

#RESEARCH

Typing, Mouse Clicking Show Your Work Stress

The connection between stress and our typing and mouse behaviour can be explained with what is known as neuro-motor noise theory. People who are stressed move the mouse pointer more often and less precisely and cover longer distances on the screen. Relaxed people, on the other hand, take shorter, more direct routes to reach their destination and take more time doing so



Using new data and machine learning, researchers have developed a model that can tell how stressed we are at work just from the way we type and use our computer mouse, a new study shows.

Mouse Movements

In Switzerland, one in three employees suffers from work-related stress. Those affected often don't realize that their physical and mental resources are dwindling until it's too late. This makes it all the more important to identify stress as early as possible where it arises: in the workplace.

"How we type on our keyboard and move our mouse seems to be a better predictor of how stressed we feel in an office environment than our heart rate," says study co-author Mara Nägelin, a mathematician who conducts research at the chair of technology marketing and the Mobilar Lab for Analytics at ETH Zurich.

Applied correctly, these findings could be used in the future to prevent increased work stress early on.

Typing Mistakes

The researchers proved in an experiment that stressed people type and move their mouse differently from relaxed people.

"People who are stressed move the mouse pointer more often and less precisely and cover longer distances on the screen. Relaxed people, on the other hand, take shorter, more direct routes to reach their destination and take more time doing so," Nägelin says.

What's more, people who feel stressed in the office make more mistakes when typing. They write in fits and starts with many brief pauses. Relaxed people take fewer but longer pauses when typing on a keyboard.

The connection between stress and our typing and mouse behaviour can be explained with what is known as neuro-motor noise theory.

"Increased levels of stress negatively impact our brain's ability to process information. This also affects our motor skills," says psychologist Jasmine Kerr, who researches with Nägelin and is a co-author of the study.



Captain Swinton and Mr. Peacock laughed at the sight of the miserable Frenchman in their comical footwear and said these people are so wretched because they are not industrious, like the English. Captain Swinton and Mr. Peacock went to look for lodgings in the town. The houses in the country are built of stone slabs with roofs of terracotta tiles as the bamboo doesn't grow. Here the scaffolding of the roofs is built of wood; the poorer classes live on a diet of broth and barley bread and wear coarse wool or clothes woven from hemp of which ropes are also spun.



Great Mogul and his court returning from the great mosque at Delhi India - oil painting by American artist Edwin Lord Weeks.

Blighty Vilayat & Important Letter of No Consequence



Divij Sharma
ARBIT Correspondent

Close your eyes and transport yourselves to the time of Shah Alam, around the years of late 1700s. This is the time of great anarchy in India. In a few years he was soon to be blinded by his own adopted son Ghulam Kadir, a Rohilla Afghan. This was the emperor of India who in his lifetime had seen Mir Jafir's betrayal and Alivardi Khan's brutish ways, the rise of the Marathas and also of Haider Ali and his prodigious son Tipu Sultan and also their fall. He saw the change of guard from the Dutch to the English and finally the coming of Lord Cornwallis and the Duke of Wellington (Who defeated Napoleon in Waterloo) to India.

Imagine now, you are the emperor and as luck would have it you come across as the only hope you have for your dynasty. A young dynamic soldier of fortune Mirza Najaf Khan, Najaf died early and his last plan fell like the last leaf in the last days of autumn. You see! After the defeat by Tipu's and Maratha forces, the British were confused about their status in India. It is at this time, Najaf and Shah Alam decide to send an emissary to England and for this to happen it took many years, they could not find a Hindu to bid for their case in Vilayat, so a company employee was searched with the help of then Lt Col Robert Swinton.



It'sam-ud-Din.

#VILAYATNAMA

To make a request to the British crown. Below lies the letter the emissary wrote to his friends, this is the only thing he could do, the Queen did not want to see him. Vilayat = Britain (inspired by the name 'Blighty')
Mirza Shiekh Itesamuddin who visited England in the year 1705, was a Bengali secretary employed by the East India Company.
"Fate took me to Vilayat some years back. An account of my strange experiences on sea and land ought to be entertaining and educational. Only I am sadly lacking in my literary ability. In this year of the Hijri 1199, as the unrest and anarchy all around me makes me anxious, distressed and so often upset. As to deprive me of reason, it is only at the insistence of friends that I take up pen and paper to inscribe my impressions, of the visit all I can leave as a mark on the pages of time. By which I may be remembered in this account of a few curious incidents, it was January 1766 my preparations complete.

I put my trust in Allah's mercy and got ready to board monsieur Corville's ship at Hubli harbor as the ship weighed anchor and spread sail. Only Allah could have known the intensity of my grief but leaving my native land and kinsmen, the earth is like a floating egg amidst the sea's immensity. I have heard that in an attempt to plumb the sea's depth a 'Firanghie' king had a rope dropped into it, at the distance of a day's journey from the shore, millions of yards disappeared and yet the rope didn't touch bottom.
Indians who have no first-hand knowledge of the sea believe that Alexander the great plumed and countenance, while I gazed at their astonishing loveliness.
Just as I had been depressed by the hardships of the voyage, I now felt elated by the beautiful sights of London. It is a sign of the generosity of the English. Which I cannot find words to describe or praise. A traveler from abroad is dearer to them than their own life and they will take great pains to make them happy. Within a couple of months everyone in the neighborhood became friendly. The fear which some had felt vanished completely and they would now just at me, the ladies of the bazaar approached me, smiling and said "Come my dear and kiss me".
The cold winter in Europe doesn't allow one to grow Indian fruits and flowers in the open. A special kind of house is constructed for the purpose three sides of which are brick. While the fourth which faces south is made of glass plates that keep out the cold air but let in the sun's rays in. In the cold season stoves are lit in the house for heat and fruit and flower seeds are sown in troughs filled with mold. The heat of the stoves and the warmth of the sunlight combine to aid the growth of Indian plants. European

two or three days more. During which time I learned a little about the people of the region and their laws and customs; the houses in the country are built of stone slabs with roofs of terracotta tiles as the bamboo doesn't grow. Here the scaffolding of the roofs is built of wood; the poorer classes live on a diet of broth and barley bread and wear coarse wool or clothes woven from hemp of which ropes are also spun.
Paris the capital of France is several hundred miles from either Calais or Nantes. Frenchmen and foreigners alike sing high praises of the buildings and gardens of that city; its artistic innovations, scientific and technological advancement, the polished manners, cultivation, well-spokenness and wit of its inhabitants. In these respects it far surpasses all other cities in the 'Firanghie' world. The French claim that they have taught music and horsemanship to the English. Wealthy Englishmen send their children to French schools to polish their manners and taste. The French say that, the present excellence of the English in the arts and sciences trade and industry is the result of French education in the past when they lacked this education they were ignorant like the mass of Indians.
However even the French admit that the English have always been outstanding soldiers. I realized quickly that the French are a conceited race whose conversation was always an attempt to display their own superiority and to unfairly belittle other nations.
I could well understand their feelings; one thing astonished me: the lower orders among the French are so poor that they cannot afford shoes and as a substitute wear wooden sandals. There are poor people in England too but they do not suffer for want of leather boots and socks.
Captain Swinton and Mr. Peacock laughed at the sight of the miserable Frenchman in their comical footwear and said these people are so wretched because they are not industrious, like the English. Captain Swinton and Mr Peacock went to look for lodgings in the town. I had to remain on board for



Shah Alam.

four miles from the royal palace.
The city is a London's commercial district where merchants and tradesmen have their businesses not far from the city is the ancient fort known as the tower. It is built of black stone and is very strong. In London there are countless buildings of brick but few of stone. However I observed that churches both old and new are mostly built of stone. Among them the most imposing is Saint Paul's Cathedral, its splendid design and excellent construction. It defies description and must be seen to be appreciated up to half its height is cruciform in design, while the upper half is a giant cupola of stained glass such as is used to roof 'Hamaams'.
At the base of the cupola is a circular gallery which is reached by an outside staircase on our climb up to it, Captain Swinton walked round to the eastern side then he asked me in a whisper "Munchies, what are you doing?" Though we were 40 cubits apart I heard him clearly I replied in the same tone, "I am looking at the sights". He too heard me distinctly; this is possible because the air was confined within the dome. This acts as an excellent medium for the transmission of

Save The Elephant Day



Elephants are known as the most enormous land animal and a surprisingly gentle giant in the animal kingdom. Emotional, intelligent and beautiful in the wild, sadly elephant populations have been rapidly decreasing due to various threats, perhaps most significantly poaching. Save The Elephant Day aims to change this alarming trend by educating people about elephants and the plights they face, encouraging everyone to do their bit and help save them from extinction.

gardeners grow eastern fruits in this manner and make a very good profit. They charge as much as five rupees for a pomegranate and three for a musk melon.

Brick buildings in Bengal have rooms with high ceilings and large doors and windows so that there is a soothing current of air in hot weather. It is exactly the opposite in Europe where there is extreme cold frost and snow. The ceilings are low and the doors and windows small, the roofs are not flat like the roofs of brick buildings in India. Wooden beams and planks are used to build the frame of the roof in the shape of a camel's hump, that is to say like the slanting thatched roofs of huts in Bengal.

In Vilayat the arrangements for performances of music and dance are very different from that in India. In our country the idle rich hire professional singers and dancers for private performances in their homes. Where they invite their cronies this practice is quite alien to the 'Firanghie'. Where a group of impresarios jointly form a company and build a huge performing hall or theater in which they put on public shows they hire highly paid singers and dancers of both sexes and musicians who have been trained to perfection by rare maestros. They put on their song and dance, decked in expensive costumes and jewelry; before an audi-

ence that includes both rich and poor Londoners and the emirs of the land. The princes of the realm sometimes the king himself attends. The entry fee varies with the quality of the seat in Vilayat, when a spectator pays the entry fee he is given a slip of paper on which the class of his seat is mentioned. Charming music from violins and guitars, many strange dramatic pieces, curtains of many colours, antics of 'Habshi, performer's dancers as lovely as Horus. All these make a highly entertaining spectacle, talking is not allowed in the theater. Though the audience is large there is no noise or clamor. When they are pleased by a performance instead of shouting 'shabashi' with such as we do in India. They stamp on the floor or clap their hands.

I learned that there is a coastal region in France whose inhabitants differ slightly from other Frenchmen in customs and manners. An ambitious and powerful king of this region attacked England with a huge army. Conquered the tiny English kingdoms and united them with Ireland in one large empire, this king through his wit and even-handedness won the hearts of English commoners and noblemen alike. He began to mingle with his English subjects and adopted their customs and manner. The English counted themselves lucky to have such a just and powerful king. Captain Swinton and I left Oxford for Scotland in winter. This was when I saw snow for the first time; it is like a beer the powder Hindustani sprinkle

on each other at the holi festival. Only instead of being coloured it is a brilliant white. It falls from the sky like dust blown by the wind and covers the ground hills, houses trees, Bushes Rivers and lakes like molten wax. When the cold becomes very intense the water in rivers, lakes and canals freezes into hard ice which is smooth and white as marble or like a sheet of crystal or glass. The water may freeze to a depth of five or ten cubits in which case pedestrian's horsemen, carriages loaded wagons and even elephants can easily cross it. Sometimes snowfall is so heavy that streets and alleys are covered knee-deep overnight thus in the morning householders have to set their servants to work with spades and shovels to clear a path in front of the doors. When excessive snowfall covers roads ditches and fields like a sheet of white glass and there is no sign of the road. Carriages, horses and loaded wagons can easily slip into deep pits causing persons such an accident occurred near Oxford that year. When a loaded dreg with 13 men and four horses fell into a pit.

On our journey I observed people traveling on the ice in an amazing manner. I was told that they could cover as much as 20 miles an hour. I had heard stories of this means of travel from Firanghie sahibs in India but it seemed so extraordinary that I couldn't believe them. Now that I saw it, my doubts vanished about the manner in which these people travel on ice. It is as follows, wooden soles like the wooden slippers 'kadam' of India are taken to the middle of the wood and attached to a piece of polished steel. One can see it spans in length and half a finger's breadth. A hole is attached tightly to the foot with leather straps. When the person stands up the piece of steel is straight upon the ice. If the foot slips or is bent to one side the person will fall down. It takes some practice even to stand up in these shoes. As they glided along in their white robes the Europeans appeared like angels who had descended on earth and were moving about.

After a short time we arrived in Scotland, which is directly to the north of England. The country is divided into lowlands and highlands. The latter being the high north mountains and forests abound in Scotland. Consequently the population is relatively sparse and towns and cities fewer than in England. The Scots are an abstemious, hardworking and brave people. Who consider themselves superior to the English, who they say are gluttonous and cowardly. The English on the other hand account themselves superior in wealth and education and despise the scotch as being poor and stupid though English is the language of both countries, it differs from one to the other in a few terms.
Highlanders wear a jacket and cap but neither breeches nor boots. The lower part of the body is covered by a skirt called a kilt but the knee is bare and cotton stockings are worn on the legs. In Edinburgh we put up at the house of Captain Swintons father, Captain Swinton introduced me to his parents, both of whom were about 80 years old. They had five children, three sons the eldest of which was called John and two grown-up daughters, both spinsters.

In Vilayat the arrangements for performances of music and dance are very different from that in India. In our country the idle rich hire professional singers and dancers for private performances in their homes. Where they invite their cronies this practice is quite alien to the 'Firanghie'.

or black people and at the southern end of the world. The sailors reasoned that they couldn't be much of the earth left further to the south and so by circumventing the cape. They should be able to reach South Asia, for inspiring such optimism this point was named the Cape of Good Hope. When news of this discovery reached Europe, the Firanghie threw their hats into the air for joy. After nine years of struggle Portuguese ships reached India. The Firanghie were overjoyed at the success of the expedition, as if they had conquered the world. Before long all the hat-wearing nations of Europe, French, English, Dutch came one after another and set up trading centers.

I am no specialist in the history or beliefs and rituals of the Christians but I learned something about these matters from English books and translations of the evangelicals. Which I will summarize at the root of Christianity is the belief that 'Hazrat Issa' is the son of god which Christians claim is borne out by the fact the virgin Mary bore him without having known man. Most Christian nations adore Jesus Christ and Bibi Maryam like Allah they place effigies of Christ and Mary in their churches and worship them. But the English consider such idolatry improper and keep their churches devoid of such images. They believe Allah is without form. There is much bigotry among the Christian nations. If a Muslim were to go there and give 'azzan' openly practice the right of Islam. He would be instantly burnt at the stake but the English are free of such bigotry. Even if one were to build a mosque in England and pray and fast as Allah enjoins no objection would be raised. For the English say, what is it to us what the religion of another may be?

Captain Swinton tried everything he could to induce me to stay on for another three or four years. But I could not but decline being so depressed at my separation from my native land and friends. I returned to Bengal in 1769. I had spent a whole year aboard ship for the round trip, one year in England and Scotland. Seven months in madras and additional two months at different ports of call. In total, it comes to two years and nine months for the entire trip for being permitted to return safely to my native country.

I give praise and thanks to the almighty.
Readers of ARBIT a few years ago ARBIT contributor Abhimanyu Arha wrote a series on the visitors to India. It was a compelling series. I thoroughly enjoyed it. Taking a cue from that series, here is the first part of Indians who visited Vilayat in the times gone by.

Readers of ARBIT a few years ago ARBIT contributor Abhimanyu Arha wrote a series on the visitors to India. It was a compelling series. I thoroughly enjoyed it. Taking a cue from that series, here is the first part of Indians who visited Vilayat in the times gone by.

[[

Historians tell us that just as the English are now more famous than all other nations. The Portuguese were once prominent among the Christian kingdoms for their wealth and military might. Their ships were the first to reach Bengal and other parts of South Asia. Firangi began thinking of searching out a sea route to the east. Finally the Portuguese king, a bold and ambitious man, came forward and eventually his fleet reached a cape midway between Europe and India.

should be good-looking of an agreeable temper with an income whether inherited or earned in business or employment. The woman likewise should be attractive of a good disposition, well-versed and at least some of the fine arts and with a portion either from her father or from a truly fortunate match where all these good qualities are present. Some people however look only for wealth. If a woman is both ugly and poor, none will have her for Vilayat is the emporium of beauty. Where women of surpassing loveliness are common and wealthy and virtuous ones are not hard to find.

Europe

The noteworthy powers in Europe are the Holy Roman Empire, Italy, Germany, Prussia, Russia, Denmark, Portugal, Holland, Spain, France, England and Turkey and three other countries whose names I do not recall. At the moment, all these are monarchies, with the exception of tiny Holland. The land of the Dutch people is governed by its noblemen. The rest of its inhabitants are affluent merchants but as the waters off their coast abound in fish there are also many fishermen and fish sellers. As a result of which other Europeans contemptuously refer to the Dutch as fishmongers. The Roman Empire is very old and at one time all the other Firangi lands owed it allegiance.

The languages of Italy and France are sweet and elegant and they are studied by the English on this account and also because there are many classics of science and philosophy written in them. Without acquaintance with it one is not considered learned. Italy, France and Germany are powerful states but Spain is richest of all the Firanghie nations. This is because most of the gold mines in the new world have fallen in Spanish colonies. The Spaniards have a reputation for being clever and hard-working; they may in fact be more so than even the English. I was told that France, Italy and Germany together are equal to India in area but Russia is at least three times India's size.

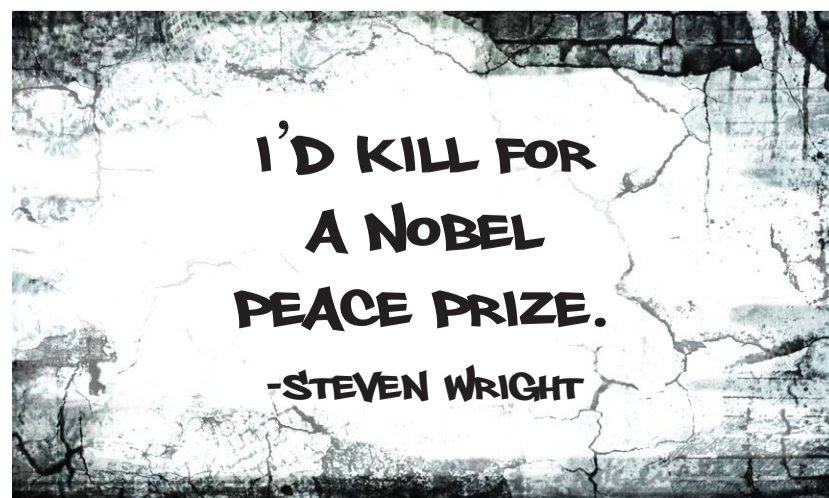
Historians tell us that just as the English are now more famous than all other nations. The Portuguese were once prominent among the Christian kingdoms for their wealth and military might. Their ships were the first to reach Bengal and other parts of South Asia. Firangi began thinking of searching out a sea route to the east so that their ships could trade directly with these regions. Finally the Portuguese king, a bold and ambitious man, came forward and eventually his fleet reached a cape midway between Europe and India. It is a corner of the land of the 'Habshis'

Readers of ARBIT a few years ago ARBIT contributor Abhimanyu Arha wrote a series on the visitors to India. It was a compelling series. I thoroughly enjoyed it. Taking a cue from that series, here is the first part of Indians who visited Vilayat in the times gone by.

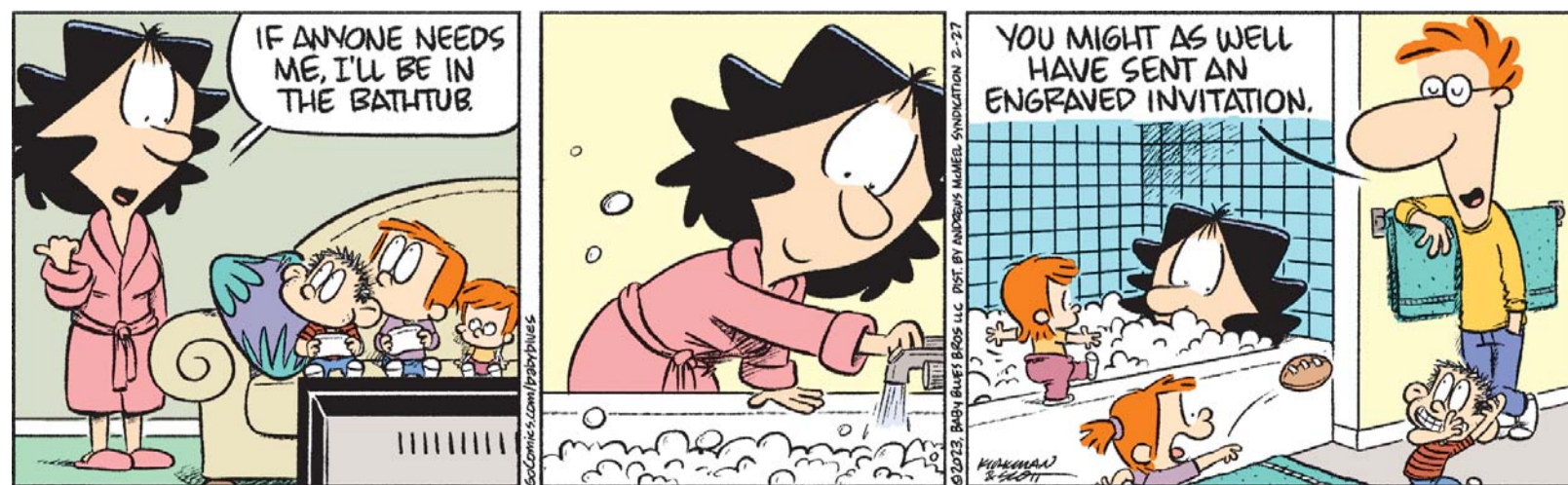


Shah 'Alam conveying the grant of the Diwani to Lord Clive.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman