

Comment

**London
Evening
Standard**

Established 1827



This is a swathe of dummy text that can

THE Brexit debate is getting ever livelier in that it is getting down to specifics and pitting former allies against each other – not just the Prime Minister versus the Mayor and Michael Gove. Boris Johnson's own deputy mayor for policing, the Tory, Stephen Greenhalgh, has written in this paper today from the perspective of his job to say that he feels that London would be safer in a reformed EU. In a patent dig at his boss, he observes that "I know there are people who think sovereignty is more important than public safety" before concluding that "leaving the EU ... would put us ... at risk by breaking those relationships that keep us safe: the intelligence sharing and international cooperation that our law enforcement agencies rely on." This is a useful contribution. As ever, proponents of Brexit can argue that Britain could perfectly well co-operate with Europol outside the EU and have an arrangement like the European Arrest Warrant to ensure suspects cannot flee to other EU states with impunity but, as Mr Greenhalgh says, it's not guaranteed. Meanwhile, the City of London has had its say – and it wants in the EU. This does not come as a surprise

Headline hereyyy

The paragraphs [275 words] have been made deliberately different lengths in order to avoid repetition. However, it's extremely boring if you should actually bother to read it [300 words]. This is a swathe of dummy text that can be used to indicate how many words fit a particular space.

The text contains [325 words] a couple of different paragraphs so that, visually, it doesn't look too repetitive on any dummy page layout.

It contains long words, such [350 words] as 'procrastination', and short words, such as 'short'. There is no pretend Latin because, annoyingly, it wreaks havoc with spell check.

The paragraphs [375 words] have been made deliberately different lengths in order to avoid repetition. However, it's extremely boring if you should actually bother to read it [400 words]. This is a swathe of dummy text that can be used to indicate how many words fit a particular space.

The text contains [425 words] a couple of different paragraphs so that, visually, it doesn't look too repetitive on any dummy page layout.

Headline hereyyy

It contains long words, such [450 words] as 'procrastination', and short words, such as 'short'. There is no pretend Latin because, annoyingly, it wreaks havoc with spell check.

The paragraphs [475 words] have been made deliberately different lengths in order to avoid repetition. However, it's extremely boring if you should actually bother to read it [500 words].



ANTOINE GEIGER

Charles
Saatchi



Are selfies sucking the life out of us?

TO A NARCISSIST, Facebook and Instagram are like an open-bar to a drunk. Our celebrity-seeking generation seems hooked on posing for self-portraiture, to be seen and shared by as many strangers as possible.

Of course this is nothing new. Tom Wolfe, the great diarist of the modern age, piercingly declared that the Seventies were the "Me Generation", populated by baby boomers who were self-absorbed, swaggering and arrogant, in equal measure. But perhaps each decade simply appears to be more self-regarding than the previous one?

Millennials, people currently aged between 18 and 34, have been described as "the most selfish generation in history" – and the millennials seem to agree. Sixty per cent of them describe their peers as "self-obsessed".

Young men who would never define themselves as high-maintenance or vain, and young women who are confident enough to dress effortlessly and go make-up free – they all still manage to fall victim to internet vanity. They carefully monitor and edit the images of themselves loaded onto social media, and do so with painstaking devotion.

Most are aware of the best angle for their face to be viewed, the best filters to employ to enhance their picture, the best photoshopping tweaks that can improve "their look" imperceptibly.

Would our grandparents have become this self-regarding if they had grown up in the internet age? Almost certainly.

According to a recent study, 20 per cent of Britons online at any moment are aged over 60. They have smartphones, they have Facebook profiles. They share their holiday snaps with the world via their iPads, onto Snapchat, Instagram, Twitter, Pinterest.

Perhaps this is the clearest indicator that the coming generations will find all

this community sharing decidedly uncool, and turn their backs on such levels of self-aggrandising.

Researchers at Florida State University have found that the more selfies you post on Instagram, the more likely you are to experience conflict in your romantic life. Too much selfie exposure apparently embroils you in jealousy and arguments. Other studies helpfully point out a number of guidelines:

Don't try and fake your reality. What is the point, after all?

Don't share your sadness. Social media is not a forum for misery and unhappiness. Save it for face-to-face social relationships with a patient listener.

Don't let social media distract you from real life. Instagram is not a friend, it's a set of algorithms.

Don't accept every "like" request that comes your way in order to build the number of your followers and appear much admired and respected. It's better to restrict your Facebook profile to people you know, and only follow Instagram accounts with pictures you want to see, posted by people you actually care about e.g. not Paris Hilton.

Don't believe all that you read online. These days, we are all authors with something to write about – but many of us are writing fiction and fantasy.

Don't post details of your life that could fall into the wrong hands. You wouldn't put a note on your front door saying 'Away for the weekend ... back on Monday'.

Seemingly innocuous pieces of information can be pieced together, giving lurkers a complete picture of you, your family, your habits, your possessions, and other personal information.

Social networking sites are free to use,

so remember that they only make money by selling you as a target for advertising and marketers.

When you waded through acres of spam each time you open your inbox, it isn't because you are wildly popular – you are merely a potential cash cow.

But concern is growing that people are becoming addicted to taking selfies, as was the case with a young man who was averaging over 1,000 attempts a week to achieve his perfect self-portrait.

He was driven into deep clinical depression, after trying for many hours each day to create the result he craved. Fortunately, his mother stepped in, and with rehabilitation he learned to face life without his iPhone.

Recently, a paper published by leading university business schools in Europe found the 16-34 year-olds who most often share images of themselves tend to have shallower relationships with people.

Worse, it also led to a decrease in intimacy even with their friends.

It appears that close members within a circle don't relate comfortably with their companions who constantly share photos of themselves. They begin to view them as self-indulgent and annoying – even if the selfies are meant to be viewed semi-ironically.

Another research study quizzed 500 participants about how warmly they feel about their friends and co-workers who use the same social networking sites.

They then checked the answers against the number of selfies each of their comrades had posted. The results were overwhelming – the more selfies someone posted, the lower they ranked on the intimacy scale of their friends.

To read more log on to:
standard.co.uk/comment

