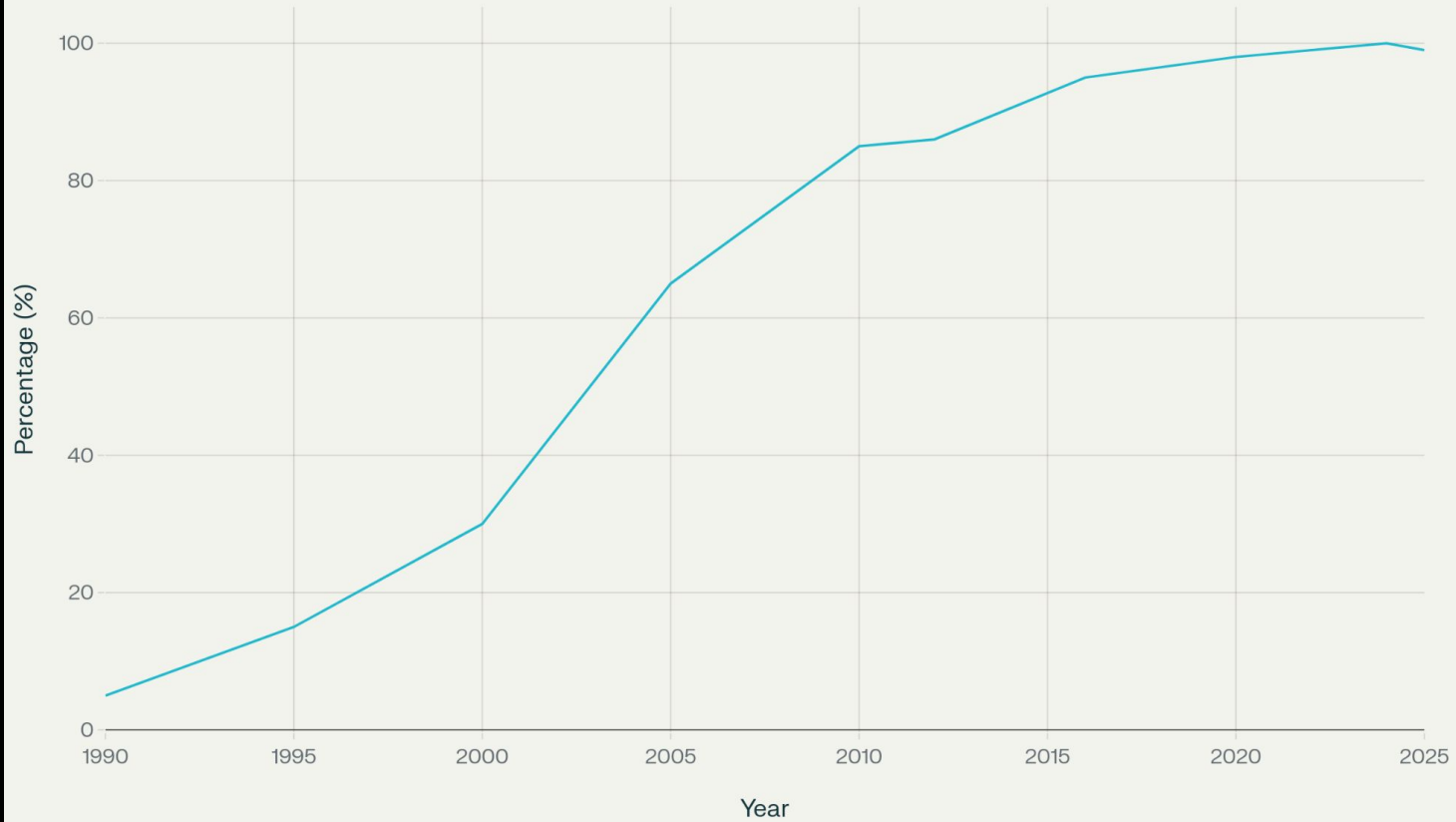


My Phone and my Soul - Christ First in a Tech World





UK 16-Year-Olds Mobile Phone Ownership





The Tacoma News Tribune, April 11, 1953.

There'll Be No Escape in Future From Telephones

PASADENA.—AP—The telephone of the future?

Mark R. Sullivan, San Francisco, president and director of the Pacific Telephone & Telegraph Co., said in an address Thursday night:

"Just what form the future telephone will take is, of course, pure speculation. Here is my prophecy:

"In its final development, the telephone will be carried about by the individual, perhaps as we carry a watch today. It probably will require no dial or equivalent, and I think the users will be able to see each other, if they want, as they talk.

"Who knows but what it may actually translate from one language to another?"



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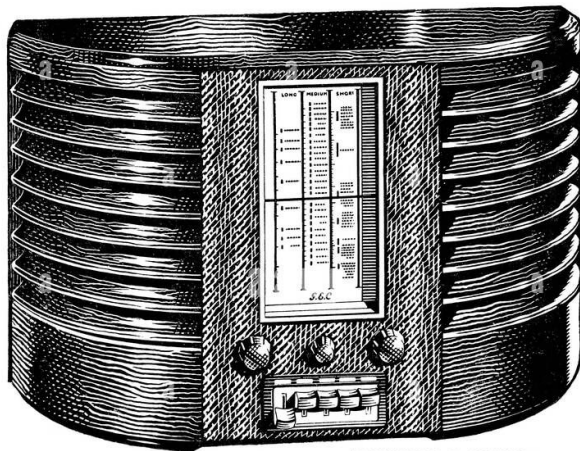




I would prefer it if
smartphones had never
been invented



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We have received a letter containing the following :—“ Many professed Strict Baptists (ministers and others) ‘listen in’ to the news regularly Sabbath by Sabbath without the slightest hesitation. The usual excuse is: ‘If my conscience accused me, I should desist.’ Conscience! I reply; that is a depraved faculty and is therefore not an infallible or even a reliable guide, except when the tender fear of God is in exercise. God’s Word is the infallible Guide.” We wonder not that the churches are low, if the above is really true. Our late friend, Mr. H. Patterson, whose article we reproduce above, questioned if a real Christian would allow the “fleshly thing” in his house at all. We sympathise with that view. It certainly is appalling to think that anyone allowing himself to be called a Christian should degrade the Lord’s Day by listening in. We believe the cause of religion suffers much harm through the religious and other broadcasts which provide some people with the desired excuse of violating Hebrews x. 25. We fully realise the great temptation to instal the “wireless” in these critical days, but it is our firm conviction that godly folk who have succumbed to this bait will sooner or later rue their mistake. —EDITOR.

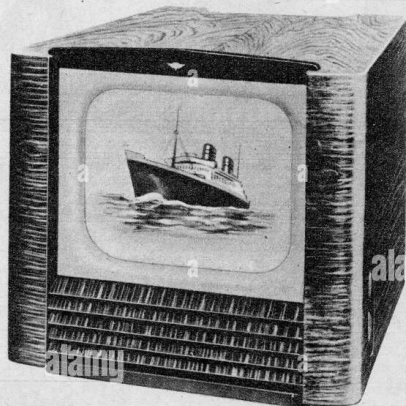
The Gospel Standard, 1942

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things which are not honourable in the sight of God. I believe it all comes from a lack of a right conception of the Word. If we knew more of the importance of the Word of God, it would have a more lasting effect, it would sever us from many idols to which we cling. In many homes to-day are to be found such instruments as Wireless and Television. That these things should be tolerated in the house of those who profess godliness is unbecoming. I cannot speak too strongly regarding these matters, because in these ways there is a departing from the Lord, and more notice is often taken of things which proceed from these instruments than from the Word of God. What need we have to seek grace to return to the

The Gospel Standard, 1959



THE INTERNET — A WARNING

New methods of communication developed in recent years have had benefits for business and individuals but, like many other scientific and technological advances, have also been much abused. This seems to be particularly the case with the Internet and we hope all parents are alert to the dangers presented. The system offers the possibility of world-wide communication, and requires little special equipment to connect to it. The system gives access to the vilest pornographic and other corrupting material and thus exposes our young people to awful temptation. Parents desiring to bring up their children in the nurture and admonition of the Lord (Ephesians 6. 4) will wish to ensure that their families are not thus exposed.

We earnestly desire the true welfare of the children growing up amongst our churches. We cannot give them grace, nor shield them from the evil that is in the world, but we can strive to protect them whilst they are in our homes.

Current Affairs Committee

The Gospel Standard, 1996



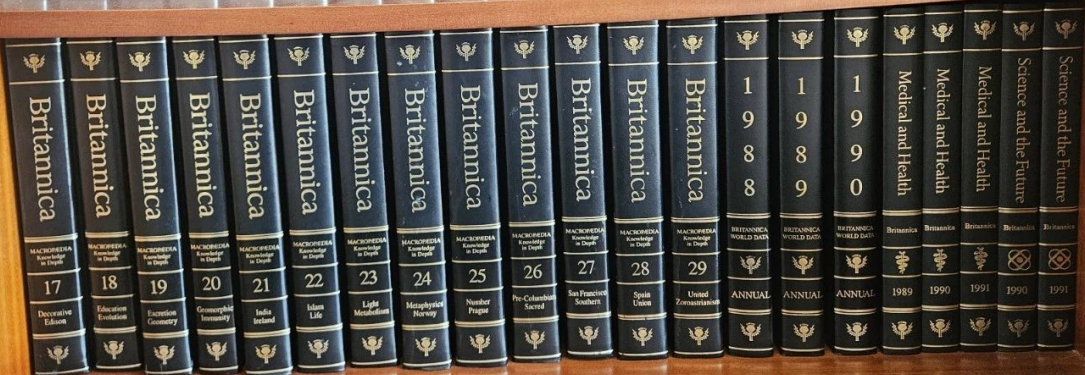
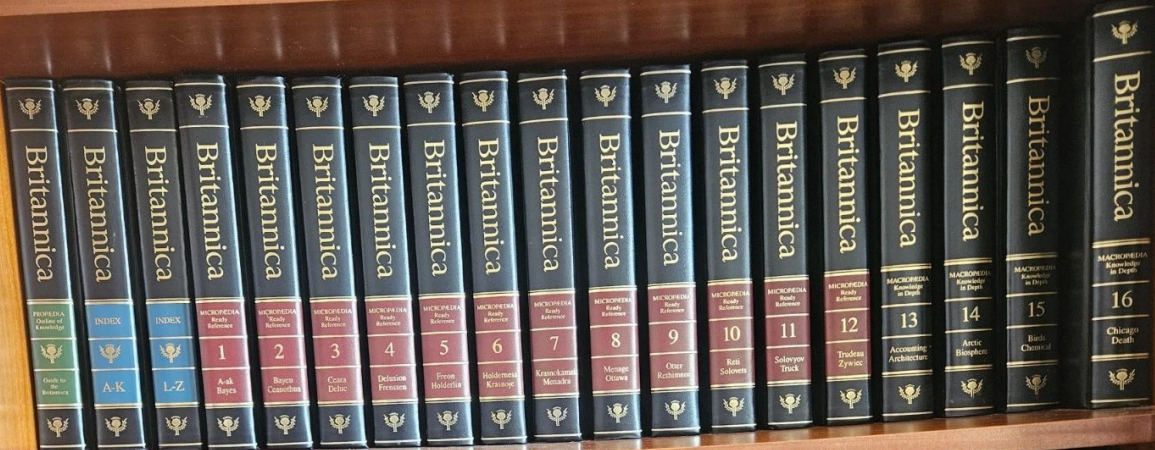
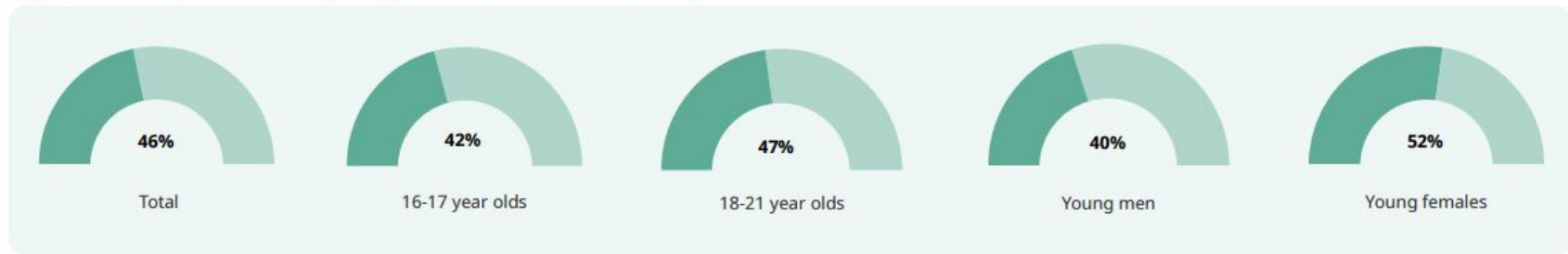




Figure 2: Would rather be young in a world without the internet



Ecclesiastes 1v18

...olly: I perceived that this
vexation of spirit.
18 For in much wisdom is much
grief: and he that increaseth know-
ledge increaseth sorrow.

CHAPTER 2

...ne heart, Go to now
...with mir
...nd.



Which of these do you recognise?



Presenting with animations, GIFs or speaker notes? Enable our [Chrome extension](#)

slido

News

Teenagers with problematic smartphone use are twice as likely to have anxiety

2 August 2024 | 3 min read



[← Back to all news](#)

New NIHR-funded research has found a link between problematic smartphone use and depression, anxiety, and insomnia in teens.

The [NIHR Maudsley Biomedical Research Centre](#) funded research into teenagers' smartphone use and possible links to mental health. The researchers studied 13-16 year-olds and 16-18 year-olds in English schools. Both studies found a link between problematic smartphone use and mental health. They also found a higher rate of problematic smartphone use among girls.

What is problematic smartphone use (PSU)?

PSU describes behaviours and thinking linked to smartphones that resemble an addiction. For example,

You are reading

Teenagers with problematic smartphone use are twice as likely to have anxiety



I have a smartphone and I have tried to cut down my usage





1. Open your device's Settings app.
2. Tap **Digital Wellbeing and parental controls**.
3. The chart shows your device use today. For more info, tap the chart. For example:
 - **Screen time:** What apps you've had on screen and for how long
 - **Times opened:** How often you've unlocked your device and opened certain apps
 - **Notifications received:** How many notifications you've got and from which apps
4. To get more info or change app settings, tap a listed app.



1. Open Apple "Settings" app
2. Select "Screen Time"
3. Select "App & Website Activity"
4. Select "Turn On App & Website Activity"
5. Select "See All App & Website Activity"
6. See your daily & weekly Screen Time



My approximate average
screen time per day over
the past week is...



**Why control
your screen
time?**



IN YOUR MIND :

FETCH MY EMAILS!

NAVIGATE TO JOHN'S HOUSE!

SHOW ME THE NEWS!

SEND THIS PHOTO TO
LYNN!!

Y-Y-YES
MASTER.



IN REALITY:











Urge

Want to avoid
the task

Pleasurable Activity



Watching
Netflix, scrolling
through social
media etc.

Feeling Rewarded



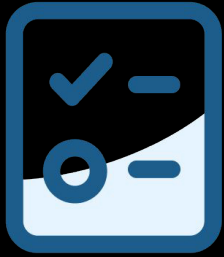
You brain releases dopamine
and encourages you to opt
for the pleasurable
activity next time



Trigger



Every time when
You have to deal
With a difficult task



I interact daily with at least one of my contacts (e.g. by a Snapchat "streak") just because I don't want to offend them or don't want to "lose" the streak





I interact daily with at least one person in this room (e.g. by a Snapchat "streak") just because I don't want to offend them or don't want to "lose" the streak



How to control your screen time?







9:24



< Screen Time [redacted]



This Week



Total Screen Time 105h 23m

Updated today at 9:23 AM

MOST USED

[SHOW CATEGORIES](#)

	Reddit	105h 23m	>
	Apollo	4h 53m	>
	YouTube	1h 31m	>
	Discord	56m	>
	Chrome	42m	>
	Shortcuts	41m	>
	Messages	33m	>
Show More			

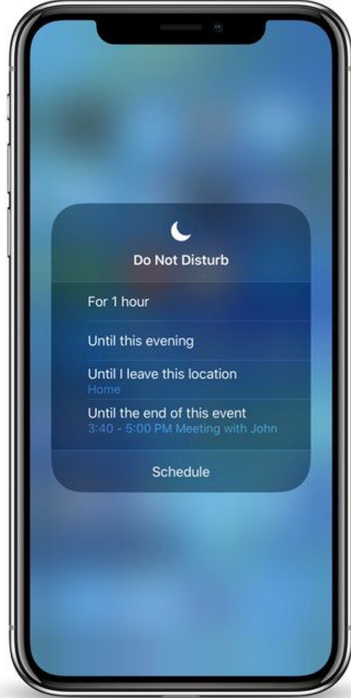
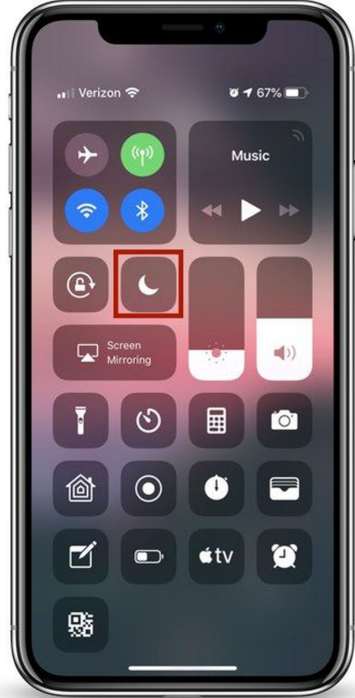
PICKUPS

Daily Average

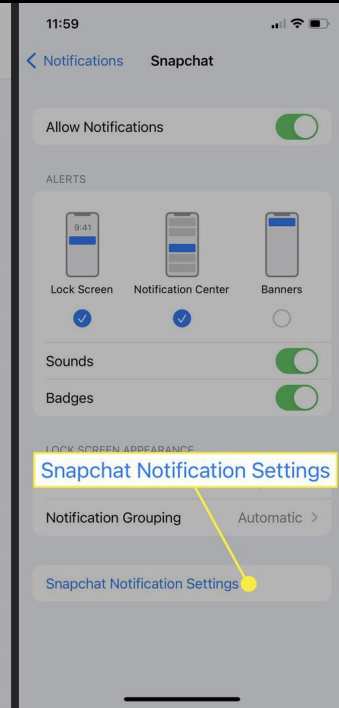
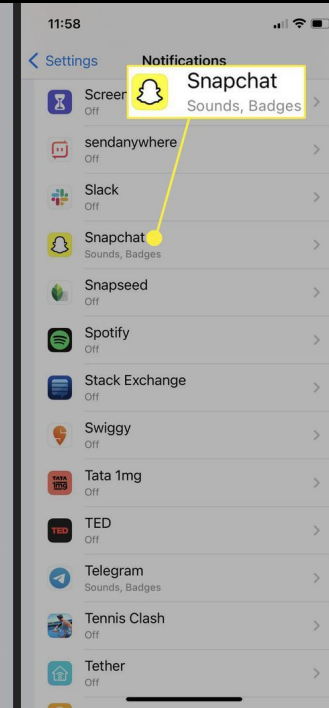
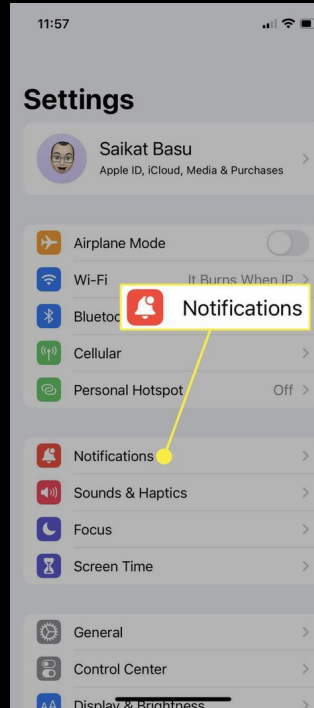








The teenagers' perception that preventing notifications—via switching them off or putting the phone in silent was effective is supported by evidence.⁴ In a study of children and young people, they received a median of 237 notifications per day.⁵ The impact of notifications has been shown to reduce cognitive performance, and a randomised controlled trial found removing notifications reduced anxiety and depression.⁴ A contributing factor may be poor sleep caused by smartphone use at night, which has been suggested to blur the distinction between day and night due to continued use into the night.⁵





Time Limit

You've reached your limit on Messenger.

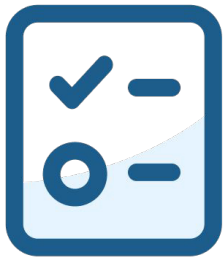
[Ignore Limit](#)





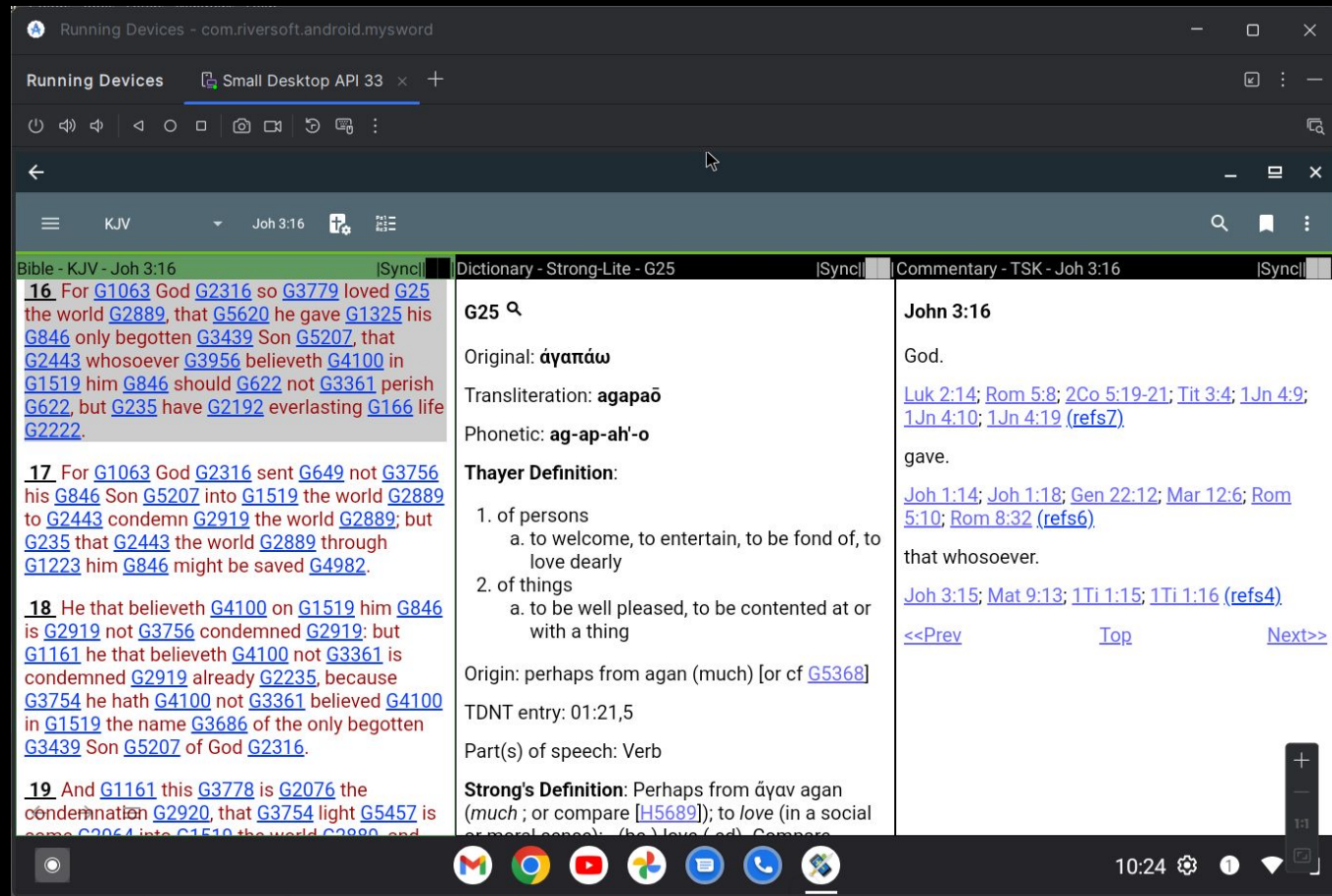
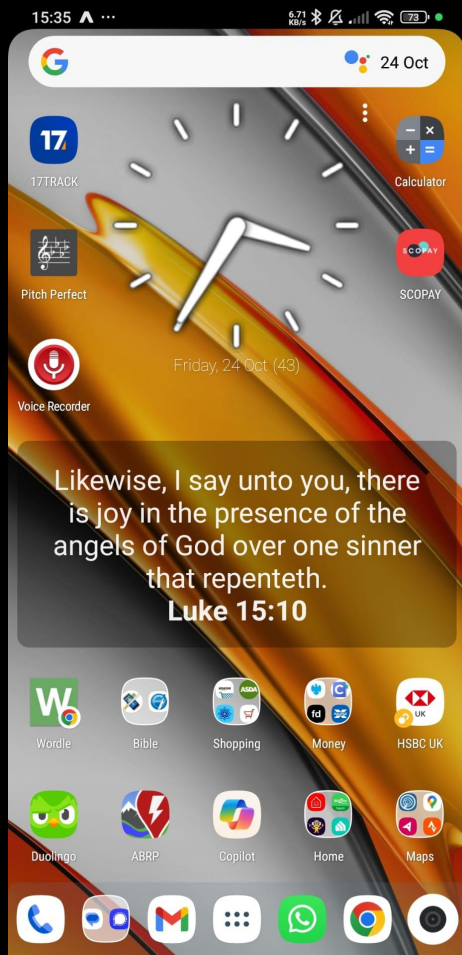






What techniques have you found work for you?







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