

VAASA DAILY

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Вітаємо всіх українців у
Ваасі! Сподіваємося, вам тут
сподобається і навіть залишитеся
після закінчення війни в Україні! А

warm welcome to all Ukrainians in Vaasa! We
hope you will enjoy yourself here and even
stay after the war in Ukraine is over!

Today a free bus
ride

**RUSSIAN WAR AGAINST
UKRAINE - DOCUMENTS**

**ST OLAVS
ROUTE**

EEMU MYNTTI

56
informative
pages

HERE WE ARE:

vpress.ovh

Coffee is good for Your health!

The smell of freshly brewed coffee in the morning is enough to invigorate many of us, and for good reason. Beyond its rich flavor and stimulating effects, coffee has been the subject of extensive scientific research, much of which points to its potential health benefits.

A recent study published in The Journal of Clinical Endocrinology & Metabolism highlights that coffee, particularly when consumed in moderate amounts, could have a protective role against cardiometabolic multimorbidity (CM), a rising public health issue characterized by the coexistence of two or more major health conditions like type 2 diabetes, coronary heart disease, and stroke.

The study, involving over 188,000 participants from the UK Biobank, reveals that individuals who regularly drink coffee or consume caffeine have a lower risk of developing CM. While past research has suggested that coffee can help reduce the likelihood of individual cardiometabolic diseases, this study goes a step further by examining coffee's effect on the development of multiple conditions simultaneously. The results were impressive: participants who consumed around three cups of coffee per day had a 48% lower risk of developing new-onset CM compared to

those who drank less or none at all. This suggests that coffee is not only beneficial in preventing one disease but can also help reduce the risk of multiple health issues over time.

But how exactly does coffee work its magic on our health? The study indicates that coffee's effects might be linked to specific biological markers. Researchers identified up to 97 metabolites—molecules involved in metabolism—that are associated with coffee, tea, or caffeine consumption and the development of CM. These include lipid components within very low-density lipoprotein (VLDL), histidine, and glycoprotein acetyls, all of which may influence how the body processes fats, inflammation, and other factors related to cardiometabolic diseases.

What makes this study particularly exciting is its emphasis on moderate consumption. While it's tempting to assume that more coffee equals better health, the researchers found that moderation is key. Those who drank three cups of coffee per day or consumed around 200-300 mg of caffeine daily saw the greatest benefit. On the other hand, consuming too little or too much coffee appeared to lessen the protective effects.

This evidence supports a growing body of literature suggesting that coffee, when consumed responsibly, can be a valuable addition to a healthy lifestyle. Its potential benefits go beyond a morning energy boost, offering tangible health advantages for long-term wellbeing. Coffee has been

found to contain antioxidants, anti-inflammatory compounds, and nutrients that can positively affect heart health, brain function, and metabolic processes. These findings

are in line with other research that shows coffee drinkers may also have lower risks of certain cancers, Parkinson's disease, and even depression.

Of course, as with any dietary recommendation, balance is crucial. While coffee can be beneficial, it's essential to consider individual tolerance and potential side effects. Some people are more sensitive to caffeine, and excessive consumption can lead to negative outcomes like increased anxiety, digestive issues, or insomnia. It's also important to avoid adding

excessive amounts of sugar, cream, or flavorings, which can negate the health benefits and contribute to weight gain and other health concerns.

In conclusion, the latest research presents compelling evidence that coffee is more than just a comforting daily ritual; it can also be a powerful ally in reducing the risk of serious

health conditions, particularly when consumed in moderation. As cardiometabolic diseases continue to rise globally, simple lifestyle adjustments, like a daily cup of coffee, could help prevent multiple health issues at once. So, the next time you pour yourself a cup, take a moment to appreciate not only the flavor but the potential health benefits as well.

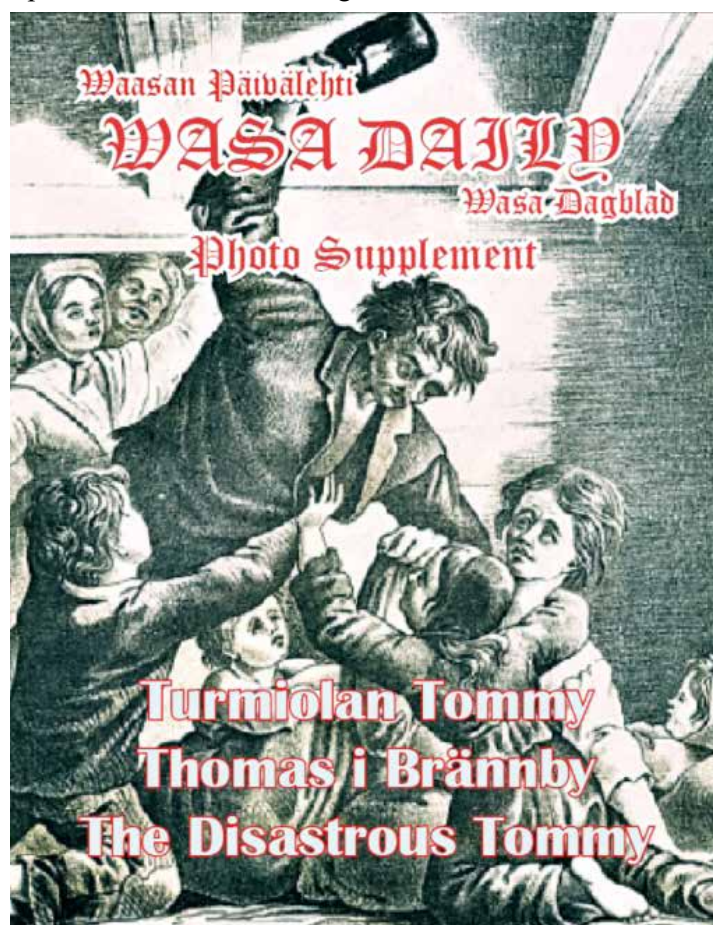


Photo Supplement - vpress.ovh

NEWS



Today, 22.9, We Travel for Free on Lifti Buses

Today, Sunday, September 22nd, you can travel for free on all Lifti buses in Vaasa, with the exception of service lines. Free bus rides are available all day, from morning to evening, as part of Car-Free Day, which is celebrated during European Mobility Week.

Pertti Hällilä, Vaasa City's Traffic Manager, encourages everyone to take this opportunity and try public transportation: "We want to encourage everyone to adopt sustainable travel habits and use Lifti buses with ease. Taking the bus is an eco-friendly choice, and we hope that more people will see it as a viable alternative to using their own cars."

European Mobility Week is held annually from September 16th to 22nd, with Car-Free Day as the grand finale. During this themed week, cities and municipalities

across Europe organize events and campaigns to promote sustainable travel, such as cycling and using public transport. Mobility Week is an excellent opportunity to highlight eco-friendly transport options and raise awareness

of their benefits for both individual health and the environment. Lifti buses in Vaasa now offer an easy way to experience sustainable travel, and the hope is that more people will choose public transport in the future as well.

The goal of Car-Free Day is to make people reflect on their daily travel choices and how they impact society and the environment. So today is a great chance to leave the car at home and hop on a Lifti bus – for free!



THIS PAPER CAN BE READ ANYWHERE:



Like here in the Malax Archipelago

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

Hanken Among the Top Three Business Schools in the Nordic Region

The Hanken School of Economics has achieved an outstanding ranking in this year's Financial Times Masters in Management list. Hanken's master's program secured the 57th spot, placing it among the top three business schools in the Nordic region. This result reinforces Hanken's position as a leading business school both in Finland and internationally.

Rector Ingmar Björkman expressed his satisfaction with the result: "We are proud that Hanken's master's program continues to rank highly among

the best in the world. We are constantly developing our education, and this year we welcomed a record number of new students, both from Finland and abroad."

Hanken, Finland's oldest business school, operates campuses in Helsinki and Vaasa. The university is known for its high-quality research, close ties to the business world, and an extensive alumni network of over 14,000 members.

In the Klemetilä district of Vaasa, a new mural has been completed, inspired by the legendary guitarist Jimi Hendrix. The artist Jon Gredmark is behind the work, which is located near Rock-Wersta at the intersection of Tukkuatan and Myllykatu. The painting enlivens the urban environment and creatively brings together music and street art.

The mural is inspired by Hendrix's iconic song "Voodoo Child," which symbolizes musical innovations and cultural revolt. Jon Gredmark's work captures the energy and influence of Hendrix, not only in music but also in popular culture. The

purpose of the work is to both honour Hendrix's legacy and create a new cultural meeting place in Klemetilä.

Enlivens the urban environment

The mural is located in an area known for its music scene. With its location near Rock-Wersta and Graffitilandia, it blends into Vaasa's broader cultural development, where music and street art become part of the city's expression.

"The visual elements in the painting are linked to the activities in the area and reflect the cultural life here," says Ilkka Nyqvist from the City of Vaasa's Culture and Library Services.

In recent years, several murals have been erected in Vaasa, created by local artists in collaboration with the city's cultural services.

Jon Gredmark, who studied at the University College of Arts, Crafts and Design in Stockholm, has created several public works of art in Ostrobothnia, Tampere and Stockholm. His way of wor-

king is common, and Gredmark is known for projects where local residents are involved. For example, a few years ago, he carried out an art project in Ristinummi in Vaasa together with the residents of the area and students from Variskan yhtenäiskoulu.

In 2022, Gredmark was awarded by the Arts Council of Ostrobothnia for her work with public art and co-creation. His latest work in Vaasa strengthens the city's profile as a centre for street art and public art projects.

Do a good deed: Go out with the elderly!

The City of Vaasa and the Vaasa Elderly Council are now challenging everyone to participate in the Elderly Institute's Go Out with the Elderly campaign, which runs between 16 and 29 September 2024. The aim of the campaign is to promote outdoor activities for older people who need companionship or support, and at the same time create an opportunity for residents to do a good deed.

This weeks art experience:



Helene Schjerfbeck
10.7.1862 - 23.1.1946
Girl from Eydtkuhnen II, 1927



Doctoral Conferment Ceremony in Vaasa

This week, the University of Vaasa is celebrating academic excellence with its sixth doctoral conferment ceremony, taking place from September 19–21. Over the course of three days, academic achievements will be honored as new doctors and honorary doctors are conferred in various fields of science.

This year, the University of Vaasa will award the title of honorary doctor to twelve distinguished individuals. Among the honorees are the President of the Republic of Finland, Alexander Stubb (in absentia), Minister of Agriculture and Forestry Sari Essayah, and Swedish businessman Jacob Wallenberg. Other honorary doctors include former ABB CEO Björn Rosengren, economic expert Johnny Åkerholm, and Professor Tim Baines, a global leader in the field of industrial servitization.

Honorary Doctors' Lectures during Conferment Week

Among the honorary doctors are internationally recognized academics such as Fordham University's finance profes-

sor Iftekhar Hasan and Aston University's strategy professor Tim Baines, who will be giving lectures as part of the conferment celebrations. Hasan will speak on Global Political Ties and the Global Financial Cycle on Tuesday, September 17, at an international banking research workshop. Baines will deliver a lecture on industrial servitization on Thursday, September 19, at the The Future of Smart Solutions seminar.

Ceremonial Events and Public Participation

The conferment festivities, rich in academic tradition, span from Thursday to Saturday. On Friday, September 20, the public is invited to partake in the celebrations by watching the ceremonial procession. It will start at 3:00 PM from the corner of Church Esplanade and Library Street and proceed toward Vaasa Church, where a conferment service will be held.

The festivities will culminate on Friday evening with the conferment banquet and ball. On Saturday, a traditional excursion

will be held, offering a relaxing conclusion to the celebration.

The doctoral conferment ceremony is not only the most presti-

gious academic event but also a unique opportunity to celebrate the importance of science and research in society.





PILGRIMAGE ROUTE

St Olav's Pilgrims Route Between Kokkola and Kristinestad Inaugurated Yesterday



On Saturday, September 21, 2024, history and spirituality intertwined with the inauguration of the St Olav pilgrims route in Ostrobothnia, stretching from Kokkola to Kristinestad. This new pilgrimage path connects Finland to the rich historical tradition of pilgrim journeys that trace back to the Middle Ages, offering modern-day walkers a chance to step into the footsteps of pilgrims past, all the while seeking peace, contemplation, and connection with nature and themselves.

The Medieval Pilgrimage Tradition

Pilgrimage is far from a new concept. In medieval Europe and the Nordic countries, it was a vital part of religious and cultural life. The most renowned pilgrimage destinations during that era included Jerusalem's Church of the Holy Sepulchre, St. Peter's tomb in Rome, the resting place of St. James in Santiago de Compostela, and of course, St. Olav's grave in Nidaros (now Trondheim, Norway).

As the pilgrimage movement grew stronger in Europe, it played a crucial role in economic development during the 8th cen-

tury, particularly through the need for infrastructure, resulting in the building of roads, bridges, hostels, churches, and monasteries. In the Nordics, joining this movement fostered a sense of belonging to the broader European community, and between 1150 and 1450, as many as 20–50% of Europe's adult population embarked on pilgrimages.

However, this tradition was halted in Sweden in 1545 when King Gustav Vasa forbade pilgrimages. Despite this, the idea of pilgrimage never truly disappeared. It lay dormant for centuries, only to be re-

vitalized in modern times.

Modern Pilgrimage: A Journey for the Soul and Body

Today, the tradition of pilgrimage has been revived. Pilgrims once again walk ancient routes, some rediscovered and others newly created, drawn not only by religious or spiritual motivations but also by the desire to escape the hustle and bustle of everyday life. Walking these sacred paths allows individuals to step away from the stresses of modernity, find peace, and reconnect with their bodies and nature.



1070
KM

NIDAROS



For some, pilgrimages are an opportunity to reflect on life's challenges or simply to seek adventure. For others, the journey satisfies a deep yearning for inner calm, allowing them to process emotional struggles or find clarity. Whether seeking the spiritual or simply a physical challenge, the essence of pilgrimage lies in a combination of the outer and inner journey.

Inauguration of the Ostrobothnian St Olav Pilgrims Route

On Saturday, September 21, 2024, pilgrims and enthusiasts gathered for a historic occasion — the official inauguration of the Ostrobothnian section of the St Olav Pilgrims Route. This route, a Finnish extension of the famous Norwegian St Olav routes, runs from Kokkola to Kristines-

tad, passing through Vaasa and several other historic towns.

The day's activities began with a pilgrimage from Old Vaasa to the city center's Trefaldighetskyrkan (Holy Trinity Church), a walk of around 10 kilometers. Led by experienced guides, including Martin Näse, Gudrun Särs, and Li Ollil-Nylund, the group paused at significant historical landmarks, giving participants the chance to absorb the rich heritage of the region while reflecting on their personal journey.

The Route's Spiritual and Cultural Significance
The St Olav pilgrimage routes hold immense cultural and spiritual significance, particularly in Norway, where King Olav II Haraldsson was canonized

in 1031 and now rests in Nidaros Cathedral. These routes, extending through picturesque landscapes and culturally rich villages, embody both historical importance and natural beauty.

With the inauguration of the new Ostrobothnian stretch, Finland becomes an integral part of this transnational pilgrimage tradition. This section connects with the broader network of St Olav routes that converge at Nidaros, offering modern pilgrims an authentic journey through historical, religious, and cultural landscapes.

A Day of Reflection and Celebration

The day's events culminated in a bilingual inauguration ceremony outside Trefaldighetskyrkan, attended by Bishop Bo-Göran

Åstrand and representatives of the St Olav Ostrobothnia Pilgrims Route. The ceremony was followed by a pilgrimage mass in the church, where the message was clear — pilgrims of all kinds, from those seeking spiritual awakening to those longing for peace and quiet, are welcome on this path.

As the sun set on this day of reflection, history, and celebration, participants gathered for coffee in the church park, sharing stories of the day's journey and looking forward to future pilgrimages on this new route.

For those unable to attend the day's events, the Holy Trinity Church will host an exhibition on the legend of St. Olav and the history of the St Olav Pilgrims Rout-



es from September 21–29. This exhibition provides insight into the profound cultural and spiritual legacy of this historical figure and the enduring relevance of pilgrimage in modern times.



EVENTS

MAKERS GALLERY

Ravens Flight

24.9 - 13.10.2024

Puoli vuosisataa savessa
Kirkkopuistikko 18 Kyr-
koesplanaden**WASA THEATRE****Bellman – If I am born, I want to live!**Premiere in Vaasa:
3.10.2024Together with Klockrike-
teatern, Wasa Teater offers
a performance based on
the life and works of the
Swedish singer and poet
Carl Michael Bellman.

www.wasateater.fi

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 sexualityThe artists featured in the ex-
hibition include Arnold Böcklin,
Lucas Cranach the Elder, Akse-
li Gallen-Kallela, Vincent van
Gogh, Theodor Kittelsen, Käthe
Kollwitz, Edvard Munch, Hugo
Simberg, Helene Schjerfbeck,
Marianne Stokes, and Gustave
Van de Woestyne.After its debut at Ateneum, the
exhibition will travel to the Na-
tional Museum, Norway and the
ALBERTINA Museum, Vien-
na, where it will be curated by
Vibeke Waallann Hansen and
Cynthia Osiecki (Curators, Na-
tional Museum, Norway) and
Ralph Gleis (Director, Alte Na-
tionalgalerie), respectively.The exhibition to be comple-
mented by a comprehensive ex-
hibition catalogue**VASA-VASA BAROQUE**

10.10.24

Vaasa church

Bach: H-mollimessu

www.vaasabaroque.com

**KUPARISAAREN KANSAN-
JUHLA**

18.10.24

VAASAN SÄHKÖ

AREENA

- KLAMYDIA

- PETRI NYGÅRD

- KUNINGAS PÄHKINÄ

- SETÄ TAMU

RITZ**21.10.24****Myrskyluodon Lasse**- Lasse Mårtensons unfor-
gettable melodies

Ami Aspelund

Jannike

Nicke Lignell

**NATIONAL ENTREPRE-
NEUR DAYS**

Seinäjoki

11-12-10.2024

Entrepreneurship is a force
that unites us all![https://me.yrittajat.fi/val-
takunnalliset-yrittajapai-
vat/](https://me.yrittajat.fi/valtakunnalliset-yrittajapivat/)**HELSINKI BOOK FAIR**

24-27.10.24

Helsningin Messuhalli

[https://kirjamessut.mes-
sukeskus.com/](https://kirjamessut.messukeskus.com/)**WORLD OPERA DAY****25.10. 2024**World Opera Day is celeb-
rated on 25 October, the
birthday of Georges Bizet
and Johann Strauss II[https://www.worldopera-
day.com/](https://www.worldopera-
day.com/)**LAUTASELLA-messut**

About special diets

Helsningin Messuhallissa

26-27.10.24

[www.keliakialiitto.fi/
messut](http://www.keliakialiitto.fi/messut)**RITZ**Michael Monroe - Acous-
tic solo tour

1.11.2024

www.ritz.fi**RITZ****16.11.24**

at 14 and 19

AUTIOTALO

Musikaali Dingo-huu-
mastawww.ritz.fi**RUSK**Chamber Music in Jakobs-
tad

19–23.11.2024

The Beauty of Longing
International creativity at
the darkest time of the year
ruskfestival.fi**TIKANOJA****THE ART EVENT OF THE
YEAR!**Eero Järnefelts exhibition
opens on Nov 23, 2024**RITZ****16.11.24**

at 14 and 19

AUTIOTALO

Musikaali Dingo-huu-
mastawww.ritz.fi**RITZ****30.11.24**

at 14 and 19

Paradise

BADDING-musical

www.ritz.fi**MEDIALANGUAGE (In Swe-
dish) 2025: Seminar XX**

Vaasa 22-23 Januari 2025

Media Language 2025 is orga-
nised by the Swedish Press Ser-
vice and the Centre for Lifelong
Learning at Åbo Akademi Uni-
versity in collaboration with
Svenska Yle, Hufvudstadsbla-
det Ab, HSS Media, ÅU Me-
dia, Friends of Swedish Public
Schools, the Åbo Akademi Uni-
versity Foundation, the Swedish
Cultural Foundation in Sweden,
the Harry Schauman Foundati-
on and Konstsamfundet.Media Language's language
leaders are Jennie Stor-
gård, Minna Levälähti and Leni
Sundman at the Swedish Press
Service (SPT).In January 2024, the well-atten-
ded seminar was held at Hana-
saari in Helsinki.[https://www.mediesprak.fi/se-
minariet/](https://www.mediesprak.fi/se-
minariet/)

ART EXHIBITION

ATENEUM

A New Exhibition:

Gothic Modern – From Darkness to Light

4 October 2024 to 26 January 2025

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

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

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



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



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



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

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

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

Vibeke Waallann Hansen and Cynthia Osiecki.

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

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

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

intersections of past and present in European art.

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

SCREENTIME



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

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

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

Recommendations

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

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

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

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

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

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

Parental responsibility and cooperation

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

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

State of knowledge and research

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

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

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

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

HISTORY

The newspaper press in the 19th century in Finland

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

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

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

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

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

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

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

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

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

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

The most important Swedish-language newspapers in 1868

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



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

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

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



On 17.8.1844, the newspaper "Maamiehen Ystävä" published a map of Finland. For many readers of the time, this was probably the first map they had ever seen.

Hufvudstadsbladet's first issue was published on 5 December 1864 and the newspaper is published as known from now on. In 1868, the newspaper had 1750 subscribers.

Turku Underrättelser was founded in 1824 and is the oldest daily newspaper still published in Finland.

Wasabladet will also continue to be published. The newspaper began its operations in 1856.

All these newspapers are digitised on the National Library of Finland's portal.

The newspapers were small

In the 1840s, the newspapers were small in size, the smallest. e.g. Oulun Viikkosanomat was printed in a format smaller than A5. Gradually, the newspapers became larger - probably because the printing presses made this possible. The format of Helsinki Newspapers and

Suometar was similar to today's evening newspapers.

The number of pages was typical and almost always 4. A small format and a few pages - you might think that there was not much to read in these newspapers. But that's not true. The newspapers had no space-consuming headlines and no pictures, so there was probably a lot of text on these four pages. The number of columns depended on the size of the page, but four columns were probably typical in the 1860s.

Advance censorship

The newspapers must be shown to a censor 2 hours before publication. This was so that no inappropriate material, such as criticism of the rulers or the imperial family, was included in the newspaper.

The three important paragraphs of

the Press Ordinance issued on May 31, 1867 read as follows:

§ 31. Contains printed matter: Incitement to treason, mutiny, or rebellion; blasphemous or disrespectful remarks about the Emperor, Empress, Successor to Thron, or any other member of the Imperial House, the Estates, the Governor-General, or the Senate; the spreading of lies or false rumours, which may lead to the confusing and misleading nature of the public; distorted or misrepresented, interpreted or inappropriately presented the reproach of the actions of the Governing Authorities of the country, or the intentions thereof; abusive or insulting statements and information about public affairs within the Empire; insulting and discordant statements aimed at foreign powers, as well as insults against the rulers of foreign states and their envoys employed by the government of the country; the dissemination of state secrets in the national security as well as generally dangerous to society, as well as morality and decency hurtful representations; The Ombudsman shall suspend the publication of the printed matter for the time being, and immediately notify the Board of Press Affairs of the matter with regard to further appointments.

§ 33. In considering questions on which Article 31 is concerned, the Ombudsman and the Board of Governors should take into account not only the meaning and context of each letter which emerges from the wording, but also the references therein to persons and circumstances, even though these are not expressly mentioned, but only in a veiled though easily recognizable manner.

§ 34. Printers are obliged, with a fine of one thousand marks, to send two copies of them to the ombudsman before a letter from the printing house is delivered. Periodicals must be sent at least two hours before distribution, as well as a brochure, which is meant a printed publication of less than three sheets, twelve hours, and a writing of a larger volume fourteen days before delivery.

News about unrest or calls for it were almost never published during the years of need. But once in a while the censors missed an article, as in this notice published in Hufvudstadsbladet on



The newspaper editor's two important tools in the past - the telephone and the typewriter. The telephone and typewriter are located at the Printing Museum in Stundars, near Vaasa. Telephones probably only became more common decades after the famine years.

7.12.1867:

"From Oulu written in the O. W. S. on 30 Nov.: Alarming rumours have begun to be felt on the part of the working class. It is no less true than war against the rich if work is not given. That the merchants are primarily the object of these threats is self-evident. And it is certainly true that there is scarcely even in name of the many hundreds of workmen, both with and without families, who are to be found in the town, not to speak of the innumerable who pour in from the country, but — O. W. S. warns of misdeeds which can do nothing but bring misery upon those who undertake such things."

:
Making a daily newspaper in the 1860s

The following rather humorous account published in the Helsinki Dagblad on 12.1.1867 about what it was like to make a daily newspaper in the 1860s is worth reading:

Has anyone really understood the great machinery which must be set in motion, and what a strange apparatus of the most diverse persons and things must be set in motion before a major daily newspaper is ready to be distributed by the colporteurs?

Have you thought of it, indefatigable readers, when you open your door in the morning and take your spiritual morning food up from the carpet, or

take it from the safer hiding place in the drawer "for letters and newspapers," and then enjoy its very mixed elements together with your, as I hope, "unmixed" mocha; when you run through the leading article with a critical eye to see if the paper's foreign politicians have the same "justified" fear as you do, that the gunpowder explosion in Helsinki will exert a noticeable influence on the price of window glass on the foreign market: when you, as a co-owner of the steam sloop Ettan, read that the boat eats twice as much coal as it brings in; or when your aesthetic gaze clears when you read a critique of "the man from Eldsön"; Or when your heart beats sympathetically when you read about a horrible accident or something like that?

Have you, the most gracious of all readers, thought of this, when, with feverish speed and a crushing contempt for the events in Spain or the Prussian Landtag, the "traffic income from the canals" and the "Ship's List," you have plunged down to the basement to see what the end of the road Theobald took, when in the last issue he was just about to climb the bomb-proof tower in the twilight hour of midnight with a blind lantern in his mouth? who showed a row of pearly white teeth, and a pistol in each of the small aristocratic but powerfully built hands?

Have all the countless newspaper-devouring individuals of the century, from the statesman on the stool to the

coffee-lady in the market-place, have thought of this?

We dare to boldly answer no; and unless you have seen it yourself, you cannot get a true idea of the work that accompanies a newspaper until it is before you in its final form.

It is best to pay a visit to the editorial offices at 5 p.m. The machinery is in full swing, as the staff of the paper has certainly met with a lot of people, partly to bring about what they, according to the distributed rules of procedure, have produced during the morning, and partly to put the finishing touches on what the subscribers will take the next morning for their conversations in the offices, at the coffee table or in the pastry shops. The proofreader is already in his place and preparing his work.

The factor, the chief of the setters, who is called by the initiates by the horrible name of "The Switcher"—a name which almost makes one think of steps and wheels—looks in to the editor-in-chief, and asks: Can there be a manuscript for the first article?

He gets an affirmative answer, and hands over a couple of "menus" that are already on the table for him. A "menu," my lordship, is quite different from this palatable list, which in inns begins with "oysters" and ends with "beetroot and pickles." It can irritate everything except the palate, and sometimes contains such hard-digested crow's feet, that your brain, dear reader, could easily begin

to suffer from it from indigestion. The menus are those narrow strips of paper on which the pen often rushes with great haste, and which, for the sake of speed, obtain its spiritual content only on one side. When the entire staff, after well-distributed work, is in their business, a rather polite amount of such menus flies from their hands.

In addition to the articles and notices, the "switcher" usually receives a couple of "Publics" for the purchase, i.e., some of the essays sent in, which are included under the common heading. He now goes away in a while, laden with his prey.

Now comes the mail and with it a pack of letters and newspapers. The foreign affairs reporter hurriedly "devours" their contents, the shipping and trade reporter flies through the long lists of all the world's ships, in order to dwell for a moment on a ship's name which seems familiar to him — he must know Finland's ship's calendar by heart as far as possible — and now notes on which sea its flag has since been visible. A third, you take hold of the red pen and mark the arrived leaves in the margins, and then relegate them to the insatiable typesetting staff.

The letters are broken, read, and what is to be used at once is transferred into the hands of the errand boy, who moves like a perpetuum mobile between the bureau and the printing house; another part of the letter was to be put aside until the following day, others again wandered directly into the trash.

During all this, people come and go incessantly. One person takes some notice, another asks for a "nudge," a third only wants to pass the time at the bureau until it is enough for him to go in some company.

There is writing, talking, noise — and the whole thing is wrapped in tobacco smoke. Once more the wrapper sticks his head in:

"How do we stand today?" asks the editor-in-chief.

— Sixteen columns of text and six columns of ads ! (and there are 20 in all!) he says with a sorrowful look, which suggests a: Sorry!

"Then we will have some "publics" deleted, for example the one about the Miss Reform.

"Is it not going in at all?"

"No, it will have to wait until the next number. The mothers could be mothers for a day longer.

Eventually, the work at the firm is over. The clock is ticking until half past ten and the staff troop off, one after the other.

Only the proofreader stands faithfully at his desk, surrounded by strips of paper on which the proofs are drawn. He declares aloud what he reads; Without a break, the flow of words flows forward until he stops at a phrase that even a proofreader seems too strong. It is then something straight up the walls that has crept in. He smiles and corrects, that's his only joy. J, who with so much vehemence attacks the proofreader because a letter is upside down, J should realize what a heavy job he has, to stand and correct every day from 7 p.m. to 3 and 4 in the morning. It is so easy for him to turn a blind eye to one or two mistakes. But J did not turn a blind eye to his.

If we make a short visit to the printer's office, we find the typesetters at work in front of their castes. Not snapping or whimpering. The diligent hands pass incessantly between the special compartments in which the styles are distributed, and the inscriptions are thus gradually handed over letter by letter into the long rows of the "ships." So they stand in their diligent work all night, until the morning, when their work is finished, and when the turner remains alone, to break in the last part of the slit and "adjust" the iron frame in which each side is framed. Now he too has peace, after a last scrutinizing glance at the bureau has been devoted to the finished page. It is now 4 o'clock at night.

But do not think that the life of the printing house will thus end. When the printers set out, the printer and his henchmen come in through the door. They have enjoyed a short rest, and are now gathering to take further care of the leaf. You get ready, the paper is lined up, the molds are taken in and soon the press is started. Lucky if you can run it with a steam engine; In the opposite case, a few men are also used, whose dead eyes and hardened features imply that they represent here only "human power."

The voracious machine is incessantly fed with clean sheets of paper, which, after a formal acquaintance with the rollers and moulds, appear as ready-made newspapers. It goes little by little, until the edition is expressed.

The clock strikes six in the morning, and now a wing-footed relay was sent to the press ombudsman, who is to receive the pa-

per an hour before the distribution begins.

At the same time one hears a brisk and lively noise of loud, youthful voices. The crowd of colporters flocks in to receive the normal quantum newspaper copy. The boys' fingers are constantly running over the newspaper pocket, and not many minutes have passed before the flinter has folded—that is, folded—his leaves, tucked them into his bag at the side, and is ready to set out on the arduous walk of the day, which is sometimes rather thorny. But a test of patience still remains for the young mind. The clock has not struck seven, and before that no one is allowed to go out. The Press Act must be strictly observed.

But the fateful hour has finally arrived, and now it is off at a brisk pace and with singing joy, following the marching route that everyone has been laid out. The walk goes street up and down the street all over the city, the boy hits up to the third floor and down again, then again two flights of stairs up the next house, then down to the basement and so on endlessly. Down there in the cellar the people are already up, and they therefore get their paper properly, but one, two, and three flights of stairs up, where there is no special box for letters and newspapers, the paper is deposited on the floor, while at the same time the ring-machine is put into activity, and there it often happens that the owner lacks his morning homework; He complains to the office, and then the colporteur is blamed, though in reality the poor thing may be as clean as snow. For, notwithstanding the cheap price at which one can nowadays keep a newspaper, there are not a few individuals who prefer the less costly method of "subscribing to the floor," in other words, of borrowing the magazine laid in the stairwell, sometimes for the house next door. Such an industry has already systematically trained itself. Yes, even if the precaution is observed, that the newspaper is placed in the doorway, one cannot be sure. Some apprentice boy has begun the exciting short story in the series, he wants the sequel, and only out of the desire to read does he commit the illegal act of poking the leaf out of the doorway with a stick. To the credit of these additional subscribers, however, it may be said that they sometimes return the page to its proper place, once they have become acquainted with the contents.

But when the leaf has properly landed in the door, it first makes a round through the hands of the servant, the chambermaid, and the kitchen people, until at last it comes into the hands of the gentry.

Eemu Myntti, colourful artist from Vaasa

Eemil Aleksander Myntti (27 November 1890, Vaasa – 29 August 1943, Helsinki) was a prominent Finnish expressionist artist whose art was characterized by a strong and vivid use of colour. In his works, color was not only a visual element, but served as a means of self-expression, conveying emotional and soul worlds. Mynt's handling of colour was bold and open-minded, which made him an exceptional master of colour for his time.

Eemu Myntti was born into a wealthy family where his father Juho Myntti worked as an industrialist. However, his early years were not exactly straightforward. Myntti dropped out of school after failing his matriculation examinations, and in 1910 he made a bold decision to devote himself to art. He initially studied with Arthur Heickell, but soon the road took him to Paris, the mecca of art, where he delved into cubism. The trip took place with the support of Frithiof Tikanoja, and this period was a turning point in Mynt's artistic career.

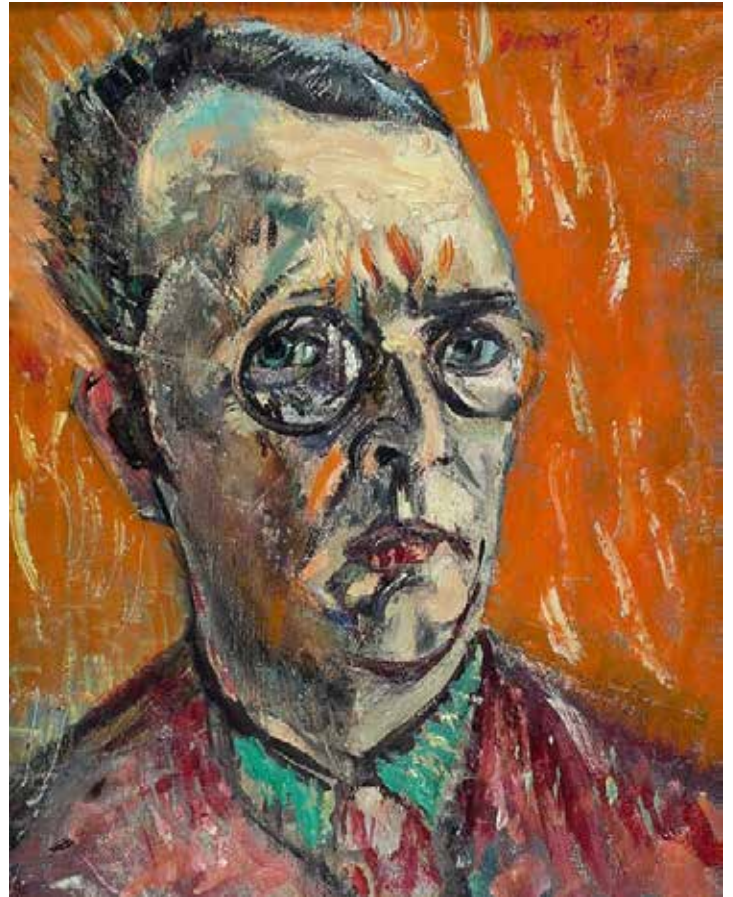
Although Myntti was influenced by French masters such as Cézanne and van Gogh, he fashioned them into his own unique style. His art reflected Cézanne's precision and van Gogh's saturation of colours, but Myntti also brought his own profound and symbolic vision to his works. The ideals of earlier masters such as Giotto were important to him, and this manifested itself in his

work as a quest for a high level of artistic expression.

The 1920s were the pinnacle of Mynt's artistic career. He belonged to cultural circles and was in close contact with the writers and poets of the Fire Bearers group. In the company of these artist friends, he found inspiration and a shared passion for creative expression. Although Myntti spent most of his career away from his fellow artists in his home country, he still had contacts with both Finnish and foreign artists, which enriched his artistic world.

Mynt's works were exhibited for the first time in 1916, and his painting style evolved, especially in the field of portrait painting. His portraits of men were strong, almost sculptural, in which every feature was carefully thought out and at the same time soulful. Female portraits, on the other hand, combined poetic symbolism and architectural creativity, which made them particularly fascinating.

In Mynt's work, colours always evoked strong emotions. He used both oil and watercolours skilfully, and his works were diverse in both subject matter and technique. Especially the bright and fresh colours of Lapland received a new kind of expression



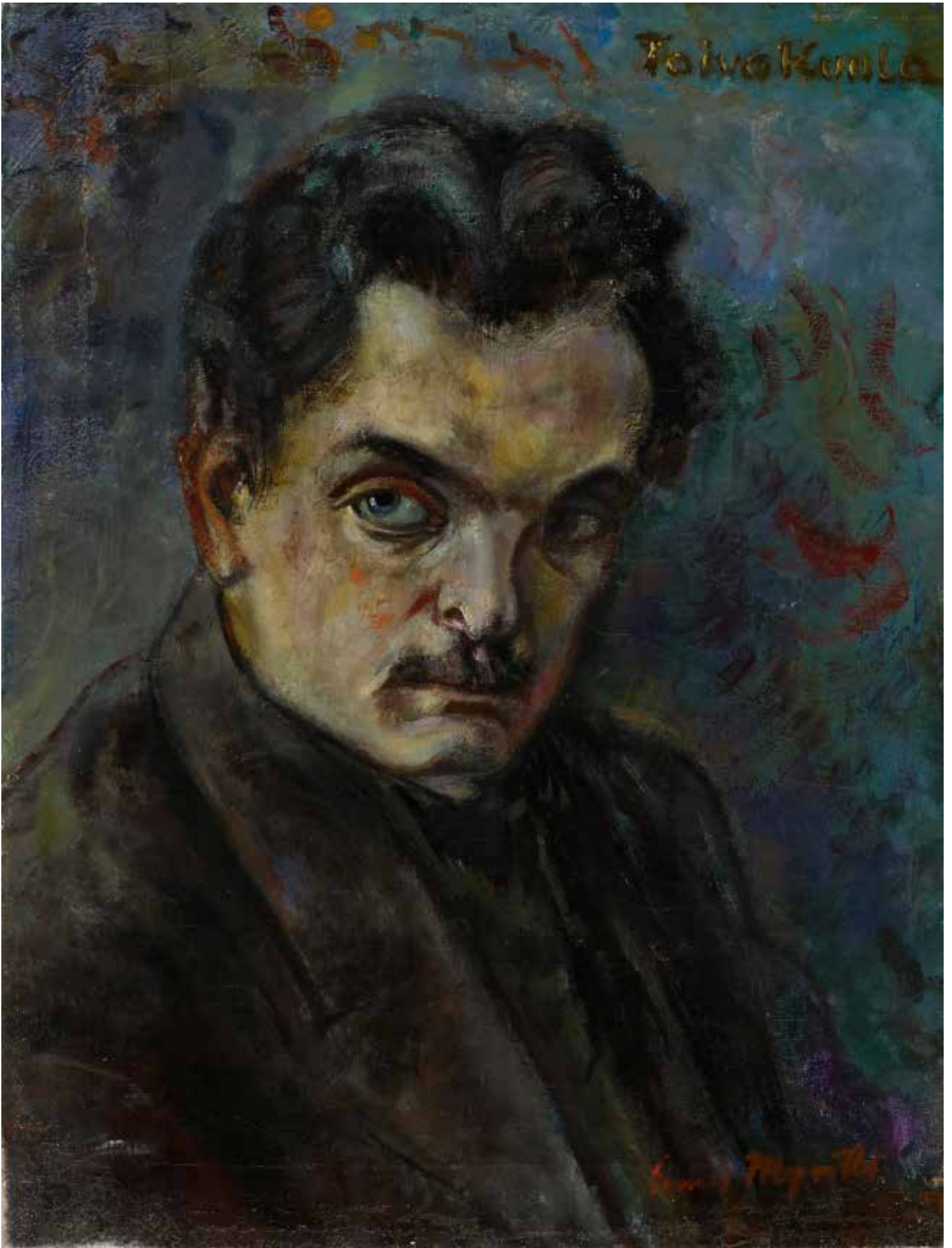
Emmu Myntti, 1931

from him, reflecting his own deep connection to nature and colours. Mynt's paintings not only presented their subjects, but they brought the viewer something new, fresh and vibrant – like an alpine sun that illuminates and refreshes.

Eemu Myntti left an indelible mark on the field of Finnish art. His bold, colourful and soulful way of dealing with colour makes him an artist whose works are still relevant and appealing.



Maija, 1938



*Toivo Kuula portrait 1937
Images: Kansallisgalleria*

HEALTH

Calorie Restriction: Can It Really Prolong Your Life?



In the quest for a longer, healthier life, calorie restriction (CR) has emerged as a fascinating concept that's been gaining momentum in both the scientific community and popular health circles.

The basic premise is simple: by reducing calorie intake—while still ensuring proper nutrition—people might extend their lifespan and improve overall health. But does this practice hold up under scrutiny? Here, we delve into the science behind calorie restriction and explore whether it truly has the potential to unlock the secret to longevity.

What Exactly Is Calorie Restriction?

Calorie restriction refers to the intentional reduction of daily caloric intake without compromising essential nutrition. Unlike specific diets that focus on particular foods or macronutrients, CR is all about the total number of calories consumed. This concept has been rigorously studied across various species, from yeast to humans, offering insights into its effects on aging and health.

The Core Principles of Calorie Restriction

There are several guiding principles to effective calorie restriction:

Reduction Without Malnutrition: The goal is to consume fewer calories while ensuring that your body gets all the necessary vitamins, minerals, and nutrients it needs.

Long-Term Commitment: Calorie restriction is not a quick fix—it requires consistent, long-term practice to potentially yield benefits.

Personalized Responses: Not everyone responds to calorie restriction the same way. Genetics, age, and lifestyle factors all play a role in how individuals experience its effects.

What Does the Science Say?

Animal Studies: Promising Results

Studies conducted on animals have shown promising connections between calorie restriction and increased longevity:

Rodents: Research has consistently demonstrated that rats and mice on a calorie-restricted diet tend to live longer than their well-fed counterparts, often showing improved health in old age.

Primates: Long-term studies on rhesus monkeys reveal that those on calorie-restricted diets expe-



perience fewer age-related diseases, better metabolic health, and extended lifespans compared to those with unrestricted diets.

Human Studies: A Mixed Picture

Research on calorie restriction in humans is more complex, with results that are less definitive than those in animals. However, certain benefits have emerged:

Metabolic Health: Some studies suggest that calorie restriction can enhance insulin sensitivity, lower inflammation, and reduce blood pressure—all factors linked to healthier aging.

Weight Management: Reducing calorie intake is a well-established method for weight loss, which in turn lowers the risk of conditions such as heart disease, diabetes, and other age-related health issues.

Potential Benefits of Calorie Restriction

Extended Lifespan: Although more research is needed, some findings indicate that calorie restriction may extend lifespan by reducing oxidative stress and supporting cellular repair mechanisms.

Improved Health Metrics: Participants in CR studies often show marked improvements in cholesterol levels, blood pressure, and other critical health indicators, suggesting better overall health.

Lower Risk of Age-Related Diseases: By supporting healthier metabolic function, CR may reduce the likelihood of developing chronic diseases such as cancer, cardiovascular issues, and neurodegenerative conditions like Alzheimer's.

The Challenges of Calorie Restriction

Despite its potential, calorie restriction comes with a host of challenges:

Adherence: Sticking to a long-term calorie-restricted diet can be difficult for many people, leading to feelings of deprivation or, conversely, the temptation to binge.

Nutritional Deficiency: If not managed carefully, CR can lead to insufficient intake of essential nutrients, which could undermine overall health.

Individual Variation: The effects of calorie restriction can vary widely from person to person, depending on factors such as age, medical history, and genetic makeup. It's important for individuals to consult healthcare professionals before making significant changes to their diet.

A Balanced Approach

So, will calorie restriction really help you live longer? While animal studies show encouraging results, the evidence in humans remains inconclusive. For those

contemplating CR as a strategy for improving health and extending lifespan, it's important to approach it cautiously and ensure that nutritional needs are met.

Ultimately, there's no single magic bullet for longevity. A balanced diet, regular physical activity, and other healthy lifestyle choices remain the foundation for a long and fulfilling life.

While calorie restriction may offer some benefits, it should be viewed as part of a broader, more holistic approach to health and well-being.

The pursuit of longevity is a marathon, not a sprint—and calorie restriction might just be one of the tools available along the way.

DIET AND HEALTH



An Apple a Day Does Not Keep the Doctor Away—But You May Need Fewer Visits to the Pharmacy

The age-old saying “An apple a day keeps the doctor away” has been a staple of health advice since it first appeared in 19th-century Wales. The proverb, with its catchy rhyme, has long been a reminder of the benefits of eating apples and, by extension, adopting a healthy diet. But does this simple piece of wisdom hold up under modern scientific scrutiny?

The origins of the proverb can be traced back to 1866, when a version of it was recorded as, “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.” By the end of the 19th century, the phrase had evolved into its more familiar form and has since been used to promote the health benefits of fruit consumption, particularly the apple, which has come to symbolize healthy living.

But what does the science say? A 2013 study took a closer look at the relationship between apple consumption and health outcomes, comparing the effects of eating an apple a day to taking a common cholesterol-lowering drug. The results were intriguing: for people over 50, eating an apple daily could potentially match the cholesterol-lowering benefits of a statin, with fewer side effects and a similar annual cost. This suggested that while apples may not replace modern medicine, they certainly hold their own as a part of a healthy diet.

Further research aimed to determine if apple eaters truly do keep the doctor away. A study involving a large sample of U.S. adults found that

those who consumed at least one small apple per day were marginally more likely to avoid physician visits compared to non-apple eaters. However, after adjusting for various health and demographic factors, the difference was not statistically significant. In other words, while apple eaters appeared to have slightly fewer doctor visits, the evidence did not strongly support the idea that apples alone are responsible for this.

A significant decline in condom use among both boys and girls since 2014. Interestingly, the study did find that apple eaters were more likely to use fewer prescription medications. This suggests that while an apple a day might not keep the doctor away entirely, it could potentially reduce your need for certain medications.

The WHO is likely to urge action to address these trends. This includes investing in comprehensive sexuality education, which can provide a daily boost to your health.

Experts suggest that continuous changes and choices in life, presented so intensely and year after year, where every performance that higher reimbursements captivates, offers something new to discover.

Doctors: Doctors are concerned that higher reimbursements captivates, offers something new to discover.

As we continue to explore the wisdom of traditional proverbs in the light of modern science, it's clear that while an apple a day may not be a completely perfect shield from all ailments, it can still play a valuable role in maintaining good health. The next time you reach for a snack, remember that this simple fruit might just help you make fewer trips to the pharmacy if not the doctor.

Prime Minister Petteri Orpo's Government has decided to cut medicine reimbursements by a total of 500 million euros per year. Savings are sought by, for example, increasing the initial deductible for medicine reimbursement in maintaining good health.

What do the changes mean? Increase in the initial deductible for medicine reimbursement will increase from EUR 50 to EUR 70. This means that patients will have to pay more for their own medicine.



Expert insights: Experts suggest that continuous changes and choices in life, presented so intensely and year after year, where every performance that higher reimbursements captivates, offers something new to discover.



STATUE AND FOUNTAIN



Havis Amanda is back!

Helsinki's iconic statue, Havis Amanda, affectionately known as Manta, has returned to its place by the Market Square after more than a year of restoration.

This fountain, completed in 1906 and erected in Helsinki's center in 1908, is one of the city's most beloved landmarks. At the heart of the fountain stands a statue sculpted by Ville Vallgren in Paris, depicting a naked woman symbolizing Helsinki rising from the sea.

Havis Amanda portrays a

mermaid who has left her home in the sea and stepped onto land. According to Vallgren, this mermaid embodies Helsinki, drawing strength from the waves along the city's shores. The work is Vallgren's most famous and is a perfect example of his Art Nouveau-style production. Despite its monumental scale, Havis Amanda reflects the same delicacy and skill found in Vallgren's smaller sculptures.

Over the years, the statue has become known not only for its artistic value but also

for its special significance

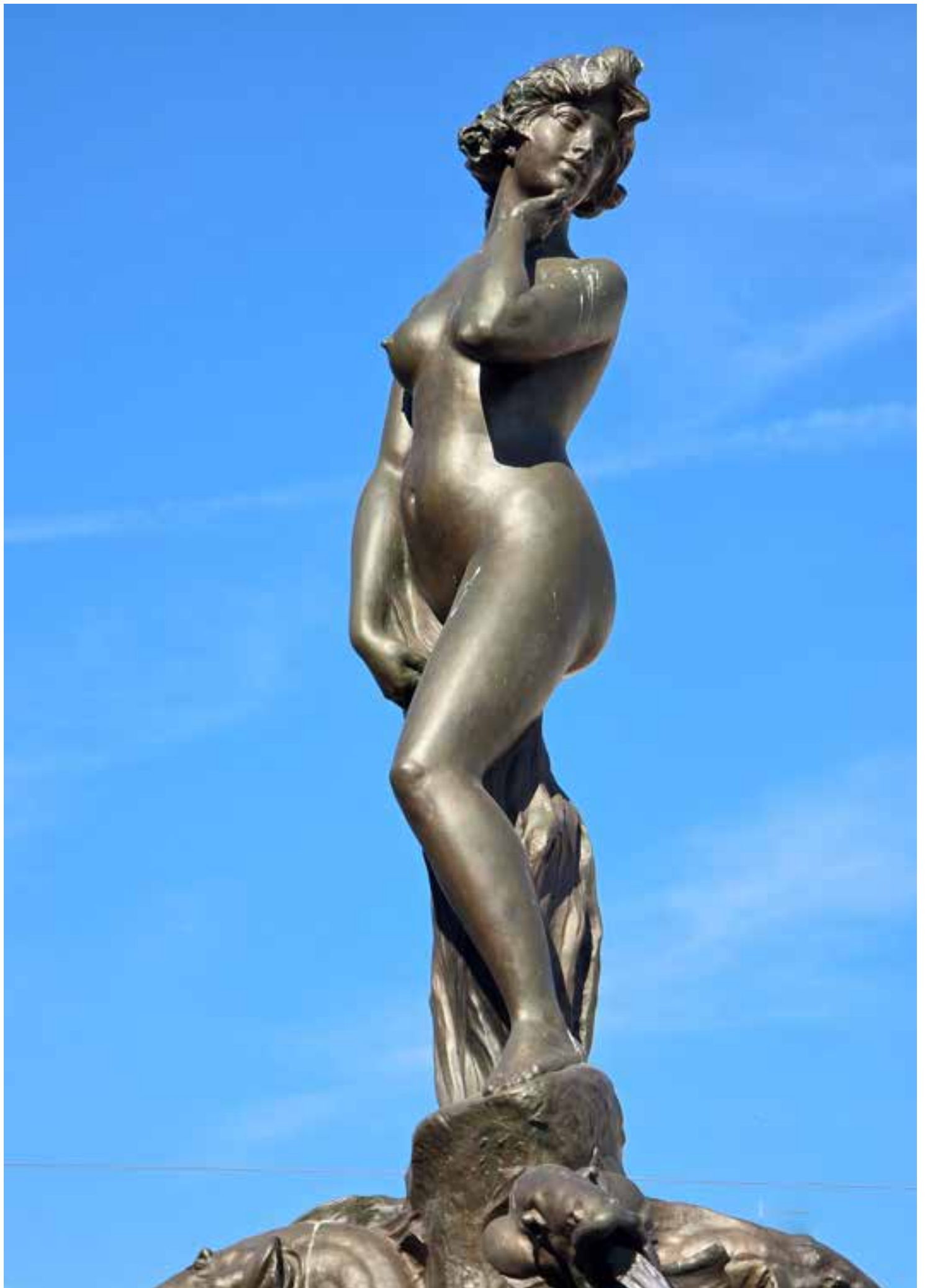
to the people of Helsinki. Particularly on May Day, Havis Amanda becomes the focus when students gather to wash and crown the statue with a student cap, a tradition known as "Manta's Cap". Over the years, the statue has faced wear and tear, especially during celebrations following ice hockey world championships, when enthusiastic revelers have climbed onto it.

Due to this, a weather-resistant protective cage is being planned around the statue to safeguard it during future celebrations.

Havis Amanda was re-un-

veiled at the Market Square last Thursday, August 29, during a ceremonial event that even included two horses. Celebrants were once again able to admire the flowing fountain, which was turned on the day before. Manta's return marks a return to normal city life in Helsinki, and the statue now awaits eager May Day revelers and other visitors.

Helsinki has regained one of its most cherished symbols, and the city can proudly showcase the restored Havis Amanda statue to future generations.



GOOD AND HEALTHY



Sea buckthorn – The healthiest berry in the world

Sea buckthorn, that thorny shrub growing on the barren shores of the North, is a true superfood of nature's own. Although it is not as popular as many other domestic berries, it is a real vitamin bomb with amazing health benefits.

The history of sea buckthorn dates back far to Asia, where it has long been considered a valuable medicinal plant. Although sea buckthorn is not eaten in large quantities in Finland, it has slo-

wly established itself as one of the healthiest berries in the world.

Prickly but useful

Sea buckthorn (*Hippophae rhamnoides*) is native to Asia and has been an important part of traditional medicine in China and Russia. In Finland, sea buckthorn grows wild mainly on the coasts of the Gulf of Bothnia, where it thrives in rocky and sunny areas. Sea buckthorn is a dioecious plant, that is, the male and female flowers are located in different specimens, which means that there must be fruit bushes near the bushes producing berries for pollination to be successful.

Sea buckthorn is hardy and requires plenty of light to grow, but it is not demanding on nutrients.

The bacteria that live in its root buds bind nitrogen from the air, which helps the bush survive in harsh conditions. This makes sea buckthorn an excellent plant for tying soil on erosion-prone slopes, among other things.

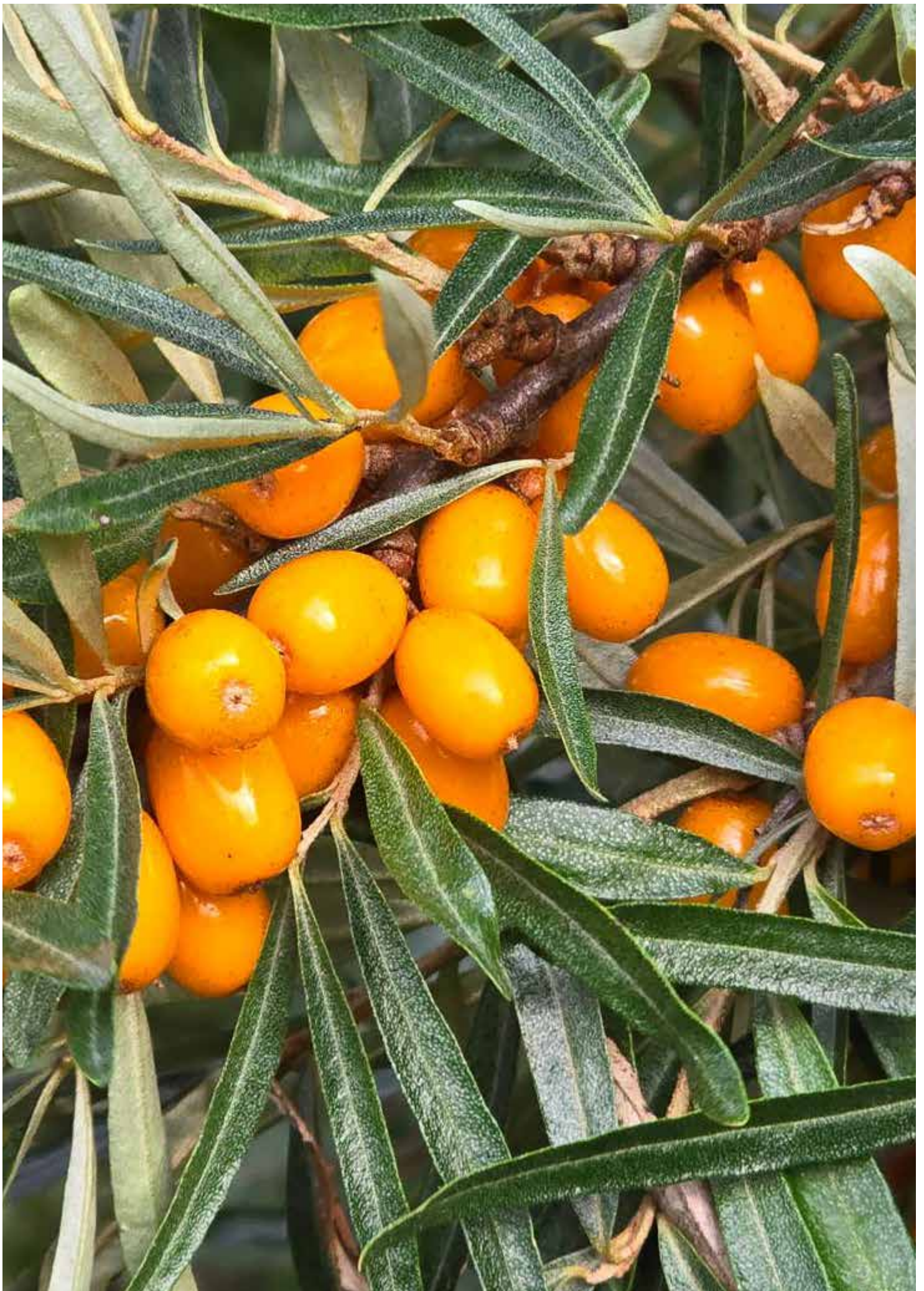
Nutritional values of sea buckthorn – a real health bomb

Sea buckthorn is known for its particularly high vitamin C content. One hundred grams of sea buckthorn provides up to 10-20 oranges of vitamin C, which makes it one of the most effective sources of vitamin C. However, the health benefits of sea buckthorn are not limited to this; It is also rich in polyunsaturated fatty acids, which are vital for cardiovascular health.

Sea buckthorn oil, which is obtained from the seeds and husks of the berry, is especially nutritious. It is rich in vitamin E, which is an important antioxidant. Sea buckthorn oil has been found to lower both total cholesterol and LDL cholesterol, making it a good addition to a diet that promotes heart health. In addition, sea buckthorn has a diverse range of vitamins, including vitamins of groups A and B, as well as minerals such as potassium, magnesium and iron.

Sea buckthorn at the dinner table – Versatile uses

Although sea buckthorn berries are known for their health benefits, their use in the home kitchen



is still quite limited. The tangy taste of sea buckthorn can be challenging for many, but when handled correctly, it makes a versatile ingredient for both sweet and savory dishes. The most traditional way to use sea buckthorn is to squeeze juice from it, but you should also use the husks and seeds. The crusts contain a lot of fiber, and the remaining part after juicing can be mixed, for example, with bread dough or porridge.

The tangy taste of sea buckthorn pairs perfectly with sweet fruits such as apple or peach. It can be used to make jams and marmalades, or mixed into smoothies for an extra boost. In addition, sea buckthorn powder is easy to add to snacks, yoghurts or milkshakes to provide nutrients throughout the day. Especially with game dishes, sea buckthorn is an excellent taste cup, and its strong aroma complements the rich flavors well.

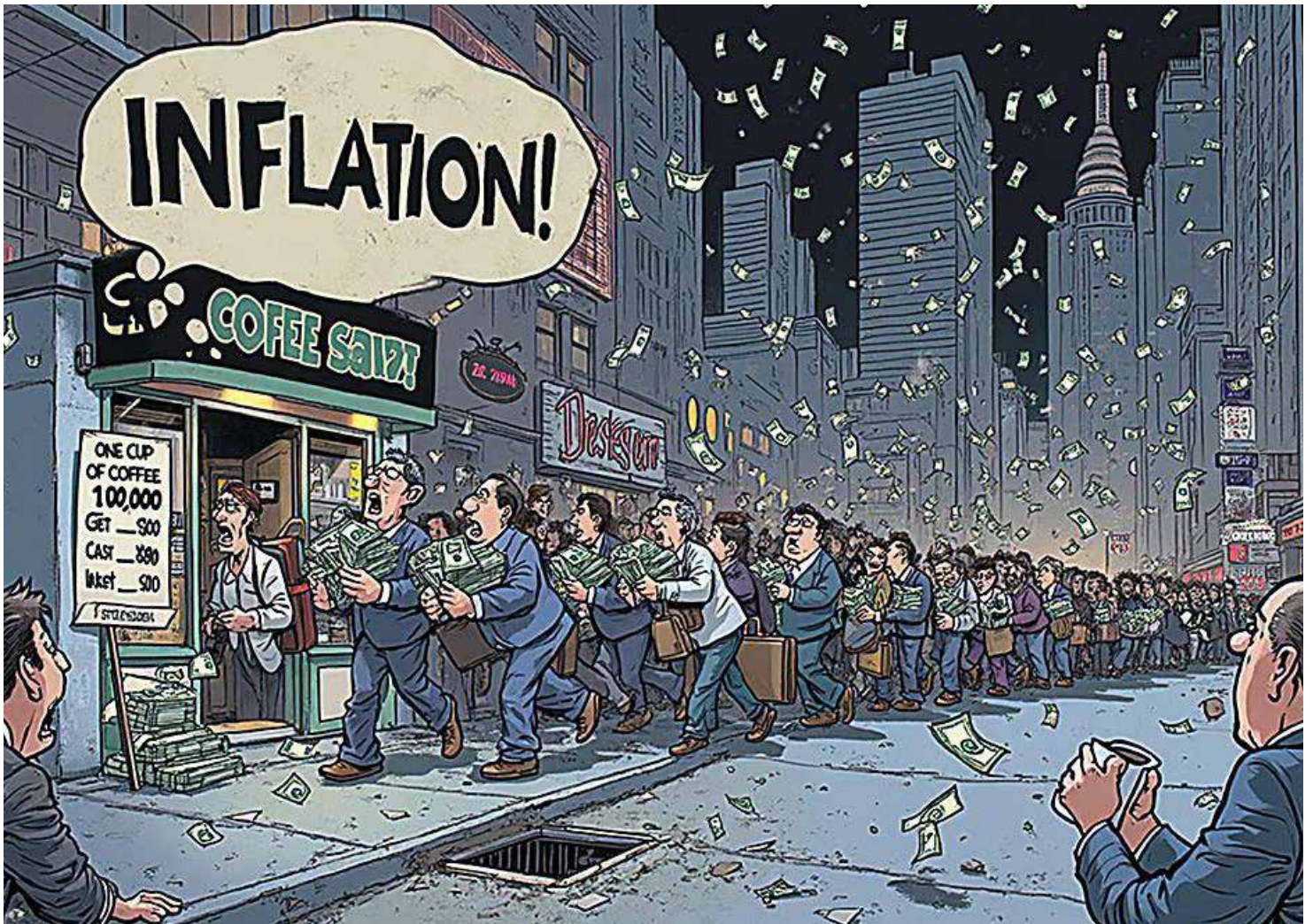
The uniqueness of sea buckthorn

Although sea buckthorn is not eaten in large quantities, its impact on health is significant. Nutrients in sea buckthorn berries develop during a long growing season, which makes them especially valuable. The content of vitamin C and antioxidants in sea buckthorn make it a berry that is not only a delicious addition to the diet, but also a real health bomb. The healthiest berry in the world – a title that sea buckthorn deserves.

Although picking and using sea buckthorn may require a little more effort than other berries, its benefits are worth the effort. It's a berry that offers much more than just a mouthful – it's nature's own pharmacy, full of strength and vitality that helps maintain health and well-being. Whether it's part of breakfast, snack or dinner, sea buckthorn is a berry that deserves a place at your dinner table.



ECONOMY



Pirouettes of inflation: A wheelbarrow with money for the store and the crazy price of coffee

One Saturday morning, with the sun shining gently through the curtains, I decide to buy a cup of coffee at the local café. I'm not a coffee connoisseur, but something about the aroma of freshly ground coffee is hard to resist. With my hand in my pocket, I reach for my wallet, but instead of just grabbing for a couple of bills, I find a thumbtack map of the residential area. On the map, I've drawn a route that takes me from home, past the bank to pick up a wheelbarrow full of money, and on to the café.

It's easy to marvel at how the world is changing, but just

this morning, inflation has taken hold of me. I look out the window and see the neighbors struggling to drive their own wheelbarrows to the convenience store. It's a sight that could belong in an absurdist play, but it's reality.

A cup of coffee for the price of a month's salary?

We've all heard stories about how much a cup of coffee costs in some high-end places. But it's not exotic coffee beans from the Andes or gold flakes on top that are driving up the price. No, it is simply money that loses its value faster than an ice cream melts in

the sun. I remember a conversation I had with a friend who was visiting Zimbabwe during their inflation peaks. He told me about how he paid several billion Zimbabwean dollars for a single cup of coffee. It's like asking someone to trade with Monopoly money – even though those notes were actually real money, and the craving for coffee was very real.

Hungary in the 40s: An inflation record

But nothing beats inflation in Hungary during the 1940s. At that time, people lived in a time where numbers on banknotes began to look like phone numbers rather than money. In 1946, in

the midst of the chaos of World War II, prices rose so quickly that it became almost impossible to keep track of them. The prices of all goods doubled every 14 hours. If you bought a cup of coffee in the morning and waited until the afternoon to drink it, the price could have doubled. And no, I'm not exaggerating. In fact, they finally launched a banknote, 100 quadrillion money, as a desperate measure to deal with the situation.

Try to estimate how high inflation was in Hungary at this time. 100%? 1000%? Even higher? Ok, let me tell you! In July, 1946, the inflation rate was 41,900,000,000,000,000%

Imagine walking into a store and handing over a note with so many zeros that you can barely count them, to buy a loaf of bread. It's almost comical, but for those who lived in it, it was a nightmare. The value of money became so devalued that people had to put their faith in something else. In Hungary, the use of the pengő was finally stopped and the forints were switched to, and with that the economy stabilized.

What is actually driving inflation?

But what is it that drives inflation? Why are we going from buying coffee for a couple of coins to needing wheelbarrows to shop for basic goods? There are several factors, but perhaps the most common culprit is an excessive amount of money in circulation. When central banks print more money than is needed in the economy, this money loses its value. Imagine you're in a market where everyone has a thousand apples to sell, but there's only one buyer. What happens to the price of apples? They fall, because there are too many of them. The same thing happens with money – when there is too much of it, its value drops.

Another reason is cost-driven inflation, where it becomes more expensive to produce goods and services. When commodity prices, wages, and other production costs rise, these costs are passed on to the consumer, driving up prices. And as we all know, when prices go up, and wages don't keep up at the same rate, we all start to feel it in our wallets.

Wheelbarrow logistics and everyday life

Now I'm back at my door, ready to go out for that cup

of coffee. The wheelbarrow is ready, filled with money that is almost worthless if I wait too long. I think back to the stories of Germany in the 1920s, where children played with bundles of money as if they were Lego. Or how families lit fire in their stoves with banknotes because firewood was more expensive than money.

But what exactly is value? It may not be the coffee or the money, but the ability to trust that one's money still has the same value tomorrow as it has today. And therein, my dear readers, lies perhaps the greatest challenge for all economies – maintaining confidence in the currency. Because when it's lost, we're all standing there with our wheelbarrows, ready to shop – but with wallets that feel emptier than ever.

So, with this in mind, I'm going to trudge down to the café. And while I enjoy my cup of coffee, I will reflect on the value of money, both historically and in my own life. Because no matter how much inflation rises, there's one thing that always retains its value – a great story to share with friends, maybe over a cup of coffee, or two, if I can afford it.



The image above shows banknotes with a total value of \$150,010,850,000. If you would have these and if it were US dollars, well, I would be a rich man! But unfortunately, these dollars are from Zimbabwe.



The banknote with the largest face value ever, a Hungarian banknote from 1946, with a face value of 100.000.000.000.000.000 zeros pengő. Image from Wikipedia Commons, public domain.

CLIMATE CHANGE



Arizona Swelters Under Extreme Heat Wave

The scorching heatwave gripping Arizona shows no signs of abating, with temperatures expected to soar well above 43 degrees Celsius (110 degrees Fahrenheit) for the coming days. The National Weather Service has issued an Excessive Heat Warning for much of the state, urging residents to take precautions to avoid heat-related illnesses.

"This heatwave is a serious threat to public health," said a spokesperson for the National Weather Service. "It's important to stay hydrated, limit outdoor activities, and check on vulnerable individuals, especially the elderly and young children."

The extreme heat is being caused by a high-pressure system that is trapping hot air over the region. Temperatures are expected to peak on Thursday, with some areas potentially reaching as high as 46

degrees Celsius (115 degrees Fahrenheit).

While relief from the heat is expected to come this weekend, temperatures will remain above normal for the foreseeable future. There is also a slight chance of isolated thunderstorms on Friday, Saturday, and Sunday, but these will likely be limited to the higher elevations of the state.

As the heatwave continues, it's crucial to take steps to protect yourself and others from the dangers of extreme heat. Stay

hydrated by drinking plenty of water, even if you don't feel thirsty.

Avoid strenuous outdoor activities, especially during the hottest parts of the day. Seek shade and air conditioning whenever possible.

And if you experience symptoms of heat-related illness, such as dizziness, headache, or nausea, seek medical attention immediately.

CLIMATE CHANGE

Copernicus: Summer 2024 – Hottest on record globally and for Europe



The summer of 2024 has officially been declared the hottest on record globally, with August 2024 matching the extreme temperatures of August 2023. The Copernicus Climate Change Service (C3S) has reported that the global average surface air temperature for August reached 16.82°C, which is 0.71°C above the 1991–2020 average. This marks the 13th time in 14 months that global temperatures have exceeded the critical 1.5°C threshold above pre-industrial levels.

Record-Breaking Temperatures

August 2024's global average temperature was 1.51°C above pre-industrial levels, continuing a trend of unprecedented warmth.

The period from September 2023 to August 2024 now holds the record for the warmest 12-month stretch in recorded history, with an anomaly of 0.76°C above the 1991–2020 average and 1.64°C above pre-industrial temperatures.

The year-to-date (January to August 2024) temperatures have already surpassed those of the same period in 2023 by 0.23°C, making it increasingly likely that 2024 will go down as the warmest year on record. For this not to occur, temperatures in the remaining months of 2024 would need to drop by an unprecedented margin, something that has never happened in recorded history.

European and Global Heatwaves

In Europe, August 2024 was

the second hottest August on record, coming in at 1.57°C above the 1991–2020 average. Southern and eastern Europe experienced the most extreme heat, while cooler-than-average conditions were reported in parts of northwestern Europe, including Ireland, the UK, and Iceland. Globally, regions such as Texas, Mexico, northeast Africa, and eastern Antarctica also faced temperatures far above average. Meanwhile, cooler conditions persisted in areas like Alaska, parts of the eastern United States, and Pakistan.

Rising Sea Surface Temperatures

The global average sea surface temperature (SST) for August 2024 was the second highest ever recorded, only slightly lower than August 2023. Despite signs of a deve-

loping La Niña in the equatorial Pacific, SSTs in many regions remained abnormally high.

Samantha Burgess, Deputy Director of C3S, warned that the ongoing string of record temperatures is alarming: "The world has just experienced the hottest June and August on record, along with the hottest day ever. Without urgent action to reduce greenhouse gas emissions, these temperature extremes will only intensify, leading to even more devastating impacts on people and the planet."

The continued rise in global temperatures and the increasingly frequent temperature-related extreme events underscore the need for immediate and decisive climate action. Without such measures, the warming trend seen in 2024 could become

CLIMATE CHANGE

Urban Heat Islands: A Growing Threat Exacerbated by Climate Change



Cities, particularly large ones, are becoming increasingly hotter than their surrounding rural areas. This phenomenon, known as the "urban heat island effect," means that the temperature in urban environments can be significantly higher than in the countryside.

The consequences are serious and can negatively impact human health, increasing the risk of cardiovascular and respiratory problems, heatstroke, and other health issues. With climate change threatening our planet, the urban heat island issue is becoming increasingly acute.

The reason behind the heat island effect is the artificial infrastructure and human activities that characterize cities. Compared to rural areas, which are often covered in grass, crops, shrubs, or forests, urban areas have a significantly higher propor-

tion of paved surfaces. Vegetation helps to cool the air, while asphalt and concrete, on the other hand, absorb heat, leading to temperature increases. Additionally, buildings and narrow streets contribute to trapping heat by restricting airflow. Human activities, such as heating buildings and driving cars, also add heat to the urban environment.

Overall, all of these factors lead to the urban heat island effect, which is most pronounced at night. Then, the temperature in cities can be up to 10°C higher than in rural areas. This is because the heat stored in buildings and roads during the day is released at night.

The effect is particularly evident in larger cities. For example, temperatures in central London and Paris are regularly recorded to be around 4°C higher than in the surrounding countryside at night. Both of these cities, as well as many others around Europe and the

world, experience heat stress that leads to public health problems.

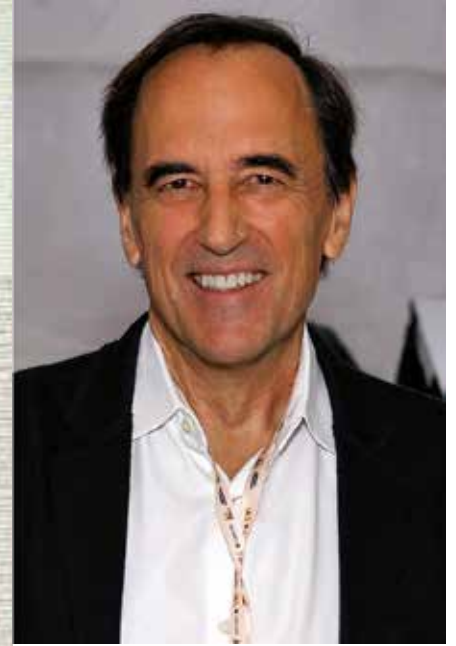
To address this growing problem, urban planners and local governments are working to develop strategies to reduce heat stress in cities. Solutions may include increasing the amount of so-called green-blue infrastructure. Examples of this include increased vegetation cover, such as through green roofs, and more water surfaces. However, to implement these changes, they first need to get a detailed picture of how temperature varies within the urban environments they are responsible for.

Managing urban heat islands is an important part of making cities more sustainable and livable, especially in light of future climate change. By reducing heat stress, we can create a better quality of life for residents while also contributing to a more sustainable future.

(Source: C3S)

LITERATURE

Jeff Goodell: The Chronicler of Climate Change



Jeff Goodell has emerged as one of the most prominent voices on climate change in the literary world. His two most recent works, “The Heat Will Kill You First” and “The Water Will Come,” provide a sharp but necessary picture of the kind of world that climate change is preparing for us.

Jeff Goodell is a well-known American author who has dedicated his career to studying and reporting on climate change. Born in 1959 in Palo Alto, California, Goodell has experienced a varied life before his career as a writer. He has worked as a blackjack dealer, glass fitter, cleaner, bartender, professional motorcyclist, editor of a Russian literary maga-

zine, and technology writer at Apple.

Goodell’s diverse background may have influenced his ability to approach climate change from different perspectives. He has managed to combine scientific rigor and human storytelling in a way that makes his books both informative and engaging.

Goodell is also an active social influencer. He has been a visiting scholar in New America and received a Guggenheim Fellowship in 2020. In addition, he is a regular commentator in various media.

Although Goodell’s life has been full of adventure and work experiences, he has found his calling in studying climate change. His writings are important voices that help us understand the scope and implications of this global challenge.

“The Heat Will Kill You First” is a deep dive into the

devastating effects of a heat wave. Goodell not only describes rising temperatures, but studies its concrete consequences for people, society and ecosystems. The book is both scientifically informative and humanly touching, and it has received a lot of praise from critics and readers alike.

“The Water Will Come,” on the other hand, focuses on the threat of rising sea levels. Goodell is carefully examining how climate change is changing life in coastal areas and what consequences it will have globally. The book is both a warning and a call to action, and it has sparked a debate about how we can prepare for future challenges.

Goodell’s writing style is clear and informative, but at the same time he manages to convey a sense of urgency to the reader. She combines scientific facts with personal stories, making her books both

informative and inspiring.

“Goodell is a master at telling stories that make us think and act,” wrote The New York Times Book Review. “The Heat Will Kill You First” is a disturbing and necessary book.”

“Water Is Rising” has been praised for providing a realistic and concrete picture of the effects of sea level rise. “Goodell has managed to capture the reader’s attention and raise concerns about the future,” wrote The Guardian.

Kuva: Author Jeff Goodell at the 2023 Texas Book Festival in Austin, Texas, United States. Larry D. Moore
Creative Commons Attribution 4.0

HEALTH

Processed Meat and Dementia: New Evidence Highlights a Troubling Link



Recent research has intensified concerns about the health risks of processed meats, particularly their potential impact on brain health. A study presented at the Alzheimer's Association International Conference has added to the growing body of evidence suggesting that a diet high in processed red meat may be linked to an increased risk of dementia.

The Study and Its Findings

The study, which monitored over 460,000 adults for more than four decades, found that individuals who consumed at least two servings of processed red meat per week had a 14% higher risk of developing dementia compared to those who consumed fewer than three servings per month. Processed red meats, such as bacon, sausages, and deli meats, are often laden with preservatives like nitrites and high levels of sodium, which are thought to contribute to cognitive decline.

Interestingly, the study also

highlighted that each additional daily serving of processed red meat was linked to an equivalent of 1.6 years of cognitive aging. This aging effect was particularly evident in areas of the brain responsible for language and executive function, which are crucial for decision-making and behavior control.

Processed vs. Unprocessed Meat: A Key Distinction

It's important to note that unprocessed red meat, like fresh beef or lamb, was not associated with the same cognitive risks. In fact, moderate consumption of unprocessed meat might even have a protective effect on brain health, though this area requires further research. The distinction between processed and unprocessed meat is critical, as it suggests that the harmful effects are likely due to the additives and preservation methods used in processed meats rather than the meat itself.

Broader Health Implications

This research aligns with ear-

lier studies that have linked processed meats to a range of health issues, including heart disease, cancer, and diabetes. The high levels of saturated fats, sodium, and chemical preservatives in processed meats are known to contribute to these conditions, which are also risk factors for dementia.

Dietary Recommendations for Brain Health

Given these findings, health experts recommend reducing the intake of processed red meats and replacing them with healthier alternatives. Incorporating more plant-based foods like nuts, beans, and vegetables into your diet not only reduces the risk of dementia but also supports overall well-being. For those with limited access to fresh produce, options like canned beans (with reduced sodium) and frozen vegetables can be practical and nutritious substitutes.

The Bigger Picture

While the study's findings are compelling, it's essential to

remember that diet is just one piece of the puzzle when it comes to dementia prevention. A holistic approach to health also includes regular physical activity, adequate sleep, social engagement, and mental stimulation.

As we continue to live longer, the choices we make today about what we eat can have long-lasting impacts on our cognitive health. Reducing processed meat consumption could be a simple yet significant step towards preserving brain function and reducing the risk of dementia as we age.

In conclusion, the growing evidence against processed meats underscores the importance of dietary choices in maintaining brain health. While the case isn't closed, the current research strongly suggests that when it comes to processed meats, less is more – not just for our hearts, but for our minds as well.

HEALTH

It is Possible to Cure Type II Diabetes – Not Easily Though

Type 2 diabetes has long been considered a chronic, incurable condition. However, recent research and real-world interventions are challenging this notion. A groundbreaking study, the NHS Type 2 Diabetes Path to Remission (T2DR) program, has shown promising results in reversing the disease.

The T2DR program is a 12-month behavioral intervention focused on weight loss, with an initial intensive phase involving total diet replacement (TDR). This approach, while demanding, has proven effective in inducing remission in a significant number of participants.

Remission in this context means achieving normal blood sugar levels without the need for diabetes medication for at least three months. The study found that around 27% of participants who started the program and had two HbA1c measurements achieved remission. This number increased to 32% among those who completed the entire 12-month program.

These results are particularly encouraging as they were obtained in a real-world setting, rather than the controlled environment of a clinical trial. It demonstrates that remission is achievable for a substantial proportion of people with type 2 diabetes through a structured, supported weight loss program.

However, it's essential to acknowledge the challenges involved. Not everyone who starts the program completes it, and weight loss, while crucial, is not guaranteed. The study also highlights the difficulty of collecting comprehensive data in a real-world setting compared to a clinical trial.

Despite these limitations, the T2DR program offers hope for

millions of people living with type 2 diabetes. It underscores the importance of lifestyle interventions, particularly weight loss, in managing and potentially reversing the disease.

While not a magic cure, the program represents a significant step forward in diabetes care. It emphasizes the need for continued research, improved access to support services, and personalized treatment plans to maximize the benefits of weight loss interventions for people with type 2 diabetes.

Ultimately, the T2DR program's success story is a testament to the power of human resilience and the potential of lifestyle changes in combating chronic diseases.

The T2DR Program:

A Deep Dive into Interventions
The NHS Type 2 Diabetes Path to Remission (T2DR) program is a comprehensive approach to diabetes management that focuses on weight loss as a primary driver of remission. To achieve this, the program employs a multi-faceted strategy involving:

Initial Intensive Phase:

Total Diet Replacement (TDR)
The program begins with a three-month period of total diet replacement (TDR), where participants consume meal replacement products exclusively. These products are formulated to provide balanced nutrition while significantly reducing calorie intake. This phase is crucial for rapid weight loss and improvement in blood sugar control.

Behavioral Support and Education
Alongside TDR, participants receive intensive behavioral support and education. This includes:

One-to-one support: Dedicated healthcare professionals provide personalized guidance and encour-



agement throughout the program. **Group sessions:** Participants attend group sessions to share experiences, learn from others, and build a support network.

Education on healthy eating: Participants receive comprehensive education on healthy eating habits, portion control, and meal planning. **Physical activity:** The program emphasizes the importance of physical activity and provides guidance on incorporating exercise into daily life.

Psychological support: Addressing emotional and psychological factors related to weight management is crucial.

Transition to Sustained Weight Loss
After the initial three-month TDR phase, participants transition to a sustained weight loss phase. This involves gradually reintroducing regular food while maintaining the healthy ea-

ting habits learned during the program. Continued behavioral support is essential during this phase to prevent weight regain.

Long-Term Management
The T2DR program aims to equip participants with the tools and knowledge necessary for long-term weight management and diabetes control. This includes ongoing support, regular monitoring, and strategies for managing potential challenges.

It's important to note that the success of the T2DR program is dependent on a combination of factors, including participant motivation, adherence to the program, and access to appropriate support services. While the program has shown promising results, it's not a one-size-fits-all solution and individual needs and circumstances should be considered.

HEALTH

Tooth inflammation causes stroke in young people, according to a Finnish study



Prevention of stroke!

A new Finnish study has linked periodontitis, a serious form of gum disease, to an increased risk of stroke in young adults. The research, published in the *Journal of Dental Research*, found that people aged 18 to 49 with periodontitis were significantly more likely to suffer cryptogenic ischemic stroke (CIS), a type of stroke with unknown cause. The study also found a link between recent invasive dental procedures and an increased risk of stroke, especially in people with a heart defect called patent foramen ovale (PFO). Researchers believe that the inflammation caused by periodontitis may play a role in the development of blood clots, which can lead to stroke. Additionally, dental procedures can introduce

bacteria into the bloodstream, potentially increasing the risk of stroke in susceptible individuals. The study emphasized the importance of good oral health, especially for young people. Regular dental check-ups and proper oral hygiene can help prevent periodontitis and its associated health risks.

The new Alzheimer's drug will arrive in Finland next year?

Alzheimer's disease is a devastating disease that gradually takes away memory and thinking ability. Although there is no perfect cure yet, there is light at the end of the tunnel on the horizon. The US Food and Drug Administration (FDA) has approved a new

Alzheimer's drug, Lecanemab, for the early treatment of the disease.

Lecanemab is a so-called disease-modifying drug that removes plaque from the brain, so-called beta-amyloid. These plaques have been linked to the development of Alzheimer's disease. Although the drug has not yet been shown to prolong the life of patients or cure the disease, it has shown promising results by slowing the progression of the disease.

Lecanemab has been shown in clinical trials to significantly reduce amyloid plaques in the brain. This is an important step forward, as previous studies have suggested that amyloid plaques are a key factor in the pathology of Alzheimer's disease. While Leca-

nemab is a promising drug, it's important to remember that it's not yet widely available. The safety and efficacy of the medicine still need to be studied in more detail. Additionally, the price may be high at first, which may limit its availability.

In Finland, lecanemab is expected to arrive next year if it is approved by the Finnish Medicines Agency Fimea, but the introduction of the drug will require careful evaluation and a clear selection of patients.

It is important to emphasize that research into Alzheimer's disease is ongoing and that new treatments are being developed all the time. Lecanemab is one of the promising alternatives, but it is not yet the solution to all problems for people with Alzheimer's disease. More research and development is needed to defeat Alzheimer's once and for all.

However, there is reason to hope that in the future there will be opportunities for more effective treatments and even prevention of the disease.

NB:

This article does not replace the information provided by the doctor. People with Alzheimer's disease should discuss their treatments with their own doctor.

TRAMS



Tampere tramways – A modern investment with historical roots

Tampere trams are a relatively new addition to the Finnish public transport system, but have quickly become an important part of the city's infrastructure. Despite its young age, the tramway system has an interesting history that stretches back over a century.

A dream that came true

Plans to introduce trams in Tampere have been in place since the early 1900s. Despite several initiatives and studies, it took until 2021 before the first tram rolled in the city. There are many reasons for

the long wait, but one important factor was the economic situation in Finland during much of the 20th century.

It was only when the City of Tampere began to experience rapid growth in the 2000s and when awareness of sustainable transport increased that the tramway project was given new life. The decision to invest in a modern tramway system proved to be wise, as the trams quickly became popular among residents and helped to reduce car traffic in the city centre.

A growing network

Today, the Tampere tram network consists of two lines that connect important parts of the city, such as the city

centre, the university and residential areas. The network is under constant development and there are plans to expand it further in the future. Ylöjärvi, northwest of Tampere, is expected to have tram traffic within a few years.

Tampere trams are an impressive example of modern tram technology and design. They are designed to meet the high demands placed on a public transport system in a growing city.

Low floor level: One of the most prominent features of Tampere trams is the low floor level, which makes it easy for all passengers to get on and off, whether they are using a wheelchair or have a stroller.

Spacious spaces: The carri-

ages are spacious and offer plenty of space for both seated and standing passengers. There are also designated spaces for wheelchairs and strollers.

Modern technology: Tampere trams are equipped with the latest technology in information systems, safety systems and energy-saving solutions, among other things. For example, passengers can follow their journey on digital screens and get information about the next stop.

Durable design: The carts are made with sustainability in mind. Material selection and energy solutions are optimized to minimize environmental impact.

Where are the vans manufactured?

The Tampere trams are manufactured by the Finnish company Transtech, which has its factory in Otanmäki. Transtech is a leading manufacturer of trams and buses in the Nordic region and has delivered trams to several cities in Finland and Sweden.

Some of the advantages of trams in Tampere:

Environmentally friendly: Trams are usually powered by electricity from renewable energy sources and therefore emit significantly less carbon dioxide than buses or cars.

Efficient: Trams have a high capacity and can transport many passengers at once. In addition, they are less sensitive to traffic jams than buses.

Comfort: Trams offer a comfortable and quiet journey, which is appreciated by many passengers.

Urban planning: Tramways can contribute to more sustainable urban development by stimulating growth along the tramway lines and creating attractive residential areas.



The future of Tampere tramways

It is clear that trams have a bright future in Tampere. The city continues to grow and the need for an efficient and sustainable public transport system will only increase. By investing in tramways, Tampere shows that it takes responsibility for future generations and contributes to a more sustainable world.

Tampere tramways are an excellent example of how a city can address challenges such as climate change and urbanization by investing in modern infrastructure. It is also proof that the residents of Tampere value sustainability and convenience.

It is exciting to follow the development of the tram network in Tampere and see how it will contribute to shaping the city in the future. It is certain that the trams will continue to be an important part of Tampere's identity and that they will inspire other cities, such as Turku, to make similar investments.



RUSSIAN WAR AGAINST UKRAINE

We See a Threat from Russia to Our Generation, We Will Counter It – Address by the President 20 September 2024



I wish you good health, fellow Ukrainians!

Today, I held a meeting of the Staff.

The report by Commander-in-Chief Syrskyi focused on the front and on our operation in the Kursk region. Importantly, our combat brigades are holding their positions as steadily as possible. There were reports from the intelligence services. The Defense Intelligence of Ukraine – Budanov. The Foreign Intelligence Service – Ivashchenko. We discussed in great detail, and even with some emotion, the issue of drone production and drone supply to all elements of our Defense and Security Forces. We also addressed today the production of missiles, electronic warfare sys-

tems, and relevant cooperation with partners. The reports were presented by Umerov, Sybiha, Fedorov, the military, the Security Service of Ukraine – Maliuk. It was a really detailed conversation. The main point is not just to secure contracts and funding for them, but also to ensure the speed of real production and real delivery. And the energy issue – it was a significant part of today’s Staff meeting. There were reports by Prime Minister Shmyhal and Minister of Energy Galushchenko on the physical protection of facilities and the real situation with restoration. We also discussed the threat we now see from Russia to our energy generation. We will counter it.

The energy issue was also dis-

cussed in detail with Ursula von der Leyen, President of the European Commission. Her today’s visit has contributed to the sensitive support of Ukraine. There is a new package for our energy sector from the European Union – EUR 160 million. There is also an agreement to increase electricity imports to Ukraine, which will undoubtedly support our state, our people in difficult situations. We discussed with Ursula the steps that will help us preserve at least a quarter of our generation. Of course, we also talked about our political interaction with the European Union – we have to speed up the process of accession negotiations and preparation of the respective parts of the future agreement. There is an important decision by Ursula on European support for our Ukrainian school meals program. So, in everything from defense to social issues, we have really good results. Ursula, thank you!

And one more thing.

We are actively preparing for negotiations in the US – this includes President Biden, representatives of both parties in Congress, and we expect to meet with both presidential candidates of the United States. In Ukraine, we will always be grateful to the USA for supporting our independence – for all the assistance provided to help Ukraine withstand this war. And now we are going to present a very concrete Plan on how Ukraine can not only endure this war, not only maintain the level of resistance as it is now, but also grow stronger at this very moment – grow stronger in a way that will really bring us closer to a just peace, really bring us closer to victory. Ukraine is counting very heavily on this support. And rightly so. Because when one nation wins the fight for its independence and respect for international law, the whole world wins. This is exactly how it should be.

I thank everyone who stands with us, who stands with Ukraine!

Glory to Ukraine!

President: The Plan for Victory Relies on Swift Decisions from Our Partners

President of Ukraine Volodymyr Zelenskyy intends to present the Plan for Victory to U.S. President Joseph Biden on September 26. He announced this during a joint press conference with European Commission President Ursula von der Leyen.

Volodymyr Zelenskyy noted that he is not disclosing the details of the Plan for Victory yet, as he needs to discuss it with Joseph Biden first. According to the President of Ukraine, the implementation of some points of the Plan depends solely on decisions from the United States. The Ukrainian President is counting on support from the U.S. President and the swift execution of the Plan in collaboration with partners.

“The Plan is based on decisions that should take place from October through December, without delaying the process. That is our hope. In this case, we will consider the Plan will work out,” Volodymyr Zelenskyy added.

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RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

TASS a few days before the Russian invasion into Ukraine

TASS 20 Feb 2022, 22:56

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

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

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

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

"There are no such plans," he said.

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

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

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

We don't threaten anyone.



founded", serving as a ploy to escalate tensions

Ukraine would have serious consequences.

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

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

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Comment:

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

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

Image: Lexica.art

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

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

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

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

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

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

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

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

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

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

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

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



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

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

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

It is not our plan to occupy the Ukrainian territory

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

We will seek to demilitarize

and denazify Ukraine

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

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

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

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

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

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

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

The advance of Russia and the new world

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

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

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

"Russia is returning."

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

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

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

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

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

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

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

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

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

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

Did anyone in the old European capitals, in Paris and

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

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

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

What Russia Should Do with Ukraine

Published by Ria Novosti 09:15 04.04.2022

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

Here are some important parts of this article.

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

A significant part of the people are Nazis

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

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

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

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

A significant part of the masses are also guilty

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

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

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

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

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

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

installation of the Russian information space;

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

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

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

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

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

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

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

This will go on for 25 years

"creation of permanent denazification bodies for a period of 25 years."

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

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

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

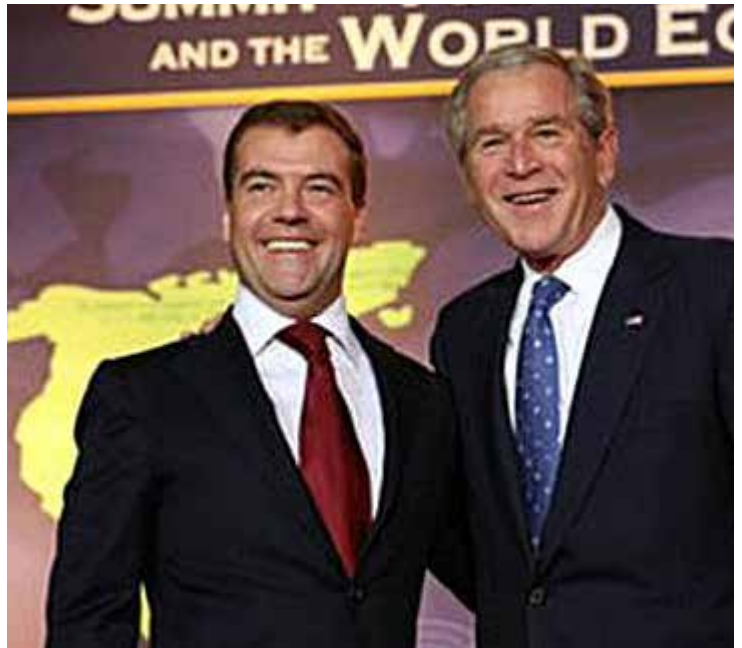
In his post, Medvedev launches into a tirade against the Ukrainian government and its Western allies, labeling them with a string of derogatory terms. He refers to Ukrainian leaders as "Kyiv neo-Nazis" and claims that they are "desperately supported" by what he describes as "rabid animals who guard the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

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

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

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

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



Dmitry Medvedev and George W. Bush

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

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

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

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

CAUSERIE

Soil floor or concrete – an unexpected health issue?

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

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

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

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

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



a growing body of research that shows that our gut flora plays a crucial role in our health.

If the study in Bangladesh shows that soil floors can be healthier, what does that mean for us here in our Nor-

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

Perhaps we can be inspi-

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

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

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

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

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

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

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

ASTRONOMY



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

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

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

be visible in Finland, which provides excellent observation opportunities.

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

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

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

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

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

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

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

What's next?

If you are interested in follo-

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

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



Aria: Opera's Generative AI Revolution

Opera, the renowned web browser, has been making waves in the tech world with its groundbreaking generative AI, Aria. This powerful tool is designed to enhance user experiences, streamline tasks, and provide innovative solutions.

But how does Aria stack up against other AI models, like Gemini?

Key Differences Between Aria and Gemini

While both Aria and Gemini are generative AI models, they have distinct characteristics that set them apart:

Focus and Integration: Aria is specifically tailored to enhance the Opera browser

experience. It's deeply integrated into the browser's functions, providing real-time assistance and suggestions across various tasks. Gemini, on the other hand, is a more general-purpose AI model that can be applied to a wider range of applications.

Contextual Understanding: Aria excels at understanding the context of user queries within the browsing environment. It can leverage information from the current webpage, search history, and user preferences to provide highly relevant and tailored responses. Gemini, while also capable of understanding context, may not be as deeply integrated with a specific application like Opera.

Privacy and Security: Opera has emphasized privacy

and security as core principles in the development of Aria. The AI model is designed to handle user data responsibly and protect sensitive information. While Gemini also prioritizes privacy, its general-purpose nature might require additional considerations when used in specific contexts.

Aria's Unique Capabilities

Aria offers a range of impressive capabilities that make it a valuable tool for users:

Summarization: Aria can quickly summarize complex articles, web pages, or documents, saving users time and effort.

Translation: It can translate text between different languages, facilitating communication and access

to information.

Creative Writing: Aria can assist with creative writing tasks, such as generating ideas, writing outlines, or even composing complete pieces.

Code Generation: For developers, Aria can help write code snippets or entire programs, increasing productivity and reducing errors.

The Future of Aria and Generative AI

As AI technology continues to advance, we can expect Aria and other generative AI models to become even more sophisticated and versatile. Opera's commitment to innovation ensures that Aria will remain at the forefront of this exciting field, offering users new and exciting ways to interact with the digital world.

AI

The best AI is yet to be decided



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

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

which model reigns supreme remains open for debate.

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

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

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

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

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

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

The rapid pace of development means that today's leader could be overtaken by tomorrow's innovation. Each model presents its own set of advantages and drawbacks. While some excel in raw processing power and breadth of knowledge, others shine in specific domains or in their approach to user interaction. The "best" AI ultimately depends on the specific needs and values of the user or organization deploying it.

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

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

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

AI

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



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

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

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

oning System (Helps you navigate the world)

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

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

the wonderful world of shorthand communication!

Wasa Daily

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

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455.

Helsinki editorial office: Wasa Daily, Toine linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455.

Email: wasadagblad@gmail.com

What is this house?



Last weeks house:
Hartmans House, town square

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

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

**Kärlfestival
denna
vecka!**

Republiken president
Alexander Stubb i Vasa
27.4.2024

200 musiker och sång-
are kill You first

Kalevaspelelen i Vasa
27-30.6.2024

Kremlen gör natt av sina
motsståndare - 1939
liksom nu

**HERRE VI ÅRE
Vpress.se/hi**

En hit press.
**Grunden för
lycka och de-
mokrati**

Konkurrensutredningens
djupgående konsek-
venser för Finland un-
der de kommande 50
årer.

**KÖR-
FESTIVALEN**

Sinebrychhoff
konstmuseum

Kremlen gör natt av sina
motsståndare - 1939
liksom nu

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Konkurrensutredningens
brådskande åtgär-
der

**Pain-maja, en
Pörtomdiktare**

200 musiker och sång-
are kill You first

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

Sinebrychhoff
konstmuseum

Kremlen gör natt av sina
motsståndare - 1939
liksom nu

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**Sinebrychhoffin
taidemuseo**

**Sinebrychhoffin
konstmuseum**

**Sinebrychhoff
Art Museum**

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WASA DAILY
Wasa Dagblad
Photo Supplement

**Pörtom kyrka
Pirttikylän kirkko
The Church in Pörtom**

WASAAN PÄIVÄLEHTI
Wasa Dagblad
ISSN 1462-2111

**Ihana kuofestivaali
tulossa!**

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

Jeff Goodell:
The Heat will
kill You first

Kaleva kilpailut
VAASASSA 27-
30.6

**Hylkeenpyynti
Raippaluodossa
1895**

Jussi Adler-Ol-
sen

Venäjän omi-
tuinen diplo-
maattinen kieli

**HERRE VI ÅRE
Vpress.se/hi**

WASAAN PÄIVÄLEHTI
Wasa Dagblad
ISSN 1462-2111

**Hylkeenpyynti
Raippaluodossa
1895**

**MAA LEHDISTÖ:
Ummellisuuden ja
demokratian perus-
te**

**KUORO-
FESTIVAALI**

Sinebrychhoffin taide-
museo

Venäjän omi-
tuinen diplo-
maattinen kieli

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**Pain-maja "Tosca"
Näin löydät tie-
oppaan on tulos-
on Vaasaan**

**NAISTEN ÄÄNI-
elämäkertakirja**

**KUORO-
FESTIVAALI**

Sinebrychhoffin taide-
museo

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Mysterious green
giants in the La-
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noja
All EU-candidates

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The Kremlin mocks
its opponents

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

Cycling Week in
Vaasa this week

Climate Change's
Profound Impact
on Finland

Kaleva Games in Vaasa
27-30.6

Jussi Adler-Ol-
sen

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FESTIVAL**

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

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**Eero Järnefelt
(1863-1937)**

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

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

Jeff Goodell:
The Heat will
kill You first

Kaleva kilpailut
Vaasassa 27-
30.6

Jussi Adler-Ol-
sen

Vaasaan istu-
telaan 70 000
pöytä

**Hylkeenpyynti
Raippaluodossa
1895**

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Finland's
president
Alexander
Stubb
in Vaasa
27.4.2024

Vaasa War
Museum is
open today
12-14

A free for everyone in
Vaasa

ROAD CHURCHES

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HOROSCOPE FOR SEPTEMBER 2024



Aries (Mar 21 - Apr 19): This month, you'll feel like you're constantly on a treadmill—running, but getting nowhere. Take a deep breath and step off before you accidentally sprint into a wall. Love life? Expect sparks. Whether they start a fire or a romance is still up in the air.

Taurus (Apr 20 - May 20): September has you craving comfort food and naps, but your to-do list says otherwise. If you must choose between productivity and indulgence, remember: calories don't count in autumn.

Gemini (May 21 - Jun 20): Your dual nature is in full swing—one minute you're the life of the party, the next, you're a hermit. Try not to confuse your friends by RSVP-ing "yes" and "no" to the same event. Mercury's in retrograde, so double-check those texts before sending!

Cancer (Jun 21 - Jul 22): You're feeling extra sensitive this month, Cancer. But don't worry—by October, everyone will forget the time you cried because your coffee was too strong. Lean on your loved ones for support; just try not to drown them

in your tears.

Leo (Jul 23 - Aug 22): The spotlight's on you, as always, Leo. Just make sure it's not for accidentally replying all on an email meant for one. Your charm is on point, but your filter might be on vacation.

Virgo (Aug 23 - Sep 22): Your organizational skills are on fire this September, Virgo. Too bad your social life is not. Try to remember that not everyone loves spreadsheets as much as you do—though color-coded plans for brunch might actually be a hit.

Libra (Sep 23 - Oct 22): Balance is key for you, Libra, but this month might feel more like a seesaw. Don't worry if things get wobbly—it's just the universe's way of giving you an excuse to buy those new shoes.

Scorpio (Oct 23 - Nov 21): Your mysterious vibe is extra strong this month, Scorpio. Just be careful not to accidentally ghost your boss instead of your latest Tinder match. Miscommunication is a risk—especially when you're muttering sarcastic comments under your breath.

Sagittarius (Nov 22 - Dec

21): Your adventurous spirit is in overdrive, Sag. Just remember that "adventure" doesn't always mean "spontaneous road trip" or "llama adoption." Sometimes, it's trying a new cereal. Start small.

Capricorn (Dec 22 - Jan 19): Your work ethic is unmatched, Capricorn, but even you need a break. September might bring unexpected challenges, like trying to figure out who ate your lunch from the office fridge. Spoiler: It wasn't you, but you'll find out who.

Aquarius (Jan 20 - Feb 18): You're feeling rebellious, Aquarius, but maybe wait until after your performance review to express your radical ideas—like a four-day workweek. Use your charm to persuade, not to provoke.

Pisces (Feb 19 - Mar 20): Daydreaming will be your favorite pastime this month, Pisces, but don't get too lost in your thoughts. The world needs you—especially your roommate who can't find the remote. Your creativity is your superpower, just don't forget where you put your keys.



HUMOUR ONE HUNDRED YEARS AGO

WHERE THE CHILDREN COME FROM

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

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

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

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

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

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

— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to make their children themselves.

DAMN LUCK

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

- I have no sweetheart, said the young man.

- Then buy some flowers for your wife.

— I have no wife.

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

THE CUCKOO

The teacher (who told about the cuckoo):
— Well, what is it in the main that you now know about the cuckoo?'

Student:

— It does not lay its own eggs.

BORN TO DANCE

"Don't you think, captain, that one must be born to dance?"

"Sure. . . I have never seen an unborn dance".

THE MORE YOU GET, THE MORE YOU WANT

"It's quite peculiar, the more you get, the more you want!" "Listen, tell me one thing! Have you ever had twins?"

Astronomical image of the week:



Hubble's Views of Spiral Galaxy NGC 1087 (2024-105).png

Face-on spiral galaxy, NGC 1087.

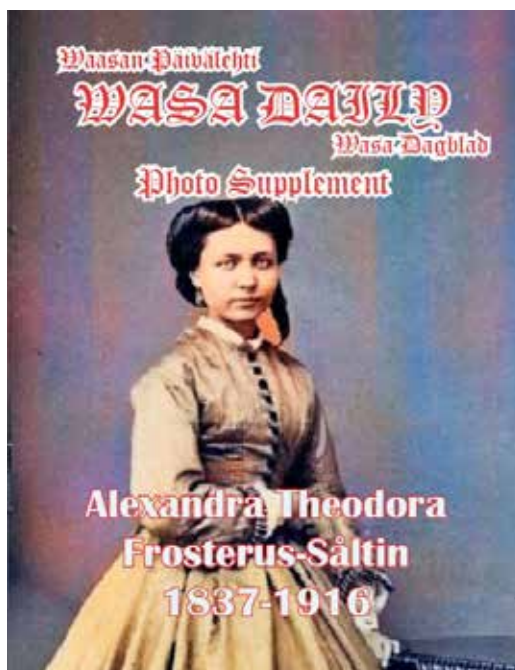
In Hubble's images, the gas and dust show up as hazy dark brown lanes, following the same spiral shapes. Its images are about the same resolution as Webb's, but the gas and dust obscure a lot of the smaller-scale star formation. The cores of Hubble's image may appear yellow, washing the central region in a soft glow and fully obscuring individual points of light. Hazy brown dust lanes may also cover part of this area. In Hubble's images, older stars are emitting some of the longest wavelengths of visible light Hubble captures, which is why the color assignments are different. (Compare the wavelengths of light Hubble and Webb observe.) In Hubble's images, younger stars pop out in blue and purple – and appear almost everywhere. In contrast, the older stars near the center of the galaxy appear yellowish. In Hubble's images, star-forming regions are clusters of bright blue and purple, or sometimes red and pink as hot stars energize nearby hydrogen gas. Galaxy NGC 1087 was observed as part of the Physics at High Angular resolution in Nearby Galaxies (PHANGS) program, a large project that includes observations from several space- and ground-based telescopes of many galaxies to help researchers study all phases of the star formation cycle, from the formation of stars within dusty gas clouds to the energy released in the process that creates the intricate structures revealed by Webb's new images. NGC 1087 is 50 million light-years away in the constellation Cetus.

NASA, ESA, CSA, STScI, Janice Lee (STScI), Thomas Williams (Oxford), Rupali Chandar (UTledo), PHANGS Team

Image: NASA, ESA, CSA, STScI, Janice Lee (STScI), Thomas Williams (Oxford), Rupali Chandar (UTledo), PHANGS Team

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NEXT WEEK:



From our readers

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

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