

Dear Friends,

Take a moment to reflect how technology changes things. The world changes all the time but when an improvement comes along does it always have the desired effect?

Think of an excellent invention – the washing machine. Did it save time?

If you are older than me and old enough to remember the use of a mangle you would immediately think yes. But arguably the washing machine didn't save time, instead it led to a change of behaviour. Instead of wearing the same clothes for a week we now wear multiple changes of clothes in a single day.

So, did the washing machine save time? Probably not but it provides cleaner clothes and makes life a bit easier and better.

### YouTube Video of the Month



<https://youtu.be/IpX-c15Wbyc>

Grit: the guts, resilience, initiative, and tenacity to persevere in the face of setbacks. This allows you to become Great – by achieving your goals. I urge you all to maintain (or develop) that unquenchable passion and endless zeal – with the grit to keep going despite the odds you can achieve your dreams.

Am going to try something new to try to get you to forward this newsletter to your friends. For each person you forward to and signs up I am going to donate £1 to the charity Alzheimer Scotland (capped at £100). So, please forward this to your friends so they can sign up by [clicking here](#) and spread the greater good!

## Tweet of the Month



Trisha Elliott @Trisha\_the\_doc · Apr 25

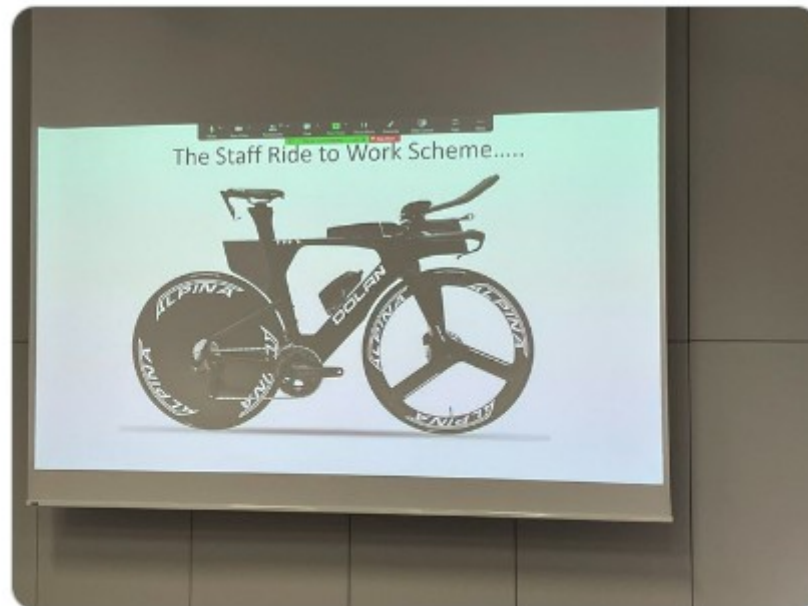
Unintended consequences of good actions?

Lots of NHS organisations offered reduced price bikes to their staff to encourage active commuting & healthier living.

Who took it up?  
Consultants bought triathlon bikes.



[@DrDominiqueAllw](#) talking at the [#RealMed2023](#)



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So, what does a Tweet about unintended consequences have to do with washing machines. In fact, it is thought that introducing the washing machine caused deaths!

Houses weren't ready for the invention yet, there were not enough electrical outlets. People had to be very creative with their electrical wiring for washing machines, sadly causing deaths by electrocutions.

## Website of the Month

<https://colorbrewer2.org/>

This website is cool and helps you select colour schemes for things such as graphs that are colour blind safe. This provides you with the relevant RGB / HEX digits so you can get the exact hue.

Have a great month,

Chris

PS – Spoiler alert, in a future newsletter I might share thoughts on different kitchen time saving device :)



**Chris Weatherburn**

Get the most out of your life!