

Past Present Future: Digital Time Capsules and a Genealogy of Tracking

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London QS meet-up
#13

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CAMPUS

Solicitor aims to qualify as doctor, aged 74

Sian Griffiths

A 69-YEAR-OLD lawyer has applied to train as a doctor. Anthony Davis would be 74 when he completed the four-year training but says he wants to practise for at least a decade — taking him to the age of 84.

The training would cost the NHS £250,000 but the solicitor from Market Harborough, Leicestershire, insists his career switch would be cost-effective because he is fit enough to work for at least a decade "before I will be more in need of resuscitation than any patient I'm working on".

"Two per cent of medical students never practise," he added. "Many women doctors only work part-time because they have children. If I give 10 years full-time that is worth 20 years part-time."

Davis's attempt to become a doctor comes after ministers suggested older workers should return to university and retrain and as the number of people aged 65 and over in work hit 1m for the first time, according to the Office for National Statistics.

Davis wrote to several

medical schools explaining why he wanted to change career and told them that they could not turn him down because of his age.

"Until the age discrimination legislation came into force no medical school could consider accepting a geriatric applicant, but I do not think this impediment can any longer occur," he said.

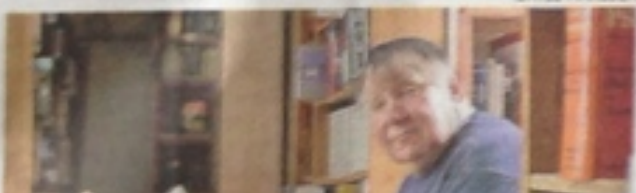
It may be 50 years since he sat his A-levels in physics, chemistry and biology, but as a criminal lawyer for the past 30 years he regularly works 14-hour days and says he is in good health.

"I walk my dog up hills every day. I don't drink or smoke and my only vice is a bar of chocolate," he said.

Davis's aim is to become an oncologist. "I'm far brighter and [more] erudite now than when I was younger and I won't get drunk like some medical students."

Nottingham University has invited Davis to sit an admissions exam in August. Its spokesman said: "We will consider non-graduate mature applications from home and EU students. There is no fixed upper-age limit."

DAVID MARSDEN



Lifeloggers note their every dish, mood and snore

Sara Watson records every detail of her life, while Jules Goldberg, inset, invented an app to help snorers

Nicholas Hellen
Social Affairs Editor

EARLY in their marriage, Jules and Vanessa Goldberg learnt to give and take. She, however, drew the line at his snoring.

It left them both lethargic through lack of sleep and, when he sought help, doctors were not interested.

So he created a smartphone app to solve the problem. And 18 months later, SnoreLab — an app that runs on the iPhone, iPad and iPod Touch — has been downloaded by 100,000 fellow sufferers, some paying £2.49.

the only way to tackle it is through expensive private treatment.

His wife vetoed his plan to spend the couple's savings on hiring a programmer to create the app so he learnt how to write code and launched SnoreLab in November.

After 60 nights of monitoring his troubled sleep he has identified a nasal spray that significantly reduces his symptoms and has restored marital harmony.

He is a member of a burgeoning movement of internet-savvy "lifeloggers"

who belong to "quantified-self" groups, harnessing cheap tracking tools to collate vast amounts of data about their daily lives.

This week Sara Watson, 28, an American master's student at Oxford University, will "show and tell" the results of her personal data gathering to 80 members of the quantified-self movement in London.

Like others, she monitors personal fitness as well as her calorie and water intake, but her daily routine is punctuated by a series of pre-programmed rituals that, she says, have be-

Why would Watson wish to subject herself to a digital Groundhog Day? She says that, because her life has been so rootless, with stints in America and China in the past year, it "helps her retain a sense of place and identity".

She insists her husband "appreciates how organised I am".

Even on a Sunday she feels obliged to carry out her next daily task — setting out her thoughts in 750 words. At 9pm she receives a prompt from another app, a gratitude journal that promises to

a quantified-self group in October 2011. This weekend he explained how, when he went to his doctor in 2006 complaining of ever-deepening depression, he was told to keep a diary of his moods and return after three months.

He adapted a recognised psychological test into a card game, which involved responding to descriptive terms such as guilty, jittery and nervous with scores of one to four. He entered them online and coded them so a friend could track his progress.

Three months on, the doctor

Life trackers



Fitbit

Intake of calories and how much exercise you need to do to burn them off



MapMyRun

Tracks distance, incline, speed and calories burnt



Timehop

Daily reminder of what you were doing on the same day a year or more ago



dustry is already working on the potential for personalised medicine, tracking vast quantities of genetic and biometric data. Healthcare providers could use tracking devices to monitor their patients in real time.

Allan Park, 43, creator of Visible Nation, which he claims is the world's first social comparison website, believes that, far from retreating into self-absorption, the fashion for examining our personal data will unleash a new wave of social interaction.

At present, he argues, much of the internet consists of th-

self knowledge through numbers

deriving personal meaning from personal data



Fitbit



MyFitnessPal



MapMyRun



DB Tracker



Wunderlist



Evernote



Kindle



Goodreads



Timehop



Gratitude!



Lift



Mint.com



Facebook



Twitter



Foursquare



Instagram



Sara M. Watson

Update Info Activity Log ⚙️

Timeline About Photos 751 Friends 904 More ▾

- Now
- 2013
- 2012
- 2011
- 2010
- 2009
- 2008
- 2007
- 2006
- 2005
- 2004
- 2003
- Born

About

🏢 Studies at University of Oxford
Past: Harvard University and Harvard

📄 Status 📷 Photo 📍 Place 📖 Life Event

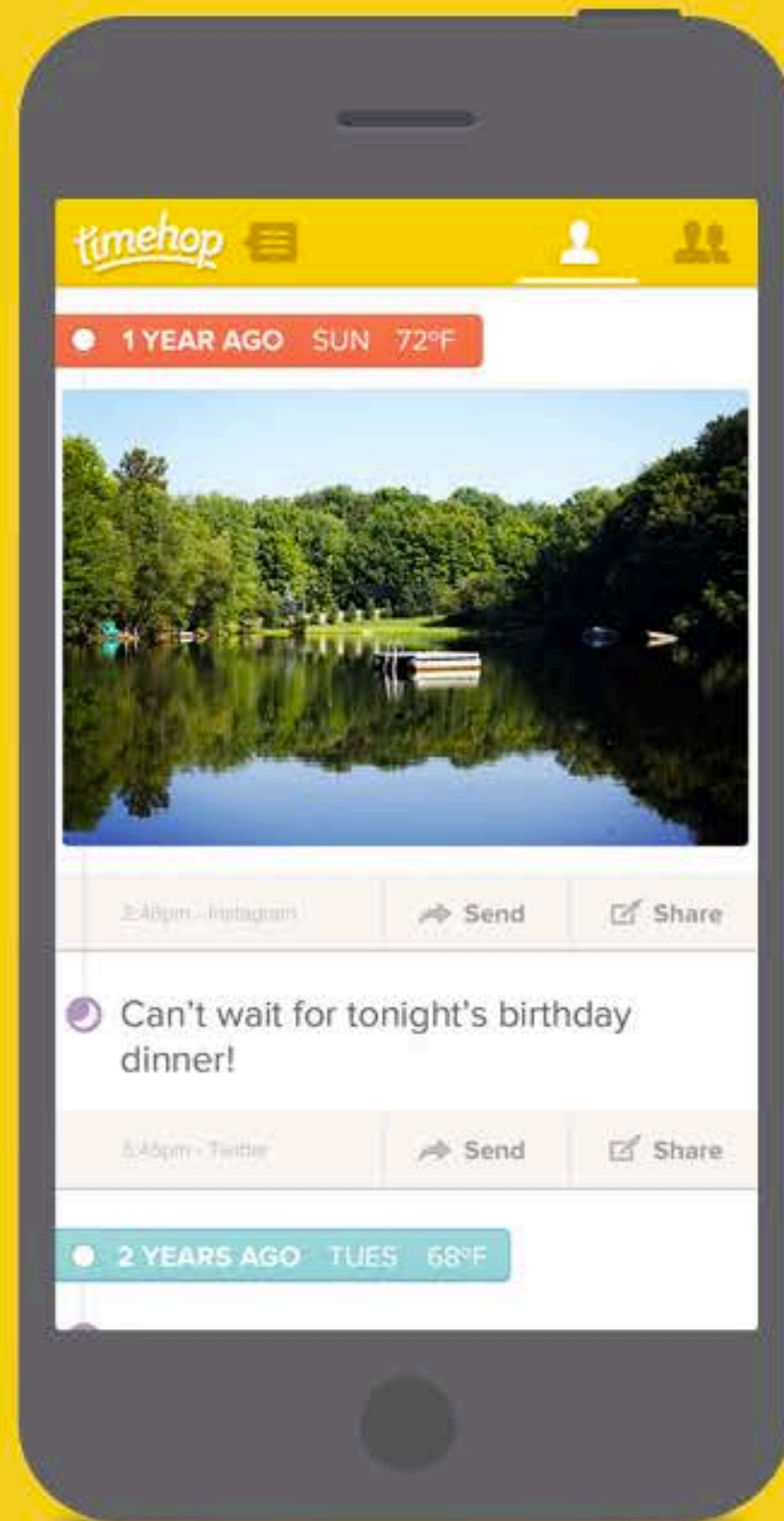
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 Sara M. Watson, Sandor Weisz and 34 other friends use Timehop.





Sara Watson

3 years ago

wrapping up my last day at
the research board today.
very excited to start
@brightcove next week!

♥ Rachel Mercer

Sara Watson

1d



Sara Watson

1 year ago

2 YEARS AGO WED



China bound!



Boston Logan Internatio...

1 Harborside Dr.

9:54am · 4sq



Share



San Francisco Internatio...

N McDonnell Rd.

DEC 10

2008: shopping w/ mom

2009: tea party at Auntie's

2010: watched White Christmas

“We celebrate birthdays, anniversaries, new years, and as we’re experiencing these days, we use them as anchors to help us remember, help us recollect. Re-collect. But they’re just arbitrary measures of time. They’re nothing more than us looping time onto itself.”

- *These Days*, Jack Cheng



Marjorie Felton Watson

6 hours ago

Last Mother's Day, Sara called me from Chongqing China to wish me a Happy Mother's Day. Today I was out birding and got another surprise Mother's Day call from Sara but from Amsterdam Holland this time! Hopefully next Mother's Day she and Nick will be back in the Boston area and maybe I can get her to go birding with me!



Like



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4 people like this.



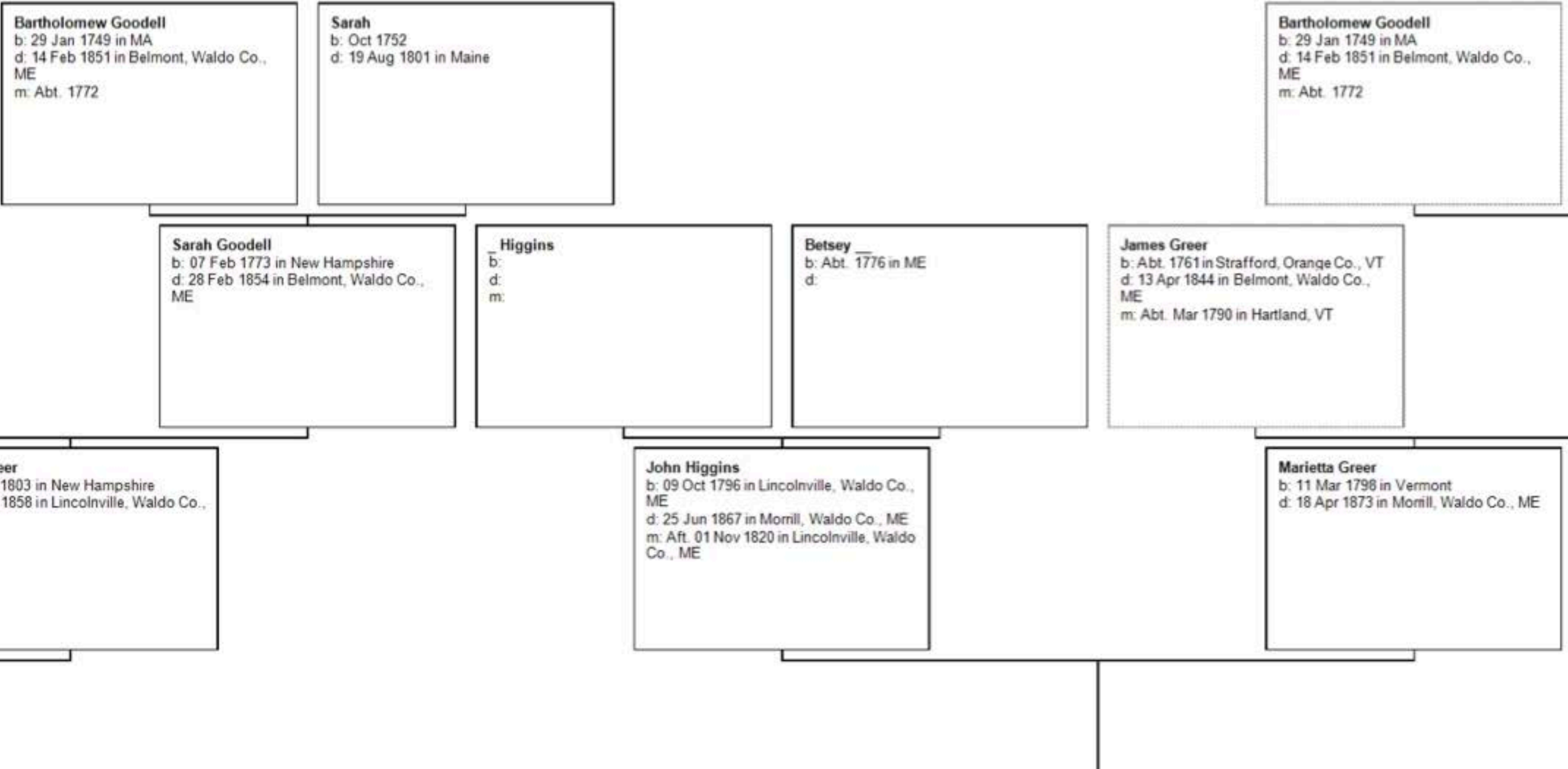
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ELEVATION 11,990 FT.

CONTINENTAL
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SARA'S DAY IN HISTORY: JUNE 17

One year from now, you'll remember the time you read about one year ago today.

Sara M. Watson @smwat saramariewatson@gmail.com

@smwat