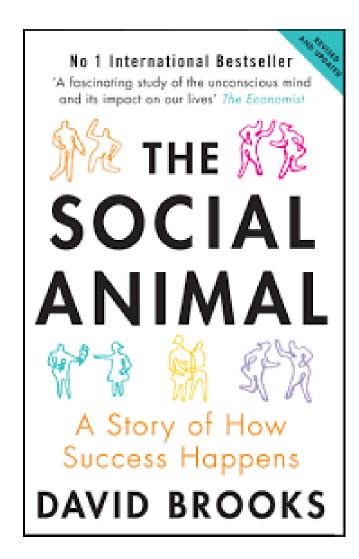


## What Have I Learned Recently?

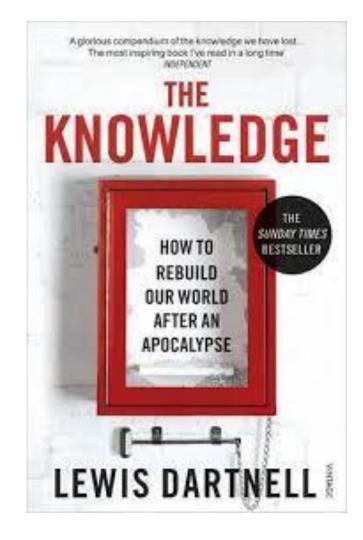
- Men normally spend two thirds of their conversational time talking about themselves.
- Women are on average sixty to seventy per cent more proficient than men at remembering details from a scene and the locations of objects placed in a room.
- Plays written and produced in Germany are three times as likely to have tragic or unhappy endings than plays written and produced in the United States.
- People who succeed tend to find one goal in the distant future and then chase it through thick and thin. People who flit from one interest to another are much less likely to excel at any of them. Schools ask pupils to be good at a range of subjects, but life asks people to find one passion that they will follow forever.



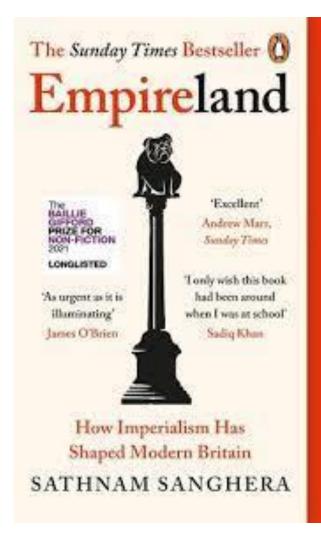
- A man travels many miles to consult the wisest guru in the land. When he arrives, he asks the great man: 'O wise guru, what is the secret of a happy life?' 'Good judgement,' says the guru. 'But, O wise guru,' says the man, 'how do I achieve good judgement?' 'Bad judgement,' says the guru.
- Historian Zachary Jonathan Jacobson said: 'What we should fear today is not the 'Big Lie' that the Nazis promulgated but the profusion of little ones: an untallied daily cocktail of lies prescribed not to convince of some higher singularity but to confuse, to distract, to muddy, to flood. Today's falsehood strategy does not give us one idea to organise our thoughts, but thousands of conflicting lies to confuse them.'
- The Washington Post reported that by 19<sup>th</sup> April 2019, Donald Trump had passed the tenthousand-lie mark, and the newspaper proceeded to list every one of them. That number, inflated by Trump's fury over the impeachment investigation, was up to 15,413 by 17<sup>th</sup> December...and counting. PolitiFact rated 69 per cent of his statements as 'mostly false or worse' and only 17 per cent as 'mostly true'.



- The most profound problem facing survivors is that human knowledge is collective, distributed across the population. No one individual knows enough to keep the vital processes of society going. Science is not a collection of facts and figures: it is the method you need to apply to confidently work out how the world works. How do you make a pencil, for example?
- So, if you were a survivor with an entire supermarket to yourself, how long could you subsist on its contents? Your best strategy would be to consume perishable goods for the first few weeks, and then turn to dried rice and pasta, as well as the more resilient tuber vegetables, before finally resorting to the most reliable reserve of tinned produce. Assuming also that you are careful to keep a balanced diet with the necessary intake of vitamins and fibre (the health supplements aisle will help you here), your body will need 2-3,000 calories a day, depending on your size, gender and how active you are. A single average-sized supermarket should be able to sustain you for around 55 years 63 if you eat the canned cat and dog food as well.
- If you peel back the skin of a brand new sports car, something you might consider to represent the peak of modern technology, you will find a mishmash of components co-opted from mechanisms stretching far back through time: potter's wheels, Roman sawmills, trip hammers, wood lathes and water clocks.



- Character, as they say of people, is action: what people do tells you who they are. And over the extended period of the slave trade, which some people argue could not be 'racist' because 'race' did not exist as it does now, Britain was dehumanising black people on a super-industrial scale.
- There is a simple and profound fact about Britain: it is a multicultural, racially diverse society because it once had a multicultural, racially diverse empire. As the Sri Lankan writer Ambalavaner Sivanandan once famously put it: 'We are here because you were there.' This sentiment was echoed by the historian David Olusoga, who, in response to a racist remark, tweeted: 'If you don't want Nigerians in the UK, all you need to do is go back to the nineteenth century and persuade the Victorians not to invade Nigeria.'



- Work hard
- Be kind
- Turn up on time
- Look smart
- Listen
- Pay attention
- Do what you are asked to do... and then do a little bit more

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