राष्ट्रदुत

## **#MIND&BODY**

# Get a brain workout



badminton, carom etc. When

you use the non-dominant

hand, both hemispheres of

your brain get activated, trig-

gering improved memory

Walking in reverse will tease

the sphere of the brain, and set a "red alert". This activity

will increase your problem

solving skills, also involve one

or more of your senses at a

time. This is a fine example of

a neurotic activity. Neurotic

activities help the growth of

new neural connections to

your brain. You can try it for

five minutes in between your

Physical workout: A health-

ier mind is a result of healthi-

er body. Exercise at home, go

to the gym or practice yoga.

tine that can keep your brain

Learn and memorize new

things: Learning new words.

trying out crosswords and

puzzles for at least 15 minutes

each day will prove beneficial

This will increase your learn-

ing capacity and improve

Give your brain a break:

Like every other part of your

body, the brain also needs rest. It never really shuts

down, but focusing on a single

point or meditating can actu-

ally help you relax the mus-

cles in your brain. It will up

vour concentration, make vou calm and focused. Listening to

soft instr-umental music with

your eyes closed for at least 10-

15 minutes is enough to reju-

Increase your listening

capacity: As you listen more

you will be able to think and

talk more with improved lan-

guage. Listen to the news,

speeches and songs at least

Eat healthy: Consume

nealthy meals to sharpen your

brain. Ensure vou have a

wholesome breakfast, as this

will provide lot of energy to

your body and mind. Fruits.

vegetables and cereals that

are rich sources of vitamins

and minerals help by protect-

ing your brain cells from dam-

berries, olive oil, green leafy

vegetables are excellent brain

Walnuts, avocados,

venate your brain.

once a day.

daily walks.

backwards:

size and appearance of a small cauliflower, but thanks to its 100 billion nerve cells, think, plan, talk, meet many people, we come across new things and we have opportunities to learn, but we do not always benefit from it because we underutilize our brain

Difficulty in memorizing a person's name or recalling recent events are signs that the grasping capacity of the brain has slowed down. Often vaccination, childhood ill nesses, exam stress etc, affect the development of our brain. The only solution to overcome this situation is to exercise the brain. Similar to a gym workout and dieting to overcome obesity, we can also train our brain to exceed its initial intellectual capacity. You can enhance your thinking capacity through activities like learning new words playing games that stimulate the brain, challenging your IQ

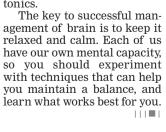


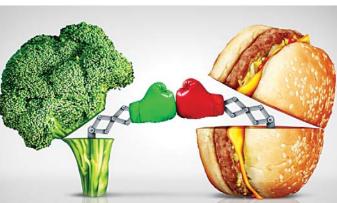
help you exercise your brain:

Yoga & meditation: These are good sources of exercise for the brain, as they involve contraction and relaxation of different muscle groups and regulate breathing that help in keeping the mind and the body active and focused. Active reading: This pro-

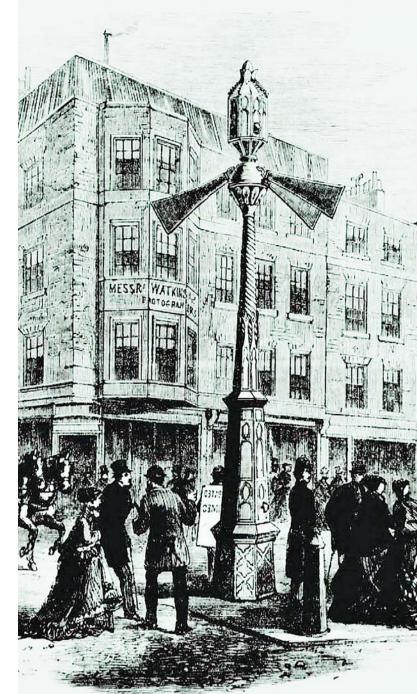
vides mental stimulation keeping your brain active and engaged. It keeps you focused in the present, takes your mind away from everyday stress and allows you to relax **Creative writing:** This requires steady thinking and is an excellent source of brain workout. Writing one page a day about anything under the sun can also be fun. This is a real stress buster, as clears the mental blocks, helping you Use your less dominant hands: Keep your left hand busy if you are right handed

explore your creative side. and vice versa. This stimulates the part of your brain that controls your muscles. Use your less dominant hand for activities like writing, drawing or playing games like





# Stop!! It's Red Light!



The first trafic lights in England.



**Dr Goutam Sen** CTVS Surgeon

e were returning to Sutton (IJK) late on a winter night. My brother in Law Ajai and I had gone to a concert. deserted and we were driving at a fairly fast clip through

deserted streets. As we approached a traffic light we stopped at a red light. We had not seen a car on the streets for quite some time. At this time of the night it felt absurd to stop at a red light. This was the era before cameras had been installed to log the red light transgressors. So I remarked that it was unnecessary to stop at a red light at that moment. My brother in law looked at me and sternly said – you stop at a red light It matters little whether the streets are crowded or it is the middle of the night. The traffic light is there to protect us and has to be obeyed 24

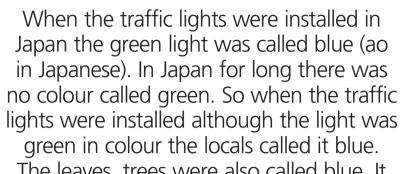
There have been rules of driving ever since there has been traffic. In the Roman era when chariots were hurtling down the narrow lanes of the eternal city and conquered nations rules had to be created for people to move along at a safe and sedate pace. As time passed and the numbers of chariots and horses increased it was advisable to have some uniform method of traffic

**#LIFESAVER** 

control. Some sort of regulation about which side of the road is used was first introduced then. But overtaking and right of way at a cross ing was still a matter of who was stronger, bulkier and swifter. Rules of the crossing and right of way were a far dream. It may surprise many readers that the first traffic lights were seen in 1868 in England nearly half a century before motor cars had been produced.

The first traffic lights were designed for a busy crossing near Great George and Bridge Street and were in operation on December 9th, 1868. The light was 22 feet tall and had semaphore arms that swung up horizontally (Stop!) or dropped to a 45 degree angle(Proceed). It was manually operated and had a hazardous gas lamp for use in the dark-

> In Jaipur, where till recently slow moving bullock carts, cycle rickshaws and two wheeled cycles plied in the main roads along with cars and motor cycles the behaviour at the traffic light was quite variable.



The leaves, trees were also called blue. It was much later that the word 'Midori' was coined for green.

ness which exploded about four months after its installation. It was abandoned thereafter for nearly four decades. Incidentally the railways quickly incorporated this system for trains entering and departing from a railway stations. The upright red signal was for a stop. Much later the positions were reversed when an accidental drop of he upright red arm due to a mechanical defect created a dangerous lapse and allowed the train to

The choice of the colours behind the traffic lights has some science. The colour red has the longest wave ength and can be seen from the farhest distance. Green which mean-'proceeds with caution' was much like todays yellow light. In the earlier days it was a bright white light which ignaled 'Go'. The white light was onfusing and hazardous, so green took over the signal 'Go' while yellow vas replaced as the signal for 'cauon' because of its high visibility.

It was only after Henry Ford's Model T started the motor car revolution and began crowding the streets Lester Wire (a Police Officer) invented an electric red and green 'Stop' and 'Go' system. This was the crude version that got modified as time passed. Initially a horn was added by James Horne when

added to warn the drivers that the lights were going to change Automated and sequenced traffic lights were much later innovations for the smooth running of the traffic. In the 1950's, pressure plates installed under intersections allowed for full computerisation of traffic lights. Toronto in Canada was the first city to have a fully computerized traffic control in 1963. AS the motor cars spread through our world the rules of driving too moved with the creation of metaled roads and crossings. The colour code of the traffic lights was confirmed by most nations. In some nations a bluish light was installed above the traffic lights to illuminate the crossing well and allow the traf-

When the traffic lights were installed in Japan the green light was called blue (ao in Japanese). In Japan for long there was no colour called green. So when the traffic lights were installed although the light was green in colour the locals called it blue. The leaves, trees were also called blue. It was much later that the word 'Midori' was coined In India the first traffic light was

fic policeman to identify the trans-

the lights changed. Later the inter-

mediate amber (Yellow) colour was



installed at Egmore junction,

Chennai in 1953. The second was

put up at the Corporation Circle in

begin with and later electrified. The

problem used to arise when the elec

tricity went off. The traffic then

became chaotic and it was then a

case of might is right! Recently

most traffic lights are installed with

solar panels. The colours of the traf-

fic lights are the same as in the

other countries but the interpreta-

tion was much to our inclination

The lights treated in more cavalier

manner as long as there was no

policeman to supervise. It also

depended very much on what kind

of a vehicle was used. In Jaipur

where till recently slow moving bul

lock carts, cycle rickshaws and two

wheeled cycles plied in the main

roads along with cars and motor

cycles the behaviour at the traffic

light was quite variable. The

cyclists and the rickshaws ignored

the lights and made their sedate

way across crossings despite the

lights being red. It was the duty of

the faster drivers to make sure they

were not run over. To make the mat

ters worse the pedestrians ignored

the zebra crossing. At the Rambagh

crossing the students from the near-

by school are not at all concerned

about the vehicular traffic. They

make their way across in a diagonal

fashion with their mobiles plas-

tered to their ears. It is the concern

of the drivers to make sure that

they are not run over.

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By Rick Kirkman & Jerry Scott

'Jaywalking' can lead to injury or even death writetoarbit@rashtradoot.com 

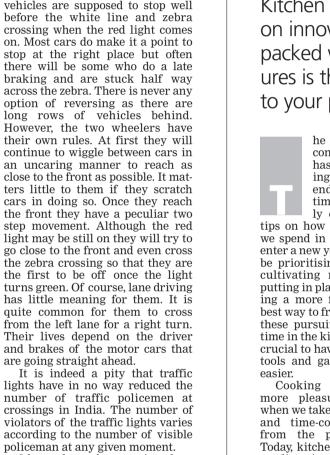
# Getting the kitchen game right

Today, kitchen appliance brands are listening to their customers and paying heed to their needs by coming out with a plethora of new products. Kitchen tools high on innovation and packed with features is the answer to your problems.



Cooking becomes a much more pleasurable experience when we take away the laborious and time-consuming element from the preparation work. Today, kitchen appliance brands are listening to their customers and paying heed to their needs by coming out with a plethora of products to help the home chef. Kitchen tools high on innovation and packed with features is the answer to your problems.

Here are some essentials.



lights have in no way reduced the number of traffic policemen at crossings in India. The number of violators of the traffic lights varies according to the number of visible policeman at any given moment.

The reaction of motorized vehi-

cles at traffic lights also depend

quite often whether it is two wheel-

er or a bigger vehicle. Normally all

I have always been curious how colour blind appreciate and follow the traffic lights. I was told that such people are able to perceive different shades of black and white which they then identify as the various colours seen by normal people They also remember by rote that red is the topmost colour while the other colours follow down the column. They are eligible to get a driving license in India after submitting an eye test report.

Traffic lights are here to stay. The sooner we learn to follow the rules regarding them the sooner the roads will be safer. It is high time pedestrians too are also made to obev rules about road crossing.





meat and cutting fruits.

ing the dough yourself.

cooking all in one

the humble pressure

huge transformation.

cooker has undergone a

Rotis, a staple in every Indian

home, are tedious to prepare, A

roti-maker can help you make

fluffy and round rotis. The roti-

maker kneads the dough as well,

esting tools out there that can help you speed up your cooking? Every Indian kitchen needs a vegetable cutter, as vegetables

What are some of the inter

are an important part of our diet. A vegetable cutter ensures that the vegetables are chopped

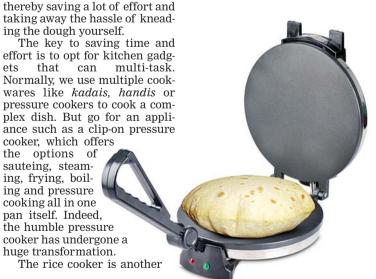






microwave pressure cooker that offers an exceptionally speedy experience. Enjoy delicious in a fine manner, and save the home-cooked food with zero time and effort of the cook by effort. The microwave pressure significantly reducing the prepacooker can be used for cooking, neating or even steaming, thus It is also crucial that every allowing an escape from the has kitchen has an electric chopper sle of the morning rush. All you to make light of tedious tasks need to do is put the contents in the cooker, place it in the like chopping onions, mincing

> microwave and set the timer. Make 2018 vour best vear ever and ensure that you have plenty of time to pursue new endeav ours by making sure your kitchen gadgets work for you.



# THE WALL



## **BABY BLUES**



## ZITS



