

From the Editor's Desk



Words are the tools of 'to be' of expression. They are completely built on the fact that you 'are', and in order to express it, you have built a little alphabet, and you make your words from it. – Marcel Duchamp

Late in life the English poet, novelist, essayist, and social justice advocate Sir Stephen Spender asked artist David Hockney to draw each letter of the alphabet, then invited twenty-nine of the greatest writers in the English language to each contribute a short original text for one of the letters. Among them: Susan Sontag, Seamus Heaney, Martin Amis, John Updike, Joyce Carol Oates, Ted Hughes, Ian McEwan, Erica Jong, Kazuo Ishiguro, and Iris Murdoch. The result was the 1991 out-of-print Hockney's *Alphabeta* sublime addition to the canon of imaginative alphabet books, with all proceeds going toward AIDS research and care for people living and dying with AIDS. Enjoy those available here on Brain Pickings! Be The Change Iris Murdoch sees C as warm and friendly. Susan Sontag is inspired by Weather for W, always changing. Join together with a few friends to playfully assign a nature to each letter of the alphabet. Friendship with one's self is all important, because without it, one cannot be friends with anyone else in the world. Eleanor Roosevelt - The Benefits of Learning to Be Kind to Yourself: "Human beings are the only creatures, who can make themselves miserable. Other social animals certainly suffer when they experience negative events, but only humans can induce negative emotions through self-view, judgments, expectations, regrets and comparisons with others.

- Because self-thought plays such a central role in human happiness and well-being, psychologists have devoted a good deal of attention to understanding how people think about themselves." Here, Mark Leary, Professor of Psychology and Neuroscience at Duke University, shares some key scientific research on self-compassion, citing its wide-reaching benefits -- ranging from university students to those afflicted with disease to the elderly -- offering some revelations on being kind to oneself, and take-aways for what we can each do to boost our own well-being. (24236 reads). Communications challenges: Intimidation in our courtrooms It's nearly 70 years since Aldo Leopold wrote *A Sand County Almanac*. That beautiful book remains a cornerstone in contemporary thinking around our relationship with the natural world. irissexaminer.com
- The Indian Territorial Army's role is "*to relieve the Regular Army from static duties and assist the civil administration and to provide units for Regular Army as and when required.*" But as mentioned on their website, the Territorial Army allows only Male Citizens of India and Ex-service officers who are medically fit and are gainfully employed" in government jobs. This means a man who may be employed in government service or has been a legal practitioner, doctor, engineer, farmer or businessman is eligible to apply for Territorial Army leaving no scope for female ex-Service officers. WHILE the presence of Territorial Army is for civilian good, then why not allow females to be a part of it is pure misogyny. Similarly, while Merchant Navy is considered to be the second line of defence, why not consider Indian seafarers into the Territorial Army? as standby to run transport vessels of Kerala State Transport.
- At the end of solitude and man's relentless encroachments on the quietest places, like in the military area, one could reconcile ideas of solitude as compared to Today's 24/7 communications. www.marinewaves.com

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"fire flames in rage", Defence officers envying the soldiers of the modern era, without a human touch, smashing and damaging the recruit/soldiers mobile phones. Now a days, our 'Justice System', or more appropriately and correctly, our system for Administration of Justice - faces that very same question?

- The advent of mobile phone cameras has introduced a dimension into our courtrooms that needs to be recognized, if the integrity of the process, and the safety of its participants, is to be as secure as they should be. The idea that a trial can be surreptitiously broadcast over the internet as it unfolds flies in the face of the long-established choreography that supports the hope that the law can be majestic, as well as blind. Today's 'Legislation' is again unequal to unimagined challenges brought by ever-evolving "Communications Technology" but it also seems an area where concerns can be easily allayed. A ban on the use of mobile communications, in all the courtrooms, unless specifically authorized, kept in silent-mode, might be a good opening to better the position. There is urgency about this to take advantage, for recording evidence of reality with transparency of the realities in the case as it seems only a matter of time before an important trial collapses, over this intimidator-practice, giving a more touch to empathy to the cruel happenings, of hurting sentiments.
- The imperative need of fair scrutinization, to curb the easy entry of black sheeps, with conferred IAS/IPS, the outcome of poor quality, state politics with internal disgruntlement, and such of those I.A.S./ I.P.S. conferment, to chelas of corrupted politicians, finding their ways, to their own selfish gains and needs, than curbing to a bare minimum, for an efficient outstanding performance, considering 'on merits'. Such conferred officers to be transferred compulsorily with broader outlook, joining the mainstream.

Department of Ex-Servicemen's Welfare AND/OR, The Office of the CGCDA, do not know to themselves, of the schemes to: ex-servicemen's welfare, war-widows welfare, etc. released. Lack of co-ordination between Record Offices, DESWs and CDAs, each functioning with Ego and prejudice, in the issue of Notification/Circulars, released where in practice TO ONLY confuse the ex-servicemen and not bothered thereafter of its implementation, which is in true sense OR else to respect their own words of notification. The staff and officers of District Soldiers, Sailors and Airmen's Board / Zilla Sainik Board functioning under the 30 States of the Indian Union, are also not versed with the current updates to help / assist the ex-serviceman, calling at them, which service therefore becomes mere obligatory, without commitment and accountability, nor with a sense of responsibility. Conditions are that they Lack, duty-conscious watchdogs, to oversee the public services function, for performance efficiency, by periodical quality Audit/ Inspection. Therefore certainly needs a reform, to meet to the times of modern civilization, ethically and quality norms of working practices.

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