

VAASA DAILY

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Вітаємо всіх українців у
Ваасі! Сподіваємося, вам тут
сподобається і навіть залишитеся
після закінчення війни в Україні! ▲
warm welcome to all Ukrainians in Vaasa! We
hope you will enjoy yourself here and even
stay after the war in Ukraine is over!

A GLOBE IN THE
CATHEDRAL

Helsinki Book
Fair

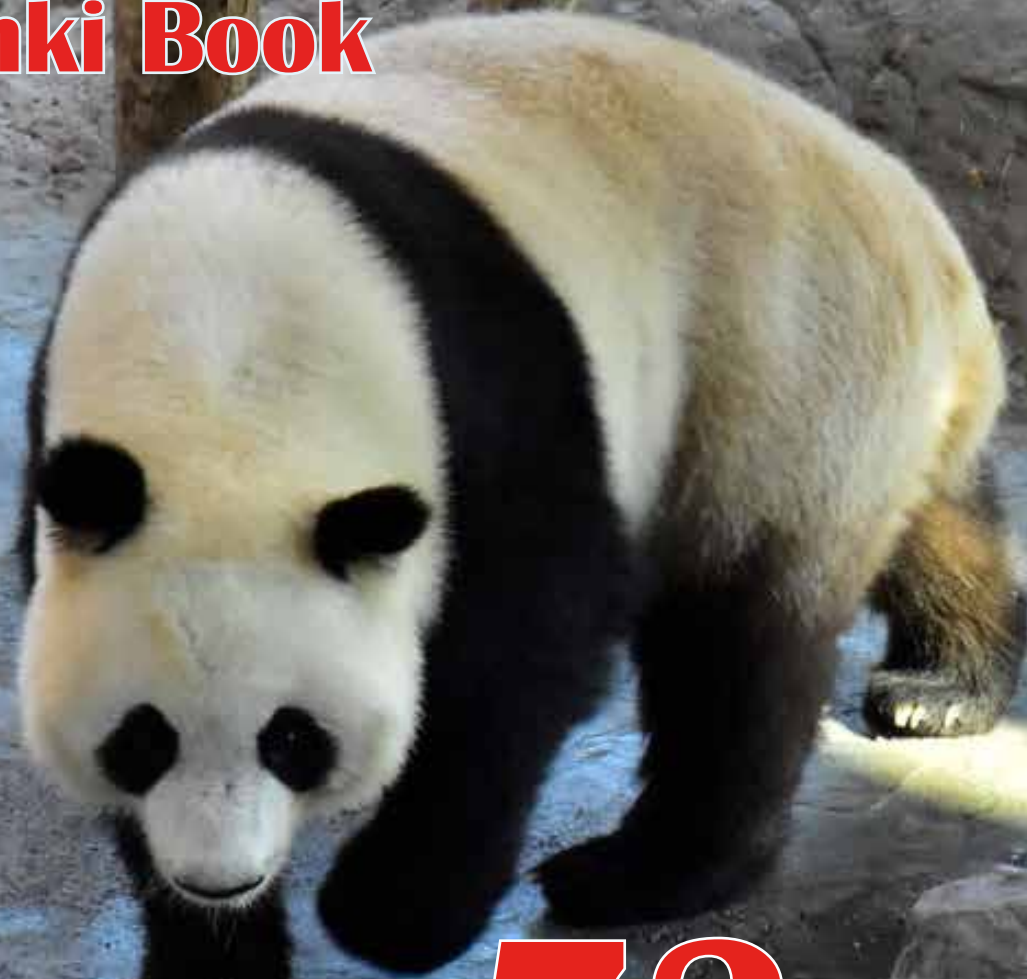
LUMI and PYRY
going home

HERE WE ARE:

vpress.ovh

72

informative
pages



TODAY

The Power of Reading: Helsinki Book Fair and the Importance of Reading

The darkening October evenings bring one of the most anticipated cultural events of the autumn—Helsinki Book Fair. This annual gathering, held from 24th to 27th October 2024, is a meeting point for literature lovers, authors, and publishers.

The atmosphere of the fair, filled with discussions, literary experiences, and new discoveries, is a wonderful reminder of how important reading is for us—not just to gain knowledge and skills but also as a source of overall well-being.

Reading provides us with many valuable things. First and foremost, it is a means of acquiring knowledge and education. Books open doors to new worlds, help us understand complex issues, and expand our perspectives. Literature can address history, philosophy, science, or social issues in a way that makes them both accessible and profound. Reading enhances our ability to think critically and analyze the world around us, skills that are essential in today's complex, information-driven society. But reading isn't just about gaining knowledge. It also offers us the ability to deve-

lop empathy and understanding. A good book can put us in someone else's shoes, allowing us to see life from their perspective. Fictional stories and biographies broaden our worldview as we encounter different cultures, customs, and life experiences. Through reading, we can cultivate deeper compassion and understanding for people and circumstances different from our own.

Reading can also influence our attitude toward life and our well-being. For many, books offer an escape from the stress of everyday life. A book can provide a moment of calm, a way to dive into the world of imagination, or even be a tool for personal growth. For many, reading is also a vital part of maintaining mental health—it soothes the mind, improves concentration, and helps us organize our thoughts.

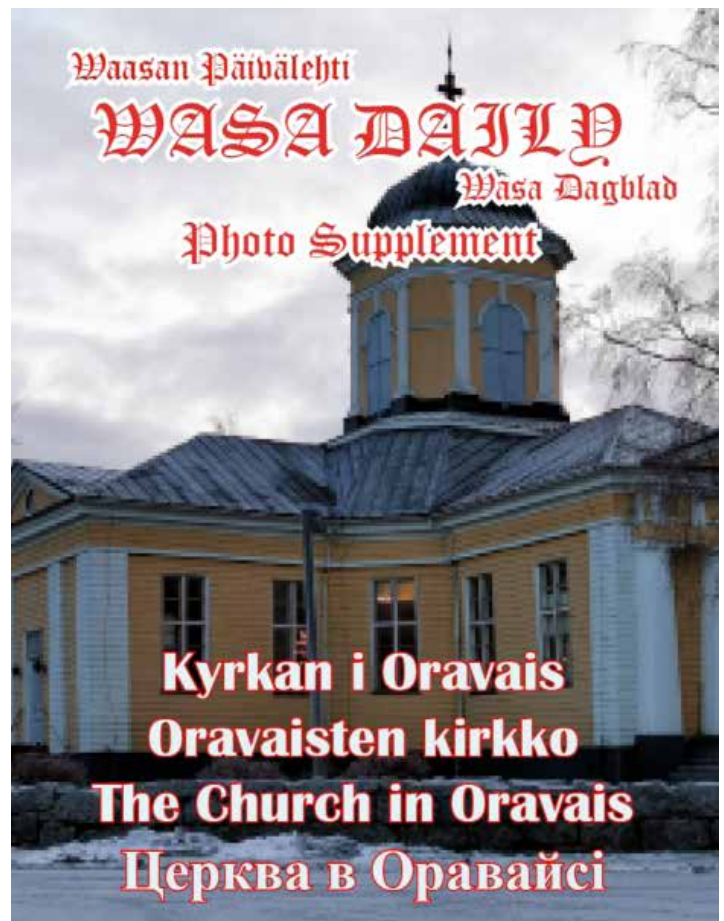
Especially in today's fast-paced, digital world, reading provides a valuable counterbalance to the constant rush. It allows us to pause and immerse ourselves in a story or knowledge at our own pace, free from the relentless flow of stimuli. Focusing on a book fosters patience and perse-

verance—qualities that seem increasingly rare in today's hurried lifestyle.

Helsinki Book Fair is much more than just a book-selling event. It's a forum where literature and reading receive the appreciation they deserve. The fair's diverse program encourages people to engage in discussions, encounter different viewpoints, and become inspired by the possibilities reading offers. The fair also emphasizes the importance of freedom of expression and equality, reminding us of the power

of literature to challenge our thinking and open new perspectives.

As Helsinki Book Fair once again brings readers together, it's a good time to pause and reflect on how significant reading is for all of us. Whether it's a non-fiction book, novel, poetry collection, or comic, every book enriches our lives and opens new worlds. Reading isn't just a pastime—it's a skill that carries us through life, and its importance in our society is greater than ever.



Cover picture: Helsinki Book Fair

NEWS



In 2070, We Will Be 6.5 Million: Population Growth Continues, But the Age Structure Changes

Finland's future population development has drawn attention from multiple perspectives. According to the latest population forecasts from Statistics Finland, the country's population is projected to reach 6.5 million by 2070. However, this growth is driven by one significant factor: immigration. With the current level of immigration, Finland's population would continue to grow, even though the country's age structure will undergo major changes that will pose challenges for the economy and welfare in the coming decades.

Population Growth Thanks to Immigration

According to Statistics Finland, Finland's population would grow to 6.5 million by 2070 if net immigration

remains at current levels. Net immigration means that more people move into the country than leave, and this balance has been a key driver of Finland's population growth in recent years. Without immigration, Finland's population would begin to decrease faster, as birth rates have been declining for several years. In 2023, net immigration is expected to bring 52,000 people to Finland, and in the following years, the number is estimated to stabilize at around 40,000 people annually. While these figures keep the population on a growth trajectory, there are uncertainties behind the forecast. For example, the war in Ukraine has led to a significant influx of refugees to Finland, but the long-term

effects of this situation are difficult to predict.

Declining Birth Rates and Their Long-Term Consequences

Even though the population is growing due to immigration, Finland's age structure will change dramatically over the coming decades. The number of children under the age of 15 is expected to decrease from the current 832,000 to just over 700,000 by 2070. This is mainly due to persistently low birth rates.

"2023 is already the seventh consecutive year that fewer than 50,000 children are born in Finland," notes Markus Rapo, senior actuary at Statistics Finland. This development is concerning because low birth rates will, in the long

run, affect the number of women of childbearing age, and therefore the entire population's age structure. Over time, this will lead to a decline in the working-age population while the proportion of elderly people grows, creating significant challenges for the economy and the ability to maintain the welfare state. Growth and Future Decline of the Working-Age Population

At the end of 2023, there were 3.46 million people of working age (15–64 years) in Finland. The working-age population is expected to increase by almost 300,000 people over the next 30 years, reaching a peak of 3.84 million in the early 2050s. After this, the number of working-age

THIS PAPER CAN BE READ ANYWHERE:

Like here in Saariselka, Finnish Lapland

people will start to decline, and at the same time, the dependency ratio – the ratio of working-age people to non-working-age people (children and elderly) – will begin to rise.

Currently, Finland's dependency ratio is 62, meaning there are 62 children and elderly people for every 100 working-age individuals. By 2070, the dependency ratio is expected to rise to 72, meaning that fewer working-age people will have to support a growing elderly population while also financing welfare services, which will increase economic pressure. Immigration Won't Solve All Problems

Although immigration delays the decline in the working-age population and slows the rise in the dependency ratio, it alone will

not solve all the challenges that population development brings. If birth rates remain low, Finland's age structure will inevitably undergo changes that will affect the entire society.

Rapo emphasizes that while immigration helps, the aging of the population and the decline in the number of working-age people are inevitable unless birth rates increase. "With the current low birth rates, there would eventually be a permanent impact on population development," he says. This means that while immigration policy can influence population development to some extent, long-term solutions are needed to address birth rates and age structure.

Future Challenges and Opportunities

Population forecasts are largely based on past trends and statistics, but they provide an important perspective for future planning. Changes in the age structure bring significant challenges for both the economy and the health-care system. In particular, caring for the elderly and financing pensions will become increasingly pressing issues in the future as the number of working-age people decreases and the number of pensioners grows.

At the same time, immigration plays a crucial role in keeping population growth alive, but there are also uncertainties, such as global crises and refugee flows, that could affect future developments. In the coming years, there will be a need for broad societal discus-

sions and political decisions to ensure that Finland can meet the challenges posed by an aging population and declining birth rates. The year 2070 may seem distant, but population development progresses slowly but surely. The decisions and actions taken today will shape Finland's future and determine how well the country can respond to the challenges brought by population growth and changes in age structure.

They, who know a little more are They, who read Wasa Daily

This weeks art experience:



Helene Schjerfbeck

10.7.1862 - 23.1.1946

The School Girl II (Girl in Black), 1908

NEWS

Helsingin Sanomat: The Tuira model can save Finnish healthcare

In an article published on Oct 3 in Helsingin Sanomat, titled "Could Oulu's Tuira GP model save Finland's healthcare?", the discussion focused on the GP 2.0 model used at Tuira's health centre in Oulu.

This model has attracted significant interest as it has successfully improved primary healthcare in an area known for challenges such as unemployment and socio-economic problems. The Tuira health centre serves around 65,000 residents, and the goal of the model has been to reduce the burden on emergency and specialist care while improving continuity in patient care.

The core of the GP 2.0 model is straightforward: the population is divided alphabetically, and each group is assigned a designated doctor. This doctor takes responsibility for the patient's care over time, building continuity and increasing the patient's trust that their needs are taken seriously. The model has been in practice in Tuira for two years, and the results are promising: emergency visits and the need for specialist care have decreased, care quality has

improved, and patient satisfaction has increased.

However, one of the model's biggest challenges is the high turnover of doctors. At Tuira health centre, roughly half of the doctors are replaced annually, making it difficult to build long-term patient-care relationships. While the model has slightly reduced turnover, further changes are needed to offer GP services to all patients.

The article also highlights that the GP model is not a new idea in Finland. In the 1980s and 1990s, Finland was an international pioneer in developing the GP system, but after the 1990s recession, the system broke down as doctors' responsibilities increased and their workload became unmanageable. Tuira has now modernised this old model, but for it to be implemented on a larger scale, more permanent doctors are needed.

The GP 2.0 model has also sparked interest in other parts of Finland. For example, both Espoo and Helsinki have proposed introducing the model as part of the solution to the crisis in primary healthcare. Although the model's biggest advantages are already visible in Tuira, experts say



**Podcast in English:
Can the Tuira Model save Finnish healthcare?
<https://vpress.ovh/podcasts.htm>**

it could take up to six years for the system to be fully implemented across the country.

A key issue is doctors' working conditions. Many doctors work part-time, which complicates the full implementation of the GP model. In Tuira, doctors often only work 80% of full-time hours, which partially extends waiting times for non-urgent appointments. To improve continuity and ensure patients have

their own doctor, more full-time GPs are needed in primary healthcare.

According to the article in Helsingin Sanomat, Oulu's Tuira GP model offers a promising solution to the challenges facing Finland's primary healthcare, but significant changes, particularly in the stability of doctors and resource allocation, are necessary for the model to be expanded nationwide.

NEWS



Inspector Palmu returns to the stage at Vaasa City Theatre

As the highlight of the autumn, Vaasa City Theatre will present the classic detective novel *The Mistake of Inspector Palmu*, based on Mika Waltari's beloved novel. This Palmu story, considered by many, is set in Eira, Helsinki, where the fate of the rich and dazzling Bruno Rygseck takes a tragic turn when he is found drowned in his own bathtub.

Inspector Palmu, together with his assistants Kok and Virta, begins to investigate the incident, which is initially considered an accident. Suspicions arise when it is discovered that all members of the peculiar Rygseck family were present at Bruno's house at the time of the incident. In the dark hours of the night, a party has been held in the house, where mysticism and strange forces have been strongly present.

Is it a staged accident to fool Palm Tree, or has fate played a cruel game? In the theatrical version, Palmu leads viewers on an exciting and visually impressive adventure where humour and detective suspense go hand

in hand.

The theme of Vaasa City Theatre's autumn season is power, and Inspector Palmu's mistake deals with this theme by delving into the power relations between crime and the authorities. The theatre's repertoire offers a broad overview of different forms of power, both in individual performances and in social issues. But above all, this detective story offers a nostalgic and immersive experience where you can relax with a good story.

The show will premiere on November 1, 2024 on the Romeo Stage, and will last about two hours with intermissions. The performance is aimed at children over 7 years of age, and it is also subtitled in Swedish. In addition, the theatre organises scent-free performances so that even those sensitive to scents can enjoy the performances without disturbances.

So there will be excitement, humour and nostalgia – Inspector Palmu invites you to enjoy a crime mystery from times gone by.

Presentation details:

Inspector Palmu's mistake

Release Date: 1.11.2024

Duration: approx. 2 h 10 min (including intermission)

Stage: Romeo

Recommended age: over 7 years old

The presentation is subtitled in Swedish.

They, who know a little more are They, who read Wasa Daily

Winter swimming area in the Inner Harbour to open at the end of October

The popular winter swimming spot at the Inner Harbour in Vaasa will reopen at the end of October, week 44. The winter swimming area, which can be

used free of charge by everyone, is open every day from 6 a.m. to 9 p.m.

Winter bathing area in the Inner Harbour, City of Vaasa / Christoffer Björklund

The winter swimming area at the end of Sandögatan has two warm changing rooms, one for women and one for men. The area around the jetty is illuminated and has recording camera surveillance.

The wake is kept open with the help of a pump. Down into the water you come along a ladder or less steep stairs.

The city has redeemed the changing rooms

The changing rooms with benches and coat hooks are open to everyone. In both changing rooms there are also four lockers for valuables, which you can lock with your own lock.



«We used to rent the changing rooms, but now we have redeemed them so that the city owns them. Now we can also make small improvements to the changing rooms, such as adding coat hooks and a floor drain,» says Jarmo Latvala, Service Manager of the green area team, who is responsible for the maintenance of the winter swimming area.

The winter swimming area, which opened in December 2023 and can be used free of charge by everyone, was very popular last winter: the number of visitors in the winter season exceeded 10,000. (vaasa.fi)

NEWS

Nicotine pouches pose poisoning risk for young children – growing concern at the Poison Information Center



Nicotine pouches are becoming an increasingly common cause of poisoning, with the Poison Information Center receiving nearly daily inquiries about them.

Young children are particularly vulnerable, as they may put nicotine pouches in their mouths while exploring their surroundings, according to the Finnish Medical Journal.

According to Chief Physician and Associate Professor Tuomas Lilius from the Poison Information Center, nicotine poisoning poses a real risk, especially for small children.

“Concern is justified, as nicotine is quickly absorbed through the mouth’s mucous membranes and can cause symptoms within minutes,” says Lilius. Typical symptoms of nicotine poisoning include stomach pain, nausea, vomiting, tremors, and rapid heartbeat. In severe cases, poisoning can lead to heart arrhythmias and seizures.

By September 2024, the Poison Information Center had received 325 calls about nicotine pouches, half of which involved children under two years old. Lilius emphasizes the responsibility of parents: “Nicotine pouches should be treated like chemicals or medicines – they must be

kept out of children’s reach.”

Among teenagers and young adults, poisoning symptoms often result from overuse of nicotine pouches or accidentally swallowing one. In many cases, other substances are also involved.

Families are advised to keep activated charcoal at home, as it can prevent nicotine from being absorbed if a child swallows a pouch. Lilius also warns that while nicotine pouches sold in Finland are limited to a strength of 20 mg/g, stronger pouches are available from abroad, further increasing the risk.

The Poison Information Center is

currently conducting studies on the toxicity of nicotine pouches, as there is surprisingly little information about their danger.

Want to know more? Read Wasa Daily!

Those who are best informed are those who read Wasa Daily. With us, you always get the latest news, in-depth analysis and perspectives on what is happening both locally and globally. For those who want to know more – and understand more – Wasa Daily is the obvious choice.

Join us to stay up to date on what really matters.

EVENTS

ATENEUM**Gothic Modern – From Darkness to Light**

4 October 2024 to 26 January 2025.

Medieval and Renaissance art provided 20th-century artists with emotional material and ways to deal with fundamental human feelings, as well as birth, death, suffering and sexuality. The artists featured in the exhibition include Arnold Böcklin, Lucas Cranach the Elder, Akse-li Gallen-Kallela, Vincent van Gogh, Theodor Kittelsen, Käthe Kollwitz, Edvard Munch, Hugo Simberg, Helene Schjerfbeck, Marianne Stokes, and Gustave Van de Woestyne.

After its debut at Ateneum, the exhibition will travel to the National Museum, Norway and the ALBERTINA Museum, Vienna, where it will be curated by Vibeke Waallann Hansen and Cynthia Osiecki (Curators, National Museum, Norway) and Ralph Gleis (Director, Alte Nationalgalerie), respectively.

The exhibition to be complemented by a comprehensive exhibition catalogue

ART CENTER TORNI

8-27.10.24

Jari Boelius Flower Flow Exhibition
Pitkäkätö 66

RITZ

Michael Monroe - Acoustic solo tour

1.11.2024

www.ritz.fi

VAASA LITTFEST

14-16.11.2024

Main Library, Drama Hall
Vaasa LittFest is a bilingual literature festival that has been held in Vaasa since 2001. The festival offers in-depth discussions that open up important themes and thoughts. This year's theme is Condition, there are promised

in-depth days of literature!

A comprehensive program, such as

Saturday 16.11

13.45–14.45 | Main Library, Drama Hall

Panel discussion: Female role models – women in leadership roles

Karin Erlandsson, Ellen Strömberg, Rosanna Fellman and Anna Bertills discuss the role of women in literature and their importance as role models. This panel discussion offers inspiring perspectives and deep reflections.

RITZ

16.11.24

at 14 and 19

AUTIOTALO

Musikaali Dingo-huumasta

www.ritz.fi

RUSK

Chamber Music in Jakobs-tad

19–23.11.2024

The Beauty of Longing
International creativity at the darkest time of the year
ruskfestival.fi

TIKANOJA

THE ART EVENT OF THE YEAR!

Eero Järnefelts exhibition opens on Nov 23, 2024

RITZ

30.11.24

at 14 and 19

Paradise

BADDING-musical

www.ritz.fi

STUNDARS

1.12.24

Christmas Market

MEDIALANGUAGE (In Swedish) 2025: Seminar XX

Vaasa 22-23 Januari 2025

Media Language 2025 is organised by the Swedish Press Service and the Centre for Lifelong Learning at Åbo Akademi University in collaboration with Svenska Yle, Hufvudstadsbladet Ab, HSS Media, ÅU Media, Friends of Swedish Public Schools, the Åbo Akademi University Foundation, the Swedish Cultural Foundation in Sweden, the Harry Schauman Foundation and Konstsamfundet.

<https://www.mediesprak.fi/seminariet/>

SCIENCE NIGHT

9 January 2025 in Helsinki
Science Night is science's own city event in Helsinki. The event, which is organized annually in January, will be celebrated next time on Thursday 9 January 2025. A motley group of program organizers guarantees that during the evening and night you will be able to enjoy engaging lectures as well as insight by doing it yourself. Admission to all Scien-

ce Night events is free! In the summer, we have an Arts night in Vaasa. When do we get Science Night in winter? <https://www.tieteidenyo.fi/en>

VAASA CITY THEATRE**TOSCA-opera**

Premisere Jan 12.2025

<https://www.vaasa.fi/koe-ja-nae/kulttuurivaassassa-ja-seudulla/vaasan-kaupunginteatteri/tosca/>

ILMAJOKI MUSIC FESTIVAL

"BIG Wrath 1713-1721"

6.-15.6.2025

"This powerful and topical opera brings the years of hatred and the fates of our ancestors back to the banks of the Kyrönjoki River.

Big Wrath is a shaking and nourishing story about family ties, maternal love, perseverance, and the power of cooperation during a time, when Russia's brutal war of aggression against Finland burned Ostrobothnia to black soil."

www.musiikkijuhlat.fi

KORSHOLM MUSIC FESTIVAL

23.7.–30.7.2025

"Korsholm Music Festival 2024 and Tove Teuvalla Opera are over and autumn is approaching. Now we are already working on the Summer 2025 Music Festival. However, we want to return to the warm days and festival atmosphere of July and August." Korsholm Music Festival will be held next year 23.–30.7.2025.

<https://korsholmmusicfestival.fi/>

SOCIETY

Finland – The happiest country in the world?

Happiness is something we all strive for, but what does it really mean to be happy? Is it to feel joy for most of your time, or is it about a more overall satisfaction with life? These questions were recently explored during a lecture at the University of Helsinki by Professor Jan-Erik Lönnqvist, who presented research results on happiness and its causes. A fact that we Finns can be proud of began the lecture: Finland has repeatedly topped the list in the annual international survey World Happiness Report.

But how can it be that Finland, where 10% of the adult population takes antidepressants and a large proportion of young women report mental health problems, is still ranked as the happiest country in the world? An important part of the explanation lies in how happiness is defined and measured. Happiness can be affected by many factors, ranging from fi-

ancial security and social networks to physical health and community trust.

Lönnqvist highlighted that social capital, that is, the sense of community and trust in others, plays a crucial role in our happiness. Having a friend you can trust and turn to in difficult times is one of the most important factors for well-being. Trust in authorities and the judiciary is also strongly linked to the level of happiness in a country. In Finland, where corruption is low and trust is high, many people feel safer, which in turn contributes to higher happiness.

Another interesting correlation that was presented was the connection between happiness and health. People who are healthy tend to be happier, and conversely, happy people have a better chance of staying healthy. Research presented in the World Happiness Report 2024 even

shows that happiness can reduce the risk of dementia.

Financial security also plays a role, but according to research, the increase in income does not affect the level of happiness in the long term. It is the relative income, in comparison to, for example, neighbours or colleagues, that can create a feeling of happiness or dissatisfaction. Lönnqvist also reflected on his own upbringing in post-war Finland, a time of material poverty, yet a time of equality and security. Despite scarce resources, he and his peers experienced their childhood as happy, something he attributes to the collective sense of belonging and stability.

The lecture also touched on comparisons between countries. Gross domestic product (GDP) has long been considered an indicator of a country's well-being, but research shows that when per capita income exceeds a certain amount –

about \$10,000 per year – the level of happiness does not rise significantly despite continued economic growth. Instead, the concept of Gross National Happiness (GNH) has emerged as a more holistic way to



measure happiness and quality of life. So why does Finland win these "lucky contests" year after year? One explanation may be that Finns generally give more nuanced answers in surveys than people in many other countries. While a Finn who is not completely satisfied with life might put a four on a scale from zero to ten, someone in another country would give a zero score in the same situation. This pulls up our average, even if we our-

selves do not always feel particularly happy.

No matter how we interpret the results, it's comforting to know that Finland is a country where people thrive – and we can only hope that we continue to be the happiest in the world!

SOURCES:

World Happiness Report 2024 <https://worldhappiness.report/>
Well-being "critical" for dementia risk reduction, research suggests (2024) <https://worldhappiness.report/news/well-being-critical-for-dementia-risk-reduction-researchsuggests/>

Excerpt from a media release on April 1, 2022:

HAPPINESS MEDALS WILL BE AWARDED IN VAASA AT 10:00 ON 1 APRIL 2022. *Vaasa is the happiest city in Finland. Finland is already the happiest country in the world for the fifth year in a row. It follows that Vaasa is the happiest city in the world. The happiest city in the world! Let's think about what this means for a moment. All of us from Vaasa are the lucky winners of this global lucky contest. To celebrate this, the City Board has ordered 65,000 medals, i.e. one medal for each resident of Vaasa. The medal is 46 mm in diameter and designed by Armenian artist On-nis Tunut. The medal looks like this:*



The first 10,000 medals are gold and they were awarded at a solemn party in front of the city hall at 10 a.m. today, April Day. The distributor is the city's happiness manager Lisbeth Salander, known from the Millennium trilogy in Stockholm. It is worth a visit. This medal will one day become a truly valuable collector's item.

BOOK FAIR



The Most Significant Cultural Event of the Fall: Helsinki Book Fair, October 24–27, 2024

The Helsinki Book Fair opened its doors on Thursday, October 24, offering visitors a unique opportunity to immerse themselves in the world of literature, culture, and inspiring encounters. This year's theme is The Future, highlighting literature's power to inspire hope and imagine alternative worlds. Program Director Ville Blåfield describes the theme as follows: "Through literature, we can envision alternative worlds, utopias, and dystopias. The Book Fair showcases the author's ability to see into tomorrow and the reader's chance to believe in a different future."

At the Senate Square stage, a special series of discussions will explore the future theme. The fair's extensive program also includes nearly a thousand discussions, interviews, and presentations. Up to 1,500 speakers, both Finnish and international, will share their perspectives on current

issues and the future of culture.

A Multifaceted Experience – with the Record Fair, Stamp Fair, and Antiquarian Book Fair

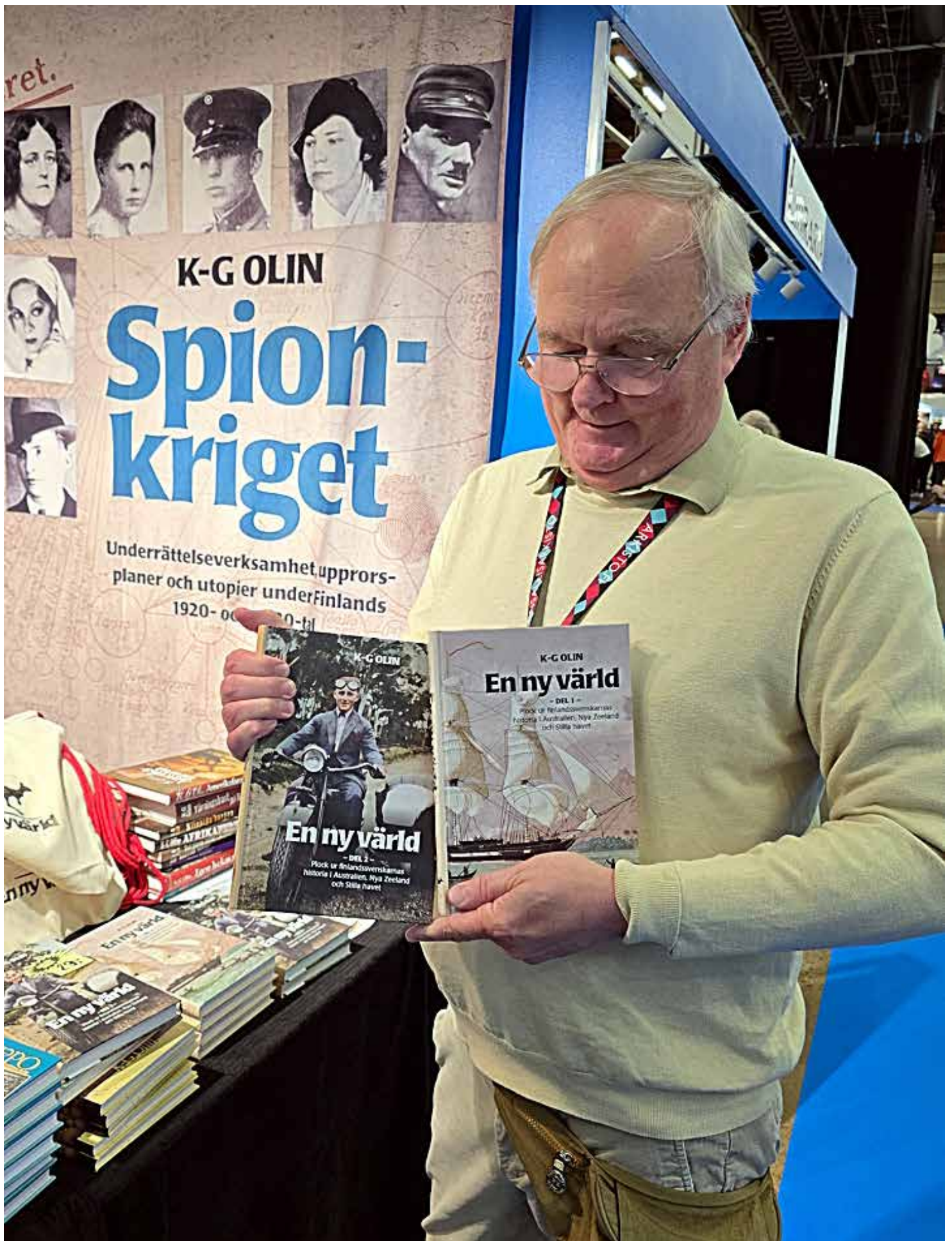
In addition to literature, the Helsinki Book Fair includes the Record Fair for music enthusiasts, as well as the Stamp Fair and the Antiquarian Book Fair, catering to collectors and philatelists. Organized in cooperation with the Finnish Antiquarian Booksellers' Association, the antiquarian fair offers visitors the chance to discover rarities and collectibles from various decades.

With the same ticket, visitors can also enjoy the Wine & Food event (18+), adding to the cultural experience with a culinary touch, and the On the Plate special diet fair, which offers a range of options for those with dietary requirements.

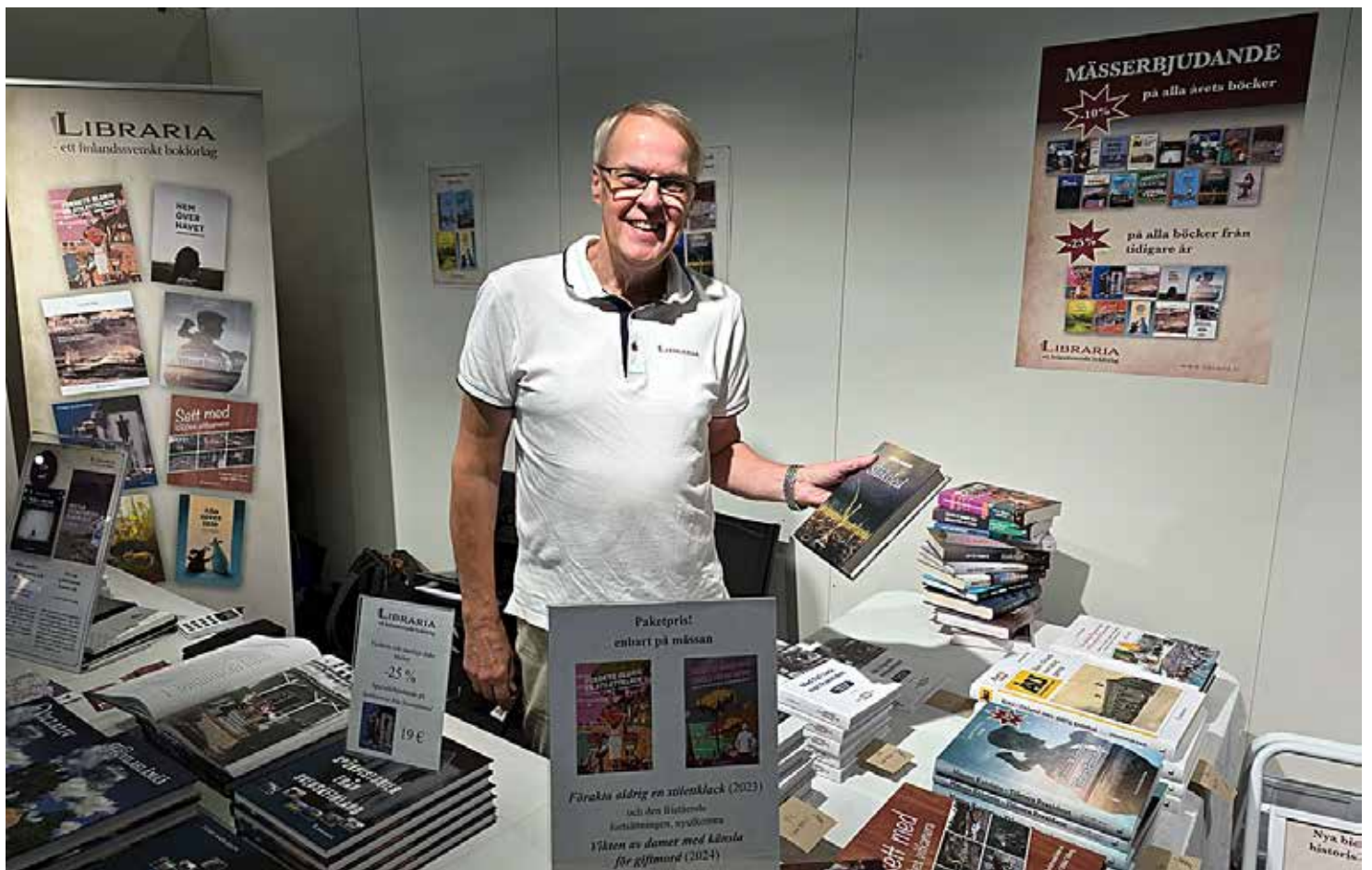
The Book Fair Supports Culture and Promotes Reading

Since it first began in 2001, the Helsinki Book Fair has established itself as one of Finland's most important cultural events. The fair promotes reading interest, celebrates the value of literature, and supports book sales, providing an essential platform for discussions on freedom of expression, equality, and human dignity. Each year, the fair attracts tens of thousands of visitors, and this year, attendance may reach a record-breaking 100,000 visitors.

The Helsinki Book Fair is held at the Helsinki Expo and Convention Center in cooperation with the Finnish Book Publishers Association and the Finnish Booksellers Association.



One of Swedish Ostrobothnia's most famous writers, K-G Olin. His next book will be entitled "Mera brännvin" (More brandy).

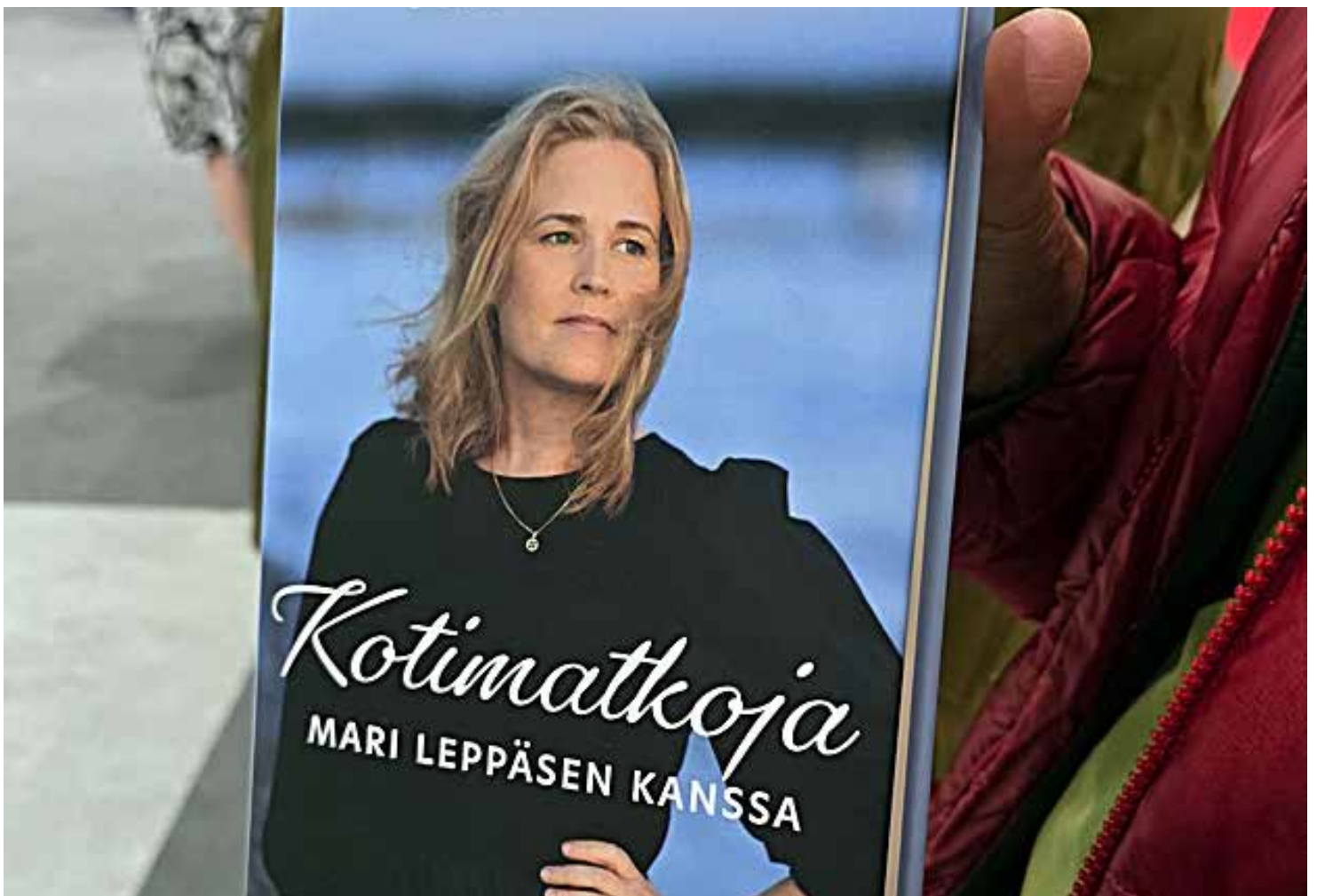


Finland's newest book publisher is called "Libraria" and is located in Hanko. In its first year of operation, the publisher has published 20 books, and book production continues. A brave and successful project! Below is one of the publisher's books with ghost stories from Ostrobothnia.





Bishop Mari Leppänen and a book about her



HONOR-RELATED VIOLENCE



Panel discussion

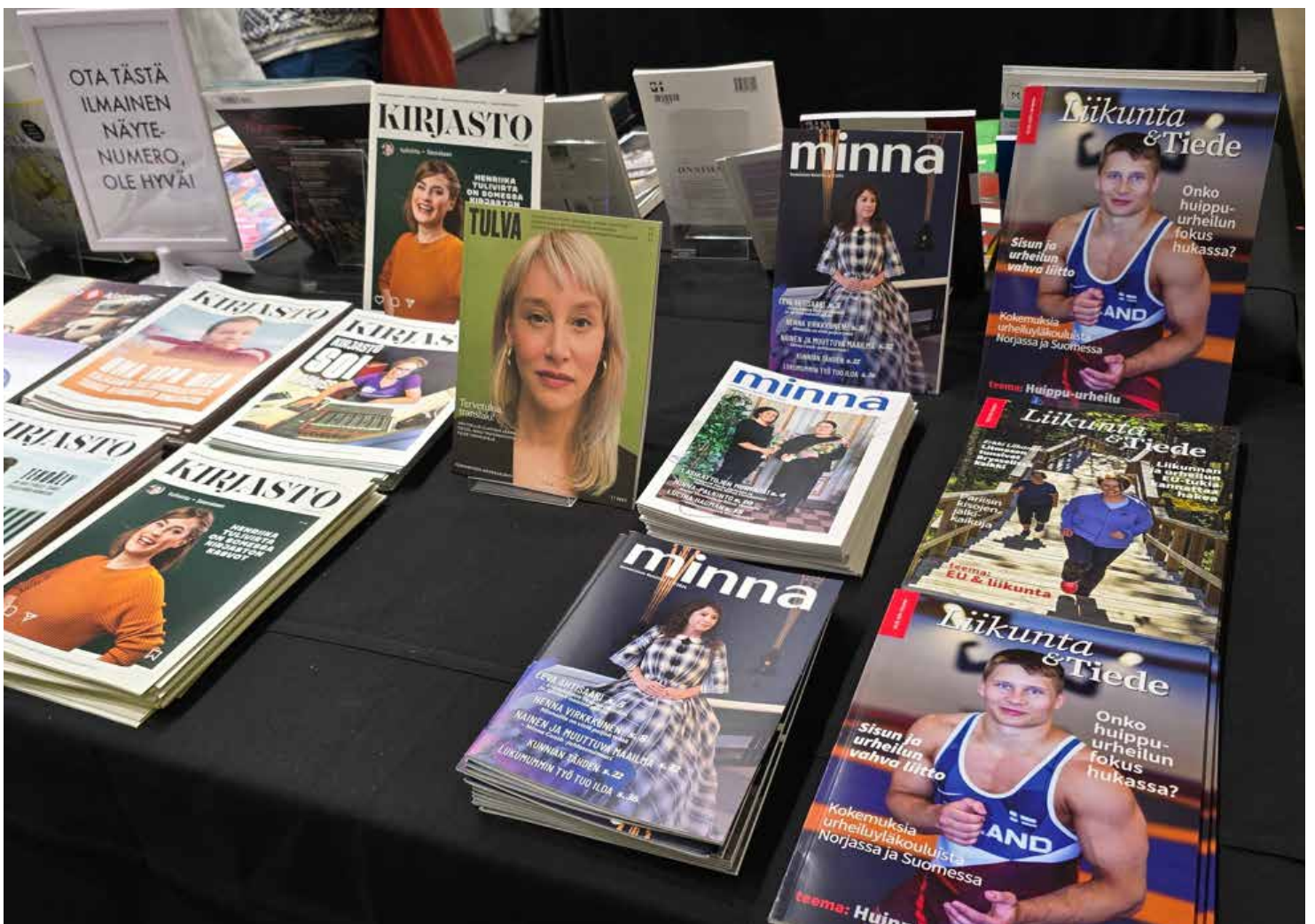
Interview about honor-related violence (in Finnish)

During the book fair, an important panel discussion was held, or more precisely an interview where Mimmi Koukkala talked about her aid work in Africa. The interview was very much about honour-related violence.

Video from the panel discussion can be found here:

<https://drive.google.com/file/d/1UliIAPLZexnAHN27mpHddeqF8znlye3I/view>





ECONOMY

"Shrinkflation" and "Cheapflation" in the Age of Inflation

Paying More for Less: Decoding "Shrinkflation" and "Cheapflation" in the Age of Inflation

While inflation pinches wallets at the checkout stand, consumers are facing a double whammy: a phenomenon known as "shrinkflation" and its stealthier cousin, "cheapflation."

Shrinkflation: A Familiar Foe

Shrinkflation, a portmanteau of "shrink" and "inflation," is a well-documented practice where manufacturers subtly reduce the quantity of a product while maintaining, or even raising, the price. This means you're essentially paying more for less of the same product.

For instance, your favorite chocolate bar might have shrunk slightly in size, or your cereal box might now hold a few fewer flakes. While the change may seem insignificant at first glance, it can add up significantly over time, especially for budget-conscious consumers.

Enter Cheapflation: A Sneaky Strategy

Cheapflation takes this strategy a step further. Here, manufacturers not only reduce the quantity but also tweak the recipe itself, replacing higher-quality ingredients with cheaper alternatives. This can go unnoticed by consumers relying solely on brand recognition.

Foodwatch, a Belgian consumer protection organization, recently



exposed this practice. They identified instances where products like surimi sticks contained less fish, mayonnaise had a lower egg yolk content, and chocolates skimmed on cocoa. Disturbingly, these changes often coincided with price increases, leaving consumers feeling doubly deceived.

The Manufacturers' Defense

Manufacturers often cite rising raw material costs as justification for these practices. While inflation does put pressure on production, critics argue that the lack of transparency surrounding recipe changes and price hikes is unacceptable.

The Fight for Fairness

Foodwatch's investigation highlights the need for increased transparency from manufacturers. Consumers deserve to know exactly what they're paying for, especially when faced with rising

food costs. Regulatory bodies also have a role to play in ensuring fair practices and protecting consumer rights.

So, what can you do?

Become a label detective: Read ingredient lists carefully and compare product sizes and prices across brands.

Choose value brands: You might be surprised by the quality of store-brand alternatives.

Embrace bulk buying: If you have the storage space, buying in bulk can offer better value for staple items.

Advocate for transparency: Support organizations like Foodwatch that promote consumer rights and fight for fair practices.

By staying informed and making informed choices, we can navigate the complexities of inflation and ensure we're getting the best bang for our buck.

ART

Eero Järnefelt: Finland's eminent nature and portrait painter - now coming to Vaasa

Eero Järnefelt (1863–1937) was a prominent figure in Finnish art, known for his captivating landscapes and insightful portraits. Born into a prominent family of artists, Järnefelt was surrounded by creativity from a young age.

His father was a general and his mother was a baroness with artistic interests. His sister Aino married the acclaimed composer Jean Sibelius. The artistic milieu undoubtedly approached Järnefelt's own artistic talents. Järnefelt's artistic journey began in Paris, where he studied under the tutelage of famous French artists such as Fernand Cormon. He absorbed the

influences of naturalism and impressionism, which is evident in his use of light and focus on capturing fleeting moments.

After returning to Finland, Järnefelt was captivated by the natural beauty of his homeland, especially the majestic landscapes around Koli National Park. His paintings captured the stillness and grandeur of these landscapes, often with a muted colour palette and an emphasis on the vastness of the Finnish wilderness. These Koli-themed paintings remain some of his most recognizable works. Järnefelt was also a gifted portrait painter. He painted prominent figures in Finnish society, capturing their personali-

ties and expressions with remarkable detail. His portraits were known for their psychological depth and ability to convey the inner world of their subjects. In addition to his artistic endeavours, Järnefelt played a significant role in shaping Finnish art education. He worked as a professor at the University of Helsinki's drawing studio for more than two decades, inspiring generations of aspiring artists. Key features of Eero Järnefelt's art:

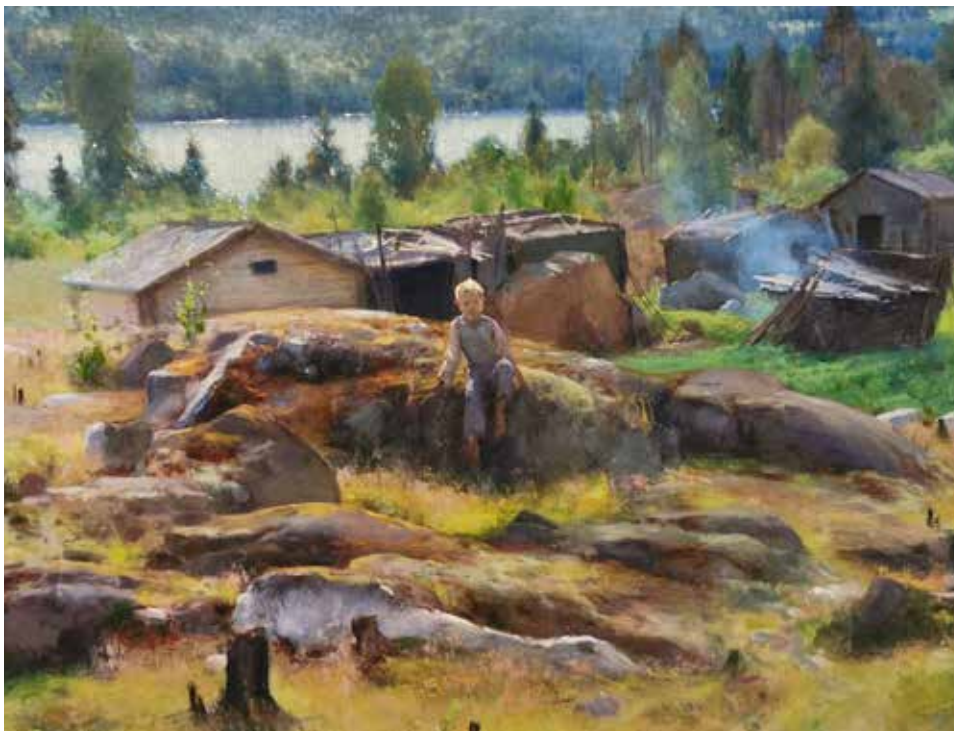
Landscapes: Focus on capturing the beauty of the Finnish wilderness, especially Koli National Park. Use of muted colors and emphasis on vastness.

Portrait: Psychological depth and





J K Paasikivi's portrait



ability to depict the inner world of subjects.

Influences: Naturalism and impressionism evident in his use of light and focus on capturing fleeting moments. Legacy: Eero Järnefelt is regarded as one of the leading figures in the Golden Age of Finnish art. His paintings continue to be admired for their beauty, technical skill, and ability to capture the essence of Finland's landscape and people.

Some of Järnefelt's paintings:

"Under the Yoke" (1893): This is widely considered to be Järnefelt's most iconic work and a milestone in Finnish art. It depicts a group of weary farmers who clear land by burning rice. The painting is a powerful social commentary and highlights the harsh realities of rural life in Finland at the time. The figures are stoic and silhouetted against a smoke-filled sky, conveying a sense of hardship and resilience.

"Saimi in the Meadow" (1892): This portrait shows Järnefelt's wife, Saimi, sitting gracefully in a sunlit meadow. The painting is known for its idyllic atmosphere and the soft light that seeps through the trees. Järnefelt's skill in capturing light and shadow is evident, as is his tenderness in portraying his wife. The use of a muted color palette with hints of vivid green and yellow creates a harmonious and peaceful composition.

"Koli" (1935): Painted later in Järnefelt's career, this landscape represents his long-standing fascination with the magnificent nature of Koli National Park. The vastness of the lake and the rolling hills dominate the foreground, while the distant mountains rise majestically in the background. The use of a cool blue and green color scheme conveys the serenity of the Finnish wilderness. This painting exemplifies Järnefelt's ability to translate the grandeur of nature into canvas



Frans Ali Krogius' porträtt

with a sense of calm and awe.

Most of Eero Järnefelt's paintings are in public collections in Finland, especially those focusing on Finnish art. Here are some prominent places where you can find his work:

Ateneum Art Museum, Helsinki: This is Finland's National Gallery and houses the largest collection of Järnefelt's paintings, including iconic works such as "Under the Whip (Burning Rice)" and "Saimi in the Meadow".

Järvenpää Art Museum: Located in Järvenpää, a city with a rich artistic history, this museum has a significant collection of Järnefelt's works and offers a more focused exploration of his artistic journey.

Other Finnish Museums: Many museums across Finland feature Järnefelt's paintings, including regional art museums and those with broader collections of Finnish art. Some examples include:

HAM Helsinki Art Museum

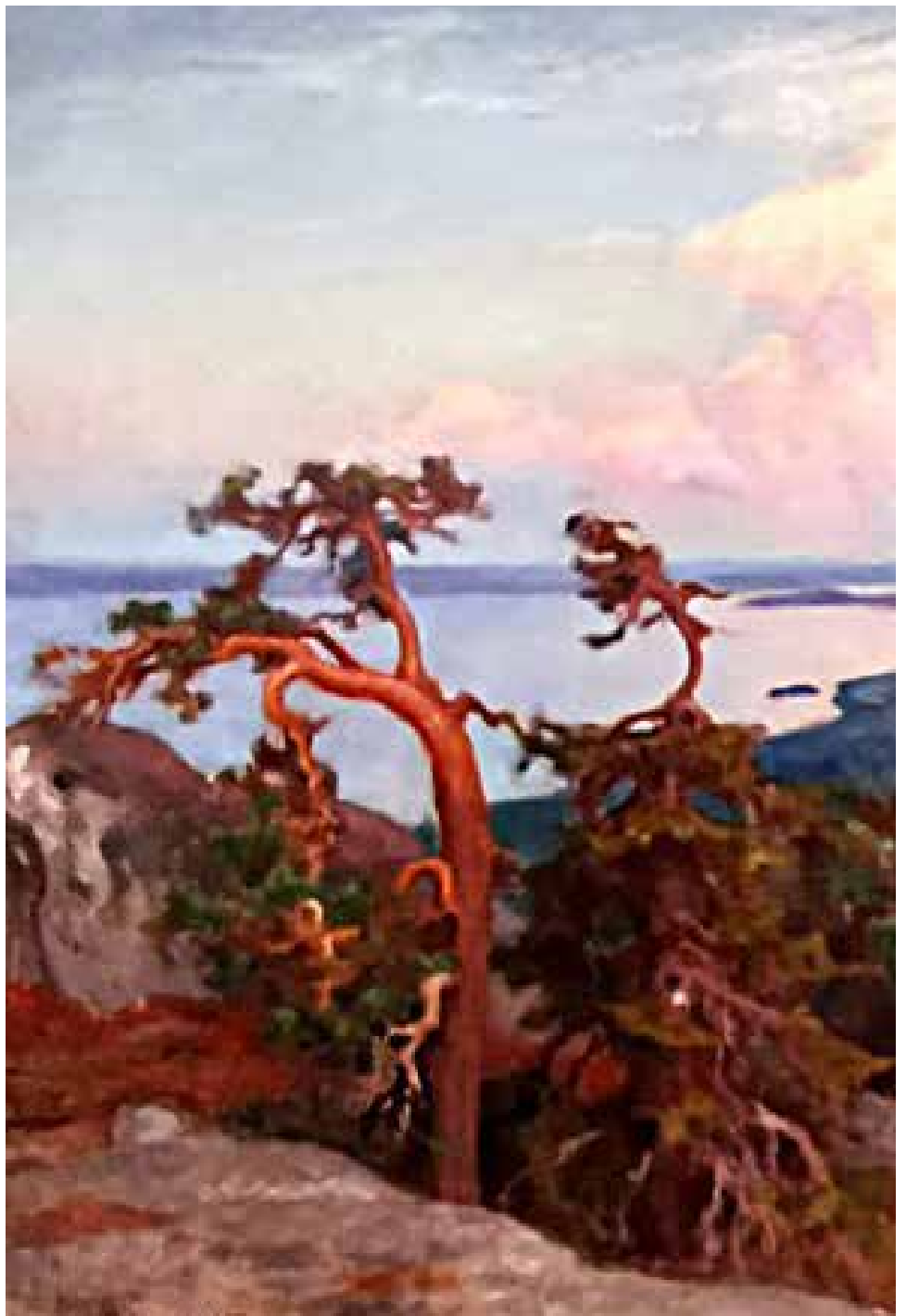
Turku Art Museum

Sara Hildén Art Museum, Tampere

The collections of various university museums

Private collections: While most of Järnefelt's works are in public museums, a smaller portion can be found in private collections.

An exhibition of 200 paintings by Eero Järnefelt opened at the Ateneum in Helsinki the day before yesterday. The exhibition is open until 25 August. In November 2024, part of this exhibition of about 80 paintings will be on display at the Tikanoja Art Gallery in Vaasa.



ART HISTORY

A Challenge in Art History: Jacopo Bassani (1515-1592) His paintings can be seen now in the Sinebrychoff Art Museum in Helsinki, until Jan 12, 2025

Jacopo Bassani, a Venetian artist of the 16th century, remains a somewhat enigmatic figure in the annals of art history. Despite his contemporary acclaim and the quality of his work, his name has been overshadowed by the more prominent figures of the Venetian Renaissance. While limited information exists about his life and career, his extant paintings offer a glimpse into his artistic style and contributions to the Venetian school. A contemporary of Titian and Tintoretto, Bassani was active in Venice during the same period as Titian and Tintoretto, two giants of the Venetian Renaissance.

This proximity to such influential artists would have undoubtedly shaped his artistic development. However, Bassani managed to carve out his own niche, distinguished by his unique approach to color and composition. A Focus on Religious Paintings
Much of Bassani's known work consists of religious paintings, a popular genre during the Renaissance. His depictions of biblical scenes often feature a serene and contemplative atmosphere, achieved through his careful use of light and shadow. Bassani's color palette, characterized by rich tones of gold, red, and blue, adds a sense of

opulence and grandeur to his compositions. Notable Works
While Bassani's oeuvre is relatively small compared to that of his more famous contemporaries, several of his paintings have survived and continue to be admired. Among his most notable works are:

- "The Adoration of the Magi": This painting showcases Bassani's ability to create a dynamic and crowded scene while maintaining a sense of order and harmony.
- "The Martyrdom of Saint Sebastian": This dramatic work features a powerful depiction of the saint's suffering, with a strong



emphasis on the physicality of the scene. The Challenge of Attribution
One of the difficulties in studying Bassani's work is the issue of attribution. Due to his relatively small output and the lack of definitive documentation, it can be challenging to definitively as-

sign certain paintings to his hand. This has led to some debate among art historians regarding the authenticity of some works attributed to Bassani. A Neglected Master
Despite the challenges associated with studying Jacopo Bassani, his work deserves to be better known and appreciated. His unique artistic style and contributions to the Venetian Renaissance make him a valuable figure in the history of art. As more research is conducted and new discoveries are made, it is hoped that Bassani's place in the canon of Venetian art will become more firmly established.





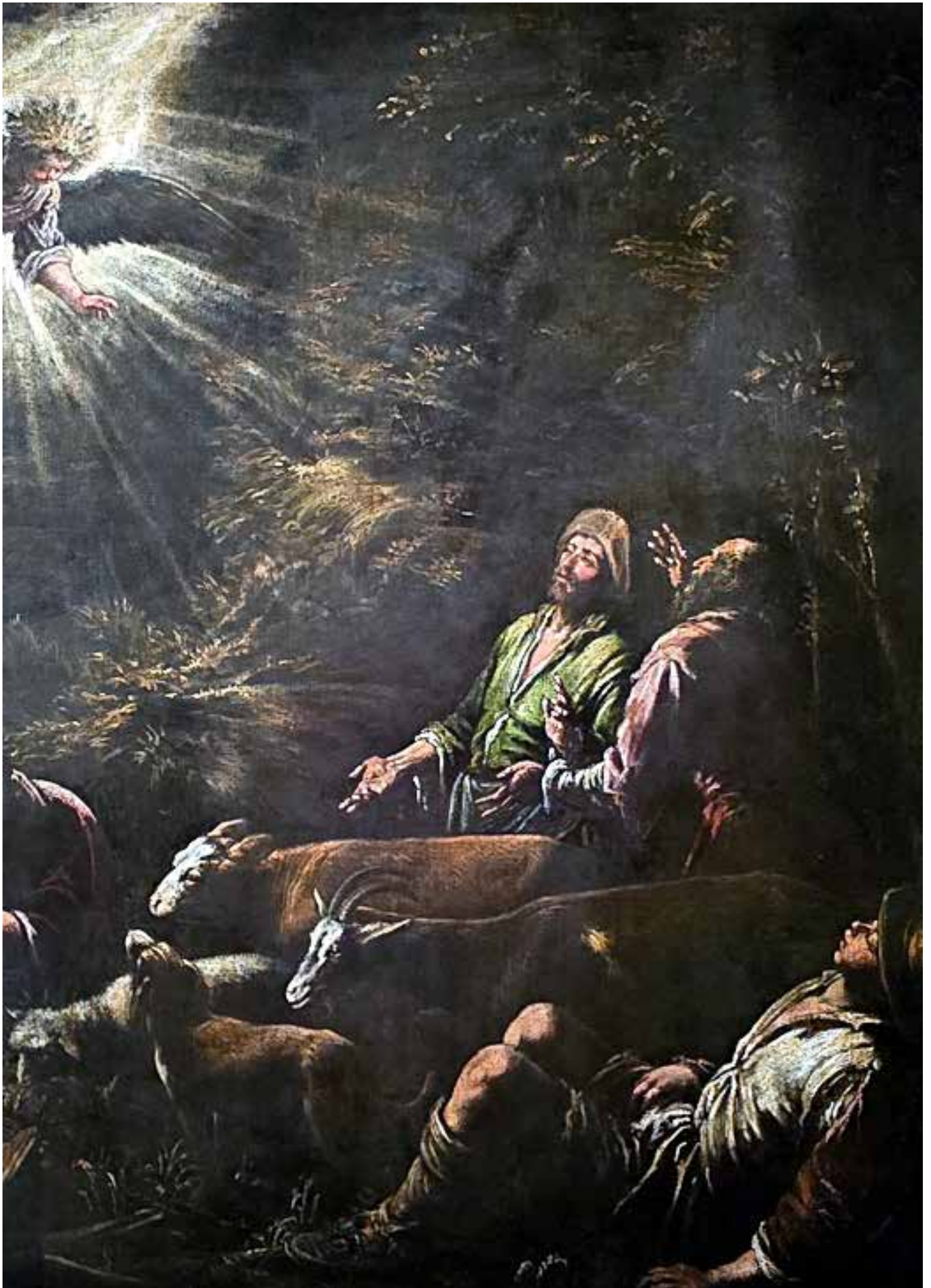
*Jacopo Bassani (1515-1592):
Portrait of a Man in Armour and a Girl, 1578*



*Jacopo Bassani (1515-1592):
Virgin and Child with John the Baptist and Saint Anthony the Abbot*



*Jacopo Bassani (1515-1592):
Annunciation to the Shepherds, 1575*



ARCHITECTURE

Säynätsalo Town Hall: A Gem of Finnish Modernism Designed by Alvar Aalto

Nestled amidst the picturesque lakeside scenery of Säynätsalo, Finland, stands a masterpiece of modern architecture: the Säynätsalo Town Hall. Designed by the legendary Finnish architect Alvar Aalto, this iconic building transcends its function as a civic center, becoming a cultural landmark and a testament to Aalto's visionary approach to design.

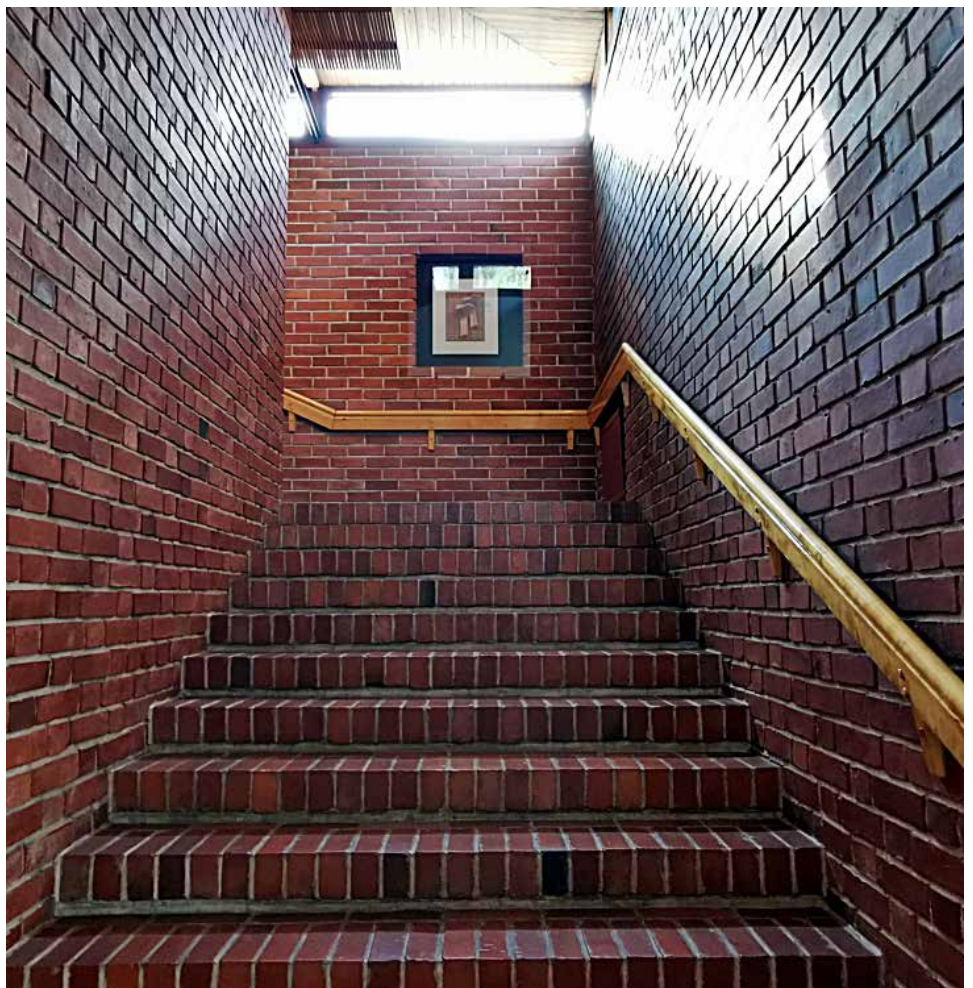
Aalto's Vision Comes to Life

Aalto received the commission for the Säynätsalo Town Hall in 1949, following a design competition. Säynätsalo, a former factory town, was undergoing a period of growth, and the new town hall was envisioned as a focal point for the community. Aalto, known for his harmonious blend of nature and functionality, embraced the lakeside setting. The resulting design comprised two main buildings organized around a central courtyard:

- A U-shaped council chamber and town hall building with administrative offices.
- A community library with apartments for rent.

Aalto's Signature Style

The Säynätsalo Town Hall exemplifies Aalto's signature style. Red brick, a recurring element in his work, dominates the exterior, echoing the warm tones of the surrounding landscape. The undulating roof, clad in copper, reflects the ripples of the nearby lake. Large windows blur the lines between the interior and exterior, inviting natural light and fostering a con-





nection with nature.

Beyond Functionality

While the building serves its administrative purpose efficiently, Aalto's ge-nius lies in his creation of a space that transcends functionality. The slo-ping walls of the council chamber, inspired by the Finnish landscape, create an intimate and inspiring setting for meetings. The central courtyard, a haven of tranquility, serves as a gathering space for the community.

A Legacy of Innovation

The Säynätsalo Town Hall wasn't without its challenges. Construction delays and budget constraints forced Aalto to make modifications to his original plans. Despite these hurdles, the building remains a testament to his innovative spirit and his ability to adapt to unforeseen circumstances.

A Must-See for Architecture Enthusiasts

Today, the Säynätsalo Town Hall stands as a beloved landmark, not just for Säynätsalo but for all of Finland. It attracts architecture enthusiasts from around the globe, eager to witness firsthand Aalto's masterful use of space, light, and natural materials. The building is open for tours, allowing visitors to experience the unique atmosphere Aalto created.

In the summer, the town hall is visited by about 8,000 visitors, a third of whom are from abroad, including Japan, the United States and Germany.

A Symbol of Säynätsalo's Identity

The Säynätsalo Town Hall is more than just a building; it's a symbol of Säynätsalo's identity. It reflects the town's commitment to modern design and its deep connection to the natural world. Aalto's creation continues to inspire and serve the community, solidifying its place as a cornerstone of Finnish architectural heritage.



ARCHITECTURE

Barcelona's Crown Jewel: The Sagrada Familia Nears Completion



Towering over Barcelona's cityscape, the Sagrada Família is a masterpiece of Antoni Gaudí's modernist vision. Construction began in 1882, and this iconic basilica has captivated audiences for over a century with its unique blend of Gothic and Art Nouveau influences.

Gaudí dedicated his life to the Sagrada Família, and upon his death in 1926, only a quarter of the project was complete. Following Gaudí's intricate plans and relying on interpretations and some adap-

tations, generations of architects have continued the painstaking work.

The Sagrada Família boasts an impressive Nativity facade, adorned with intricate sculptures depicting the birth of Christ. Visitors can also marvel at the Passion facade, a stark contrast reflecting the suffering of Jesus. The soaring towers, a distinctive feature of the Sagrada Família, are still under construction. The completion of the Virgin Mary tower in late 2021 marked a significant milestone.

This architectural marvel is expected to be completed in 2026, coinciding with the 100th anniversary of Gaudí's passing. Even after its completion, some minor aspects, like a debated stairway, might continue being built until 2034.

Whether you're a devout pilgrim or an architecture enthusiast, the Sagrada Família offers a breathtaking testament to human creativity and perseverance. So, don't miss your chance to witness this architectural wonder as it nears its grand completion.



CLIMATE CHANGE

The Terrifying Reality of Climate Change in 2024

2024 has been a year of climatic extremes, highlighting the terrifying reality of climate change. This essay will explore the key findings from three reports published by the Copernicus Climate Change Service (C3S), which paint a grim picture of a warming planet and its devastating consequences.

The first report, examining September 2024, reveals that it was the second warmest September on record globally and for Europe. This alarming trend is particularly concerning as it marks the 14th consecutive month where global temperatures have surpassed 1.5°C above pre-industrial levels. These rising temperatures are not merely statistics – they translate to real-world consequences, as evidenced by the extreme rainfall events that struck parts of Europe in September.

The second report focuses on the summer of 2024, detailing the unprecedented heat stress experienced in southeastern Europe. This region witnessed record-breaking

aking heat, further amplifying the urgency of addressing climate change. The report also highlights the disparity in precipitation across Europe, with below-average rainfall in most areas and above-average levels in some northern regions. These changes in precipitation patterns can lead to droughts in some areas and floods in others, causing significant disruptions to agriculture and ecosystems.

Finally, the third report confirms that August 2024 was the joint-warmest August ever recorded globally. This finding aligns with the broader trend of rising global temperatures, with August marking the 13th month out of the past 14 where temperatures exceeded 1.5°C above pre-industrial levels. The report also highlights the concerning rise in average sea surface temperatures, which can have a profound impact on marine ecosystems and weather patterns.

The findings from these C3S reports serve as a stark reminder of the accelerating pace of climate change. The year



Podcast in English:
The Terrifying Reality of Climate Change
<https://vpress.ovh/podcasts.htm>

2024 has witnessed record-breaking temperatures, extreme weather events, and disruptions to hydrological patterns. These are not isolated incidents; they represent a consistent trend that demands immediate action.

Quantifying Climate Change and Its Impacts: Specific Statistics and Data from the C3S Reports

The Copernicus Climate Change Service (C3S) reports provide a

wealth of data to quantify the extent of climate change. Key findings include:

Global Temperature Rise: The reports consistently show that global temperatures are rising at an alarming rate. In 2024, several months surpassed 1.5°C above pre-industrial levels, a critical threshold identified by the Paris Agreement.

Extreme Heat Events: The summer of 2024 witnessed record-breaking heatwaves in

southeastern Europe, with temperatures soaring to unprecedented levels. These heatwaves had severe consequences for human health and agriculture.

Precipitation Anomalies: The reports highlight significant disparities in precipitation patterns across Europe. Some regions experienced below-average rainfall, leading to droughts, while others faced excessive rainfall, resulting in floods.

Sea Surface Temperature Increase: The average sea surface temperature has been steadily rising, contributing to warmer ocean temperatures and affecting marine ecosystems.

Real-World Impacts of Climate Change

The impacts of climate change are evident in various parts of the world. Here are some examples:

Heatwaves: Extreme heatwaves have become more frequent and intense, leading to heat-related illnesses and deaths. In 2024, many regions experienced record-breaking temperatures, putting vulnerable populations at risk.

Droughts: Prolonged droughts have affected agricultural production, water resources, and

ecosystems. In some areas, the lack of rainfall has led to water shortages and wildfires.

Floods: Heavy rainfall events have caused widespread flooding, damaging infrastructure, displacing communities, and causing economic losses. Climate change is increasing the frequency and intensity of these events.

Wildfires: Rising temperatures and drier conditions have contributed to a surge in wildfires, destroying forests, homes, and wildlife habitats. The smoke from wildfires can also pose significant health risks.

Rising Sea Levels: The melting of glaciers and ice sheets is causing sea levels to rise, threatening coastal communities and ecosystems. This phenomenon is exacerbated by thermal expansion of ocean water as it warms.

These are just a few examples of the real-world impacts of climate change. The consequences are far-reaching and affect all aspects of human life and the environment. Addressing climate change is essential to mitigate these impacts and ensure a sustainable future.



MUSEUM

The Lenin Museum in Tampere closes for good in November

A chapter in Finnish history comes to an end



The Lenin Museum in Tampere, one of Finland's most talked-about tourist attractions, will close its doors forever in November. The decision has been made by the museum's board after several years of financial difficulties.

The museum, which was inaugurated in 1946, has been a controversial place over the years. It has been both hailed as an important part of Finland's history and criticized for glorifying a dictator. The museum

has displayed objects from Lenin's life and work, and has been a popular destination for both Finnish and foreign visitors.

"A difficult decision"

"This is a very difficult decision to make." "But after careful consideration, we have come to the conclusion that running the museum is no longer sustainable."

In recent years, the museum has had difficulty attracting visitors, visitors from Russia have disappeared completely and revenues have fallen

sharply. In addition, it has also become increasingly difficult to find funding to maintain the museum.

What happens to the collections?

What will happen to the museum's collections has not yet been decided. There are discussions about donating the objects to other museums or archives.

A controversial story

The Lenin Museum has always been a controversial place. On the one hand, the museum has played

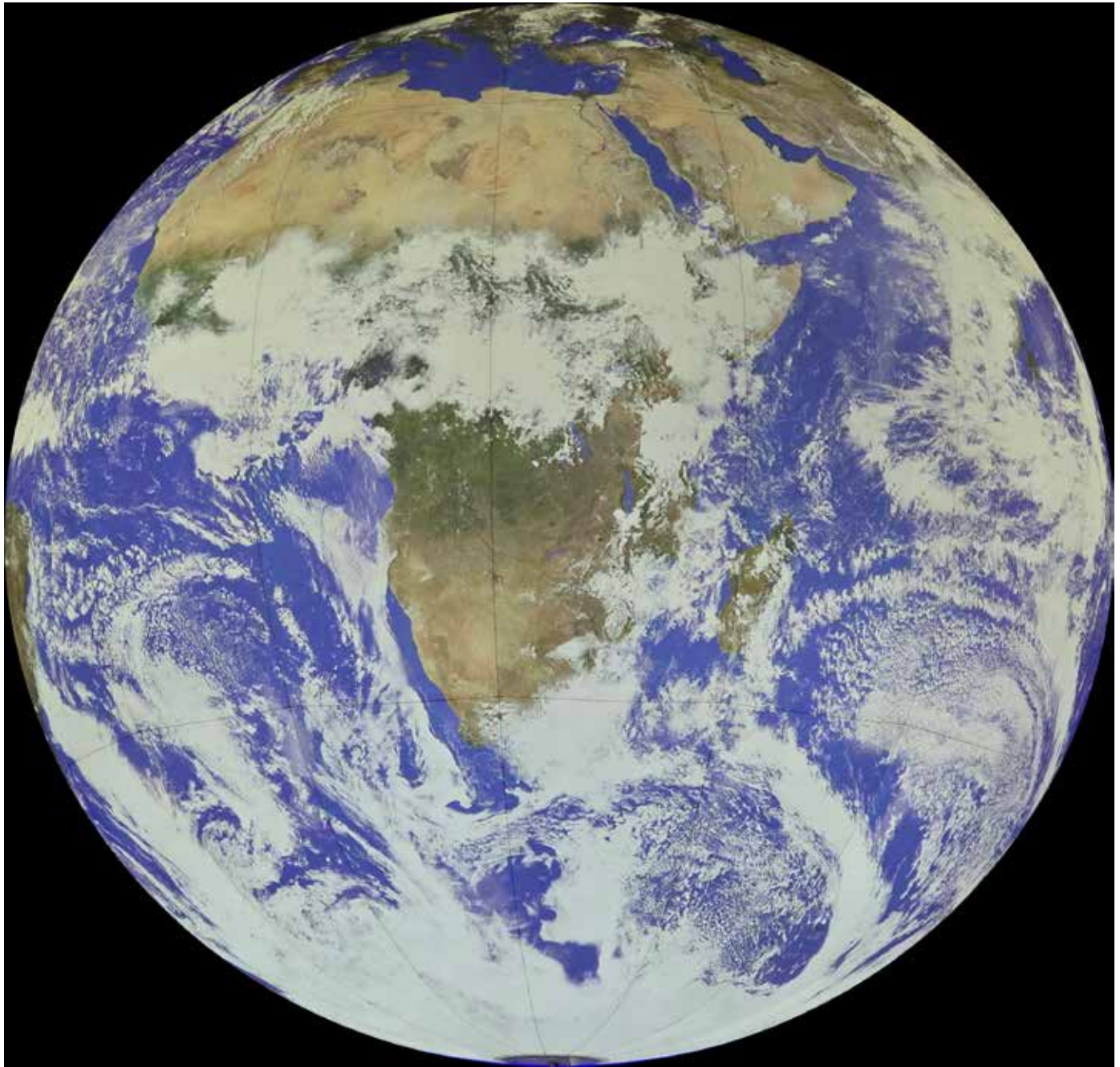
an important role in documenting Finland's history and the relationship between Finland and the Soviet Union. On the other hand, the museum has been criticized for glorifying a dictator who was responsible for the deaths of millions of people.

The closure of the Lenin Museum will undoubtedly provoke strong reactions. For many, it will be a sign that an era has gone to the grave. For others, it will be a relief.



GAIA IN THE HELSINKI CATHEDRAL

GAIA – A globe in the Helsinki Cathedral



Luke Jerram's impressive Gaia offers visitors a unique planet and work towards a seven-metre globe is artwork Gaia has taken the opportunity to see the Earth more sustainable future. impressive to see up close. the world by storm and now it's from a whole new perspective An exhibition for the Detailed images: NASA Finland's turn. In October – floating in three dimensions. future The exhibition at images allow you to recognize 2024, the seven-metre globe What is the "Overview Helsinki Cathedral is part of famous landmarks and oceans. will adorn Helsinki Cathedral Effect"? The artwork is a larger initiative to promote Atmospheric experience: as part of the "Sustainable inspired by the so-called discussions about the future The specially composed sound Future" event. "Overview Effect", a sense of our planet. By combining enhances the experience and creates a feeling of floating in space. Gaia is more than just an art of wonder, connection and art, science and community creates a feeling of floating in installation. It is an experience responsibility that many engagement, the event aims space. that aims to awaken a deeper astronauts experience when to inspire both young and old Universal Message: Gaia understanding of our planet they see Earth from space. By to take responsibility for our speaks to everyone, regardless and our place in the universe. creating a similar experience environment. of background or interest. Based on detailed NASA on Earth, Jerram wants to Why is Gaia so special? It is worth not missing images of the Earth's surface, inspire us to take care of our Magnificent scale: The this unique opportunity to

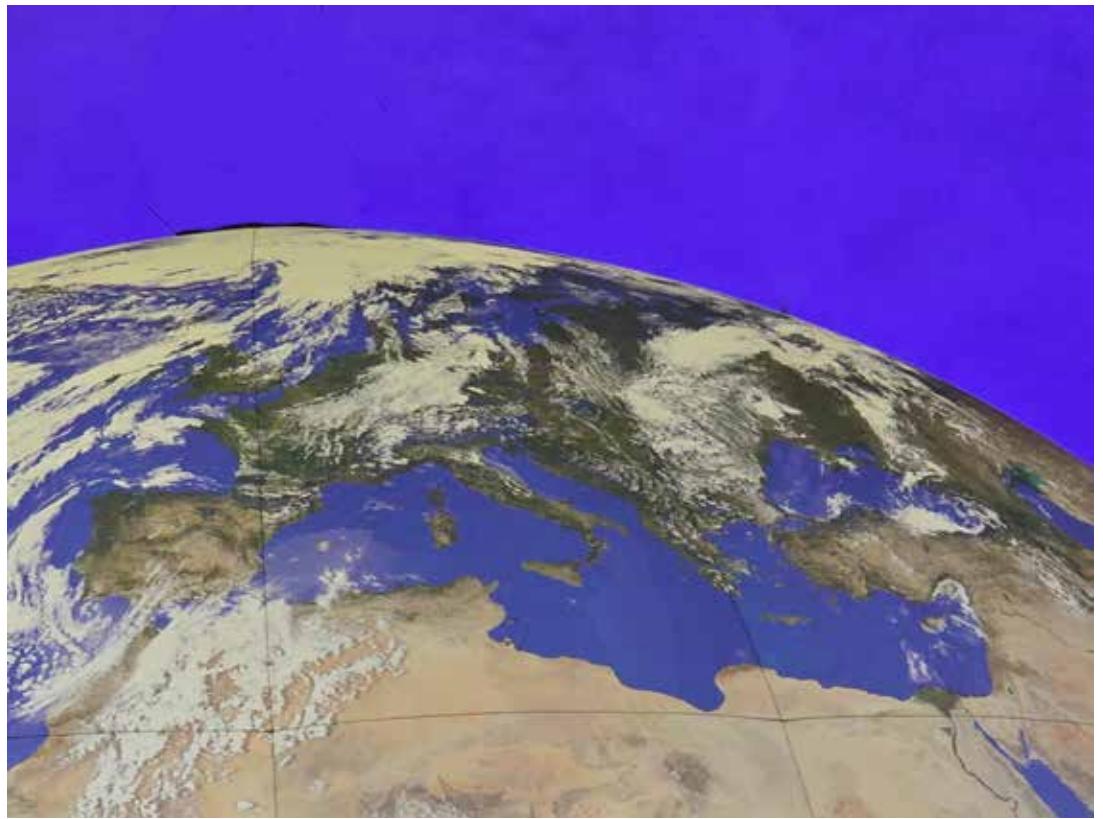


experience Gaia in Helsinki! The exhibition is a must-see for anyone interested in art, science, the environment and the future of our planet. Visit Helsinki Cathedral in October 2024 and let yourself be touched by Gaia.

Gaia offers the possibility of seeing the Earth in three dimensions and on an impressive scale: 1 cm in a work of art is actually equivalent to 18 kilometers on the Earth's surface. The work is surrounded by spatial sounds created by BAFTA-winning composer Dan Jones. The work will be shown as part of the Sustainable Future event. Multi-award-winning British artist Luke Jerram is known for his unique sculptures, installations and live art performances. He is particularly known for his large-scale public artworks, which have inspired and inspired people around the world. Jerram's work has been exhibited in more than 800 exhibitions in more than 50 countries. The Gaia artwork can be viewed during church visits for an entrance fee of five euros. The entrance fee does not apply to members of the Cathedral parish and people under the age of 18. School groups can visit the school for free during church visiting hours during the event.

The exhibition runs from 7 to 26 October and the cathedral's address may be known to everyone, but here it is: Uniongatan 29. The main entrance is closed for repairs, but the entrance from Senate Square is open.

When you see the globe, you are probably surprised at how small Europe is. In ordinary maps, Europe is disproportionately large



because of the map projections.

On Saturday 26.10, an evening service will be celebrated "under the globe" led by Aki Kekkonen and Inka Kinnunen. Theology student Riina Pelto speaks.

The Role of Art in Society: A Reflection from Gaia

Gaia, Luke Jerram's impressive Earth, is more than just a work of art. It is a catalyst for conversations about our planet and our place in the universe. By engaging our senses and emotions, art has the ability to awaken an awareness and create change in a way that words alone cannot.

The role of art in society can be summed up in a few important points:

Creating meaning and context: Art gives us an opportunity to reflect on our lives, our values, and our place in the world. Gaia, with its detailed depiction of the Earth, invites us to

see ourselves as part of something bigger.

Challenging norms and perspectives: By presenting new ways of looking at the world, art can challenge our prejudices and encourage us to think critically. Gaia, for example, can inspire us to question our relationship with nature and our consumption patterns.

Bringing people together: Art can act as a bridge between different cultures, generations, and social groups. Exhibitions like the one with Gaia can create meeting places where people can share their thoughts and feelings.

Driving social change: Art has a long history of being a tool for social change. By highlighting important social issues, art can inspire activism and change.

Gaia as a catalyst for change:

Gaia is an excellent example of how art can be used to drive social chan-

ge. By creating a visual and emotional experience of

Earth, Gaia can:

Raising awareness about climate change: By showing the beauty and vulnerability of the Earth, Gaia can inspire us to take care of our planet.

Promote sustainability: The artwork can serve as a reminder that our actions have consequences for future generations.

Foster a sense of global citizenship: By showing that we all share the same planet, Gaia can foster a sense of belonging and responsibility.

Art, and especially works like Gaia, play an important role in shaping our society. By engaging our senses, challenging our thoughts, and creating meaningful experiences, art can inspire us to create a better world.



HEALTH

It Pays to Be Happy and Well-being: You Don't Get Dementia

As life expectancy increases and the global population ages, we are faced with an undeniable challenge: how to reduce the growing burden of neurodegenerative diseases like dementia. Dementia, with Alzheimer's disease as its most common form, has been on the rise for decades. An estimated 139 million people worldwide are projected to be living with dementia by 2050. Alarmingly, over 10 million new cases are diagnosed each year—roughly one every three seconds.

However, new research provides hope and offers a refreshing perspective: well-being may hold the key to preventing, or at least mitigating, the risk of dementia. While most public health strategies focus on biomedical interventions, emerging evidence suggests that promoting mental well-being and fostering positive emotions could serve as powerful tools in dementia prevention.

A Decade of Research Linking Well-Being to Brain Health

A landmark study conducted by researchers from the Well-being and Emotion across the Lifespan Lab (WELLab) at Washington University in St. Louis, and highlighted

in the 2024 World Happiness Report, shows a strong correlation between well-being and a reduced risk of dementia. This interdisciplinary research, spanning over a decade, makes a compelling case for the protective effects of well-being on the brain.

The study's findings are based on data collected from older adults in Chicago and Illinois, starting in 1997. Participants underwent annual evaluations of their cognitive abilities and provided self-assessments of their emotional states and overall well-being.

The researchers found that individuals who consistently reported higher levels of well-being were less likely to develop memory and thinking impairments, even when they had the biological markers associated with Alzheimer's disease.

While the exact mechanisms behind this link remain unclear, the results strongly suggest that maintaining high levels of well-being throughout life could help delay or even prevent the onset of dementia.

Well-Being: A Buffer Against Dementia?

The research also touches on a broader question: why is there a connection between well-being and brain health? According

to Dr. Emily Willroth, Director of WELLab and one of the study's lead researchers, there are several factors that might explain this relationship. "People who report higher well-being are more likely to engage in activities known to promote brain health, such as regular physical exercise, social interaction, and mental stimulation," says Dr. Willroth. These activities have long been associated with a reduced risk of cognitive decline, but the study goes a step further by suggesting that well-being may also act as a buffer against the harmful effects of stress, a known contributor to neurodegenerative diseases. Dr. Kyrsten Costlow Hill, another co-author of the study, explains that stress can damage the brain's critical systems responsible for maintaining cognitive function. Higher levels of well-being, on the other hand, may provide the resilience needed to withstand or counteract this damage.

What Does Well-Being Look Like for Those Already Living with Dementia?

While well-being is now recognized as a potential preventative measure, it also plays a crucial role in improving the lives of those already living with

dementia. The WELLab team emphasizes that well-being interventions can enhance autonomy, competence, and relatedness, even in advanced stages of dementia.

Simple activities such as physical exercise, spending time outdoors, and engaging in social activities have shown significant benefits for individuals with dementia. These interventions not only improve mood and cognitive function but also increase life satisfaction. Moreover, methods like reminiscence therapy, where individuals are encouraged to reflect on past memories, can foster emotional stability and enhance overall well-being. Aging in place—remaining in one's home rather than relocating to an institution—has been shown to be particularly effective in boosting the well-being of older adults with dementia. By using home adaptations, assistive technologies, and maintaining social connections, individuals can experience greater satisfaction with life. Dementia villages, which provide a safe yet familiar environment, have also emerged as a model for maintaining dignity and quality of life for those affected by the disease. The Path Forward: Acting



on What We Know
Despite the promising findings, Dr. Willroth stresses that there is no "miracle cure" for dementia. However, the evidence points toward actionable steps that can be taken today to reduce the risk of this devastating condition. Public health initiatives should prioritize well-being as a cornerstone of dementia prevention. As the global population ages, the demand for strategies that not only treat but also

prevent neurodegenerative diseases will continue to rise. Incorporating well-being into daily routines is not just a matter of living a happier life; it may also be the key to preserving cognitive function well into old age. Physical activity, social interaction, mindfulness practices, and positive emotional engagement are all accessible and effective means of improving both mental health and brain

health. As the research suggests, investing in well-being pays dividends far beyond happiness—it may hold the key to unlocking a future with fewer cases of dementia. While we cannot completely eliminate the risk of developing neurodegenerative diseases, the steps we take today toward fostering mental and emotional well-being may reduce the likelihood of dementia for millions. In a world where dementia

remains one of the most pressing public health challenges, we must act now. Prioritizing well-being, both in our personal lives and through public health policies, can lead to healthier aging and, ultimately, a reduced burden of dementia on individuals, families, and society. After all, the cost of ignoring well-being is far too high—for our minds, our bodies, and our collective future.

ENERGY DRINKS

Should We Be Worried When Our Teenagers Drink a Lot of Energy Drinks?

Energy drinks have become increasingly popular among teenagers, with bright cans promising a quick boost of energy to power through long study sessions, sports, or social activities. But is this sudden surge in caffeine and other stimulants like taurine something parents and teachers should be concerned about? The short answer is: yes, there are reasons to be cautious.

The Ingredients: Caffeine and Taurine

Most energy drinks contain high levels of caffeine, often significantly more than what's found in a cup of coffee. Caffeine is a stimulant that affects the central nervous system, temporarily improving alertness and concentration. For adults, moderate caffeine consumption is generally safe. However, for teenagers, who are still developing physically and mentally, the story can be different.

In addition to caffeine, many energy drinks contain taurine, an amino acid that helps regulate water and mineral levels in the blood. While taurine is naturally present in meat and fish, the amounts found in energy drinks are much higher. Taurine has been shown to support heart and muscle function, but in combination with caffeine and other stimulants, its effects in adolescents are not fully understood.

How Much is Too Much?

The recommended daily limit of caffeine for teenagers is around 100 mg, roughly equivalent to one cup of coffee. Many energy drinks exceed this amount in just one can, and some teens consume multiple cans a day. Over-consumption of caffeine can lead to various side effects, including:

- **Increased Heart Rate and Blood Pressure:** Excessive caffeine intake can make the heart race, causing palpitations or

even arrhythmias in some cases.

- **Anxiety and Jitters:** Too much caffeine can lead to feelings of restlessness, anxiety, or even panic attacks, especially in teenagers who may already be prone to stress.

- **Sleep Disturbances:** Energy drinks consumed later in the day can interfere with a teenager's sleep, leading to insomnia or poor sleep quality, which in turn affects academic performance and mood.

- **Dependence:** Teens who rely on energy drinks may develop a tolerance to caffeine, needing more to feel the same effects, potentially leading to dependence.

What About Taurine?

While taurine is considered safe in moderate amounts, the long-term effects of combining it with high doses of caffeine are not well-studied, especially in young people. Some experts are concerned that the mix of caffeine and taurine in energy drinks can lead to overstimulation, particularly affecting the heart and nervous system. Though studies on taurine's specific risks are ongoing, it's a good idea to limit intake until more is known.

Academic Impact

Teenagers are often drawn to energy drinks to stay alert during study sessions or to perform better in school. But the temporary boost in energy is often followed by a "crash," leaving them more tired and less focused than before. Instead of improving academic performance, energy drinks may end up making it harder for students to concentrate, remember information, and manage stress.

Moreover, sleep is crucial for brain development and learning.

When teenagers regularly consume energy drinks and disrupt their sleep patterns, they may be undermining their ability to



retain information and perform well in school. Long-term sleep deprivation is linked to memory problems, lower cognitive functioning, and even mental health issues like depression.

Encouraging Healthier Alternatives

As tempting as energy drinks may be, there are healthier ways for teenagers to stay energized and focused. Encouraging a balanced diet, regular exercise, and proper hydration can provide natural and sustained energy throughout the day. Developing good sleep habits, such as going to bed and waking up at the same time each day, is key to long-term mental and physical health.

For teens who need a little extra boost during study sessions, sug-

gest drinking water, herbal tea, or a small cup of coffee within recommended limits. These alternatives provide hydration and a gentle energy lift without the extreme side effects of energy drinks.

Moderation is Key

While the occasional energy drink is unlikely to cause serious harm, consistent and excessive consumption can lead to health issues, especially in developing teenagers. The combination of high caffeine and taurine levels makes energy drinks a less-than-ideal choice for young students. As parents and educators, it's important to educate teens about the risks and encourage them to make healthier choices for sustained energy and well-being.

RUSKA - AUTUMN COLOURS

The Magic of Autumn: Nature's Colour Palette in Autumn

Autumn arrives, and the colors of nature become softer and deeper. The leaves, which glowed green in summer, now dress in variegated attire. Red, orange and yellow blend to create an unforgettable color palette in the landscape. This phenomenon we call autumn, and it is one of the most beautiful views of Finnish nature.

Autumn is much more than just a beautiful sight. It affects nature and people in many ways. Birds migrate to warmer countries, animals store food for the winter, and people go out to enjoy the brilliance of autumn colours. Autumn is also an important part of many cultures around the world.

It is natural that this reworks of colors has inspired many Finnish artists. Here are a few autumn paintings of Finland's art heritage.

Why do leaves turn colorful in autumn? The answer lies in the dyes contained in the leaves. In summer, the leaves are green thanks to chlorophyll, which helps the plant photosynthesize. In autumn, when the days get shorter and the temperature drops, trees reduce chlorophyll production. In this case, other dyes, such as yellow xanthophyll and orange carotene, appear. In addition, some trees produce

Ruska has indeed inspired poets, artists and musicians throughout the ages. Its beauty has aroused strong emotions in people and given rise to many beautiful works. Autumn is like nature's own work of art, which is constantly changing.

Finland is one of the best places to admire autumn. The forests are dressed in colourful costumes, the lakes reflect the colours of autumn and the air is filled with fresh scents. Autumn usually begins in the north and proceeds south. The best autumn months are September and October.

How can you enjoy the



Victor Westerholm
4.1.1860, Turku
19.11.1919, Turku
Oktoberdag på Åland, 1885
Lokakuun päivä Ahvenanmaalla, 1885

fall colour? Take photos: Capture memories of beautiful autumn days.
Go hiking: The forest is the best place to experience all shades of autumn.
Visit the lakeside: Water motifs make fall even more beautiful.
Admire the fall from home: If you can't get into the forest, you can also enjoy the fall from the window or balcony.

Autumn is a miracle of nature that delights year after year. It is a reminder of how beautiful and diverse our world is. So let's enjoy this unique time and let autumn color our autumn.



Akseli Gallen-Kallela
26.4.1865, Björneborg
7.3.1931, Stockholm
Höstlandskap, 1911
Syysmaisema, 1911
Autumn Landscape, 1911



Magnus Enckell
9.11.1870, Hamina
27.11.1925, Tukholma
Maisema, jossa nainen, 1894 - 1895



Fanny Churberg 12.12.1845, Vaasa - 10.5.1892, Helsinki
Höstlandskap, 1878
Syysmaisema, 1878
Autumn Landscape, 1878



Torsten Wasastjerna
17.12.1863, Helsinki - 1.7.1924, Helsinki
Varisevia lehtiä (Varisevien lehtien tanssi), 1897

ENVIRONMENT AND HEALTH

Bed bugs - disgusting, but harmless Everything you want to know about bed bugs



Bed bugs can be one of the most feared household pests, often evoking feelings of disgust and anxiety. While bedbugs are certainly unwanted guests, they are generally considered harmless in terms of spreading disease.

In this article, we'll explore everything you need to know about bed bugs, including their history, appearance, how they infect living spaces, prevention strategies, and treatment options.

What are bed bugs?

History

Ancient pests: Bed bugs (*Cimex lectularius*) have been part of human history for thousands of years. They have even been found in Egyptian mummies. In London in the 1930s, about one in three homes had bed bugs, but after the war the incidence decreased drastically but gradually increased again.

They have lived with humans for so long that bedbug populations have learned to survive in human environments. They are very adept at hiding during the day when there is light. There is hardly a skirting board, behind which there would not be a gap large

enough for bedbugs to hide. This is one of the reasons why they are so difficult to manage. But at night, when it's dark and a person sleeps in the bedroom - o la la - now it's time for a meal!.

Bed bugs can survive almost a year without food. So the fact that the home has not been used for a long time does not guarantee that there can be no bed bugs there.

Decline and recovery: After a significant decline in pesticide use in the mid-20th century, bed bugs have made a significant comeback in recent years, largely due to increased international travel and resistance to common insecticides.

DDT was very effective against this defect, but it was banned almost 50 years ago for environmental reasons.

This year, it has been reported in the news that bedbugs are spreading badly in many large cities in Finland. This is likely to apply to Vaasa as well, although exact statistics are not available.

When people talk, it turns out that almost everyone knows someone in whose apartment this parasite was found.

Appearance

Physical characteristics: Adult bedbugs are small, flat and oval, about 4-5 mm

long. They are reddish-brown in color and become more and darker after feeding. In size and appearance are very similar to apple seeds.

Nymphs and eggs: Young bedbugs or nymphs are smaller and lighter in color, while eggs are small, white, and about the size of a needlehead.

How do you get bed bugs in your apartment?

Common sources: Bed bugs are introduced into homes mainly through used furniture, luggage or clothing. They can get a ride from contaminated places like hotels, public transportation, or shared living spaces.

Social settings: They can also spread in places where people gather, making them a concern in dorms, theaters, and other common areas.

How to avoid bed bugs

Inspection: Check your living space regularly, especially around mattresses, bed frames and furniture. Look for signs of bed bugs, such as dark spots (feces) or shedding skins.

Preventive measures:

Use tarpaulins for mattresses and box springs.

Avoid placing luggage in beds or upholstered furniture in hotels.

Wash and dry clothes over high heat after travel.

Do bed bugs transmit diseases?

Generally harmless: Although bed bugs can cause itching and discomfort due to their bites, they are not known to transmit disease

to humans. However, scratch bites can lead to secondary infections, which should be borne in mind.

How to treat bed bugs

Identification

Confirm the infection: If you suspect bed bugs, take a sample for identification or look for other signs such as bites, feces, or blood stains.

Treatment options

Professional destruction: Hiring a pest control professional is often the most effective way to eliminate a bed bug infestation. They have access to specialized treatments and insecticides.

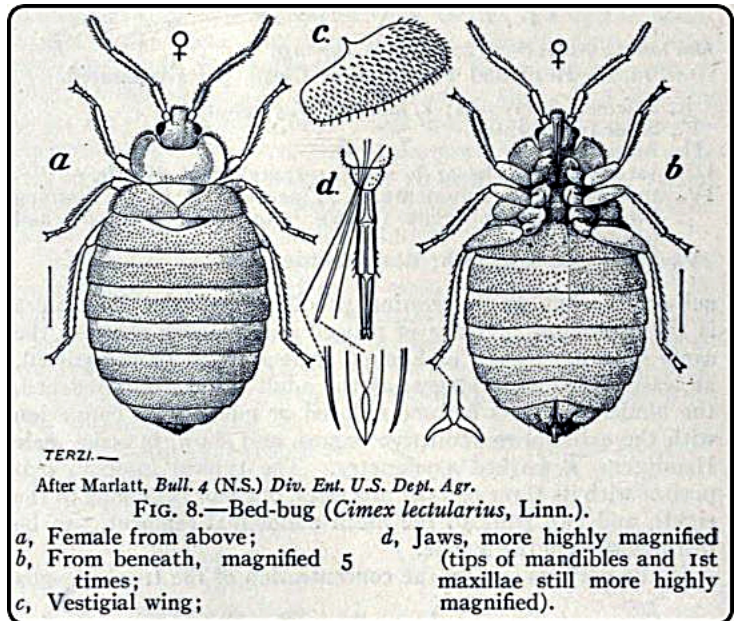
Do it yourself: Methods:
Washing: Wash all bedding, clothes and fabrics in hot water and dry them over high heat.

Vacuuming: Regularly vacuum areas where bedbugs can hide, including carpets, crevices, and furniture. Dispose of the vacuum bag immediately.

Steam cleaning: Use steam cleaners to treat contaminated areas because heat can kill bed bugs at any stage of life.

Conclusion

Although bed bugs can be disgusting and annoying, they are usually not a health hazard in terms of the spread of disease. Understanding their behavior, spread, and effective treatment of infestations can help you control this unwanted pest. By taking preventive measures and acting quickly



Encyclopædia Britannica:ssa 1911



Bed bug bite marks

if you suspect an infestation, you can protect your home from these resilient little critters.

Remember, staying up to date is your best defense against bed bugs!

And there really is no reason to panic! Bed bugs can be treated, but expertise is needed!

Harvard University, Dr. Gary Alpert; Dr. Harold Harlan; Richard Pollack. Photo Credit: Piotr Naskrecki
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ART EXHIBITION

ATENEUM

A New Exhibition:

Gothic Modern – From Darkness to Light

4 October 2024 to 26 January 2025

Medieval and Renaissance Art Inspires Modern Artists in Ateneum's "Gothic Modern" Exhibition

The Ateneum Art Museum is set to unveil an extraordinary exhibition titled Gothic Modern – From Darkness to Light, shedding light on an underexplored phenomenon in art history. Running from October 4, 2024, to January 26, 2025, the exhibition traces how the art of the Middle Ages and the Renaissance provided 19th and 20th-century artists with rich emotional material to explore profound human experiences, such as birth, death, suffering, and sexuality.

In Gothic Modern, viewers will encounter works by renowned artists like Arnold Böcklin, Vincent van Gogh, Akseli Gallen-Kallela, Edvard Munch, and Helene Schjerfbeck, alongside lesser-known talents like Fritz Boehle and Marianne Stokes. The exhibition will also feature seldom-seen objects, such as a music cabinet crafted by Akseli and Mary Gallen-Kallela in the late 1890s, highlighting how



Lucas Cranach vanhempi: Lucretia (1530). Kansallisgalleria / Sinebrychoffin taidemuseo. Kuva: Kansallisgalleria / Hannu Aaltonen.



Helene Schjerfbeck: John Chambers, kopio Hans Holbein nuoremman mukaan (1894). Kansallisgalleria / Ateneumin taidemuseo, valtion kopiokokoelma. Kuva: Kansallisgalleria / Aleks Talve.



Hugo Simberg: *Garden of death* (1896). Kansallisgalleria / Ateneumin taidemuseo. Image Kansallisgalleria / Jenni Nurminen.

artists found inspiration in medieval art not only for paintings but also for furniture and sculpture.

Launched as an international collaboration in 2018, the exhibition was curated through partnerships with the National Museum of Norway and the ALBERTINA Museum in Vienna. After its debut in Helsinki, the exhibition will travel to these esteemed institutions, where it will be curated by leading art historians including

Vibeke Waallann Hansen and Cynthia Osiecki.

At the heart of Gothic Modern is the idea that modern art did not always look forward but often drew inspiration from the past. Artists in the early 20th century, grappling with the aftermath of World War I, found resonance in the darker, more introspective aspects of Medieval and Northern Renaissance art. These historical periods provided a way to depict trauma, isolation,

and humanity's connection to nature, reflecting broader societal concerns.

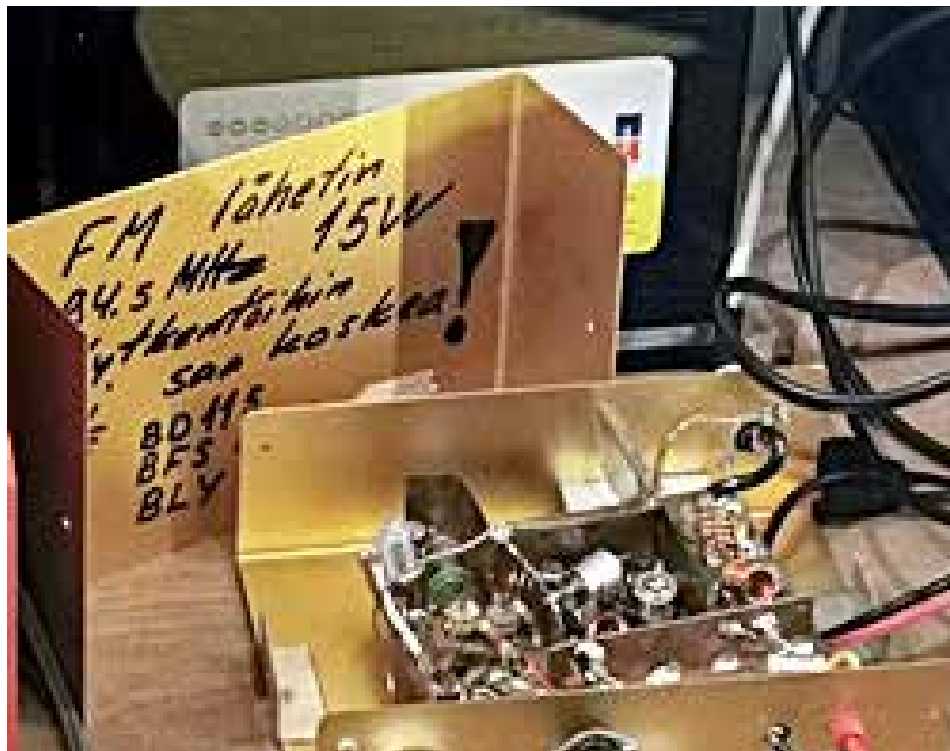
The exhibition catalogue, available in English, Norwegian, and Finnish, complements the show with essays from international art scholars, offering a deeper understanding of how medieval influences shaped modern artistic movements. The project brings a fresh perspective to art history, making Gothic Modern a must-see for anyone interested in the

intersections of past and present in European art.

The Ateneum's collaboration with international institutions on this groundbreaking exhibition not only reexamines modern art but also highlights its relevance in contemporary society. Through its exploration of universal themes such as loss, trauma, and identity, Gothic Modern connects with audiences in a world still grappling with these issues today.

EXHIBITION

Riding The Radio Waves - an interesting exhibition in Tampere Vapriikki-museo



A 15 W FM-transmitter used in pirate radio in Tampere in the 80ies



Commodore, the first computer for everyone in Finland

“On the crest of the radio wave – From crystal machine to podcast” opens up Finnish radio history from the 1920s to the present day

The Tampere Vapriikki Museum opens a fascinating exhibition that delves into the roots of Finnish radio history. “Riding the radio waves – From crystal machine to podcast” takes the visitor on an enchanting journey into the multifaceted history of radio. The exhibition delves into what has made radio enchanting for creators, listeners and enthusiasts for decades, and why this magical device has maintained its position in the age of the internet and digital communication.

Although radio may seem like a transitory format in today’s media storms, it is still a globally significant means of communication. Internet access, mobile networks, electricity and access to digital information are not available everywhere in the world. Radio is also proving to be a valuable communication channel in crisis situations, as its network is designed to withstand longer power outages compared to, for example, mobile phone networks.

Radio amateurs, in particular, appear to be critical pillars of communication and communication in crisis situations. The exhibition invites the visitor to think about the magic that a device hidden on the radio manages to create, from everyday listening to necessary crisis connections. This unique exhibition offers an opportunity to delve into the history of radio and understand its continued importance as a versatile and sustainable means of communication. en jatkuvan merkityksen monipuolisena ja kestäväenä viestintävälineenä.



AI RADIO

Nordic's First Fully AI-Produced Radio Channel Launched in Finland year ago

Finland's AI Radio began its operations as a web radio channel on Wednesday, November 29, 2023. Bauer Media takes a significant step in the audio market by launching the Nordic's first radio channel whose content is entirely produced using artificial intelligence. This innovation combines technology and entertainment and strengthens Bauer's position as a pioneer in the audio industry.

"We are excited and proud to introduce the Nordic's first AI Radio to the market. This is an exciting milestone in the radio industry and a testament to our commitment to delivering new and innovative content to our listeners in the future," says Sami Tenkanen, CEO of Bauer Media.

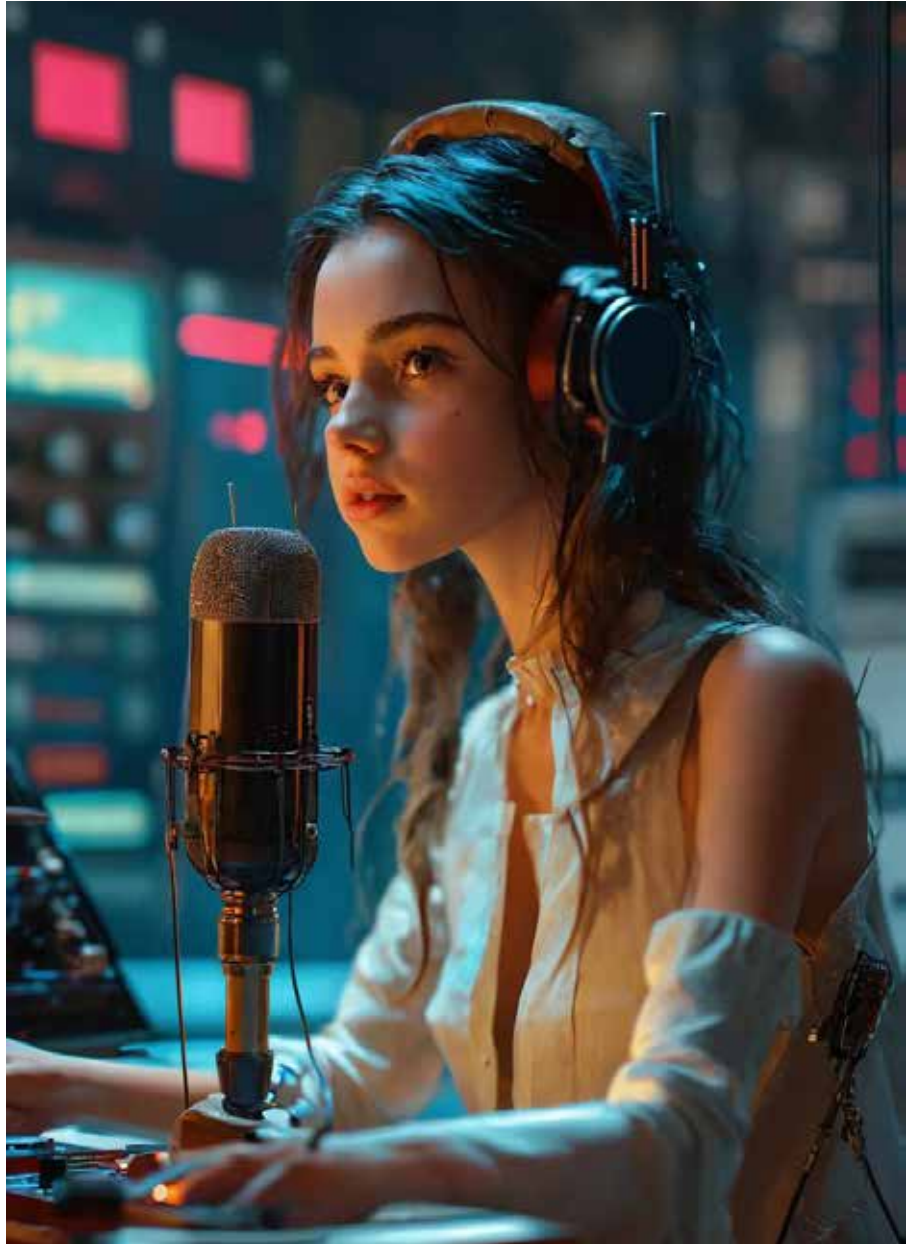
In the initial phase, AI Radio's content consists of the following features:

Audio productions produced with the assistance of artificial intelligence

Nationally significant traffic announcements produced by AI

National weather warnings for inclement weather, produced by AI
Entertainment news read by AI from the entertainment portal Voice.fi.

New features for AI Radio are planned continuously to keep it interesting and relevant to its listeners. Advertisers are also considered through innovative audio advertising solutions.



An image made by AI showing what an AI radio looks like

"This launch represents Bauer's commitment to innovation and leveraging the latest technology to develop the radio business. We will continue to actively work on development even after the launch to offer listeners even more personalized and tailored experiences in the radio industry," says Sini Kervinen, Head of Innovation.

AI Radio is also expanding to FM frequencies. In Helsinki, the channel can be heard on frequency 102.0 MHz and in Kangasala on frequency 101.6 MHz until April 8. The channel can also be listened to online on <https://radioplay.fi/tekoalradio/>

SCREENTIME



The Public Health Agency of Sweden: Recommendations for balanced screen use among children

As digital media becomes an increasingly integrated part of children and young people's lives, the Public Health Agency of Sweden has issued new recommendations to promote a balanced use of screens.

According to the latest guidelines, which were developed on behalf of the government, children under the age of 2 should avoid digital media completely, while older children are advised to limit their screen time to prioritize important aspects of life such as physical activity, sleep, and social relationships.

Recommendations

The Public Health Agency of Sweden's recommendations prescribe a maximum screen time of 1 to 3 hours

per day, depending on the child's age. Specific guidelines include:

Children 2–5 years: Maximum 1 hour of screen time per day.

Children 6–12 years: Maximum 1–2 hours of screen time per day.

Young people 13–18 years: Maximum 2–3 hours of screen time per day.

In addition, it is recommended that screens are not used before bedtime and that mobiles and tablets are left outside the bedroom during the night. This is intended to protect children's sleep and create a healthier environment for recovery.

Parental responsibility and cooperation

Olivia Wigzell, acting director general at the Public Health Agency of Sweden, emphasizes the importance of these guidelines being a support for both parents and children. She says: «We

hope it will contribute to a better balance, counteract problematic use and be a help in families' everyday lives.» It is important that parents actively control what content children take part in and discuss their activities on digital media. The guidelines also encourage parents to reflect on their own screen habits, as these also affect their children's behaviors and habits.

State of knowledge and research

A report presented in June by the Public Health Agency of Sweden and the Swedish Media Agency highlights the negative consequences of excessive screen use. Research shows that high use of digital media can lead to problems such as poorer sleep, depressive symptoms and dissatisfaction with one's own body. Many children and young people themselves confirm that they often get stuck in their screens at the expense

of important activities such as sleep, relationships and physical exercise.

Helena Frielingsdorf, doctor and investigator at the Public Health Agency of Sweden, adds: «Many young people have both positive and negative experiences of digital media and feel worried about how they are affected by their use. Through our recommendations, we hope to help them change their habits.»

With these new recommendations, the Public Health Agency of Sweden sets a clear framework for how children and young people should manage their screen time. By encouraging balance and awareness around digital media, we can help create a healthier upbringing for future generations. It is a joint effort where both parents, children and society need to work together to ensure that screen use does not affect the other important aspects of life.

HISTORY

The newspaper press in the 19th century in Finland

In order for a newspaper to be published, a lot of conditions must be met. At least part of the population must be literate. There must be access to paper and there must be printing houses. A certain amount of freedom of expression is also a prerequisite.

Literacy was quite common in Finland, as early as the 1600s, but literacy was probably a rather theoretical concept. The church required that men and women could read in order for them to be allowed to marry, which is why the motivation to learn to read was great. But there were not many schools, and for the general public, literacy was limited to being able to spell out a verse in the hymnbook slowly and laboriously. Incidentally, there was not much to read until the beginning of the 1800s. The hymnbook, the Bible and the Catechism were found in many well-to-do homes, but nothing else.

But there was also an elite in Finland who could read. The elite consisted of educated people, priests, doctors, civil servants, officers and usually also their spouses. It can be estimated that this cultural and literate elite in Finland comprised about 30,000 people. Unfortunately, some of the elite lost their literacy in old age, because there was no cure for eye diseases, and neither did glasses for that matter.

Johannes Gutenberg invented printing in the 1440s. In the following decades, printing houses were established in many European countries. Printed works reminiscent of newspapers began to appear in many cities in Europe in the early 1600s.

The first printing houses were founded in Sweden (to which Finland belonged) as early as the 1480s. But things were slow in Sweden, right up until the 1600s there was only one printing house. Sweden's first newspaper, *Ordinarie Post-Tijdender*, began to be published in 1645. For almost 100 years, this was the only newspaper in Sweden.

In Finland, the first printing houses were established in Turku in 1642, in

Vyborg in 1689 and in Vaasa in 1776. During the first half of the 19th century, all the important cities in Finland got a printing house. Developed "high-speed printing machines" came to the country in the 1840s, the first to Vaasa in 1847.

For a printing house to function, paper is needed. Up until the middle of the 1800s, paper was made by hand using rags as a raw material. Wandering rag dealers collected used textiles. But all this changed when the Tampere paper mill started industrial production of paper using cellulose as a raw material.

The first newspaper in Finland, *Tidningar Utgifne Af ett Sällskap i Turku*, began to be published on 15.1. 1771. The name was long and impractical, and was soon changed to *Turku newspapers*. Until 1809, this was Finland's only newspaper.

During the first half of the 19th century, there was a rapid development of the newspaper press. In 1866, 20 daily newspapers were published, of which 4 were published 6 days a week. In 1868 there were 9 Swedish-language newspapers and 8 Finnish-language newspapers. Of the latter, 7 newspapers were a "big" newspaper could have a circulation of 2000. But most of the newspapers were small, the circulation could move around 200 - 500. Advertising revenues were insignificant and the subscription fee did not go far. Most newspapers had only one editor, and this was sometimes part-time. It was certainly not easy to find material to fill all 4 pages - and therefore the newspapers copied each other, sometimes so that almost all of the newspaper's news was copied from other newspapers.

The most important Swedish-language newspapers in 1868

The Official Gazette of Finland, the official organ of the authorities, began publication in 1820. In 1831, the newspaper began to be published 6 days a week, and was then Finland's first real



*This hand-printing press from the early 1800s has been in a printing house in Old Vaasa. It is likely that *Vasabladet's* predecessor, the newspaper *Ilmarinen*, was printed with this press. When Vaasa burned down in 1852, the press fell through the floor to the basement and broke all 4 legs, but the printing press could be repaired and used even after this. The printing press is now at the Printing Museum in Stundars, near Vaasa.*

daily newspaper. As in several other newspapers, FAT contained "serials", usually foreign translated historical novels and can be said to be the "soap operas" of the time, which certainly increased the popularity of the newspapers since pastime was in short supply. The Finnish Official Gazette had a circulation of around 1500.

Helsingin Dagblad was the largest daily newspaper in Finland for a couple of decades. The newspaper was founded in 1861. In 1863 the circulation of the newspaper was already 1500 and the largest circulation in 1884 was 4250. The last issue of the newspaper was published on 31.12.1888, after which the Helsinki Newspaper ceased to be published, and the reason was probably mostly of a financial nature.

RUSSIAN WAR AGAINST UKRAINE

We Are Developing Our Victory Plan in Communication with Our Partners; Additionally, Work is Underway to Prepare the Second Peace Summit – Address by the President



18 October 2024 - 18:34

I wish you health, fellow Ukrainians!

Today I am already in Kyiv. We are working on the results of our negotiations, which include meetings in Europe and discussions with our partners. There was a conversation with President Biden. We are preparing for meetings in Ukraine with the American

team of political and military representatives. Earlier, our representatives – the Chief of the General Staff and Deputy Prime Minister Stefanishyna – were in Washington. Minister of Defense Umerov, Minister of Foreign Affairs Sybiha, and Commander-in-Chief Syrskyi are working with their counterparts in Europe. We are developing our Victory Plan in communication with our partners.

Additionally, work is under – offering solutions, sug- way to prepare the second gesting paths, and directing Peace Summit – good faith work so that every partner diplomacy. We need to end benefits from cooperation the war in a way that gua- with Ukraine.

rantees security and peace And one more thing. for Ukrainians and all of Today, I would like to thank Ukraine. Relevant meetings our Ukrainian law enforce- will be held by the Head ment officers, particularly of my Office Yermak and the National Police, eve- Prime Minister of Ukraine ryone who works to ensure Shmyhal. I am grateful to law and order in Ukraine. every leader and every state Almost every week, they that has embraced our achieve results in fighting arguments on security and is crime. Recently, I received ready to help in ways that a report on one such ope- can steer the current situa- tion toward peace.

Today, there was also drug laboratories were eli- a report by Comman- minated. The turnover was der-in-Chief Syrskyi. It was almost UAH 350 million about the front. It was about per month. This was signifi- our directions. It was about cant, interregional criminal the Kursk Operation. We activity. The same goes for are defending our positions. countering arms trafficking, A meeting was held regard- illegal arms trafficking, and ing the railway operation protecting our people from in Ukraine. I am grateful other forms of crime. It is to everyone who works for very important that insti- tutions work to ensure in- the company. Right now, ternal security in Ukraine. Ukrzaliznytsia is holding And I thank all those who our country up in many res- are truly professional in pects. Today, Deputy Prime Minister Fedorov also de- this.

delivered a report – we have some good results. And this is what matters most for Ukraine – having dail- y, weekly results for our state and people. Having constant new support for our defense. And having more opportunities to bring peace closer. Ukraine must be a leader in any situation

Glory to Ukraine!

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RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

TASS a few days before the Russian invasion into Ukraine

TASS 20 Feb 2022, 22:56

Russia not invading Ukraine and has no such plans – Russian ambassador to US

The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy, Anatoly Antonov said

Federation, the United States, or any other country is no exception. Russian troops are on our sovereign territory. We don't threaten anyone. Why do other countries try to dictate to us where can we deploy our troops and how many. I would like to emphasize once again that this is our own territory. Can one even imagine that Russia will demand the U.S. not to deploy its troops in Alaska or Florida? I am sure that such a requirement would be unacceptable for the United States.," he said.

WASHINGTON, February 20. /TASS/. Russia has no plans of any "invasion" of Ukraine and is not implementing it now, Russian Ambassador to the United States Anatoly Antonov said in an interview with CBS.

"There are no such plans," he said.

"The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy. <...> Every state has the right to protect its territory and borders. The Russian

The interview was aired on CBS on Sunday. The transcript released later demonstrated that the TV company has abridged Antonov's answers. The interview was not aired live.

The West and Kiev have recently been echoing allegations about Russia's potential invasion of Ukraine. Kremlin Spokesman Dmitry Peskov castigated these claims as "empty and un-

We don't threaten anyone.



founded", serving as a ploy to escalate tensions

Ukraine would have serious consequences.

Peskov pointed out that Russia did not pose any threat whatsoever to anyone.

Peskov pointed out that Russia did not pose any threat whatsoever to anyone. However, Peskov did not rule out the possibility of provocations aimed at justifying such claims and warned that attempts to use military force to resolve the crisis in southeastern

Comment:

"Peskov warned that attempts to use military force to resolve the crisis in southeastern Ukraine would have serious consequences."

Yes. He was perfectly right. It did have serious consequences. Above all for Russia.

Image: Lexica.art

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

Parts of Putin's speech on February 24, 2022, the day when Russia attacked Ukraina

"It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force"

I consider it necessary today to speak again about the tragic events in Donbass and the key aspects of ensuring the security of Russia.

I will begin with what I said in my address on February 21, 2022. I spoke about our biggest concerns and worries, and about the fundamental threats which irresponsible Western politicians created for Russia consistently, rudely and unceremoniously from year to year. I am referring to the eastward expansion of NATO, which is moving its military infrastructure ever closer to the Russian border.

It is a fact that over the past 30 years we have been patiently trying to come to an agreement with the leading NATO countries regarding the principles of equal and indivisible security in Europe. In response to our proposals, we invariably faced either cynical deception and lies or attempts at pressure and blackmail, while the North Atlantic alliance continued to expand despite our protests and concerns. Its military machine is moving and, as I said, is approaching our very border.

In December 2021, we made yet another attempt to reach agreement with the United States and its allies on the principles of European security and NATO's non-expansion. Our efforts were in vain. The United States has not changed its position. It does not believe it necessary to agree with Russia on a matter that is critical for us. The United States is pursuing its own objectives, while neglecting our interests.

In 1940 and early 1941 the Soviet Union went to great lengths to prevent war

Of course, this situation begs a question: what next, what are we to expect? If history is any guide, we know that in 1940 and early 1941 the Soviet Union went to great lengths to prevent war or at least delay its outbreak. To this end, the USSR sought not to provoke the potential aggressor until the very end by refraining or postponing the most urgent and obvious preparations it had to make to defend itself from an imminent attack. When it finally acted, it was too late.

As a result, the country was not prepared to counter the invasion by Nazi Germany, which attacked our Motherland on June 22, 1941, without declaring war. The country stopped the enemy and went on to defeat it, but this came at a tremendous cost. The attempt to appease the aggressor ahead of the Great Patriotic War proved to be a mistake which came at a high cost for our people. In the first months after the hostilities broke out, we lost vast territories of strategic importance, as well as millions of lives. We will not make this mistake the second time. We have no right to do so.

We had to stop that atrocity, that genocide of the millions of people

As I said in my previous address, you cannot look without compassion at what is happening there. It became impossible to tolerate it. We had to stop that atrocity, that genocide of the millions of people who live there and who pinned their hopes on Russia, on all of us. It is their aspirations, the feelings and pain of these people that were the main motivating force behind our decision to recognise the independence of the Donbass people's republics.



In this context, in accordance with Article 51 (Chapter VII) of the UN Charter, with permission of Russia's Federation Council, and in execution of the treaties of friendship and mutual assistance with the Donetsk People's Republic and the Lugansk People's Republic, ratified by the Federal Assembly on February 22, I made a decision to carry out a special military operation.

To protect people who, for eight years now, have been facing humiliation and genocide

The purpose of this operation is to protect people who, for eight years now, have been facing humiliation and genocide perpetrated by the Kiev regime. To this end, we will seek to demilitarise and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

It is not our plan to occupy the Ukrainian territory

It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force.

We will seek to demilitarize

and denazify Ukraine

To this end, we will seek to demilitarize and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

I would also like to address the military personnel of the Ukrainian Armed Forces.

Comrade officers,

I urge you to refuse to carry out their criminal orders. I urge you to immediately lay down arms and go home. I will explain what this means: the military personnel of the Ukrainian army who do this will be able to freely leave the zone of hostilities and return to their families.

I want to emphasise again that all responsibility for the possible bloodshed will lie fully and wholly with the ruling Ukrainian regime.

Russia will respond immediately, and the consequences will be such as you have never seen in your entire history

I would now like to say something very important for those who may be tempted to interfere in these developments from the outside. No matter who tries to stand in our way or all the more so create threats for our country and our people, they must know that Russia will respond immediately, and the consequences will be such as you have never seen in your entire history. No matter how the events unfold, we are ready. All the necessary decisions in this regard have been taken. I hope that my words will be heard.

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

The advance of Russia and the new world

Here are parts of an article published by Ria Novosti (a Russian news agency surely never publishing anything without Kreml's permission") on February 26, 2022, two days after the start of the Russian military operation in Ukraine.

Two days after the start of the war - and Ria Novosti is declaring the victory over Ukraine. "Now this problem is gone - Ukraine has returned to Russia."

This article is also proof that the goal of Russia's war of aggression was to conquer all of Ukraine, incorporate it into Russia, and recreate the former Soviet Union. "Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome."

"Russia is returning."

"A new world is being born before our eyes. Russia's military operation in Ukraine has opened a new era - in three dimensions at once. And of course, in the fourth, domestic Russian one. Here a new period begins both in ideology and in the very model of our socio-economic system - but this is worth discussing separately a little later.

Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome. Yes, at a great cost, yes, through the tragic events of a de facto civil war, because now brothers, divided by their belonging to the Russian and Ukrainian armies, are still shooting at each other - but Ukraine as anti-Russia will no longer exist. Russia is restoring its historical completeness, gathering the Russian world, the Russian people together - in all its totality of Great Russians, Belarusians and Little Russians. If we had refused this, had allowed the temporary division to become entrenched for centuries, then we would not only have betrayed the memory of our ancestors, but would also have been cursed by our descendants - for allowing the disintegration of the Russian land.

Vladimir Putin has taken upon himself - without a drop of ex-

aggeration - historical responsibility, deciding not to leave the solution of the Ukrainian question to future generations.

After all, the need to solve it would always remain the main problem for Russia - for two key reasons. And the issue of national security, that is, the creation of an anti-Russia and an outpost for the West to put pressure on us from Ukraine, is only the second most important of them.

The first would always remain the complex of a divided people, the complex of national humiliation - when the Russian house first lost part of its foundation (Kyiv), and then was forced to come to terms with the existence of two states, not one, but two peoples. That is, either to renounce its history, agreeing with the crazy versions that "only Ukraine is the real Rus'", or helplessly gnash its teeth, remembering the times when "we lost Ukraine". Returning Ukraine, that is, turning it back to Russia, would be more and more difficult with each decade - the recoding, de-Russification of Russians and setting Little Russians-Ukrainians against Russians would gain momentum. And in the case of the consolidation of complete geopolitical and military control

of the West over Ukraine, its return to Russia would beco-

me completely impossible - it would be necessary to fight for it with the Atlantic bloc.

Now this problem is gone - Ukraine has returned to Russia. This does not mean that its statehood will be liquidated, but it will be restructured, re-established and returned to its natural state of being part of the Russian world. Within what borders, in what form will the union with Russia be secured (through the CSTO and the Eurasian Union or the Union State of Russia and Belarus)? This will be decided after the period in the history of Ukraine as anti-Russia is put to rest. In any case, the period of the split of the Russian people is ending.

And here begins the second dimension of the coming new era - it concerns relations between Russia and the West. Not even Russia, but the Russian world, that is, three states, Russia, Belarus and Ukraine, acting in geopolitical terms as a single whole. These relations have entered a new stage - the West sees Russia returning to its historical borders in Europe. And it loudly resents this, although deep down it must admit to itself that it could not have been otherwise.

Did anyone in the old European capitals, in Paris and

Berlin, seriously believe that Moscow would abandon Kiev? That the Russians would forever be a divided people? And at the same time, when Europe is uniting, when the German and French elites are trying to wrest control over European integration from the Anglo-Saxons and assemble a united Europe? Forgetting that the unification of Europe became possible only thanks to the unification of Germany, which happened by Russian good will (even if not very smart). To then set their sights on Russian lands is the height of not even ingratitude, but geopolitical stupidity. The West as a whole, and even more so Europe separately, did not have the strength to keep Ukraine in its sphere of influence, much less take it for itself. Not to understand this, one would have to be a geopolitical fool.

More precisely, there was only one option: to bet on the further collapse of Russia, that is, the Russian Federation. But the fact that it did not work should have become clear twenty years ago. And already fifteen years ago, after Putin's Munich speech, even the deaf could hear - Russia is returning."

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

What Russia Should Do with Ukraine

Published by Ria Novosti 09:15 04.04.2022

If Russia were to win the war of aggression against Ukraine and take control of the entire country, this would not mean an end to the suffering of the people of Ukraine, on the contrary, it would be the beginning of a new severe suffering for the next 25 years. This article, published in April 2022 by Ria Novosti, the state and state-controlled news agency that never publishes anything without the Kremlin's permission, shows the fate that Ukraine would be deprived of after a defeat.

Here are some important parts of this article.

RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed. "RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed."

A significant part of the people are Nazis

"Denazification is necessary when a significant part of the people - most likely, its majority - is mastered and drawn into the Nazi regime's policy. That is, when the hypothesis "the people are good - the government is bad" does not work. Recognition of this fact is the basis of the policy of denazification, all its measures, and the fact itself is its subject."

"Nazis who have taken up arms must be destroyed on the battlefield to the maximum extent possible.

No significant distinction should be made between the Ukrainian Armed Forces and the so-called national battalions, as well as the territorial defense that has joined these two types of military formations. All of them are equally involved in extreme cruelty towards the civilian population, equally guilty of the genocide of the Russian people, and do not

comply with the laws and customs of war. War criminals and active Nazis must be punished in an exemplary and demonstrative manner. Total lustration must be carried out."

A significant part of the masses are also guilty

"However, in addition to the top, a significant part of the masses, who are passive Nazis, accomplices of Nazism, are also guilty.

The further denazification of this mass of the population consists of re-education, which is achieved by ideological repression (suppression) of Nazi attitudes and strict censorship: not only in the political sphere, but also necessarily in the sphere of culture and education."

"The period of denazification cannot be shorter than one generation, which must be born, grow up and reach maturity under the conditions of denazification."

"In this case, the necessary initial steps of denazification can be defined as liquidation of armed Nazi

formations (which are understood to mean any armed formations of Ukraine, including the Armed Forces of Ukraine), as well as the military, information, and educational infrastructure that ensures their activity;

the formation of organs of popular self-government and militia (defense and law enforcement) of liberated territories, protecting the population from the terror of underground Nazi groups;

installation of the Russian information space;

confiscation of educational materials and prohibition of educational programs at all levels that contain Nazi ideological principles;

mass investigative actions to establish personal responsibility for war crimes, crimes against humanity, the dissemination of Nazi ideology and support for the Nazi regime;"

Forced labor as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied)

lustration, publication of the names of accomplices of the Nazi regime, their forced labor to restore the destroyed infrastructure as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied);

the adoption at the local level, under the supervision of Russia, of primary normative acts of denazification "from below", the prohibition of all types and forms of the revival of Nazi ideology;

the establishment of memorials, commemorative signs, and monuments to the victims of Ukrainian Nazism, perpetuating the memory of the heroes of the fight against it;

inclusion of a set of anti-fascist and denazification norms in the constitutions of the new people's republics;"

This will go on for 25 years
"creation of permanent denazification bodies for a period of 25 years."

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

Dmitry Medvedev's Rhetoric on Ukraine: A Glimpse into His Language and Ideology

Dmitry Medvedev, the former President of Russia and current Deputy Chairman of the Security Council, has once again attracted attention with a provocative and incendiary statement about the ongoing conflict in Ukraine. On August 30, Medvedev posted a message on Telegram that stands out for its harsh language and extreme accusations, revealing the extent to which Russian political discourse has escalated in recent years.

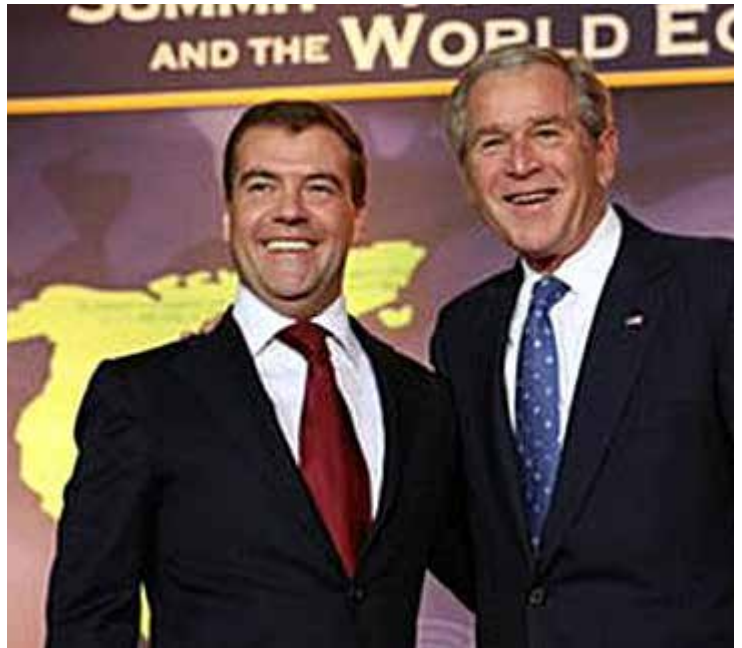
In his post, Medvedev launches into a tirade against the Ukrainian government and its Western allies, labeling them with a string of derogatory terms. He refers to Ukrainian leaders as "Kyiv neo-Nazis" and claims that they are "desperately supported" by what he describes as "rabid animals who guard the Western world today." These comments not only reflect a starkly hostile stance but also employ dehumanizing language, a tactic often used to demonize opponents and justify aggressive actions.

Medvedev goes on to make sweeping accusations about the motivations behind Ukraine's efforts to regain control over the Donbass region. He asserts that the Ukrainian leadership is driven solely by a desire for money, claiming, "The reason is banal: they need money. Cash - or money, in other words." According to Medvedev, this financial desperation stems from the alleged corruption and economic mismanagement by President

Zelensky's administration, which he describes as a "criminal clique" that has led Ukraine to "disaster."

One of the most striking elements of Medvedev's message is his use of grotesque metaphors and insults to describe both Ukrainian and Western figures. For instance, he refers to U.S. President Joe Biden's administration as "Biden's half-dead dog" and dismisses other Western leaders as "insignificant homunculi standing by a stinking trough in the so-called Baltics." Such language is unusually coarse for a former head of state, suggesting a deliberate attempt to provoke and appeal to a specific audience that resonates with such rhetoric.

Medvedev also delves into the economic aspects of the conflict, specifically focusing on Ukraine's mineral resources. He argues that Western countries are primarily interested in Ukraine because of its vast mineral wealth, particularly in the Donbass region. He notes, "according to open sources, the total value of Ukraine's mineral resource base is estimated at almost \$14.8 trillion," with a significant portion located in regions that are now controlled by Russia. This framing suggests that Medvedev views the conflict as not just a geopolitical struggle but also a resource war, with the West exploiting Ukraine for its natural riches.



Dmitry Medvedev and George W. Bush

In a particularly alarming section of his post, Medvedev accuses Western powers of having no regard for Ukrainian lives, claiming they are pushing for a war "to the last Ukrainian" in order to gain access to these resources. He writes, "The lives of ordinary Ukrainians do not matter. That is the entire cynical interest of the green meat and hairy dung flies from the Anglo-Saxon world." This vivid and repugnant imagery serves to further dehumanize both Western leaders and the Ukrainian people, painting them as mere pawns in a larger, malevolent scheme.

Medvedev's rhetoric culminates in a grim prediction for Ukraine's future, suggesting that the country is on the brink of "rapid decomposition and inevitable collapse." He argues that with much of its resource base now under Russian control, Ukraine

has little left to sustain itself and will soon face economic ruin. This apocalyptic vision is presented with a sense of satisfaction, as Medvedev concludes that the "resource base illegally obtained by Bandera's creatures at the end of the 20th century has returned to their native country."

Overall, Medvedev's Telegram post is a stark example of how the conflict in Ukraine is being framed within Russian political discourse. The use of inflammatory language, dehumanizing metaphors, and extreme accusations reflects not only the depth of hostility but also a deliberate strategy to vilify opponents and justify Russia's actions. For a former president of a global power, such rhetoric is both surprising and unsettling, highlighting the extent to which the norms of political communication have shifted in the current geopolitical climate.

CAUSERIE

Soil floor or concrete – an unexpected health issue?

We have long seen concrete floors as a sign of modernity and hygiene. But what if the old truth that dirt floors are unhealthy isn't true?

An ongoing study in Bangladesh is now challenging our prejudices about the role of flooring for our health.

The official name of the study is «Cement floors and child health (CRADLE): a randomized trial in rural Bangladesh» and it can be found online. The study is led by Jade Benjamin-Chung, a researcher at Stanford University in the United States.

Researchers in Bangladesh are now comparing whether small children in houses with soil floors get more intestinal infections than children in houses with concrete floors. The results of the study could have major consequences, not only for developing countries, but also for our own home environments.

What if it turns out that soil floors, with their natural materials, can actually have a positive impact on our health? Perhaps soil floors can contribute to a more balanced microbiome, that is, the billions of



bacteria that live in and on us. There is a growing body of research that shows that our gut flora plays a crucial role in our health.

If the study in Bangladesh shows that soil floors can be healthier, what does

that mean for us here in our Nordic countries? Should we start tearing up our concrete floors and replacing them with dirt floors? Maybe not fully, but it can force us to rethink our homes and our relationship with nature.

Perhaps we can be inspired by other cultures where dirt floors are a natural part of the living. Perhaps we can find ways to combine modern conveniences with more natural materials.

It's important to remember that a single study doesn't provide the whole truth. But it can ignite new thoughts and discussions. Maybe it's time to question some of our ingrained notions of what is hygienic and healthy.

So, while we wait for the results from Bangladesh, we can consider the following questions:

What advantages and disadvantages do we see with earth floors and concrete floors?

How can we create homes that are both healthy and comfortable?

How can we balance our needs for modernity and contact with nature?

Whatever the results of the study, it can contribute to an important discussion about our living environment and our health. Maybe it's time to look at our homes with new eyes and discover new ways to live more sustainably and healthily.

ASTRONOMY



Next year the sun and moon will get dark - as always

Next year, too, there will be regular activity in the sky again.

The sun and moon are doing what they have been doing for billions of years – getting darker. These celestial events have always aroused wonder and even fear in people, but today we know that they are only phenomena according to the laws of nature.

Lunar eclipse dates: A partial lunar eclipse will take place on March 25, 2024, and a partial lunar eclipse is also expected on September 17, 2024, both visible from Finland. A total solar eclipse will be seen around the world on April 8, 2024; However, it is not visible in Finland. Both lunar eclipses will therefore

be visible in Finland, which provides excellent observation opportunities.

Eclipses should never be viewed directly at the sun, as this can permanently damage the eyes

Solar and lunar eclipses are like the universe's own little theatrical performance. In a solar eclipse, the moon passes between the Earth and the sun, shading the light of the sun. In a lunar eclipse, on the other hand, the Earth passes between the sun and the moon, casting its shadow on the moon. These events can be seen in different parts of the globe every year, sometimes several times.

Although eclipses are recurring events, they are never exactly the same. The duration, field of vision, and even color of eclipses may vary. For example, solar eclipses

can be partial or total, and lunar eclipses can be reddish as sunlight refracts through the Earth's atmosphere.

Today, we have accurate computer programs that allow us to predict future eclipses decades in advance. This is a huge step forward compared to ancient peoples, who often interpreted eclipses as signs of wrath from the gods.

But why, then, are we still fascinated by the changes taking place in the sky? Maybe it's because eclipses remind us of our own smallness and that we are part of something much bigger. Or maybe it's just that amazing feeling of seeing the sky change in an instant.

Whatever the reason, it is certain that next year's eclipses will once again arouse people's curiosity and admiration. Following them is a great way to remind yourself of what a wonderful and diverse world surrounds us.

What's next?

If you are interested in follo-

wing next year's eclipses, you should check out your local astronomical societies or websites. Here you will find more detailed information about when and where the eclipses will be visible. You can also get yourself a small telescope or binoculars to observe events in the sky more closely. Remember: Eclipses should never be viewed directly at the sun, as this can permanently damage the eyes. Always wear appropriate safety glasses or other protective equipment.

So next year, too, there will be regular activity in the skies again. The sun and moon are getting darker, as they always have been. These celestial events are a great opportunity to stop for a moment and admire the beauty of the universe.

AI

AI-Generated Podcasts: A New Era of Audio Content with NotebookLM

In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and redefining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of Note-

bookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

Natural-Sounding Voice: NotebookLM can produce audio content with a voice that mimics the natural cadence and tone of human speech. This makes it difficult for listeners to discern that the podcast is AI-generated, offering a seamless listening experience.

Diverse Range of Topics: Whether it's breaking news, current events, or light-hearted storytelling, NotebookLM can tackle a wide array of subjects. Its versatility makes it an ideal tool for content creators looking to explore different genres without the constraints of time and labor-intensive production.

Customizable Formats: The model can generate podcasts in various formats, including monologues, interviews, and panel discussions. This flexibility enables creators to experiment with different styles and cater to the unique preferences of their audience.

Real-Time Generation: One of the most remarkable features of NotebookLM is its ability to generate content in real-time. This makes it possible to create

on-demand podcasts that keep up with rapidly evolving events, such as news reports or live commentary.

Potential Applications in Various Industries

The potential applications for NotebookLM podcasts are vast, and they have the ability to transform the way information is consumed across multiple industries:

News and Current Events: Journalists and media outlets can use NotebookLM to produce timely, accurate, and engaging news podcasts. The AI's capacity to quickly synthesize information ensures that listeners are always kept up to date on the latest developments.

Education: The rise of educational podcasts has made learning more accessible, and NotebookLM can enhance this trend. It can generate informative content on a wide range of subjects, from history and science to language learning, making education more engaging and tailored to individual needs.

Entertainment: AI-generated podcasts can entertain listeners with fictional stories, jokes, and even creative narratives. The model can generate plotli-

nes, characters, and dialogue, allowing for endless possibilities in the world of entertainment.

Personalized Content: By analyzing listener preferences, NotebookLM can tailor podcasts to suit individual interests. Whether a listener prefers in-depth political analysis or light-hearted conversations, the AI can craft content to match specific tastes.

Ethical Considerations and Challenges

While the potential of NotebookLM podcasts is immense, it raises important ethical questions. The rapid development of AI-generated content has sparked concerns about the accuracy and integrity of the information being disseminated. In particular, the risk of spreading misinformation or displacing human creators poses significant challenges.

The creators of NotebookLM acknowledge these concerns and stress the importance of responsible usage. As AI-generated content continues to evolve, it will be crucial to establish guidelines and regulations to ensure transparency and accountability in content creation. Protecting the integrity of



creators an opportunity to push the boundaries of creativity and efficiency. Whether it's through educational materials, real-time news reports, or entertainment, AI-generated podcasts have the potential to reach new audiences and offer a fresh perspective on content creation.

Creating Your Own Podcast with NotebookLM: A Step-by-Step Guide

For those eager to explore this new technology, creating a podcast with NotebookLM is a straightforward process. Here's how you can get started:

Define Your Concept: Begin by deciding on the topic, target audience, and format of your podcast. Whether it's a conversational format or a narrative-driven approach, having a clear vision will help guide the content generation.

Generate a Script: Use NotebookLM to create a script or outline. By providing the model with prompts or questions, you can guide the direction of the content and

ensure it aligns with your goals.

Refine and Edit: Once the script is generated, review it to make any necessary edits. This is where you can inject your personal touch or adjust the content to ensure it resonates with your audience.

Convert to Audio: You can then use a text-to-speech tool to convert the script into audio. NotebookLM can also provide suggestions for voices that suit the tone and style of your podcast.

Add Sound Elements: To enhance the listening experience, consider incorporating music, sound effects, or audio transitions that add depth to your content.

Publish and Distribute: Once your podcast is ready, distribute it on platforms like Apple Podcasts, Spotify, or Google Podcasts to reach a wider audience.

As NotebookLM continues to evolve, it promises to bring new opportunities for podcast creators, offering powerful tools to transform ideas into high-quality audio experiences. The future of podcasting is here, and it's powered by AI.

the information and safeguarding the role of human creativity must be prioritized as this new technology gains traction.

Moreover, the potential impact on employment in the media and creative sectors cannot be ignored. As AI takes on more roles traditionally reserved for humans, there may be an inevitable shift in the job market. However, AI could also serve as a tool to enhance human creativity, allowing professionals to focus on more complex tasks while the AI handles repetitive or time-consuming processes.

The Future of Podcasting with AI

NotebookLM podcasts represent a new frontier in the world of digital audio content. With the ability to generate high-quality, engaging, and diverse podcasts, this AI technology could significantly shape the future of media consumption. As with any technological advancement, it's important to strike a balance between embracing innovation and addressing its broader social and ethical implications.

As AI continues to integrate into everyday life, NotebookLM offers content

AI

The best AI is yet to be decided



In the rapidly evolving landscape of artificial intelligence, a handful of models have emerged as frontrunners in the race to create the most capable and versatile AI assistants. GPT-3.5, GPT-4, GPT-4.0, Gemini Pro, Monica, and Claude 3.5 are all vying for the top spot, each with its own strengths and weaknesses.

As the AI industry continues to advance at breakneck speed, the question of

which model reigns supreme remains open for debate.

GPT-3.5 and GPT-4, developed by OpenAI, have garnered significant attention for their impressive natural language processing capabilities. GPT-3.5 offers a good balance of performance and cost-effectiveness, making it accessible to a wider range of users. GPT-4, on the other hand, boasts enhanced reasoning abilities and improved context understanding, but comes with a heftier price tag.

Google's Gemini Pro has entered the fray with promising multimodal capabilities, able to process and

ability to engage in more nuanced, emotionally aware dialogues sets it apart.

Claude 3.5, developed by Anthropic, has gained recognition for its strong emphasis on safety and ethical considerations. With built-in safeguards and a commitment to responsible AI development, Claude 3.5 appeals to users who prioritize trustworthiness and ethical alignment in their AI interactions.

As these models continue to evolve, their relative strengths and weaknesses shift. GPT-4.0, for instance, promises even greater capabilities than its predecessor, but details remain scarce.

generate both text and images. This versatility gives it an edge in certain applications, particularly those requiring visual understanding alongside language processing.

The rapid pace of development means that today's leader could be overtaken by tomorrow's innovation. Each model presents its own set of advantages and drawbacks. While some excel in raw processing power and breadth of knowledge, others shine in specific domains or in their approach to user interaction.

Monica, a lesser-known contender, has carved out a niche for itself with its focus on emotional intelligence and empathy in conversations. While it may not match the raw processing power of some competitors, its

As researchers push the boundaries of what's possible in AI, we can expect to see even more powerful and sophisticated models emerge. The competition between these AI giants drives innovation, pushing each to improve and differentiate itself from the pack.

For now, the crown of "best AI" remains unclaimed, with each model offering its own unique contribution to the field. As these technologies continue to advance, users and developers alike will need to carefully consider their specific requirements and ethical considerations when choosing an AI model.

The AI landscape is far from settled, and the best may indeed be yet to come. As we stand on the cusp of even greater breakthroughs in artificial intelligence, one thing is certain: the race to create the ultimate AI assistant is far from over.

AI

20 Everyday Abbreviations You Need to Know (and Maybe a Few You Don't)



Abbreviations are everywhere these days. From texting acronyms to technical jargon, those handy 3-letter (and sometimes longer) combos can be confusing if you're not in the know. But fear not, fellow abbreviation adventurer! This article will equip you with the knowledge to decipher 20 of the most common abbreviations you'll encounter in everyday life.

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:**** As Soon As Possible (Lights a fire under someone... nicely)

6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positi-

oning System (Helps you navigate the world)

16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

This is just a taste of the abbreviation world, but with these 20 under your belt, you'll be well on your way to deciphering the everyday lingo, from casual texts to technical documents. So, the next time you see an abbreviation that leaves you scratching your head, remember this list and keep on exploring

the wonderful world of shorthand communication!

Wasa Daily

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Ostrobothnia region

The magazine contains quotations from old daily newspapers taken from the National Archives (digi.kansalliskirjasto.fi). GPT3, Gemini and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts.

Wasa Daily is a daily newspaper type publication, so far it is published on Sunday mornings. But our goal is for it to come out every morning in the future.

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

The magazine is locally owned and will remain so. For ever!

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Email: wasadagblad@gmail.com

What is this house?



Last weeks house:
Loftet

Photo Scape

Those who know a little more are those who read Wasa Daily

...drottningens
drottningens
konsek-
sioner för Finland un-
der de kommande 50
årer.

**Kärlfestival
den här
vecka!**

Republiken president
Alexander Stubb i Vaasa
27.4.2024

...den som
...kill You first

Kalevaspeleinen i Vaasa
27-30.6.2024

Kremlin gör narr av sina
motsståndare - 1939
liksom nu

...
vpress.se

...press.
Grunden för
lycka och de-
mokrati

...drottningens
drottningens
konsek-
sioner för Finland un-
der de kommande 50
årer.

**KÖR-
FESTIVALEN**

...
vpress.se

Sinebrychhoff
konstmuseum

Kremlin gör narr av sina
motsståndare - 1939
liksom nu

...bräddskande at-
gärder

**Pain-maja, en
Pörtomdiktare**

...
vpress.se

PUCCINI'S
"TOSCA" KOM-
MER TILL VASA
I JANUARI

...
vpress.se

Kremlin gör narr av sina
motsståndare - 1939
liksom nu

Wasa Dagblad
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**Sinebrychhoffin
taidemuseo**

**Sinebrychhoffin
konstmuseum**

**Sinebrychhoff
Art Museum**

Wasa Dagblad
Wasa Daily
Wasa Dagblad
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**Pörtom kyrka
Pirttikylän kirkko
The Church in Pörtom**

WASAAN PÄIVÄLEHTI
Wasa Daily
Wasa Dagblad
Photo Supplement

**Ihana kuofestivaali
tulossa!**

Tasavallan pre-
sidentti Alexan-
der Stubb Vaa-
sassa 27.4.24

Jeff Goodell:
The Heat will
kill You first

Kaleva kilpailut
VAASASSA 27-
30.6

**Hylkeenpyynti
Raippaluodossa
1895**

Jussi Adler-Ol-
sen

Venäjän omi-
tuinen diplomaattinen
kieli

...
vpress.se

WASAAN PÄIVÄLEHTI
Wasa Daily
Wasa Dagblad
Photo Supplement

**Hylkeenpyynti
Raippaluodossa
1895**

...
vpress.se

**NAISTEN ÄÄNI-
elämäkerrätarjasto**

**NAISTEN ÄÄNI-
elämäkerrätarjasto**

**NAISTEN ÄÄNI-
elämäkerrätarjasto**

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WASAAN PÄIVÄLEHTI
Wasa Daily
Wasa Dagblad
Photo Supplement

**NAISTEN ÄÄNI-
elämäkerrätarjasto**

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elämäkerrätarjasto**

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**Mystical green
giants in the La-
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Helsinki**

Mystical East in Ika-
noja
All EU-candidates

**Puccini's "Tosca" is
coming to Vaasa**

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The Kremlin mocks
its opponents

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**What a
wonderful
first week
we have
ahead of
us! - Vaasa
Choir Festi-
val 2024 9-
11.8.2024**

Cycling Week in
Vaasa this week

Climate Change's
Profound Impact
on Finland

Kaleva Games in Vaasa
27-30.6

Jussi Adler-Ol-
sen

**Hylkeenpyynti
Raippaluodossa
1895**

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Venäjän omi-
tuinen diplomaattinen
kieli

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**CHOR
FESTIVAL**

**A Free Place:
The Hedrick of
Happiness and
Humoracy**

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**Eero Järnefelt
(1863-1937)**

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**I K Inha (1865-1930)
I Replot 1895
Raippaluodossa 1895**

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Wasa Daily
Wasa Dagblad
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Tasavallan pre-
sidentti Alexan-
der Stubb Vaa-
sassa 27.4.24

Jeff Goodell:
The Heat will
kill You first

Kaleva kilpailut
VAASASSA 27-
30.6

Jussi Adler-Ol-
sen

Vaasaan istu-
teliaan 70 000
pöytä

**Hylkeenpyynti
Raippaluodossa
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Venäjän omi-
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Wasa Dagblad
Photo Supplement

Finland's pre-
sident Alexander
Stubb
in Vaasa
27.4.2024

Vaasa War
Museum is
open today
12-14

A free for everyone in
Vaasa

ROAD CHURCHES
The Kremlin mocks
its opponents

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HOROSCOPE FOR NOVEMBER 2024

November Horoscope: What's Written in the Stars?

Aries (March 21–April 19): Your enthusiasm will hit an all-time high this month, Aries! But beware: not everyone is ready for your energy before their third cup of coffee. Channel that passion into something productive, like reorganizing your sock drawer. Hey, it's the little victories!

Taurus (April 20–May 20): November brings you a cozy vibe, Taurus. You'll feel an irresistible urge to cocoon yourself in blankets and binge-watch your favorite shows. Productivity? Overrated. Comfort? Essential. Don't let anyone tell you otherwise.

Gemini (May 21–June 20): You'll be juggling more tasks than a circus performer this month, Gemini. Multitasking is your superpower, but remember: responding to emails while doing yoga is how things get weird. Take a breath—or five.

Cancer (June 21–July 22): This November, your emotions will be as unpredictable as the weather. One moment you're ready to hibernate, the next you're planning a spontaneous road trip. The good news? Your friends already know they're in for a rollercoaster—so just enjoy the ride.

Leo (July 23–August 22): You're feeling extra fabulous this month, Leo! Strut your stuff like every sidewalk is a runway, but don't be surprised if you trip over your own feet once in a while. It's all part of the charm. Just remember, confidence can get you out of almost anything!

Virgo (August 23–September 22): November is all about organizing, Virgo. You'll get a kick out of color-coding your life down to the last detail. But don't go overboard—your friends may not appreciate it when you start alphabetizing their kitchen spices.

Libra (September 23–October 22): You'll be the diplomat of the group this month, Libra. Everyone will turn to you to settle disputes, from dinner plans to who gets the last slice of pizza. Just don't overdo it—you deserve that pizza slice, too!

Scorpio (October 23–November 21): It's your season, Scorpio, and you're feeling mysterious and magnetic. You might be tempted to brood a little, but don't forget: even you need to laugh sometimes. Embrace your inner comedian—you're funnier than you think!

Sagittarius (November 22–December 21): Adventure calls, Sagittarius! But before you go booking a last-minute trip to a distant land, maybe start with clea-

ning out your fridge. That expired yogurt won't survive until your return, but your wanderlust will!

Capricorn (December 22–January 19): You're in work mode, Capricorn, but don't let the grind get you down. Remember, even superheroes take breaks (and look good doing it). So grab a cup of tea, put your feet up, and let the world handle itself for a few minutes.

Aquarius (January 20–February 18): You're brimming with ideas this month, Aquarius, and your genius will be hard to contain. Just make sure your friends are ready for your next big invention—it might involve more cardboard and glitter than they anticipated.

Pisces (February 19–March 20): Dreamy and creative as always, Pisces, you'll find yourself drifting into day-dreams mid-conversation. Don't worry if you forget what someone was saying—you were probably coming up with your next masterpiece. Just nod and smile; it works every time!

Happy November, and remember: even the stars can't predict when you'll finally stop hitting snooze!



NEWS 100 YEARS AGO



Sunday, 27 October 1924

This is a fictional daily newspaper that contains completely authentic news from exactly 100 years ago with the aim of giving the reader an idea of what everyday life

Financial difficulties get tangled. Colonel Jernström was called from Stockholm. The reasons for the travel ban must be clarified.

Some time ago, the press mentioned the purchase and sale of the present Reichstag house "Heimola", Regeringsgatan 15, which he, together with other estates, transferred through an intermediary to J. Piipanoja, the peasant of St. Petersburg. Marie and she instead bought the Kårsämäki farm and a bricklayer from the said parish. However, Colonel Jernström later ran into financial difficulties and took steps to sell the Kårsämäki manor, which has now also returned to its former owner, Piipanoja. In August, Colonel J. applied to the person concerned for appointment to the Stockholm Military Academy and, after this application was accepted, he left some time ago for Sverige. However, due to Colonel Jernström's affairs, the civilian authorities imposed

a travel ban. By the time this had to be done, Colonel J. had already left. On request, Nya Tidningen has received information from the Minister of Defence, L. M. Almberg, that Colonel Jernström has been summoned by telegram from Stockholm and has already returned to clarify the matter, which is possibly unclear.

Plane crash of the day. Army plane crashes in Sandhamn. Three pilots were injured, the plane was completely destroyed.

On Saturday, according to Lieutenant Miettinen's company, what happened Nya Tidningen experienced another plane crash in our Air Force. Of the assault, journalists received the following messages when calling the Air Force; An army aircraft flown by Corporal Sipilä. collided between Kungsholm and Sandhamn and was thus completely destroyed. As a scout mechanic, Sergeant

Hoine. In the autumn, Sergeant Hoine's arm was broken. Corporal Sipilä was wounded in the head and Lieutenant Miettinen suffered contusions to his head. The Air Force Emergency Service stated that the cause of the accident was engine damage

Agi Niska works in Sweden? The "Liquor King" causes concern in Stockholm.

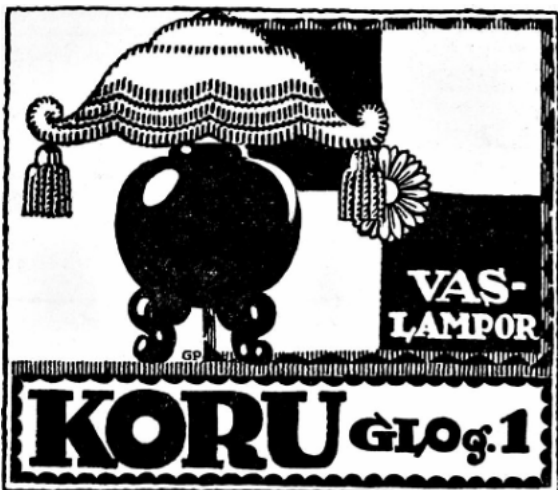
STOCKHOLM 19 October In Sweden, there is reportedly a well-known liquor driver in Helsinki, Algot Niska, who is also called the "liquor smuggling king". The Stockholm police say that if he ended up in Sweden without a passport, there is nothing to stop the police from taking care of the man and sending him back to his country. But he may also have come to Sweden with a false passport and a false name, and then it will be pure coincidence if he gets caught. With his always shown unabsoluteness, he can probably stay away.

To guarantee world peace

The League of Nations can leave the question of peace, with which it is by no means satisfied, and deal with something more useful. The question of peace is clear. Professor Henry Prall Fairchild of New York University has kindly arranged the steak. The professor has found an absolutely sure way to prevent war, and the way is to control fertility. Wars break out because of overpopulation. Over the past hundred years, the world's population has grown from 700 million to 1 700 million, and the consequences are being felt. Now the

professor insists that every country regulates its population through sensible measures. Thus, the beginning and cause of war are out of the world, and eternal peace is guaranteed. The professor does not specify what reasonable measures should be taken, but it can be imagined that the task of the Statistics Office is to make proposals each year to the k.m. on the number of children to be born the following year. When the government approved the proposal, a notice of distribution was sent by mail to all families in the country. Illegitimate children

must not exist, and if they come into the world, they are considered unborn and entered in the accounts so as not to spoil the statistics. You can also imagine a small touching family scene: - Mother, says the only child - Gustav Adolf, I have no one to play with. Can't I have a little brother for his birthday? - No, my son, Statistics Finland does not allow it. - But why then? - Because it would endanger world peace. Little Gustav goes away and weeps bitterly as a healthy hatred for statistics begins to grow in his young soul.



UUDEN FORD FORDOR SEDANIN VIIMEISISTÄ PARANNuksista ovat erittäin huomattavat vaunun vakinaisiin varusteihin kuuluvat peräpellit, tuulilasin kuivaaja ja kojelaudan valaisemiseksi lamppu, joka samalla tarkistaa takakalvydyn toimintaa. Päällystys on nykyään sinisestä verasta. Takakokkunoissa on samanväriset silkkikuutimet. Takimmaisissa ovissa on suuret ja avarat taskut. Edessä torpedon alla löytyy tasku kartoja y. m. varten. Huolimatta näistä parannuksista ei uusi Ford Fordor Sedan ole entisestään kalliimpi, vaan maksaa edelleen

Smk. 38,425:—

fob Helsinki. Rahti ostajan paikkakunnalle erikseen.

Tuberculosis in Finland and the way it is combated.

9,000 people die here annually from tuberculosis, mostly in Vaasa County; Lung disease is increasing in Finland, while it is decreasing in Scandinavia.

Report of the Tuberculosis Committee.

On April 20, 1922, at the request of the 25th general meeting of the Finnish Medical Society, the government appointed a committee with the task of comprehensively preparing the question of the fight against tuberculosis in the country and to make complete proposals regarding the measures necessary for this purpose and their implementation. The first town physician in Wasa, Prof. would, was appointed as a member of this committee. Backman, chairman, and the mill and municipal physician, Dr. Tord Dreijer and the dispensary physician, Dr. S e v e r i S a v o n e n, members. The committee, which in its work as experts has engaged Dr. Axel von Bonsdorff, Prof. O. von Hellens, Prof. Onni Tarjanne and the architect Axel Mörne, submitted its report to the government some time ago. Since this report has recently been published in print, *Arbetarbladet* has the opportunity to report the following interesting information from it.

Tuberculosis in Finland is a devastating real disease.

Tuberculosis appears in Finland as a very devastating real disease. From pulmonary tuberculosis alone or pulmonary disease there are currently about 45,000 people in our country. Approximately 7,500 people die annually from lung disease and about 1,500 people from other tuberculosis. Of all deaths that occur at the most working age, between 15 and 60 years, as many as 40.6% are caused by pneumonia. The number of deaths annually from pneumonia in the ages of 15 to 60 was in the years 1911-20 on average in the cities 33 and in the countryside 31, calculated on 10,000 living in the mentioned age group. The last mentioned figure was highest in Vaasa County, namely 37, and lowest in Mikkeli County, 18. If we compare the time periods

1883-1897 and 1911-1920, we find that

Lung mortality in the 15-60 age group has declined in cities (from 35 to 33 per 10,000 live populations), but increased in rural areas from 28 to 31). The incidence of lung disease throughout the country has thus increased. At the same time, lung mortality in many other countries, including the whole of Scandinavia, has been noticeably reduced. And yet, 30 years ago, the lung mortality rate in the Scandinavian countries was still almost as high as in Sweden. In Denmark, it has come so far that in 1921 the lung mortality there has fallen to 7.2, calculated on 10,000 living persons.

From the point of view of the national economy, the soot of the lungs in our country means a loss of 500 million marks every year, according to the simplest estimates.

The preventive work is put by the committee in the first place. In drawing up proposals for measures against tuberculosis, the Committee places the preventive work at the forefront and in this connection attaches the main importance to the protection of young children against tuberculosis infection, partly because children are most susceptible to this infection, and partly because the vast majority of cases of tuberculosis, even in adulthood, are the result of severe infection contracted in early childhood. The actual preventive work should be carried out primarily in the homes in which this disease is present

With regard to the practical organization of tuberculosis prevention, the Committee proposes that physician-led dispensaries should be established in the cities as centers of this work, such as already exist in several cities. Cities should also establish a sufficient number of health care facilities for people suffering from tuberculosis.

In rural areas, the Committee proposes the establishment of special tuberculosis dispensary districts, in which doctors and ambulatory nurses employed for this purpose would carry out preventive work. Three such dispensary districts are already operating in Finland. The population of the dispensary districts would vary between 40,000 and 100,000, and two new districts would be established each year, beginning in those districts where tuberculosis is most prevalent. In each district, a pneumonia sanatorium with about 30 beds and an orphanage for about 30 inmates for healthy children from tuberculous homes were to be built. The entire preventive tuberculosis work carried out in the countryside was to be directed by the Association for the Prevention of Tuberculosis, to which the state was to grant the necessary funds for this purpose.

Crying shortage of sanatorium places; New people's sanatoriums should be built.

In our country there are at present about 1,020 hospital beds for people with lung disease. In total, about 7,500 such places would be needed. In order to obtain new hospital beds, the Committee proposes that in addition to the sanatoriums which would be established in connection with the dispensary districts, during the next ten years 4 people's sanatoriums should be built with state funds, each with 150 hospital beds, the operation of which would also be paid for by state funds. These sanatoriums would be located in South Ostrobothnia, North Ostrobothnia, in the Kuopio region and in southern Finland in the area of Hyvinkää. The sanatoriums should have plenty of free places, e.g. half of the total number, and for the other places the daily fee should be set low, e.g. 15 mk. In our country there are currently several thousand so-called surgi-

cal tuberculosis and scrofulosis sufferers who are in need of institutional care. For these, there are now or will be established a total of about 210 places. The required number of such beds is about 2,000. In order to reduce this deficiency, the Committee proposes that two annexes with about 30 beds should be established annually in conjunction with county and general hospitals, and that in addition to this a sanatorium consisting of 100 beds for those suffering from these diseases should be built in the near future.

A tuberculosis regulation should be issued; disinfection and compulsion.

Among other measures, the Committee places the issue of a special Tuberculosis Ordinance, which would stipulate, among other things, the obligation to disinfect and the obligation for doctors to report cases of tuberculosis confirmed by them. Furthermore, the committee proposes, among other things, that a new medical council office should be established at the National Board of Medicine, whose holder would be responsible for leading the part of the work against tuberculosis that comes from the state; that a teaching position in pulmonary diseases should be established at the university's Faculty of Medicine; that suitable courses for ambulatory tuberculosis nurses should be arranged; that measures should be taken for the training of disinfectors; that the necessary funds for the fight against bovine tuberculosis should be granted; that measures should be taken to develop and improve information activities on tuberculosis and health care in general, as well as in particular on housing hygiene, home management and household finances; that greater attention should be paid than before to the improvement of the health care of primary school child-

ren, especially through the promotion of school kitchen and school medical institutions; and that the teaching of

health education in elementary schools was to be improved.

Costs; from 10 to 35 million. a year for 10 years.

Finally, the Committee has made calculations of the costs which the implementation of the Committee's proposals would incur to the State during the next ten years. The calculation takes up 15 million marks for the first year, and then for each year a little more, so that in the tenth year nearly 35 million were to be used for the purpose. Mk. These amounts may at first glance seem high. But if we look at tuberculosis in the light of the devastation it causes, if we consider its national and economic importance for our country, if we pay attention to the fact that there are no signs that the disease is on the decline, and if we also consider how large sums of money are spent in other countries to combat tuberculosis, it must be admitted that the sums proposed by the committee are relatively modest. If the program proposed by the committee were to be realized, after 10 years in our country tuberculosis work would be under way in 23 dispensary districts; For people with pneumonia there would be about 2,700 beds and for people suffering from so-called surgical tuberculosis and scrofulosis about 900 beds, and in addition there were orphanages with about 600 places for healthy children from tuberculous homes.

Then the situation would be completely different from now.

HUMOUR ONE HUNDRED YEARS AGO

MR WEST

A well-known joker once came in company into a restaurant, where he saw a familiar gentleman named Wester sitting drinking toddy.

"Listen, Wester," he exclaimed, "can you tell me what is the resemblance between the sun and a toddy?"

"No", he replied.

"Well, both go down in the west," was the answer.

WHERE THE CHILDREN COME FROM

There was a group of three flamboyantly dressed very little girls, with barks and ribbons and precious toys and neighbor dolls, and near them was playing on the sand a poor little girl of about the same age, scantily clad and with a home-made primitive doll in her arms. The three fine children discussed the interesting question of where they came from, which proved a highly interesting topic for toddler speculation.

— I come from a rose, mother said, uttered one of the little living dolls.

— And me again, interjected No. 2, I must have come from a head of cabbage.

"I, yes I was picked up by a stork," said number three.

Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantily clad girl child, and said nobly:

— And you, there, where did you come from?

— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to

make their children themselves.

DAMN LUCK

— Hello, my lord, cried the energetic flower seller, buy some flowers for your darling.

- I have no sweetheart, said the young man.

- Then buy some flowers for your wife.

— I have no wife.

— Well, lucky cheese, then buy some flowers to celebrate your damn luck.

THE CUCKOO

The teacher (who told about the cuckoo):

— Well, what is it in the main that you now know about the cuckoo?' Student:

— It does not lay its own eggs.

Astronomical image of the week:



Euclid's view of the Horsehead Nebula - zoom 2
ESA25180614.jpg

This is a cutout from Euclid's full view of the Horsehead Nebula is the resolution of the NISP instrument.

The full view of the Horsehead Nebula at the highest definition (VIS resolution) can be explored on ESASky.

Read more about Euclid's view of the Horsehead Nebula

ESA/Euclid/Euclid Consortium/NASA image processing by J.-C. Cuillandre (CEA Paris-Saclay) G. Anselmi

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NEXT WEEK:



From our readers

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to: wasadagblad@gmail-com

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