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Independence

HERE WE ARE:

vpress.ovh

TODAY

December 7th, 1941 – The Day Canada Declared War Against Finland

The year 1941 was one of the most pivotal in modern history, as World War II escalated to a truly global conflict. For Finland, December 7th marked an especially surreal moment: just one day after celebrating its 24th Independence Day, the country found itself officially at war with Canada, a nation that otherwise seemed distant in geography, culture, and geopolitical concerns. This seemingly improbable turn of events is a fascinating intersection of global strategy, shifting alliances, and historical irony.

Background: Finland's Role in the Second World War
Finland's involvement in World War II was complicated and driven largely by its precarious geographic position between two major powers: the Soviet Union and Nazi Germany. The 1939 Soviet invasion of Finland, known as the Winter War, resulted in a bitterly fought conflict where Finland lost territory but preserved its independence. The peace treaty signed in March 1940 left Finland deeply wary of Soviet intentions, prompting it to seek support elsewhere.

By 1941, Finland found itself aligned with Germany in what became known as the Continuation War. After Germany launched Operation Barbarossa, its invasion of the Soviet Union, Finland joined the offensive in an effort to reclaim lost territories

and secure its borders. While Finland did not see itself as an ally of Nazi Germany in ideological terms, their shared opposition to the Soviet Union forged a pragmatic military partnership.

December 7, 1941: A Global Turning Point

On December 7, 1941, three major events unfolded that profoundly shaped the war:

Japan Attacked Pearl Harbor: Japan's surprise attack on the U.S. naval base at Pearl Harbor brought the United States into World War II. The attack shattered American isolationism, creating a domino effect that quickly expanded the war to new theaters.

The German Offensive on Moscow Stalled: In the East, Hitler's ambitions to conquer the Soviet capital faltered. After months of rapid advances, German troops found themselves bogged down in freezing conditions, suffering enormous casualties and logistical failures. The Soviet counteroffensive began to push the Germans back, marking the beginning of a painful and inevitable German retreat.

Canada Declared War on Finland: Amid these dramatic events, Canada, following the lead of Britain and the Allied powers, declared war on Finland. This decision placed Finland, a nation with no direct conflict or animosity toward Canada, in an official state of war with the Western Allies.

Why Did Canada Declare War on Finland?
Canada's declaration of war against Finland was not a reflection of any specific hostility toward the Finnish people but was a byproduct of Finland's alignment with Nazi Germany. The Allied powers, led by Britain, viewed the Continuation War as part of Germany's broader campaign against the Soviet Union.

When Britain declared war on Finland on December 6, 1941—Finland's Independence Day—it set off a chain reaction among the Commonwealth nations, including Canada. The declarations were largely symbolic, intended to demonstrate Allied unity against Axis-aligned nations, rather than a prelude to active military engagement.

Finland's Perspective

For Finland, this declaration of war by Canada and other Allied nations was a bitter pill to swallow. Finland had never considered itself an Axis power in the ideological sense. Its primary goal was the recovery of territories lost in the Winter War and the preservation of its independence. Finnish leaders emphasized that their partnership with Germany was one of necessity rather than shared values.

The irony of being declared an enemy by Canada—a country with no direct stake in Finland's conflict—highlighted the complex realities of World War II alliances. Despite these declarations, Finland's war efforts remained focused on the Eastern Front, and there was no significant military action between Finland and Canada.

The Aftermath of December 1941

The events of December 1941 marked a turning point for all nations involved:

For Finland: The Continuation War dragged on until 1944, by which time Germany's defeat was becoming inevitable. Finland was forced to seek peace with the Soviet Union, which demanded harsh reparations and a shift in Finnish foreign policy. Despite these challenges, Finland maintained its independence, avoiding Soviet occupation.

For Canada and the Allies: The war declarations against Finland, Hungary, and Romania were largely

symbolic but underscored the Allies' commitment to a unified front against Axis-aligned nations. Canada's focus remained on the European and Pacific theaters, where its contributions were significant.

For the World: The attack on Pearl Harbor transformed World War II into a truly global conflict, with the United States joining the fight against the Axis powers. Meanwhile, the Soviet victory outside Moscow marked the beginning of a long and bloody push-back against German forces, ultimately culminating in the fall of Berlin in 1945.

Historical Ironies and Lessons

The surreal juxtaposition of Finland's Independence Day celebrations and Canada's war declaration underscores the unintended consequences of wartime alliances. Finland, a small

nation fighting for its survival, found itself entangled in a conflict far larger than its own borders, its actions interpreted through the lens of global power struggles.

Today, the war declarations of December 7, 1941, are largely a historical footnote, remembered more for their symbolic significance than for any direct military engagement. Yet they serve as a reminder of how interconnected and complex global conflicts can become, with nations drawn into wars not of their making.

For Finland, the events of World War II solidified its identity as a resilient and fiercely independent nation, while for Canada, the declaration of war against Finland exemplified its commitment to the Allied cause, even when the decisions were dictated by global strategy rather than bilateral disputes.

Photo Supplement



Cover picture: Town Hall

Photo Supplement - vpress.ovh

NEWS



Vaasa Museums in 2025: Local, Nordic and naïve art

Next year, the Kuntsi Museum of Modern Art, the Museum of Ostrobothnia and the Tikanoja Art Home will feature seven new temporary exhibitions and a travelling exhibition in the region. The programme is characterised by a local and Nordic focus on contemporary art. The focus is on Finnish illustration, and the exhibition features works by current illustrators. In the summer, naïve art is on display, and the autumn season begins with an extensive solo exhibition by the living legend of the art world, Jan Olof Mallander.

The 2025 exhibition season will begin with Ulrika Ferm's solo exhibition at the Kunt-

si Museum of Modern Art. In her latest drawings, Ferm has depicted cloud views seen from her study, and in previous video works she has explored Irish fog and Armenian weather metaphors, among other things.

Ferm has been active in contemporary art in Vaasa since the early 2000s, and she has been one of the founders of the art association Platform. In addition to Finnish contemporary art, she has also worked internationally and served as a professor at the Academy of Fine Arts at the University of the Arts Helsinki from 2013 to 2020. The exhibition is organised in cooperation with the Vaasa

Museums and the Pro Artibus Art Foundation.

At the same time, the Elements group exhibition will be on display at the Kuntsi Museum of Modern Art. The exhibition is linked to Ulrika Ferm, who together with Riikka Stewen, Professor of Art History and Theory, will hold the Elements and Energy course in 2024–2025 at the Academy of Fine Arts in Helsinki. The exhibition features works by alumni of the Academy of Fine Arts, such as Shoji Kato, Astri Laitinen and Kati Roover, as well as works by current art students.

The exhibition is organised in collaboration with the Academy of Fine Arts Helsinki

and the Pro Artibus Art Foundation. One of the later focus areas is regional projects in Ostrobothnia in 2024–2025. Ferm is currently working in the Pro Artibus Foundation's three-year residency in Vaasa.

Naïve art for the summer

The Museum of Ostrobothnia displays works by the Vaasa-born artist Inkeri Julkunen (1935–2017). Naivism as an art direction has not been shown in Vaasa's museums before. Julkunen is one of Finland's earliest naïve painters, who started out as a self-taught painter in the 1970s. The exhibition shows her work from the 1970s to the 1990s in the form of oil and acrylic pain-

tings as well as some three-dimensional works.

Julkunen often depicted her immediate environment, and her works include many familiar Vasa views and Karperö landscapes. The paintings have a warm atmosphere, as Julkunen depicts people going about their everyday chores, playing happy games or enjoying a hot summer's day. Animals also play a central role in Julkunen's production. Her works show the artistic freedom and a humorous tone typical of naivism. The exhibition is produced by the Vaasa Museums and curated by curator Janna Sirén.

Extensive exhibition of the living legend of

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in the Sundom archipelago

the Finnish art world. In the autumn, the Kuntsi Museum of Modern Art will open a solo exhibition, *Extended Play*, by the living legend of the Finnish art world, Jan-Olof Mallander. The extensive exhibition showcases the multifaceted career of artists, art critics, gallerists and art collectors, who have been a central part of the development of Finnish avant-garde and conceptual art since the 1960s.

The key work in the exhibition, *Extended Play* (1968), belongs to Swanlung's collection and is a classic in conceptual art. The sound artwork reflects the political atmosphere of the era. The exhibition also depicts Mallander's role as an art critic and his importance in the field of art, especially as the founder of the artist group *Høstemännerna* in the 1970s.

In addition to Mallander's own artistic production, there is also a selection of works from his art collection of almost 300 works by both international and Finnish artists. The collection has arisen as a result of Mallander's interest in

Eastern religions and philosophy and as part of his own spiritual development. The exhibition is produced by the Vaasa Museums and curated by Exhibition Director Maaria Salo in collaboration with the artist.

Contemporary illustrator at Tikanoja Art Home

The group exhibition *I Am Not Afraid* in Tikanoja's Art Home takes the viewer into the many worlds of contemporary illustration art. The exhibition deals with the theme of human development in today's world, especially from the point of view of children and young people. The exhibition is seen on two floors and brings together well-known and award-winning children's book illustrators, such as Satu Kettunen and Jenny Lucander. The exhibition also features cartoonists Riina Tanskanen and Juliana Hyrri, illustrator Saara Obele and visual artist Janna Lindfors. The works combine traditional forms of illustration, such as drawings and paintings, as well as animations and site-specific installations that offer multisensory

experiences. The exhibition invites museum visitors of all ages to dive into the world of children and young people, which revolves around both popular culture and current phenomena. The exhibition is produced by the Vaasa Museums and curated by curator Noora Lehtovuori.

At the same time, Frithjof Tikanoja's (1877–1964) group exhibition *Still Days, Glowing Colours*, which offers samples from Tikanoja's collection, will be opened. Tikanoja was a businessman from Vaasa who was influential in culture and collected works of art by famous artists. His collection of over a thousand works includes significant works by French and Finnish artists, among others. Frithjof Tikanoja's own favourite was Jean-François Millet's evocative work *Shepherds by the Campfire* (1849). Henri Matisse's work *Sculpture et vase de lierre* (1916–1917) reflects the diverse collection, Victor Westerholm's and Maria Wiik's intimate interior paintings tell of the beauty of everyday life, and William Lönnberg's *Strykerska* (1920) radiates warmth.

Contemporary Northern Landscapes

The exhibition *Lay of(f) the Land – Nordic Narratives* is on display in the Museum of Ostrobothnia. The artist group *Art Alliance of Arctic South* consists of artists working in Finland, Sweden and Norway: Dragos Alexandrescu (RO/FI), Linnéa Therese Dimitriou (SE), Heidi-Anett Haugen

(NO), Hanna Kanto (FI), Lotta Lampa (SE), Patricia Rodas (FI), Anastasia Savinova (RU/SE) and Madelaine Sillfors (SE).

The artists are united by a common interest in contemporary northern places and conditions that are constantly changing. The synergy is shaped by the artists' deep-rooted relationship with nature and the site-specific view of environmental and cultural issues. The vast northern landscapes concretize themes such as colonization, both literally and figuratively, as well as ecological destruction and its eternal process of mourning and recovery.

The artists offer a special and personal perspective on global socio-economic challenges and the current climate crisis, as their approach is the northern periphery, far from the traditional art centres. The artists have been working together since 2019. The exhibition shows their works in various formats, including paintings, sculptures, sculptural objects, photographic art, video art, collages and installations.

Travelling exhibition of the Vasa Sisters' production

The *Lundgren Sisters' Ostrobothnia* is a small-scale travelling exhibition that shows works by three sisters from Vaasa. The Vasa sisters Ebba Lundgren (1844–1926), Ellen Lundgren (1860–1953) and Eva Lundgren (1863–1947) are relatively unknown, but their production is quite extensive. It

mainly depicts Ostrobothnian shorelines and rural landscapes. The sisters' works have been exhibited in an extensive art exhibition at the Museum of Ostrobothnia since the 1990s. For the touring exhibition, 13 works have been selected that are reproductions of the original works. The exhibition will be on display in six municipalities in Ostrobothnia in 2025. The exhibition has been produced by Vaasa Museums, which serves as a regional museum in Ostrobothnia, and curated by curator Silvia Rinne.

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

The Wellbeing Services County of Ostrobothnia warns:

Drug patches containing opioids are associated with a significant risk of overdose

The Finnish Medicines Agency Fimea warns of a life-threatening risk of overdose with opioid patches if the opioid patch is exposed to external heat. Over the past ten years, Fimea has become aware of five cases in which a patch containing fentanyl has caused poisoning deaths in connection



with sauna bathing.

Exposure of opioid drug patches to external heat can increase the level of drugs administered through the skin in the blood, and this can lead to fatal poisoning. The application site of opioid-containing medication patches must not be exposed to an external heat source, such as saunas, heat lamps and prolonged hot baths. High fever can also increase the absorption of the drug and therefore it is important to treat high fever.

Opioids are morphine-like, strong, painkillers. Patches are sold under the following names, among others: buprenorphine; Norspan®, Buprenorphine®, Fentanyl: Matrifen®, Durogesic®, and Fentanyl®. Medication patches are used by hundreds of residents of Ostrobothnia, such as the elderly and cancer patients, to treat severe cancer pain.

"Other situations may also be associated with a risk of overdose. These include situations where several medication patches have been accidentally applied to the skin at the same time, or where a medication patch has accidentally

fallen within the reach of children or pets," recalls Heli Ylihärstilä, a specialist in anaesthesiology and familiar with pain management.

There is also a risk of overdose if the drug patch is damaged when the package is opened with scissors. A damaged patch releases drugs too quickly. Or if the drug patch has been applied to a damaged area of skin. The medication patch applied to the skin should be intact. Under no circumstances should pharmaceutical patches be cut or halved.

"When used correctly, the drug patch is a safe form of pain treatment. Read the package leaflet carefully for the product. The doctor may also prescribe that the product be used in a way that deviates from the instructions in the package leaflet. Then make sure that you have understood the instructions you have been given. If necessary, contact your treating physician or treatment unit if you have any questions related to medication. You can also ask for advice at the pharmacy, says Ylihärstilä.

Pharmaceutical patches belong to phar-

Viikon taide-elämys:



Fanny Churberg

12.12.1845 in Vaasa - 10.5.1892 in Helsinki
Vinter landscape 1860-1869

maceutical waste that must be taken to the pharmacy

When changing the patch, the old patch should always be removed before a new patch is applied. It is advisable to schedule the patch change to be a bath or sauna day. The patch should be removed before sauna or bathing, and a new patch should be applied to the skin after washing.

It is important to note that the medication is still stored in the skin after the patch has been removed and that it will be released into the bloodstream for several more hours.

**They, who know
a little more
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Wartime works on display in Vähäkyrö

his parents and the objects he collected, and their history.

Photo exhibition coming in January



Where and when was the cleaning work carried out? What did cleaning mean to its workers during the war? Seppo Rapo will give a lecture on wartime cleaning in Vähäkyrö on 10.12.

It was the post-offensive period of the Continuation War in 1941-1942. Defense matters and accommodation were ready and vacations were rolling. Some remained in service. It was a long time. Cleaning work began. What is the significance and value of these artifacts and related stories for depositors and custodians today?

At the event, which is open to everyone and free of charge, Seppo Rapo from Vaasa will tell stories he heard from his father about the cleaning work done during the war. He also presents both the items he inherited from

Rapo has long done significant work for the benefit of Karelian culture. Rapo's picture collection includes approximately 7,000 photographs of the ceded Karelia, and his book collection is one of the largest Karelian-themed book collections owned by private individuals in Finland.

In addition to his presentation about wartime cleaning works, Rapo is compiling an exhibition of wartime cleaning works at Vähäkyrö House together with Vähäkyrö Regional Services. The exhibition will be on display throughout January 2025.

Image: SA kuva

ALEXANDER STUBB



Photo: Matti Porre/Office of the President of the Republic of Finland

Address of the President of the Republic at the reception for the veterans of our wars and members of the Lotta Svärd organisation at the Presidential Palace on 2 December 2024

Honoured veterans of our wars and members of the Lotta Svärd organisation, Ladies and Gentlemen

Eighty-five years ago, on 2 December 1939, Finland was in a hard place. The Finnish defence and the home front were being put to test in multiple ways. The enemy was advancing on the Karelian Isthmus, with the Finnish troops focusing on delaying action. Defences were also collapsing here and there north of Lake Ladoga, where the Soviet forces were attacking at full force towards Suojärvi. My grandfather Kai Setälä was involved in the battles on the northern side of Lake Ladoga as

a military doctor in the Separate Battalion 11. In the situation report submitted to Marshal Mannerheim on 2 December, the combat situation was described as very difficult. The enemy troops, which were ten times more numerous than the Finnish ones, were advancing at an alarming speed.

On the third day of the war, the Soviet Union bombed many Finnish towns, including Helsinki, Hamina, Kouvola and Lahti. The independent Finland was in the midst of the greatest ordeal in the nation's history. Finally, Finland managed to repel the attacking enemy on the Isthmus and in the Tolvajärvi battles north of Lake Ladoga. The miracle of the Winter War was a fact.

For us, who have been born after the wars, it is difficult to fathom all that

you as soldiers and members of the Lotta Svärd organisation had to go through during the years of war. You fought against the overwhelmingly superior enemy without giving in. At the same time, the home front tried to get by and keep Finland going. Constantly fearing that the father of the family, husband or brother might never come back. Without you, we would not exist. In my case, that is literally true. My grandfather met my grandmother, who was volunteering as a Lotta, in the military hospital after getting injured on the front in the Continuation War.

For many of you, who belong to the Finnish generation that lived through the war, those were the years of survival. You had to grow up faster than you should have. But thanks to your

perseverance, we can live and be grateful for an independent nation. Grateful for a safe homeland. Grateful for the best country in the world.

Your work did not end when the time for peace came. You worked hard to rebuild Finland. You worked selflessly, without saving yourselves, with the aim to leave the home country vigorous for post-war generations. You did it together. For all of us.

Today, we can look back at the success story of the 107-year-old Finland. At how our country became one of the most developed countries in the world in the post-war decades. This would not have been possible without the tenacious work of the veteran generation. Not to mention that many of those who belonged to it did so under difficult conditions.

War orphans and those widowed by war, I extend to you my deepest respect. You experienced a personal loss, but were still capable of believing in the future and building something new.

Honoured representatives of the veteran generation,

my mind is filled with gratitude that my spouse and I have the opportunity to share this festive moment with you. And learn about your experiences and hear your thoughts about Finland. Then and now.

Thank you for doing what needed to be done. And much more. For the good of the homeland. And thank you for being our guests here today. I wish you all the best as you celebrate our independence with us.

FM SERGEY LAVROV ABOUT FINLAND

Foreign Minister Sergey Lavrov is Wrong

A comment:

Russian Foreign Minister Sergey Lavrov's recent comments about Finland, made during an interview with Tucker Carlson, reveal a deeply flawed understanding of history, international relations, and the shifting dynamics of global alliances. His claims, which accuse Finland of reverting to the allegiances of the early 20th century, are as inaccurate as they are inflammatory.

Lavrov's statement suggests that Finland's decision to join NATO in 2023 stemmed from latent hostility toward Russia, equating Finland's modern alignment with its actions during World War II when it temporarily cooperated with Nazi Germany. This comparison not only distorts historical reality but also ignores the context and motivations behind Finland's recent choices.

The Context of NATO Membership

For decades, Finland was the embodiment of neutrality. Following World War II, Finland walked a delicate tightrope, maintaining amicable relations with the Soviet Union and, later, Russia, while simultaneously integrating with Western economic and cultural structures. Lavrov's nostalgic depiction of sauna diplomacy and hockey matches reflects this period of pragmatic coexistence.

However, the world

changed dramatically in 2022 when Russia launched its unprovoked invasion of Ukraine. This act of aggression shook Europe to its core, prompting nations to reevaluate their security strategies. For Finland, a country with a long border shared with Russia, the invasion served as a stark reminder of its vulnerability. Memories of the Winter War (1939–1940), when Finland heroically resisted Soviet aggression, resurfaced. This historical experience, combined with the shocking brutality of the Ukraine conflict, fundamentally altered Finnish public opinion.

Before 2022, a significant majority of Finns opposed NATO membership. Within weeks of Russia's attack on Ukraine, that opposition transformed into overwhelming support for joining the alliance. Lavrov's narrative conveniently ignores this shift, implying that Finland's decision was driven by animosity rather than necessity.

The Hitler Comparison: A False and Offensive Analogy

Perhaps the most egregious aspect of Lavrov's statement is his suggestion that Finland's NATO membership aligns it with the ideology of Adolf Hitler. This claim is both historically inaccurate and deeply offensive.

During World War

II, Finland's temporary cooperation with Nazi Germany was a matter of survival, not ideology. Having been invaded by the Soviet Union in the Winter War, Finland sought assistance wherever it could, even from Germany, to protect its sovereignty. The partnership was one of convenience and was limited in scope. Unlike the Axis powers, Finland did not adopt fascism or embrace Hitler's broader agenda.

The comparison falls apart further when applied to today's geopolitical landscape. NATO is a defensive alliance, rooted in democratic values and mutual protection, not conquest or domination.

Hitler's regime, by contrast, was defined by imperialism, genocide, and totalitarianism. To draw parallels between Finland's NATO membership and its wartime actions is not only misleading but diminishes the gravity of the atrocities committed during World War II.

What Lavrov Gets Wrong About Neutrality

Lavrov's suggestion that Finland abandoned neutrality out of latent hostility or impatience is equally misguided. Neutrality served Finland well for decades, but neutrality is only viable when both parties respect it. By invading Ukraine, Russia demonstrated

that it does not honor the sovereignty of its neighbors.



W Commons. Public Domain

The invasion was not an isolated incident but part of a broader pattern of Russian aggression, including the annexation of Crimea in 2014 and interventions in Georgia and Moldova. Faced with these precedents, Finland made the rational decision to seek the collective security offered by NATO. It was not a choice against Russia but a choice for Finland's safety and independence.

Ignoring the Real Catalyst: Russia's Actions

Lavrov conveniently omits the central role that Russia's own actions have played in reshaping Europe's security environment. The invasion of Ukraine violated international law, undermined trust, and destabilized the region. Instead of introspection or acknowledgment of these facts, Lavrov's comments deflect blame onto Finland and other Western nations.

The irony is glaring. Russia's aggression has driven countries like Finland and

Sweden to abandon their long-standing policies of neutrality. Lavrov's refusal to recognize this cause-and-effect relationship underscores a broader unwillingness within the Kremlin to confront the consequences of its own decisions.

A Path Forward Requires Honesty

Lavrov's remarks about Finland are not just wrong—they are a missed opportunity. Instead of stoking resentment with baseless accusations, Russian leadership could reflect on why its neighbors feel the need to align against it. Finland's NATO membership is not a declaration of enmity toward Russia but a pragmatic response to an increasingly unpredictable and aggressive neighbor.

If Russia truly wishes to rebuild trust with its neighbors, it must start by addressing the root causes of this mistrust. That begins with ending its war in Ukraine, respecting the sovereignty of all nations, and engaging in genuine diplomacy rather than propagandistic rhetoric. Until then, comments like Lavrov's will only serve to deepen the divide between Russia and the rest of Europe.

In the end, the responsibility for Russia's isolation lies not with Finland, NATO, or the West but squarely with the Kremlin itself.

Sergey Lavrov 6.12.2024

"Katso, olemme olleet hyvin ystävällisiä esimerkiksi Suomen kanssa. Yhdessä yössä suomalaiset palasivat toisen maailmansodan valmistelun alkuvuosiin, kun he olivat Hitlerin parhaita liittolaisia. Ja kaikki tämä puolueettomuus, kaikki tämä ystävyys, saunassa käyminen, yhdessä pelaamalla jääkiekkoa, tämä kaikki katosi yhdessä yössä. Joten ehkä tämä oli syvällä heidän sydämissään, ja puolueettomuus ja höveliäisyys rasittivat heitä, en tiedä."

"Titta, vi har varit väldigt vänskapliga med Finland, till exempel. Över en natt kom finnarna tillbaka till de första åren av förberedelserna för andra världskriget när de var Hitlers bästa allierade. Och all denna neutralitet, all denna vänskap, att bada bastu tillsammans, spelade hockey tillsammans, allt detta försvann över en natt, så det här var kanske djupt i deras hjärtan, och neutraliteten belastade dem, och hövligheten belastade dem, jag vet inte."

"Look, we have been very friendly with Finland, for example. Overnight, the Finns came back to the early years of preparation for World War II when they were best allies of Hitler. And all this neutrality, all this friendship, going to sauna together, playing hockey together, all this disappeared overnight. So maybe this was deep in their hearts, and the neutrality was burdening them, and niceties were burdening for them. I don't know."

«Слушайте, наприклад, ми були дуже дружні з Фінляндією. За одну ніч фіни повернулися до перших років підготовки до Другої світової війни, коли вони були найкращими союзниками Гітлера. І весь цей нейтралітет, вся ця дружба, відвідування сауни разом, разом граючи в хокей, усе це зникло за одну ніч, тож, можливо, це було глибоко в їхніх серцях, і нейтралітет обтяжував їх, і ніжності обтяжували їх».

EVENTS


**TIKANOJA
THE ART EVENT OF
THE YEAR!**

Eero Järnefelts exhibition opened on Nov 23, 2024

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, Akseli 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 exhibi-

tion catalogue

Opera&Ballet, Helsinki

Leevi Madetojas Opera The Ostrobothnians 22.11.2024 – 4.1.2025 <https://oopperabaletti.fi/>

STUNDARS

1.12.24

Christmas Market

Kristinestad's 375th anniversary concert

5.12.24 at 6 p.m

Kristinestad's church

www.baroque.com

Teuva Church
6.12.2024 at 16.00

A patriotic spiritual concert in Teuva Tove Teuvalla Opera soloists Mika Nikander and Minna-Sisko Mutanen, who played Erland Luoma and old Eevi in the opera, will perform in Östermark's church again.

**THE MOST BEAUTIFUL
BAROQUE CHRISTMAS
SONGS**

Trinity Church

8.12.24 at 18.39

Vaasa Baroque Ensemble with friends www.baroque.com

Vaasa Church
9.12.24 at 7 pm

Together for a Christmas concert Christmas concert with the youth choir Merina and the chamber choir Canticum Maris.

Kuula-opisto
10.12.24 at 7 pm

Kuula-opisto Christmas concert Kuula-opisto accordion, violin and cello students and a children's choir will perform

Toivo Kuula Hall, Skeppsgatan 16

Vaasa Church
11.12.24 at 7 pm

Pohja Men's Christmas Concert

Traditional and lesser-known Christmas carols sung by the

male choir.

The choir is conducted by: Anne Tienhaara and Yuri Kadar. Piano accompaniment: Anne Tienhaara <http://www.pohjanmiehet.fi>


**Brage Lucia, Vaasa
13.12.2024**

Lucia in Bragen will be crowned in Vaasa Church at 10 a.m.

and in the evening in Fanny's Cultural Centre at 6 p.m. Free admission! <http://www.vasabrage.fi>

Palosaari Church
13.12.24 at 7 pm

Anne Mattila's Christmas tour Artist Anne Mattila embarks on her traditional Christmas tour. This year, too, there will be atmospheric Christmas concerts, whose repertoire consists of beloved, traditional Christmas songs, which Anne herself has recorded for two albums.

Ticket 27 € Tickets at the door 30 € if left behind.

VASA SÄNGGARGILLE

Christmas concert

Trinity Church

Friday 20.12 at 20.00 and Saturday 21.12 at 18.00

Our most loved Christ-

mas carols and three newly written arrangements of modern Christmas carols by Mikael Svarvar. Guest artist is star tenor Markus Nykänen. Organist Jimi Järvinen also takes part in the concert.

**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/>

LUX HELSINKI
8.-12.1.2025

Finland's most brilliant light festival, Lux Helsinki, is an annual light festival that spreads around Helsinki at the beginning of January around Epiphany. The event presents a wide range of different forms of light art. The Cathedral is usually a very special attraction at the festival. So if you're going to Helsinki at the beginning of January, check it out.

www.luxhelsinki.fi

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 Science 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**

Premiere Jan 12.2025 <https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupungintenterit/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

ART

Eero Järnefelt's Kaski has travelled around the world And now it is in Vaasa



Eero Järnefelt's painting *Kaski*, completed in 1893, has become one of the best-known works of the golden age of Finnish art. However, this work depicting slash-and-burn is much more than just a skilful depiction of the Finnish countryside. It has also made a remarkable trip around the world,

visiting numerous exhibitions around the world.

When Järnefelt painted *Kaski*, he could hardly have imagined that the work would become so popular and that it would be presented to such a wide audience. At that time, slash-and-burn was still an essential part of Finnish agriculture, but at the same time it was in the throes of change. The development of forestry gradually replaced traditional slash-and-burn farming, and Järnefelt wanted to immortalize this

disappearing phase of life.

Kaski has been exhibited in numerous exhibitions both in Finland and abroad. The work has travelled to Japan, the Nordic countries, major European cities such as London, Madrid, Barcelona and Rome. In 1900, *Kaski* was seen at the Paris World's Fair, where it was awarded a gold medal.

Exhibition trips have been a significant part of *Kaski*'s history. They have enabled the work to reach a wide audience and present Finnish art to the world. At the same time,

exhibition trips have also been challenging, as the safety of the work must be carefully taken care of. *Kaski* is protected with plexiglass to keep it in the best possible condition for future generations.

Kaski's world travels tell a lot about how art can transcend cultural boundaries and unite people. The work has acted as an ambassador of culture, presenting Finnish identity and landscapes around the world. At the same time, it has also sparked discussion about the transformation of Finnish society and the

disappearance of traditions.

Järnefelt's *Kaski* is much more than just one painting. It is a work of art that has lived a life of its own and traveled around the world. It is also a significant part of Finnish cultural history, reminding us of our past and at the same time prompting us to reflect on our future. The painting's home is at the Ateneum in Helsinki.

But now this painting is in Vaasa, Tikanoja Art Home.

ASTRONOMY

Earth's Temporary Moon: A Celestial Oddity



In a surprising cosmic event, Earth briefly acquired a second moon this past autumn. On September 29, 2024, a small asteroid, designated 2024 PT5, was captured by our planet's gravity, becoming a temporary natural satellite.

This celestial visitor, though small, was a significant astronomical occurrence. While it was not visible to the naked eye, astronomers were able to track and study it using powerful telescopes. The exact size of 2024 PT5 is still being determined, but it was likely a few meters in diameter.

The capture of aste-

roids is a rare event, but not entirely unprecedented. However, having a temporary moon for several weeks is a unique phenomenon. The temporary moon eventually escaped Earth's gravitational pull and returned to its original orbit around the Sun.

This celestial event offers scientists a valuable opportunity to study near-Earth objects and understand their potential impact on our planet. By observing 2024 PT5, researchers can gain insights into the composition, orbit, and behavior of these space rocks.

And what a wonderful "Trivial Pursuit"-question! "How many moons did our earth have in October 2024?"

Now You know the answer. Two,

Image: An artistic impression of earth and its two moons. To the left on asteroid of the same size as PT5.



HISTORICAL ART

Bopparder Pietà: A Mirror of the Christian History of Salvation

The Bopparder Pietà, a masterpiece of late Gothic sculpture from the late 14th century, is more than just a depiction of Mary's painful encounter with the body of her dead son. It is a complex symbol that is deeply rooted in the Christian faith and takes the viewer on a multifaceted spiritual journey.

This wooden sculpture can now be admired at the Ateneum's "Gothic Modern" exhibition until 26 January 2025.

The sculpture, which can usually be admired at the Liebieghaus sculpture collection in Frankfurt am Main, depicts Mary holding the lifeless body of Christ in her lap. The two figures are united in a heartfelt embrace, an expression of endless sorrow and love. But Bopparder Pietà goes beyond this superficial presentation. The lack of references to the place of crucifixion – Golgotha – and the reduced attributes lead the viewer's gaze away from the concrete historical event to the universal themes of suffering, death and resurrection.

The designation "Vespers image" refers to the Christian evening mass, where the Way of the Cross of Christ is recreated.



The Bopparder Pietà reflects this tradition by providing believers with the opportunity to identify with Christ's suffering and share His pain. The powerful image of the dead Christ invites the viewer to reflect on his own death and accept the transience of earthly life.

But the Bopparder Pietà is not only a depiction of death, but also a symbol of hope.

The diminished image of Christ directs the gaze to his childhood and reminds us of his birth. This contradiction between death and birth underscores the central message of Christianity: to overcome death through the resurrection. The dead Christ becomes a symbol of deliverance from sin and a promise of eternal life.

Bopparder Pietà is a work of art that ap-

peals to the senses and challenges the intellect. The detailed design of the figures, the intense colours and the careful execution invite the viewer to immerse themselves in the scene and experience the emotions of the figures. At the same time, the sculpture opens up for a variety of levels of interpretation and stimulates theological reflection.

Bopparder Pietà is a testimony to people's deep faith in the Middle Ages. It is a work of art that has not lost its relevance to this day and continues to move people from all over the world. The sculpture invites us to reflect on life's big questions and find comfort in the message of Christian hope.



NEW NUTRITION RECOMMENDATIONS

Sustainable food for health – national nutrition recommendations published on 27 November 2024



The new national nutrition recommendations of the National Nutrition Council steer towards more plant-based diets for both health and environmental reasons. The recommended diet is varied, varied, moderate and enjoyable – not forgetting the joy of eating. By making food choices in accordance with the recommendations, we produce well-being for ourselves, future generations and nature.

The recommendations aim to add vegetables, berries and fruits, whole grains, legumes, sustainably caught or farmed fish to plates, and to reduce red meat, meat products and the amount of salt.

Food choices can reduce the risk of diseases and promote environmental well-being. Diets in accordance with the recommendations can

reduce the risk of endemic diseases and mortality. "Our common health challenge is to increase and diversify the consumption of whole grains, vegetables, berries and fruits, and to reduce the consumption of red meat and meat products," says Professor Maijaliisa Erkkola, chair of the recommendation working group. "Almost all Finns consume too much salt and have too much hard fat in their diet, which predisposes to heart disease, among other things. Fibre intake is also too low," continues Professor Ursula Schwab, vice-chair of the recommendation working group.

Finns currently eat few legumes, "On average, we eat only 13 g of legumes a day. Legumes are an excellent source of vegetable protein. Together with grain products, they can replace meat in the diet, which also reduces the environmental impact of food consumption," says Docent Jelena Meinilä from the University of Hel-

sinki.

"Ultimately, how everyone eats is a personal choice, but it is good to be aware that a more plant-based diet reduces not only health risks but also climate load, eutrophication and the pressure of global species extinction," says Juha-Matti Katajajuuri, Senior Scientist at Natural Resources Institute Finland.

The most important goal of nutrition recommendations is to promote the health of the population with the help of nutrition. The nutrition recommendations are based on high-quality scientific research and consistent research evidence.

The main points of the recommendations:

If we lived and ate according to these new recommendations, the diet would change substantially.

For example, vegetables, berries and fruits should

be eaten significantly more. Men now eat 320 g per day, women 380 g, while the minimum recommendation would be 500 g, preferably up to 800 g. Men eat 760 g of red meat per week, whereas the current recommendation would be no more than 350 g per week. The recommendation for whole grain is 90 g per day, reaching it only 11% of men and 2% of women, so the recommended change is noticeable.

Cereal products

Grain products, i.e. breads and porridges, should mainly be whole grain, and the recommended amount is at least 90 g per day. All cereal products should give preference to low-salt alternatives. The fibre content of soft bread must be at least 6 g/100 g and dried bread at least 10 g/100 g. Rice is recommended to be replaced with other whole grain cereals.

Vegetables, berries and fruits
It is recommended to consu-

me at least 500-800 g of vegetables, berries and fruits per day.

Half of this should be vegetables and root vegetables, and the rest - berries and fruits. These are recommended to be consumed both uncooked, cooked as well as as raw materials for various dishes.

Frozen vegetables and berries are good options.

Candied or salted preparations are not recommended. A small amount of whole bee can be part of the berry and fruit recommendation for adults.

Potato

Potatoes are a recommended part of a health-promoting and environmentally friendly diet. The potato uses to safeguard the adequate intake of several vitamins and minerals, such as vitamin C, vitamin B6, niacin, folate, potassium and phosphorus. Fatty and salty potato dishes should be avoided.

Legumes and leguminous preparations



The most common foods in this group are peas, beans and lentils. These are a good choice for health and the environment. A gradual increase in use is recommended and the amount of daily use could be 50-100 g when ripe.

Nuts and seeds

Nuts and seeds include nuts growing on trees, Jerusalem artichoke and seeds. Commonly used nuts and seeds include peanut, hazelnut, almond, pecan, walnut, cashew, Brazil nut, pistachios, and sesame, chia, hemp, pine, pumpkin, sunflower and flax seeds. These are recommended to be consumed between 20 and 30 g daily

Fish

It is recommended to consume 300-450 g (mature, edible part) of fish per week, varying different species of fish and favouring sustainably caught or farmed alternatives. At least 200 g/week of this amount should be oily fish, such as natural fish such as vendace and bream.

Red meat

Red meat means beef, pig, sheep, goat, deer, reindeer and elk meat and their organs. Processed meat refers to sausages, cold cuts and sausages made from all types of meat. Pork has a better fatty acid composition than beef and lamb. For health reasons, it is recommended to consume no more than 350 grams of beef, pork and lamb as cooked meat per week (about 500 grams of raw meat), of which processed meat should account for as little as possible. This means that men would have to almost halve their

consumption of red meat. For environmental reasons, the consumption of red meat at the population level should preferably be even lower than mentioned above, i.e. significantly less than 350 grams per week. Reducing meat consumption should be replaced primarily by plant-based food, such as legumes and whole grains, or sustainably caught and farmed fish.

Poultry meat

Due to the large volume of consumption, broiler meat is one of the most natural non about foods that weaken diversity in the Finnish diet. Soy feed used in poultry meat production undermines biodiversity on a global scale. The climate impact of poultry meat is significantly lower than that of beef. It is recommended that processed poultry meat should be consumed as little as possible. Reducing the consumption of red meat should not be replaced by meat from wing cattle. It is recommended to reduce poultry meat consumption from the current amount due to environmental impacts.

Milk and milk products

Use of skimmed or low-fat milk products 350-500 gram land per day is enough to satisfy the need for calcium, iodine and vitamin B12, while the diet also includes legumes, dark green vegetables, fish, nuts and seeds. Milk and sour milk should be skimmed or contain no more than 0.5% fat. Yoghurt, viili and quark must be skimmed or contain no more than 1% fat and contain no or only a little free sugar. Among cheeses, it is recom-

mended to choose products containing less salt (up to 1.2%) and no more than 17% fat. Depending on the type of cheese, 10-20 g of cheese corresponds to about 100 g of milk. Of the plant-based alternatives to milk, preference should be given to calcium, Drinks and other foods fortified with vitamin D, iodine and vitamin B12.

Eggs

Moderate egg consumption, no more than 1 egg per day including Also chicken eggs used in cooking and baking, can be part of a health-promoting and environmentally friendly diet. However, this recommendation is not recommended if you have arterial disease, diabetes or elevated levels of LDL cholesterol in your blood.

Dietary fats

At least 25 g of vegetable oils should be used daily to safeguard the intake of alpha-linolenic acid.

The use of butter and tropical oils should be limited, and vegetable oil-based spreads with at least 60% fat and high in unsaturated fatty acids should be preferred.

Sugary foods

Foods high in free sugar are used as little as possible.

Beverages

The recommended daily amount of drinks is 1-1.5 liters, in addition to the liquid contained in food. Long-term moderate consumption of coffee and tea is beneficial to health and no negative health effects have been observed. However, coffee is one of the foods that weakens global biodiversity the most in the Finnish diet. From an environmental point of view, tap water is the most recommended drinker.

There are no more detailed recommendations for energy drinks in these instructions. The Finnish Food Authority's other pages also contain in-depth information on these:

"Not recommended for pregnant women, children and adolescents under 15 years of age. If the product contains more than 150 mg/1 of caffeine, it must bear a label indicating the caffeine content (mg/100 ml) and a warning: "High caffeine content. Not recommended for children, pregnant or breastfeeding." In addition, the Finnish Food Authority has instructed that the maximum daily use of the product is indicated on the packaging. A small can (2.5 dl) of energy drink contains 80 mg of caffeine and a large can (5 dl) contains about 160 mg."

Summary of drink recommendations:

Tap water is the primary thirst drink.

Moderate consumption of filtered coffee (about 1.25-5 dl per day) and tea can be part of a health-promoting diet.

It is recommended to limit the consumption of unfiltered coffee (raises cholesterol) and other beverages containing caffeine and sweetened with sugar, such as cola and energy drinks. The total intake of caffeine from all sources should not exceed 400 mg per day. Pregnant and lactating women should limit caffeine intake to no more than 200 mg per day.

The limit for safe caffeine intake in children and adolescents (1-18 years) is no more than 3 mg per kilogram of body weight per day.

Coffee consumption should also be kept low for environmental reasons.

Alcoholic beverages

Alcohol is high in energy, 29 kJ (7 kcal) gram per ground. Heavy alcohol consumption can lead to excessive energy intake and poorer diet quality. Alcohol (ethanol) is usually consumed as beer (2.5-6.0% alcohol by volume), wine (12% vol.) or spirits (40% vol.). Alcohol is a toxic substance that affects all organs of the body.

As it has not been possible to set a limit for safe alcohol consumption, it is not recommended. However, if alcohol is consumed, the amount should be as small as possible.

For children, adolescents, pregnant and lactating women, as well as the elderly, alcohol consumption is not recommended at all.

Recommendations can be found online:

https://www.julkari.fi/bitstream/handle/10024/150005/URN_ISBN_978-952-408-405-5.pdf?sequence=1&isAllowed=y

The Swedish translation will be available in the coming weeks.

Source: National Nutrition Council, National Institute for Health and Welfare: "Sustainable health from food - national nutrition recommendations 2024, Helsinki 2024



JULFIILIS

Christmas Fiilis: A Magical Christmas Experience in Vaasa



Between 30 November and 8 December 2024, Lofter in Vaasa will be transformed into a fairytale Christmas paradise during the Christmas Fiilis. The site, which is located on the corner of Vaasaesplanadi and Raastuvankatu (entrance from Raastuvankatu 28), offers an atmospheric environment where the joy and community of Christmas are at the centre.

An Event for Everyone

Julfiilis is more than just a Christmas market – it's an annual cultural event that brings together people of all ages and backgrounds. With a focus on spreading Christmas spirit and community, the event offers a rich program with something for everyone.

Music and Performances: Every day, visitors can enjoy local choirs and musicians filling the air with atmospheric music.

Family activities: Children and families can participate in craft workshops, see puppet shows, or have

fun with theme park games. The daily visits of cozy farm animals are a highlight that especially the youngest look forward to.

Food and Drink: A wide range of good food and the obligatory warming mulled wine mean that no one has to go hungry or cold.

A magical atmosphere

What really makes Julfiilis unique is the carefully created atmosphere. The place is adorned with dreamlike Christmas lights, and the background music helps to create a sense of enchantment. The combination of visual and audio elements makes the event an experience for all the senses.

Christmas Fiilis as a Tradition

Christmas fiilis is a reminder of how holidays can bring people together and bring joy in the darkest of winters. For Vaasa and its inhabitants, it has become a cherished tradition that spreads light and warmth.



HEALTH

Female Doctors Cure Patients Better?

In a groundbreaking study published in the *Annals of Internal Medicine*, researchers have shed light on a fascinating trend in healthcare: patients treated by female doctors tend to have better outcomes compared to those treated by male doctors. This finding is significant, particularly as it highlights the nuanced ways in which gender can influence medical care and patient health.

Study Overview

The study, conducted by a team of esteemed researchers including Atsushi Miyawaki, MD, PhD, Anupam B. Jena, MD, PhD, Lisa S. Rotenstein, MD, MBA, MSc, and Yusuke Tsugawa, MD, MPH, PhD, analyzed Medicare claims data from 2016 to 2019. This large-scale retrospective observational study included a 20% random sample of fee-for-service beneficiaries hospitalized with various medical conditions, focusing on outcomes such as 30-day mortality and readmission rates.

Key Findings

The study examined 458,108 female and 318,819 male patients, with 31.1% of female and 30.6% of male patients treated by female physicians. The primary outcomes revealed that both female and male patients had lower mortality rates when treated by female physicians. However, the benefit was notably more pronounced for female patients.

Female Patients: The adjusted mortality rates for female patients tre-

ated by female physicians were 8.15%, compared to 8.38% for those treated by male physicians. This translates to an average marginal effect (AME) of -0.24 percentage points, which is statistically significant.

Male Patients: For male patients, the adjusted mortality rates were 10.15% for those treated by female physicians versus 10.23% for those treated by male physicians, with an AME of -0.08 percentage points. While this indicates a slight improvement, it is not statistically significant.

The patterns were similar for readmission rates, further underscoring the potential benefits of care provided by female physicians.

Significance of the Findings

These findings prompt a deeper exploration into why female physicians might be achieving better patient outcomes. Potential factors could include differences in communication styles, adherence to clinical guidelines, or even a more patient-centered approach to care that female doctors might employ.

Communication and Empathy: Studies have shown that female doctors often spend more time listening to their patients and are more empathetic. This can lead to a better understanding of patient needs and more tailored treatments.

Adherence to Guidelines: Female physicians are often found to be more diligent in following clinical guidelines, which can improve patient outcomes by ensuring that the best practices are consistently applied.

Patient-Centered Care: Female doctors may be more likely to engage in shared decision-making with their patients, fostering a collaborative environment that can lead to better health outcomes.

Broader Implications

The implications of these findings are far-reaching. For healthcare institutions, this research suggests that fostering a diverse workforce and supporting female physicians can have a tangible positive impact on patient care. It also highlights the importance of considering gender dynamics in medical training and professional development.

Limitations

It's important to note that the study's findings may not be generalizable to younger populations, as the data was derived from Medicare beneficiaries, who are typically older. Further research is needed to determine if these trends hold true across different age groups and healthcare settings.

Conclusion

The study's conclusion is clear: patients, particularly women, experience lower mortality and readmission rates when treated by female physicians. While the exact reasons behind these improved outcomes require further investigation, this research underscores the critical role that female doctors play in enhancing patient care. As the healthcare industry continues to evolve, these insights should inspire efforts to support and empower female physicians, ultimately benefiting patients nationwide.



LIGHT FESTIVAL

Lux Helsinki 8.-12.1.2025: Illuminating the Darkest Days



As the winter tightens its grip on Helsinki, a radiant counterpoint emerges: Lux Helsinki.

This annual light festival, taking place from January 8th to 12th, 2025, transforms the city's familiar landscape into a breathtaking canvas of light art.

Lux Helsinki is more than just a spectacle; it's a celebration of creativity and community. For five magical nights, the heart of Helsinki is bathed in a kaleidoscope of colors and enchanting installations. Public buildings become luminous sculptures, parks morph into ethereal wonderlands, and streetscapes are imbued with an other-

worldly glow.

The festival's strength lies in its diversity. From immersive, interactive experiences to awe-inspiring large-scale projections, Lux Helsinki caters to all artistic tastes. Local and international artists come together to showcase their innovative visions, pushing the boundaries of light as a medium. Wandering through the illuminated city becomes an adventure, with each corner revealing a new marvel.

Lux Helsinki's impact goes beyond aesthetics. It fosters a sense of connection and shared joy during a time of year often associated with

darkness and solitude. The festival encourages exploration, inviting residents and visitors alike to rediscover the city under a new light. It's a reminder that even in the depths of winter, beauty and wonder can be found.

Whether you're a seasoned art enthusiast or simply seeking a magical escape from the cold, Lux Helsinki is an experience not to be missed. So bundle up, embrace the crisp winter air, and immerse yourself in the luminous heart of Helsinki. Let Lux Helsinki illuminate your January and ignite your sense of wonder.





HEALTH

Semaglutide (Ozempic): A Promising Tool in the Fight Against Alcohol Abuse



Alcohol use disorder (AUD) is a complex health condition characterized by persistent and problematic alcohol use. While numerous treatments exist, many individuals struggle to maintain sobriety. Recent scientific research has shed light on a potential new therapeutic avenue: semaglutide.

Semaglutide, originally developed as a treatment for type 2 diabetes and obesity, has shown promising results in reducing alcohol consumption and binge-like

drinking behaviors. This medication belongs to a class of drugs known as glucagon-like peptide-1 (GLP-1) receptor agonists. GLP-1 is a gut hormone that regulates appetite and blood sugar levels. By mimicking the effects of GLP-1, semaglutide can help reduce cravings, promote satiety, and curb impulsive behaviors associated with alcohol abuse.

Preclinical studies have demonstrated the efficacy of semaglutide in animal models of alcohol dependence. Researchers have observed significant reductions in alcohol intake and the rewarding effects of alcohol consumption in ro-

duents treated with semaglutide. These findings suggest that semaglutide may have a similar impact on human behavior.

While the exact mechanisms underlying semaglutide's effects on alcohol abuse are still being investigated, several theories have been proposed. One possibility is that semaglutide may alter brain reward pathways, reducing the reinforcing effects of alcohol. Additionally, semaglutide may improve mood and reduce stress, both of which can contribute to alcohol misuse.

The potential of semaglutide as a treatment for AUD

is significant. Hospitalizations due to alcohol abuse went down by a third in one big study. It offers a novel approach to addressing alcohol addiction, targeting the underlying biological mechanisms that drive compulsive alcohol use. However, it is important to note that further research is needed to fully understand the efficacy and safety of semaglutide in treating AUD.

As with any medication, semaglutide may have side effects, including gastrointestinal issues such as nausea, vomiting, and diarrhea. It is crucial to consult with a healthcare professional to determine if semaglutide

is an appropriate treatment option and to monitor for any adverse effects.

Semaglutide represents a promising development in the field of alcohol addiction treatment. While more research is necessary to fully elucidate its mechanisms of action and long-term effects, this medication holds the potential to revolutionize the way we approach alcohol use disorder.

CAUSERIE

Intelligence and wisdom are not the same



Intelligence and wisdom – two words that are often used almost synonymously, but are actually like two completely different dogs in the same cage.

Intelligence is the fast-paced border collie who can solve a Rubik's Cube, while Wisdom is a calm old golden retriever who knows that the cube can also support an un-

stable table. Both have their merits, but if you choose the wrong dog for the right situation, you may find yourself in the middle of a mess.

The intelligent thinks, the wise know

Intelligence is the ability to learn, analyze and solve problems. For example, a smart person could figure out how to make a parachute out of a tablecloth and curtains if he falls from an airplan-

ne. A wise person, on the other hand, would have checked beforehand that he would not step on a plane with only one engine and the pilot had a bad day.

This is where the biggest difference between intelligence and wisdom lies: an intelligent person can survive difficult situations that a wise person never finds himself in. This explains why so many clever inventors, researchers, and entrepreneurs end up writing their me-

moirs about prison or bankruptcy – they're smart, but sometimes surprisingly little wise.

History's greats – but which ones?

Take Aristotle and Einstein. Aristotle, that contemplator of the ancient world, was undoubtedly wise. He understood the great principles of life, such as that too much energy is not good, and therefore mostly ended up sitting and teaching others. He

missed out on stupid experiments, such as testing whether a person could jump off a cliff in Parnassus without consequences. Albert Einstein, on the other hand, was intelligent. He developed the theory of relativity and revolutionized our worldview, but was perhaps not the wisest person in practical life. He reportedly forgot his address and often had to ask for advice on how to find a home. Such situations would not have happened to Aristotle – he



would not even have left his home without a reliable guide.

Smart mistakes and smart avoidances

In everyday life, the intelligent and wise often make different decisions. An intelligent person might buy an extremely complex and fancy coffee machine that requires an engineering degree to understand the instruction manual. The wise man again brews the pot coffee, knowing that the end result will be the same: caffeine in the blood and a cheerful mind.

A smart person tries to solve a marital crisis by buying his spouse's favorite car. A wise person takes his spouse for a walk and listens to what the other has to say. At this point, it's good to remember that sometimes wisdom and intelligence can also come together - that's when your spouse gets both a car and a walk, and the relationship blossoms.

Stupid genius and ingenious fool

There are examples in history of people who were intelligent but not very wise. Napoleon Bonaparte, the master of the conquest of Europe, decided in winter to invade Russia. A military genius, but at the same time an insane risk-taker. A wise person might have thought twice about whether it is worth marching in the middle of the Siberian winter, when there is

already a nice kingdom behind him.

On the other hand, there are stories about people who are not particularly intelligent, but still extremely wise. Many folk wisdom and proverbs come from ordinary people who never went to school, but knew how to live their lives rationally. For example, the phrase "don't shoot a fly with a cannon" may well come from someone who realized that trying too hard doesn't always pay off.

Smart and wise at the same time - the best combination?

Of course, it would be ideal to be both intelligent and wise, but since no one can be perfect in every way, one should settle for developing one's strengths. An intelligent person should learn to stop and ask whether the problem is worth solving at all. A wise person, on the other hand, would do well to try new things sometimes - such as the solution of a Rubik's Cube - just for the sake of practice.

After all, the balance between wisdom and intelligence is what makes life interesting. An intelligent person can figure out how to go to the moon, but a wise person wonders why on earth they should go to the moon, their own backyard is actually a good enough place.

Neuvostojoukot hyökkäsivät eilen aamulla yli rajojenmaahamme.

NE LYOTIIN KUITENKIN kaikkialla takaisin.

Lentokoneet pommittivat useita kaupunkeja, m.m. Helsinkiä ja Viipuria.

Lentopommituksissa sai siviiliväestöä surmansa.

4 venäläistä hyökkäysvaunua ja 3 lentokonetta tuhattu.

Puolustusministeriön sanomatilasto ilmoittaa torstai-päivän tapahtumista seuraavaan:

Venäläiset ylittivät torstain aamuna ilman sodanjulistusta useissa kohdoin rajan. Monin paikoin maahan tunkeutuneet joukot lyötiin heti takaisin rajan taakse. Eräissä kohdoin hyökkäjiä kuitenkin alkoi siä jaloit-sijaa, mutta itäpäivästä venäläisten eteenpäin pysy-tettiin kaikkialla. Kannaksella valmistelut ja tukivat venäläiset hyökkäystään voimakkaalla tykistövoimalla. Käsienlehdessä Laatokan pohjoisosalla tuhoittain torstai-na kaksi venäläisten hyökkäysvaunua, samoin Kan-naksella. Omat joukkomme eivät missään ylittäneet rajaa.

Päivän kuluessa olivat venäläiset lentokoneet varoittamat-ta pommitaneet useita paikkakuntia. Helsinkiä pommitettiin kaksi kertaa. Pommitus kohdistui kokonaan siviiliväestöön ja muodostivat sen seuraukset tuhoiksi. Useita asuinrakennuksia tuhoitui ja syytti palamaan. Uurien, jotka etupäässä olivat maista ja laivoja, lukumäärää ei vielä tiedetä. Lisäksi pommitettiin Viipuria, missä kolme pientä rakennusta syytti tuleen. Samoin pommitettiin Lahtea, jossa aineelliset vahingot olivat mittattomat, mutta jossa neljä henkilöä menetti henkensä ja 13 haavoitui, kaikki siviilihenkilöitä. Lisäksi pommitettiin päivän kuluessa Hanko, jossa yksi henkilö sai surmansa, Kotkaa, Kemijärveä, Kittilää ja Petsamo-pommitettiin myös. Vauriot ovat varsin vähäiset.

Venäläisten lentohyökkäyksen aikana Sakkolassa ammuttiin myöhemmin sadon tiedon mukaan alas kaksi pommi-konetta. Helsingissä ensimmäinen hyökkäyksen aikana ammuttiin yksi pommitus alas.

Venäläiset lentokoneet pommittivat niinkään rautatieä Utiin ja Kaipiaisten luona. Tästä hyökkäyksestä ei ollut tu-loksia.

Venäjän laivasto pommitti päivän kuluessa Setikaria ja joiakin rannikkoseutuja. Joukkojemme mieliala on rohkea ja innostunut ja kansa suhtautuu tapuksiin tyynesti ja päättäväisesti.

... josta tämä suurvaltapolitiikan okean luonne ja tehdä siitä johtopäätökset. Tilanne on tällä hetkellä vielä epäselvä, ettei ole varmaa tietoa siitä, miten Yh-dysvaltain tekemä välitystyö-työ on. Neuvostoliitto tulee sitä hyväksymään, joten sotatoimet todennäköisesti jatkuvat ja saavuttavat laajemmat mittasuhteet läpäis-yksi.

Kansamme on kohtavaa ti-män kohtalonhetkenä yksi-mielisempänä kuin koskaan aikaisemmin, rahallisen päät-tävyyden ja tietoisuuden, että taistelu alimistä ja huo-lemasta on väkivallattomuuden edessä. Musta mahdollisuus ei tällä hetkellä ole. Ja Suo-men kansa tulee taistelemaan. Maailma tulee niukemää kun-niakaan, epätoivoisen taiste-lun, jota pieni kansakunta käy-viimeiseen hengenvetoonsa saakka. Uutta Tehtävälova-kian tapasta ei synny. Kan-

Ennen sairaala tulossa.

Ennen sairaala syytti Neuvostoliiton lentokoneiden pu-dotamista pommeista eilen tulien ja pölyä vielä puolen-päivän jälkeen Sairaalastaan pommitettuna vaurioitilaa-sai surmansa.

Palopommeja Lahteen.

Lahtessa ammuttiin kello 12 torstain illoin ilmabehitys, joka jatkui vielä kello 14.30. Kolme venäläistä lentokonetta kyy-teli kaupunkiin yläpuolella ja heitti palopommeja, jotka lausua ylittivät taivasta.

Ilmabehitys Turussa.

Kello 11.40 ammuttiin Turus-sa ilmabehitys, joka jatkui vielä kello 12.

7 palopommi Nuijamaalle.

Kello 9.15 ilmestyi Nuija-maan yläpuolelle venäläisiä lentokoneita, jotka heittivät 7 palopommiä, joista yksi ei syyt-tynyt. Muutamat eivät aiheut-taneet mitään vauriota.

Kyösti Viipurin entis-kaupunkialueella sekä Vuonon-vaunua ja Inoon on ollut ve-ralliset lentotoiminta, joita tarkemmat tiedot vielä puu-tuvat.

Kaksi venäläistä konetta pudetta.

Tarkitusmatoniemien lentojen mukaan ovat useimmat si-maatorjunta-asetet asennetut alas 2 venäläistä lentokonetta, joista toinen pudettiin tie-tänpäin lähtöä.

Torstai-päivän kuluessa sa-mankaltaisia osastien lentojen mukaan on varmasti voitu to-deta, että kaksi venäläistä konetta on ammuttu alas. Kio 9.30 ammuttiin Sakkolassa alas keskikokoinen moottorinen lentokone, joka syytti tehdiä syökäjä jarrua vastaan. Kio 9.45 ammuttiin Helsingin etä-läisellä alas niinkään kes-kikokoinen pommitus, joka syytti mereen.

Ilmabehitys Helsinkiin.

Puolustusministeriön tiedon-anto eilen klo 12.30: Tämä aamuuna ovat venäläi-set lentokoneet useita paikoin lentäneet rajan yli. Kio 9.15 ilmestyi venäläisiä lentokoneta yläpuolelle taivasta, jotka aiheuttivat joiakin tuu-lopäilyä. Kertomus mukaan on sinäkin yksi konetta ammut-tu alas.

Kello 14.30 ilmestyi Heli-singin kaupunkiin yläpuolelle kymmenkunta venäläistä pommi-konetta. Kun se olivat kyytiä lentäen yläpuolella, niin ilmabehitys voitti antaa vauria arvan viisi henkilöä. Vi-sästä pommituskohteita pu-dotettiin palo- ja räjäh-

Ylipäällikkömmä.



Tasavallan presidentti on torstaina antanut seuraavan päätöksen: Valtioneuvostossa tänään tekemällini päätöksellä luovutan Suomen tasavallan puolustusvoimien ylimmän päällikkyyden sotamarsalkka Carl Gustaf Mannerheimille.

Kyösti Kallio, tasavallan presidentti.

Suomen puolustusvoimat ja koko kansa tervehtivät tätä suurimmalla tyydytyksellä sotamarsalkka Mannerheimin nimittämistä puolustusvoimien ylimmäksi päälliköksi. Se rajaton luottamus, jota kaikkialla maassamme tunnetaan hien-tä tehtävänsä. Sotamarsalkka Mannerheimilla on mitä parhaimmat edellytykset tähän luottavasti vaativaan tehtä-vään. Jo kerran aikaisemmin hän on vaikuttanut ratkai-savalla tavalla kansamme kohtalonhetkellä ja nyt hän on jäl-leen ylin päällikkö. Sovellampaan miestä ei ylipääl-likkö tehtävään o'isi voinut löytä. Sotamarsalkkamme joh-dolla käymme voittoa tai kuolemaan!

dykopommeja, pääkaupunkien aikansaaden huomattavia tu-toja. Myöskin ihmisiä louk-kaantui ja haavoitui, ruokaa koki nälää ja lapsia. Vaara oli merkillä konetta kello 14.30.

9 henkilöä sai surmansa Viipurissa.

Viipurissa ammuttiin ilma-behitys klo 9 aamuun aamuilla Neuvostovenäläiset lentokoneet pudottivat palo- ja räjäh-dyspommeja lähtien kaupun-giin.

Maa julistettu sota-tilaan.

Tasavallan presidentti antoi eilen seuraavan asetuk-sen sotatilasta: Valtakunnan puolustuksen turvaamiseksi ja oikeus-järjestyksen voimaansäilyttämiseksi julistetaan Suomen tasavallat sotatilaan.

Helsingissä marraskuun 31 pnä 1939. Kyösti Kallio, tasavallan presidentti.

Yhdysvallat tarjonnut välitystään.

Asiaaohitaja eilen Moskovassa Petemkinin puheilla.

Washingtonissa toivotaan aloitteen onnistuvan.

MOSEKOVASTA toimitus. Eilisenä aamuna. Yhdysvaltain lääkärin vieraik-sen aamun aikana esittivät la-asanaan tiedon mukaan on Yhdysvaltain Moskovaan oleva asiantuntija Walter Thurston toimitus klo 12 jatkos lä-kerönsä aikana käynnisti silloin-aikaisensa Petemkinin luona. Niiden toimituksen oli tarjota Neuvostoliiton hallitukselle hyviä palveluksia väkijoukkojen sään-säntöissä Suomen ja Neuvosto-liiton välillä.



Presidentti Roosevelt

... kertaa Euroopassa vuoden 1938 kriisin jälkeen, kun Yhdysvaltain hallitus tarjosi hyviä palveluk-sia.

PAIVAN SANA.

Kokouksessa 7. 12. 1939.

NEUVOSTOLIITTO HYÖKKÄÄ. Eilinen päi-vä mielidusti ratkaisivaksi Suo-men ja Neuvostoliiton välissä suhtaus, jotka vii-me aikoina ovat kiristy-mistään kiristyneet. Venäläi-set lentokoneet tekivät eilen-päivän kuluessa lukuisia hyök-kyksiä maamme eteläosan kaupunkeja ja erästä teilli-suokkukuntaa kohtaan. Vahin-got eivät liene huomattavat, mutta joukko siviilihenkilöi-joutui pommien aluksi me-rättäen henkeäkäs tai haavoit-tunut. Samanaikaisesti oli tait-telotoiminta myöskin rajoi-la, jossa vihollisen hyökkäyk-

Sodan alkaminen on nie nyt tapahtunut tosiasia. Neuvosto-liitto on aloittanut hyökkäyk-sen Suomea vastaan. Me olemme joutuneet mahtavan naapurin hyökkäyksen alai-keeksi. Valtiolinen kehitys, mi-kä alkoi Saksan ja Neuvosto-liiton solmimasta hyökkäämät-tömyssopimuksesta, jonka hintana Saksa, kansakunta, jonka kanssa meillä aina on ollut mitä parhaimmat suhteet, antoi Neuvostoliitolle vapaat kädet toimia Suomea suhteen, on joutunut nykyiseen tilanteeseen. Kysymyksen ydin on ni-mittäin tämä Saksan suhtau-tuminen meihin. Neuvostoliitto ei olisi koskaan rohjennut ryh-tyä laajentamaan valtaansa länteen päin, jos Saksa ei olisi sitä sallinut. Meistä on tehty yksikeräisesti kauppa — niinkuin pienistä valtakunnis-ta nykyisin tehdään — ja nyt saamme taistella itäisenlyy-voimen puolesta ilman omaa syyttämme. On aika meillä ta-

HELENE SCHJERFBECK

Helene Schjerfbeck – A Trailblazer in Art Marja Lahelma’s biography reveals a bold and determined artist whose life and art are deeply intertwined

Helene Schjerfbeck (1862–1946) stands as one of Finland’s most iconic artists, and her work has gained increasing recognition internationally in recent years. Marja Lahelma’s *Helene Schjerfbeck – An Artist’s Life* provides a comprehensive look at her life and artistic journey, elevating her position within global art history. This English-language biography is not only a much-anticipated contribution to Schjerfbeck research but also a cultural milestone, opening Finnish art history to a broader audience.

A Biography That Redefines

Lahelma dismantles longstanding myths, portraying Schjerfbeck as a resilient and purposeful figure. Earlier biographies, such as Einar Reuter’s 1951 work, painted her as a reclusive and fragile artist, a characterization that long shaped perceptions of her art. Lahelma, however, reveals a different side: Schjerfbeck was not an isolated genius but an active artist engaged with her peers and influenced by international trends, often through art and fashion magazines.

Schjerfbeck’s lengthy career, beginning in her childhood, reflects not only her personal passi-

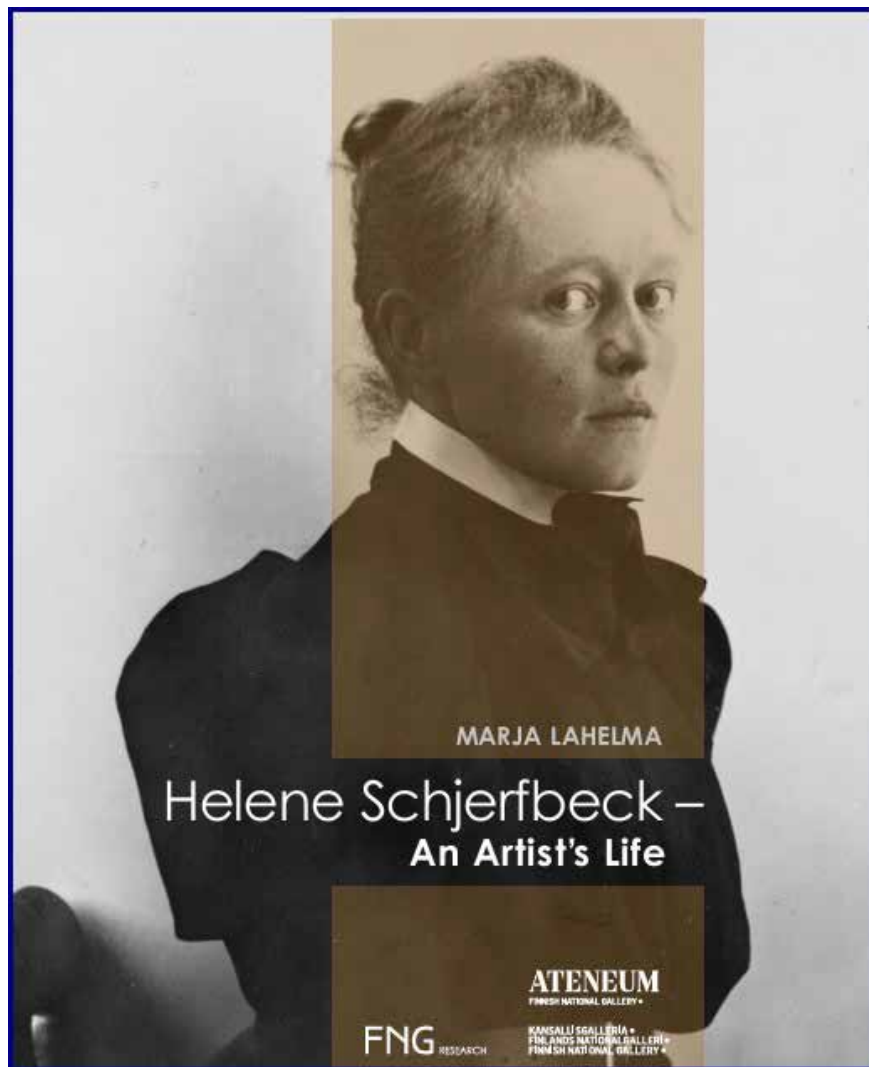
on for art but also her adaptability and innovation. Transitioning from naturalism to modernist expressions, she forged a unique path that continues to captivate audiences today.

The *Strengths of the Book* Lahelma organizes the biography into six chapters, tracing Schjerfbeck’s artistic and personal milestones from her early years to her later life. The book draws extensively from archival materials, correspondence, and artworks, offering a holistic view of her life and creative process. Notably, Lahelma reframes Schjerfbeck’s physical disability not as a limitation but as an integral aspect of her life, one that she seamlessly incorporated into her art.

The book also emphasizes Schjerfbeck’s importance to Finnish art. Unlike many of her contemporaries from Finland’s late 19th-century „Golden Age,“ steeped in national romanticism, Schjerfbeck charted her own course, focusing on intimate subjects and pursuing an international career. Lahelma highlights these facets while positioning Schjerfbeck within broader artistic currents, both nationally and globally.

Review

Helene Schjerfbeck – An



Artist’s Life is an essential read for art historians and enthusiasts alike. It not only documents Schjerfbeck’s life but also offers a fresh interpretation, challenging old narratives and providing a deeper understanding of her work. Lahelma’s analytical yet empathetic writing

style makes the book accessible while maintaining academic rigor.

This biography reaffirms Schjerfbeck’s status as one of Finland’s most cherished artists and expands the understanding of her significance on the international art stage.

I wholeheartedly recommend this biography to anyone interested in Schjerfbeck’s art and extraordinary life. This book offers a window into an artist’s world—a world where courage and dedication lead to the creation of timeless beauty.

You can find the book here:

https://research.fng.fi/wp-content/uploads/2023/04/fngr_2023-1_hs_

THEATRE

Keväällä kaikenlaista kivaa! Vaasan kaupunginteatterin lavalla odotettuja vierailuesityksiä



Arja Koriseva, IMAGE Motopark Creative Commons Attribution-Share Alike 3.0

Vaasa City Theatre's spring season 2025 offers a diverse selection of wonderful guest performances that are sure to warm and touch the audience. Three highly anticipated performances will arrive on the theatre's Romeo stage this spring: Arja Koriseva's anniversary concert *Leipä, Lempee ja Lämpö* 35 years, *Green Hall* soi starring Sirpa Kähkönen and Seela Sella, and *Old Boys*, based on Juha Vainio's songs.

First up will be Arja Koriseva's anniversary concert *Leipä, Lempee ja Lämpö* 35 years, which will bring a touch of nostalgia of yesteryear to the stage on Sunday 16 February. Koriseva performs her familiar classic tunes from fiery tangos to musical tunes together with the five-piece Fortuna orchestra. The concert promises joy and a heartfelt celebration of music – the perfect start to the spring theatre season!

In March, Sirpa Kähkönen's touching and multidisciplinary work *Green Hall Rings*, based on Kähkönen's novels *Memorial Grass* and *Green Hall*, will arri-

ve on the Romeo stage. The work, which will be performed on Saturday 8 March, deals with love that transcends the boundaries of life and death, as well as the comfort and beauty that nature offers. Acting legend Seela Sella brings the text to life as a reader, and Kähkönen herself acts as narrator. Music by soprano Pia Freund and pianist Kristian Attila completes the unique atmosphere of the performance.

The spring's guest performances will be crowned by the musical play *Old Boys*, which arrives at Vaasa City Theatre on Wednesday 9 April. This beloved play has garnered audience acclaim with its previous performances. In the play, four men meet on Lake Saimaa and share stories, hopes and dreams accompanied by Juha Vainio's memorable songs. The stage will feature charismatic veterans Taneli Mäkelä, Esko Roinne, Tuomas Uusitalo and Puntti Valtonen, and live music will be provided by Antti Paalanen and Kiharakolmio's band.

CLIMATE CHANGE

2024: The Year We Crossed the 1.5°C Threshold



The Copernicus Climate Change Service (C3S) has issued a stark warning: 2024 is on track to become the first year on record to exceed the critical 1.5°C global warming threshold. This grim milestone, outlined in a recent press release, underscores the urgent need for immediate and decisive climate action.

C3S, along with the Copernicus Atmosphere Monitoring Service (CAMS), has been diligently monitoring and analyzing key climate indicators. Their data reveals a disturbing trend of rapidly rising global temperatures, driven by the relentless increase in greenhouse gas emis-

sions.

The implications of crossing the 1.5°C threshold are far-reaching and potentially catastrophic. Scientists warn of more frequent and intense heatwaves, droughts, floods, and rising sea levels. These extreme weather events will disproportionately impact vulnerable communities and ecosystems worldwide.

To combat this crisis, C3S and CAMS emphasize the importance of leveraging their data and insights. By utilizing Copernicus data, policymakers, scientists, and businesses can make informed decisions, develop effective climate adaptation and mitigation strategies, and accelerate the transition to a sustainable future.

Key areas where Copernicus data can make a significant impact include:

Renewable Energy Optimization: Assessing solar and wind potential to maximize renewable energy output.

Climate Change Projections: Projecting future climate conditions to inform planning and investment decisions.

Greenhouse Gas Monitoring: Tracking emissions and concentrations to identify sources and evaluate the effectiveness of mitigation policies.

The free availability of Copernicus data makes it a valuable resource for anyone working to address climate change. By harnessing the power of this data, we can collectively work towards a more sustainable and resilient planet.

As the world convenes at COP29, the findings of C3S serve as a stark reminder of the urgency of the climate crisis. It is imperative that global leaders take bold action to reduce greenhouse gas emissions, invest in clean technologies, and protect vulnerable communities. The future of our planet depends on it.

Source: C3S Press release 11.11.2024

CLIMATE CHANGE

Urban Heat Makes Towns Uncomfortable – and Unhealthy



As our cities grow, so too does a hidden threat: urban heat. This phenomenon is more than just the usual summer discomfort; it intensifies temperatures to levels that impact health, productivity, and our environment.

From vast expanses of concrete that trap the sun's heat to air conditioning units that push warm air back into the streets, urban heat is driven by human development patterns and, ironically, our efforts to cool down. The effects are felt widely, particularly during heatwaves, when these areas can be several degrees warmer than their rural surroundings—a phenomenon

known as the “urban heat island” effect. Fortunately, there are several strategies that cities can adopt to address this escalating problem.

The Problem of Urban Heat

The urban heat island effect is caused primarily by materials like asphalt, concrete, and metal that absorb, trap, and radiate heat. Unlike natural landscapes that retain moisture and provide shade, these urban surfaces have limited capacity to cool down, creating a layer of hot air that lingers in cities. High-rise buildings that block air flow further intensify the heat, and as populations continue to grow in urban areas, air conditioning use has become essential. Ironically, air conditioning units also emit waste heat, further warming the outdoor environment.

This compounded heat exposure doesn't just

make urban living uncomfortable—it makes it dangerous. Excessive heat can lead to dehydration, heat exhaustion, and even deadly heatstroke, especially for vulnerable groups such as the elderly, children, and those with pre-existing health conditions. Additionally, high temperatures exacerbate air pollution, as ground-level ozone, a component of smog, forms more readily in the heat. Thus, for people with respiratory issues, hot urban environments can be particularly harmful.

Solutions for Cooling Urban Spaces

Addressing urban heat requires a combination of nature-based solutions, innovative urban planning, and community action. By creating cooler, greener, and more shaded spaces, cities can improve both the comfort and health of their residents. Some effective

solutions include:

1. Increasing Green Spaces and Urban Trees

Parks, green roofs, and urban trees are among the most effective ways to mitigate urban heat. Green spaces provide shade and release moisture through a process called evapotranspiration, which cools the surrounding air. Trees in particular offer several benefits: they absorb carbon dioxide, filter pollutants, and reduce surface temperatures by providing shade. Research shows that neighborhoods with abundant greenery can be up to five degrees cooler than surrounding areas without green cover. Moreover, adding parks and green spaces offers social and recreational benefits, improving the overall quality of life.

2. Using Reflective and Permeable Materials

The materials used in urban infrastructure play a key role in managing

heat. Using reflective materials in buildings, roofs, and sidewalks can help reduce the amount of heat absorbed by surfaces. White or light-colored materials reflect more sunlight than dark ones, preventing the surfaces from heating up as much. Cool roofs—those covered with materials designed to reflect more sunlight—can be particularly effective. Permeable materials, such as porous pavement, can help reduce heat by allowing rainwater to filter through, cooling the surface and preventing excess runoff.

3. Green Roofs and Walls

Green roofs, covered with vegetation, not only help insulate buildings but also provide additional green space that mitigates heat. By adding layers of soil and plants to building rooftops, they reduce surface temperature and absorb rainwater, allevi-

ating pressure on urban drainage systems. Similarly, green walls—vertical gardens on the sides of buildings—can help shade structures, cool the surrounding air, and improve air quality. These green surfaces also offer a pleasant aesthetic appeal, integrating natural beauty into urban settings.

4. Designing for Natural Ventilation

Urban planning and architectural design that prioritize airflow can greatly reduce heat retention in cities. Narrow streets and closely packed buildings limit ventilation and create “heat canyons,” trapping hot air between structures. By planning open spaces, wider streets, and breezeways that facilitate airflow, cities can reduce trapped heat. Building orientation and materials can also play a role; for example, positioning windows and vents to take advantage of prevailing winds can encourage natural cooling within buildings, decreasing the need for air conditioning.

5. Community Action and Awareness

Community-driven initiatives can help raise awareness and foster collaboration in tackling urban heat. Neighborhood groups and local councils can organize tree-planting campaigns, encourage the installation of cool roofs, and provide residents with information on coping with heat during peak summer months. Public cooling centers, shaded transit stops, and hydration stations can also offer relief during extreme heatwaves, ensuring that people, especially those who are vulnerable, have a safe space to cool down.

6. Using Technology to Monitor and Mitigate

Urban Heat

Innovative technology can play a role in combating urban heat. Cities are increasingly using thermal imaging and sensors to identify “hot spots” where temperatures are highest. With this data, municipalities can prioritize high-impact areas for interventions like tree planting, reflective materials, or public cooling stations. Additionally, smart city technology, such as adaptive street lighting and energy-efficient building systems, can reduce heat emissions by decreasing overall energy demand.

The urban heat island effect is caused primarily by materials like asphalt, concrete, and metal that absorb, trap, and radiate heat.

The Future of Cooler Cities

While it’s clear that urban heat poses a serious challenge, it’s also an opportunity to rethink our approach to city planning and development. Integrating natural solutions, building more resilient infrastructure, and promoting climate-conscious designs can create cities that are both cooler and healthier. Cities like Singapore and Los Angeles have already taken major strides, introducing large-scale green roofing programs, expanding tree canopies, and experimenting with cool pavements. Their success serves as a model, demonstrating how urban areas can create a sustainable balance between human needs and environmental resi-



lience. Mitigating urban heat will not happen overnight, but by making targeted improvements, cities can make meaningful strides toward a more livable future. For residents, cooler cities mean

more comfortable, enjoyable outdoor spaces. For vulnerable populations, these changes can mean the difference between safety and risk during a heatwave. Addressing urban heat may be challenging, but with a com-

bined effort, towns and cities worldwide can rise to meet this test, creating urban areas that are not just more comfortable but ultimately more resilient and sustainable.

ART EXHIBITION

Vaasa artists Fanny Churberg and Alexandra Frosterus at Ateneum exhibition this spring – Boundary Crossing Boundaries changes our view of 19th-century female artists



Fanny Churberg Girls on the shore 1869

In spring 2025, the Ateneum will shine a spotlight on 19th-century women artists in the groundbreaking exhibition *Boundary Crossers* – 19th-century travelling female artists. From 7 March to 24 August, visitors will be treated to a multifaceted account of how brave women, despite major obstacles, struggled to create art and influence their time. Among the Finnish artists highlighted are two prominent names from Vaasa: Fanny Churberg and Alexandra Frosterus-Sältin.

Pioneering work in art research

The exhibition, curated by Anne-Maria Pennonen, curator at the Ateneum, sheds new light on a number of artists who were previously overshadowed by their male contemporaries.

With works by over 50 female artists from the Nordic countries, the Baltic States, Germany and Poland, their lives and works are depicted, often marked by adversity, creativity and boundary-crossing ambitions.

The artists travelled to Germany – an art centre in the 19th century – to study and create. Here they developed their skills despite limited opportunities for education, as women were often referred to private studies or special women’s art schools. The travels, which were both demanding and risky, were also reflected in their choice of subjects: flowers, still lifes and portraits were often more accessible subjects than landscapes, as women’s freedom of movement was limited.

Fanny Churberg and Alexandra Frosterus-Sältin –

local icons on the international stage

Fanny Churberg, known for her evocative landscapes, and Alexandra Frosterus-Sältin, whose religious and historical paintings aroused respect, represent two sides of the same struggle. They are symbols of how women defied expectations and claimed their place in a male-dominated art world. Churberg and Frosterus are not only part of Finnish art history, but also of a larger, international movement for women’s rights and recognition in the arts.

A historical and artistic depiction

The exhibition not only provides an insight into the artists’ lives, but also a picture of the time. Women fought for their dreams in an era when suffrage was a distant

thought and marriage often meant the end of an artistic career. With role models like these, they paved the way for later generations, among them Helene Schjerfbeck and Ellen Thesleff.

The Ateneum offers an invaluable opportunity to see works that have never been shown before in Finland, many of them on loan from prestigious museums such as the Alte Nationalgalerie in Germany and the Nationalmuseum in Sweden. In addition, works by pioneer Hilda Olson, Finland’s first female scientific illustrator, will be presented.

International cooperation and deepening

The exhibition is a collaboration with the Kunstpaal in Düsseldorf, where a version of the exhibition will be shown later in the

autumn of 2025. An extensive catalogue in Swedish, Finnish and English accompanies the exhibition, with articles by international researchers that deepen the understanding of the lives and works of female artists.

A tribute to those who broke boundaries

Boundary Crossing is more than an exhibition – it is a celebration of the courage, vision and artistic power of the women who defied the limitations of their time. For Vaasa residents, it will be a unique chance to see two of the city’s own artists in an international context, while at the same time reflecting on how far we have come – and how much we still have to learn from history.

The exhibition opens on 7 March 2025 and runs until 24 August at the Ateneum in Helsinki.

ART

A flooded bathroom at the Kuntsis Museum of Modern Art Meta Isæus-Berlin's exhibition until 30.3.2025

Swedish contemporary artist Meta Isæus-Berlin brings her works to Finland in a large solo exhibition at the Kuntsi Museum of Modern Art in Vasa.

The exhibition, titled *Philosophy*, opens on November 2, 2024, and runs until March 30, 2025, showcasing a selection of around 50 works that span Isæus-Berlin's 30-year artistic career, including ten new installations never seen before in Finland.

Meta Isæus-Berlin is a renowned Swedish contemporary artist whose work often blurs the lines between dream and reality. Her unique style, characterized by a blend of surrealism, symbolism, and domestic imagery, has captivated audiences worldwide.

Born in 1963, Isæus-Berlin's artistic journey has been marked by a constant exploration of the subconscious and the everyday. Her installations, paintings, and sculptures often feature domestic objects, such as chairs, beds, and tables, transformed into enigmatic and dreamlike compositions.

One of her most striking works, "Chair Beside Bed," is a haunting and evocative piece that invites viewers to contemplate the nature of sleep, dreams, and the subconscious. The chair, a seemingly ordinary object, is placed beside a bed, suggesting a moment of transition between wakefulness and slumber. The stark white color palette and the minimalist composition create a sense of stillness and intro-

spection.

Isæus-Berlin's work frequently references historical and mythological narratives. She draws inspiration from ancient myths, fairy tales, and religious iconography, reimagining these stories in a contemporary context. Her paintings often feature figures that seem both familiar and alien, caught in dreamlike states or engaged in enigmatic rituals.

The artist's ability to create a sense of atmosphere and mystery is one of her greatest strengths. Her work often evokes a feeling of nostalgia and longing, inviting viewers to delve into their own memories and dreams. By exploring the subconscious, Isæus-Berlin offers a glimpse into the hidden depths of the human psyche.

In recent years, Isæus-Berlin has gained international recognition, participating in prestigious exhibitions such as the Venice Biennale and the Istanbul Biennial. Her work can be found in major collections around the world, including the Moderna Museet in Stockholm and the Museum of Contemporary Art in Los Angeles.

Whether you are a seasoned art lover or a casual observer, Meta Isæus-Berlin's work is sure to captivate and inspire. Her ability to transform the ordinary into the extraordinary makes her one of the most significant contemporary artists of our time.

Isæus-Berlin's art does not offer direct answers but rather leaves space for the viewer to interpret and reflect on their own experiences. The exhibition in Vasa has also borrowed works from significant Swedish museums, including Moderna Museet and Malmö Art Museum. Additionally, a catalog has been published where the artist shares her

interpretations and creative processes.

One of the most interesting objects in the exhibition is the Bathroom, the construction of which has been financed by the Gröndal Brothers' Foundation. It cannot be described, it must be seen!

This exhibition represents a significant international art event in Finland, and Meta Isæus-Berlin's strong presence at the Kuntsi Museum invites the audience to see familiar places and objects with new, poetic eyes.

The exhibition is open from November 2, 2024, to March 30, 2025, at the Kuntsi Museum of Modern Art in Vasa.



This work of art, which is normally found at the Moderna Museet in Stockholm, was made in 1993. On the wall are 2000 water-filled silicone gloves.

ART EXHIBITION

In Eero Järnefelt's exhibition fascinates the big and small themes of nature. On Nov 23, it came to Tikanoja in Vaasa



On Nov 23, the Tikanoja Art House in Vaasa will host an exhibition covering the entire career of the masterful nature and portrait artist Eero Järnefelt (1863–1937), who sought emotion and truth. The exhibition presents the extensive work of a cosmopolitan cultural family and the artist's significance for Finnish art and Finnishness. Diverse descriptions of nature make one wonder whether the nature depicted by the artist in the 1800s and 1900s still exists.

Järnefelt sought to capture the essential elements of his works. Eero Järnefelt's art stems from his family's interesting cultural background and is characterised by the pursuit of essential features from nature as well as people. The artist was able to depict his subjects with detailed precision, delicate atmosphere and festive monumentality.

The exhibition sheds light on differ-

ent aspects of Järnefelt's conception of landscape and people. It also provides information about the Järnefelt family, his family, study trips, home conditions in Suviranna on Lake Tuusula and the connection of his art to the Finnish thinking of his time.

Järnefelt's paintings of nature and landscapes from Koli make you wonder whether the nature depicted by the artist in the 1800s and 1900s still exists – and what our relationship is to nature and landscapes today. In the artist's works, the magnificent landscapes of danger as well as the delicate details of the buttercup and the casserole are treated equally.

Järnefelt is also known for his portraits of prominent figures of his time. Included are interesting portraits of journalist, doctor and Member of Parliament Tekla Hultin and Mathilda Wrede, who dedicated her life to helping prisoners and the underprivileged.

The exhibition also includes a route designed for visitors with children, which encourages people to look at the works and discuss them from the

children's point of view.

The curator of the exhibition is Timo Huusko, Chief Curator of the Ateneum. Most of the works come from the collection of the Finnish National Gallery, but there are also plenty of loans from other museums and private collections. More than 200 works are on display.

The family's influence on Finnish cultural life was enormous

In the exhibition, you can also get to know the Järnefelt family and close family, whose influence on art and culture at the turn of the 1800s and 1900s was enormous. The Järnefelt siblings, critic Kasper, writer Arvid, musician Armas and later known as Jean Sibelius's spouse Aino, are remembered not only as authors of visual art, literature and music, but also as part of a wider network of cultural actors.

Eero Järnefelt's father, Alexander Järnefelt, made the development of the Finnish national movement his life's mission. Mother Elisabeth Järnefelt is especially remembered for her literary salon, the most famous participant of which was Juhani Aho.

EERO JÄRNEFELT'S ALTARPIECES

Eero Järnefelt's exhibition opens in Tikanoja – altarpieces remain in churches



The Taulumäki Church in Jyväskylä

On 23 November, Tikanoja Art Home will open an impressive exhibition showcasing the work of Eero Järnefelt (1863–1937). The exhibition offers a comprehensive overview of the art of this Finnish master, but one group of works by Järnefelt will be missed this time: the altarpieces.

It is understandable that altarpieces cannot be moved to the exhibition, as they are large in size and often permanently attached to the interior decoration of churches. However, this does not diminish their artistic and historical value, and visitors to the exhibition can admire images taken from the altarpieces.

Six altarpieces in four decades

During his lifetime, Eero Järnefelt painted six altarpieces that adorn churches

around Finland. His altarpieces can be admired, for example, in the new church in Keuruu, the Taulumäki church in Jyväskylä, the church of Littoinen, the church of Raahe and the St. John's Church in Helsinki.

The best-known of these is probably the altarpiece of Taulumäki Church in Jyväskylä, which is an exceptional ensemble of two works of art. At the top is Järnefelt's work "Christ Walks on Water" (1892–1893), which miraculously survived the fire of the first church in Taulumäki. Below, the whole is complemented by the painting "Jesus – The Good Shepherd" (1929) by Jonas Heiska from Jyväskylä.

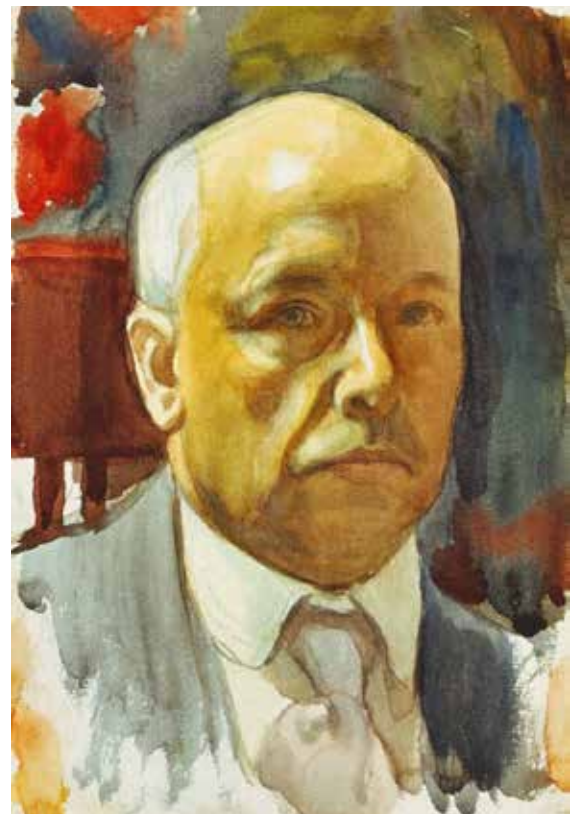
Although Järnefelt's altarpieces cannot now be seen physically in Tikanoja's exhibition, the devout atmosphere and masterful handwri-

ting conveyed by them can be seen through the images. Exploring the exhibition is a unique opportunity to delve deeper into Järnefelt's extensive oeuvre and the multidimensional nature of his art.

The exhibition will be open at Tikanoja Art Home from 23.11.2024.

Erik (Eero) Nikolai Järnefelt (8 November 1863, Vyborg – 15 November 1937, Helsinki) was a Finnish painter and professor (1912). Järnefelt's best-known works include paintings of Koli's landscapes and portraits of prominent figures of his time.

On the left, his self-portrait.







At the top, the altar of Lieto Church, below is the attach of St. John's Church in Helsinki



SOCIETY

Click your way to change? About clicktivism and slacktivism



What is clicktivism and slacktivism?

Have you ever shared an outrageous news article on social media, signed an online petition, or participated in a digital protest? If so, you may have unconsciously taken part in the phenomena of clicktivism and slacktivism.

These terms, coined by researchers Evgeny Morozov and Alice Marwick in 2017, describe a form of activism that is carried out online. It's about showing your support for a cause by clicking a button, sharing a picture, or writing a comment. It's simple, fast, and requires mini-

mal commitment.

Clicktivism focuses on the individual clicks that form the basis of digital activism, such as signing a petition or sharing a link.

Slacktivism is a more general term that refers to the perception that digital activism is often superficial and does not lead to real change.

Why is it problematic?

Even though it can feel good to do something, no matter how small, for a thing you care about, there is criticism of clicktivism and slacktivism. Critics believe that:

It is not a substitute for real action: Clicking

a button or sharing a picture is not the same as participating in a demonstration, donating money or getting involved in political processes.

It can create the illusion of change: It can give a false sense that you have done something to change the world, even if your actions don't have much of an impact.

It can undermine more in-depth engagement: By making it so easy to be an "activist," clicktivism can make people less likely to engage in more demanding forms of activism.

It can be manipulated: Large amounts of clicks and likes can be

used to influence decision-making processes and create a false image of public opinion.

Deliberation and democracy

Another problem with clicktivism is that it can undermine the democratic process. A healthy democracy requires an informed and nuanced debate on important issues. When we rely on simple "like" buttons and quick reactions on social media, we risk losing the ability to have deeper conversations and to absorb different perspectives.

So what can we do?

It's important to remember that digital activism isn't completely useless. It can be a way to raise awareness of important

issues and mobilize people. But to create real change, it takes more than just a few clicks.

To contribute to a more meaningful and democratic debate, we can:

Get involved in local issues: Participate in local meetings, write to our politicians and get involved in volunteer work.

Support organizations that work for change: Donate money, become a member or spread the word about their work.

Deepen our knowledge: Read about the issues that are important to you and try to understand different perspectives.

Have critical conversations with others: Discuss important issues with friends, family, and colleagues.

ASTROLOGY

Jupiter Retrograde and Its Consequences: Hold On to Your Hats and Horoscopes!

This winter, October 9, 2024 - February 4, 2025, as Jupiter pulls out all the retrograde stops, prepare for a season of cosmic quirks, oversized ambitions, and possibly an urge to re-read ancient myths (or your horoscope) with a raised eyebrow.

When we hear that Jupiter—the grand, gassy giant and ultimate astrological good guy—is “going retrograde,” our minds immediately jump to a season of existential wobble. Jupiter, ruler of wisdom, expansion, and wealth (and possibly dodgy advice from “that one friend”), usually showers us with blessings. But when retrograde hits? All bets are off! Jupiter in retrograde can mean “too much of a good thing,” or worse, “not enough of a good thing at all.” For astrologers and astrology lovers alike, it’s like someone put your life in the cosmic blender, threw in some Jupiter juice, and hit “chaos.”

So What Exactly Is Jupiter Retrograde?

In scientific terms, Jupiter retrograde is the period when Jupiter appears to be moving backward in the sky due to Earth’s orbit overtaking Jupiter’s in their respective celestial racetracks. This reversal happens about once a year and lasts for roughly four months. Ancient astrologers didn’t have telescopes or spacecraft (or TikTok) to explain this celestial switch-up, so they decided Jupiter must be taking a breather, maybe rethinking

its life choices. And if Jupiter, the mighty ruler of growth, is re-evaluating, it’s only fair that we mere mortals should do the same, right?

The Astrological Forecast: More Self-Help, Less Help from the Stars When Jupiter goes retrograde, astrologers say it’s time for inner growth rather than outer expansion. Forget big business ventures, grand vacations, and maybe even that edgy hair color you were considering—it’s a time for contemplating, not consuming! Jupiter retrograde encourages us to look inward, think deeply about our choices, and, ideally, avoid the urge to move to a tiny cabin in the woods to “find ourselves.”

Jupiter rules over philosophy and higher learning, so during retrograde, the wise thing might just be a little reflection: “Do I really need 17 plants in my apartment?” or “Maybe those online philosophy courses weren’t a waste after all!” The retrograde often coincides with a shift in our goals, too. Just as Jupiter pumps the brakes on its forward motion, we may find ourselves reconsidering ambitions and realigning dreams. This doesn’t mean abandoning goals—it means making them sturdier. (Or maybe just less ridiculous.)

Historical Consequences of Jupiter Retrograde: A Mix of Mischief and Majesty Throughout history, Jupiter retrograde has shown up during some pretty monumental moments. In



ancient Rome, they might not have known Jupiter’s retrograde from a hole in the ground, but they did know that strange things seemed to happen when Jupiter went “wonky.” For instance, Emperor Augustus would sometimes consult astrologers during Jupiter retrogrades to see if Rome’s fortunes were about to shift (though he probably didn’t ask about his love life).

And then there’s the Middle Ages: Jupiter retrograde was rumored to be a bad omen for kings and conquerors. Knights went into battle only when Jupiter was in a favorable position. Otherwise, swords stayed sheathed, and the knights focused on jousting, mutton feasts, or whatever they did on their off days. Even the voyages of exploration were said to be “retrograde-wary,” with astrologers warning sailors and explorers that Jupiter’s backward gaze

might not bode well for new endeavors (especially those involving new continents).

Your Retrograde Survival Kit: The Essentials

If you’re looking to weather Jupiter retrograde with all the grace of an ancient philosopher—or, you know, your favorite podcast astrologer—here are some top tips for making the most of this time:

1. Journal Your Grand Plans – Just because you shouldn’t act on your grand ideas doesn’t mean you shouldn’t think about them. Write down those wild dreams; there’s always post-retrograde for making them a reality.
2. Reflect, Don’t Reject – Jupiter retrograde is all about re-evaluation. Before ditching a big project or relationship, see if it just needs a little tweaking.
3. Embrace Wisdom over Wit – Jupiter is wise, not snarky. Leave the sar-

casm aside and focus on uplifting others (even if it’s as simple as complimenting someone’s new haircut).

4. Ditch the Extravagance – During retrograde, splurging on luxuries might just lead to regret. So maybe skip the life-size sculpture of your dog or the three-story inflatable Santa Claus (yes, even if it’s on sale).

5. Check Your Horoscope – In times of planetary chaos, there’s no harm in seeing what your favorite astrologer has to say. Sometimes, a little cosmic reassurance is all we need.

So there you have it. Jupiter retrograde might throw a cosmic wrench in our plans, but it also opens the door for some quality soul-searching and a bit of celestial laughter. Don’t worry—soon enough, Jupiter will be back on its regular path, and so, hopefully, will we.

HEALTH

All about Cutaneous Coeliac Disease

Dermatitis herpetiformis, the form of celiac disease that affects the skin, was first described in 1884 by the American professor of dermatology Louis Adolphus Duhring. He named the condition Dermatitis herpetiformis, a term still in use today, though for a long time it was commonly referred to as Duhring's disease.

In 1884, Louis Duhring published a 20-page book detailing the disease. Here is the introduction to his description:

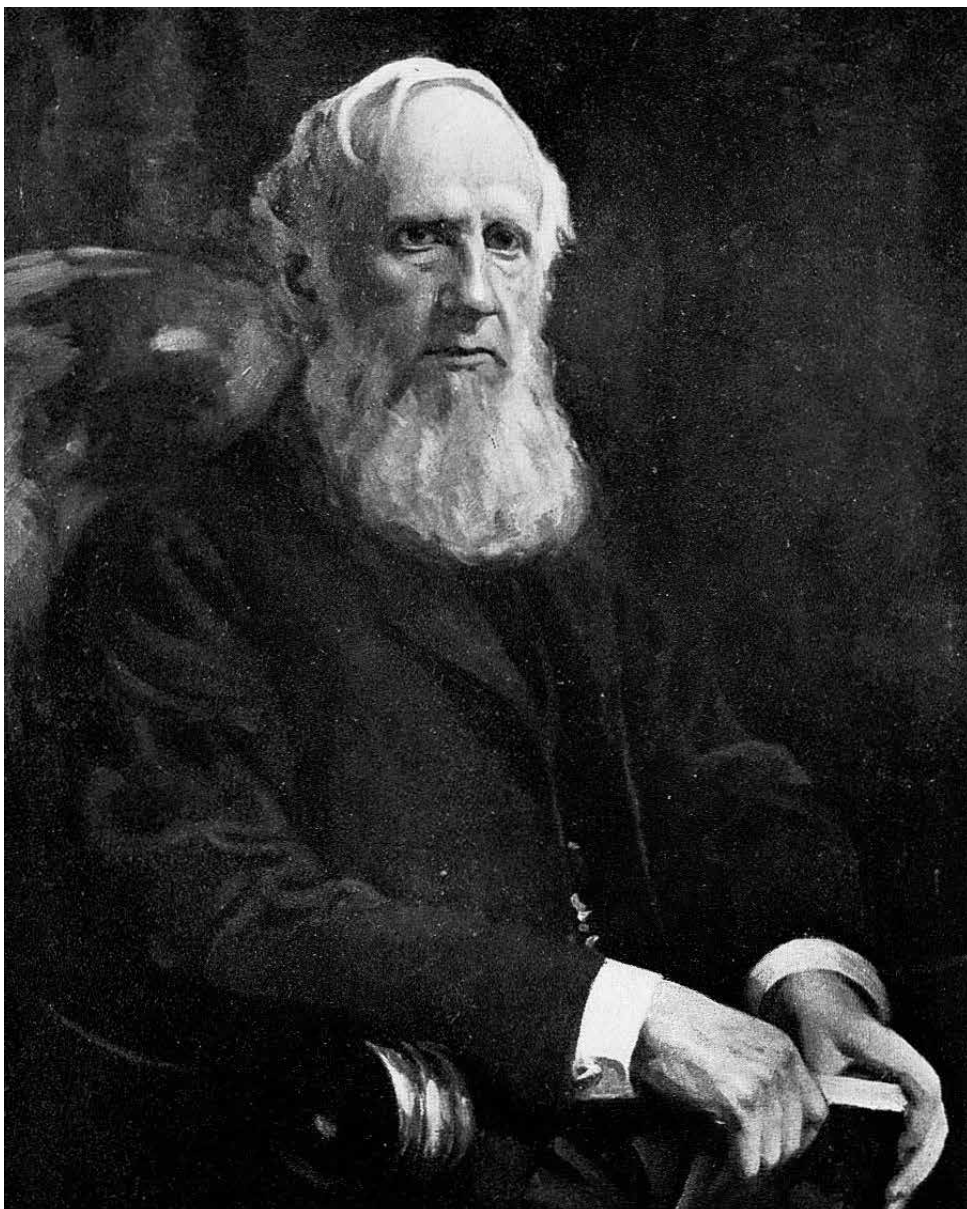
"Under the name Dermatitis Herpetiformis, I propose to group a number of cases of a skin disease I have encountered from time to time. These cases are mostly nameless, having been regarded and diagnosed either as peculiar manifestations of one or another of the more common known diseases, such as eczema, herpes, or pemphigus, or, in certain instances, as undescribed afflictions. From these remarks, it will be concluded that the disease is rare, which is, to some extent, true. At the same time, I have encountered a sufficient number of cases in the past fifteen years to justify the view that the condition deserves special description and a name. I first recognized this skin disease as distinct as far back as 1871, but with the few cases observed at that time, it was difficult to classify or handle them satisfactorily. Since then, I have encountered several other cases illustrating similar and variant forms of the disease."

Duhring also vividly described the itching associated with the disease:

"The most striking symptom is the itching. Burning is also not uncommonly complained of. However, itching dominates and is, in all cases, violent or even intense. Patients report it to be entirely disproportionate to the amount of the outbreak. Furthermore, it is persistent, causing the affected individual to scratch constantly. It usually precedes the outbreak and does not subside until the lesions have ruptured. Experienced patients, familiar with the natural course of the process, have informed me that they cannot find relief until the lesions burst. From my observation, I would say that the itching is both more severe and more persistent than in vesicular eczema. Vesicles appear slowly, taking several days or even a week to fully develop."

In the years that followed, Louis Duhring published numerous works about this disease. However, it was not until 1967 that the link between celiac disease and dermatitis herpetiformis was definitively established. Since then, a gluten-free diet has become the primary treatment for this condition as well.

Symptoms



Louis Adolphus Duhring (1845-1913), an American physician who in the 1860s studied skin diseases in Paris, London and Vienna, and then opened a clinic for skin diseases in Philadelphia, USA. Wikimedia Commons, Creative Commons Attribution 4.0 International

Dermatitis herpetiformis and celiac disease are essentially the same condition, with the former manifesting in the skin and the latter primarily affecting the intestines. Both forms of celiac disease, however, can cause changes beyond the skin and intestines.

Symptoms of dermatitis herpetiformis include small, red blisters that typically appear on the elbows, knees, back, and buttocks. The rash is usually symmetrical but can also occur elsewhere, such as on the neck or even the face. The itching is severe, intense, and clearly impacts quality of life. These blisters can cause significant discomfort, often disrupting sleep and leading to scarring from constant scratching.

The medical literature includes numerous vivid accounts of the itching. In *Celiac Disease: The Hidden Epidemic*, Rory Jones describes their own experience:

"I now refer to it as my 'seven-year itch.' The itching was so bad I wanted to scratch through to the bone. It kept me awake at night. I wore long-sleeved shirts and pants in ninety-five-degree heat to cover the outbreaks. No cream or lotion stopped the itching, which increasingly consumed my waking hours. There was a certain irony as I used both my left and right hands to scratch the mirror-like outbreaks in tandem".

The ultimate conclusion about the cause of my 'unexplained dermatitis' was stress. Since our



The rash on the elbows may be insignificant at a calm stage of skin celiac disease. Despite this, the itching can be bothersome.

skin is a living, breathing organ influenced by both physical and mental health, this began to make sense to my irritable, sleep-deprived brain. After seven years of itching, joint pain, and constant fatigue, if nothing else, I was certainly stressed.”*

The eventual identification of gluten as the culprit transformed treatment, proving that a gluten-free diet is critical for alleviating not only intestinal celiac disease but also dermatitis herpetiformis

“*I now refer to it as my ‘seven-year itch.’ The itching was so bad I wanted to scratch through to the bone. It kept me awake at night. I wore long-sleeved shirts and pants in ninety-five-degree heat to cover the outbreaks. No cream or lotion stopped the itching, which increasingly consumed my waking hours. There was a certain irony as I used both my left and right hands to scratch the mirror-like outbreaks in tandem”

Epidemiology

Dermatitis herpetiformis is extremely rare in children and adolescents. The average age of onset is around 50 years. Men and women are affected about equally, with a slight predominance in men. The oldest patient diagnosed with this disease was over 80 years old.

In a 40-year follow-up in Finland, it was shown that the average age at diagnosis was around 35 years in the 1970s, and then gradually increased to almost 50 years. At the same time, the disease has become increasingly rare. The reason for this may be that the dietary intake of gluten has halved during this period.

Of all celiac disease patients, a little over one in ten has dermatitis herpetiformis.

People with dermatitis herpetiformis rarely have severe symptoms indicative of common celiac disease. Although the disease affects the skin, it seems to affect the small intestine to a small extent. However, if a gastroscopy is performed to obtain small intestine biopsy samples, typical villous atrophy will be seen in most dermatitis herpetiformis patients, while a smaller proportion has completely subtle changes.

Diagnosis

Diagnosis of dermatitis herpetiformis can be difficult because the symptoms can resemble other skin diseases, such as eczema or psoriasis. However, the localization of the skin changes is very typical. The worst changes are often found on the outside of the elbows, knees, and buttocks.

A reliable diagnosis is obtained by taking a sample from healthy skin, which is then examined using an immunofluorescence method.

If a gastroscopy is performed to obtain small intestine biopsy samples, typical villous atrophy will be seen in most dermatitis herpetiformis patients, while a smaller proportion has subtle changes. However, since the diagnosis is already certain with a skin biopsy, it is not necessary to examine small intestine biopsies in dermatitis herpetiformis.

Treatment

A gluten-free diet is also the treatment for this form of celiac disease. And the diet is lifelong. Oats are allowed, but it must be pure oats that do not contain any contamination from other grains.

However, the gluten-free diet must be followed extremely strictly. And even if the diet is followed, it can take quite a long time before the rash and itching disappear. It can take weeks or months, but after two years of a gluten-free diet, the itching and rash are usually gone.

But it is not easy to cope with itching for weeks or months, even if you follow a strict diet. Therefore, medication is often needed as a complement to the diet, at least for a while.

The medication used is called dapsone. This is a sulfonamide with antibiotic properties. Dapsone has a valuable role in the treatment of leprosy and malaria.

It is unclear why dapsone helps against the itching of dermatitis herpetiformis. But the effect is striking. After a few days of treatment, the itching is relieved. The usual dose for adults is 25-50 milligrams per day, sometimes the dose can be increased to 100 milligrams. However, as the gluten-free diet takes effect, the dapsone dose can be reduced, and often discontinued after a couple of years.

Dapsone has a number of side effects, which is why the drug should never be used unnecessarily. The most serious side effect is methemoglobinemia, that is, a change in the blood’s hemoglobin that impairs the blood’s ability to transport oxygen and turns the blood blue, which can cause a change in skin color and blue lips and nails. Other drugs can also cause methemoglobin, such as trimethoprim, metoclopramide, and several anesthetics.

Dapsone has other side effects such as liver inflammation.

Dapsone treatment is carried out in Finland by dermatologists. Regular laboratory tests are necessary due to the risk of side effects.

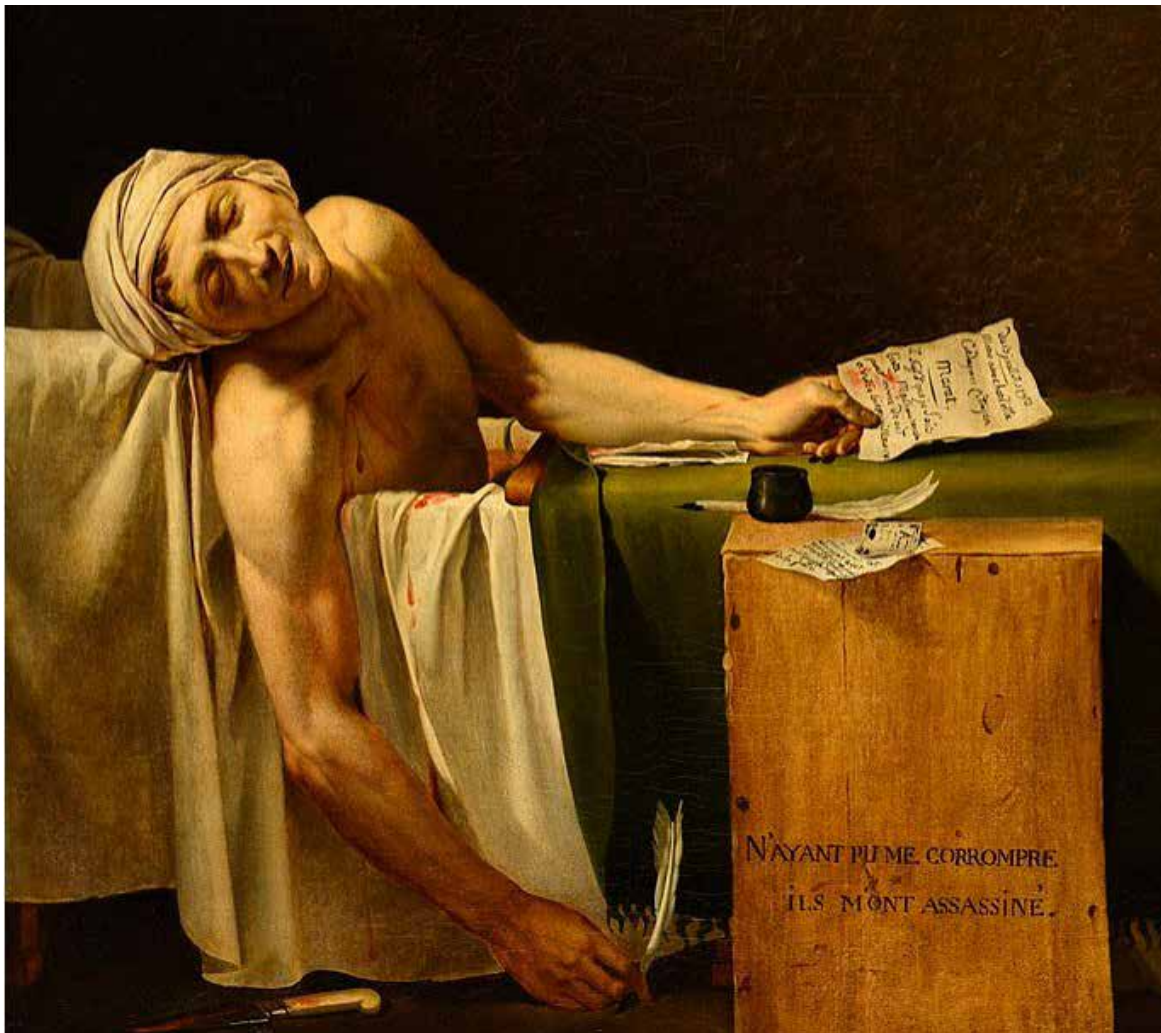
Finally, it is worth pointing out: Although dapsone is effective against symptoms caused by dermatitis herpetiformis, the drug is definitely not an alternative to a gluten-free diet.

Prognosis

As long as dermatitis herpetiformis is undiagnosed and untreated, it has a major impact on a person’s quality of life. The intense itching keeps the patient awake, which has many harmful consequences.

But when the diagnosis of dermatitis herpetiformis has been made and a strict gluten-free diet has been started, the prognosis is good in the long term. The patient can live a normal life, the disease does not affect life expectancy, and the risk of complications is minimal. In fact, a Finnish study suggested that people with treated dermatitis herpetiformis live slightly longer than healthy people. A disease that prolongs life can be a comfort and encouragement to maintain a strict diet.

The risk of complications is minimal, but it exists. In the first few years after diagnosis (when the protective effect of a gluten-free diet has not yet taken effect), there is an



The Death of Marat, a painting by Jacques-Louis David. Public Domain

Jean-Paul Marat and Dermatitis Herpetiformis

Jean-Paul Marat (1743-1793) was a French physician, scientist and revolutionary, one of the leading figures of the French Revolution.

During the last five years of his life, he was bothered by a violently itchy rash. The only relief he could get was in a bathtub, where he spent his last years all day long. There he received his guests, and there he wrote his revolutionary newspaper articles, which were published in his own newspaper "L'ami du peuple." He had made many political enemies, and one of them was Marie-Anne Charlotte de Corday d'Armont.

And in the bathtub, he was reading a newspaper at the moment when his life came to an abrupt and violent end. Lying in his bathtub, he was murdered by Charlotte Corday. She stuck a kitchen knife into his chest. Charlotte Corday was immediately arrested, sentenced to death, and then publicly executed by guillotine. The murder caused a period of terror in France, around 1400 people were executed, among them Queen Marie Antoinette.

The newspaper, his own "L'ami du peuple", he read is preserved at the Bibliothèque Nationale de France in Paris. And on the newspaper there were blood stains that DNA tests were carried out. It is said that many infectious diseases could be ruled out, although not with complete certainty. Unfortunately, HLA tests were not done for celiac disease.

Marat's skin disease has aroused a lot of interest and expert doctors have spent a lot of time trying to determine the diagnosis. There is much to suggest that the diagnosis was dermatitis herpetiformis, including the appearance and location of the rash. He had also lost considerable weight, suggesting malnutrition consistent with celiac disease.

increased risk of malignant diseases, such as lymphoma.

Lymphoma, a malignant disease originating from lymphoid tissue.

Lymphoma can be a serious but fortunately rare complication of untreated celiac and dermatitis herpetiformis. The two

main types are Hodgkin's lymphoma and non-Hodgkin's lymphoma, the latter of which can occur with celiac and dermatitis herpetiformis.

Celiac disease, including dermatitis herpetiformis, is an autoimmune disease, which means that people with

celiac disease have an increased risk of developing other autoimmune diseases. Such diseases include type 1 diabetes, thyroid diseases, and skin diseases such as alopecia areata.

HEALTH

The miracle medicine Ozempic helps for everything? No, it doesn't, but...

Ozempic – a drug that has taken the world by storm and quickly become a topic of conversation both in medical circles and among the general public.

Used primarily to manage type 2 diabetes, but is also associated with weight loss, improved heart health, and most recently with the hope that it may even have a slowing effect on Alzheimer's disease. This drug has raised many questions about its potential and also some concerns about its side effects and ethical implications. Is Ozempic really the miracle drug that can solve everything – or is there reason to take it with a certain skepticism?

What exactly is Ozempic?

Ozempic is not just a new fad drug for weight loss. Basically, it's a drug to treat type 2 diabetes, and its active ingredient, semaglutide, is a so-called GLP-1 receptor agonist. This substance mimics a natural hormone in the body that helps regulate blood sugar levels. By stimulating insulin secretion when blood sugar is elevated and reducing the production of sugar from the liver, Ozempic helps diabetics manage their disease. Keeping blood sugar under control is crucial for avoiding long-term complications such as nerve damage, kidney problems, and heart disease. In that sense, Ozempic is a clear success.

But what really made Ozempic a talking point was its unexpected effect on body weight. A lot of studies have shown that patients who take Ozempic can experience significant weight loss. For people struggling with obesity – a problem that often goes

hand-in-hand with type 2 diabetes – this is an enticing side effect. And perhaps this is where the miracle medicine stamp came about.

Benefits of Ozempic – Not Just a Matter of Weight

Ozempic's weight-reducing effect has proven to be an added bonus, but there are more aspects to consider. High blood pressure and coronary artery disease can be positively affected by the drug, as Ozempic improves insulin sensitivity and reduces inflammation in the body – factors that can directly affect cardiovascular health. This means a significant improvement in quality of life for many, and it is no exaggeration to say that Ozempic can indeed have a big impact on the health of people with type 2 diabetes or obesity.

A weight loss of 5 kg is healthy for most of us, and with Ozempic, such a weight loss is easy to achieve. However, for the weight loss to be lasting – this can be worse and may mean that you have to use Ozempic all the time.

A more surprising discovery is Ozempic's potential effect on Alzheimer's disease. Research suggests that semaglutide may have a neuroprotective action, meaning it may help protect brain cells and possibly slow Alzheimer's progression. Of course, the idea that a diabetes drug can also have benefits for brain health raises hopes – and some skepticism.

As with any medication, Ozempic has its own side effects. One of the most common complaints is nausea and other stomach problems, especially at the beginning of treatment. More serious risks include inflammation of the pancreas, a rare but serious side effect. Perhaps the most eye-catching side effect that has at-



racted attention, however, is the "Ozempic face". This term refers to the changes in facial structure that some users have experienced after losing weight with the help of the drug.

When body fat decreases rapidly – which often happens when losing a lot of weight in a short period of time – it can lead to a loss of volume on the face. This causes the skin to become saggy and the face to have a more aged appearance. For a medicine that is supposed to improve health, this side effect may seem paradoxical: you may feel healthier, but the mirror image shows otherwise.

And it is important to know that the knowledge of Ozempic's side effects with very long-term use is unknown. What happens if you

use Ozempic for decades. No one can know that yet at this stage.

Ozempic raises a lot of questions, not only about health but also about ethics and society. An important aspect is the cost and availability of the drug. Ozempic is expensive, and for many people, price can be a determining factor in whether they can access the medication. This creates a potential inequality in healthcare, where a treatment that could benefit many people may be unavailable to those with lower incomes.

In addition, there is a risk that Ozempic is used by people without diabetes solely for the purpose of losing weight. A drug intended for a disease becomes in some circles a shortcut to a slimmer appearance, which can

lead to addiction and to side effects in healthy people. The question is whether this is a problem for society or whether it is up to the individual to decide. In any case, it reminds us of how complex medical ethics can be, and how difficult it is to draw a line between what is necessary and what is merely desirable.

Ozempic has undeniably revolutionized the treatment of type 2 diabetes and has been shown to have significant benefits for weight loss and heart health. It is difficult to turn a blind eye to the potential of this drug – not only for individuals but for the healthcare system as a whole. But miracle medicine is perhaps an exaggeration.

Ozempic does not solve everything, and it is important to understand that the medication comes with risks and ethical question marks. The Ozempic face is a reminder that all change has a downside, and the cost and availability of the drug remind us of the inequalities that still exist in healthcare.

Perhaps Ozempic is more of a symbol of the medical aspirations of our time: a powerful tool that, with the right handling, can help many, but which also reminds us of the importance of taking a step back and seeing the big picture. The future will tell whether Ozempic was a medical fad or a long-term solution to our biggest health problems – until then, we should receive this "miracle" with our eyes open and a healthy measure of caution.

Ozempic is a prescription medication. It is found in Finland but has become so popular that it can sometimes be difficult to obtain. A month's treatment costs over 100 €.

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. Alarming, 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 ef-

fects 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.

RUSSIA'S STRANGE DIPLOMATIC LANGUAGE

The Kremlin mocks its opponents

When tensions between the two countries increase – as in recent years between Russia and Ukraine – it is common for the aggressor to ridicule its counterpart. We have seen examples of this. Russian state television is doing its best to spoil Ukrainian President Volodymyr Zelensky and the Ukrainian leadership. According to the Kremlin, Zelensky is a Nazi, a drug addict, a clown, a liar, a traitor, a criminal, a psychopath.

It is important to note that these attacks are false and unjustified. Zelenskyy is a democratically elected leader who has shown great courage and determination in the face of Russian aggression. He is overwhelmingly supported by the Ukrainian people and widely respected by world leaders. That he is a Nazi is not of this world, Zelensky is Jewish and one of the pillars of Nazism is hatred of Jews. But Russia thinks anyone who opposes Russia's aggression is a Nazi.

The Kremlin's use of derogatory adjectives against Zelensky is a sign of despair and weakness. They cannot defeat Ze-

lenskyy on the battlefield, so they resort to personal attacks in an attempt to discredit him. However, these attacks only hook and further strengthen Zelenskyy's determination and the unity of the Ukrainian people.

Then there is reason enough to say that the President of Ukraine is not the only one exposed to derogatory and mocking adjectives. The German leader is a "sausage maker" and the leader of the USA is a senile dementia elderly.

This is not a new phenomenon. In particular, the word clown seems to be popular in the Kremlin when someone dares to oppose plans to conquer Russia. On 26.11.1939, a few days before the start of the Winter War, Pravda published the following sensational article about Finnish Prime Minister Aimo Kaarlo Cajander:

"Finland's government fears appearing before the country's parliament. Instead, Prime Minister Cajander, on November 23, happily performed at a concert. The music played, the prime minister gave a speech. Finland's citizens must be entertained in their current sad situation. Cajander tried



Aimo Kaarlo Cajander

to entertain the audience as best he could. He displayed clownish talent. Cajander turned the concert venue into a simple circus arena. Like Pelle Jöns, he somersaulted, spoke non-sense, stood on his head, walked around the arena on his hands.

First, he dragged out several portraits of Russian tsars onto the arena and bowed down to these images. These humble bows he performed with the ingrained subservience of a born servant. He spoke of 'the policy beneficial to Finland, followed by Alexander I and Alex-

ander II and approved by all the people of Finland.' Then Pelle Jöns stood on his head and threatened the Soviet Union with one of his feet because Moscow was thinking of threatening Finland's independence. It was truly a majestic attitude!

It is known that the Russian tsars, whether named Alexander or Nikolai, suppressed all attempts by the Finnish people to gain independence in every way. The tsarist policy, which aimed to oppress, subjugate, and paralyze the people, was only accepted by the reactionary-minded,

corrupt Finnish bourgeoisie. Cajander et consortes served the Russian tsars as faithful lackeys and court jesters. When tsarism was overthrown by the people's fatal blow, the temporary go-vernment refused to grant Finland independence. For this independence, the Bolsheviks Lenin and Stalin fought in cooperation with the Finnish people. From the Soviet government, the Finnish people have received their independence, which Finland's bourgeoisie always displays and still sells as a commodity on the market of imperialism. Such are the facts.

Cajander believes that when he makes his somersaults, the world goes off the rails. A ridiculous illusion! Pelle Jöns makes his somersaults, but the facts stand unyieldingly where they stand. This whole pathetic comedy is played out only to avoid answering the Finnish people's question to its ridiculous, intrigue-ridden government: why have Latvia, Estonia, and Lithuania concluded treaties with the Soviet government guaranteeing their independence, peace, and secure work, while the Finnish government has interrupted negotiations and caused anxiety and worry for the Finnish people? Here one cannot avoid the issue by just dodging. Cajander makes so-mersaults, crows like a rooster, suddenly bursts into tears. He cries, moans, tears his clothes to pieces, strikes around with the words of a circus clown, scatters ashes.

Not on his own head, but on the heads of the ministers of Estonia, Latvia, and Lithuania. Through tears, Cajander cries out: '...These three vigorous Baltic states,



*Hufvudstadsbladet den
27.11.1939*

which had a brilliant future ahead of them, have suddenly been transformed from independent states into realms more or less dependent on the Soviet Union. D

This has made a crushing impression on us Finns." Cajander weeps for the political leaders of Estonia, Latvia, and Lithuania. They have turned out, you see, to be very shortsighted. But Pelle Jöns in the role of prime minister, behold, he is farsighted. He is a politician who has been schooled by the far-sighted Beck, by the clear-sighted Moscicki. May he experience how they feel, these Polish Pelle Jöns, who have forever lost their commitment. Soon enough, Cajander may have the opportunity to realize that it is not the Finnish government's puppets who are foresighted, but Estonia's, Latvia's, and Lithuania's current leaders, who have concluded agreements with the Soviet Union guaranteeing the independence of these states.

But Cajander and his cronies cannot avoid giving the Finnish people the answer they increasingly demand.

Why have you, gentlemen Cajander and your associates, interrupted the negotiations? The people have not demanded this of you. Who has demanded that the negotiations be interrupted? Finland's prime minister wriggles like an eel, he cries and snivels and wipes the tears from his dirty face: "As much as we have tried to find a common basis for our negotiations, they have nevertheless been temporarily interrupted.

This must be regretted all the more as Finland sincerely wishes to maintain good relations with all its neighbors." Cajander "regrets"! Cajander "has temporarily" interrupted the negotiations! Cajander sheds crocodile tears. Crocodile tears are said to be the most deceitful, the most vile, the most disgusting in the whole world. But even more repulsive, even more vile, even more deceitful are the tears shed by Pelle Jöns as he imitates the crocodile. It is a perversion of a reptile that lacks sharp teeth, that lacks strength, but is full of the cunning and voracity of a little predator.

And yet Cajander and his henchmen will not escape answering the question that the Finnish people increasingly threateningly pose to them, as they see the country being drawn into a shameful and dangerous game by provocateurs. Why have you, Cajander and your gang, interrupted the negotiations? You are "independent" (?) only of the Finnish people, who in fact seek the friendship of the Soviet people. Who, then, are you dependent on? Whose will do you fulfill, whose instructions do you follow? And Pelle Jöns in the prime minister's office runs anxiously,

cowardly around, letting his faded eyes wander in all directions and swearing to God: "Finland has not been in need and has not received instructions from other states. By God, it has not received any!" A clown's oath, invoking God!

The receipt for "foreign states' instructions" having been fulfilled has been published. It is found in the English imperialist press's approval of Cajander's speech. The Daily Herald pats its Finnish Pelle Jöns friendly on the shoulder: "you have done well, dear brother".

Can one then be surprised that Cajander and his entourage have not found "a common basis" with the Soviet government? Pelle Jöns performs his somersaults on the warlike imperialism's "general platform," lets the jazz orchestra clang, lets the saxophone jam, lets the circus director's whip whistle.

Will this political circus continue for a long time? We must hope: not too long. We must hope that the Finnish people will not allow puppets like Cajander and his associates to steer Finland's ship of state further towards the brink of destruction, where Beck and Moscicki have suffered shipwreck."

This text's Swedish translation was published in Hufvudstadsbladet on November 27, 1939. In Pravda, it was published on November 26, incidentally the same day as the shots in Maimila were fired, evidently by the Russian side.

RUSSIAS WAR AGAINST UKRAINE

President's Participation in Events on Ukraine's Armed Forces Day



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RUSSIAN INFLATION

The Ruble, Hyperinflation, and Divine Intervention: Russia's Heavenly Economic Policy

When the economy spirals out of control, printing presses are overheating, and the ruble teeters on the brink, what's the solution? In Russia, the answer has proven to be as creative as it is desperate: turn to God. The Orthodox Church, under Patriarch Kirill's leadership, has taken on the task of solving the nation's economic crisis—not through financial reforms or fiscal policy, but through prayers. Yes, prayers to combat inflation, strengthen the ruble, and defeat the dollar.

A Tumbling Economy: What Happened?

This celestial intervention has a very earthly cause. Officially, the Kremlin claims that inflation in Russia stands at 8%. Even this figure is painful for the average citizen, but behind the official narrative lies a harsher reality: some estimates suggest the real inflation rate is as high as 50%, with hyperinflation looming ominously on the horizon.

What's driving this crisis? One major factor is the relentless printing of money. Financing the war in Ukraine has demanded enormous sums, and the state has decided that the solution is simply to print more cash. On top of this, huge bonuses—

reportedly up to three million rubles per soldier—have been promised to those who voluntarily enlist in the army. These payouts, coupled with unchecked spending, have pushed prices up, devalued the ruble, and created a vicious cycle of rising interest rates and plummeting confidence in the currency.

The Russian Central Bank has responded by raising its key interest rate to 21%, with forecasts suggesting it could hit 25% by the year's end. Meanwhile, the ruble has lost 20% of its value against the dollar in just a few weeks, leaving the economy in freefall.

God as an Economic Advisor

Faced with this dire situation, and with pragmatic solutions seemingly out of reach, it's perhaps not surprising that Russia has turned to higher powers. Patriarch Kirill, who has consistently aligned himself with the Kremlin's directives, has ordered special prayers to combat inflation. Initially, these prayers will take place in monasteries, away from the public eye—perhaps to prevent widespread panic over the scale of the crisis.

But this is only the



beginning. If these initial efforts fail, all of Russia's churches will be mobilized in the fight against rising prices. Concurrently, prayers will also be offered to "defeat the dollar" and strengthen the ruble, as if foreign exchange markets could be swayed by holy water and crossed fingers.

And if even that doesn't work? Then comes the *pièce de résistance*: a massive religious procession through the streets of Moscow or St. Petersburg, aimed at shielding the nation and its people from economic hardship.

A Stark Contrast to Reality

It's hard not to raise an eyebrow at such measu-

res. While other nations grapple with inflation through interest rate hikes, fiscal reforms, and international cooperation, Russia is turning to spiritual remedies. Economists analyze supply chains, market trends, and capital flows, while Patriarch Kirill likely consults psalms for answers.

What does this reveal about Russia's economic state? At best, it's a symbolic gesture—a bid to instill hope in a population increasingly burdened by the crisis. At worst, it's a tragically comical admission that the government has no real tools left to address the situation.

Prayers and Processi-

ons: Inflation's New Foe

The notion that a religious procession could stabilize the ruble or curb inflation might seem absurd to most, but it reflects the deeper issues plaguing Russia. The nation's economy is so entangled in the costs of war, systemic corruption, and political instability that traditional solutions appear ineffective.

Whether prayers and processions can truly save the ruble from its freefall remains to be seen. But if even divine intervention fails to rescue it, one is left wondering—*who, or what, could?*

RUSSIAN ECONOMY

Is hyperinflation coming up in Russia?

An analysis of Russia's economic crisis

Russia's economy is facing one of its biggest challenges in modern times. The economic sanctions that followed the invasion of Ukraine, combined with an increasingly isolated position in the global market, have created a perfect storm for the Russian ruble.

The drastic increase in the policy rate to 21%, with the prospect of further increases, is a clear sign that the Russian central bank is trying to fight inflation that threatens to spiral out of control.

Official statistics versus reality

The Russian government reports an inflation rate of around 8%. However, economists and experts agree that this figure does not reflect the real situation. The rising demand for goods, especially food and other basic goods, combined with disruptions in supply chains, has led to a significant increase in prices. Many Russians testify that the prices of food and other necessities have more than doubled in the past year.

Banknote presses run hot

To finance the war in Ukraine and compensate for the reduced revenues from oil and gas exports, the Russian government has had to print large

amounts of money. This has led to a sharp increase in the money supply in circulation, which in turn drives up inflation. Free currency trading has been abolished, and the ruble has depreciated sharply against other currencies. Although the official exchange rate is 100 rubles per dollar, in practice it is impossible for Russians to buy dollars at this rate.

A population in panic

The economic uncertainty has led to increased anxiety among the Russian population. Many Russians are trying to protect their savings by buying physical assets, such as housing and groceries. The phenomenon of hoarding buckwheat, a staple of the Russian diet, has become increasingly common.

The risk of hyperinflation in Russia is high. Historically, countries that have been hit by similar economic crises have often experienced hyperinflation. Hyperinflation is an extremely high rate of inflation, which can lead to a total collapse of a country's economy. To avoid hyperinflation, the Russian government must take drastic measures to stabilize the economy and regain the confidence of investors and the population.

Hyperinflation can occur very quickly, at a time when the population is suffering from something that could be called mass psychosis and everyone is rushing to the shops at the same time to get rid of their almost worthless banknotes.



This is not something new in Russia. In the early 90s, Russia had a period of over 1000% inflation. In a short time, the ruble lost over 90% of its value.

The high inflation, the reduced availability of foreign currency and the increased uncertainty pose a major threat to the standard of living of the Russian population. If the Russian government does not succeed in reversing the trend, the country risks ending up in a deep economic crisis with long-lasting consequences. The worst possible consequence is hyperinflation.

Consequences of a possible hyperinflation for the Russian population

Hyperinflation, an extremely high inflation rate, would have devastating consequences for the Russian population. Here

are some of the most likely outcomes:

Greatly reduced purchasing power: Money quickly loses its value, which means that wages and savings become worthless. Panicked buying accelerates, people buy everything they can as long as you get something for the rubles and in the end all the shelves are empty. People will no longer be able to buy the goods and services they need to survive.

Social unrest and instability: Economic crisis often leads to social unrest and political instability. Dissatisfaction with the government may increase, which may lead to protests and demonstrations.

Hunger and malnutrition: High food prices make it difficult for people to get enough food. This can lead to starva-

tion and malnutrition, especially among children and the elderly.

Loss of lifelong savings: Pensions, savings accounts, and other savings will be wiped out. Many people will lose everything they have worked for throughout their lives.

Fleeing the country: Many will try to leave the country to find better living conditions. This could lead to a mass exodus and create additional problems for neighbouring countries.

Disintegration of society: Hyperinflation can lead to a breakdown of society, with increased crime and violence.

Loss of confidence in the economic system: People will lose confidence in the economic system and the Russian ruble. This can lead to an increased use of alternative currencies or barter.

AI

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

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



**Podcast in English:
Russian disinformation**
<https://vpress.ovh/podcasts.htm>

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 NotebookLM-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.



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 Positioning 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 Osthrobotnia region

The magazine contains quotations from old daily newspapers taken from the National Archives (digi.kansalliskirjasto.fi). GPT3, Gemini, Aria 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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HOROSCOPE FOR DECEMBER 2024

December Horoscope: What the Stars Have in Store for You

Aries (Mar 21–Apr 19)
Santa knows if you've been naughty or nice, Aries. But knowing you, you're probably organizing his gift list and suggesting a reindeer rebrand. Take a breath—December's all about fun, not micromanagement.

Taurus (Apr 20–May 20)
Your love for all things cozy hits its peak this month. Expect a lot of fuzzy socks, mulled wine, and arguments over whether the tree is perfectly symmetrical. Spoiler: It's not, but that's okay.

Gemini (May 21–Jun 20)
You're the life of every holiday party... unless there are three at the same time, which you'll somehow attend simultaneously. Just remember: you can't RSVP "Yes" to everything—unless you clone yourself.

Cancer (Jun 21–Jul 22)
Cancers, December is your time to shine... in the kitchen, wrapping gifts, and orchestrating heartfelt traditions. But be careful: not everyone appreciates hand-knit elf costumes for

their pets.

Leo (Jul 23–Aug 22)
You're the star at the top of the tree this month, Leo. But don't hog the spotlight too much; let someone else light a candle or two. Sharing is the greatest gift, even if it's just the last gingerbread cookie.

Virgo (Aug 23–Sep 22)
Your December checklist includes organizing Secret Santa, color-coding decorations, and perfecting your "surprised" face for predictable gifts. Try to relax. Even if the bows aren't perfectly tied, the world will keep spinning.

Libra (Sep 23–Oct 22)
December has you torn between binge-watching holiday movies or hand-making snowflakes for every window. Tip: Do both. Balance is your superpower—just don't try to bake and gift-wrap at the same time.

Scorpio (Oct 23–Nov 21)
You've got strong opinions about eggnog and even stronger ones about who gets to control the holiday playlist. Channel that passion into spreading joy, not just enforcing Mariah Carey exclusivity.

Sagittarius (Nov 22–Dec

21)
Sagittarius, you're practically a snow globe of cheer this month. Travel, adventure, and mistletoe shenanigans are in your stars. Just don't forget to text your family back between ski runs and mulled cider.

Capricorn (Dec 22–Jan 19)
You've probably planned your New Year's resolutions already, Capricorn. Take a break and enjoy the moment. Life isn't just about productivity—sometimes it's about eating your weight in holiday fudge.

Aquarius (Jan 20–Feb 18)
Your unconventional spirit makes for unique celebrations. A disco ball instead of a star on the tree? Genius. Just don't expect Grandma to embrace your "ugly sweater/dance-off" theme immediately.

Pisces (Feb 19–Mar 20)
Pisces, you're a soft-hearted snowflake this December. Embrace your dreamy side, but don't get so lost in holiday sentimentality that you forget where you hid the gifts. Hint: Check the freezer.



NEWS 100 YEARS AGO



The Evening Courier

Sunday, December 8, 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

MUNICIPAL ELECTIONS

MUNICIPAL ELECTIONS
In the municipal elections, the Swedish People's Party managed to retain its seven seats. The united Finnish bourgeois parties won a seat from the Communists. The following were elected from the Swedish People's Party: Dr. L. J. Kurtén, Assessor J. V. Bromani, Consul Karl Kurtén, Fitter J. E. Nylund (re-elected), Builder E. Fineli, ing. Oskar Gros and viceh. Erik Tujulin (newly elected). From the Finnish nonsocialist parties, Senior Lecturer F. V. Saukko, Commercial Counsellor E. J. Ollonqvist (each re-elected) and Dir. Eliel Berggren. The Communists chose the carpenter Samuli Aho and

the painter Anders Viktor Nyman. 'Bankdir. Arne Snellman, M.A. E. Rosten, businessman M. Cederberg (sv. folkp.), bank director. H. Salovaara, disp. A. Manriila (b. borg.) and guard. E. Portimo (Communist); The other auditor candidates became deputies. Thus, 21 Swedes, 8 bourgeois Finns and 7 Communists will sit on the council next year. The votes were distributed among the parties as follows: the Swedish People's Party 2,539, the Finnish nonsocialists 1,296, the Communists 918 and the Social Democrats 212. Turnout in the elections was more lame than last year. The total number of voters

was 4,988 compared to 5,285 last year.

On the seventh anniversary of Finland's declaration of independence, the monuments of Finland's two regents, P. E. Svinhufvud and CG, were unveiled in Vaasa. Mannerheim.

At 1 o'clock the ceremony began. A large crowd of people was gathered outside the city hall. To music by the Guardsjaeger Battalion's band, high-pitched

speeches were made to the fatherland, by rect. E. L e v ö n in Finnish and Consul Erik Hartman in Swedish. After the talem, Suomi's song and the Swedish Diet hymn were played, which the public listened to with bare heads. Then the chairman of the Vaasa Art Society, Dr. K. Hedman, appeared and handed over the monuments to the city, after which the covering was removed by ing.

V. Bru u n. The music was played Our Country, and then the memorial was received on behalf of the city by Mayor I. V. Hasse 1 b 1 a 11. After the music had played the Thirty Years' March, the solemnity was over. During the day prayer times were arranged in the town's church, and the Finnish Civil Guard had a soiree in the town hall.

KANSALLIS-OSAKE-PANKKI
ARVOPAPERIOSASTO
VÄLITTÄÄ osakkeiden ja obligatioiden kauppa sekä Helsingin arvopaperiörsissä että sen ulkopuolella. Osto- ja myyntitehtävät voidaan myöskin antaa kaikkien haarakonttorien kautta. Puh. 119 81 & Ce 20 031 (keskuspuh.).
NOTARIAATTIOSASTO
VASTAANOITAA säilytettäväksi ja hoidettavaksi kaikenlaisia arvopapereita.
TOIMITTAA palkkojen, vuokrien y.m. maksujen suoritusta ja perimistä.
LAATII yhtiösopimuksia, kauppakirjoja, velkakirjoja, testamentteja, avioehtosopimuksia y.m.s. asiakirjoja.
TOIMITTAA peruskirjoituksia ja perinnönjakaja.
Puhelin Ce 20 031 (keskuspuhelin).
5311

Pyydämme saada kiinnittää arvoisan yleisö huomiotu
Pääomatilimme
tarjoonmiin etuuhin.
Pääomatilillä suoritetaan korkeinta käypää talutuskorkeus.
Pääomatilillä maksetaan ilman irtisanomista aina 20,000 markkinan korkuudessa, ja korko maksetaan kuukausittain.
Pääomatilillä suoritetaan neljä kertaa vuodessa, tahi listataan neljän vuosittain pöytäkirjan huolellista, josta rahat sille kasvavat korkeaa korolla.
Kahjoja voidaan lähettää myös ostaise.
Helsingin OsakePankki.

Moljerimiehet! Karjanomistajat!
Eikä korkeimmalla voimallisyksinnolla ole enää mitään merkitystä moljerimieheksiemme.
Voinvientiliike
Osakeyhtiö J. Emil Roman, Hangossa
Näitä koidenlaatuista moljerimieheksiemme korkeimmat markkinahinnat, jonka säilyy voimassa.
Huom! Kaikki voimme arvostella Valtion Vointarhastuulit Hangossa.


Halkojoja
Halkojoja O. Y:n Halkojoja, Vas. 5260 & 7994 (S)0427:4071
Halkojoja
PÄRÄSTÄ KUIVAA KUIVAA pitkin ja pilkottuina, milloin laatu.
JÄTKÄSÄÄRÄN HÄLKÖLIIKSE
C. H. Lemström & Co. Puh. 105 77.
HUVEJA

SUOMEN KANVALLITEATTERI
Tilataan 25. XI. Klo 7.30 alkuun. Min.
Siniparran kahdeksas vaimo 5810
Kanjan Näyttämö
Tilataan 25. XI. klo 7.30. Alkuehtoin Minsein.
Laulu tulipunaisestä kukasta

PUNAINEN MYLLY Erottaja 16-17. Puh. 09122
Klo 4, 6 ja 8. Kassa suljetaan klo 9.45.
Jatko tilmiin
„KOITTELON LEIKKIKALUJA“
on saapunut ja sitä esitetään tänään romanssina tehtaalla aikoen sinneellä.
RAKKAUDEN MURHENÄYTELMÄ.
Emil Janninen. Eriko

Kino-Palatsi Kaleva
2:nä viikk.
MERIHAIKKA
PAROISSA: Mikko Siltä, Emil Bennet, Wallace Boery.
... Ennen esityne välitöissä, että mieheks Mielon Siltä on nykyisin Helsingin biografijlessin keskuudessa erikoisesti suudista; hänellä lienee erittäin haikattaria, kuin itse jumalalla Valentinilla. (Dialekti.)
Ritvillisuutta, romaattikka, rakkaus.
Tämä fitni on esitelmällä viikolla löyryt kaikki kaunannäytteen.
Säätää laupilla.
Näytännöt: Kino-Palatsissa 8-7, 2. - Kalevassa klo 4-5:45 aikaa.
HYOM! Kino-Palatsi, maan suuria taitteja. Huolimatta paikka 12 en, valkosesta kaunasta, vastalen väkensä keskeillä sulla pönnemmissä teatterissa.

Scala
2:nä viikk.
Merén kurimuksessa
Teatterin pönnödet täällä olemme esitelmät edellisen näytännönkäs lähi hienoa hienoa muuttajillink. Nuo-ruutta, rakkautta, jännitystä. Näytännöt: 6. 6.45 ja 8.30 ip. Suunnut, myös 8.15 ip. Laupille salilla.

SIEMENS' „LUZETTE“
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Siemens-Shuckert
Helsingfors, Mikaelsg. 11
Tel. Ce 20061
Filialer i Åbo och Wasa

HUMOUR ONE HUNDRED YEARS AGO

NO IMAGINATION.

Teacher: You were absent yesterday, why don't you have a certificate with you?
The student: My mother was not at home.
Teacher: But your father?
Student: He's not good enough. He has no imagination,

WHEN THE KING IS GONE

Teacher: Who rules when the king is gone?
Student: The Crown Prince!
And if the crown prince is not of legal age? Then his eldest son reigns!

HARD TO PREVENT,

— I can't stand strangers kissing my children.
— I don't like it either, but. It's impossible to do anything about it.
— Why that?
— Both my daughters have turned 18.

DRILL.

— Now don't stand there and lose your hood, as if you were Columbus when he saw New York for the first time.

MY BELOVED LORD,

— Why do you always sleep in the tram?
— So that I don't have to see the ladies standing.

IN COURT

Offender: I would like a defense attorney,
The judge: When you were captured, you had your hand in a stranger's pocket. What do you think a defense lawyer can say in defense of such a person?
The culprit: That's exactly what I'm terribly curious to hear.

SLOW TRAIN

Few high-speed trains. The passenger: Say, can't we get to town a little faster?
Stinsen: We can, but we should probably take the train with us.

A THOUSAND HEMORRHOIDS

Two four-year-old girls are talking to each other:
The first: My father is so rich that he owns several stone houses and factories.
The other: What are they, but my grandmother has a thousand hemorrhoids.

TEETH

— Grandfather! How often do we get teeth?
— Three times, the first two times we get them for free, but the third time we have to pay for them ourselves.

WIDOW

The teacher asked:
— can one of you explain to me what "widow" means..
— A widow, answered little Anna, is a wife who lived with her husband for so long that he died.

SWIMMING COMPETITION.

Little Karl was with his mother at a swimming competition. Now follows - said the mother - 100 meter breaststroke for ladies.
Little Karl: — Mother — is it forbidden to use the arms?

EINSTEIN

— Has the lady read Einstein's theory of relativity?
— Well, yes, I'll wait until it comes out as a film.

SEEN WITH YOUR OWN FEET

— I have a good friend who usually says that you never know anything about anything until you have seen with your own feet where the shoe pinches.

Mail man

"Where have you been, my little darling?" asked little Albert's mother, when he came home after being gone for a couple of hours.
"Yes, we were out with Kalle and Olle playing

postman," answered the darling.
"Oh really! How did it happen then?"
»Well, we went around to all the houses around here and put letters in all the boxes.»
"But were they really real letters?"
»Yes then!«
»Where did you get them from then?»
»Yes, yes, find them in mother's desk drawer. It was open, and they were so beautiful and there was a whole bunch of them tied with red silk ribbons».

Art furniture.

The understanding customer: "Yes, I'm happy to admit that these modern chairs are incredibly nice and elegant, and beautiful and artistic, and excellent in every way, and yes, I like them so much, but I don't understand how to sit in them!"

MR WEST

A well-known joker once came in company into a restaurant, where he saw a

The astronomic picture of the week:



Moon PIA00130.jpg

This view of the Moon's north pole is a mosaic assembled from 18 images taken by Galileo's imaging system through a green filter as the spacecraft flew by on December 7, 1992. The left part of the Moon is visible from Earth; this region includes the dark, lava-filled Mare Imbrium (upper left), Mare Serenitatis (middle left), Mare Tranquillitatis (lower left), and Mare Crisium, the dark circular feature toward the bottom of the mosaic. Also visible in this view are the dark lava plains of the Marginis and Smythii Basins at the lower right. The Humboldtianum Basin, a 650-kilometer (400-mile) impact structure partly filled with dark volcanic deposits, is seen at the center of the image. The Moon's north pole is located just inside the shadow zone, about a third of the way from the top left of the illuminated region.

NASA/JPL

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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.

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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