

VAASA DAILY

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Вітаємо всіх українців у
Ваасі! Сподіваємося, вам тут
сподобається і навіть залишитесь
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!

ALL ABOUT
BED BUGS

RUSSIAN WAR AGAINST
UKRAINE - DOCUMENTS

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The Library in
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main open?

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informative
pages

HERE WE ARE:

vpress.ovh

Editorial: Facts about the weather this summer should not make us worried, they should make us act

The summer of 2024 will be remembered as the hottest on record in Europe. While this statistic is alarming, we must not let it paralyze us with fear. Instead, these facts should serve as a call to action.

The extreme temperatures and unusual weather patterns we experienced this year are not merely anomalies—they are warnings of what is to come if we do not address climate change with the urgency it demands.

Southeastern Europe and northern Fennoscandia experienced their warmest summer ever, with some regions enduring extreme heat stress for over two months. Sixty-six days of "strong heat stress," where the temperature felt like it was above 32°C, is not just an uncomfortable statistic—it's a sign of increasing danger to public health, agriculture, and ecosystems. For many, especially in southeastern Europe, the daily struggle of coping with such conditions became a harsh reality.

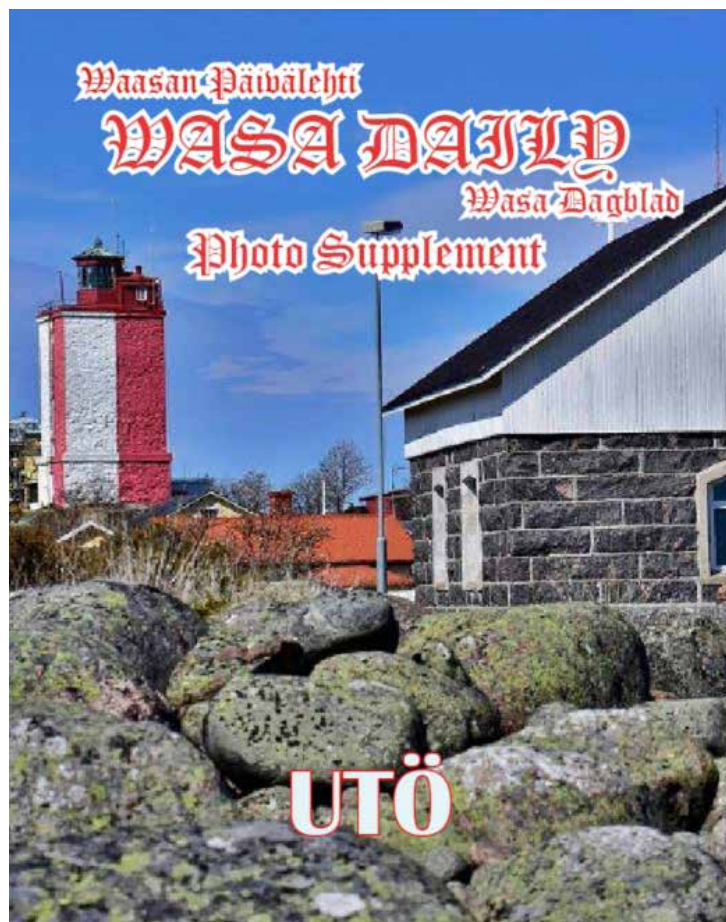
While much of southeastern Europe sweltered, northern regions like Fennoscandia and the Baltic countries experienced an unusually high number of wet days. The juxtaposition of droughts in one area and excessive rainfall in another reflects the growing imbalance in our climate system. This isn't a case of "normal weather variability" anymore—it's a destabilizing force that affects our rivers, agriculture, and even the fabric of society. In fact, 35% of European rivers saw exceptionally low flows, especially in the southeast, while central Europe experienced unusually high river flows for this time of year.

Perhaps the most stark indicator of the shifting climate came from the Mediterranean Sea, where surface temperatures reached unprecedented levels in August, surpassing even the record highs of July 2023. These warmer seas don't just affect marine ecosystems; they intensify storms and disrupt global weather patterns.

The facts are undeniable, but what should we do with this information? Worrying is not the solution, but

action is. Governments, industries, and individuals must treat these figures as a roadmap, not a dead end. It's time to push for stronger climate policies, adopt renewable energy solutions, and reimagine how we use resources. Personal actions matter, but collective efforts—on a global scale—are what will make the real difference.

The summer of 2024 should serve as a stark reminder: the time to act on climate change is now, before this record-breaking summer becomes just another 'normal' season in a much hotter world. Kela reimbursement reform and launching a trial of the family doctor model could be the first step towards a sustainable solution.



NEWS



Vibrant Program for Seniors' Week in Vaasa

Vaasa is gearing up promoting the health and happiness of seniors, including coffee sessions available at Citizens' Institute Alma (Raastuvankatu 31) and pastries. Vähäkyröntalo (Vähäkyröntie 11):

riching Seniors' Week ors.
2024, with a series of events designed to engage, inform, and entertain the elderly community. Organized in collaboration with the Senior Citizens' Central Association Activity Center (Ajurinkatu 14) from 3 to 4 pm, organized by Vaasa Pensioners Association. From 4 to 7 pm, the week promises a mix of cultural performances, educational webinars, and well-being activities, all aimed at

Sunday, October 6
The celebrations begin with the 45th-anniversary event of the Roikka choir group at the Senior Citizens' Central Association Activity Center (Ajurinkatu 14) from 3 to 4 pm, organized by Vaasa Pensioners Association. From 4 to 7 pm, the evening continues with a lively dance event, featuring music by Junnu & Combo. Tickets are priced at 12

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

Webinars: October 7-11
A series of informative webinars will be held both in-person and online, with local viewing

- Monday, October 7: "Age-Friendly Homes" from 1 to 2 pm
- Tuesday, October 8: "What Are Media Skills? Information and Tips for Seniors" from 1 to 2 pm
- Wednesday, October 9: "Preparing for Aging" from 2 to 3 pm
- Friday, October 11: "Social Relation-

THIS PAPER CAN BE READ ANYWHERE:



Like here in the Malax Archipelago

ships and Friendships: Special Considerations for Aging in LGBTQ+ Communities” from 1 to 2 pm

On Thursday, October 10 from 9:30 to 10 am, a viewing of the webinar ”More Energy for Years to Come” will take place at Vuorikoti’s auditorium (Vuorikatu 2). The session provides insights into the well-being benefits of outdoor activities for seniors, followed by an optional group walk. Later that day, a webinar on ”Volunteering for Well-Being” will be held at Citizens’ Institute Alma from 1 to 2 pm.

Seniors can also join

the webinars from home
Friday, October 11
 The highlight of the week is the Senior Celebration from 1 to 3 pm at Vaasa City Hall (Senate Square 1). The event will feature choir performances, dance, a keynote address, the presentation of the Senior Well-Being Advocate of the Year award, and a coffee service. The event is organized by the Seniors’ Council and local pensioner associations.

Sunday, October 13
 Seniors’ Week concludes with another joyous dance event at the Senior Citizens’ Activity

Center (Ajurinkatu 14) from 4 to 7 pm, this time with music by the Vaasa Accordion Club. Tickets are 15 euros, which includes coffee and pastries.

Additional Events in Ostrobothnia

The Ostrobothnian Welfare District is also hosting several events in conjunction with Seniors’ Week. These open sessions provide opportunities to meet senior advisory staff, have your blood pressure and blood sugar levels checked, discuss lifestyle changes, and explore technology aids for seniors. Sessions are scheduled for the follo-

wing locations:

- Tuesday, October 8: 12–3 pm, Vaasa Central Hospital, between H-House and the main entrance
 - Friday, October 11: 10 am–1 pm, Botenhavet Health, Family Center, Kristinestad
 - Monday, October 21: 10 am–1 pm, Malmska, Main Entrance H, Jakobstad
- Take part in Seniors’ Week to enjoy this rich program of events designed to enhance well-being, foster community, and celebrate the elderly!

This weeks art experience:



Helene Schjerfbeck

10.7.1862 - 23.1.1946

Infanta Margarita in a Pink Gown, copy after Velázquez, 1894

NEWS

Helsingin Sanomat: The Tuira model can save Finnish healthcare

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

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


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

improved, and patient satisfaction has increased.

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

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

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



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

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

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

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

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

NEWS



Palosaari Library can continue - maybe

The Palosaari library, which is proposed to be closed down as a cost-saving measure, may continue its operations if the Vaasa City Council grants it an additional appropriation of EUR 137,300 at its budget meeting in November. At the moment, Palosaari Library serves customers according to normal opening hours.

Earlier, the Vaasa Culture and Sports Committee decided that the Palosaari library would be closed as part of the financial balancing programme. However, in its meeting on 10 September 2024, the Board of Directors decided to cancel the decision it made in June to close the Palosaari library.

Ida Jousmäki, chair of the Culture and Sports Committee, proposed that the Palosaari library should not be closed down if the City Council grants it an additional appropriation of EUR 137,300. The Vaasa Culture and Sports Committee unanimously supported the proposal.

Vaasa City Council will discuss the matter again at its budget meeting in November. If the Board of Governors approves the additional appropriation, operations will continue. If no

additional funding is received for the activities, the library will close its doors to customers after the City Council meeting in November and the operations will end on 31.12.2024. During the autumn, a survey was also organised on Vaasa's library services. The responses to the survey will be discussed in more detail in connection with the service network survey to be carried out later. (Vaasa.fi)

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

Europe's hottest summer ever

Brussels, 26 September: The summer of 2024 was officially the hottest in European history, according to the Copernicus Climate Change Service. While parts of Europe were cooler, especially in the northwest, southeastern Europe and northern Fennoscandia faced

record-breaking heatwaves. South-east Europe was particularly affected, with up to 60% more «warm days» than average. This region also experienced «intense heat stress» when the daily maximum «feel-temperature» reached at least 32°C for about two-thirds of daylight saving time. This marks a record 66 days of extreme heat.

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

The popular winter swimming spot at the Inner Harbour in Vaasa will reopen at the end of October, week 44. The winter swimming area, which can be used free of charge by everyone, is open every day from 6 a.m. to 9 p.m.

Winter bathing area in the Inner Harbour, City of Vaasa / Christoffer Björklund
The winter swimming area at the end of Sandögatan has two warm changing rooms, one for women and one for men. The area around the

jetty is illuminated and has recording camera surveillance.

The wake is kept open with the help of a pump. Down into the water you come along a ladder or less steep stairs. The city has redeemed the changing rooms. The changing rooms with benches and coat hooks are open to everyone. In both changing rooms there are also four lockers for valuables, which you can lock with your own lock.

«We used to rent the changing rooms, but now we have redeemed them so that the city owns them. Now we can also make small improvements to the changing rooms, such as adding coat hooks and a floor drain,» says Jarmo Latvala, Service Manager of the green area team, who is responsible for the maintenance of the winter swimming area. The winter swimming area, which opened in December 2023 and can be used free of charge by everyone, was very popular last winter: the number of visitors in the winter season exceeded 10,000. (vaasa.fi)

Night of the homeless 17.10.24

The Night of the Homeless is a reminder of the many faces of homelessness

The Night of the Homeless will be held in the Drama Hall of Vaasa Main Library on Thursday 17 October at 6–8.30 pm. An extensive network of social welfare and health care actors, decision-makers and experts by experience will participate in the event. There is also live music as well as hot food and clothes for those in need.

ONKILAHTI TRAFFIC PARK

Onkilahti popular traffic park is still open - but just today!

The children's traffic park located in the Onkilahti activity park and the adjacent pump track have aroused great interest and attracted many visitors since the opening in August. The opening ceremony was celebrated on 29 August, and now the traffic park is open for another week, offering the opportunity to experience Vaasa in miniature and roll on the pump track before winter sets in.

In the traffic park, you can move around by go-karts, bicycles or on foot on the 640-metre-long track, along which there are 12 carefully made scale models of well-known Vaasa buildings, such as the City Hall, water tower and railway station. The Market Square, roundabouts, traffic lights and level crossings have also been built into the park, creating an authentic urban experience on a small scale. – “Onkilahti traffic park is like Vaasa in miniature, and it offers both children and adults a wonderful environment for learning traffic and having fun,” says Jarmo Latvala, Service Manager.

There are 36 go-karts, bicycles and even a scale model of the Lifti bus available in the park. The adjacent 1000 m² pump track invites you to skate BMX bikes, scooters and skateboards. The peculiarity of the track is its rolling terrain, where movement is carried out by “pumping” with the help of the body.

– “The pump track has been a much-awaited addition to Onkilahti Park, and it offers skateboarders a new alternative in addition to the skatepark,” says Mika Lehtonen, Sports Director.

There is still time to enjoy the activities of the Onkilahti traffic park and pump track before the winter season begins. The park has activities for all ages, from babies to grandchildren, so now is a good time to get outdoors and try these popular activities.





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**VAASA-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/seminariet/)

ENVIRONMENT AND HEALTH

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



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

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

What are bed bugs?

History

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

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

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

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

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

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

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

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

Appearance

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

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

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

How do you get bed bugs in your apartment?

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

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

How to avoid bed bugs

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

Preventive measures:

Use tarpaulins for mattresses and box springs.

Avoid placing luggage in beds or upholstered furniture in hotels.

Wash and dry clothes over high heat after travel.

Do bed bugs transmit diseases?

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

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

How to treat bed bugs

Identification

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

Treatment options

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

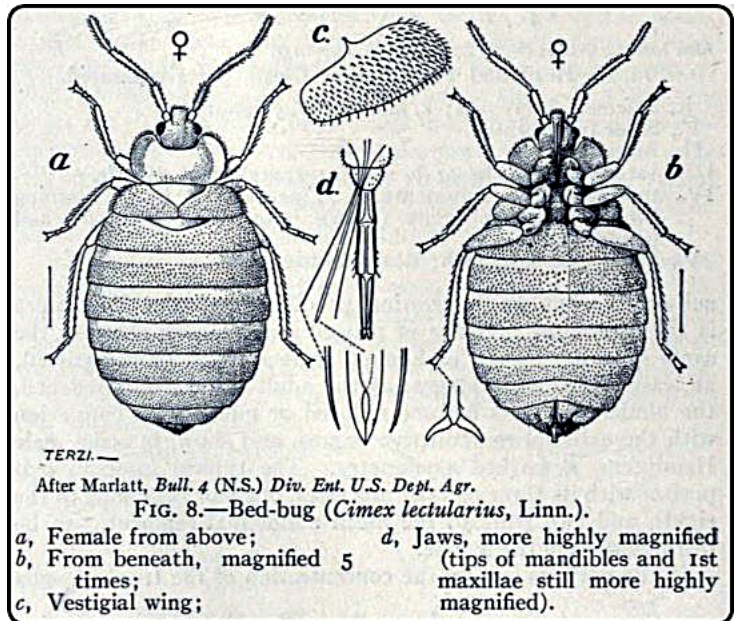
Do it yourself: Methods:
Washing: Wash all bedding, clothes and fabrics in hot water and dry them over high heat.

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

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

Conclusion

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



Encyclopædia Britannica:ssa 1911



Bed bug bite marks

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

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

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

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

Kuva 2: <https://archive.org/details/encyclopaediabrit13chisrich/page/260/mode/1up?view=theater>

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Content Providers(s): CDC/

NEWS

New Finnish-language newspaper to be published in February

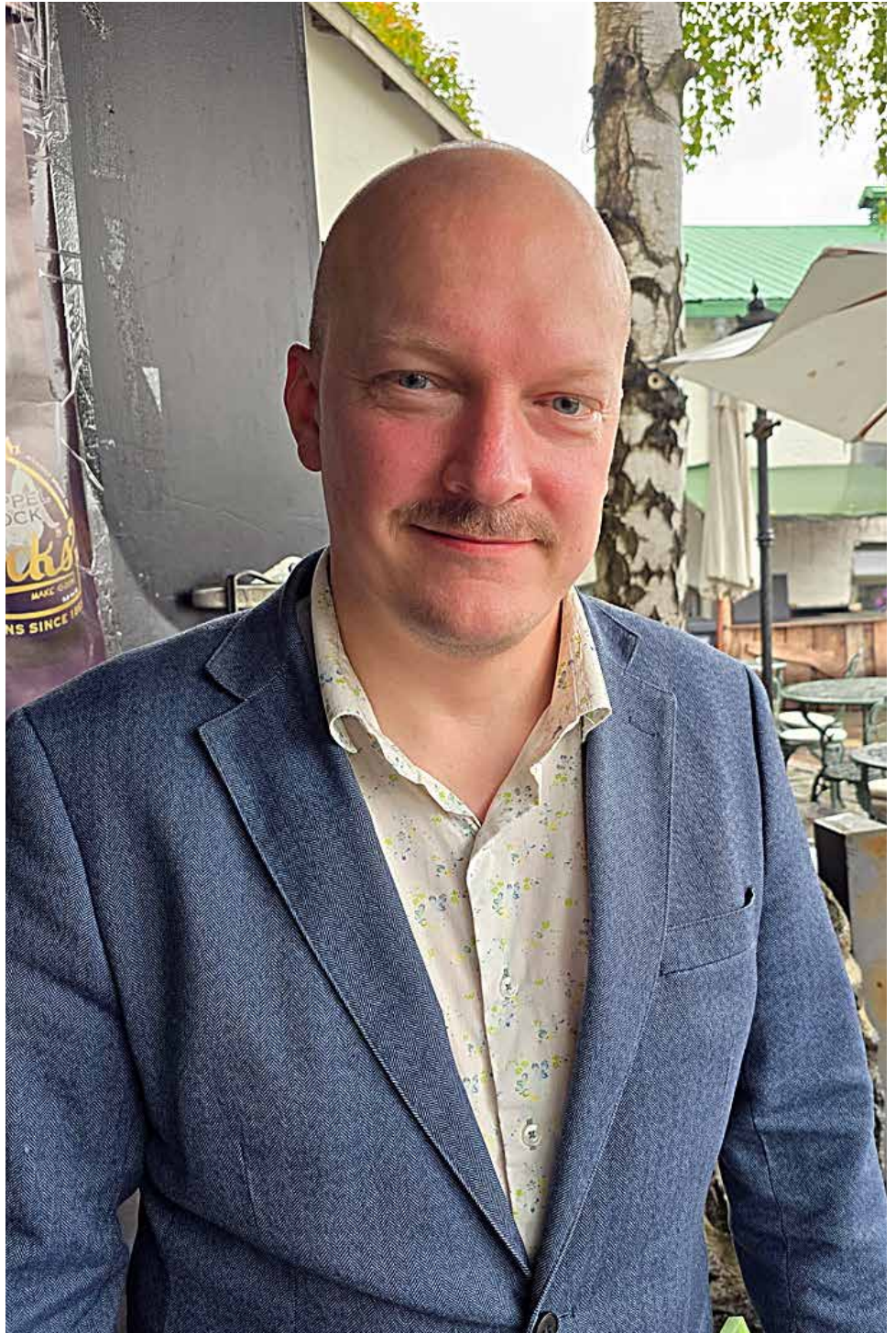
Vaasa will have a new, Vaasa-owned, daily newspaper that focuses on the future. The newspaper will fill the gap, as at the moment there is no newspaper focusing on local life in the hands of Vaasa residents. Behind the new magazine is Vaasa Insider's editor-in-chief, journalist and economist Peter Stolpe.

The magazine is scheduled to start publication in February 2025. Initially, the magazine will be published once a week in printed form and the content will be updated daily on the website. The magazine will be subject to a fee.

The peculiarity of the new magazine is its focus on the future. "Usually the local newspaper is about what happened yesterday, but we want to report on what will happen next week. This would be our asset and a new thing," Stolpe sums up in an interview on the YLE website.

The idea of a new magazine originated from readers' wishes. Vaasa residents have given feedback that the city needs a genuine magazine focusing on local issues. "The readers have been hoping for a genuine daily newspaper from Vaasa, which they feel doesn't really exist now," Stolpe says.

The name of the magazine has



Peter Stolpe

not yet been decided. Ideas from future readers are welcome, as are ideas for what this new magazine would start focusing on.

The new magazine fills an important gap in Vaasa's media of-

fering. It offers Vaasa residents the opportunity to get up-to-date information about the city's events and future plans. And it can already be ordered now.

EXHIBITIONS

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



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

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

The exhibition sheds light on differ-

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

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

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

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

children's point of view.

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

The family's influence on Finnish cultural life was enormous

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

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

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.

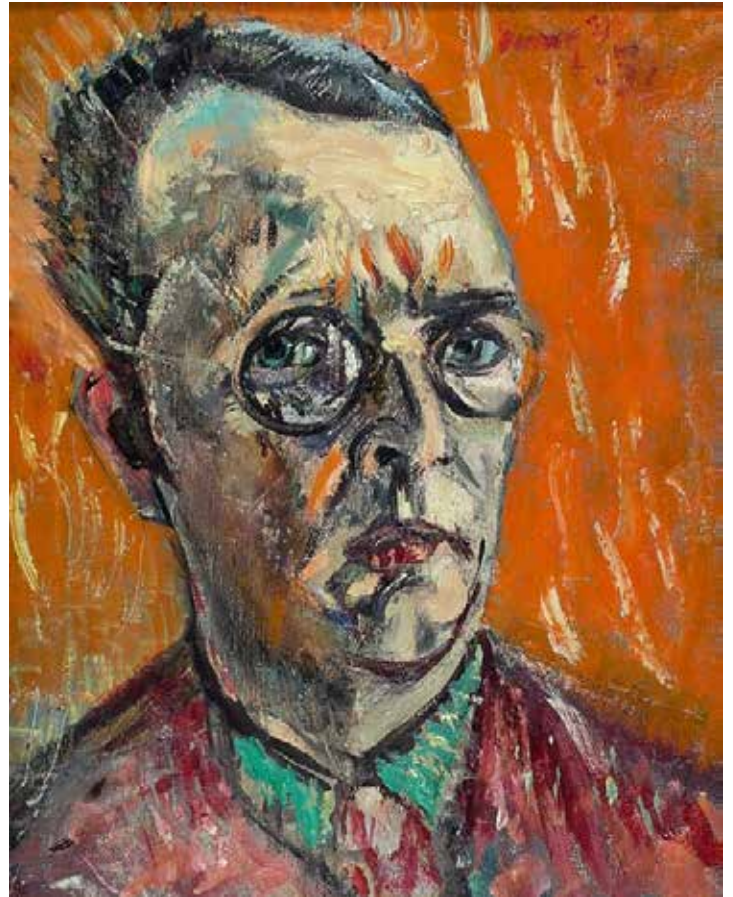
Although Myntti was influenced by French masters such as Cézanne and van Gogh, he fashioned them into his own unique style. His art reflected Cézanne's precision and van Gogh's saturation of colours, but Myntti also brought his own profound and symbolic vision to his works. The ideals of earlier masters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



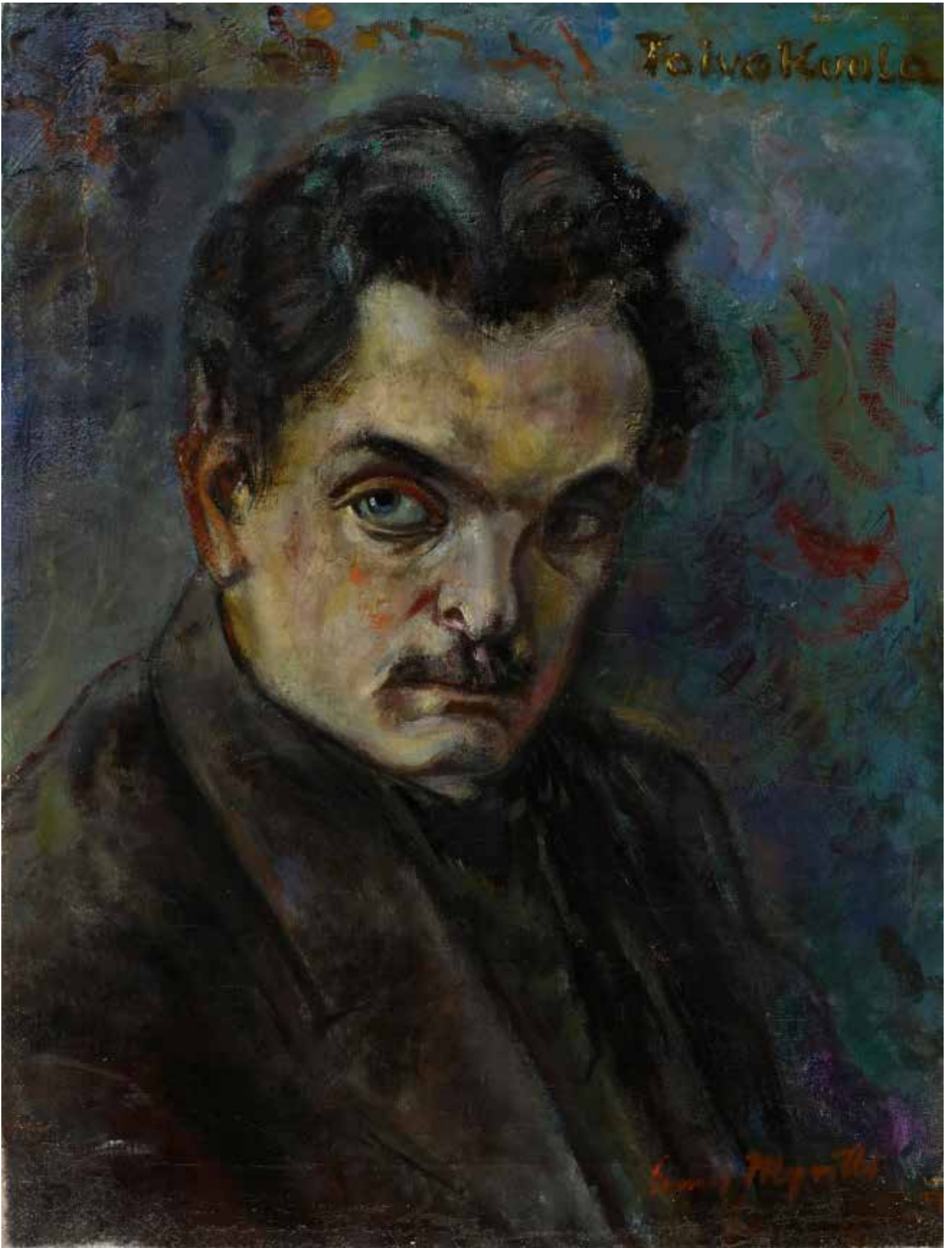
Emmu Myntti, 1931

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.



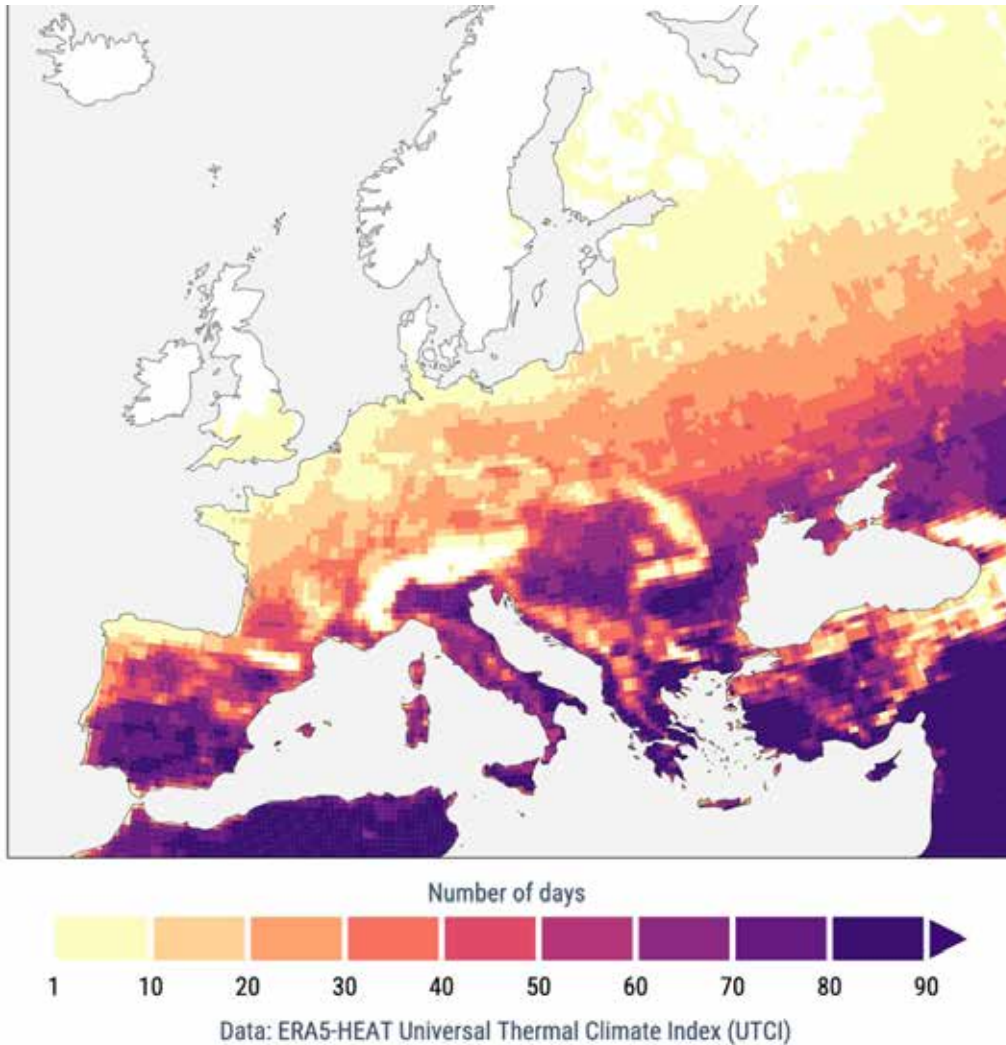
Maija, 1938



*Toivo Kuula portrait 1937
Images: Kansallisgalleria*

CLIMATE CHANGE

Europe Sizzles Through Record-Breaking Summer



PROGRAMME OF THE EUROPEAN UNION



Number of days with strong heat stress during summer 2024, defined as a daily maximum Universal Thermal Climate Index (UTCI), or feels-like temperature, exceeding 32°C. Data: ERA5-HEAT. Credit: C3S/ECMWF

Summer 2024 has officially been confirmed as the warmest on record for Europe, according to data from the Copernicus Climate Change Service. While parts of the continent experienced cooler temperatures, particularly in the northwest, southeastern Europe and northern Fennoscandia faced unprecedented heatwaves.

Southeastern Europe was particularly hard-hit, experiencing up to 60% more "warm daytimes" than average. This region also

endured "strong heat stress," with daily maximum "feels-like" temperatures reaching at least 32°C for around two-thirds of the summer period. This marks a record-breaking 66 days of extreme heat.

The Mediterranean Sea also experienced record-high sea surface temperatures in August, surpassing previous records set in July 2023.

While much of Europe saw a below-average number of wet

days, especially in the southeast, other regions, including the northern UK, Fennoscandia, and the Baltic countries, experienced significantly wetter conditions. In fact, these areas saw up to 20 more wet days than average.

Rivers across Europe also faced the brunt of the extreme weather. 35% of European rivers were notably or exceptionally low, especially in the southeast, while central Europe experienced exceptionally high average river

flows for the time of year.

The Copernicus Climate Change Service warns that these extreme weather events are likely to become more frequent and intense due to climate change. It is crucial to adapt and prepare for the impacts of a warming planet. the new norm.

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.

RUSSIAN WAR AGAINST UKRAINE

The Plan for Victory Has Been Presented to America, and We Have Explained Every Single Point – Address by the President



I wish you good health, fellow Ukrainians!

Today I had a meeting with Donald Trump. Very productive and detailed meeting. I am very grateful. And in general, it was a busy, long, extremely important week in America.

As we planned, we are going home today, after all necessary negotiations. And all the negotiations were exactly as Ukraine needed them to be.

The Plan for Victory has been presented to America, and we have explained every single point. Now we will work at the level of our teams to fill every step and every our deci-

sion. Strong positions for Ukraine will lead to peace sooner. All the key issues for Ukraine are on our partners' table, and everything is being considered. Long-range capabilities, the defense package, sanctions against Russia, steps on Russian assets. We have managed to work on all topics. We are preparing for a meeting in Germany within the Ramstein framework – it is a format, where we will follow the content of the Plan for Victory points together with our partners. I thank President Biden for the invitation.

Yesterday in Washington, the President and I went over all the key things, all key decisions. I am grateful for the willingness to imple-

ment exactly this way for Ukraine to prevail. I am grateful for the unprecedented military package and the relevant decisions – a large package, of almost \$8 billion; it will support our warriors and all our people, in particular, there are good things for air defense before winter. There were meetings in the U.S. Congress – full support. Both parties, both houses. I am grateful to all the Senators, all the members of the House of Representatives for the discussions, for the friendly advice and for the questions that really allow us to achieve results, our common strength and peace through strength.

As we intended from the beginning, the Plan for Victory was presented to both presidential candidates. A meeting with Vice President Kamala Harris yesterday – a long conversation, and today with Donald Trump – a conversation that lasted almost an hour. It is important for Ukraine that America has a direct understanding of Ukraine. And it absolutely does. This Russian war must be stopped, and it must be stopped with fairness, so that no aggressor will ever do what Russia is doing.

We also have new agreements on reconstruction – G7+, more than 30 countries have joined, and the European Union. This is analogous to our security framework, there was a G7 Declaration on Security, and based on it we have made security agreements – 26 of them already – they strengthen us while we are not yet in NATO. And now there will be bilateral documents with countries on reconstruction, on clear steps for each country.

And the most important – the front. We have done everything in our power, in Ukraine's power, to strengthen ourselves to the maximum. And now, together with our partners, we need to ensure exactly the right things that will bring us closer to a just peace. Russia must lose this war. Ukraine must prevail. These are the real foundations of shared security. Peace through

strength.

I thank everyone who helps us!

Glory to Ukraine!

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RUSSIA

Russia Threatens Uzbekistan with War

A Russian-speaking boy was assaulted by his teacher in Tashkent, the capital of Uzbekistan. This incident is deeply unfortunate and should never happen. The teacher in question is reportedly suspended from duty. However, Russia's response to the situation is alarming. A high-ranking Russian official has stated that Russia may take measures similar to those it employed in Ukraine if a Russian child is harmed in such a way. In essence, Russia is threatening war.

While any person, including Russian speakers, who suffers abuse should see the perpetrator punished, the idea that Russia would initiate a war over such an incident is beyond reason.

And Elena Vyalge, president of an Skiing Federation, suggest that London should be bombed. - That sports would promote peace may be true, but apparently does not apply in Russia.

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 Kreml's permission") on February 26, 2022, two days after the start of the Russian military operation in Ukraine.

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

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

"Russia is returning."

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

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

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

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

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

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

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

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

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

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

Did anyone in the old European capitals, in Paris and

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

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

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

What Russia Should Do with Ukraine

Published by Ria Novosti 09:15 04.04.2022

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

Here are some important parts of this article.

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

A significant part of the people are Nazis

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

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

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

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

A significant part of the masses are also guilty

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

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

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

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

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

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

installation of the Russian information space;

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

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

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

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

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

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

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

This will go on for 25 years

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

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

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

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

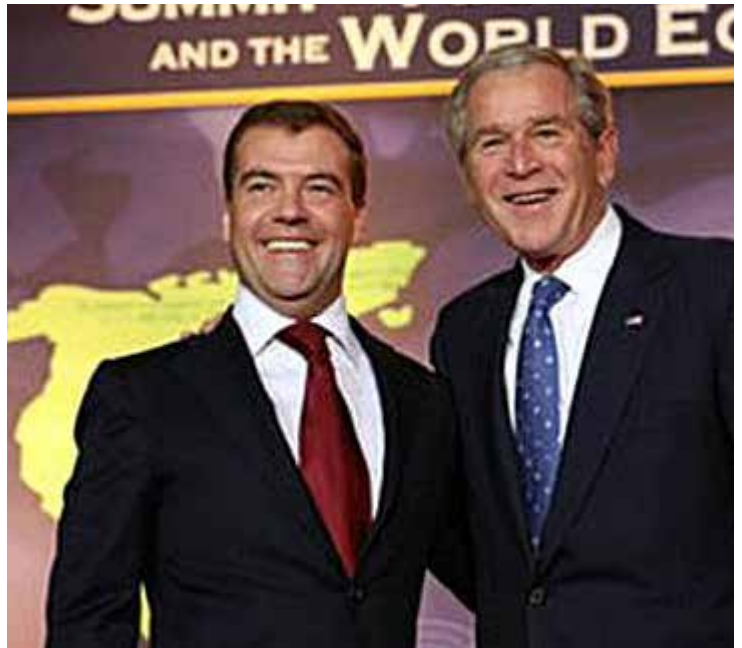
In his post, Medvedev launches into a tirade against the Ukrainian government and its Western allies, labeling them with a string of derogatory terms. He refers to Ukrainian leaders as "Kyiv neo-Nazis" and claims that they are "desperately supported" by what he describes as "rabid animals who guard the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

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

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

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

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



Dmitry Medvedev and George W. Bush

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

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

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

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

CAUSERIE

Soil floor or concrete – an unexpected health issue?

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

ASTRONOMY



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

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

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

be visible in Finland, which provides excellent observation opportunities.

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

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

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

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

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

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

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

What's next?

If you are interested in follo-

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

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

AI

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

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

The Emergence of AI-Generated Podcasts

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

The appeal of Note-

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

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

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

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

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

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

Potential Applications in Various Industries

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

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

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

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

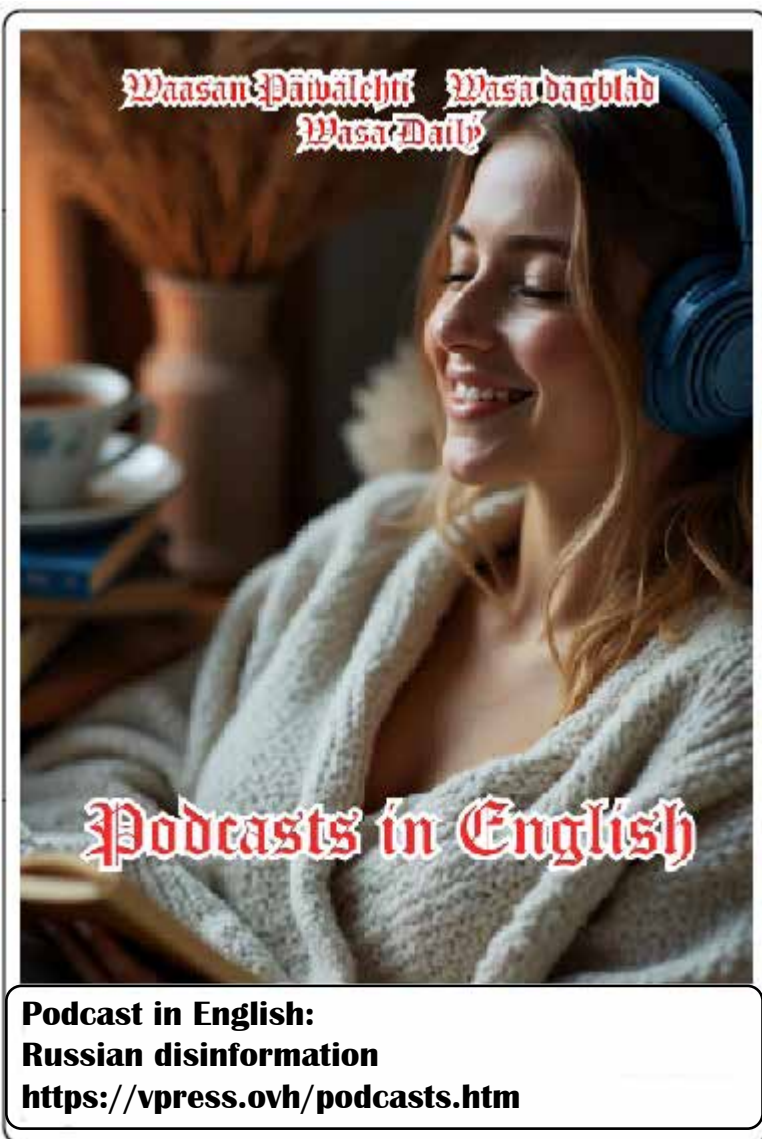
nes, characters, and dialogue, allowing for endless possibilities in the world of entertainment.

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

Ethical Considerations and Challenges

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

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



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

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

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

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

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

ensure it aligns with your goals.

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

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

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

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

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

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

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

The Future of Podcasting with AI

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

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

AI

Nordic Countries Unite for a Shared AI Future



The Nordic Council has set its sights on the development of artificial intelligence (AI) and its potential to shape the future of the Nordic region. At a summit in Copenhagen, a shared vision for 2030 was discussed, where the region would become a global leader in responsible and innovative AI development.

“We are in the midst of a digital revolution,” stated Karen Ellemann, Secretary-General of the Nordic Council. “The Nordic countries, with their strong research base and democratic values, have a unique opportunity to shape the development of AI in a way that benefits both our citizens and society as a whole.”

A Region with Enormous Potential

The Nordic countries have long been pioneers in digital innovation. With a highly educated population, a strong startup ecosystem, and international cooperation, the region is well-positioned to take a leading role in AI. By prioritizing human well-being and democratic values, the Nordic countries can develop AI solutions that are both innovative and ethical.

“We have a responsibility to be at the forefront of responsible AI,” emphasized Ellemann. “Through collaboration, we can maximize the potential of AI while minimizing the risks.”

Challenges and Solu-

tions

Despite the great opportunities, there are also challenges to overcome. One of the biggest is the shortage of qualified professionals in the field of AI. Educational institutions must adapt their programs to meet the growing demand for AI experts. Additionally, more collaboration is needed in data sharing to develop more advanced AI solutions.

“Data is key to successful AI development,” stated Ellemann. “We must find ways to share data securely and efficiently while protecting privacy.”

A Shared Vision for 2030

The Nordic Council has presented a vision for 2030

where the Nordic countries become world leaders in responsible AI. The goal is to use AI to strengthen competitiveness, improve public services, drive sustainable development, and secure cybersecurity.

“We want to create a future where AI serves people,” said Ellemann. “Through collaboration, we can shape a future where AI is a force for good.”

At the meeting in Copenhagen, representatives from both the public and private sectors discussed how this vision can be realized. While there is still much work to be done, it is clear that the Nordic countries have an ambitious goal to be a global leader in AI development.

AI

The best AI is yet to be decided



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

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

which model reigns supreme remains open for debate.

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

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

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

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

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

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

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

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

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

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

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

AI

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



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

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

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

oning System (Helps you navigate the world)

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

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

the wonderful world of shorthand communication!

Wasa Daily

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

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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Email: wasadagblad@gmail.com

What is this house?



Last weeks house:
Swedish gymnasium

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

**Kärlfestivali
detona
vecka!**

Republiken president Alexander Stubb i Vaasa 27.4.2024

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motståndare - 1939 liksom nu

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KOR-FESTIVALEN

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Puccinis "TOSCA" KOMMER TILL VASA I JANUARI

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Sinebrychhoffin konstmuseum

Sinebrychhoffin Art Museum

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**Pörtöm kyrka
Pirttikylän kirkko
The Church in Pörtöm**

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ihana kuofestivaali tulossa!

Tasavallan presidentin Alexander Stubb Vaasassa 27.4.2024

Jeff Goodell: The Heat will kill You first

Kaleva kilpailut Vaasassa 27-30.6

Hylkeenpyynti Raippaluodossa 1895

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Venäjän omittainen diplomaattinen kieli

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NAISTEN ÄÄNI

Näin löydät tie-oppaan on tulos kirkkoon!

NAISTEN ÄÄNI

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All EU-candidates

Puccinis "Tosca" is coming to Vaasa

ROAD CHURCHES

The Kremlin mocks its opponents

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What a wonderful start week we have ahead of us!

Cycling Week in Vaasa this week

Climate Change's Profound Impact on Finland

Kaleva Games in Vaasa 27-30.6

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The Kremlin mocks its opponents

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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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Vaasan istutetaan 70 000 puita

Hylkeenpyynti Raippaluodossa 1895

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Finland's president Alexander Stubb in Vaasa 27.4.2024

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Kaleva Games in Vaasa 27-30.6

Jussi Adler-Olsen

A tree for everyone in Vaasa

ROAD CHURCHES

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HOROSCOPE FOR OCTOBER 2024

What's in the Stars for You This Month?

Aries (March 21 - April 19): You're feeling bold, Aries! But before you start rearranging your furniture or challenging your boss to a dance-off, remember: moderation is key. Use your energy wisely (maybe just redecorate one room).

Taurus (April 20 - May 20): This month, comfort is calling your name. Whether it's extra blankets or extra snacks, lean into your cozy instincts. Just don't let Netflix ask, "Are you still watching?" more than three times in a row.

Gemini (May 21 - June 20): You'll be juggling social plans like a circus performer, but careful, Gemini—drop too many balls, and you might end up at two dinner parties on the same night. Pro tip: Bring snacks to both!

Cancer (June 21 - July 22): The mood swings are strong, but so is your ability to turn a crisis into a dramatic monologue. Channel your inner soap opera star and add some flair to your daily life. Who says grocery shopping can't be theatrical?

Leo (July 23 - August 22): As the star of your own

show, you're ready for the spotlight. Just make sure you let others shine too—unless, of course, it's karaoke night. Then by all means, belt it out like you're headlining Madison Square Garden.

Virgo (August 23 - September 22): Lists, lists, and more lists. But here's the twist: not everything needs to be planned. Surprise yourself this October by doing something spontaneous. Don't worry, you can still make a checklist about it afterward.

Libra (September 23 - October 22): October is all about balance, Libra, but you already knew that. Just remember, balance means a little bit of cake and kale. Enjoy your treats without feeling guilty—life's all about those sweet and savory moments!

Scorpio (October 23 - November 21): You're mysterious, Scorpio, and this month your secretive side is working overtime. Whether it's keeping Halloween costume ideas under wraps or dodging awkward conversations, your poker face is flawless.

Sagittarius (November 22 - December 21): Adventure awaits! But maybe skip

the bungee jumping and stick to exploring new coffee shops. Your sense of humor will be your best compass this month, so laugh it off when you end up in a cafe with no Wi-Fi.

Capricorn (December 22 - January 19): You're climbing that mountain of success, but October reminds you to take a break. Celebrate the little victories—like finally organizing your sock drawer. Yes, that counts!

Aquarius (January 20 - February 18): Your quirky ideas are in full bloom this month. Maybe it's time to finally start that weird hobby you've been thinking about—macramé plant holders, anyone? The sky's the limit for your creativity!

Pisces (February 19 - March 20): Your dreamy side is on overdrive, Pisces. Just don't get too lost in your fantasies, or you might accidentally miss that important Zoom meeting. Maybe set a few extra reminders (and make sure they're not all daydreams!).

Happy October, everyone—may your stars be aligned and your socks always have matches!



HUMOUR ONE HUNDRED YEARS AGO

MR WEST

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

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

"No", he replied.

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

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.

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

THE CUCKOO

The teacher (who told about the cuckoo):

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

— It does not lay its own eggs.

Astronomical image of the week:



City Lights of Asia and Middle East 2016.png

This image shows Earth's night lights as observed in 2016; they are drawn from a 2016 global composite map that was added to Worldview and GIBS. The compositing technique selected the best cloud-free nights in each month over each land mass. (Note that clouds and sunlight are added to the image for aesthetic effect; those data are drawn from the Blue Marble products.) Instrument: Suomi NPP - VIIRS

 NASA Earth Observatory

 Public domain

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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