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

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Solicitor aims to qualify as doctor, aged 74

Sian Griffiths

A 69-YEAR-OLD lawyer has applied to study medicine in a bid to qualify as a doctor, according to the Daily Express. Anthony Davis would be 74 when he completed the four-year training, but says he is determined to pursue his ambition.

"I applied to make a go of it," he told the newspaper. "I've been told I'm age-restricted, but I'm not going to let that get in my way."

The training would cost £120,000, but the solicitor from Market Harborough, Leicestershire, has raised more than £50,000 by selling property and soliciting support from friends and family.

He says he was inspired by the example of a 75-year-old medical student in the US who qualified last year.

Life loggers note their every dish, mood and snore

Sara Watson records every detail of her life, while Jules Goldberg, 23, invented an app to help snore.

Lifeloggers—a new breed of users of health and wellness apps—are using their digital devices to record their lives in unprecedented detail. They are recording every meal, every mood, and even their snoring.

The trend has been driven by a desire to improve health and wellbeing, and to understand how small changes in lifestyle can make a difference.

Sara Watson, 27, a dietitian from London, has been logging everything she eats since she was 17. She says it has helped her to lose weight and improve her overall health.

"I've always been interested in nutrition," she says. "But I never really understood how what I ate was affecting me until I started logging my meals."

Jules Goldberg, 23, a software developer from Cambridge, developed an app called "Sleep Better" that helps users to track their snoring.

"I invented the app because I was snoring too much," he says. "I wanted to help others get a better night's sleep."

Goldberg's app has been downloaded 100,000 times and is available on the App Store.

Nicholas Kellon

Social Affairs Editor

EVEN in her marriage, Jules and Vanessa Goldberg have learned to work together. Their app has been a hit with users, and has even been featured in national media.

"I've always been interested in technology," says Jules. "But I never realized how much it could help people until I started working with Vanessa."
self knowledge through numbers
deriving personal meaning from personal data
About

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

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Facebook: Sara M. Watson, Sandor Weisz and 34 other friends use Timehop.
wrapping up my last day at the research board today. very excited to start @brightcove next week!
China bound!

📍 Boston Logan International...
1 Harborside Dr.

9:54am · 4sq

📍 San Francisco International...
N McDonnell Rd.
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
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!
SARA'S DAY IN HISTORY: JUNE 17

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

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