

Fig.062 Screenshot of the watch I used early-on to record my heartbeats. Overall the watch often malfunctioned and it was a frustrating experience. Generally I have never liked the idea of having any active technology attached to my body. Also the trend with these wearable devices has increasingly been that of gathering personal data for commercial purposes.

HEARTBEATS 02

Reading the ethical essays by Plutarch there is an emphasis on how elders should not need any doctor because with age they must have learned to know themselves and their bodies. In other words in antiquity the elders going to the doctor to ask to get their wrists measured were scorned. Over the years I have learned to handle all the minor health related issues myself. The bigger issues I have encountered were due to modern life like sitting for hours on a school chairs or on a train to commute to work, or being repetitively woke up in the middle of the night by the newspaper delivery man or ruining my years working in a noisy furniture factory or ruining my sight counting the loaves of a baker or damaging my shoulders falling in the kitchen of a restaurant. On top of this there are all the package one automatically inherits being exposed to pollution, pesticides and magnetic fields of our modern world. It goes without question that what modern science is working on is but a cure to all the diseases and health related issues previous scientists have caused. In this respect I try to keep healthy by avoiding to expose myself to the refinements of our consumer society. For instance I avoid eating sugar-added and processed food. Also I feel uncomfortable to live in too automated environments away from nature.