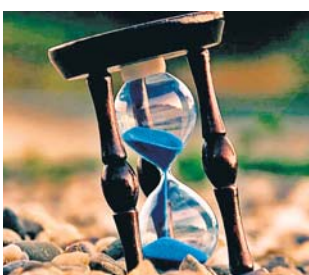


We Age Slowly In Space

You must have noticed in a science fiction movie like *Interstellar* that when people go to space and come back after, say, 10 Earth years, they hardly seem to have aged. The process of ageing in space is actually slower than it is on Earth. This is all explained by the *time dilation theory*. The theory says that time is a relative quantity. This means that the measurement of time between two distinct events by two different observers depends on the gravitational field in which they are and the velocity with which they are travelling.



#COVID-19

Covid Can Damage Vision

When viruses enter the body through inhalation, it not only infects organs like lungs, but also reaches highly protected organs like eyes through the blood-retinal barrier by infecting the cells lining this barrier. "This finding is important as we increase our understanding of the long-term effects of SARS-CoV-2 infection," says Singh.



The virus that causes COVID-19 can breach the protective blood-retinal barrier, leading to potential long-term consequences in the eye, new research shows.

The *blood-retinal barrier* is designed to protect our vision from infections by preventing microbial pathogens from reaching the retina, where they could trigger an inflammatory response with potential vision loss.

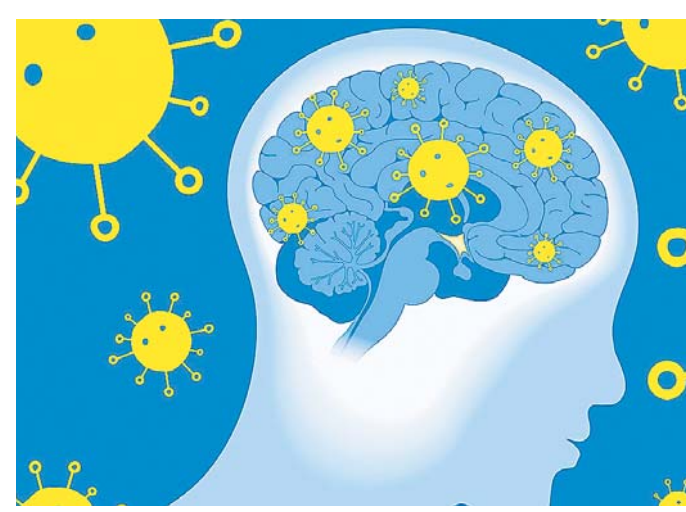
Pawan Kumar Singh, an assistant professor of Ophthalmology at the University of Missouri, leads a team, researching new ways to prevent and treat ocular infectious diseases.

Using a humanized ACE2 mice model, the team found that SARS-CoV-2, the virus that causes COVID-19, can infect the inside of the eyes, even when the virus doesn't enter the body through the surface of the eyes.

Instead, they found that when viruses enter the body through inhalation, it not only infects organs like lungs, but also reaches highly protected organs like eyes through the blood-retinal barrier by infecting the cells lining this barrier.

"This finding is important as we increase our understanding of the long-term effects of SARS-CoV-2 infection," says Singh. Earlier, researchers were primarily focused on the ocular surface exposure of the virus.

However, our findings reveal that SARS-CoV-2 not only reaches the eye during systemic infection but induces a hyper-inflammatory response in the retina and causes cell death in the blood-



When We Wrote Letters



Shailaza Singh
Published author,
Poet and a YouTuber

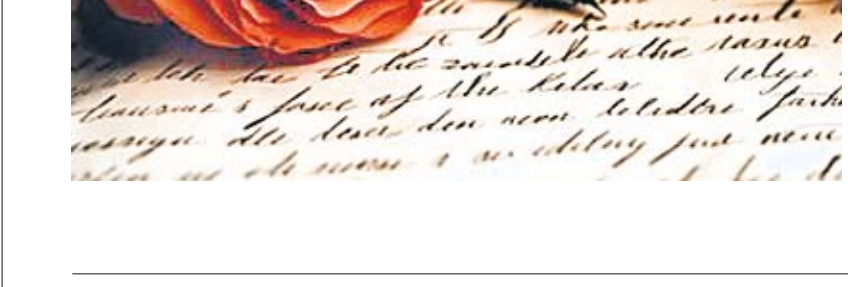
Probably in the near future, when we would talk about *handwritten letters*, we would start it by saying, 'Once upon a time, people wrote letters, when they were happy or sad or upset or indignant or even when they wanted to just address a point. These letters were almost as good as a work of art and written in excellent penmanship. When people wrote these letters, they took time, chose the right paper and deliberated over every word they chose.'

Once actor and producer, George M. Cohan, who was also a well-known public speaker, was requested to write something for an entertainment magazine. However, he did not like the idea and wrote the following reply. In today's world, celebrities simply ignore such requests; let alone write such long articulated letters.

While viruses and bacteria have been found to breach the blood-retinal barrier in immunocompromised people, this research is the first to suggest that the virus, that causes COVID-19, could breach the barrier, even in otherwise healthy individuals, leading to an infection that manifests inside the eye itself.

Immunocompromised patients or those with hypertension or diabetes may experience worse outcomes, if they remain undiagnosed for COVID-19 associated ocular symptoms.

"Now that we know the risk of COVID-19 to the retina, our goal is to better understand the cellular and molecular mechanisms of how this virus breaches the blood-retinal barrier and associated pathological consequences, in hopes of informing development of therapies to prevent and treat COVID-19-induced eye complications before a patient's vision is compromised," Singh says.



This is indeed dreadful. You have no idea of the grief I am in while I write. I am obliged to use an umbrella to keep the tears from running down on to the paper. Did you come yesterday to be photographed? And were you very angry? Why wasn't I there? Well, the fact was this. I went out for a walk with Bibkins, my dear friend Bibkins, we went many miles from Oxford, fifty-a hundred, say.

Dear George Buck,

Just received your letter in which you call upon me to write seven or eight hundred words for the anniversary number (of your publication). Now, let me tell you something, kid. Seven or eight hundred are a whole lot of words. I could tell a number of guys what I think of them in less words than that, and also I could do the lyrics of a dozen numbers for a musical play in less words than that. And to be truthful, I don't honestly think I know seven or eight hundred words. There aren't that 'many words' in my entire vocabulary.

As a matter of fact, in my whole circle of acquaintances, I can't think of any one right now, aside from a few English actors, who can spill that many words. As a dancer, I could never do over three steps. As a composer, I could never find use for over four or five notes in my musical numbers. As a violinist, I could never learn to play above the first position. I'm a one-key piano player, and as a playwright, most of my plays have been presented in two acts for the simple reason that I could seldom think of an idea for a third act.

I remember hearing Marcus Loew say one night that he left school as soon as he had learned how to count to ten. He claimed that any learning beyond that was altogether unnecessary. And mind you,

#WORD CRAFT



George M. Cohan.

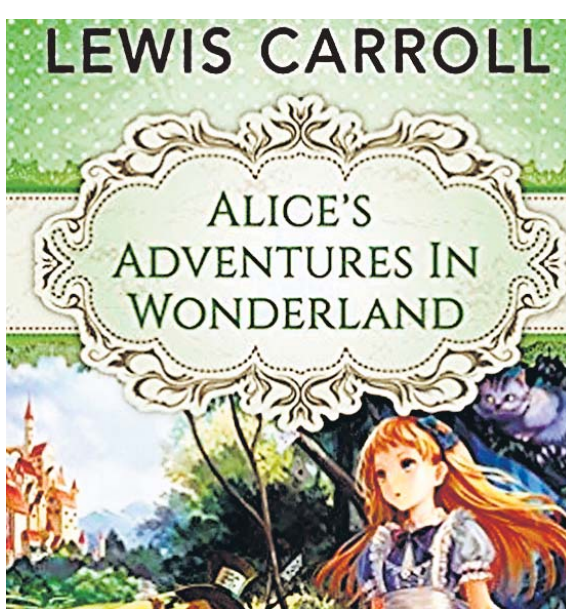
that was before he ever became a *big moving picture magnate*. I remember an old-time advance agent named Sam Dessauer telling me years ago (he was working for Gus Hill at the time) that Hill hollered so loud about telegrams being sent to him, 'collected' by his various advance men, that he called them all together one day and insisted that there wasn't anything in the world that couldn't be fully explained in ten words. Of course, they had to sit up nights, figuring out how to phrase their messages, but all admitted afterwards that Mr. Hill was absolutely right.

Speaking of words, there are two words necessary to every man's vocabulary, 'Yes' and 'No.' The former is used a great deal out in Hollywood, I understand. When some fellow says, "If you happen to see Mr. So and So, I wish you'd put in a good word for me," does he mean that you should look through Webster's dictionary for a good word or does he mean to actually say something nice about him? If he wants a plug, why doesn't he say so? And when some guy says, "You can take my word for it," why doesn't the guy he says it to ask him what word in the English language is 'his word'? He's made the claim, and he should be challenged...

My dear Annie,

This is indeed dreadful. You have no idea of the grief I am in while I write. I am obliged to use an umbrella to keep the tears from running down on to the paper. Did you come yesterday to be photographed? And were you very angry? Why wasn't I there? Well, the fact was this. I went out for a walk with Bibkins, my dear friend Bibkins, we went many miles from Oxford, fifty-a hundred, say.

George M. Cohan



Lewis Carroll

Lewis Carroll, who was also known as Charles Dodgson, was known as a mathematician, today, of course, he is best known as the author of *Alice's Adventures in Wonderland* and *Through the Looking-Glass*. He also loved writing letters to his friends and family. Here is an exaggeratedly funny letter that he wrote to his friend, Annie Rogers, who was also a photographic model, in the year 1867.

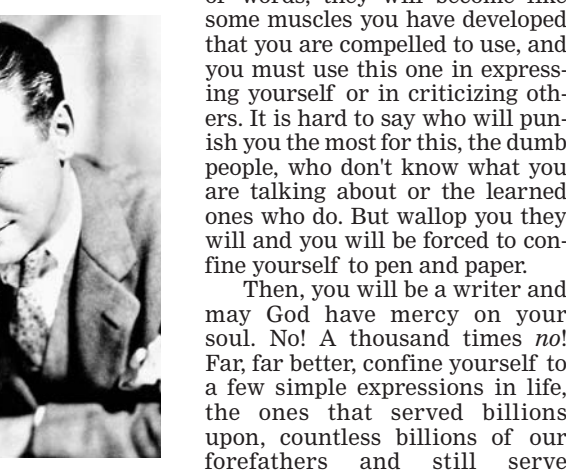
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Your miserably friend,

Lewis Carroll

American novelist and short story writer, F. Scott Fitzgerald and his good friend, writer Andrew Turnbull, tried to outdo each other in a long stream of correspondence by using increasingly obscure *Shakespearean* words. Abruptly, in the August of 1832, Fitzgerald turned the tables and wrote 'Andronio' the following letter, proffering advice in the crassest American slang that he could muster.



F. Scott Fitzgerald

When he was living in Hollywood, he wrote the following letter to his landlady, 1403 North Laurel Avenue Hollywood, California July 29, 1940

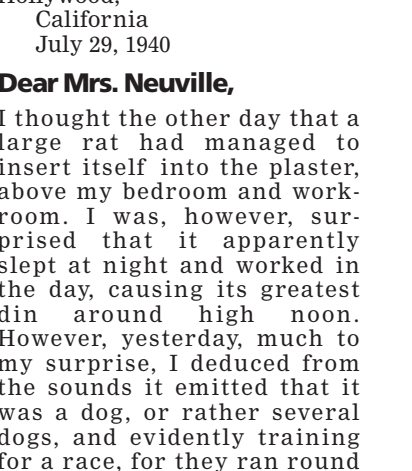
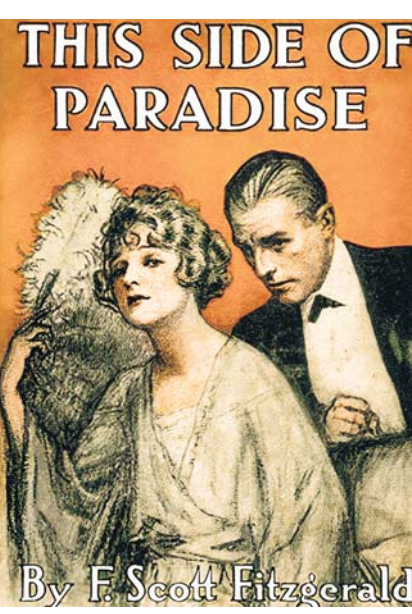
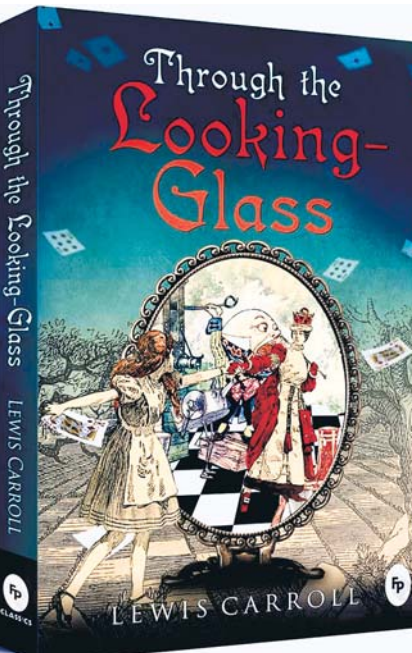
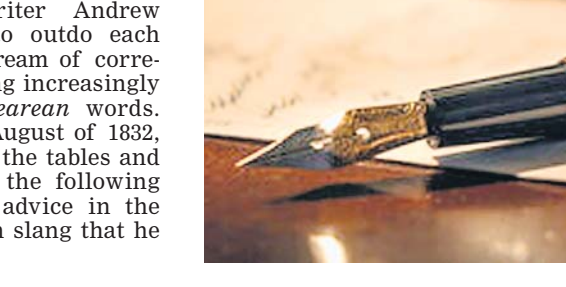
Dear Mrs. Neuville,

I thought the other day that a large rat had managed to insert itself into the plaster, above my bedroom and workroom. I was, however, surprised that it apparently slept at night and worked in the day, causing its greatest din around high noon. However, yesterday, much to my surprise, I deduced from the sounds it emitted that it was a dog, or rather several dogs, and evidently training for a race, for they ran round and round the tin roof. Now, I don't know how these greyhounds climbed up the wall but I know dog racing is against the law of California, so I thought you'd like to know. Beneath the arena, where these races occur, an old and harassed literary man is gradually going mad.

Sincerely,

F. Scott Fitzgerald

With warm regards to you all,
Scott F.



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#LIFESTYLE

Calm and Alert

The more consistently we are able to practice a variety of these routines, the greater the benefits to brain health



Wake Up at the Same Time

A good night's sleep makes us feel rested and 'focused' for the day ahead. When you wake up in the morning is just as important as when you hit the pillow at night, and consistency is key.

Take Your Time

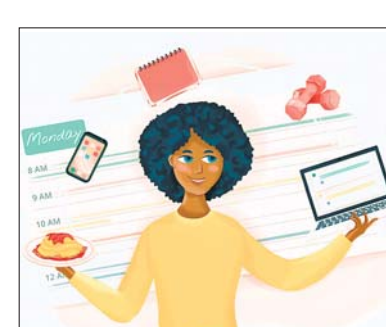
Ease into your morning and avoid rushing out the door, if you can. Give yourself plenty of time in the morning to get your mind and body ready for the day. Being rushed makes that difficult.

Practicing good sleep hygiene habits increase the odds that you will wake up refreshed with energy to tackle the day. Consistent sleep and wake times are essential to jumpstart your focus for the day.

Waking up at the same time every day keeps circadian rhythms functioning more productively. That's your body's internal 24-hour clock. A circadian rhythm, that's in sync, can help you feel more alert during the day.

Plan Your Day

Instead of playing it by ear, get organized and schedule your day to increase focus on what you'd like to accomplish. Think through what are priority tasks for the day and



Get Some Sunlight

"When you wake up, open those curtains and start your day with lots of light. If possible, to improve your focus naturally," Weidman says. It is a mood boost, as sunlight triggers a release of the 'feel-good' neurotransmitter *serotonin* and causes a release of our 'wake' hormones *adrenaline* and *cortisol* to get us going and alert.

Get Moving

Wake up your body and increase circulation through movement. Morning exercise can include stretching, yoga or light cardio for focus. Some people do not like doing strenuous exercising in the morning. So, think of some light or easy movement to do. If you prefer exercising in the afternoon or evening, that is great also since any form of exercise not only increases blood flow to the prefrontal area of the brain, which is the part of our brain responsible for focusing, but also improves our sleep quality, if finished at least two hours before bed.

Have Quiet Time

A morning routine that includes taking a little time to quiet yourself, before starting the day, is another great way to be more focused. Focus and concentration improve when you're calm and alert. Try for a few minutes of morning meditation or breathing exercises to start your day and centre yourself.

Eat a Healthy Breakfast

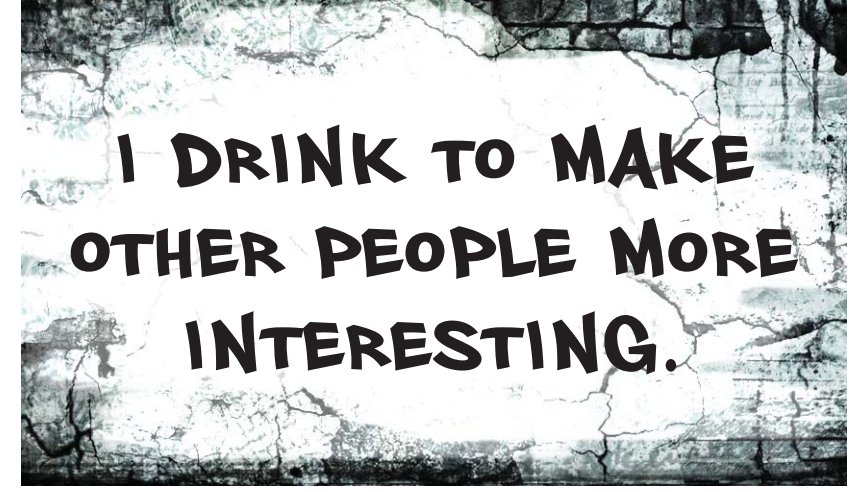
There's a reason breakfast is often called the most important meal of the day. A healthy breakfast can give your brain nutrients to stay sharp

Delay Screen Time

Lastly, consider your relationship with your phone and other technology in the morning. Are you in charge of it, or is it in charge of you? Find ways to cut down on using technology in the morning and see what happens to your stress levels and ability to be present and stay focused.

The more improvements result from a boost in serotonin, feeling more mentally refreshed from restorative sleep, increased blood flow through our body, reduced distractions and a calm but alert brain.

THE WALL

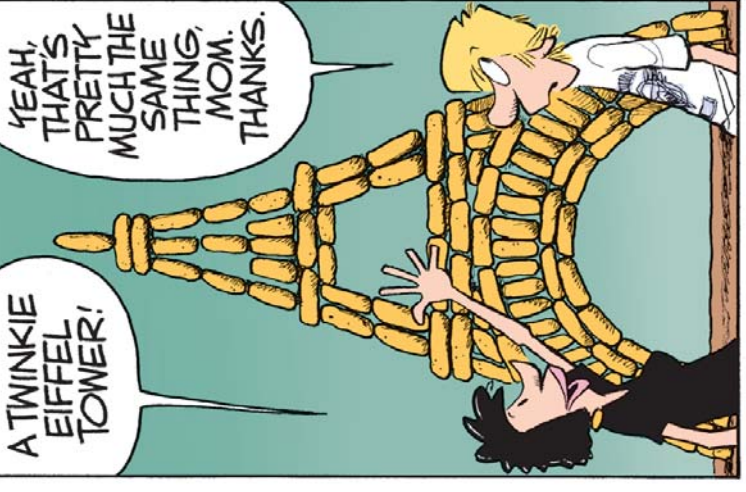
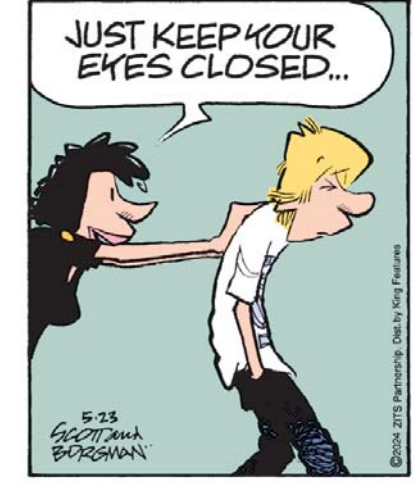


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman