

Day 1

One could interpret much of the work of Beethoven by saying that suffering is inevitable, but the courage to fight it renders life worth living.

Beethoven's habit of increasing the volume with an extreme intensity and then abruptly following it with a sudden soft passage was only rarely used by composers before him.

Day 2

France, which prides itself as the global innovator of fashion, has decided that its fashion industry has lost an absolute right to define physical beauty for woman.

It tells the fashion industry that it must take responsibility for the signal it sends women, especially teenage girls, about the social tape—measure they must use to determine their individual worth.

Day 3

It is this implicit or explicit reference to nature that fully justifies the use of word garden though in a “liberated” sense, to describe these synthetic constructions.

The gardens of the homeless, which are in effect homeless garden, introduce form into an urban environment where it either didn't exist or was not discernible as such.

Day 4

The United States is the product of two principal forces—the immigration of European peoples with their varied ideas, customs, and national characteristics and the impact of a new country which modified these traits.

The virgin forest with its richness and variety of trees was a veritable real treasure—house which extended from Maine all the way down to Georgia.

Day 5

No boy who went a grammar school could be ignorant that the drama was a form of literature which gave glory to Greece and Rome and might yet bring honor to England.

We are amazed today at the mere number of plays produced, as well as by the number of dramatists writing at the same time for this London of two hundred thousand inhabitants.

Day 6

At a time when Thomas Piketty and other economists are warning of rising inequality and the increasing power of inherited wealth, it is bizarre that wealthy aristocratic families should still be the symbolic heart of modern democratic states.

But unlike their absolutist counterparts in the Gulf and Asia, most royal families have survived because they allow voters to avoid the difficult search for a non-controversial but respected public figure.

Day 7

For years, studies have found that first-generation college students—those who do not have a parent with a college degree—lag other students on a range of education achievement factors.

Because U.S. colleges and universities seldom acknowledge how social class can affect students' educational experiences, many first-generation students lack insight about why they are struggling and do not understand how students 'like them' can improve.

Day 8

His analysis should therefore end any self-contentedness among those who may believe that the global position of English is so stable that the young generation of the United Kingdom do not need additional language capabilities.

Many countries are introducing English into the primary-school curriculum but British schoolchildren and students do not appear to be gaining greater encouragement to achieve fluency in other languages.

Day 9

The commission ignores that for several decades America's colleges and universities have produced graduates who don't know the content and character of liberal education and are thus deprived of its benefits.

Sadly, the spirit of inquiry once at home on campus has been replaced by the use of the humanities and social sciences as vehicles for publicizing "progressive," or left-liberal propaganda.

Day 10

Today, widespread social pressure to immediately go to college in conjunction with increasingly high expectations in a fast-moving world often causes students to completely overlook the possibility of taking a gap year.

Rather than pulling students back, a gap year pushes them ahead by preparing them for independence, new responsibilities and environmental changes, all things that first-year students often struggle with the most.

Day 11

The Flatiron School, where people pay to learn programming, started as one of the many coding bootcamps that's become popular for adults looking for a career change.

Programming languages have a quick turnover, so the “Ruby on Rails” language they learned may not even be relevant by the time they enter the job market.

Day 12

Grade forgiveness allows students to retake a course in which they received a low grade, and the most recent grade or the highest grade is the only one that counts in calculating a student's overall GPA.

And anything that raises GPAs will likely make students—who, at the end of the day, are paying the bill—feel they've gotten a better value for their tuition dollars, which is another big concern for colleges.

Day 13

“Carry a book with you at all times” can actually work, too—providing you dip in often enough, so that reading becomes the default state from which you temporarily surface to take care of business, before dropping back down.

Thinking of time as a resource to be maximised means you approach it instrumentally, judging any given moment as well spent only in so far as it advances progress toward some goal.

Day 14

Although mental health is the cure-all for living our lives, it is perfectly ordinary as you will see that it has been there to direct you through all your difficult decisions.

Mental health allows us to view others with sympathy if they are having troubles, with kindness if they are in pain, and with unconditional love no matter who they are.

Day 15

With the blurring of roles, and the fact that the home front lags well behind the workplace in making adjustments for working women, it's not surprising that women are more stressed at home.

Researchers measured people's cortisol, which is a stress marker, while they were at work and while they were at home and found it higher at what is supposed to be a place of refuge.

Day 16

Some kids who are low in sympathy may make up for that shortfall by experiencing more guilt, which can rein in their nastier impulses.

Using caregiver assessments and the children's self-observations, she rated each child's overall sympathy level and his or her tendency to feel negative emotions after moral transgressions.

Day 17

This is now a question for Gloria MacKenzie, an 84-year-old widow who recently emerged from her small, tin-roofed house in Florida to collect the biggest undivided lottery jackpot in history.

Buying gifts or giving to charity is often more pleasurable than purchasing things for oneself, and luxuries are most enjoyable when they are consumed sparingly.

Day 18

Infants are wired to look at parents' faces to try to understand their world, and if those faces are blank and unresponsive—as they often are when absorbed in a device—it can be extremely disconcerting for the children.

Tronick believes that just because a child isn't learning from the screen doesn't mean there's no value to it, particularly if it gives parents time to have a shower, do housework or simply have a break from their child.

Day 19

Since evolution has given rise to few, if any, purposeless physiological responses, it is logical to assume that crying has one or more functions that enhance survival.

Although some observers have suggested that crying is a way to elicit assistance from others (as a crying baby might from its mother), the shedding of tears is hardly necessary to get help.

Day 20

In fact, those who thought that the images higher up the attractiveness scale were real directly corresponded with those who showed other markers for having higher self-esteem.

Rather than have people simply rate their beauty compared with others, he asked them to identify an original photograph of themselves from a line-up including versions that had been altered to appear more and less attractive.

Day 21

Among the annoying challenges facing the middle class is one that will probably go unmentioned in the next presidential campaign: What happens when the robots come for their jobs?

The Industrial Revolution didn't go so well for Luddites whose jobs were displaced by mechanized looms, but it eventually raised living standards and created more jobs than it destroyed.

Day 22

Facebook promised the European commission then that it would not link phone numbers to Facebook identities, but it broke the promise almost as soon as the deal went through.

Even without knowing what was in the messages, the knowledge of who sent them and to whom was enormously revealing and still could be.

Day 23

Take a broader look at our species' place in the universe, and it becomes clear that we have an excellent chance of surviving for tens, if not hundreds, of thousands of years.

The potential evolution of today's technology, and its social consequences, is dazzlingly complicated, and it's perhaps best left to science fiction writers and futurologists to explore the many possibilities we can envisage.

Day 24

Even before the invention of the electric light bulb, the author produced a remarkable work of speculative fiction that would foreshadow many ethical questions to be raised by technologies yet to come.

We are just in a situation where there are no good theories explaining what consciousness actually is and how you could ever build a machine to get there.

Day 25

Rested in the Pacific Ocean, Mauna Kea's peak rises above the bulk of our planet's dense atmosphere, where conditions allow telescopes to obtain images of unsurpassed clarity.

Calls to disassemble all telescopes on Mauna Kea or to ban future development there ignore the reality that astronomy and Hawaiian culture both seek to answer big questions about who we are, where we come from and where we are going.

Day 26

That's only a small share of the total acreage that could benefit, about half a million acres in all, so it will be vital to prioritize areas at greatest risk of fire or drought.

The strategy also aims to ensure that carbon in woody material removed from the forests is locked away in the form of solid lumber or burned as biofuel in vehicles that would otherwise run on fossil fuels.

Day 27

They're part of a bunch of celebrities starring in a new video for World Environment Day—encouraging you, the consumer, to swap out your single-use plastic staples like straws and cutlery to combat the plastics crisis.

They could even be detrimental, satisfying a need to have “done our bit” without ever progressing onto bigger, bolder, more effective actions—a kind of “moral licensing” that allays our concerns and stops us doing more and asking more of those in charge.

Day 28

But that message did not play well with many in Iowa, where wind turbines dot the fields and provide 36 percent of the state's electricity generation—and where tech giants like Microsoft are being attracted by the availability of clean energy to power their data centers.

While fossil fuels—coal, oil, gas—still generate roughly 85 percent of the world's energy supply, it's clearer than ever that the future belongs to renewable sources such as wind and solar.

Day 29

Negotiated by USFWS and the states, the plan requires individuals and businesses that damage habitat as part of their operations to pay into a fund to replace every acre destroyed with 2 new acres of suitable habitat.

In particular, they called for forging closer collaborations with western state governments, which are often uneasy with federal action, and with the private landowners who control an estimated 95% of the prairie chicken's habitat.

Day 30

In the US, the Sarbanes-Oxley Act of 2002 has pushed most public companies to defer performance bonuses for senior executives by about a year, slightly helping reduce “short-termism.”

Within companies, the right compensation design can provide incentives for executives to think beyond their own time at the company and on behalf of all stakeholders.

Day 31

With Britain voting to leave the European Union, and GDP already predicted to slow as a result, it is now a timely moment to assess what he was referring to.

Across the 163 countries measured, the UK is one of the poorest performers in ensuring that economic growth is translated into meaningful improvements for its citizens.

Day 32

We estimate that either eliminating a substantial labour-rights concern, such as child labour, or increasing corporate giving by about 20% results in fines that generally are 40% lower than the typical punishment for bribing foreign officials.

Their analysis ruled out the possibility that it was firm's political influence, rather than their CSR stand, that accounted for the leniency: Companies that contributed more to political campaigns did not receive lower fines.

Day 33

The “mommy wars” of the 1990s are still going on today, prompting arguments about why women still can’t have it all and books like Sheryl Sandberg’s *Lean In*, whose title has become a buzzword in its own right.

In a workplace that’s fundamentally indifferent to your life and its meaning, office speak can help you figure out how you relate to your work—and how your work defines who you are.

Day 34

In our rapidly changing economy, we more than ever need people in the workplace who can take initiative and exercise their imagination “to respond to unexpected events.”

When there is exponential improvement in the price and performance of technology, jobs that were once thought to be immune from automation suddenly become threatened.

Day 35

Priestly explains how the deep blue color of the assistant's sweater descended over the years from fashion shows to department stores and to the bargain bin in which the poor girl doubtless found her garment.

For H&M to offer a \$ 5.95 knit mini skirt in all its 2,300-plus stores around the world, it must rely on low-wage overseas labor, order in volumes that strain natural resources, and use massive amounts of harmful chemicals.

Day 36

Unable to tell whether someone really objects to behavioural ads or whether they are sticking with Microsoft's default, some companies may ignore a DNT signal and press on anyway.

If Microsoft is trying to upset Google, which relies almost wholly on advertising, it has chosen an indirect method: There is no guarantee that DNT by default will become the norm.

Day 37

After all, four decades of evidence has now shown that corporations in Europe as well as the US are evading the meritocratic hiring and promotion of women to top position—no matter how much “soft pressure” is put upon them.

When women do break through to the summit of corporate power—as, for example, Sheryl Sandberg recently did at Facebook—they attract massive attention precisely because they remain the exception to the rule.

Day 38

The Conservatives' planning reform explicitly gives rural development priority over conservation, even authorizing "off-plan" building where local people might object.

While polls show Britons rate "the countryside" alongside the royal family, Shakespeare and the National Health Service (NHS) as what makes them proudest of their country, this has limited political support.

Day 39

This same absence of moral purpose was wounding companies such as News International, she thought, making it more likely that it would lose its way as it had with widespread illegal telephone hacking.

It's increasingly apparent that the absence of purpose, of a moral language within government, media or business could become one of the most dangerous goals for capitalism and freedom.

Day 40

Ministers should also look at creating greater certainty in the rental environment, which would have a significant impact on the ability of registered providers to fund new developments from revenues.

While these measures would be welcome in the short term, we must face up to the fact that the existing 4.5bn pounds programme of grants to fund new affordable housing, set to expire in 2015, is unlikely to be extended beyond then.

Day 41

On first hearing, this was the socially concerned chancellor trying to change lives for the better, complete with “reforms” to an obviously indulgent system that demands too little effort from the newly unemployed to find work, and subsidizes laziness.

But in Osborne land, your first instinct is to fall into dependency—permanent dependency if you can get it supported by a state only too ready to indulge your falsehood.

Day 42

Congress has obstructed efforts to create a more straightforward visa for agricultural workers that would let foreign workers stay longer in the U.S. and change jobs within the industry.

One oft-debated cure for this labor shortage remains as implausible as it's been all along: Native U.S. workers won't be returning to the farm.

Day 43

It is against that background that the information commissioner, Elizabeth Denham, has issued her damning verdict against the Royal Free hospital trust under the NHS, which handed over to DeepMind the records of 1.6 million patients in 2015 on the basis of a vague agreement which took far too little account of the patients' rights and their expectations of privacy.

Further arrangements—and there may be many—between the NHS and DeepMind will be carefully scrutinised to ensure that all necessary permissions have been asked of patients and all unnecessary data has been cleaned.

Day 44

If it clears the House, this measure would still have to get through the Senate—where someone is bound to point out that it amounts to the bare, bare minimum necessary to keep the Postal Service afloat, not comprehensive reform.

Legislation is moving through the House that would save USPS an estimated \$28.6 billion over five years, which could help pay for new vehicles, among other survival measures.

Day 45

If there is a role for government, it should really be getting involved in providing common goods—making sure there is space for playing fields and the money to pave tennis and netball courts, and encouraging the provision of all these activities in schools.

Indeed, there is something a little absurd in the state getting involved in the planning of such a fundamentally “grassroots” concept as community sports associations.

Day 46

In 2015, the US Forest Service for the first time spent more than half of its \$5.5 billion annual budget fighting fires, nearly double the percentage it spent on such efforts 20 years ago.

Over the past decade, the focus has been on climate change, how the warming of the Earth from greenhouse gases is leading to conditions that worsen fires.

Day 47

First two hours, now three hours—this is how far in advance authorities are recommending people show up to catch a domestic flight, at least at some major U.S. airports with increasingly massive security lines.

Last year, the Transportation Security Administration (TSA) found in a secret check that undercover investigators were able to sneak weapons—both fake and real—past airport security nearly every time they tried.

Day 48

From career to community and family, these contrasts suggest that in the aftermath of the searing Great Recession, those just starting out in life are defining priorities and expectations that will increasingly spread through virtually all aspects of American life, from consumer preferences to housing patterns to politics.

Looking back, he is struck that his parents could provide a comfortable life for their children even though neither had completed college when he was young.

Day 49

An increase in involuntary part-time work is evidence of weakness in the labor market and it means that many people will be having a very hard time making ends meet.

For many people, especially those with serious health conditions or family members with serious health conditions, before Obamacare the only way to get insurance was through a job that provided health insurance.

Day 50

But the one thing we know for sure is that with each advance in globalization and the I.T. revolution, the best jobs will require workers to have more and better education to make themselves above average.

In a world where average is officially over, there are many things we need to do to support employment, but nothing would be more important than passing some kind of G.I. Bill for the 21st century that ensures that every American has access to post-high school education.

Day 51

States will be able to force more people to pay sales tax when they make online purchases under a Supreme Court decision Thursday that will leave shoppers with lighter wallets but is a big financial win for states.

Many sellers that have a physical presence in only a single state or a few states have been able to avoid charging sales taxes when they ship to addresses outside those states.

Day 52

Along with the many folks looking to make a permanent home in the United States came those who had no intention to stay, and who would make some money and then go home.

Looking beyond the culture war logic of right or wrong means opening up the middle ground and understanding that managing immigration today requires multiple paths and multiple outcomes.

Day 53

The policy follows similar efforts from other journals, after widespread concern that basic mistakes in data analysis are contributing to the irreproducibility of many published research findings.

This impact will not only be through the publications in Science itself, but hopefully through a larger group of publishing places that may want to model their approach after Science.

Day 54

During the 2016 presidential campaign, nearly a quarter of web content shared by Twitter users in the politically critical state of Michigan was fake news, according to the University of Oxford.

A survey by Barna research group found the top reason given by Americans for the fake news phenomenon is “reader error,” more so than made-up stories or factual mistakes in reporting.

Day 55

There are a number of approaches to mastering the art of deep work—be it lengthy retreats dedicated to a specific task; developing a daily ritual; or taking a “journalistic” approach to seizing moments of deep work when you can throughout the day.

While the researchers assumed that the well-structured daily plans would be most effective when it came to the execution of tasks, they were wrong: the detailed daily plans demotivated students.

Day 56

But it did so while holding its nose at the ethics of his conduct, which included accepting gifts such as a Rolex watch and a Ferrari Automobile from a company seeking access to government.

Officials must not be allowed to play favorites in providing information or in arranging meetings simply because an individual or group provides a campaign donation or a personal gift.

Day 57

They could still invalidate Fourth Amendment protections when facing severe, urgent circumstances, and they could take reasonable measures to ensure that phone data are not erased or altered while a warrant is pending.

The Supreme Court will now consider whether police can search the contents of a mobile phone without a warrant if the phone is on or around a person during an arrest.

Day 58

There is a great deal of this kind of nonsense in the medical journals which, when taken up by broadcasters and the lay press, generates both health scares and short-lived dietary enthusiasms.

If we are serious about ensuring that our science is both meaningful and reproducible, we must ensure that our institutions encourage that kind of science.

Day 59

In fact, allowing non-lawyers to own shares in law firms would reduce costs and improve services to customers, by encouraging law firms to use technology and to employ professional managers to focus on improving firms' efficiency.

There is pressure for change from within the profession, but opponents of change among the regulators insist that keeping outsiders out of a law firm isolates lawyers from the pressure to make money rather than serve clients ethically.

Day 60

But the Nobel Foundation's limit of three recipients per prize, each of whom must still be living, has long been outgrown by the collaborative nature of modern research—as will be demonstrated by the inevitable row over who is ignored when it comes to acknowledging the discovery of the Higgs boson.

It is fair to criticize and question the mechanism—that is the culture of research, after all but it is the prize-givers' money to do with as they please.