Not using strict mode is often referred to as 'sloppy mode' as it's forgiving of sloppy programming practices. Strict mode encourages a better quality of JavaScript to be written that befits a ninja programmer, so its use is recommended.

Strict mode simply requires the following string to be added to the first line of a JavaScript file:

```
'use strict';
```

You can even use strict mode on a per-function basis by adding the line inside a function. Strict mode will then only be applied to anything inside that function:

```
function strictly(){'use strict';// function code goes here
```

In fact, the recommended way to invoke strict mode is to place all your code into a self-invoking function (covered in more detail in Chapter 12), like so:

```
(function() {    'use strict';

    // All your code would go inside this function

}());
```

The recommended way to determine browser support for a feature is to use feature detection. This is done using an if statement to check whether an object or method exists before trying to actually call the method. For example, say we want to use the shiny new holoDeck API (as far as I know, this doesn't actually exist ... yet), we would wrap any method calls inside the following if block:

if (window.holoDeck) {

    virtualReality.activate();

}

The Trusty Alert

The most basic form of debugging is to use the alert() method to show a dialog at certain points in the code. Because alert() stops a program from running until OK is clicked, it allows us to effectively put breakpoints in the code that let us check the value of variables at that point to see if they're what we expect them to be. Take the following example that checks to see if a person's age is appropriate:

```javascript
function amIOldEnough(age){     if (age = 12) {          alert(age);
return 'No, sorry.';      } else if (age < 18) {          return 'Only if
you are accompanied by an adult.';      }     else {          return 'Yep,
come on in!';      }}


function amIOldEnough(age){     if (age < 12) {          alert(age);
return 'No, sorry.';      } else if (age < 18) {          return 'Only if
you are accompanied by an adult.';      }     else {          return 'Yep,
come on in!';      }}
```