

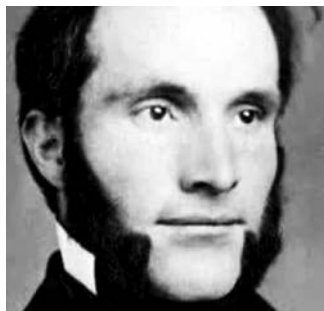
#TECHNOLOGY

Celebrating Loomis Day and the Spark of Wireless Communication

From invisible waves to the internet age, how Mahlon Loomis's bold vision still powers our hyper-connected world.



Every year on May 30, we mark Loomis Day, a tribute to an unsung pioneer of wireless communication. Mahlon Loomis, while names like Marconi, Tesla, and Hertz are more widely known in the history of telecommunications, it was Loomis, an American dentist and inventor, who quietly sparked the idea of transmitting messages without wires, over three decades before Marconi's famous wireless telegraphy experiments. Back in 1866, Loomis claimed to have conducted a wireless communication demonstration between two hilltops in Virginia using elevated kites with copper wires and the Earth's natural atmospheric



electricity. Though his methods lacked the scientific rigor and documentation demanded by the era's academic circles, his 1872 patent was the first ever granted for wireless telegraphy, a milestone that marked the beginning of a concept that would eventually revolutionize how the world connects.

From a Curious Dentist to a Wireless World

Mahlon Loomis wasn't a trained engineer or physicist. He was, remarkably, a dentist with a dream, one that extended far beyond tooth enamel. He imagined sending messages without poles, wires, or messengers, relying instead on "electrical currents through the atmosphere." Though the science was still murky, his leap of imagination

- was astounding. In many ways, Loomis was ahead of his time. The world simply wasn't ready with a dream, one that extended far beyond tooth enamel. He imagined sending messages without poles, wires, or messengers, relying instead on "electrical currents through the atmosphere." Though the science was still murky, his leap of imagination
- Medical advancements, including remote diagnostics and wearable monitors, rely on wireless signals.
- Even deep space exploration, including communication with Mars rovers and satellites, is built on the backbone of wireless transmission.
- Without wires, we live more freely, work more flexibly, and connect more rapidly. Loomis's experiment, however unpolished, opened the door to this invisible infrastructure that now defines our digital age.

Remembering the Risk-Takers

Loomis Day is a reminder that great innovation often begins with uncertainty. It celebrates bold thinkers who challenge convention, even without immediate recognition. In a world constantly pushing for the next big tech leap, Loomis's legacy urges us to value curiosity,

experimentation, and the courage to think beyond what's proven. So, the next time your phone pings, your smartwatch syncs, or your home assistant answers a question, remember Mahlon Loomis. He didn't just dream of a wire-free world, he believed in it, long before it was possible.

An amazingly powerful tool is to learn something new. It doesn't matter what it is, as long as it is something you didn't know before. Art, singing, a new language (that is the best one and the more difficult the language, the better), a new skill like carpentry, plumbing whatever. Get a degree. Become an attorney at 70. A pilot, a captain of a sailing boat. A mathematician, a business or political analyst.

#LIFE BIGSIZE

Age Is A Grace



Let me begin with a Disclaimer: If I sound a bit short, abrupt or even rude sometimes, it is because I am talking to myself. To grow old is a blessing that not everyone is granted. To age gracefully is a choice that not everyone makes. But it is a choice that you can make at any time. Since I am 70 this year, 2025, and so have entered the Last Lap Club, I thought I would share some reflections about ageing gracefully. That term, Ageing. Gracefully, was something my father always spoke about and as I have seen others ageing, some gracefully, others painfully. I see the importance of getting it right. After all, if you must do it, it is best to get it right and do it well. So, here are five essential things to do.

1. Accept it

The first thing to do about ageing is to accept it. You are 70 years old. Not, "70 years young." Saying that is a pathetic attempt at denying reality. Age is not a number. It is real. If you don't believe me, ask your knees. Or any other body part which feels the years. What's also real and powerful is what you choose to do about it. Focus on that and not on trying to fool yourself. You are not fooling anyone else, believe me. If you don't accept it, you will try to fight it and that is not a battle that you can win. I have seen many people get themselves into serious trouble, pretending to be 20 when they were 60 and 70 and then contemplating their foolishness in hospital. You are 70. Act like 70.

Choose dignity over looking pretty, standards are different. Don't dye your hair or beard. 'Greybeard' is a title of honour. Wear 'safe and comfortable' shoes. And clothes that are comfortable and dignified. Don't try to look 20. You are not. And you will look ridiculous. Sit and put



on your trousers and shoes. Sit in the shower. NEVER stand on one leg unless you have something to hold. Never try to slip your feet into slippers as you walk. Yes, you could and did all this until you were 50, but today you are not 50. The sooner you accept that, the healthier, happier, and wiser you will be. Enjoy the honour that comes with age, at least in societies that value and respect their elders. Being an elder is a privilege that must be earned. You did. Now enjoy it. Don't waste it trying to deny it

and pretending to be a teenager. Having said that, the biggest trap is sloth. Just laziness. The temptation to sleep late. To sit in front of the TV all day. To mindlessly scroll social media apps and so on. The heaviest load to lift is the blanket, the comforter. But lift it, you must. The good news is that once you get out of bed, half the battle is won. And then, when you hit the road and your adrenaline kicks in, you are flying. Fight that laziness, otherwise, it will kill you as surely as a poison.

2. Routine

believes in living a purposeful life and remove anyone who doesn't. That's it. Friends are powerful. If you have a group of friends who are walkers, you will walk every day. If you are with foodies, especially in Calicut (Kozhikode) or Hyderabad, you will be on a 'see-food diet.' You will

eat whatever you see, and it will show and extract its price. Incidentally, I didn't list no smoking, no alcohol, no drugs, no social media (that's a drug), no computer games, nothing that doesn't challenge your mind, because that's a no brainer. Anyone doing any or all these things is a sucker. No point in wasting time with them. It's their life.

3. Alzheimer's

it like an intruder and get rid of it right away. It is the biggest deterrent to reading. Important news will come to you in different ways. What you will see on the TV is not news anyway. It is propaganda and mind steering for those whose minds it can access. Save your mind from this toxic influence.

Another amazingly powerful tool is to learn something new. It doesn't matter what it is, as long as it is something you didn't know before. Art, singing, a new language (that is the best one and the more difficult the language, the better), a new skill like carpentry,

plumbing whatever. Get a degree. Become an attorney at 70. A pilot, a captain of a sailing boat. A mathematician, a business or political analyst. I enrolled in a two-month immersion program in the Arabic language in the summer of 2023 and stayed in the hostel in Bennington College, Vermont. For two months, I experienced the life of an American undergraduate, ate my body weight in tofu (how I hate the stuff!), walked six miles every day and sat in class, where I was three times the age of most of my classmates and older than the teachers. I had a

GPA score of 4.9 and was voted the most popular person on campus. But ask me how I felt every week the night before the weekly tests. Sometimes, I wept with frustration and regretted the day I decided to enroll in the program. But today, I am so happy that I did. Not only did I improve my knowledge and fluency in Arabic, but also, I had a unique experience, which I learned a great deal from. As a bonus, I also made some very good friends. An active brain is a healthy brain and doesn't get old, no matter how old the body becomes. Learning new things makes the brain stronger.

4. Silence is power

Keep your mouth shut. Old people love to talk. Especially to tell people how to live their lives. Something like what I am doing now. If you must do it, do it like this. Write and blog and post it and read the comments. That is safe. Speaking it out is not safe and will drive people away. Don't give free advice. Here is a simple test. Ask yourself, 'Did he come to me or am I going to him?' Don't go. If you went and then you suddenly remembered this advice, get up and leave.

This is one of the most irritating habits of old people. They tell others how to lead their lives. If someone asks you for advice, tell them that there is a fee and that you believe that the essence of 70 years of life experience is worth paying for.



5. Live long or live well

Long life is not in our hands and it's not something to desire. But life quality is in our hands. The secret is simple. Eat 1/3 of what you eat now. No sugar. Low carbs, high protein diet. Eat one meal in 24 hours. No snacking. No cheating. No exceptions whatsoever. Sleep until you feel rested. And exercise 3X of what you do now. Sustained exercise. Not walking around the house. Walk at least 10,000 steps you must count, your exercise app will do it per day. That is 5 miles. And lift weights. The older you get, the more important lifting weights is. It's not to build muscle but to strengthen muscle and increase bone density. Walk or wheelchair. That is the choice.

Public opinion doesn't matter. It never did, but like most people, we probably chased it. Now, it matters even less. Forget what people think. They don't. They have better things to do than to think about you. Change your language. Become kinder, less critical, totally positive and NO NEGATIVE THOUGHTS OR MESSAGES. Self-talk is powerful. Be very careful with it. Did I say laugh? Laugh. Often. Laughter is indeed the best medicine. Just look around you. Isn't it a beautiful world? Sunrises, sunsets, phlox and magnolias. The song of the Red Cardinal. The chirr of the black-capped chickadee. Sparrows fighting, rolling in the dust. Rowdy starlings taking full advantage of the bird bath. The fox, the bear with her cubs, the coyote lurking in the shadows. The Red-Tailed Hawk and the Peregrine Falcon soaring on thermals, searching for prey. Canadian geese. South American hummingbirds, salmon going to their places of birth to die, all timeless cycles of an earth that endure, even us, humans. Are these not enough to make us happy?

Raising Awareness: World MS Day 2025

Observed on May 30, World Multiple Sclerosis (MS) Day aims to raise awareness and support for the over 2.8 million people worldwide living with this chronic, often disabling neurological condition. The 2025 theme, 'My MS Diagnosis,' highlights the importance of early detection and better access to care. MS affects the central nervous system, causing a range of physical and cognitive challenges. This day promotes global solidarity, encourages dialogue, and empowers individuals to share their MS journeys. From patient advocacy to medical research, World MS Day is a call to action for a more inclusive and understanding world.



That is why you never give free advice. Enjoy the fact that you don't need to argue much to win any argument. Experience the power of walking away. Physically and mentally. Let go, relax, give up the need to control. Someone else is in charge today, and even though, you may think that you would have done it better, it is not your shift now. So, walk away. Saves you enormous stress and gives a great sense of relief. In your conversations, stay away from three taboo topics. Religion, politics, and your health. Your religion is your own. It is private. You don't need to justify or explain your beliefs to anyone. If someone asks you, tell them. If they don't, let it remain a mystery. Practice comfortably with confidence. Let your religion be reflected in the goodness that you spread around you as you live by it. As they say, 'Religion is what happens after the prayer.' If you are not spreading goodness when you practice your religion, you need a miracle.

Likewise for your politics. If

your politics divides people and teaches you to hate others, to look down on them and all the rest of the garbage that is peddled today, then it needs to change. Practice the politics of respect for others, inclusivity, openness, integrity, compassion, standing up for the weak, speaking up for the voiceless, taking care of the environment, of commons and building bridges. Not walls. If your politics doesn't fit this bill, then, it needs to change.

Your medical conditions are interesting only to your doctor and that too because you are paying him to listen to you. So, keep them for him. Don't talk about your ailments to anyone else. Likewise, about your GOOD OLD DAYS. Let's face it! They were never as good as we make them out to be. They were days. And they became as good or bad as we made them for ourselves. Learn the lessons. That has value. Not talking about how the world was perfect when I was 20. It wasn't and I would never want to go back there for anything at all.



Finally, the bonus point. Yeah! I know I said that it was five points. So, this one is free. Enjoy yourself. Spend your money. Don't travel Economy. You deserve to travel Business. Take a porter. Don't try to carry your own luggage. It is better for your image and your back. Empty your bucket. Live your list. Do all the things that you had been saving to do when you had spare free time. Now, you do. Go see places. Take cruises. Spend half a day sitting in front of the Mona Lisa. Or whatever is your thing. I love wildlife, so, I spend time in the bush, watching them doing their thing.

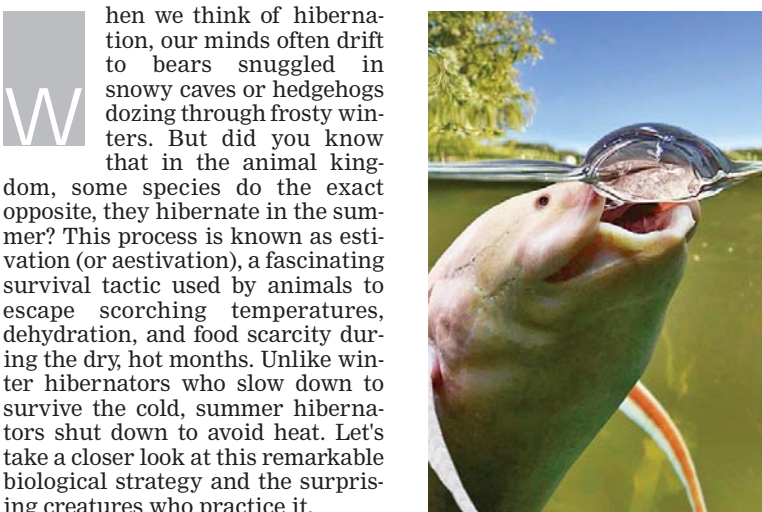
Gratitude: Should I have said that first? Or is this the best place for it, because what is said last lasts longest? An attitude of gratitude is the secret of ensuring that our old age is not lonely. Thank God for all that he gave you. Life, health, wealth, difficulties we learnt from, pains that helped us to appreciate the joys of life. For without darkness, light is not as enjoyable. For meetings and partings. For ease and hardship, for dreams achieved and dreams that remain dreams. For prayers accepted as we

rajeshsharma1049@gmail.com

#ANIMAL KINGDOM

Heat Sleepers: Meet the Animals That Hibernate in Summer

While we seek shade and chilled drinks in the summer, some creatures beat the heat by vanishing underground. Here's how summer hibernation, called estivation, helps animals survive extreme heat and drought.



1. African Lungfish: The Master of Mud Naps

Found in freshwater habitats across Africa, the African lungfish is the poster child for summer hibernation. When ponds dry up in the blistering heat, this fish burrows into the mud, encases itself in a mucus cocoon, and slows its metabolism dramatically. In this state, the lungfish can survive for up to four years without water, breathing through a primitive lung until the rains return. It's nature's version of a sci-fi stasis pod!

3. Snails: Slowing Down the Slime Trail



Yes, even snails get tired of the heat. Land snails, especially in Mediterranean and arid regions, estivate by sealing themselves inside their shells using a layer of mucus called an epiphragm. This layer keeps moisture in and heat out. Curled up inside their shells, snails can go weeks or even months without food or water. They only emerge when the environment cools and humidity rises.

2. Desert Tortoises: Shelling Out in the Shade

Mojave Desert tortoises are experts at avoiding the blazing sun. As temperatures climb above 40°C (104°F), these reptiles retreat into underground burrows where it's significantly cooler. Their heartbeat slows, digestion halts, and they barely move for months. Estivation helps them conserve water and energy until conditions are right again. It's an adaptation that allows them to thrive in one of the harshest environments on Earth.



4. Crocodiles: Sleepers in the Swamp

Some species of crocodiles, such as the Australian freshwater crocodile, also engage in estivation when water bodies dry up. These fearsome reptiles dig burrows into riverbanks and lie dormant through the dry season. Their body functions slow to a crawl, and they conserve every ounce of energy until the rains replenish their watery homes.

6. Fat-Tailed Dwarf Lemurs: Summer Sleepers of Madagascar

These adorable primates are the only known hibernating primates, and their sleep schedule is unique. While most hibernators snooze through winter, the fat-tailed dwarf lemur in Madagascar enters a state of aestivation during the island's hot and dry season. Their name gives away their secret: they store fat in their tails to survive the months without food. Tucked into tree holes or burrows, they wait out the heat with minimal activity.



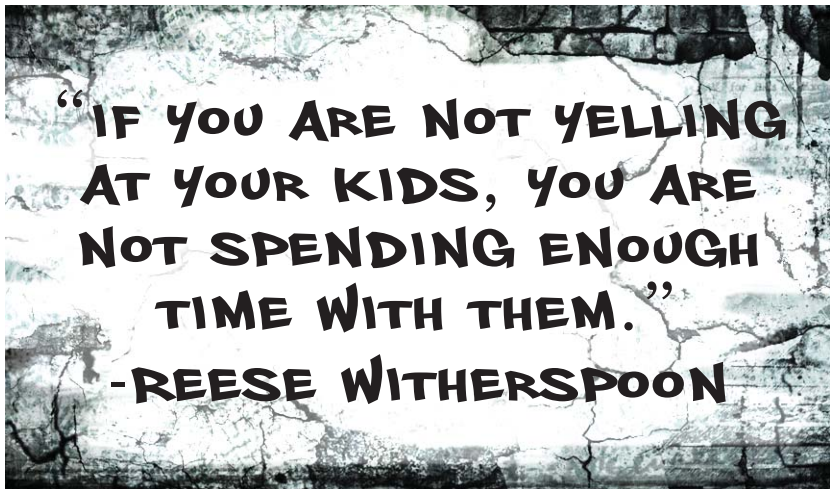
Why Estivation Matters

Estivation isn't just an interesting quirk of biology; it's a critical survival strategy in a rapidly warming world. As climate change leads to longer droughts and hotter summers, more animals may adopt or adapt estivation-like behavior to cope. Scientists are studying these heat sleepers for clues on how organisms respond to extreme environments, offering insights that may one day help humans with medical applications like suspended animation or deep-space travel.

A Lesson from the Lazy

In a world that often equates productivity with success, these creatures remind us that sometimes, the smartest thing to do is rest. When the heat is too much, disappearing underground and hitting pause can be a wise and effective choice. So, next time, you see a tortoise disappear into its burrow or a snail curled tightly in its shell during a dry spell, know that it's not slacking, it's surviving.

THE WALL



"IF YOU ARE NOT YELLING AT YOUR KIDS, YOU ARE NOT SPENDING ENOUGH TIME WITH THEM."
-REESE WITHERSPOON

BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS

