



Captain Jack's -

Beauty, Youth & A Beautiful Mind: An Insight into the urban
Blights of our Age.

Types of Stress in a modern city life are as follows -

1. Population factor - It is an inevitable policy for any big or developing economy: Urbanization.

When that happens, the agricultural entrepreneurship dies at the hand of corporate take-overs and politically mishandled remodeling. There is a mass-exodus happening in India too, every year. In zeal to transform their lives, millions of people move to sub-urban & central-urban destinations.

It adds to human pressure on the landmass, which is unfortunately constant. The real-estate commerce devises a plan to profit from it and offers us TOD. TOD means transit oriented development. It offers you a *quid pro quo* (trade-off), i.e. give up space and comfort to stay around a transit i.e. maybe a metro station, a highway or a bus depot.

It not only convinces you that effectiveness wins over ambient space & natural environment, it rather breast-beats on this U.S.P.

(Remember those real-estate brochures that read in bold. Firsts of the few big points are always about transit).

So, if you live in a city with a populace of around 12-million then get ready to accommodate another million by next December. This is the most ubiquitous stress, which has absorbed us in its compact background and trapped us in this urban-web.

The Little evils we do to each other every day, will let rise to a crescendo of apocalypses and submerge us all in the gratitude of humanity.

2. Commuting stress - Since all the negatives work in tandem so does this. If your work place was closer to your living then never would you have chosen

Gaps- These are the gaps that you can observe in mega-cities, while living in the second decade of 21st century.

1. **Source of knowledge** - Must have heard these phrases or read them in leading print columns:

'If it is on the internet it must be true.'

'Today, we are in a sea of information around us and nobody to tell us its sources.'

'False information is still less dangerous than incomplete-information.'

Living in 90's, the news proxies were limited- it was either the esteemed print media (still more trustworthy) or maybe just few news channels. They were all under reasonable scrutiny by then ruling governments. Then the western-journalism hit us- the 24-hours news channels were introduced & 'prince' like kids, fell deep in the trenches; too-much too many!

It promised us better news & robust vigilance. Eventually, it got sullied with cross-media owner-ships (*i.e. one firm or a single beneficiary, holding major stakes in multiple news agencies*).

It turned malignant, as the political pillars trembled with taint & scams. This was a timeline when media opportune itself to reinforce as the- sovereign, socialist & democratic pillar of our developing society. Which once was a caged parrot in a developing world later grew up as the soaring eagle, forthcoming with a scroll of public consensus through a crescent in sunlit window.

It is nothing inappropriate; it will take this usual course in all developing

ones latch on to the i-Pads & digital gaming devices. This mostly happens through an erroneous introduction by the elders, in lieu of easing out some activities - like making them eat food, pacifying their childish chaos or even quieting them at night. This only portends devastating indulgence, as this kid shall grow-up with worse unless a rightful intervention is devised & painstaking-guidance is placed in time.



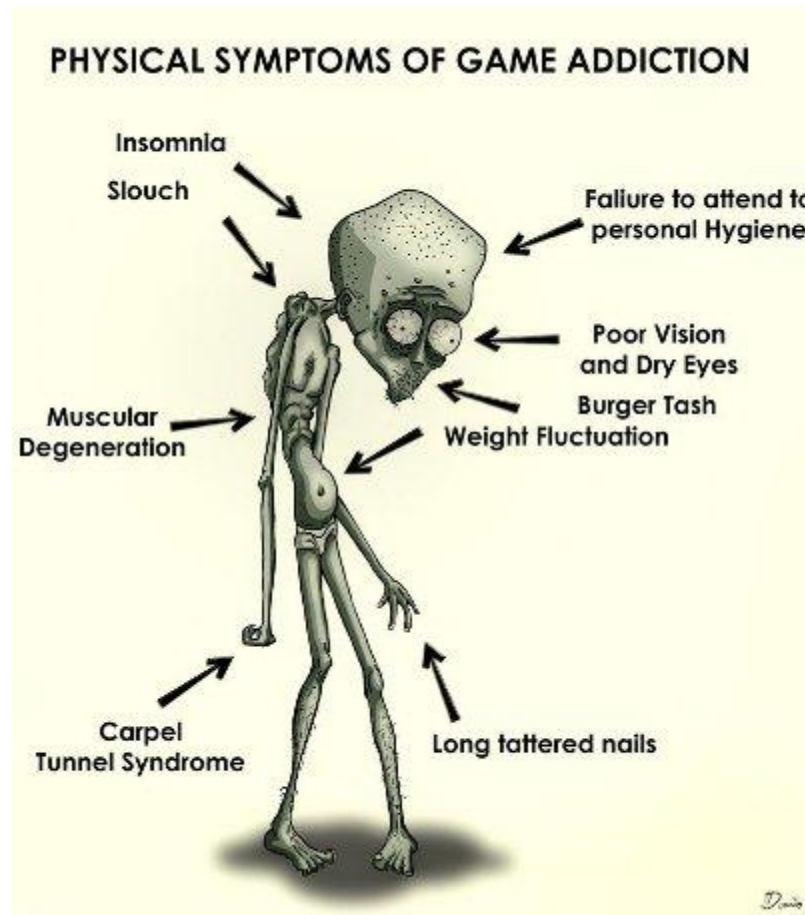
Gaming Addiction: Virtual Life

Your thumb is a great athlete! It is winning every game for you.

If your dashboard is filled with these, namely - I-pads, Xbox-1, I-phones, and PS4's .If your online accounts are overflowing with gaming notifications, such as - multiplayer games, Facebook games, online games & etc. Then i am really sorry for you, it is *prima facie* correct, an evidence to support your charges of being a geek.

Here are some interesting questions that will help you introspect yourself-

Are you sure that you aren't emotional about the farm you're growing on Farmville?



Real Disorders from Virtual ills: Gaming Addiction

Do you know about the Korean Internet addiction?

Korean kids are under deadly addiction with internet and online gaming. On few instances, kids have been found fainted owing to 30-42 hours of continual exposures to blue light, coupled with fasting & dehydration. Koreans have implemented a solution, where outdoor activity camps are organized. Kids are invited here & encouraged to re-kindle the fun of childhood.

Do you see such a solution working with a giant populace such as India?

if not, then it's time to sell those farms & digital cows, lock away those game boxes & teach young kids the joy of -park mud, fresh-air & sunlight.

Now let me quickly enthrall you with the panorama, of a stereotype mega-city weekender's List & Plans -

Begin->Cigarettes, Alcohol, Dance-floor, Joint, Bong, cycle-smoking, blow-back smoking, hash smoking, mixed drinking, mushrooms, acid, meth, cocaine, heroin, weed-hot-box, Loud Music, Sunday Hangover, Hanky-Panky with a stranger, blind dating, Late night haze-out, Late Sunday afternoon brunch, Excessively Caffeinating & Sunday evening depression-> **End**



Drinking culture in urban lifestyle - An intractable Disease

Does it sound like recreation or rejuvenation?

Rather a badly planned escapade or a really dumb eloping routine. In which, you elope away with your dreams in the getaway-car. This car is full of such accouterments to boost your acceleration and then it crashes at the city-border. It happens every-time i.e. every Sunday evening!

The signs of urban affluence are mostly associated with - superior foods, affluent dining, expensive clothes & better toilets. Since, high-protein & high-fat foods fall in the superior index. They are often consumed in panache of one's ultra-urban lifestyle.



Junk Food Habits in Urban Cultures: Not really a 'Happy Meal'

Conclusively, it is a two part understanding - firstly, there is our food in its natural forms that is grown agriculturally. Secondly, there is dressing up with-spices, oils, deep fry, salts, sugars, creams, cheese etc. If we try to consciously alter our food preparation which can substantially reduce the application of latter. I am confident that this shift will be beneficiary for health, i.e. towards more natural consumption of food which shall actually be a 'Happy Meal'.

Do you know? Sodium (2-3 g/daily) ensures the retention of water in our system & potassium (1-2 g/daily) facilitates its removal. Fibers aggregate the radicals & excess dietary fats for disposal. Complex carbs provide a stable blood sugar. (35 g sugars/daily limit). These are the simplest & most-useful numbers to remember!

Outdoor dining - The outdoor dining is a cocktail of many things -commercial evils, easy choices & affluent ideas on urban lifestyles. We are in an ironical Machiavellian sync, i.e. We are advocating cum selling the cheat to ourselves & also getting cheated at the same time. In the end, nobody gets out with anything but just goes on destroying the real ideas of urban living. All these ideas are glorified as, 'the pinnacle of human civilization'- in starry-eyed news columns.

Most of the mega-city centers have been transformed into Bar & Restaurant places. How quickly in the past decade, has the central market places been invaded with alcohol houses. Why is this happening?

Such changes not only intimidate the weekend plans of a modestly earning citizen or a family to the matter, but also deplore anyone with ambient choices. Every third restaurant is untoward a Bar-&-Restaurant place now. Therefore one-third of the market-zone is exorbitantly expensive, just because of this remodeling. Is it justified to citizens?

Further, all these alcohol houses are painted with some western or foreign motif. Neither it engages the person with any endemic experiences (while dining) nor does it keep any moderation on his/her pocket. Such situations are really the state-of-art evils. This evil is based on all the premises hitherto discussed. They have been sweetly pushed & converged to an entwining consensus by - commercial biasing & easy urban choices.

In Current times, outdoor dining options are really bad, monotonous & super expensive. We have actually landed our-selves with a 'nowhere to go' zone in a mega-city. It is ridiculous & self-pitiable. We are the root cause of this seminal problem & root-beer-ing fuel for this hell-fire.