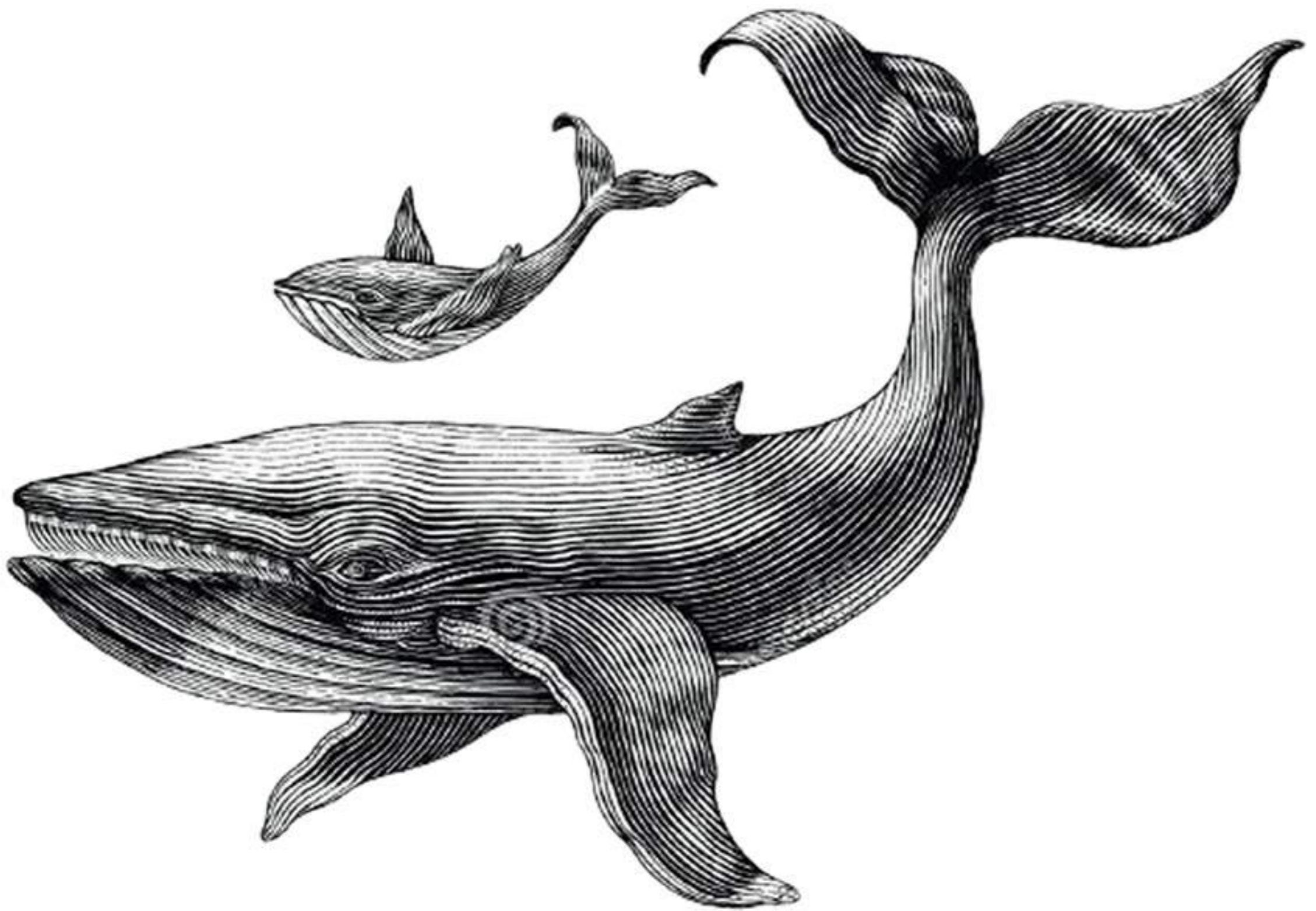


# aim HIGH

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WIĘCEJ NIŻ SZKOŁA



## Contents:

page 1 - front cover / page 2 - Everything about blood/ page 3 - David Goggins / page 4 - Why should you read Shakespeare / page 6 - Gibraltar / page 7 - Bloody Mary / page 10 - Whales are really important / page 11 - The Fourth Crusade / page 12 - Automation in the labour market / page 14 - Curling / page 15 - Diogenes of Sinope / page 17 - CATS or DOGS? / page 18 - The rise of metal (part 1) / page 19 - How Shakespeare inspired painters



# EVERYTHING ABOUT BLOOD

Blood, a specialized body fluid, consists of plasma, red blood cells, white blood cells, and platelets. It transports oxygen and nutrients, forms blood clots, fights infection, filters waste products, and regulates body temperature. Whole blood, a mixture of plasma and blood cells, makes up 7-8 percent of body weight.

## The elements of blood

Plasma, a liquid component of blood, transports blood cells, nutrients, waste products, antibodies, clotting proteins, hormones, and proteins to maintain fluid balance.

Red blood cells, the most abundant cells in the blood, are a biconcave disk with a flattened centre. Red blood cells start as immature in the bone marrow and mature into the bloodstream after seven days. They contain hemoglobin, which carries oxygen and returns carbon dioxide. The percentage of red blood cells in the blood is called the haematocrit.

White blood cells (also called leukocytes), accounting for about 1% of the blood, protect the body from infection. The most common type is the neutrophil, which accounts for 55-70% of the total count. Neutrophils live less than a day, so bone marrow constantly creates new ones. T lymphocytes regulate immune function and B lymphocytes produce antibodies.

Platelets (also called thrombocytes) are small fragments of cells that aid in blood clotting by gathering at injury sites, adhering to blood vessel linings, and forming fibrin clots. High platelet counts can cause strokes and heart attacks, but antiplatelet therapies prevent these risks. Lower platelet counts can cause extensive bleeding.

## Complete Blood Count (CBC)

A complete blood count (CBC) test provides crucial information about blood cell types and numbers, including red blood cells, white blood cells, and platelets. Results can diagnose conditions like anaemia, infection, and other disorders. Platelet count and plasma clotting tests evaluate bleeding and clotting disorders. Blood smear may also be performed.

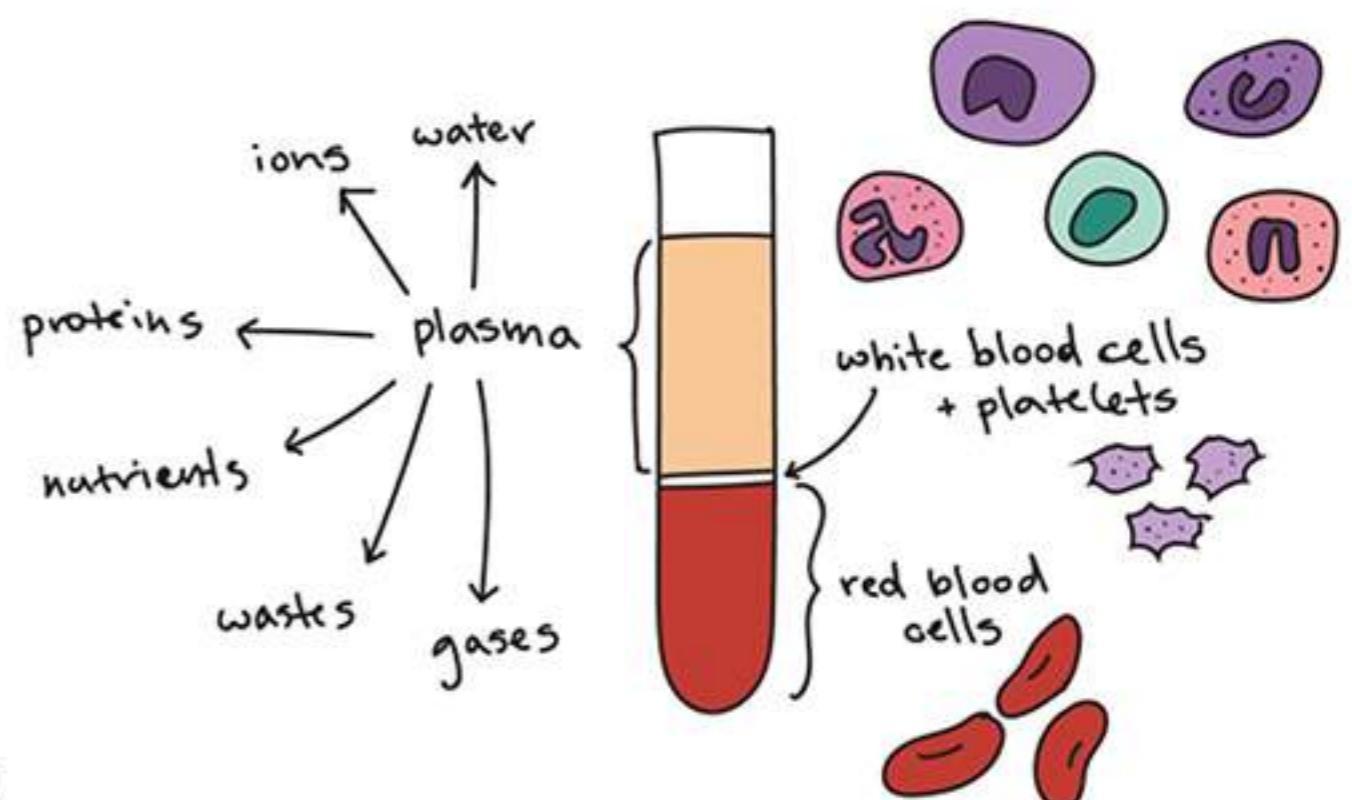
## What are the different blood groups?

In 1901, Karl Landsteiner classified blood into four main groups: A, B, AB, and O. O blood is the most common (47% of population), determined by antigens on red blood cells. Another blood group system is Rhesus factors, with Rhesus factor D found in 85% of people. The Rhesus factor is crucial during pregnancy, as a baby's life can be endangered if it inherits a positive blood type from its father.

## Blood donations and transfusions

Blood grouping is crucial for safe blood transfusions, as it prevents clots and blood clots. Type A and B blood donors can donate to others, while AB blood donors can only donate to AB only. O blood, which has no antigen on its surface, can donate to anyone. Anyone aged 17-70 with a healthy weight can donate blood.

However, certain individuals, such as pregnant women, those with active colds, those taking antibiotics, and those with HIV, hepatitis B, or C, are not eligible. [Aniela Przystał]





# David Goggins

## The toughest man in the world

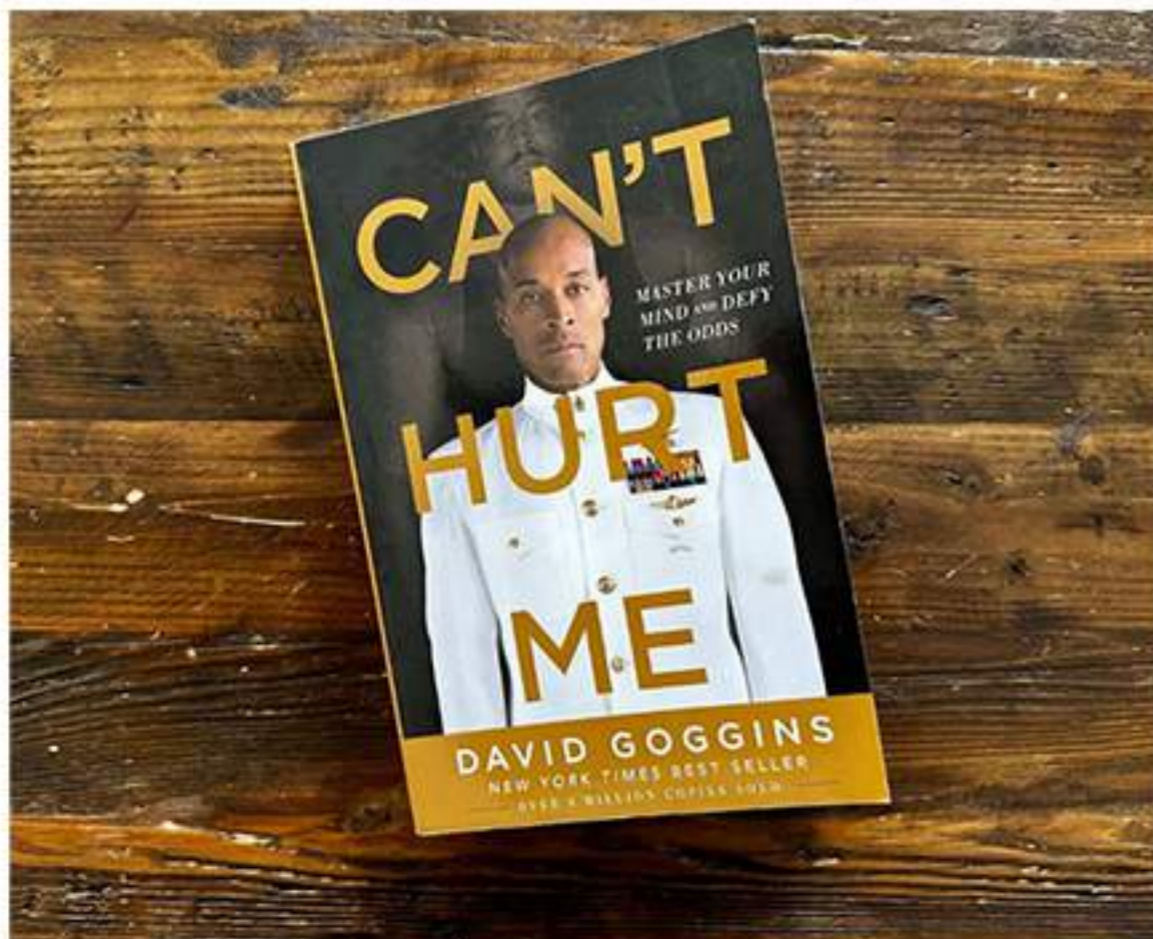
Have you heard of David Goggins? He was one of the best American soldiers of „Navy Seals“, besides he has had unusual achievements in sports, for example the IronMan run in 11 hours and 24 minutes (which is crazy!) and the ultramarathon „Ultra-Trail du Mont Blanc“, which he finished in 30 hours and 49 minutes. I heard about him before and because of his discipline and determination he motivated me to start going to a gym. I bought his autobiography entitled David Goggins – „Can't hurt me“ and read it with interest.

The story starts when he was living with his parents and a brother. His dad was known to be a very kind person, but in reality, when in private, he was turning into a monster. After a couple years his mum decided to get out of the situation and because of that she and his sons ran from him to their mum's parents, to live normal life. In further life David encountered many difficulties that affected his personality and created an indestructible person.

The breakthrough in his life was when he saw Navy Seals program live on TV. The determination in their eyes inspired him to change his life. His weight at that moment was 120 kg and he couldn't even run 20 meters. He had 3 months to lose weight to 80 kilos, which was almost impossible. Because of his incredible motivation and vision for a new life, he started consuming 1000 calories a day and doing very exhausting trainings. He qualified to the Navy Seals tests and passed them all after a long struggle.

David Goggins is known for being the toughest man in the world. Because of his supernatural habits, despite difficulties, he never gave up and achieved all goals he'd set for himself. He also shows that even from the deepest, darkest place in your life you can still comeback and live happily.

[Piotrek Najbar]



# WHY SHOULD YOU READ SHAKESPEARE?



Everybody knows William Shakspeare as the most popular dramatist of all time. But how did he become such a recognized and respected writer? Can we still call him the top creator? We can find part of the answer in Shakespeare's life. Soon after his wedding, William left home. At the age of 18 he got married to Anne Hathaway, who was 8 years older. The marriage in that age was unpopular in those days, so we can suppose that it wasn't a big love. The time when he was away from home is called "dark ages". That's because we don't know what exactly was he doing then. The most likely he stayed in magnates' courts who led private theater groups, where he was a beginner actor and writer. He also studied, so later he could use that knowledge in his masterpieces. When the Queen Elizabeth ruled, the theater was being developed. In 1576 was created the first building meant only for shows, which was called The Theater. It was founded by Richard Burbage. Many people were visiting theater because the plays weren't published. People were forced to go to the theater and see the show on a stage, not just read it in books. In 1593 Shakespeare published the poem "Venus and Adonis", which was dedicated to count Southampton. That's why it had good reception. Then he started to spend his time with the aristocracy, building the reputation. He wrote the cycle of sonnets, but he didn't publish it, because higher spheres didn't do that. But the sonnets were being appreciated, and aristocracy admitted Shakespeare's genius. Then he could write and publish everything he wanted, because he was known, and his works were being sold and watched. In 1594 Shakespeare was invited to join to the theater company as shareholder, he was providing plays' texts and he was an actor. This group built its own theater, The Globe, where were shown the most of Shakespeare's plays. It's seen that the part of William Shakespeare's success is caused by his ability to find ways to get to the top. He stayed with aristocrats and became one of them, especially when he got coat of arms rights. That helped him become a recognized and respected writer.



We can't disagree that it wasn't just luck and Shakespeare was a real genius in his specialty. He's one of the most known dramatist because he had been writing about people's feelings and experiences, and he had been doing that profoundly. He shows us the way we can see the world. Furthermore, he gives us the universal examples of behaviors which we should or shouldn't copy. For example, in "Romeo and Juliet" we can see two immature people who are irresponsible or we can see the determinate people who fight for higher ideals. In "Macbeth" we can read about a noble soldier who is blinded by his ambition and who makes catastrophic decisions and at the end falls to the ground. "Hamlet" says about human that don't know if life is worth living but is afraid of what is after death, so he frets upon the life scene. That's why you should read Shakespeare. He is one out of thousands people who can write his thoughts with interesting but forcing to reflections way, who shows the world with its real nature and who gives you inspiration to see your life from the perspective of higher values, not just cold calculations of benefits and profits. [Marta Biernat]





# GIBRALTAR

There is a piece of land in the south of the Iberian Peninsula that is completely different from the rest. Different in terms of history, geography, nature and, of course, politics. It is a peninsula with an area of less than 7 square kilometres - this is Gibraltar.

It already appears in Greek mythology - it is related to the tenth labour of Heracles: the abduction of the oxen of Geriones. After reaching the site, Heracles was to set up a pair of pillars on both sides of the Strait of Gibraltar. For the ancients, these pillars marked the end of the known world. One of these pillars is the Rock of Gibraltar, rising to a height of 426 meters above sea level.

The Gibraltar Peninsula passed into different hands many times. It was ruled by: Berbers, Castilian kings, rulers of Granada, Fez, Moors, then Christians again, and finally in 1704 it was conquered by English and Dutch troops. Ultimately, under the Peace Treaty of Utrecht in 1713, Gibraltar was handed over to Great Britain. During World War II, it was a very important British military base, blocking access to the Mediterranean Sea. Despite the bombing, Gibraltar remained in British hands.

We will probably always associate Gibraltar with the plane crash of July 4, 1943, when the Commander-in-Chief of the Polish Armed Forces and the Prime Minister of the Polish government in exile, General Władysław Sikorski, died. To this day, in a place called "Europe's Point", there is a monument commemorating this event. It is a very charming place, visited by crowds of tourists, from where, in good weather, you can see the mountains located on the other side of the strait in Africa.

Gibraltar is a very beautiful place with wonderful nature, views, monuments, and animals. This is the only place in Europe where we can meet wild monkeys. They are friendly to tourists, they like to approach and "pose for photos", they even climb onto cars and buses! But remember that these are wild animals and you should always be careful around them. We can also visit the St. Michael's Cave, where we can admire wonderful dripstone formations (stalagmites, stalactites). It also hosts light and sound shows - an unforgettable experience.

Gibraltar is also a place where over 30,000 people live and work. This gives a population density of over 5,000. People per square kilometre. You can feel the tightness there. Narrow one-way streets, traffic jams, little space. This is something completely different from what we can encounter in nearby Spain. That is why many people who work and earn money in Gibraltar (mainly the IT industry) prefer to live and spend money in Spain.



If you want to get to Gibraltar, remember that border controls apply. Both the Spanish and the British control it. Sometimes there are queues at the border crossing! In shops we can pay in euros, but we get the change in Gibraltar pounds, cars in Gibraltar are marked with the letters GBZ (Great Britain Zone), but traffic is on the right - like in other countries of continental Europe.

If you have the opportunity, I highly encourage you to visit this small but very charming place.

Finally, an interesting fact - the Spaniards we meet still claim in private conversations that Gibraltar is part of their country, and not the Great Britain Zone!

[Ania Ciszelska]



# BLOODY MARY



Bloody Mary the queen rarely remembered for something else than being that catholic Queen who burned protestants. But was she just that? No. She was much more.

Mary's origins were already complicated. Her mother, Catherine of Aragon, was a Spanish princess who got sent to England to marry Prince Arthur, the prince of Wales, the son of King Henry VII. But just a few months later, Arthur died. Catherine had to stay in England for seven years, unsure of her own future, while her father and Henry VII tried to agree on what to do with the young Princess. Finally, they decided that Catherine would marry Henry's second son, who was also called Henry. When Henry VII died in 1509, his son, crowned as Henry VIII, married Catherine.

Seven years and three dead children later, Mary Tudor was born on the 18 February 1516. What wasn't known at that time was that she would remain the only surviving child, since her mother would have two miscarriages later on. Mary's birth was a joyful event for the whole England, although there was a bit of underlaying sadness, since the newborn was a girl and not a boy. Mary's education was preparing her to marry one day, like her mother did, so Mary was taught many languages, learned how to dance and sing, and she was seen as very smart and graceful for her age. Although she got engaged multiple times, none of the engagements worked out, since her father probably never considered letting his "Pearl" move into another country, due to the fact that Catherine was too old to have children again, and that would make Mary the heir of the throne. Well, until a certain Boleyn girl caught Henry's eye...

Anne Boleyn grew up in the French court and was very different from other English ladies. She wore the clothing they did in France and managed to charm Henry quickly. Henry wanted to marry her and divorce Catherine, but the Pope disagreed, so to make his wish come true Henry seceded from the Church and created the Church of England. With the annulment of the marriage, Mary didn't have the title of a princess anymore, a humiliation she never forgot. The people were angry and called Anne a promiscuous female (to use a nicer expression) and a witch. Soon enough, she got pregnant, and gave birth to a girl, Elisabeth. Anne gave birth to a dead boy, what made Henry angry. Catherine died in Wales due to a sickness, and Mary wasn't even allowed to say goodbye to her. Four months later, Henry accused Anne of cheating and made her the first ever Queen to get beheaded in the history of England.

Henry had now two daughters from marriages he annulled and no heirs. He fell in love again, this time with Jane Seymour. Jane managed to get Mary back on the court, but she died in childbirth not so long after. The child was a son, Edward, and no one less than Mary herself became his godmother. Henry VIII was so sad that he remarried, this time the German princess Anne of Cleves. The marriage ended quickly since Henry said that she looked like a horse. Anna stayed in England and was a very good friend of both Henry and Mary. The next wife, Catherine Howard, was disliked by Mary. First of all, she was five years younger than Mary, and second of all, she was Anne Boleyn's cousin. Sadly, the young woman shared the same fate as her cousin, getting beheaded after getting accused of cheating. The last step-mother, Catherine Parr, was only four years younger than Mary, and the two developed a very good friendship. She managed to get Mary and Elisabeth back to court again and to get their titles back. Four years later, Henry VIII died.

II

What was now the matter with Mary? Edward VI was crowned at the age of 9, and he had his advisors rule for him while he was underage. Although Edward loved his sister, his advisors convinced him to make one of his cousins his heir, since Mary was Catholic. Edward was young and very easy to manipulate, so he agreed. When he died, aged 16, Lady Jane Grey was meant to become Queen, but Mary sensed the opportunity and came to London. The people wanted her as a queen, and so she got crowned. Lady Jane Grey was later executed, although Mary didn't really like that since she believed that Jane was innocent.

Mary became the first ever crowned Queen of England. Her coronation was quite a problem, since it was only known how to crown a queen consort, not a queen. Mary wanted a coronation in the Catholic way, but she would become the head of the church of England, as well if she got crowned queen. Luckily, everything worked out. During Mary's reign, the parliament gathered once a year, which was very often, but for a good reason:

decisions made with the parliament could only be undone with the parliament. England had a very big financial problem at that time, and Mary decided to make new coins to fight against it. The Quote on the coins was a good summary of Mary's life: *Veritas temporis filia* (the truth is the daughter of time).





Mary wanted to marry, and the choice fell on her cousin's son - Phillip II of Spain. There was a plan to make a rebellion because of that, since they didn't want a foreign king, but after Mary assured that she would do everything that was good for England and Phillip would only be the prince consort, the people stopped supporting the rebellion and the 150 rebels were executed. The wedding was very beautiful and entirely in the Catholic way, exactly as Mary wanted. Some time after the wedding, the information that Mary was pregnant appeared. Sadly, it wasn't true, and to top it all off, that summer the harvest failed horribly. After that, Mary tried to make England Catholic, and she started persecuting Protestants. She didn't expect that she would have to kill so many people, although she killed far less people than her sister later would. After around two years later, Phillip came to visit her again, but not because he missed her, but because he needed her money for a war with France. The war ended badly for England, and they lost Calais. Calais was the last territory on the continent, and it had a very symbolic meaning. Wasn't that enough misery for five years? Apparently, not. Mary found out she was horribly sick, and even though the doctors did everything, they couldn't help her. After long thinking, Mary finally agreed for Elisabeth to be the next ruler, but she asked her to be a Catholic queen. Sadly, Elisabeth wasn't. Mary died at the age of 42.

Was Mary a bad queen? Or was she just misjudged, misunderstood, in the wrong place at the wrong time? There isn't a right answer. History isn't black or white, but has many shades of grey in between. [Nida Tasarz]





# WHALES

## are really important

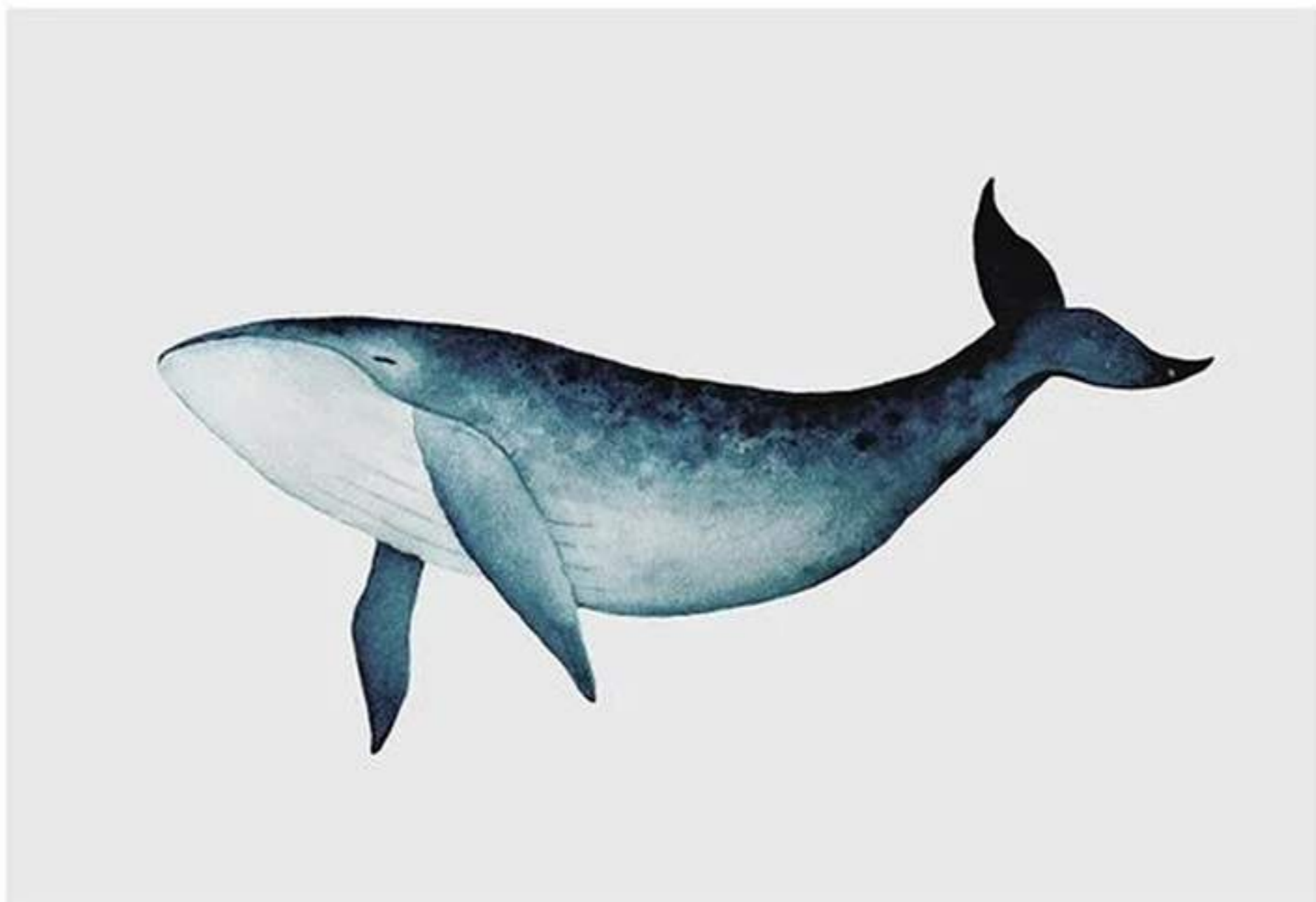
We all know about the existence of whales, but do we know how important they are?

People have been hunting whales for ages. Only if they knew sooner that whales are not only on the top of the food chain, but they also have an important role in the overall health of the marine environment. Whales play a significant role in capturing carbon from the atmosphere. They release more nitrogen to the local ecosystem than all rivers do. It is funny, because whales might not even know what they are causing. Whale poop contains valuable nutrients like iron, nitrogen, and phosphorus. When they dive to the bottom, they bring nutrients from the depths of the ocean to the surface. This process is called the "whale pump". It helps fertilise phytoplankton, which produce oxygen and absorb carbon dioxide. Whales contribute to production of 50% of the world's oxygen!

The second important part of whales' life meaning happens after their death. When they die, their bodies sink to the ocean floor, carrying tons of carbon with them. This helps reduce the amount of gases in the atmosphere and the impacts of climate change.

Protecting whales and their habitats is really important to keep the health and balance of our oceans.

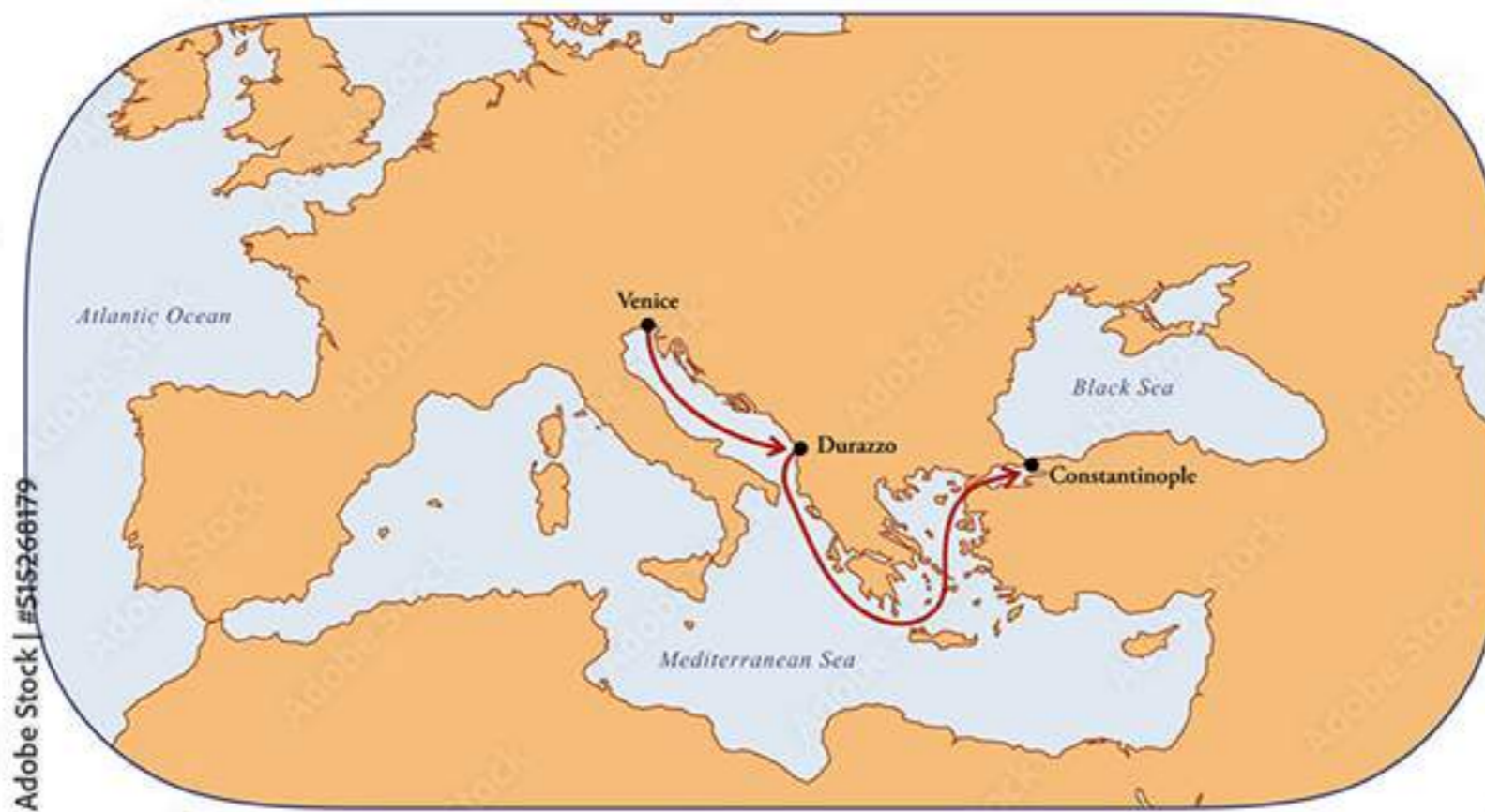
[Ania Zajac]



# Fourth Crusade – a genuine crusade or just a joke?



## The Fourth Crusade (1202-1204)



After unsuccessful third crusade in 1199 Pope Innocent III wanted to ensure protection for Catholics which lived in Palestine and arranged another crusade. So, in 1202 army consisted of European warriors was made up in Venezia. However, severe problems occurred even before the crusade started because no one from among the most prominent European kings was willing to take part in fourth crusade. Additionally, Crusaders, who had to pay Venetians for transport didn't have enough money to do that.

Thus, ruler of Venecia came up with very cunning plan that if crusaders take over Zadar, city which belonged to (Catholic) Kingdom of Hungary, they could pay the rest of fee for transport in future. Crusaders forced to alter their plans did that, defeated Zadar's defenders on 24th November and due to it part of them was excommunicated by Pope. After that, king of Germany- Phillip of Swabia persuaded wanderers to help Alexios IV Angelos, whose father was an emperor of Byzantium and he was heir of Byzantium's crown. That proposition brought about frictions among crusaders but they came to terms and decided to travel to Constantinople.

After approximately two weeks of fighting, on 18 July Constantinople was taken over by besiegers. Father of Alexios IV Angelos, Izaak II Angelos became an emperor of Byzantium and his son became co-emperor. Although, Alexios obliged himself to pay crusaders for received aid but he wasn't able to do that because of lack in treasury. In next year (1204) warriors fed up due to fact that they didn't acquired money yet, decided to attack city once more. Frictions between new ruler of Byzantium and its lieges emerged when emperor started to collect more money in order to pay crusaders.

Prominent clerk from emperor's environment, Alexios IV Doukas raised people against new emperor, put him in jail and after some period killed him. Izaak II Angelos died so Doukas remained sole candidate to Byzantium's crown. He rejected to pay crusaders so fights between empire and warriors from west Europe began one more time. Twelfth April, crusaders defeated defenders and took over the city.

Results of that were terrifying for city which was robbed of a large amount of relics and gold. Furthermore, robbers killed a lot of inhabitants. Second siege of Constantinople is recognized as the end of 4th crusade. One of politic result of 4th Crusade was establishing Latin Empire which endured until 1261 when all territories came back to Byzantine Empire. Now we can only think why Catholics monarchs from west Europe choose money over honour and attacked another Catholics countries instead of helping Catholics in Palestine.

# AUTOMATION IN THE LABOUR MARKET



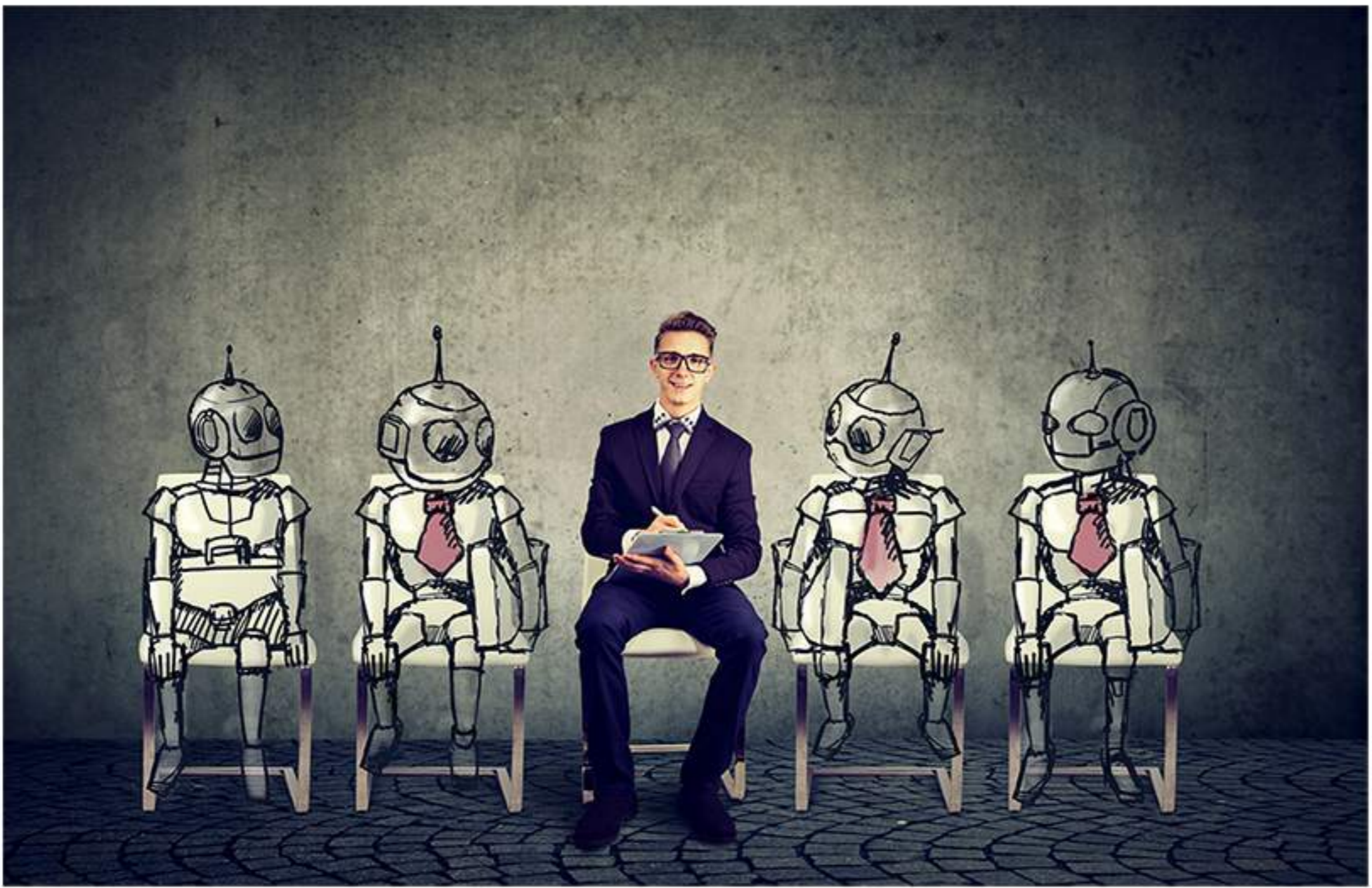
Not long ago, films such as “A.I. Artificial Intelligence” or “Terminator” seemed like an abstract vision of the future. We are now the witnesses of the usage of Artificial Intelligence in practice – the development of the tools such as ChatGPT or MIDJOURNEY has already influenced the labour market, causing for example inception of the new profession which is AI Prompt Engineer. Technology also allows us to automate an increasing range of responsibilities in companies. And this is just the beginning of the changes.

Automation is a process that relieves or completely reduces human manual labour, as well as mental labour, using machines and equipment that perform repetitive tasks automatically. Researchers point out that automation has its own advantages such as increased productivity, efficiency and profits. So where does the truth lie? Who will automation take jobs away from and who will gain?

This new technology is already very widely applied. It has advanced capabilities in producing creative content used, for example, in the marketing industry. An improved version of ChatGPT 3 called Jasper can already create blogs, social media posts, web texts, sales emails, advertisements and other types of customer-facing content. Many companies have already used artificial intelligence in their advertising campaigns.



Artificial Intelligence is generating both opportunities and threats for us. There are already vocational groups that have been severely affected by the development of the technology. A study by Goldman Sachs reports that artificial intelligence will automate 26% of occupations in the arts, design, entertainment, media and sports sectors. It could also affect the global economy. Interestingly, despite the rapid technological development, companies are introducing automation into their operations at a slower pace than expected. For example, in the 2023 Future of Jobs study, organizations declared that only 34% of all business-related tasks are currently being automated, with humans still responsible for the remaining 66%. What's more, according to data from a recent World Economic Forum report, we can expect 83 million jobs to be eliminated over the next five years, and 69 million new ones to be created. This will lead to a contraction of the global labour market by 14 million jobs. However, it is estimated that artificial intelligence and other technologies will be more responsible for the creation of new jobs.



These new jobs will be based on creating, operating and maintaining new technologies. Retraining workers will therefore become crucial, as it will help them adapt to the changing demands of the labour market. It is estimated that the digital transformation will involve 10-30% of all employees in the European Union, that is, between 30 and 90 million people. In contrast, the aforementioned Future of Jobs report states that 6 out of 10 workers will require adequate training by 2027, but it is believed that only half of workers currently have access to adequate training opportunities. The most important competency in the future is expected to be analytical thinking, and the second priority for employee development is to promote creative thinking. Skills related to the use of artificial intelligence will also become important.

While it is inevitable that certain positions may change, at the same time new career opportunities are opening up for those with the right skills. The key is to adapt to changing realities by learning new competencies and being able to use the potential of new technology. It is worth emphasizing that the automation process is not only a challenge, but also an opportunity for development and creation of innovative solutions in a dynamic work environment. Automation is everywhere, and while it naturally raises some concerns, these are first and foremost new opportunities - for us and for companies. This includes the end of monotonous and repetitive work and, as a result, more time for professional development. I believe that staying open to change will unlock our potential.

<https://www.weforum.org/publications/the-future-of-jobs-report-2023/>

[Dominik Szarecki]

# CURLING



Curling is a team sport that originated in Scotland but is very popular in Canada. It is a really interesting sport discipline with a rich history. Did you know that it was first played in the 16th century? The game has evolved over time and now it is played in many countries around the world. It became an official Winter Olympic sport in 1998. It has gained popularity worldwide since then. Curling is not just a sport, but it also has its own traditions and etiquette. For example, players show respect to their opponents, plus maintaining good sportsmanship is important during the game.

It is played on a specially prepared ice surface called a "sheet". The objective of the game is to place the stones as close as possible to the centre of the target called the "house". Players use special brooms to control the trajectory of the stones, either by sweeping the ice to increase or decrease the curl or by changing the direction of the stone. In curling, strategy and teamwork are key. The players communicate and plan their shots together to outmanoeuvre their opponents. It's a sport that requires precision, skill, and coordination.

One unique aspect of curling is the sweeping technique. When the players sweep the ice in front of the moving stone, it can affect its speed and direction. It's fascinating to see how sweeping can make a difference in the outcome of the game. Sweeping creates friction, which can help the stone travel farther or curl more. Curling is often called "chess on ice" because of the strategic elements involved. Teams need to plan their shots carefully and anticipate the moves of their opponents. There are two types of brooms (brushes) used in curling - traditional corn brooms and modern synthetic brooms. The choice of broom can impact the game, as different sweeping techniques are used with each type. Curling stones are made of granite and can weigh up to 44 pounds. The handles on the stones allow players to grip and release them accurately. A bonspiel is a curling tournament or competition. It's a chance for teams to compete against each other and showcase their skills.

Curling is not just about competition, it is also a social sport. After the game, players often gather for a friendly chat and enjoy some refreshments together. It is a great way to bond with teammates and... opponents!

[Oliwia Zielińska]



# THE DOGGISH PHILOSOPHER – DIOGENES OF SINOPE



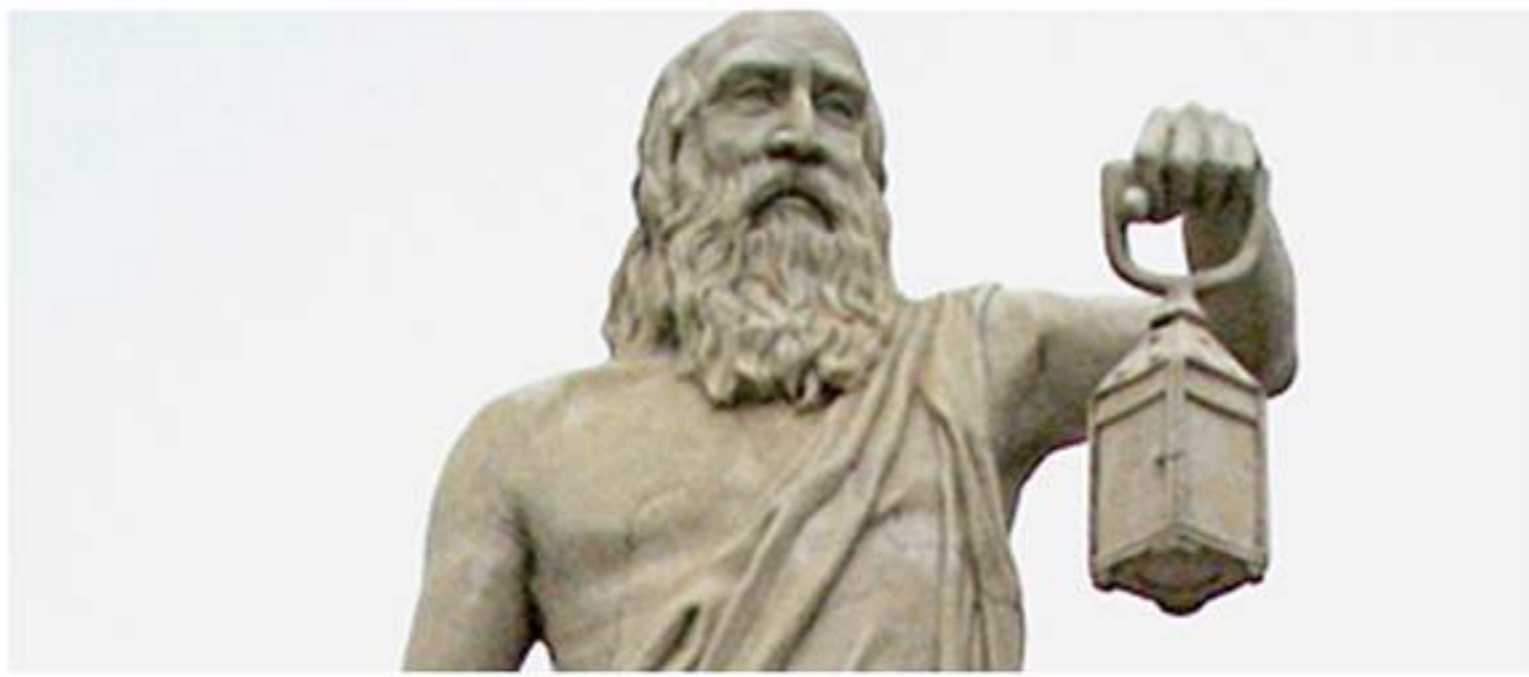
He who lives in a tub...

Once upon a time, in ancient Greece, there was a man called Diogenes of Sinope, sometimes also referred to as “the cynic” or simply “the dog”, a philosopher who wholeheartedly followed the teachings of cynicism. He lived in a clay tub near the local marketplace in Athens and had almost no material possessions besides his little “house” - just an old sheet to cover himself up with, a stick to ease walking around, and a small bag to carry a bunch of random items he may have then found handy. At a certain point in his life, the thinker used to have a wooden cup too, but decided to dispose of it after seeing a child sooth its thirst, by drinking water while using only its hands in the place of a vessel. It made him realize that one can do well enough without such dish, hence keeping it would be a materialist act. Furthermore, the man was very poor, because he willingly had no job at all, and instead begged for a living.

Horribly peculiar man within the society...

Diogenes way of life may have been simple, but his personality was surely not. After all, he was mostly known for being a horribly eccentric fellow. Even a certain famous scholar named Plato, one of the most recognizable ancient philosophers, used to refer to him as “Socrates gone mad”. Aside from the fact that those two clearly disliked each, it was hardly an exaggeration. Besides mocking a vast group of people encountered on the streets (including the strongest ruler of his times – Alexander the great), the thinker also despised authorities and rejected all manners. Furthermore, on some occasions he would defecate, urinate or gratify himself sexually in public. Obviously, this kind of controversial behaviour caused a lot of commotion around him, he was even sued in court once, but it seemed really unjust to the judges to bring punishment upon such extraordinary yet harmless man, so no measures were ultimately undertaken. Contrary to what may one initially think, the majority of people were really fond of him. They were usually entertained by his one-of-a-kind behaviour and bizarre deeds, rather than annoyed.





### **Cynic philosophy and its way of life...**

The philosophy that Diogenes followed throughout his life is known today as cynicism. Its name is said to originate from the Greek word “kuvoς”, which translates into the “dog”, referencing the thinker’s nickname. The man didn’t mind being called this way, in fact, once when asked about the origin of this predicament, he replied: “That’s because I nuzzle the kind, bark at the greedy, and bite scoundrels”. In his view, the true key to happiness lied in living in touch with nature, caring about the one has bond with it, while being free of vain mortal desires and material possessions. Only by being self-sustainable could someone become completely free - just like a small mouse that has no firm shelter yet doesn’t fear the darkness nor desires anything humans usually need to consider themselves happy – the thinker considered such existence to be perfect. He also stressed out the importance of strengthening the body and mind in order to gain full control over oneself and our hollow needs. Thanks to the lack of permanent accommodation, he thought of himself as a cosmopolitan, a citizen of the world. Therefore, wherever fate decided to throw him, it was always a place the philosopher could call home with no remorse whatsoever.

### **Mysterious death and the last wish...**

In the end, Diogenes lived in good health until he eventually passed away either at the age of 81 or 89. There are a few theories about the true cause of death, because it was never fully confirmed how did the thinker die exactly. Some said that he was bitten by a dog, and the infected wound killed him, while others thought the philosopher got ill from eating raw octopus. Although, a number of accounts state that the man might have committed suicide. Supposedly, due to being bored of living, one day he just decided to hold his breath until expiring. What’s more, there was a single postmortem wish that the cynic wanted people to fulfill – to throw away his body behind the cities walls and allow wild animals to feast on it. Thereby giving to earth what little he took from it. We’re not exactly sure about the execution of the last request, but allegedly his contemporaries built him a Priian marble dog statue as a memento.

### **A possible inspiration for the generations to come...**

Overall, Diogenes was a very interesting figure who may serve as an inspiration for us, even in modern times. He may have been strange at times or simply disgusting, but once could find a deeper meaning by looking deeper into it. Although he had almost nothing and his life was far from comfortable, the philosopher found true happiness. No matter what, the man stucked to his beliefs and was true to himself throughout. Perhaps because the thinker didn’t have anything that was particularly important to him, everything seemed so much more beautiful in life? [Paweł Paroboczy]



# CATS OR DOGS which are better?

Humankind domesticated wolves, and a few thousand years later, the same thing happened with cats. Today, we know them as our pets, sharing our homes, providing care, and affection. But the age-old debate persists: which is better, a cat or a dog? As someone who has lived with both, I will outline the pros and cons of each and ultimately decide which makes a better companion.

Starting with dogs, puppies require attention and regular walks, demanding your time and energy. However, the joy of seeing their smiling face can boost your self-esteem. Studies have shown that dog owners are often perceived as more attractive, as dogs can serve as social magnets, portraying their owners as kind, caring, and trustworthy individuals.

On the other hand, cats, known for their independence, require less of your time and attention. Kittens can entertain themselves for hours and are generally lower maintenance compared to dogs. However, they may be perceived as less affectionate and may not offer the same social benefits as dogs.

In conclusion, the choice between a cat and a dog ultimately depends on your lifestyle, preferences, and the type of companionship you seek. Both offer unique advantages and drawbacks, making them suitable for different individuals and households.

[Daniel Chwiłkowski]



# The Rise of Metal (part1)

## *The Train Kept a-Rollin*



Heavy metal is undoubtedly one of the most well known music genres out there, but not many people actually understand where does it come from and how did it become so popular.

When talking about the origins of Heavy Metal there are three bands whose contribution we need to acknowledge, those three bands being Deep Purple, Led Zeppelin and most important of them all Black Sabbath, those bands featured more darker themes and music than other hard rock projects.

After discovering the aforementioned bands many became inspired and started to make their own music trying to achieve the sound similar to that of Sabbath, Led Zeppelin or Deep Purple.

From those experiments emerged two bands who are considered to be the first heavy metal projects, those bands being Judas Priest and Motörhead, both of whom were started in the late 70s.

In the early 80s a cultural phenomenon took place which later was called the, "New Wave of British Heavy Metal" or NWOBHM for short, the phenomenon caused plenty new of bands to emerge onto the metal scene, bands like Iron

Maiden or Saxon became very popular in no time when other bands like Battle-axe or Raven didn't really break through to bigger audiences and stayed in the underground.

In the Mid 80's Heavy metal started spreading across rest of Europe and even made it to the US where it unfortunately didn't find a large following instead evolving into two separate sub-genres, those genres being: Glam Metal which offered much lighter music and overall wasn't so aggressive as its predecessor. The most known bands that fall into the category of glam metal are Mötley Crüe or Twisted Sister, the other sub-genre that emerged in the US was after Heavy Metal's arrival from the UK was Thrash Metal which was the opposite to Glam Metal, it featured more aggressive, faster and heavier music.

Trash metal would go on to be the most popular of the sub-genres, being popularized by the bands like Metallica, Megadeth, Slayer and Anthrax (Those band would go on to achieve the tittle of Thrash Metals „Big Four"). After Thrash metal's great success, many other genres begun emerging around the whole world... [Hubert Szumski]





# HOW SHAKESPEARE INSPIRED PAINTERS

*"Expectation is the root of all heartache."*

*"If we are true to ourselves, we can not be false to anyone."*

*"And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything."*

Those are the words that have been written by one of the most famous playwrights of all times. By that I mean one and only - William Shakespeare. We all know his masterpieces like; Hamlet, Macbeth or Romeo and Juliet. He wrote around 38 plays and 154 sonnets. His popularity was already big during his lifetime, but after his death it started growing way faster. At the end he became one of the most important national writers of England. His plays have been translated into every major living language and are performed more often than those of any other playwright. His works were inspiration for many creators and especially - painters.

## **A Midsummer Night's Dream**

This comedy was written in 1595. The play is set in Athens. It tells the story of many characters. It is written with few subplots that revolve around the marriage of Theseus and Hippolyta. In one of the subplot we have the story of four Athenian lovers with a conflict. Another one follows a group of six amateur actors rehearsing for the play which they are going to perform before the wedding. Both groups find themselves in a forest inhabited by fairies who manipulate them and are engaged in their own domestic intrigue. Many artists were inspired by this story. One of the prettiest paintings is the one by Edward Robert Hughes – a British painter. It shows Hermia that gets lost in the forest, and finds herself in the middle of fairies surrounding her. Another painting represents Puck – his main task in the story is to trick everyone and make them helpless. It was painted by Sir Joshua Reynolds – another English painter who was a founder of the Royal Academy of Art in London. In this story Shakespeare showed a magical world with fairies, dwarves, and many more extraordinary creatures that infused the creativity of artists.





*From the left - Titania Sleeping in the Moonlight Protected by her Fairies. The next one represents Hermia and Lysander, both created by John Simmons*  
*Romeo and Juliet*

This is for sure a story that does not need too detailed introducing. It inspired many artists. I want to show you my favorite painting of famous lovers.

The painting was created by Frank Bernard Dicksee. It embodies Romeo's line 'Farewell, farewell, one kiss and I'll descend'. His detailed depiction shows the balcony from within, with the golden light of dawn – it is the sign that Romeo must leave, illuminating the outer arch which frames the city of Verona in the distance. The couple are framed symbolically on one side by a passionfruit climber and on the other by a bunch of white lilies that seems to foretell their deaths. Dicksee drew heavily on history and legend in his work.



## Hamlet

It is a tragedy set in Denmark written between 1599 and 1601 . A very short summary: It's a story of Prince Hamlet and his attempts to revenge on his uncle - Claudius, who has murdered Hamlet's father in order to seize his throne and marry his mother... With no doubt, it is a tragedy. The painting that I'm going to write about is absolutely melancholic and miserable. It shows Ophelia's death. The episode depicted is not usually seen onstage, as in Shakespeare's text it exists only in Gertrude's description. „Out of her mind with grief, Ophelia has been making garlands of wildflowers.

She climbs into a willow tree overhanging a brook to dangle some from its branches, and a bough breaks beneath her. She lies in the water singing songs, as if unaware of her danger. Her clothes, trapping air, have allowed her to temporarily stay afloat. But eventually, her garments, heavy with their drink, Pull'd the poor wretch from her melodious lay down to muddy death." The description is moving. It tells the death of a person in the most poetic way possible. The scene has made a big impression on many creators. One of them was a painter - John Everett Millais, who was one of the most influential painters from the Pre-Raphaelites Brotherhood and Ophelia is considered to be his most famous work of art. He had focused on many details. The flowers shown floating on the river were chosen to correspond with Shakespeare's description of Ophelia's garland. They also reflect the Victorian interest in the "language of flowers", according to which each flower carries a symbolic meaning. The prominent red poppy—represents sleep and death. Another thing that is interesting about this painting is the process of creating. Of course, Millais needed a model. He found an exceptional beauty – Elisabeth Siddal. Millais had Siddal lie, fully clothed, in a full bathtub in his studio. As it was winter, he placed oil lamps under the tub to warm the water, but was so intent on his work that he allowed them to go out. The model was sitting in the bathtub for many hours straight with no break. As a result, Siddal caught a severe cold, and her father later sent Millais a letter demanding £50 for medical expenses. After that, Siddal had many health problems till her death.

Ophelia was considered a fascinating character with a touching story. She was an inspiration for many artists.



Ophelia – John Everett Millais - 1852

Shakespeare's works were truly an inspiration. Coming to an end I think in this case the most suitable words will be his own – "The object of Art is to give life a shape". As we read those words we can all agree that the painters gave a huge shape for his stories through their works and interpretations.

[Eleonora Kowalczyk]



Ophelia painted by John William Waterhouse - 1894