterward, he bought the van that hit him (so it wouldn't end up on eBay as a grotesque collector's item). But he also had other ideas: "I'm going to take a sledgehammer and beat it!" King told the "Bridgton News" in his home state

THE BOSS

American singer, Bruce Springsteen is one of the best-selling artists in music history

BRUCE SPRINGSTEEN
BIRTHDAY: SEPTEMBER 23, 1949

American singer, songwriter, and band-leader who became the archetypal rock performer of the 1970s and '80s. Springsteen is one of the best-selling artists in music history, amassing nearly 150 million record sales worldwide with albums such as "Born to Run", "Nebraska",



"Darkness on the Edge of Town", and "Born in the U.S.A."

After an apprenticeship in bar bands on the mid-Atlantic coast, Springsteen turned himself into a solo singer-songwriter in 1972. With his third album, "Born to Run" (1975), Springsteen transformed into a full-fledged rock and roller.

His album "Born in the U.S.A." in 1984, sold 15 million copies in the US alone and had seven top ten singles. It

Springsteen had been inspired to take up music at the age of seven after seeing Elvis Presley on The Ed Sullivan Show. At 13, he bought his first guitar for 18 dollars. Later, his mother took out a loan to buy the 16-year-old Springsteen a 60-dollar Kent guitar, an event he later memorialized in his song "The Wish."

became one of the best-selling albums of all time.

Throughout his career, Springsteen has won a total of 20 Grammy Awards, an Academy Award, two Golden Globes, a Special Tony Award (for his concert residency "Springsteen on Broadway"), and was inducted into the Rock and Roll Hall of Fame in 1999 by his friend Bono.

Electric Presence

Born into poverty, this world-changing genius refused to let that stand in his way

MICHAEL FARADAY
BIRTHDAY: SEPT. 22, 1791

MOSTLY SELF-TAUGHT

Born poor, Faraday's father James was a sickly blacksmith who struggled make ends meet. At age 13, he started working as an errand boy in 1804, delivering and recovering loaned-out newspapers. He later mastered the trade of bookbinding and would spend hours reading books. He taught himself chemistry, physics, and about "electricity."

WORKING WITH DAVY

In 1808, Sir Humphry Davy left a huge mark on science. Davy's lectures at the Royal Institution consistently drew huge crowds. Faraday, then 21, attended four of these presentations in 1812. As Davy spoke, Faraday jotted down detailed notes, which he then compiled and bound into a little book. Faraday sent his 300-page transcript to Davy. Duly impressed, the seasoned scientist eventually hired him as a lab assistant. Later in life, Davy was asked to name the greatest discovery he'd ever made. His answer: "Michael Faraday."

FATHER OF ELECTRICITY

On September 3, 1821, Faraday built a device that ushered technology into the modern era. One year earlier, Danish physicist Hans Christian Ørsted had demonstrated that when an electric current flows through a wire, a magnetic field is created around it. Faraday capitalised on this revelation. Inside the Royal Institution basement, he began a groundbreaking experiment by placing a magnet in the bottom of a mercury-filled glass container. Dangling overhead was a wire, which Faraday connected to a battery. Once an electric cur-



Albert Einstein regarded Faraday as a personal hero

rent was conducted through the wire, it began rotating around the magnet. Faraday had just built the world's first electric motor. He later built the world's first electric generator.

INVENTED BALLOON

Faraday's balloons, made from pressing two sheets of rubber together, were used to contain hydrogen during his experiments. Faraday created his first in 1824 and was quick to praise the bag's "considerable ascending power." Toy manufacturers started distributing these the following year.

STRUGGLED WITH MATH

Because of the lack of formal education, he had a sub-par understanding of mathematics. In 1846, he hypothesised that light itself is an electromagnetic phenomenon, but because Faraday couldn't demonstrate the theory in mathematical form, it wasn't taken seriously. In 1864, physicist James Maxwell published equations that helped prove Faraday's theory.

MERCURY POISONING

Faraday's memory started faltering when he was 48. He experienced vertigo and other neurological symptoms, but the cause was a mystery. Following a three-year hiatus, he returned to the Royal Institution to conduct experiments until his early 70s. Faraday still had inexplicable spurts of giddiness, depression, and extreme forgetfulness. Some believe his exposure to mercury was the source.