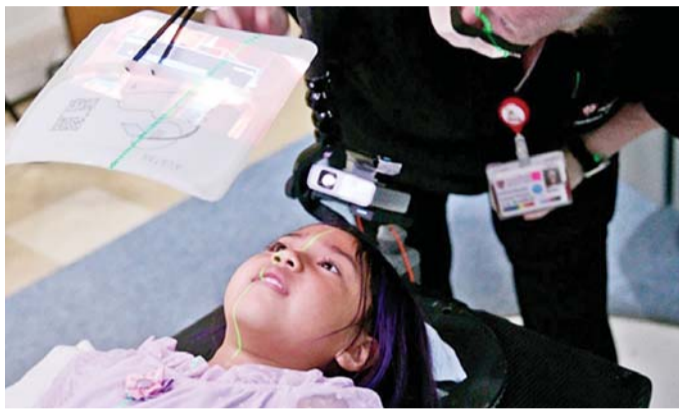


#LIFE-HACKS

Skipping Anaesthesia During Radiation

Intro: Video-based distraction also reduces children's anxiety and improves their quality of life as they undergo radiation therapy.



Watching distracting videos helps kids with cancer hold still and avoid the need for anaesthesia during radiation treatments, a new study finds.

Video-based distraction also reduces children's anxiety and improves their quality of life as they undergo radiation therapy.

The study's participants, 81 children who were 3 to 10 years old, were being treated for various forms of cancer at 10 paediatric hospitals across the United States.

With video distraction instead of anaesthesia, children did not have to fast overnight before radiation treatments, which meant they could schedule the treatment at different times of the day, not just in the early morning.

Each patient selected the videos they wanted to watch, typically children's shows available on a streaming service. A parent could accompany the child into the treatment room and stay until the child was positioned on the table and began watching their chosen video.

With video distraction, 78% of children in the study could hold still through at least one 10- to 30-minute radiotherapy session without anaesthesia. Prior studies found that less than half of kids aged 3 to 10 could tolerate radiotherapy without anaesthesia.

Children in the study received a median of 28 treatment sessions and avoided anaesthesia for a median of 20 sessions each. All 10 cancer treatment centres succeeded at delivering video distraction, meaning at least half of their patients were able to avoid anaesthesia.

Success with video distraction depended partly on the child's age: Among children who were 3 or 4 years old, 55% avoided anaesthesia, while the rates for 5- to 7-year-olds and 8- to 10-year-olds were 81% and 85%, respectively.

The gains from using video distraction were greatest in 3- and 4-year-olds, Hiniker says. Without distraction, other studies had found that fewer than 10% of children in this age group could avoid anaesthesia.

"For the littlest patients, it can make the most difference," she says.

Lower Treatment Costs

Avoiding anaesthesia also reduces the cost of the children's treatments. The researchers estimate that the cost savings from avoiding anaesthesia in the current study are about \$2.3 million.

The researchers are expanding the types of patients who can benefit.



This new magazine? LIFE. This is the opening paragraph from Henry R. Luce's 1936 original, confidential prospectus for what became LIFE Magazine. I couldn't help but be wildly inspired by the concept. It's a passionately written piece on the power and potential of photography, as well as a wonderful slice of history. We all know the plight of magazines, but this gave me hope for their new era, whatever it might look like. Just think about how much more wildly capable we are today to actually deliver on this purpose and this promise. We have the internet. We have devices, screens and even still papers in places where there are no screens or fiber channel chords-to share now more than ever before. More than ever now before we have our cameras with us every day and the means to digitally pipe this information around the world in a millisecond.



World Emoji Day

Emoji's have been used since the beginning of the internet to transmit emotion in the written medium. As internet technology advanced, so did the use of the emoji, with previously pure text bits of ASCII art turning into full-fledged animated faces and symbols. We've all used them, and we're excited for the future of them! World Emoji day celebrates the history of these emotional expressions, and encourages you to be exceptionally emotive! After all, it's always nice to let someone know how you're feeling when you write, isn't it? Emoji's are just one more way!



The greatest adventure man has ever dared to take

Man in Space Sept. 14, 1959, issue the editors featured the "fly boys" selected for Project Mercury in a major cover story. In the original magazine story, LIFE's editors announced, "We begin this week to report the personal side of a story which we know will live on in history as long as there are men to record it. It is the story of the Astronauts, the supremely dramatic story of man's first efforts to leave his native Earth." In the introduction to the multi-part feature itself, meanwhile, the momentous nature of the task ahead was discussed in tones that ranged from the near-poetic to the downright blunt. This is what they wrote in that issue.

"Some fine early morning before another summer has come, one man chosen from the calmly intent seven... will embark on the greatest adventure man has ever dared to take. Dressed in an all-covering suit to protect him from explosive changes in pressure, strapped into a form-fitting couch to cushion him against the crushing forces of acceleration, surrounded in his tiny chamber by all manner of instruments designed to bring him safely home, he will catapult upward at the head of a rocket for more than 100 miles and then plunge down into the Atlantic Ocean. If he survives, he will become



the heroic symbol of a historic triumph; he will be the first American, perhaps the first man, to be rocketed into the dark stillness of space. If he does not survive, one of his six remaining comrades will go next.

The astronauts are all in their 30s. All are military pilots with experience in engineering and in testing new airplanes. One member of the NASA board which chose them called the Astronauts "premium individuals picked for an unconventional task." In less clinical terms they are the best of a very good lot, a bright, balanced, splendidly conditioned first team, willing, eager, in fact to undertake an assignment most men would find unthinkable."



Project Mercury astronauts posed in new pressure suits at Virginia's Langley Air Force Base, 1960. Ralph Morse/Life Pictures



Astronaut Virgil "Gus" Grissom strapped into a centrifuge during a simulated space flight, 1959.

Lieutenant Col. Grissom was killed, along with fellow astronaut Roger Chaffee and Ed White, in a launch pad fire while training for the Apollo 1 mission in January 1967. Ralph Morse/Life Pictures



Astronaut Donald "Deke" Slayton in an "orbital attitude simulator" training device, 1959. In 1975, at 51 years old, Maj. Slayton became the oldest person to fly into space (until his Mercury colleague John Glenn flew aboard the Discovery space shuttle at age 77 in 1998) when he served as the docking module pilot of the 1975 Apollo-Soyuz Test Project. Ralph Morse/Life Pictures



Beautiful things don't ask for attention



Divij Sharma
Arbit
Correspondent

With the Chandrayaan 3 scheduled here is the Life Magazine 1st issue of the man in space.

The last few months have not been kind; they forced catharsis, made me an insufferable bore in short. Here are some lines that made a lot of sense to me in that period. These lines were written by LIFE's founder and publisher Henry Luce in 1936, more like a confidential prospectus for a new magazine. A definition of its purpose, a feeling in its employees both present and future, unfortunately it did not last. To see life: to see the world;

To eyewitness great events; To watch the faces of the poor and the gestures of the proud; To see strange things - machines, armies, multitudes, shadows in the jungle and on the moon; To see man's work - his paintings, towers and discoveries; To see things thousands of miles away.

Things hidden behind walls and within rooms, Things dangerous to come to; The women that men love and their many children; To see and take pleasure in seeing; To see and be amazed; To see and be instructed.

Thus to see, and to be shown, is now the will and new expectancy of half of humankind. To see, and to



show, is the mission now undertaken by a new kind of publication, THE SHOW-BOOK OF THE WORLD.

This new magazine? LIFE. This is the opening paragraph from Henry R. Luce's 1936 original, confidential prospectus for what became LIFE Magazine. I couldn't help but be wildly inspired by the concept. It's a passionately written piece on the power and potential of photography, as well as a wonderful slice of history.

#KNOW-IT-ALL

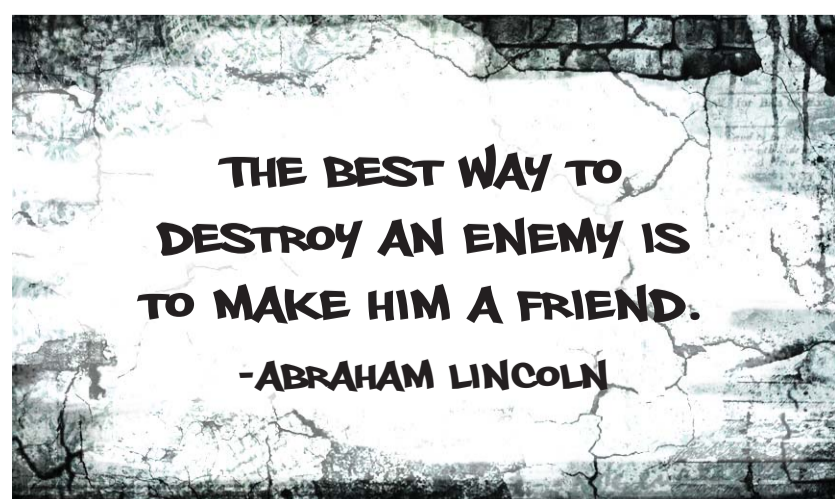
We all know the plight of magazines, but this gave me hope for their new era, whatever it might look like. Just think about how much more wildly capable we are today to actually deliver on this purpose and this promise. We have the internet. We have devices, screens and even still papers in places where there are no screens or fiber channel chords-to share now more than ever before. More than ever now before we have our cameras with us every day and the means to digitally pipe this information around the world in a millisecond.

Here is to the magazine that shaped how I saw the world from the narrow confines of my school library here is to the magazine that tangentially internalized to the meaning of aesthetics, its universality and in doing so crumbled the boundaries of religion and other ugly, displeasing fundamental foundations.

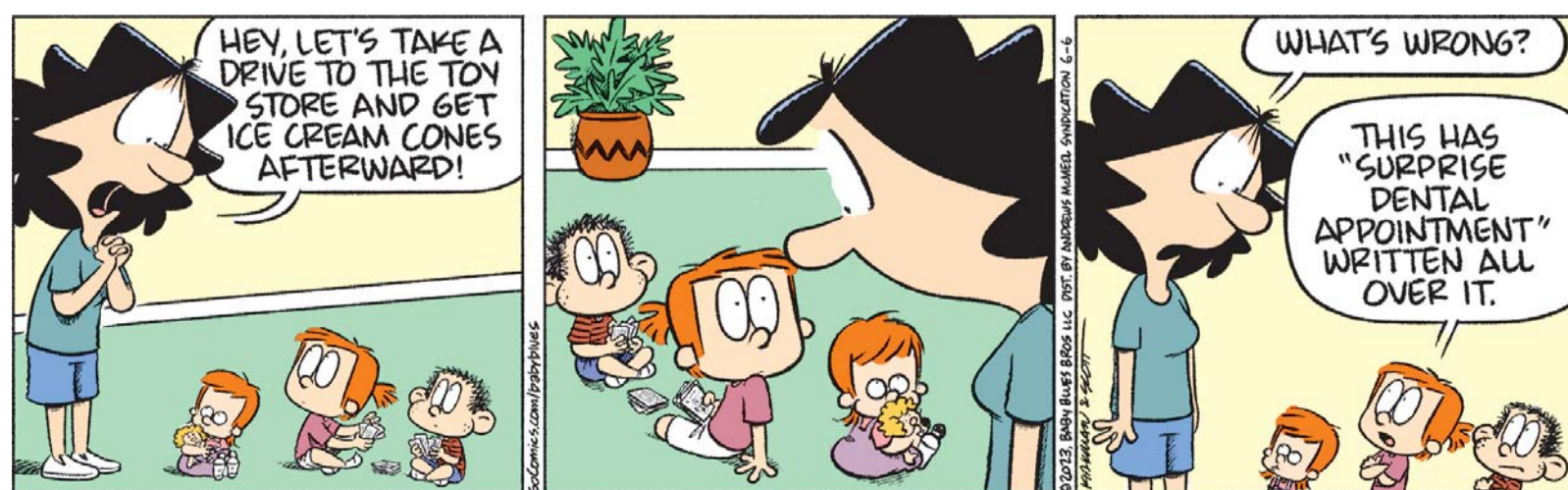
Here are the Life Magazine's Cover Pages for you to see. So much nostalgia, memories, and history flood into your senses when browsing through these magazines. I am sure you will get some type of nostalgic feeling - or perhaps the old vintage style design will inspire you to create something new with a vintage look. Some of these magazines you can even buy - some of you magazine designers could possibly benefit from browsing through the real thing, get some layout ideas from the days that have long since passed. Whatever you do with this inspirational resource - I hope you ENJOY!

rajeshsharma1049@gmail.com

THE WALL

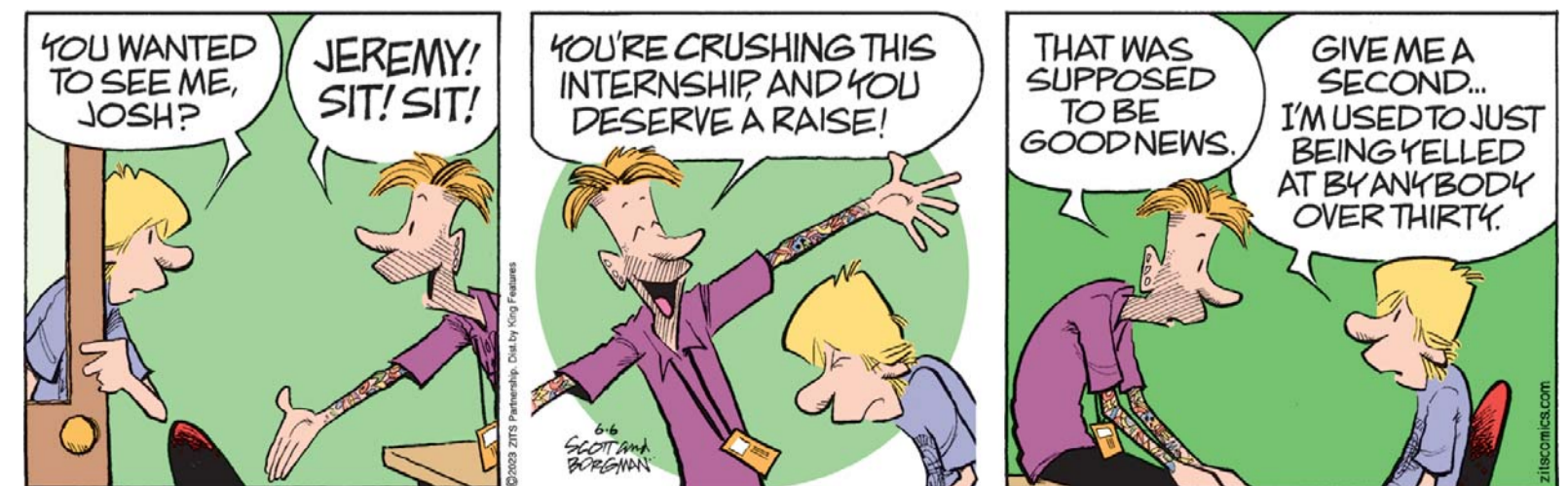


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

#J'ADORE

The Dominating Denim

These top jean trends are the stuff of Denim Dreams

Denim will always be timeless, but its silhouettes aren't exactly immune to fashion's trend cycle either. Season after season, there's continuous excitement and curiosity surrounding what specific looks will enter and exit the chat. Are low-rise jeans back? Are skinny jeans dead? Well, consider these and the rest of your burning sartorial questions for the season's denim trends answered

Very Wide Leg



Cropped Flares

For a trend designed to let other trends take the spotlight, consider a pair of cropped flared jeans that will allow your most stylish shoes of the season to take centre stage. With the rise of athletic sneakers and cowboy boots, customers are looking to show off their new footwear with anything cropped.

Pop Of Pink

With pink solidifying its status as the colour of the moment thanks, in large part, to Valentino and Pantone, there's no wrong way to wear it. We suggest testing out the hue on a pair of jeans, whether you want to go total Barbiecore or would rather start off small with bright cuffs or pocket details.



For those who are looking for a less classic take on the staple, patchwork pieces and mixed wash styles are one way to change things up in this department, especially with many brands recycling fabric from old pairs or offcuts to fashion into new creations.



Cargo Jeans

Among the major trends in 2023 is utilitarian wear - the face of which is undoubtedly the cargo pant. Big and baggy, this oversized silhouette is straight out of the Y2K era and has become so popular, it's infiltrating the denim category, too.



Maxi Skirt

Mini skirts might still be getting a lot of attention since MiuMiu debuted its viral micro number a few seasons back, but let's not forget one of the standout styles from the total opposite: the maxi. There was a range of takes on the trend from designers all over the world.



Not-Last-Season's Skinny Jeans

Wherever you stand on the subject of skinny jeans, we can say with certainty that they're not going anywhere anytime soon. Especially not when covetable labels like Mugler are doubling down on the divisive trend with its signature Spiral silhouette (categorized by Net-A-Porter as a "cult find"). From elevated slits to fabric panels to corset-inspired waists and cut-outs, there's nothing basic about this season's skinny jeans.

