



THE GALLEY

From The Senior Editing Team...

It's 2022: we have a king for the first time in almost 71 years, Maya Angelou became the first black woman to be featured on a U.S. quarter, and COVID has found its way stranded in some warped nightmare with its only relics being the time-torn 'keep your distance' posters and the mask in the pocket of that old coat you never wear. I didn't want to start of this issue with COVID, but it is worth celebrating our first academic year since 2019 with no restrictions.

It is also my first time as editor-in-chief of *The Galley*! Since I was young, I've been a keen reader and lover of language, amazed at the beauty held within what is really just wobbly bits of air. And so I'm delighted to present you all with a magazine filled with imagination, ideas, and everything in between. With thought-proving dissections in News and Politics, innovative opinions in Views, personal accounts in the Features section, pondered questions in Science, a world of imagination in Creative, a lesson on skiing in Sport, and reviews in Entertainment, I'm sure there will be something for everyone.

A huge thank you is deserved for all our editors, namely Natalie, Ellie, Anna, Inaya, Logan and Jamie as we welcome them onto our *Galley* team for the first time. Lots of obstacles have been overcome as we have battled InDesign and the time pressures of other academic commitments, but we have made it. Another thank you is due to Eilidh Thompson who designed the front cover. Thank you and welcome also to Mr Molnar who has helped us for the first (and hopefully not the last) time in publishing this edition and to Mrs Bradshaw for all the work she has done behind the scenes. And of course, thank you to all our readers for joining us in this Perichoresis, allowing all of our writers to use their voice through the vehicle of your mind. After all, music is simply dots on paper without a listener. Does a tree falling in the desert produce a sound...?

As always, if you have an idea, hobby or story, please don't hesitate to put a pen to paper and get writing!

Isabella



Isabella Pirie
Editor-in-Chief

Hello and welcome to the final issue of *The Galley* in 2022. To say the past year has been a whirlwind would be a massive understatement. If you told me at the start of the year that we would have Westminster thrown into chaos with two new Prime Ministers, that we would see Ukraine being invaded by Russia as well as the death of our longest reigning monarch in Queen Elizabeth II then I would simply tell you to stop being so silly. Yet in a world of turmoil and polarisation, there is still hope to be found. COVID is firmly in the rear-view mirror now and to see some sense of normality restored at Dollar after a difficult two years is something that was badly needed.

I first started writing for *The Galley* way back in Form III during COVID. I started off small, only managing to write one or two articles every issue. Slowly my confidence grew and I managed to quickly rise through the ranks which has helped me to get to where I am today. When I was asked to become the editor-in-chief alongside Isabella, it was an offer that I couldn't refuse. As co-editor, I have the privilege of being able to show off the work of our team of talented workers, who have all relished the opportunity to write about anything they want. Imagination simply knows no boundaries and here you'll find a whole host of provocative and intellectually stimulating articles crafted by those whose passion is clearly shown through whatever they decide to write.

The new school year has undoubtedly been difficult to manage for a whole host of factors but through hard work and dedication, we've all managed to achieve something which is truly special. Celebratory thanks are in order for our team of editors who despite only taking on their respective positions this year, have all managed to handle the huge weight of responsibility that comes with the role. I'd also like to thank anyone that's written an article for us in this issue as we simply wouldn't be able to thrive without the time and effort of those who decide to contribute. Special thanks are in order for both Mrs Bradshaw and Mr Molnar, who have been extremely helpful in showing Isabella and I the roles and responsibilities that come with being an editor-in-chief. Lastly, I'd like to say to anyone who decides to open a copy of *The Galley*, I'm confident that you'll enjoy taking in the wide variety of articles that we have to offer and are hopefully inspired to pick up a pen and get writing.

Enjoy!



Finlay Clark
Editor-in-Chief

News and Politics

Having been involved in *The Galley* since Form I, it is something I have always cared about. I remember sitting at my first ever Galley meeting and offering to write a review of 'Becoming' by Michelle Obama. This seems like so long ago, and yet it is what started me on my journey with *The Galley*. I have spent many years both reading *The Galley*, and writing for *The Galley*, and so I have felt very passionate about making sure my first edition as Senior Editor has been as good as it possibly can be. Whilst 'Becoming' by Michelle Obama was where my Galley journey began, it isn't where my journey with newspaper writing began. In primary school, I was senior editor of the *Maddiston Monthly*, the newspaper set up by my brother a few years earlier. I began writing for the newspaper in P4, the earliest age I could. We had a dedicated team, similarly to how we do now. We met weekly and organised what articles everyone was going to write, with my favourite being the Star Teacher section where we interviewed one teacher every edition, which as the name suggests, were posted monthly. I feel proud to follow in my brother's footsteps as editor of *The Galley*, given that he is such a big inspiration to me. I hope that through reading this edition of *The Galley* you may feel inspired to write for us next time. We want to inspire the journalists of the future!

I would like to thank all of the section editors for being so great at co-operating with me throughout our time working on putting this edition together. It has been a lot of hard work and there have been many set backs, but we have got there together. There has been a lot of work put in behind the scenes by all of them. I would also like to thank Mrs Bradshaw and Mr Molnar for assisting Isabella, Finlay, and I when we had any problems. You were both great at keeping in contact with us and helping come up with new ideas. Also a big thanks to everyone who wrote articles for us, we always love getting to see the work you guys make. Eilidh also deserves a big thanks for designing our front cover. My final thanks go to Mr Nelson who edits Fortunas. He gave the new editors a great crash course on InDesign editing and helped me to create a border which was the same for every section.

I hope that this edition can encourage you in your writing and provide you with new insight on topics you may not have considered before. If it makes you want to write something for the next edition, we would love to publish your work next time.

Thank you all, and happy reading!



Anya Wortley
Senior Editor

Welcome to this year's 'News and Politics' section of *The Galley*.

As I attempt to write this Editorial, the words that allow me to in any way summarise this year's events, from a political standpoint, truly escape me. I wish to not resort to cliché phrases such as 'this year has been like no over' or 'so much has happened', and yet I find that these are two of the most accurate descriptors for the last twelve months.

We live in times like no other, and if anyone were in doubt of such a fact, this year will have, I am sure, shown them the light. We have had three Prime Ministers (and counting...), goodness remembers how many Chancellors of the Exchequer, and, of course, endured the passing of Her Majesty, Queen Elizabeth II.

Indeed, so much has happened in the world of politics that it is difficult to describe precisely what has taken place. However, as you will soon see, that has not deterred Dollar Academy's most devoted writers.

This edition, our contributors have embraced true journalistic spirit, cutting through the noise and inaccuracy so symptomatic of these modern times to bring you, the reader, the facts. On the home front, we delve into this summer's Conservative Party Leadership Contest, while Ben Morell analyses how and why we are still feeling the economic effects of COVID-19, Emma Matthews explores the political developments during Queen Elizabeth II's reign, and Lucas Pirie pens an open letter to the First Minister herself.

However, it would be foolish (and, frankly, quite strange) to suggest that politics is confined merely to these isles. Natalie Yeung presents an overview of the protests faced by Iran, while Lucy Milne breaks down the economic crisis in Sri Lanka.

Politics itself is such a wide and varied field that there is something for everyone to enjoy and take interest in. I therefore hope that as you peruse through the pages that follow, you find something that grabs your attention and pushes you to delve deeper into the fascinating world that is politics.



Logan Moss
News and Politics
Editor

The Gaping Holes in Iran's Islamic Theocracy

Natalie Yeung (FIV)

Iran is a theocracy. Iran's constitution can be divided into two: a republican and a religious division.



In the religious division, the Supreme Leader of Iran, a Shiite cleric, rules in the name of a higher power, i.e. appointed by God and divinely guided. Because he embodies the sovereignty of God, he possesses a great amount of constitutional and divine powers. He is elected by an assembly of experts (a panel of 88 mujtahids, Islamic Scholars who are qualified to perform *ijtihad*, or Islamic law).

In the republican division, there is a Guardian council, which has the power to veto laws and dismiss candidates for the presidential election or the assembly of experts. It consists of twelve men, half of whom are appointed by the Supreme leader, and the other half by the Chief Justice, who is himself appointed by the Supreme Leader.

There may be some democratic elements (a president, elections and parliament), but in the 2021 Iranian Election, we see that most moderate or reformist candidates are simply dismissed by the Guardian council, and we see that corruption is rife, particularly in the upper levels of the constitution. The only place Iranians can take their dissatisfaction to is the street, where they are faced by the Guidance Patrol, commonly known as the "morality police", whose main aim is to create religious obedience and conformity. Punishments for violating these laws can range from detainment to beatings. The morality police are given a lot of freedom to operate and hold a lot of social-status, mostly due to fear.

As you can see, the Iranian political system is one without checks and balances. It shows that the sovereignty of God and the democratic will of the people is entirely incompatible; in a fight between the two, the divine sovereignty almost always takes precedence, as God's will is inherently above all things.

The recent Iranian Protests were sparked by the death of 22 year-old Mahsa Amini. She was reportedly wearing her hijab loosely, and so was detained and had her head repeatedly slammed on the side of a vehicle. After falling

into a coma at Vozara Detention Centre, she died 3 days later. The Iranian government has insisted that the death was based on her pre-existing heart condition, despite her family claiming that she had been perfectly healthy and that police brutality had been the cause of death. Since then there have been riots and even more police brutalities against protestors, resulting in a still-increasing number of casualties and fatalities. Protests are happening everywhere around the country, and citizens are now striving for not only the rights of those killed, but the overthrow of religious laws that discriminate against women and are so prominently ingrained in Iranian politics. In actuality, that is calling for most laws to be rewritten, something that would fundamentally change Iran's constitution and put an end to theocratic rule.



Though these protests may on the surface be in the name of these victims and what looks like a feminist movement, the underlying motives are more complicated: an accumulation of a host of problems in the country since the revolution.

First and foremost, the aim is to put an end to discrimination against women. Since the Iranian Revolution, many laws have been passed to undermine women's rights, including but not limited to the marriage law passed in 1982, which reduced the age of legal marriage to nine. Although some progress has been made, such as having blood money compensation equal for both men and women, these are anyhow still falling far behind international standards. Not to mention LGBTQ+ rights are legally very difficult to achieve.

Economic grievances that Iranians have suffered, particularly in the past years, served only to fuel protesters' anger further, with corruption, kleptocracy and embezzlement so well hidden by censorship and using the morality police to stifle dissent. Along with this comes the growing wealth-gap and poor infrastructure to manage its booming population, with no apparent intention of using population control methods. Because of poverty, millions of children dropped out of school, exacerbating their already huge problem of illiteracy, leading to rising unemployment and, inevitably, crime-rates.

Iran is a pariah state; it is an international outcast, involved only when people are prying on their nuclear development or oil. Iranians are furious with how Iran is depicted on the international stage; it seems to be increasingly isolated and more marginalised than ever, mainly by the West - something that they blame the undemocratic rule of the

constitution on.

During the COVID-19 pandemic, their socio-political flaws became increasingly apparent. Although Iran's healthcare system is excellent, COVID-19 vaccines and aid were still to a huge extent based on international collaboration, so political-economic status directly affected a country's ability to manage the disease. COVID-19 spread through the country at the same time that the US decided to impose even heavier unilateral sanctions, albeit mostly on financial goods (due to difficulties in exchange and free trade). As well as this, limited quantities of medical technologies and medicines being sent through have directly or indirectly burdened Iran's healthcare system. Iranians are resolute and adamant to regain international status.

These protesters are also objecting against the very methods the state is using to silence them. Since 2019, there have been internet blackouts, replaced by state-controlled media and widespread censorship. In fact, since the revolution, Parliament has been passing laws that have attempted to restrict freedom of access to information, including prohibiting VHS players and satellites (which the government later couldn't ban due to their prevalence). We also see the state Islamizing textbook content and reducing moral education, which builds a more religiously-reliant population that is easier to manipulate for the state.

Basing the country on strict Shia Islam values has also precipitated other problems, such as regional separatism. Because of the prevalence of the Arab ethnic minority and separatist activist groups, as well as incitement from neighbouring countries, the Sistan and Baluchestan and Kurdistan provinces have often been excluded from power structures, along with the transfer of critical resources, which worsens their economic state. The problem is that 19 million of the 85 million people of Iran live in these peripheral states, aggravating geopolitical income and wealth inequality.

Because of these major failures of the state, a significant percentage of the intellectual class have been leaving Iran (between 150,000 and 180,000 people annually), resulting in less innovation and fewer professionals being employed, leaving the market in the hands of the illiterate poor and the ultra-rich - the corrupt in power.

These are but a few of the underlying reasons behind why these citizens are being driven mad, so much so that they are willing to risk their lives to shout-out against the government. These protests are attempts to overthrow the problems that all ultimately stem from the theocratic state.

There has been speculation as to whether a mass revolution will take place. Iran has always taken an extreme stance toward religion. Before the 1979 Iranian Revolution (when the Shah was in power), this westernising absolute monarchy was strictly secular. Whilst citizens had very limited political say, they enjoyed a large degree of social freedoms. In a bid to establish more religious freedoms, Ayatollah Khomeini led a revolution to overthrow the Shah and to rid Iran of the cultural and political influences of the West. Now Iranians aren't only stripped of their political and social freedoms, but also their religious freedoms.

Religion, although a factor of a cohesive society, is in itself a highly risky foundation to build the pillars of society on, because it homogenises the entire population into a set of highly personal and restrictive stereotypes, and often involves very radical opinions on both sides. Although there is no arbitrary line, there is a crucial need to strike a careful balance between the two. A revolution against specifically Islamic laws or Westernisation is therefore unlikely to take place; rather, there's a hope that citizens can revolt again for a more progressive, democratic, inclusive and liberal society.

But not just yet. A lot of experts believe that change will not come as easily, because of two main reasons.



First, in previous revolutions there has always been a main opposition group leading the protests; whereas, since the new constitution has been established, there have been great efforts to silence and destroy even the smallest opposition groups, so now although there are many dissidents and supporters of the movement, the attack is really varied and disordered. A central opposition group must be created to unite the masses.

Second is the creation of the Islamic Revolutionary Guard. A key event that toppled the Shah's rule was the armed forces' decision to stop their resistance. On February 11th 1979, the armed forces of Iran declared neutrality, which saved a lot of the protestors' effort and lives, and removed a lot of the main opposition and challenges against the revolution.

However, the Revolutionary Guard has been created specifically for this cause, and because the guards have superior status in society and are given a lot of benefits by the current regime, it is hardly likely they will succumb and declare neutrality in this instance.

However, change is inevitable. Sooner or later the government will have to mitigate and allow for some amendments to the law. There is, nevertheless, a flip-side to this. Theocracy bases itself in unchanging rules; that's the whole point of following sacred texts and advice strictly. If the government accedes to the people's demands, citizens will undoubtedly demand more and undermine the religiosity of the constitution bit-by-bit.

Foreign intervention and international relations only seem to complicate things further. The US seems to be again

upholding the role of “Big Brother” and condemning Iran for infringing on human rights. The US’ interest in all of this is two fold: First is its expansion of soft power. If the US succeeds in westernising Iran and implementing western ideologies, asserting control would be easier than ever; if it succeeds in influencing and infiltrating the political system, the political ramifications, especially in the Middle East, would be massive. It can gain the upper-hand in many proxy-wars happening, including the Israeli-Palestinian conflict, and gain further control over Afghan and Sudanese conflict zones. The US can also take over Iran’s nuclear program and assuage a lot of international fear regarding this issue. Second of all, Iran possesses a geographically significant position and resources, and oil will be a major stake in the global market and politics, especially in a world where fossil fuels are depleted. Many countries in the West may be levying this political turmoil and stepping into the role of a saviour, but with all intention of taking control once the storm has passed.

Iran is in a lot of trouble; it needs to take initiative and actively mend the gaping holes in their system to escape this impending crisis. Replacing oligarchy with meritocracy, fighting corruption and the increasingly disparate wealth gap, rebuilding infrastructure, reducing migration numbers and, most importantly, returning freedom of speech, free flow of information and freedom of choice to the people (although undermining core state values), are some of the many steps necessary for Iran to begin to retake its place on the international stage.

The Conservative Party Leadership Race – An Acrimonious Clash

Logan Moss (FIV)

The events of the 7th of July, 2022, will live long in the memory of modern-day Conservatives. Boris Johnson was a leader who, for a considerable period of time, found himself idolised by his party for his decisive election victory and strong-spirited approach to Brexit. However, scandals ensued, and the man whom many believed to be capable of brushing-off almost anything finally found himself incapable of escaping the media’s crocodilian bite. The wound sustained proved to be politically fatal, and after initially holding out, he took the advice of his cabinet, who told him (supposedly one by one) that it would be in his and the party’s joint interest for him to step down. It was a moment of rejoice for some, disappointment for a few, and relief for others, including what is perhaps the majority of the Conservative Party, who feared that to continue under the stewardship of Johnson would have been to let the country fall into the clutch of Sir Keir Starmer (leader of the Labour Party.)

he fastidious examination of the character, policies, and career of each of the original eleven candidates is unnecessary (and not to mention time consuming),

therefore making it something I shall spare. Instead, I shall make an effort to supply a moderately concise description of the two finalists.

Round One: Sunak, 88 votes; Mordaunt, 67 votes; Truss, 50 votes; Badenoch, 40 votes; Tugendhat, 37 votes; Braverman, 32 votes; Zahawi, 25 votes; Hunt, 18 votes.

Eliminated: Nadhim Zahawi and Jeremy Hunt



The first round appeared to be as predictable as it was trend-setting. The order created stayed in place for much of the contest (its interruption will be explored later, as it is imperative to the wider context of the race). It was, however, interesting to see that Jeremy Hunt, the man who had three years ago made it to the contest’s final round merely three years ago, was eliminated at the first hurdle, finishing in last place. Few truthfully thought that Zahawi, regardless of his high standing in the Party, would ever make it far. Sunak emerged as a clear front runner, 21 votes ahead of Penny Mordaunt. Mordaunt was considered by many to be a kind of ‘outsider’, despite the fact that she had held cabinet roles under Boris Johnson and Theresa May. Truss, seen by some to be a natural leader of the Party’s ‘right’ faction, placed only third, coming in 17 votes behind Mordaunt. Little-known Kemi Badenoch, who had gained the backing of political-heavyweight and apparent Aberdeen nightclub-frequenter (Google it) Michael Gove, had an impressive showing.

Round Two: Sunak, 101 votes (+13); Mordaunt, 83 votes (+16); Truss, 64 votes (+14); Badenoch, 49 votes (+9); Tugendhat, 32 votes (-5); Braverman, 27 votes (-5).

Eliminated: Suella Braverman.

The second round saw no change whatsoever in the placement of the candidates; however, what it did show was an interesting change in the direction of votes. Tugendhat and Braverman both dropped five votes; however, this was clearly more damaging for the latter. Sunak became the first candidate to reach over 100 votes, and the gap between Mordaunt and Truss was extended. Rising-star Badenoch continued to climb higher, gaining a solid 9 votes. The five remaining had all earned themselves an imperative opportunity: a place on the TV debates.

Friday 15th of July saw the first televised debate between candidates. Five remained by this point, and it was clear

that none felt they were ready to leave. The brutal nature of the contest was on full show to the public; those who tuned into Channel 4 that night were treated to a glimpse of each of the candidates, as well as their views on a key set of topics – particularly the economy. Sunak, dressed in Starmer-style attire (a suit minus the tie), attempted to sway the audience of floating voters by both pitching himself as a responsible, intelligent economist, and by reminding them of the furlough scheme. Tugendhat, whom a snap-poll found to have been the debate’s ‘winner’, launched a scathing attack against his opponents which, in Sunak’s case, included an accusation of him pushing for his National Insurance rise (which directly contradicted a manifesto pledge) only because Boris Johnson told him to. Sunak was not the only one who struggled to distance himself from the Prime Minister. The debate’s host, Channel 4 presenter Krishnan Guru-Murthy, asked at one point for a ‘yes or no answer’ from each candidate (a difficult feat for any politician.) The question was simple enough: is Boris Johnson honest? It is hardly surprising that four of the five (the ones who had worked in the Johnson’s cabinet) refused to give either answer, instead meandering around the question. Tugendhat, who was working with the double-edged sword of being a backbencher, responded with “No”; it was at that point that he received his first round of applause. Emphasis is placed on first, for if I recall correctly, there were either three or four for Tugendhat, with the only other candidate to receive a round of applause was Sunak (who had merely one). Objectively, it looked to have been a good night for the man in last place.

Two days later, those watching ITV (or its regional subdivisions) endured the second debate, where the same five candidates continued their attacks on each other (though this was reported to have harboured far more verbal-brutality). A poll afterwards found that Sunak had been seen as that night’s victor, with Tugendhat finishing second.

Round Three: Sunak, 115 votes (+14); Mordaunt, 82 votes (-1); Truss, 71 votes (+7); Badenoch, 58 votes (+9); Tugendhat, 31 (-1).

Eliminated: Tom Tugendhat



Military-man Tugendhat, who had fared well in the debates while accruing much positive light from the public, was eliminated after dropping a single vote. This perhaps, for anyone in doubt, proved a simple fact: TV debates are for the public, and have little effect, unless seriously significant, on the view of the parliamentary

Party. Badenoch took on another 9 votes, while Sunak gained 13, pushing himself further ahead of the other candidates. Mordaunt, strangely, dropped 1 vote, while Truss began to narrow the gap between them.

Round Four: Sunak, 118 votes (+3); Mordaunt, 92 (+10); Truss, 86 votes (+15); Badenoch, 59 votes (+1).

Eliminated: Kemi Badenoch

Badenoch’s time, inevitably in the eyes of many, had come. Despite her spirited efforts, the Party stuck with the same positioning of the candidates for a fourth time. The most interesting part of this round was that Truss, seemingly fixed into third place, had reduced Mordaunt’s lead over her from double-digits to a mere 6 votes. Many began to now speculate that Truss may in fact gain a place in the final round at the expense of the supposedly indomitable Mordaunt.

Round Five: Sunak, 137 votes (+19); Truss, 113 votes (+27); Mordaunt, 105 votes (+13).

Eliminated: Penny Mordaunt



If one had predicted that the final showing would consist of Rishi Sunak and Liz Truss after, say, the first or second ballot, they would likely have not been believed; regardless, that is precisely what happened. It is, however, important to note that such a result was predicted just before the ballot, with Penny Mordaunt’s parliamentary supporters being reported by the BBC to have been expecting such an outcome. Mordaunt, despite attracting a considerable following amongst party members, was subjected to an onslaught of criticism regarding her views on transgender-rights – something that emerged as a talking point for candidates right through the process. Though we can never be certain of why exactly this result was seen, many speculate that the reason for her loss was a coordinated effort by MPs to prevent her from reaching the members ballot, favouring a more experienced politician to be sent forward as a representative of the party’s ‘right.’

The BBC managed to grasp the opportunity to host the first head-to-head debate between the final candidates, allowing each of them to pitch their vision to a group of ‘red-wall voters’ (those from traditionally Labour constituencies who were said to have ‘lent’ their votes to the Conservatives in the last General Election.) Sunak,

objectively, appeared to be employing a tactic of speaking and interjecting as much and as energetically as possible, so as to get his message of responsibility across and contrast it with what he argued to be an irresponsible economic platform. Liz Truss, on the other hand, claimed that it was the Treasury's failed orthodoxy that had limited Britain's potential for years, and that only by employing her radical agenda could Britain ever truly, economically, succeed. Understandably, much of the debate centred around the economy, along with the cost of living crisis and the ever-widening differences between the opponents' strategies for dealing with such. When other issues were brought, they seemed to hold a strong consensus, which perhaps established (for anyone in doubt) that economics would be the issue to decide the leadership election.

Rishi Sunak's consistent lead with MPs in their voting rounds gave him the impression of a candidate with significant momentum. He attempted to pitch himself to party members as the responsible, intelligent economist who understood the nation's needs and how they could best be met. He refuted the idea that tax cuts should be immediate, instead declaring that these should only be done once inflation had been brought down and the economic chaos remedied. Doing otherwise, he argued, would put us at a greater risk than we all already were, and would be truly 'un-conservative.'

Liz Truss, on the other hand, argued that the 'abacus-economics' of the treasury were something that we should avoid committing ourselves to. Instead, she argued that we should cut taxes across the board to stimulate growth, seeking a return almost to Margaret Thatcher's revolutionary economic strategy (though Sunak countered this by arguing that if she were still alive, Thatcher never would have done something so arguably irresponsible.) She claimed that her upbringing in Scotland and Yorkshire allowed her to understand the problems facing everyone in this country, and that she would be a Prime Minister for the entire United Kingdom. One could also hardly forget the moment during the campaign where, when asked about how she would deal with Nicola Sturgeon's demands for a second referendum on Scottish Independence, she derided her as an "attention-seeker." Truss' comments pushed those supporting the First Minister even further away from herself, however it only invigorated some party members.

As we all know, the way actions are perceived by party members is always important in these forms of election, as the final decision is not one that is made by MPs, but rather these loyal followers of their political unit. In Scotland, the defining moment for the leadership election was perhaps not the aforementioned comments from Liz Truss, but rather the events of the Perth Hustings.

Hustings are a series of interview-like events, where registered party members are permitted to see the candidates face-to-face and, if chosen by the host, question them on a variety of political topics. This event was, perhaps sadly, not known for the events inside the venue, but rather for what erupted outside. Throughout their entrance, Conservative Party members were taunted by a crowd of ravenous activists, restrained merely by a

series of temporarily-erected metal fences. There they shouted torrents of abuse at not just those entering, but also journalists, whose only crime was having to cover the event. It was a sad day for Scottish democracy, and only highlighted the painful divisions inflicted upon us by 2014's Independence Referendum.

Member's Ballot: Liz Truss, 81,326; Rishi Sunak, 60,399.

Leader (and thereby Prime Minister): Liz Truss



And so, there it was. Once a Liberal Democrat student, then a Conservative Party Prime Minister. A not so strong as expected endorsement of a bold and new agenda, led by the chosen bastion of modern, British conservatism: Liz Truss. It was then that she would go on to unveil a carefully-chosen set of tax-cuts, moderated by the expertise of her loyal Chancellor, Kwasi Kwarteng. These would send Britain sailing into a future of economic prosperity, where, of course, every man, woman and child benefitted from the growing 'pie', with the profits of the wealthiest bankers and investors trickling down into the pockets of the most deprived. Yes, it was difficult at first, but her landslide victory over Keir Starmer in the proceeding General Election only served to cement as one of our greatest ever Prime Ministers...

At least, that was perhaps what the most idealistic among the Conservative Party believed. Instead, and as we all know, Liz Truss survived fewer than fifty days before resigning as Leader of the Conservative Party. Her economic plan was accused of costing the country billions, and only adding to the laborious in-tray faced by her successor. Throughout her time, her unpopular policies and personality attributed to an eye-watering lead in the polls achieved by Labour. She would, almost funnily, be replaced with the very man whom she defeated in the first Leadership Contest: Rishi Sunak.



Leadership elections are extremely interesting and thought-provoking events. They provide a lens allow one to see the inner workings of a political party, how their membership feels, and, in select cases, they give them the opportunity to re-invent themselves. The most attention is, as one would expect, given to those by the governing party, and in these cases such votes are often 'make-or-break.' The Conservative Party were given a second chance in this instance; in the eyes of many of their supporters, that was a very good thing indeed.

Politics During the Queen's Reign

Emma Matthews (FV)

Throughout Queen Elizabeth II's seventy-year-reign, the world around the longest-serving British monarch changed significantly. When Queen Elizabeth was coronated in 1953 (after the death of her father George VI), Britain was certainly a different country to the one she ended her life and time as monarch in 70 years later. There are many political changes that can be identified over Queen Elizabeth's time as monarch. The following outlines some notable examples:

On the second of June 1953, Queen Elizabeth II was coronated. 27 million people tuned into this historic moment via television for the first time in history, while street parties took place across the country. The coronation of a new monarch came just eight years after the end of World War Two and the Prime Minister during this monumental event, Winston Churchill, was serving his second term as Conservative PM at the time of the coronation. However, Churchill's time in office did not last long and in 1955, two years after the Queen's coronation, fellow Conservative Anthony Eden became Britain's new Prime Minister.



During the course of the Queen's seventy year reign, Britain both joined and left the European Union (EU). The EU is an economic and political alliance that, as of now, is made up of 27 member states, although at the time Britain joined in 1973, it only had six members. Britain applied to join twice before its acceptance, and both previous attempts were vetoed by France in 1963 and 1967. Then in 1973 Britain was finally accepted, along with Ireland and Denmark, to join the Europe Economic Community (as it was known before becoming integrated into what we now know as the EU in 1992). The countries in the EU agreed

to the freedom of goods, services, labour and capital, which encouraged Brits to move to EU countries for work and vice versa during the country's time as an EU member state. However, the prevalence of anti-EU sentiment in the lead up to Britain's 2016 Brexit referendum was growing, with critics of the EU arguing that the alliance had too much control and diminished Britain's ability to have power over its own affairs. In the end, the majority of voters decided that the country should leave. Negotiations then began and Britain officially left the EU (after nearly 50 years of membership) on the 31 January 2020.

The make-up of those in political roles in Britain has greatly changed since the beginning of the Queen's reign. The decriminalisation of homosexuality in England and Wales came in 1967, 14 years after the coronation of Queen Elizabeth, and Scotland followed suit in 1980, with Northern Ireland doing the same in 1982. This paved the way for the appointment of many LGBTQ+ MPs, including the first openly lesbian MP (Maureen Colquhoun in the 70s) and the first openly gay MP, Chris Smith, in the 80s. In addition, up until the appointment of Conservative Prime Minister Margaret Thatcher in 1979, the only gender that had led the country was that of men. Since the appointment of Margaret Thatcher, the Queen has welcomed into office two more female Prime Ministers, something which would have seemed impossible when she first became Queen. The most recent general election (in 2019) saw a record number of MPs from ethnic minorities elected to the House of Commons (65 to be exact), whereas in 1953 all of the lawmakers serving there were white. Although the first MP elected from an ethnic minority can be traced back to the 1700s, the increase of MPs from these groups is extremely significant compared to when the Queen was crowned, notably with the first black woman elected to parliament, Labour MP Diane Abbott, in 1987.



Throughout the Queen's time as monarch, the powers held by the nations of Scotland, Wales and Northern Ireland have significantly increased. For decades, the now devolved nations were under the governance of Westminster. However, with increasing calls to grant more freedoms to these nations, referendums were held in Scotland and Wales in 1997, with the results displaying majority support for devolution. This led to the establishment of the Scottish Parliament and the National Assembly of Wales, or Senedd Cymru, which were granted with the ability to make their own legislation with some powers previously

held by Westminster. In Northern Ireland, devolution was part of the Good Friday agreement, voted for by the public in 1998, resulting in the creation of the Northern Ireland Assembly. However, there are areas that these devolved legislatures cannot control, including defence, immigration and foreign policy. This release of powers previously held by lawmakers in Westminster to the UK's now devolved nations would have been hard to forecast back in 1953 when the Queen was coronated.

These are only a few of the many political changes that have taken place during the Queen's reign. It is true to say that politics never stands still; the political landscape witnessed during the Queen's time as monarch showcases this. By the time of the next monarch's coronation, a new chapter of political history will begin.



The Sri Lankan Economic Crisis

Lucy Milne (FIV)

Sri Lanka is facing its worst economic crisis since its independence in 1948. Government economic mismanagement has led to inflation being above 50%, near depletion of foreign exchange reserves and shortages of essential goods such as fuel, food and medicine.

In June 2022 Prime Minister Ranil Wickremesinghe declared that the economy had completely collapsed, leaving it unable to pay for essential goods. Protests over the crisis broke out in March 2022, demanding the president's resignation. On the 9th of July, protesters broke into the President's official residence in Colombo. Protesters were seen swimming in his pool and destroying the property. President Rajapaksa resigned on the 13th of July and fled to the Maldives with his family.

In September 2022, a UN report stated that the economic crisis is a result of officials' impunity for human rights abuses and economic crimes. So how did this crisis occur?

The country went bankrupt as a result of the Rajapaksa government's economic policies. After the end of the Sri Lankan Civil War in 2009, the government decided to focus on providing goods to the domestic market instead of trying to increase foreign trade. This means that Sri

Lanka imports \$3 bn more than it exports every year, causing the country to run out of foreign money as its national expenditure is greater than its national income.



The government was spending more money than it received in tax, resulting in it borrowing money from foreign lenders. The government spent its revenue on building large, politically-motivated infrastructure projects, such as the Hambantota harbour and Colombo port city; these projects turned out to be unprofitable. Now the government has to pay back large loans to countries such as China, who have been accused of debt-trapping the country with ridiculously high interest rates.

The Sri Lankan government decided to make huge tax-cuts ahead of the elections in 2019. These cuts included increased tax-free thresholds that resulted in a 33.5% decline in registered taxpayers, reduced VAT to 8% and reduced corporation tax. The tax-cuts resulted in the government losing more than \$1.4 bn in tax revenue annually. The cuts were a purely political move, as the government had to repay its debts and needed tax revenue to do so. To cover government spending, the central bank began printing money in record amounts, ignoring advice from the IMF; this decision has contributed to inflation.

In 2021 the government banned the import of chemical fertiliser, telling farmers to use locally-sourced organic fertilisers instead. This led to widespread crop-failure, resulting in food-price inflation of over 80%. The loss of income from tourism due to the COVID-19 Pandemic and terrorist attacks have also contributed to the economic crisis.

The massive loss of tax revenue and generally low economic growth resulted in rating agencies downgrading the sovereign credit rating, locking it out of the international capital market and making it harder for the government to repay debt; so, the government started using its foreign reserves to repay debt. This resulted in the foreign reserves dropping from \$7.6 bn in 2019 to \$250 million currently. This meant that there is not enough foreign currency to pay for the essential imports, resulting in mass shortages and inflation.

The Government's poor decision-making has resulted in devastating effects for Sri Lankans. The country faces mass

blackouts as it cannot generate energy; fuel shortages have led to schools being shut; 9 out of 10 families are skipping meals or cutting their portion sizes to stretch out their food; three million people are receiving emergency aid; and doctors are relying on donations to provide essential medicines.



The new President - Ranil Wickremesinghe - has accepted help from the IMF and other international aid. However, he is deeply unpopular amongst the people and inflation is continuing to rise. The crisis does not look like it's going to end any time soon.

How has the COVID-19 Pandemic Affected the British Economy?

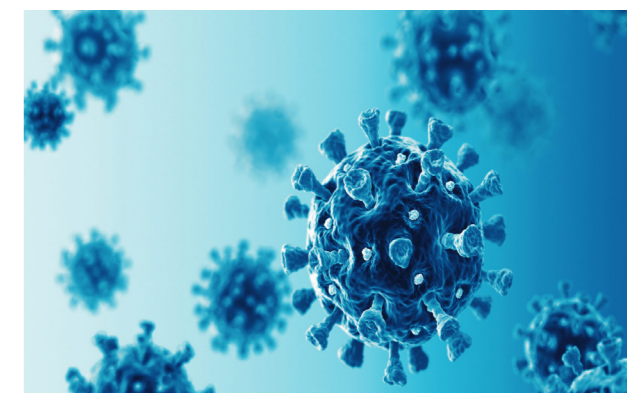
Ben Morrell (FVI)

In the October of 2019 there were mentions of a new virus originating from Asia, but it was forgotten in the excitement of the new decade's approach. However, come March, lockdowns were issued by the British government to stop the spread of COVID-19. The British economy quickly went into a recession, with inflation falling 0.8% at the height of the pandemic and unemployment reaching over 5% of the population.

For individuals, the pandemic caused mass unemployment as a result of firms cutting costs, which decreased the standard of living due to less income. This meant that individuals had to use their savings, which increased their financial uncertainty. For some, however, working from home increased productivity, making the individual more efficient, increasing economic activity and meaning that workers who are paid based on how much they produced saw larger incomes and an increased standard of living. During the pandemic, the Bank of England dropped the base interest rate. This meant that those who had a variable rate interest rates on loans, e.g. a variable rate mortgage, payed less, meaning that their disposable income increased and they were more likely to spend and increase the level of aggregate monetary demand (the total

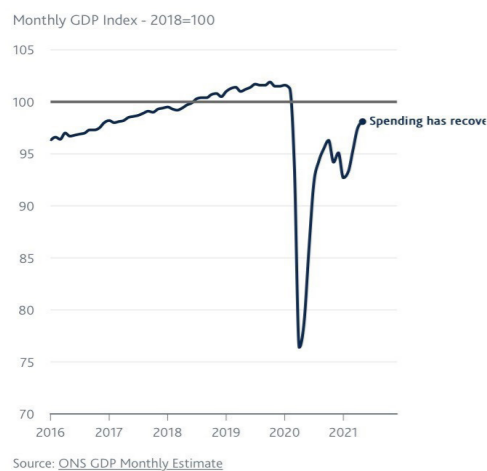
level of demand in an economy.) During the lockdown, the government introduced a travel ban limiting how much an individual could commute. This led to many workers being laid off, as their regular commute was no longer possible, decreasing the standard of living for those individuals.

The pandemic caused lots of firms to let go of a lot of their workers in an effort to cut costs and regain profit margins. Due to the low level of aggregate monetary demand, and when the furlough scheme was implemented, the amount firms spent on wages decreased massively. This meant that cost of production went down, leading to a drop in total costs, which increased their total profits. However, because of the drop in aggregate monetary demand in the economy, firms' total sales revenue plummeted due to the spending of individuals dropping. Due to workers working from home, firms were paying rent on offices that mostly weren't being used. This caused a decrease in technical efficiency that means that firms' costs would increase. The pandemic also caused many small start up companies to be crushed under the massive drop in spending, which led to many of them shutting down as costs rose. Due to lots of new companies shutting down, economic growth was hit, making the growth rate drop and decreasing the average standard of living.

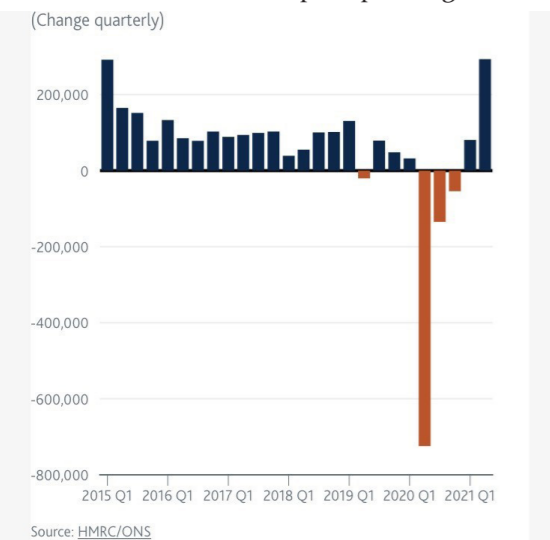


COVID-19 caused the government to spend heavily on healthcare. this created a massive budget deficit which meant that the government borrowed a lot of money, adding to the national debt. Another factor that caused the mass amount of borrowing on the government's part was the fall in tax revenue caused by unemployment and firms going out of business. Due to the drop in aggregate monetary demand, the inflation rate fell. This meant that tax revenue from spending (VAT) fell, meaning that the national debt was increased to combat this. Trade was also affected, as countries who traded with us frequently shutdown to minimise the effect of the virus. This caused wide-spread shortages, meaning that Britain's access to foreign goods was limited, decreasing the rate of economic growth. In order to combat the massive drop in employment, the government used fiscal policy to subsidise workers' wages. This was called the furlough scheme, and at one point had 11 million workers being paid by it. While this was effective at decreasing unemployment and increasing the level of aggregate monetary demand in the economy, it cost the government £66 billion, causing a massive budget deficit and one of the macro economic objectives, balanced balance of payments. However, it helped to meet two other objectives: low steady inflation (because at this point the inflation rate had dropped to

0.8%) and low unemployment (as the furlough scheme kept many worker's jobs and allowed firms to hire more.)



In a report released by the Bank of England, I found a graph that showed the trend in individual spending trends during the pandemic. This graph details the massive fall in spending when the lockdown was put in place. The graph also shows the massive increase in spending as the economy opens back up again. These massive jumps in spending mean that a large increase in the inflation rate will occur; this increase in standard of living could lead to large decrease in real wages, if pay rises are not given. This also means that individuals' purchasing power will fall, which could lead to another drop in spending.

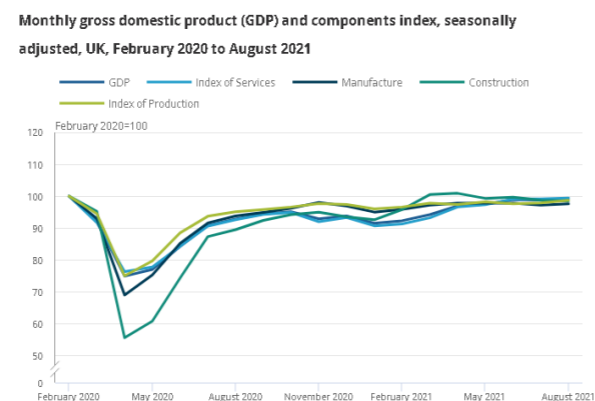


This graph, found in the same report, details employment levels in for Britain from 2015 to 2021. From the data shown, it can be seen that in the second quarter of 2020 employment fell massively. This meant that there would be a large drop in the standard of living that would lead to a market failure - the inflation and unemployment market failure - where prices are too high for people to pay because unemployment is high. The government intervened by using fiscal policy to create the furlough scheme, however due to lack of income tax and having to spend more of furlough and benefits, this created a massive budget deficit, making the government unable to have a balanced balance of trade.

In the Bank of England report, one section of the report

said "Between August and November 2020, around nine million people were being paid 80% of their income this way." This was in reference to the government's furlough scheme. They then when on to say "One of the things we (the Bank of England) did to help was to offer low-interest loans to large employers in the UK, so they could keep paying their staff and suppliers." This means that a large number of the UK's top firms' costs are being subsidised or aided by the government and the Bank of England. This means that when these aids are reduced or stopped it could lead to another fall in employment levels, which may repeat the problem seen before, to cover the increased costs of production.

The Bank of England report ended by saying "We have also kept interest rates low to support the UK economy. We do this by setting the UK's main interest rate and through quantitative easing." This means that the Bank of England used monetary policy to allow the economy to enter a new period of the business cycle. The use of monetary policy and quantitative easing suggest that the British economy is entering a recovery. This means that the unemployment rate will decrease, the inflation rate will increase and the rate of economic growth will increase. While a recovery could increase the standard of living, it could also decrease individuals' real wage earnings, which could initiate a wage-price spiral.



This graph details British GDP in a report released by the Office for National Statistics. In this graph we can see that in the 2nd quarter of 2020 there was a very large drop in gross domestic product. This means that overall output of firms fell, which is what lead to the recession. This has created a large imbalance in the balance of trade, which contributed to widespread shortages and large budget deficit.

In the same report, I found that the office said "Monthly services output grew by 0.3% in August 2021, with the accommodation and food service sector providing the strongest positive contribution (contributing 0.28 percentage points of positive growth to GDP), and human health and social work activities providing the largest negative contribution (contributing 0.42 percentage points of negative growth to GDP)." This shows the effect that COVID-19 had on the service industry; however, overall growth is still negative. This means that the government aim of steady positive economic growth is not being met. This would lead to a lack of new jobs being created,

leading to higher unemployment and a lower standard of living.

In the Office for National Statistics report, I found this: "Production output increased by 0.8% between July 2021 and August 2021 because of contributions from mining and quarrying, and manufacturing. Production in August 2021 was 1.3% below its February 2020 level." This means that GDP is increasing. This will cause a surge in employment as more workers are required to keep up with the increased production rate. This will create more tax revenue generated by higher corporation tax, income tax, as well as the increase in VAT revenue due to the higher spending caused by these new jobs. This will also increase the standard of living of individuals; however, this could decrease their real wages as inflation rises.

I recommend that to battle the high inflation, individuals should be austere with themselves to reduce inflation. As well as this, the government could use supply-side policies such as incentives and performance-related pay to increase productivity and make the rate of inflation decrease to manageable levels. To avoid a wage price spiral firms may be less willing to give pay rises to individuals. To reduce the amount of strikes this may cause, I recommend that the government should decrease income and corporation tax to give more disposable income and save firms' profit margins, meaning that wage increases will be less severe. I conclude that the British economy is entering the recovery period of the business cycle; I came to this conclusion because of recent inflation rate figures increasing and projected to pass 6-7%, and the fact that unemployment has fallen massively as the economy opens back up and firms require more labour.

Prisoners' Right to Vote

Lucas Pirie (FII)

Dear First Minister,

I am writing to you because we have been learning about prisoners' rights in Form II Modern Studies, and it is my belief that prisoners should keep their right to vote as long as their sentence is under twelve months.



I believe this because prisoners with sentences under twelve months can only have committed a crime that was not at all as severe in comparison to prisoners that have

committed crimes that have led to sentences above twelve months. I also think that because prisoners maintain their essential human rights, and it is my belief that you should have the essential right to vote in your country. If this rule were to be broken and prisoners with sentences under twelve months could not vote, this would undermine Great Britain's reputation of democracy, leading to a fallacy within the legal system. Inmates also have such little political power that they can be victimised and be poorly managed, leading to inmates being murdered with no true justice for the victim or repercussions for the murderer. The political system needs the views of those in conditions like prisons as an element of fairness, especially when accounting those falsely accused. These are the reasons that I believe that prisoners with sentences under twelve months should maintain the right to vote.

However, others may disagree with my point of view and take the view that prisoners should not have the right to vote, even if their sentences happened to be under twelve months. The people who disagree with my belief do so because prisoners have let go of all their own responsibilities in committing an offence. Another idea behind that backs this up is that prisoners lose many other rights, and the United Nations stated that the right to vote is just another one of the many rights that are taken away from them.



While respecting the right for others to have their own beliefs, I do not believe that this should be the case, because while prisoners do leave many responsibilities behind, the right to vote as a prisoner is something that shows the true beliefs of a country and how it truly feels about its legal system. This means that if no prisoner had the right to vote, the society would become unbalanced, and prisoners could lose rights that are even now thought of as essential.

I would be very interested to hear your thoughts surrounding this issue.

Kind regards,

Lucas Pirie

Views

Opinions. Everyone's got them. Everyone wants to share them.

This is a busy time of year with many deadlines (and prelims) fast-approaching. This section can provide you with a distraction from these, whilst presenting you with the views of your peers.

In this edition of *The Galley*, the Views section has some very interesting articles for you to read. There are two educational articles by Natalie Yeung in Form IV: one of the true intentions behind people's kindness, and the other on the problems we face when striving for equality. The third article is about the impact the Queen had on the West and allows for a greater insight into some of the visits she had with other World leaders.

I hope you are inspired whilst reading these articles! If there are any conflicting opinions you want to share, or anything else you feel strongly about, we would love to have your writing included in the next edition of *The Galley*. Have a great winter break, and happy reading!



Anya Wortley
Views Editor

Reaping The Fruits of Kindness

Natalie Yeung (Form IV)

All human action is ultimately motivated by self-interest.

That is the concept of "Psychological Egoism". So long as we accept the premise that this is true, all action in society, in every way, shape, or form, is selfish.

A person smiles at another, expecting the other to do the same. A person does another a favour, waiting for one in return.

How do we explain, then, the people who go out of their way to help others in trouble, risking themselves in the process?

What about organ donors? Giving their kidney up, having to take work leave at their own expense, risking serious adverse effects and even death - for a random stranger?

Or, rallying for somebody else's rights, risking being caught, punished, and killed in the process?

Could these be for status? For honour? For a chance to get onto National Television? Or for bragging rights - to be able to say: I've done this, and try to not look too smug while you receive the compliments?

I refuse, and think it's inappropriate, to believe that the real motives of these people are tainted. Many of them are, in fact, actually willing to sacrifice and put their lives on a line for a good cause.



Surely it is possible? COULD it be a driving factor? It may well be. Babies aren't born to share, or to be kind to each other at their own cost. They are TAUGHT to be - since it is our moral responsibility to uphold the values of society and to be an example for how we want our community to be run.

This may be one of the reasons why being benevolent is so difficult - it is human nature not to be, we often need to make a conscious effort to be kind, a process that entails "weighing up":

"I wouldn't choose to do this, but others, rather, society

expects me to..." or "Although it is mildly embarrassing to ask this stranger if I could carry their bag for them, this may give me a better social image."

Should we condemn these thoughts? Are they true altruism? Or are we subconsciously (or, worse, consciously), sowing and then reaping the fruit of kindness for our own sake?



Classical act Utilitarianism is construed such that motives are irrelevant for the "deontic evaluation of actions". But I'd like to ask you, as a hypothetical RECIPIENT of kindness:

If you were walking alone, and somebody else came up to walk with you. That's a kind gesture. You'd appreciate that. Here comes the plot twist: You have full awareness of their intentions - That person is actively seeking validation, itching for attention - they are walking up to you merely to impress their friends.

Would you rather continue walking alone? Or would you rather "be used" for that person's greater interest?

Most people would think that they are in fact being manipulated and think that walking alone would be a better choice. That their supposedly "friendly" gesture would ruin your day.

So intentions do matter. Although the major difference between real life and this hypothetical situation is that the recipient is unaware of your incentive. In the real world, congratulations, you've made the "recipient of kindness" day! But at the same time, you are grimly aware that you are actually doing them harm and using their vulnerability for your own good. This will bring you to a period of inner struggle and self-conflict, and perhaps even regretting your "nice" behaviour.

This goes against the classical act Utilitarianism, (clearly, intention does matter) and brings us to Kant's Categorical Imperative, based on 2 ideas:

1. You should never USE somebody for your own means
2. Your actions should be Universalized (i.e. You would want everybody to do the same thing you did, if they were in the same scenario)

I'm going to make this even worse.

I'd like to bring this to a more relevant context. A solution (may I mention, bleak?) to all this, that many teens, adults, or anyone who is seeking a higher position in their school, workplace, and society resort to.

Many kind things people do are for virtue signalling, and for recognition (for the resume, for the "CV"..?) (Ah ha. I've managed to hit a nerve there, didn't I?)

Brace yourself for one more sentence.

People often do things just to add on to their "impressive" personal statement. Only doing them when people are looking.

This is extremely concerning.

Please BE bothered about this. Think about this.

It is uncomfortable. But being bothered is doing anything that involves thought and work and effort - it often also requires an emotional burden. It is exactly this discomfort that brings about change, makes us question our entrenched, deeply ingrained problems, and makes us better people.

So then, here's another question. Would you rather have a world of good deeds that are motivated by similar, self-centred causes, or none at all?



On a large scale, maybe treating this as an unspoken agreement, disclosing our motives for the protection of the recipient (dissociating ourselves from our horrid thoughts) whilst getting some personal benefits out at the same time, is not such a bad idea. Compared to a world where people blatantly show that they don't really put other people's interests at mind, except for maybe the odd one, which is really impactful. This is the perfect example of a quality or quantity debate - except with real implications.

But yet again, when all good deeds become a manifesting show, a public display, is it still really a good deed?

Virtue Signalling may be effective for a short term. It may seem like it is very effective in bringing about radical change. Like greenwashing, when companies are showing off how environmentally friendly they are, not because they care (because converting to be more sustainable will cost them), but they are actually only doing the bare minimum of what other people are doing.

It is also extremely dangerous. It creates this social norm where the bare minimum becomes the standard, where empathy is reduced and the focus is placed upon oneself, warping and distorting every possible good intention into manipulation.

It in itself is a pandemic: invisible, but its effects devastating and its ideals highly contagious.

If it's any consolation (not to negate or dismiss the severity of the problem, however), much of this is driven by the capitalist system, the capitalist mindset. Because

of competition, we can't sacrifice anything for others, unless it gives us an advantage. It is so ingrained that it is subconscious. We feel it is "unfair" if we don't get anything back.

No one said being kind was easy. But we should aim high. Aim for something better than the Status Quo.

Philosophers have categorised 4 main types of Altruistic behaviour for simplicity:

1. Kin Altruism (Altruistic deeds for your family)
2. Reciprocal Altruism (You do altruistic deeds only to seek something else in return in the future, which we've got a worrying amount of)
3. Cultural Group Altruism (Altruistic deeds for the cultural group you identify with (ethnic and social groups...))
4. Pure Altruism (which exists, but we want more of it)

We've got the first three. The idea is how do we divert some of the "personal gain" mindset into genuine kindness? So how can we rectify this "selfish" mindset? How can we be truly kind, truly altruistic? How do we make "being kind" natural, a habit, a way of life?

To answer this, we must first answer the very principal questions of this entire discussion.

Why do we have to be kind? Why is it OUR moral responsibility to take care of each other, sometimes even valuing others' happiness over our own pleasure? Why is kindness necessary for society to function?

We must first realise that kindness and personal gain are not contradictory - they are complementary.

We can be kind AND achieve personal goals.

We can be kind AND wealthy.

We can be kind AND happy.

Then realise everyone else is on the same journey:

"That however solid and dignified someone appears on the outside, behind the scenes there will inevitably be a struggling self, potentially awkward, easily bemused, beset by physical appetites, on the verge of loneliness - and frequently in need of nothing more subtle or elevated than a hug or a cheering chat." (The Aphorisms on Kindness, The School of Life)

Just as French Philosopher Alain beautifully quotes: "Don't merely condemn, look for the source of the jabbing pain that drives a person to behave in certain irritating or appalling ways."



There is really no fixed answer. It is a journey of self-discovery, a realisation that when you are focusing merely on yourself, kindness is not sustainable. But it is when you put yourself into somebody else's shoes, kindness is long lasting.

That, ultimately, the effects of our actions ripple outwards. That every effort, no matter how small, will count. That when one day when we aren't here anymore, it is the impacts we place on people that lasts. The ideology we planted in future generations' minds that endures - not our own materialism or crave for money and influence.

Also, practice being kind! Maybe you wouldn't get it perfect the first few times - maybe it feels forced, or you're inclined to think in a self-centred way. But if you try, you're bound to get it right someday. It will become a habit, a lifestyle.

So please, smile at somebody. Ask somebody how they are. Tell somebody how much you appreciate them.

My main aim is not to be hypocritical in this essay. I make more mistakes a day than I can count. These observations are so blatantly obvious, but no one is willing to talk without snickering or joking about it. It irks me that no one actually sits down and discusses what a dangerous position we are in now. That having a good motive is more crucial than ever, when we are living in a decade of political turmoil, an era of more progressive and conflicting perspectives.

Kindness is being patient when someone shouts an insult. Kindness is being understanding and acknowledging that you don't know what somebody else is going through. Kindness is knowing that everyone has the same feelings and reactions as you - and being forgiving.

Kindness is recognising that you are running that extra mile, sometimes at your own expense, but accepting it. You know it will be worthwhile - and that if somebody else did it for you, you would have the best feeling in the world.

Reaping the fruits of kindness is not a problem. Just don't hoard it all and leave it in your own fruit bowl to rot. Share it.



Queen Elizabeth in the West

Vanessa Wilson (Form V)

Over a period spanning more than 70 years, Queen Elizabeth met more than a dozen US presidents and 12 Canadian prime ministers. The only American president elected during her reign that the Queen did not meet was Lyndon Johnson, although they occasionally wrote letters to one another. The rest, starting from Harry Truman to the current President Joe Biden, all met Britain's longest-reigning monarch. The Queen visited Canada, where she was head of state, more than two dozen times, taking in every province and territory.



The then Princess Elizabeth met her first US President in 1951, when Truman greeted her and a young Prince Phillip at Washington National Airport for their two-day visit. The president called the pair "a wonderful young couple that so completely captured the hearts of all of us," "You will leave many happy memories among the people who have greeted you here," he said. "We want you to come back again." Six years later, the Queen was hosted by President Dwight Eisenhower and First Lady Mamie Eisenhower at the White House for four days.

The Queen visited Canada more than any other country during her reign. During one visit in 1977, Prime Minister Pierre Trudeau took the Queen to a Canadian football game. The Queen was introduced to the prime minister's five-year old son Justin - who would eventually become the last Canadian leader to meet her, coming full circle.

In July 1976, President Gerald Ford and his wife Betty hosted the Queen at the White House to mark the 50th anniversary of the US declaring independence. The dinner famously resulted in President Ford and the Queen dancing to The Lady is a Tramp, which did not go unnoticed by critics.

Canada's 20th prime minister, Jean Chrétien, first met the Queen while he was a junior minister in 1967. Three years later, Mr Chrétien, by then Minister of Indian Affairs and Northern Development, escorted the Queen to the Northwest Territories on a small plane. He told reporters that both the Queen and Prince Philip took the opportunity to practise their French, which she spoke fluently.

The Queen shared a particularly fond relationship with President Ronald Reagan, with whom she shared a love

of horseback riding. The two rode together on many occasions, both in the UK and at the Reagan family ranch in California, where she was treated to the President's favourite Mexican dishes. "I must admit the Queen is quite an accomplished horsewoman," President Reagan later wrote of his time with her.



In 1991, the Queen and George HW Bush planted a linden tree on the grounds of the White House. The tree was to replace an older one which was planted in 1937 by her father King George VI due to it being destroyed in a storm.

President Barack Obama and his wife Michelle first met the Queen in London in 2009. They returned to the UK two years later for a banquet hosted by the Queen. In a speech that evening, the Queen significantly joked about the differences in British and US English. She said, "Over the years, we have enjoyed some of America's most spectacular musical productions and any number of what we call films, which you might prefer to call movies."

In 2018, US President Donald Trump famously committed an unintentional breach of protocol by walking in front of the Queen at Windsor Castle. Fiona Hill, a British-born presidential adviser at the time, later wrote that Mr Trump was "always slightly awe-struck when he talked about her".

Queen Elizabeth's relationship with Canada finally came full-circle in October 2015. She held a private audience with Justin Trudeau at Buckingham Palace during one of his first trips abroad as prime minister. "You were much taller than me last time we met," Mr Trudeau said, prompting the Queen to remark that the meeting was "extraordinary to think of".

The Queen was one of the most influential people to have lived in the UK with her reach spanning all the way to the South American continent. It is no doubt that the Queen lived a long and fulfilled life however when shown all together we can truly appreciate how many people she encountered in her time and managed to have a positive lasting impact on everyone she met.



A Dummy's Guide To Why Solving Equality is so Difficult

Natalie Yeung (Form IV)

Capitalism, Manipulation and Exploitation

To be equal is being the same in quantity, size, degree, or value. I'd like to think of being equal as mathematically "similar". We may not be the exact same lengths and size, but our angles are nonetheless the same. But, truth be told, as much as we want, we are NOT equal.

Let me just put it out there: homogeneity and uniformity are impossible. It is a futile battle, and a pointless goal - because we simply aren't the same. And because we can never truly be homogeneous, no matter how much we try, we will never rid ourselves from full discrimination and manipulation. Whether it be biologically entrenched or just the desire to be better over everyone else, exploitation, in some way or another, will always exist.



Why, then, is this the case?

If we pose a difference in our traits, we are bound to be, in some way, better at some things than others... and that is how Darwinian evolution works. The ones mutated better for the specific context and environment will be favoured by natural selection. We are born with different degrees of inequality, like family background, wealth status, gender, race etc. These are the things we cannot control. The gist that politicians are taking, is that, from the point of birth onwards, we should have the basic rights of a human being and not be discriminated against. That's the idea, but it is far from realistic. If equality is from the point of birth, but birth itself is not equal, and is completely based on societal inequality (and natural inequality), equality isn't necessarily possible, is it? To reverse inequality, we must, defy the rules of the capitalist society, stop competing with one another (which entails taking advantage of each other because that's how the market works), and basically be willing to give up productivity and efficiency for the idea. It is difficult to explain where we are heading (or trying to head) with equality in modern society. I suppose it's to put aside the distinguished biases, the obviously unmistakable aspects of inequality e.g. child labour, slave trade, racial segregation etc. and that everyone should have equal rights, "negative capabilities" after birth.

That is logistical problem number one. Because the root of inequality is where you're born. The reason why different places of birth may result in different inequalities are a result of a variety of other social problems. It is not straightforward to solve. Also if the discrimination we face is a direct result of how we are born (e.g. disability or illness) it is even more unthinkable, to negate the effects of inequality by "making" you not belong to that subgroup. You are stuck with it forever, which is why of course, although strategies to help remove disadvantaged groups and move them up the social ladder is important (such as plans for social mobility), for those inherent inequalities we possess, it is much more effectual and powerful to change the system by altering societal mindsets on them completely and implementing regulations that people should be treated equally regardless.



But to side step a little bit: Is there a real reason to want to strive for equality besides for our moral responsibility to not to want to cause harm or benefit from the suffering of others and the pleasure we derive from our good cause?

Looking in the context of international aid, for example, there is this unspoken as well as contractual obligation for First World (more developed) to help in the efforts of Third World (less developed) countries.

The three obvious benefits First World countries derive from giving this help is firstly -- their moral obligation, and secondly - to boost their international reputation in terms of moral policy and decision making as well as finally being able to develop a relationship with these LEDC. Such that when (not if) the time comes when these countries are able to financially support themselves, they can make trade deals and negotiations that may favour Third World countries.



Out of these three incentive drivers, the moral obligation seems to be the heaviest weighted argument since there are many other ways (arguably more direct and straightforward ways) to assert dominance on the international stage without virtue signalling, such as being notoriously powerful in military (developing nuclear weapons, raising stakes by sanctioning etc.) As for the long-term trade deals they can reap from these countries, it would be relatively easier to invade and monopolise the industries NOW than later, if getting their resources

were truly what we wanted. Equally, if our ultimate goal is to help the citizens in our country, it is much better to invest in local capital spending, infrastructure and use the exorbitant funds to increase pensions, wages and benefits rather than going round the long way and pouring money into somebody else's pockets.

So let's talk about the moral obligation in particular, then. We know we must be kind, because "it's nice and pleasant". But why MUST we? I'll try and answer that directly, zoom in on the individual self and not evade the question with some pallid excuse like, "it's just a truism that you must accept."

Okay. Why should we care? To be perfectly honest, we don't need to, because it is completely irrelevant to our lives. Their suffering has nothing to do with us.

That is all true, UNTIL we make use and manipulate their suffering. When we insert ourselves into the situation, the whole landscape shifts. Their suffering, is one thing, you consciously and indirectly allow that perpetrating injustice is another. Even though if it's not direct. Even if you're not really contributing to any extra harm made to them (and in some cases give them the things they need in return).

From a purely heartless mindset, its actually "stupid" to not make use of it considering you are giving up quite a rare opportunity that would be extremely advantageous if you took it. It's "dumb" not to make use of it but subsistence economy.

I think that most people are well aware of the moral implications (i.e. why it's important to be nice to each other), but what is less talked about is the practical sacrifices that one must make alongside those moral implications. The most difficult aspect facing equality, is that some must degrade their statuses in order to give those who are undermined a chance.

Consider these three groups of people: Victims, unaffected, and perpetrators.

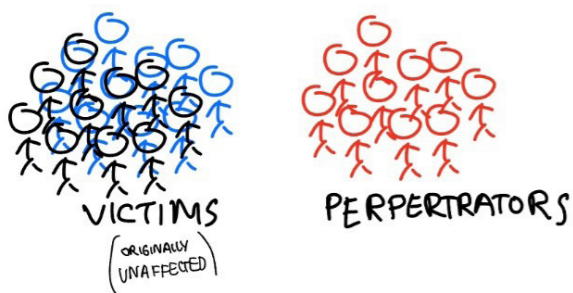


Victims are probably the biggest advocates for a change - they have the greatest incentive and want for this exploitation to be over. The unaffected (probably anyone with a moral compass) would lean towards helping the victims with their cause, but realistically aren't bothered enough to want to take action and make a change. And the perpetrators have the greatest stake in this whole change, as they are the ones who have to have their benefits stripped away to achieve a "better" world. I think many of the perpetrators (N.B. the exploitation and manipulation they incur can be unintentional e.g. say you were born into a wealthy family, you are indirectly having an unfair advantage to those who aren't), actually would prefer not to harm the victims, but the opportunity cost of that is for them to lose their current superior status in society, lose their power dynamic, and degrade to the "unaffected

group". The reason why change is stagnant is because these perpetrators - the one most capable of change who, yet also have the most on the line, are asking themselves: "What is this worth to me? Is the fight for this larger cause outweighing the utility and happiness I attain from being in this status?"

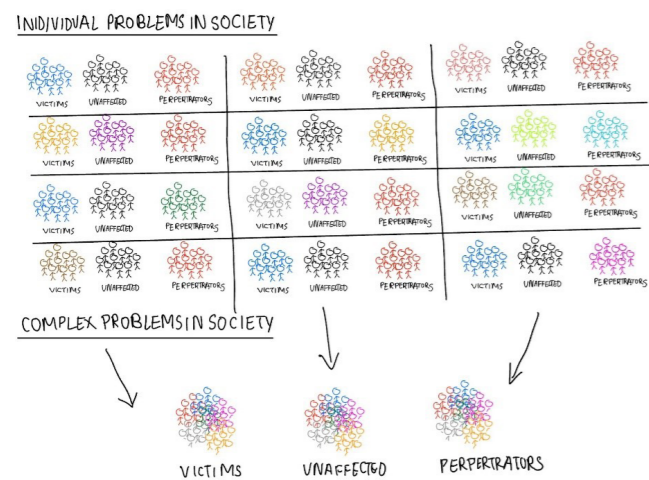
More often than not, they probably don't think it's worth it. And fair enough, we all succumb to selfishness sometimes - it is a prerequisite of competition and doing well in the capitalistic world.

Cue in the unaffected. The victims are protesting, the perpetrators think it's not their fault. The unaffected is a crowd that can tip the scale one way or another. I'm going to tell you now why they are actually the quasi-victims: Victims in disguise. It is actually in their active interest to help fight against the cause.



When the perpetrators have wrung and squeezed every last drop of benefit they can possibly obtain from the victims, their next target will indubitably be the next group in line. Soon it will be a bilateral battle between the sufferers and the assailants. This is a phenomenon that we see in real life, and answers why, for example, the wealth gap is widening... The government (or society's apathy towards problems) have resulted in vicious cycles like the poverty trap.

Okay. But it's much more complicated than that. This, ladies and gentlemen, is what we're actually looking at.



(That looks like an ice-cream menu.)

The actual victims, unaffected and perpetrator group are conglomerates, mixtures of people from different statuses and from a host of social problems. The victims in this particular problem might be perpetrators in ten others - and it really is extremely difficult to use this one metric of

equality to measure it all.

I suppose one can also make the argument that everything cancels everything else out. (i.e. if equality is based on chance, since it is mostly dependent on where you're born, then you're likely to have your chance at being the victim, perpetrated, or the "unaffected"). But, it is unlikely you'll have an exact distribution of both (as it is, of course, based on chance, and comes back to my circular argument that as much as we desire, we can never all compete on a level playing field.)

So what is the point I'm trying to make here?

I'm just trying to say: I get it. People can't be bothered to care about morality or other people's problems when it doesn't affect them. And so many problems seem almost impossible to solve.

But the lottery of life itself is actually quite exciting, until you lose. The real problem is the ramifications of getting a bad draw, who's to say if you win this time, you will continue to do so the next? For the selfish side in every one of us: there's a plausible reason to buy this argument too. That by being nice to the victims, this will pre-empt any negative treatment we may face when it inevitably our turn to become one of those being manipulated.

We all have had our fair share (and probably if you didn't experience any of all you are REALLY in luck) of being the victim, as well as being the perpetrator. The first starting point is understanding each other and their incentives. This understanding is possibly the basis for negotiation, conversation and willing compromises to happen.

Even if it comes at the cost of you sacrificing some of your benefits, you are shifting the power dynamic two-fold. You, one person, can create double the impact. There will be one less perpetrator and one more unaffected, victim-biased, cause advocating force in this world.

Calling for equality is important. But I'd argue that understanding the reasons for inequality, how unpredictable and uncontrollable it is, and how it manifests itself not only in one singular problem, but that each is a link to the next, is an even more important prerequisite for change.

Inequality is a sticky web. It's not really your average straightforward concept to memorise and regurgitate - there's really no other way to make it better except to make an effort to tackle the small individual problems, so when we come to the complex ones, it is easier to find our way out.

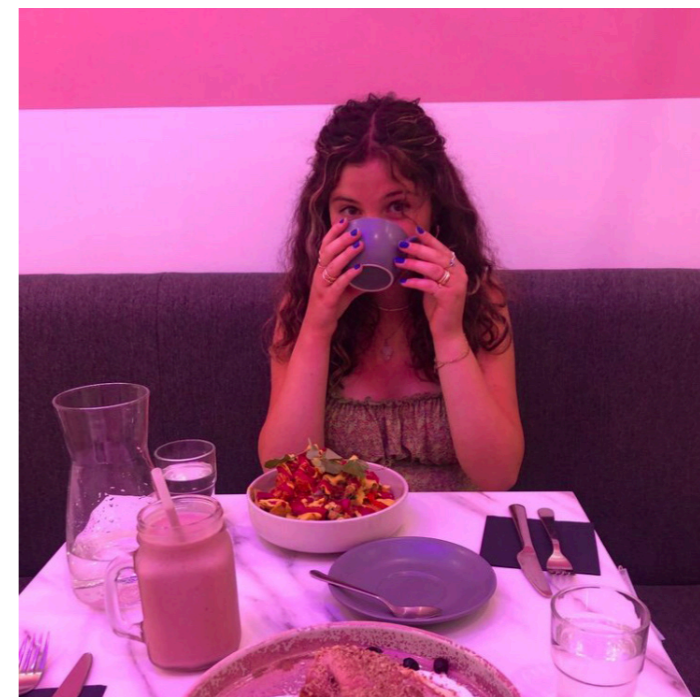


Features

We persevered throughout the first global trauma event for several decades- arguably the first of its kind since World War Two. The global economy, international relations, the individual's mental health, the simplicity of everyday life: nothing was spared in the whirlwind of the pandemic. Complex social extensions and the building-blocks of our personal experiences were altered indelibly. And then after all of this, just as the world was beginning to take a fresh breath of air, it became apparent that whilst the pandemic may be over, division continues to spread amongst populations with the world enduring in putting up its borders.

It seems easy to fixate on these horrific happenings surrounding us. Yet it's evident that as much as the pandemic exposed us to the fear and hate that can become commonplace in times of struggle, it also revealed the power of compassion and understanding, with glimpses of light being shown throughout the darkness. Whilst the normalities of life, the ways we live and work together and how we view each other as people has been permanently altered throughout the past few years, it can perhaps be for the better giving us a new recognition of each other's similarities opposed to our differences. In a time when it seemed simpler to turn our backs on each other, empathy prevailed, and the sharing of one another's stories has allowed us to come together and move past each hardship we've been forced to experience.

The Features works to do the same, communicating different experiences and opinions, drawing on the diverse viewpoints of Dollar and the world, reaching from Vermont to the North Sea. The representation of stories and experiences showcases the diverse interests of students, expressing important lessons learnt that translate to the bigger world, inspiring us to the empathy and compassion that is in dire need today.



Izzy Braid
Features Editor

Woven

Isabella Pirie (VI)

Labels. A classifying phrase or name applied to a person or thing, especially one that is inaccurate or restrictive. When trying to remember lots of information, my father has a complex system of towers and boxes in his head that he uses to visually store facts and figures. Information can be sorted into boxes, but people can not. Yet as humans, we try to force ourselves into groups and categories with which we can identify. There is something sickly sweet about us wanting to fit in, even if we must cut off arms and legs to squeeze into a shape deemed 'desirable'. Alternatively, people could see themselves as the interlocking threads combined in a tapestry. None are the same; some are pale, and some are bright: a myriad of stories that when woven together tell the greatest story ever told.

There's a group for Asians, whites, blacks, and Latinos. But what about me? The murky intersection between both Bengali and British. My palette is too spicy for the white group, yet I don't speak the language of the Asian group. Ethnically ambiguous perhaps? Although at first I liked the term, now I'm not so sure whether I want my identity to be an anomaly. Am I an unknown freak of the natural world? And even if I were to 'fit in', what does it even mean to be Scottish? A kilt wearing bagpiper with Irn Bru flowing through my veins? Clearly there is more to being something than these frivolous behaviours. It's a feeling, a patriotism. But I am proud to sing the national anthem in Murrayfield. So why am I second guessed when I tell people that I'm Scottish? I suppose looks really can be deceiving.

The dreaded question, 'Where are you from?' is one of the most deceptively earnest ice breakers. The questioner's pointed stare can't help but beg whether they mean my race or my species? By law, you would take the nationality of your father and his father, and so I look down and mumble 'Scottish', knowing that when I look up, I'll be met with unsure, almost jeering, eyes. I understand why it's only natural for someone to see my olive skin and assume I'm not really from here, yet I can't help but feel uncomfortable in their disbelief. I sympathise with people's natural curiosity, but personal information like identity should be shared in a trusting relationship, not one where answers are second-guessed. People play a sort of guessing game; 'Scotland' is never sufficient. And although I could show my British birth certificate, my answer is still followed by 'Yes, but where are you really from'.

To a Scotsman, I couldn't look more foreign, yet other Bengali people make it obvious I'm too Western to understand their richly spiced lifestyle. And I suppose it's true. I speak English and English only, have never worn a sari or even been to Asia. There is a set list of 'Asian' characteristics portrayed by the media, and although they aren't strictly true, there does tend to be a group bonded together by their 'Asian-ness'. Whenever I've joined in these groups, it's as if they all expect me to understand something that I pretend to know something about.

It's like when I walk into an Asian supermarket. It's difficult to describe without seeming silly, but it's a place where I should fit in, yet I don't. My lack of hijab, western clothes and accent lead to condescending murmurs. I feel white. A foreigner both in the door and outside of it, for the same reason; the label I peel off my face every night yet stitch back on every morning.

Having ethnically diverse parents, Scottish and Bengali, has made for some interesting interactions. You would have thought people would have gained the maturity to not ask if I was adopted by High School, but think again. When my brother was born, he had white-blond hair and blue eyes. During the weekly shopping trip, he had conjured up the strength to walk a few feet in front of my copper-skinned mother. She was watching her son intently, and so it was a shock when a lady asked my brother where his mum was. The stranger, flushed with embarrassment, quickly realised the assumption she had made and apologised, but it was enough to make my mother feel alienated from her own son.



But there are others just like me; people who don't fit in and put it down to their meagre grasping of a culture they look like they should be part of, or cheerio-yellow skin drowned in milky white. But really, no matter who you are surrounded by or what you are, you can't truly fit into a group of others. Rather, a person should aim to live in their own fearfully and wonderfully made, glove-fitting box. To fit in is to find a group who don't just resemble you, but truly are you. And even identical twins are different. Each person is unique and so we cannot find even one other person who matches our eccentricities. That's the problem and yet the beauty of labelling and grouping ourselves, we don't all fit together in a couple of monotonous beige boxes-black, white, Asian, Latino, and the leftovers. Instead, we are each woven together, each thread a little different. And once you take a step back, once you turn a tapestry the right way round, an intimately designed and masterfully coloured and lovingly woven picture is revealed.

Bennington Class of '86

Izzy Braid (V)

Donna Tartt's evocation of one New England private university with its oddball mix of ivory-tower intellectuals and luscious, rolling, green hills, is both shocking and funny. The amoral and melodramatic characters are motivated in part by their school; aggressively pretentious and encouraging of these privileged academics, isolated from the normality of the outside world. When reading 'The Secret History' I wanted to run through the halls that Charles and Camilla walked and learn in the office in which Julian Morrow lectured the morally grey group whist brewing his peppermint tea. So, imagine my surprise in finding that Hampden college is based on Tartt's own school. One with the same rolling Vermont hills, the same Classics department, and the same privileged pupils that encompassed princes

The secret history of 'The Secret History' seems to be a twisted web of some of modern America's most revered writers that inspired, loved and hated each other all at once within the walls of Bennington, as Tartt is far from being the only notable alumni. In fact, she graduated Bennington College in the class of '86, along with Bret Easton Ellis, future writer of 'American Psycho', and Jonathan Lethem, future writer of 'The Fortress of Solitude' and 'Motherless Brooklyn'.



It seems that for a period, the college became to Generation X what Café du Dôme was to the Lost Generation, with darkly perdu Paris swapped for a Vermont revelling in the malignant glamour of its students. A college repulsed by both serious academics and institution, it was a paradox in itself being representative of the things it abhorred. Professors were artists, novelists, philosophers, poets and revolutionaries themselves, becoming mentors and models much like Julian in 'The Secret History'.

These virtuosos taught kids from extremes. Some were from extreme wealth, with it being the most expensive university in America, but some were from the opposite extreme, being part of the over 60% of students that received financial aid- everyone was rich culturally, but only a choice few economically. The school attracted these people because the college was not entirely a college, at least in the way we think of it. No SATs were required to be admitted, no good grades, no excessive list of extra-curriculars. That's why Bennington

attracted who it did: the misfits, the masterminds, the ones who couldn't be hammered into the mundane mould of traditional education. It is therefore unsurprising that the school was a catalyst for some of the most profound works of American literature to date.

It's difficult to imagine these young and hungry writers interacting and compelling one another, each having come from such different backgrounds. Bret Easton Ellis was a product of an LA that looked like a dream but felt like a nightmare, flirting with the famous and finding inspiration for his first novel in his ragtag group of private school



friends that both intimidated and thrilled him. Lethem, on the other hand, was not yet set on the road to literary fame, preferring creating visual art from the confines of his Brooklyn abode. This leaves Tartt, who is separated from the two having come of age not in America's epicentres, but instead in small town Mississippi, where she could be found writing poems from the age of five.

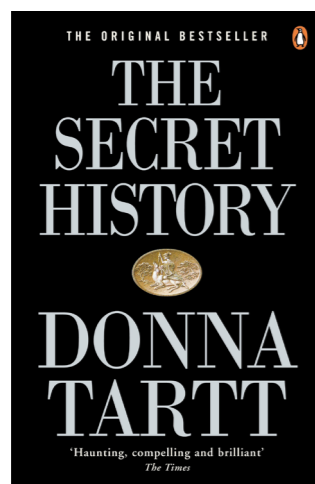
It's difficult to untangle this meticulously spun web of inspiration and rivalry. The first year at Bennington for our three writers was as different as their comparative childhoods. Lethem was struggling to swim in the elitist waters of the school, and if he was drowning in those waters, then Ellis was a million miles above sea level. The precocious Bret had arrived at Bennington with anything but stars in his eyes, clutching two suitcases by his side. The first was filled with drugs, perhaps a memento from his sacrilegious LA upbringing, and the second was filled with the pages of his unfinished novel. And boy, did Bennington- and the world- love that second suitcase.

Aided greatly by his school mentor, Bret published the contents of this suitcase, coming together to form his first novel 'Less than Zero', achieving a kind of overnight fame that seems impossible of writers today; attending MTV awards and movie premiers; appearing front and centre in the weekly tabloids; getting caught up in scandals alongside some of the most notorious names the 80s has to offer. But this author, even after having been named America's most eligible bachelor, is still just a kid returning each day to the school that started it all.

He's met by a Donna transformed by the wicked baroque that surrounds her, shedding her Mississippi skin in favour of an enigmatic persona, an act that greatly resembles that of Richard's in 'The Secret History'. Her and Jonathon

become fast friends, gushing over literature and reading one another's stories when together, and exchanging flirtatious letters obsessively when parted. However, the relationship quickly dissipates as Jonathon finds a new girlfriend, with the two drifting apart until Lethem calls it quits, dropping out of Bennington in sophomore year to write his first novel, failing to find inspiration where Donna and Bret had found a goldmine.

It's easy to understand that Donna, left cowering in the shadow of Bret and abandoned by Jonathon to write his own great novel, is eager to distinguish herself from her contemporaries.



Between days spent sprinting from the library to class and back again, she becomes enticed by an elusive group of three classicists that wander Bennington's halls in between their own study.

This group of devote scholars spend more time in the ancient world than they do their own, under the guidance of a mysterious professor that only wishes to indoctrinate them further. A certain air of aloofness and superiority follows this group through Bennington's halls, draping an invisible curtain between them and their classmates.

At this point, you may be confused because you already know this group. You've laughed with this group. You've cried with this group. You've lived in the heads of this group as you obsessively turned the pages of 'The Secret History'. That's right- Bennington's own cult of classicists was the inspiration for Donna's first novel: she didn't just peer through the curtain that masked their complex world, she ripped it open for the anyone to see. Of course, the group's acts of terror in the name of ancient civilisation is fictitious, but their attributes, their demeanours, and their temperaments are all the product of the three boys that captivated Tartt's heart during her school days.

So, it turns out Donna's fiction wasn't quite fiction- and when it was published in 1992, Bennington's classicists came to realise just this as they laboriously read about themselves in a novel written by a classmate they didn't particularly like. Some in the cult of scholars recalled that she had infiltrated their group, began dressing like them and copying their every move, and this only added to the other grievances they had surrounding the novel- grievances that are, perhaps, not at all misplaced.

Ostensibly, 'The Secret History' serves to critique the view that privileged academics are somehow superior to the average person, but Tartt seems too enamoured by her own characters and the endearing way they cook elaborate dinners whilst sipping cocktails to really allow this kind of critique to be successful. It seems she wrote the book as if the world couldn't wait to read of all her profound personal beliefs and literary references, like a freshman who annoys everyone with her overbearing sense of importance and unfathomable potential. And maybe this is just what she was, an overkeen college kid obsessed with the idea of overtaking her classmates. Or, just maybe, she was a budding artist that had finally cracked the code to writing a masterpiece.

Whist I understand and even agree with the criticisms of the novel, I like to take the less cynical root: the one where readers are aware the merry band of classicists are not living the life of poetry and meaning they think they are, understanding that life's beauty doesn't lie in pleasure without regard for others, with Donna teaching us that a life lived by those guidelines inevitably leads to irrevocably damaged relationships, unfading pain and ultimately, death. It may be quite dramatic, but this has resonated with readers around the world and, most notably, Bret Easton Ellis himself.

Bret is perhaps the sole person to have continuously read 'The Secret History' throughout its very long, complex writing process, giving advice and encouragement, and even eventually helping Donna to get it published. It seems he was convinced of Donna's genius from the beginning, knowing when he saw a timid, small-town girl wandering into his class like a fish out of water that she would become one of Generation X's most celebrated writers.

So there it is, it all comes back to Bennington in one way or another. Our favourite three would run into each other over the years at parties or book launches, each revelling in their literary-fuelled fame whilst inevitably falling victim to the strenuous pains of writing one's next masterpiece. Nonetheless, they have never forgot their roots of shared failure and successes at one of the most unorthodox universities America had to offer, still benefitting and writing about the time that created the glue of which they would use to cement themselves in history and thereby becoming myths themselves, like the college from which they stemmed.

The Flood of Yellow on the West End

Holly Allan (V)

The 6.5-mile route around Glasgow's West End on Sunday the 28th of August was flooded with yellow t-shirts, each dedicated to a family member or friend suffering from cancer. This scenic trek around Glasgow's West End walked by hundreds represented by yellow t-shirts is the Beatson Cancer Charity's annual Off the Beatson Track Fundraiser. The Beatson Cancer Charity dedicates its funds from these fundraisers to The Beatson Cancer Centre in Glasgow, who's commitment is to putting this funding to use by providing

the services and treatment for all former and current cancer patients and their families, in partnership with the Beatson Cancer Charity. This year was the ninth edition of the successful walk, in support of the Beatson Cancer Charity, which has raised over £53,000 this year alone. This year I was lucky enough to be a part of the 1,500 participants walking to raise money for this amazing cause on Sunday the 28th August.



A flock of yellow walkers were gathered outside the Riverside Museum prior to the walk beginning, each yellow shirt in tribute to a family member, friend or colleague. The crowd of people felt so different than any other large body of people, it felt familiar- knowing that we all shared one thing in common, we all had one link or tie to the charity one way or another. This sense only grew as the day went on, beginning with an interactive Zumba performance put on by other participants which got the crowd hyped up for the trek ahead, or listening to the radio commentators discuss the day and tell jokes and all in all be an uplifting source of entertainment, since the radio had sponsored the walk.

At 11am the sea of yellow fundraisers decked out in yellow sunnies, yellow tutus and the iconic yellow t-shirts gathered at the starting line, set off by a buzzer which promptly set off fireworks which signalled the start of the walk. It was a well-known route which tours many of Glasgow's popular landmarks and streets such as the Kelvingrove Art museum, Great western road and the Beatson Hospital itself. As the walk progressed, we passed choirs, dancers, and bands all playing for the fundraisers passing by, it felt so uplifting to see people of all walks of life coming together to support a common cause. At the end of the walk each participant received a medal which was a token of thanks that the charity had for our efforts and funds the walkers had brought to the charity, which made us feel like we really had achieved something, that would contribute to benefitting countless patients and their families.

This year's edition was particularly special as this year is the first year after COVID that the event has taken place live in Glasgow, as for the past 2 years the participants and fundraisers have walked from their own towns and cities across Scotland. Off the Beatson Track 2020 and 2021 could have been recognised by the occasional walker dressed head to toe in yellow on the daily dog walk or the odd Beatson fundraising walker spotted in cities during the morning work commute. The Beatson Cancer Charity managed to put on an event in support of the cause despite the limitations of COVID

which had a major effect on the charity during lockdown.

The Beatson Cancer charity suffered detrimental limitations and difficulties through COVID such as limited funds coming in as a result of the cancellation of fundraisers which affects the thousands of treatments at the Beatson cancer centre West of Scotland situated in Glasgow. Within the centre -which is largely funded by the charity itself- family members were not allowed to see patients due to social distancing which has impacted countless families during their cancer treatments, which speaking from experience is an anxious, incredibly difficult experience for any family member, not being able to hold your family members hand while going through chemotherapy. However, Off the Beatson Track's comeback of this years event has returned the tradition to its former glory which has enabled people to raise funds and help to make up from the detrimental effect of COVID on the Beatson Cancer Charity so that they can continue to help the patients and families in need of their support.

The walkers on the route were met with smiles from pedestrians and honks from passing cars, which personally offered what felt like a sense of universal respect and support for the cause. This in turn comforted me and countless others with the knowledge that not only were we all taking action to support the cause, but also raising awareness of the charity and cause to the unsuspecting pedestrian on their mid-day dog-walk or coffee commute. The reason why we were all walking for the charity, whoever it may be, remained pervasive and in the forefront of all of our minds. It was an honour to walk the walk for our loved ones who couldn't, for our loved ones who were suffering.



In previous years over 12,000 participants have raised around £750,000 which has been put to good use, helping to support thousands of current and former Beatson patients and their families, mine included, which is why this event and charity holds a special place in my heart, as it does for most, if not all, of the participants. The enormity of importance this event has for thousands of patients and their families is immense. The vast amount of people participating gives an overwhelming sense of family, knowing that each walker, each yellow t-shirt can relate to the struggle of watching a family member suffer from cancer. This is a feeling I know I will cherish for a long time.

The work done to organise and prepare an event of this scale is such a selfless, mammoth task done by volunteers and Beatson charity employees annually. We all have a great appreciation for the organisers, volunteers, entertainers -boosting the crowd before the event began- food vendors

and the Beatson Cancer Charity for beginning the event and allowing fundraisers to contribute to the cause.

The annual sea of yellow gives the citizens of the West End the comforting reminder that humanitarians still do exist and, consequently, the imperative causes that the charity tends to, also exist and are in dire need of support and funds.

Points of Sail: Wind

Christie Munro (I)

There are some things in the world that you cannot see, like electricity, air and wind. Yet, they are very important. These invisible powers are vital for life but are a complete mystery to the naked eye. So, how can we harness and use them if they are invisible?

Wind. An energy that you can only physically feel to know it is present, but you can't see it. Although if you stare directly into the wind on a somewhat stormy day your eyes will water and your hair will flow, a sudden pressure will arise across your body. You know that it is there, but how can we tell what way it moves and twists if your vision doesn't pick it up?

Wind is a renewable source of energy and is greatly used to generate electricity across Europe, to power homes, towns and cities. However, there are other magical properties wind holds. Wind is created by the sun mostly; in a nutshell it is air molecules moving. The sun heats up the earth, although does so unevenly. The land heats up a lot faster than the sea. The hot air from the land then rises into the sky and the cooler air from the sea rushes in to take its place, resulting in a sea breeze. However, at night it is different, the air on land cools down from the loss of the sun and the moving sea air becomes warmer, so the sea air becomes relatively warmer than the land air/breeze.



Hence, the cycle repeats again, but in reverse. The warmer air from the sea rises and the cooler air from the land rushes in to take its place, the result? A land breeze: wind is made.

There, that's how wind is created, but how can we use it other than electricity? In ancient times there were no planes or cars, so people had to move from country to country some way else. So, they used boats, normally for carrying precious goods to sell abroad or to travel. These boats either were powered by men paddling or by a sail. A sail has different points, the point closest to the top is the head, the point near the mast is the luff, the point furthest from the mast is the leach, and the bottom is the foot.

A sail is used through the wind pushing it through the

water, with the sail usually on the opposite side to where the wind is coming from. The sailor will adjust the sail according to the wind direction, trying to make sure more wind is on the inside of the sail propelling it forward. However, they always let a little bit of wind pass on the other side of the sail. On the inside of the sail the wind pushes, on the outside it pulls, making lift.

To adjust and sail in different directions you would need to know the points of sail. These points are very valuable when it comes to sailing. Imagine a circle, but a sixth of it is a *no-go zone*. This means that you cannot sail inside of that, or else your sail will go flappy and not tight, with even pressure on either side of the sail, causing you to become stationary.



This is commonly used to stop a boat, normally in a man overboard or a rest break. So, what about the other points then, you might ask. If you sail completely on the edge of the no-go zone, you are sailing close hauled. This is normally defined as sailing up wind. Down from that in your imaginary circle is close reach, this one is just a mix of the two beside it, close hauled and beam reach (beam reach is directly across the wind). Down from that is broad reach, which is your fastest point of sail (the boat will go the fastest). This is known as downwind, which is sailing away from the wind.

Next is run, that's when you sail directly opposite the no-go zone. The runs include training run and direct run. Direct run is not great because the boat becomes unbalanced and is increasingly more likely to capsize.

Now we know how to direct ourselves: you turn using the tiller which controls the rudder, push it away to the left and if you pull it in you go to the right.

The sail can be adjusted by the main sheet which is a rope that pulls the sail in and out. To make full use of the winds potential we can use the points of wind to our advantage. If you want to sail up wind, you can pull in the mainsheet, so the sail is halfway in and halfway out. This means your sail can hold as much wind possible. When sailing down wind you do the opposite. Let the sail out.

You can also tack or jibe which switches the sail from one side to the other. Jibing is when the boat turns quickly 180 degrees. Also, when you tack the front of your boat goes through the no-go zone 180 degrees to your new course.

Wind can be used to help us in many ways like electricity and the power to do work, however the ancient stuff is still extremely important. Sailing has helped us through many, many years and it still does. Wind if harnessed properly has the power to move and do a lot.

Science

Nothing is more humbling than looking up into the stars. It is often infuriating living in a world with no objective truths and no perfect formula, to try to navigate and find our place in this society governed by social, economical and political norms. In the midst of chaos and disarray, Science offers us consolation - that although at best it is a metaphor of reality, it allows us to pause and have a moment to recognise, "What a miracle that I'm here!"

Equipped with a beating heart and a complex neurotransmitting system, I am excited to embark on a journey to find out what I'm here, and what I'm in for. Science, though not completely, is the closest thing we have to an answer. It's about discovery, it's about getting things wrong, and it's about looking around with a newfound curiosity and devotion.

Don't let the formulae and scientific jargon deter you. All you need is 3 questions: What? How? Why?

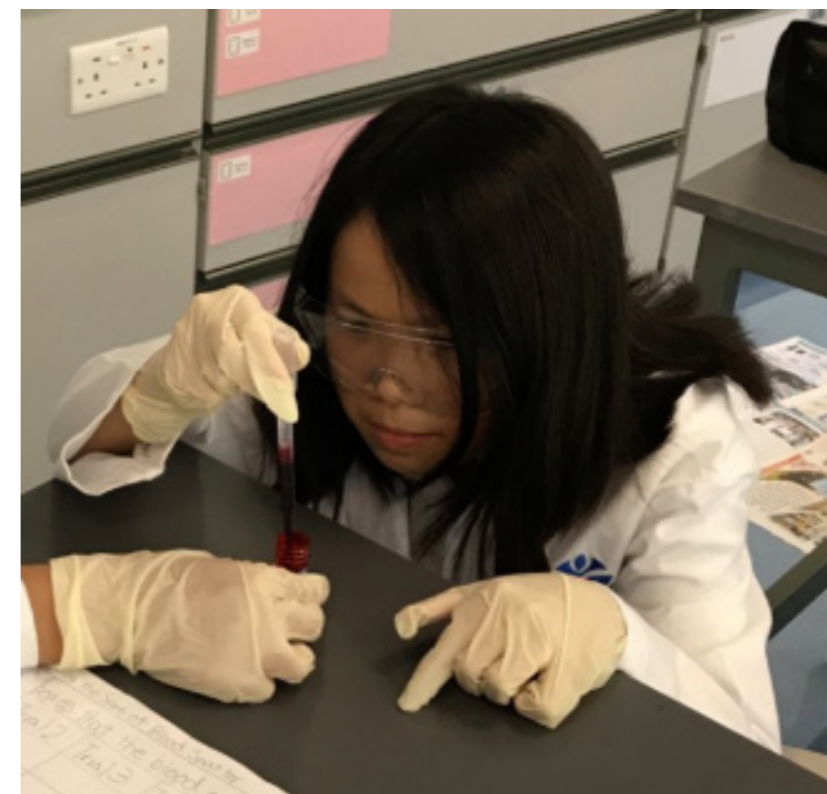
From black holes to growling bellies, there is something in here that will pique your interest, something that will make you say, "Hey. Maybe the universe is not so cold after all."

You are a rarity spawned by the probability of colliding particles. And out of pure randomness, here you are, in this place, holding this exact magazine, reading this very line.

Isn't that utterly brilliant?

"Emergent complexity briefly defeats the void."

Happy reading!



Natalie Yeung
Science Editor

Physics that won't fly over your head: The Quantum Mechanics behind Migration

Isabella Pirie (Form VI)

For years biologists have been wary of applying the strange world of quantum mechanics, where particles can be in two places at once or connected over huge distances, to their own field. But it can help to explain some amazing natural phenomena we take for granted.

Every Autumn, thousands of European robins escape the oncoming harsh Scandinavian winter and head south to the warmer Mediterranean coasts. How they find their way unerringly on this 2,000-mile journey is one of the true wonders of the natural world. For unlike many other species of migratory birds, marine animals and even insects, they do not rely on landmarks, ocean currents, the position of the sun or a built-in star map. Instead, they are among a select group of animals that use a remarkable navigation sense – remarkable for two reasons. The first is that they are able to detect tiny variations in the direction of the Earth's magnetic field – astonishing in itself, given that this magnetic field is 100 times weaker than even that of a fridge magnet. The second is that robins seem to be able to “see” the Earth's magnetic field via a process that even Albert Einstein referred to as “spooky”. The birds' in-built compass appears to make use of one of the strangest features of quantum mechanics.

Over the past few years, the European robin, and its quantum “sixth sense”, has emerged as the pin-up for a new field of research, one that brings together the wonderfully complex and messy living world and the counterintuitive, ethereal but strangely orderly world of atoms and elementary particles in a collision of disciplines that is as astonishing and unexpected as it is exciting. Welcome to the new science of quantum biology.

Most people have probably heard of quantum mechanics, even if they don't really know what it is about. Certainly, the idea that it is a baffling and difficult scientific theory understood by just a tiny minority of smart physicists and chemists has become part of popular culture. Quantum mechanics describes a reality on the tiniest scales that is, famously, very weird indeed; a world in which particles can exist in two or more places at once, spread themselves out like ghostly waves, tunnel through impenetrable barriers and even possess instantaneous connections that stretch across vast distances.

But despite this bizarre description of the basic building blocks of the universe, quantum mechanics has been part of all our lives for a century. Its mathematical formulation was completed in the mid-1920s and has given us a remarkably complete account of the world of atoms and their even smaller constituents, the fundamental particles that make up our physical reality. For example, the ability of quantum mechanics to describe the way that electrons arrange themselves within atoms underpins the whole of chemistry, material science and electronics; and is at the very heart of most of the technological advances of the past half-century. Without the success of the equations of quantum mechanics in describing how electrons

move through materials such as semiconductors we would not have developed the silicon transistor and, later, the microchip and the modern computer. However, if quantum mechanics can so beautifully and accurately describe the behaviour of atoms with all their accompanying weirdness, then why aren't all the objects we see around us, including us – which are after all only made up of these atoms – also able to be in two places at once, pass through impenetrable barriers or communicate instantaneously across space? One obvious difference is that the quantum rules apply to single particles or systems consisting of just a handful of atoms, whereas much larger objects consist of trillions of atoms bound together in mind-boggling variety and complexity. Somehow, in ways we are only now beginning to understand, most of the quantum weirdness washes away ever more quickly the bigger the system is, until we end up with the everyday objects that obey the familiar rules of what physicists call the “classical world”. In fact, when we want to detect the delicate quantum effects in everyday-size objects we have to go to extraordinary lengths to do so – freezing them to within a whisker of absolute zero and performing experiments in near-perfect vacuums.

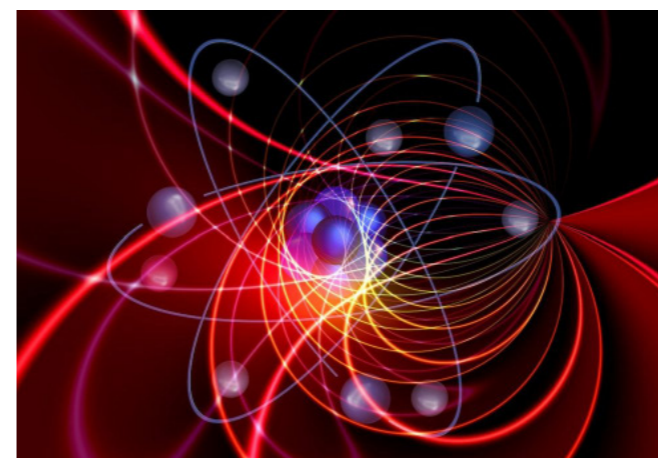
Quantum effects were certainly not expected to play any role inside the warm, wet and messy world of living cells, so most biologists have thus far ignored quantum mechanics completely, preferring their traditional ball-and-stick models of the molecular structures of life. Meanwhile, physicists have been reluctant to venture into the messy and complex world of the living cell; why should they when they can test their theories far more cleanly in the controlled environment of the lab where they at least feel they have a chance of understanding what is going on.

Yet, 70 years ago, the Austrian Nobel prize-winning physicist and quantum pioneer, Erwin Schrödinger, suggested in his famous book, *What is Life?*, that, deep down, some aspects of biology must be based on the rules and orderly world of quantum mechanics. His book inspired a generation of scientists, including the discoverers of the double-helix structure of DNA, Francis Crick and James Watson. Schrödinger proposed that there was something unique about life that distinguishes it from the rest of the non-living world. He suggested that, unlike inanimate matter, living organisms can somehow reach down to the quantum domain and utilise its strange properties in order to operate the extraordinary machinery within living cells.



Schrödinger's argument was based on the paradoxical fact that the laws of classical physics, such as those of Newtonian mechanics and thermodynamics, are ultimately based on disorder. Consider a balloon. It is filled with trillions of molecules of air all moving entirely randomly,

bumping into one another and the inside wall of the balloon. Each molecule is governed by orderly quantum laws, but when you add up the random motions of all the molecules and average them out, their individual quantum behaviour washes out and you are left with the gas laws that predict, for example, that the balloon will expand by a precise amount when heated. This is because heat energy makes the air molecules move a little bit faster, so that they bump into the walls of the balloon with a bit more force, pushing the walls outward a little bit further. Schrödinger called this kind of law “order from disorder” to reflect the fact that this apparent macroscopic regularity depends on random motion at the level of individual particles.



But what about life? Schrödinger pointed out that many of life's properties, such as heredity, depend on molecules made of comparatively few particles – certainly too few to benefit from the order-from-disorder rules of thermodynamics. But life was clearly orderly. Where did this orderliness come from? Schrödinger suggested that life was based on a novel physical principle whereby its macroscopic order is a reflection of quantum-level order, rather than the molecular disorder that characterises the inanimate world. He called this new principle “order from order”. But was he right?

Up until a decade or so ago, most biologists would have said no. But as 21st-century biology probes the dynamics of ever-smaller systems – even individual atoms and molecules inside living cells – the signs of quantum mechanical behaviour in the building blocks of life are becoming increasingly apparent. Recent research indicates that some of life's most fundamental processes do indeed depend on weirdness welling up from the quantum undercurrent of reality. Here are a few of the most exciting examples.

Enzymes are the workhorses of life. They speed up chemical reactions so that processes that would otherwise take thousands of years proceed in seconds inside living cells. Life would be impossible without them. But how they accelerate chemical reactions by such enormous factors, often more than a trillion-fold, has been an enigma. Experiments over the past few decades, however, have shown that enzymes make use of a remarkable trick called quantum tunnelling to accelerate biochemical reactions. Essentially, the enzyme encourages electrons and protons to vanish from one position in a biomolecule and instantly re-materialise in another, without passing through the gap in between – a kind of quantum teleportation.

And before you throw your hands up in incredulity, it should be stressed that quantum tunnelling is a very

familiar process in the subatomic world and is responsible for such processes as radioactive decay of atoms and even the reason the sun shines (by turning hydrogen into helium through the process of nuclear fusion). Enzymes have made every single biomolecule in your cells and every cell of every living creature on the planet, so they are essential ingredients of life. And they dip into the quantum world to help keep us alive.

Another vital process in biology is of course photosynthesis. Indeed, many would argue that it is the most important biochemical reaction on the planet, responsible for turning light, air, water and a few minerals into grass, trees, grain, apples, forests and, ultimately, the rest of us who eat either the plants or the plant-eaters.

The initiating event is the capture of light energy by a chlorophyll molecule and its conversion into chemical energy that is harnessed to fix carbon dioxide and turn it into plant matter. The process whereby this light energy is transported through the cell has long been a puzzle because it can be so efficient – close to 100% and higher than any artificial energy transport process.

The first step in photosynthesis is the capture of a tiny packet of energy from sunlight that then has to hop through a forest of chlorophyll molecules to make its way to a structure called the reaction centre where its energy is stored. The problem is understanding how the packet of energy appears to so unerringly find the quickest route through the forest. An ingenious experiment, first carried out in 2007 in Berkeley, California, probed what was going on by firing short bursts of laser light at photosynthetic complexes. The research revealed that the energy packet was not hopping haphazardly about, but performing a neat quantum trick. Instead of behaving like a localised particle travelling along a single route, it behaves quantum mechanically, like a spread-out wave, and samples all possible routes at once to find the quickest way.

A third example of quantum trickery in biology – the one we introduced in our opening paragraph – is the mechanism by which birds and other animals make use of the Earth's magnetic field for navigation. Studies of the European robin suggest that it has an internal chemical compass that utilises an astonishing quantum concept called entanglement, which Einstein dismissed as “spooky action at a distance”. This phenomenon describes how two separated particles can remain instantaneously connected via a weird quantum link. The current best guess is that this takes place inside a protein in the bird's eye, where quantum entanglement makes a pair of electrons highly sensitive to the angle of orientation of the Earth's magnetic field, allowing the bird to “see” which way it needs to fly.

All these quantum effects have come as a big surprise to most scientists who believed that the quantum laws only applied in the microscopic world. All delicate quantum behaviour was thought to be washed away very quickly in bigger objects, such as living cells, containing the turbulent motion of trillions of randomly moving particles. So how does life manage its quantum trickery? Recent research suggests that rather than avoiding molecular storms, life embraces them, rather like the captain of a ship who harnesses turbulent gusts and squalls to maintain his ship upright and on course.

Just as Schrödinger predicted, life seems to be balanced on the boundary between the sensible everyday world of the large and the weird and wonderful quantum world, a discovery that is opening up an exciting new field of 21st-century science.

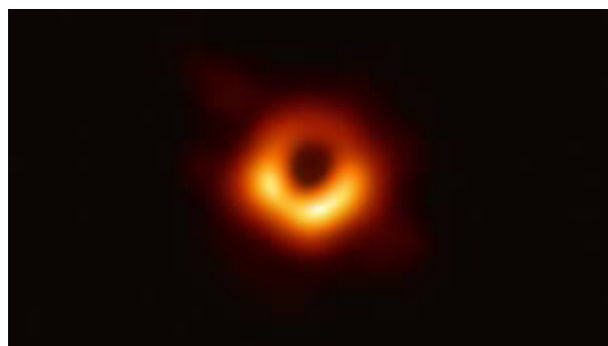
The Hungry Scientist: The Neuroscience Behind Hunger

Natalie Yeung (FIV)

Hunger always fascinates me. Why does our stomach growl? It almost seems that it has a mind of its own. Timed perfectly with our body clocks, we always are especially ravenous before dinner or lunch, and feel particularly delighted and excited when we see food. And once we've gorged on our massive pizza, we experience a strong counter force, and even disgust and repugnance from the idea of having another slice. This is the prime example of how physiology turns into psychology, and it is absolutely captivating.

But, how does the body know when we need food? We've got energy reserves in the form of fat and plenty of glycogen in our liver and muscle cells... and we are sometimes quite peckish even after a meal.

An average adult stomach can hold around 2.5 ounces of food. When we eat, our stomach muscles physically expand to accommodate it. Stomach stretch-sensitive IGLT neurons surround the stomach and sense the stretching of the muscle cells, and they communicate with the hypothalamus and the brain stem - the main parts of the brain that control food intake - via the vagus nerve.



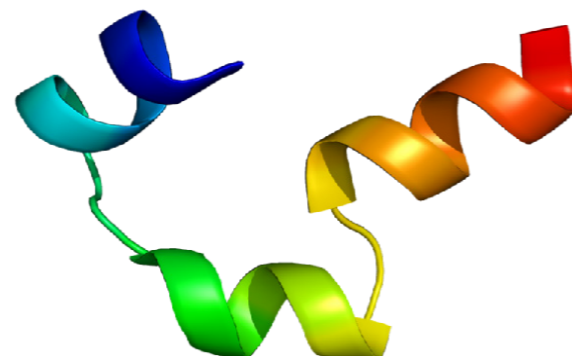
But why is it that some foods make you feel "fuller" than others? Why do potatoes satiate you almost instantly but crisps just make you want more? Similarly, drinking water only seems to help relieve your hunger for a short while.

This is because distension (the stretching of the stomach wall) is only one of the many mechanisms behind the entire process. Chemical compositions of food are also taken into account to sense whether you have consumed the required nutrition. Chemical messages are sent to the brain via hormones produced by endocrine cells scattered throughout the digestive system. Enteroendocrine cells are present in the small and large intestine, stomach, and the pancreas. These are local messengers, meaning that they are secreted then acted upon in nearby cells, inducing systemic effects but also stimulating a nervous response. They work by responding to the concentration of specific nutrients or chemicals present in your bloodstream and gut. The hormones produced are then sent back to the hypothalamus.

Over 20 gastrointestinal hormones are involved in regulating our intake of food. Cholecystokinin (CCK) is produced by the endocrine cells in the small intestine and is released following the ingestion of food. It causes a reduction in the sense of reward we feel when we eat,

which leads to the sense of being satiated. Cholecystokinin also slows down the rate of food entering the intestine so your stomach still remains quite full, allowing for the other parts of the body to register and to signal being satiated. This explains why we feel satisfied for a certain period of time before craving a snack again and also illustrates why we feel less hungry when we eat slowly.

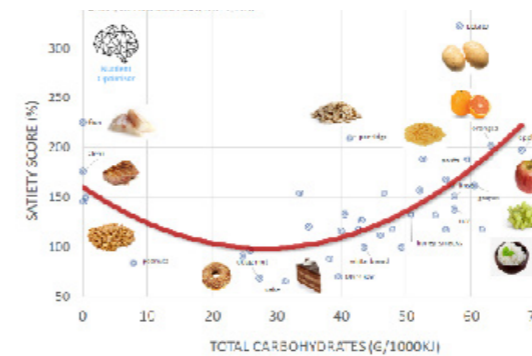
When hydrochloric acid from the stomach acid passes through to the duodenum, secretin is released telling the pancreas to release bicarbonate and water to help digestion. Glucose, fatty acids and dietary fibers, will increase transcription for the gene encoding the hormone GLP-1. Insulin is also released in response to increased levels of glucose, which in turn, stimulates the body's fat cells to produce leptin, another hormone that engages with the neurons in the hypothalamus.



There are two sets of neuron populations that specifically create our appetite. The first set, containing neuropeptide Y (an orexigenic hunger inducing peptide that decreases latency to eat (the delay in time in between feeling hungry) as well as delaying satiety, which means we need an augmented meal size for us to achieve the same satisfaction) and agouti-related peptide (also increases meal-intake, but interestingly, the lack of expression of this particular protein results in a longer life-span and a higher metabolic rate), creates hunger. And the second set, which consists mainly of calcitonin gene-related peptide (CGRP)-expressing neurons in the parabrachial nucleus (PBN) suppress feeding by inhibiting the first set of orexigenic neurons. After a few hours when the stomach is relatively empty, a hormone known as ghrelin is sent back to the brain that increases activity of the first set of hunger-inducing neurons and brings the burning sensation of hunger back. Ghrelin also tells the stomach and intestinal muscles to contract, and this movement of organs is the reason why our stomach "grows". Some foods like potatoes naturally contain proteins that inhibit hunger (it may well have evolved from our ancestors), such as proteinase inhibitor 2 (PI2). Dr. Susanne Holt created a table known as a Food Satiety index by feeding 38 different foods to volunteers, then measuring the amount of food they chose to eat after the experiment as well their own subjective impression on their satiety after the experiment. A graph is then constructed relative to the total carbohydrates that actually are in the foodstuff. In general we see that after eating foods with high fiber, water and protein are the most filling.

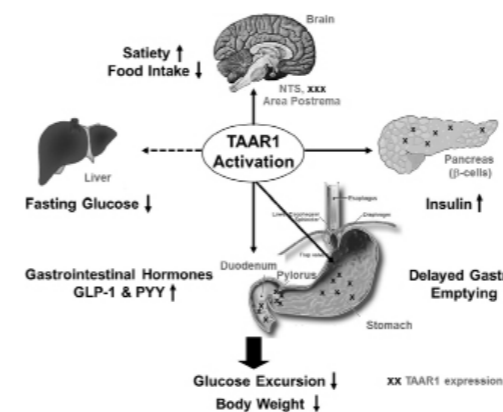
So to address the question of why some of us feel hungry right after eating? This is most likely because you lack fiber and protein in your diet. This is also why junk food is so "addictive", because foods that vanish or "melt" in your mouth faster and lack these nutrients are innately less filling. A lot of food manufacturers also utilize this trait to make their products addictive. For example, MSG (or monosodium glutamate) leads to excessive amounts of

glutamate in your brain. Glutamate is a neurotransmitter that activates pleasure centers in the brain and is involved in learning and memory, too much of it can cause people to be dependent on the substance.



HFCS (high-fructose corn syrup) found in many cereals, candies, and canned foods is made by converting corn's glucose into this artificial sweetener. This intense sweetness activates the mesolimbic dopamine system, evoking a dopamine rush, similar to how lots of other narcotic agents work.

And why do people feel particularly hungry after working out? Moderate to long exercise is directly linked to increased ghrelin production as the body's way to mend and repair. However, short bursts of workout such as sprints are known to suppress acetylated ghrelin, and stimulate digestive hormones like PYY and GLP-1 so not only not make you hungry but also to improve digestion.



Isn't it miraculous how this all happens and manifests itself in something as simple as just "feeling hungry"? We are completely oblivious of the intricate chemical balance that occurs every time we reach for a biscuit. Anyway, the next time your stomach growls, you'll know an intense inhibitory excitatory hormonal and neural battle of hunger is going on presently.

What Goes Up, Might Not Come Back Down!: Review of Brian Cox's Horizons Tour

Ollie Weavers (FIV)

If you are the average Joe, then space goes over your head.

I thought I was that way, but it didn't stop my mother ordering tickets for Professor Brian Cox's 'Horizons Tour', where he talked extensively about that very subject. So as a final warning if you don't want to get your mind all scramble up, please turn to some lighter topics. But if you do want to learn about space, time, and the ending of both (I'm not joking) please listen to my tale.

The show I watched was held on the first of September in the Edinburgh Playhouse after several pandemic related delays. The audience was filled with mostly adults who were looking to learn, and one boy that still didn't know what this was about. The house darkened, a lone man walks on stage and the crowd erupted into applause. The first thing he talks about, is his complete awe of the vastness of space, and how we as a planet, are a tiny spec of sand in a desert of universes. We get a brief tour of our close neighbourhood, an animation of our nearest galaxy (the Canis Major Dwarf Galaxy) spinning in the void. Yet, it wasn't the point of interest, that award belongs to the black hole at the centre of our galaxy which keeps us from being flung into nothingness. This short clip shows what the spinning death ball would look like from our point of view, and it shows the power of their gravitational pull when it was literal rings of light encompassing it. This is where we get to the first mathematical and theoretical scenario. All objects have a gravity, even you and these bits of paper, but only the gravity of massive objects can have any real effect on anything. Gravity plays a big part in Einstein's Theory of Relativity, which, to greatly summarise states that time and space are linked and since gravity has an affect on space, gravitational forces have an effect on time.

Then Brian has a quite passionate speech about mapping the infinite space and time of spacetime and how hard it is to do that since spacetime is a 4d space that we are trying to show on a 2d space. But someone did it and it works, if you want a more in-depth explanation, the internet is where I suggest, it is called the Penrose Diagram. Now is the fun part, the theoretical problems of black holes. But, back to gravity first, let's say that we have an incredibly dense object that exerts so much gravity that nothing can escape its hold, not even light, then we have something in which time, in theory, stops. This is still a theory, but it states that since the Theory of Relativity suggests that space time curves around gravity, then there will be a point when spacetime touches the edge of the black hole, where space and time no longer move. Fun fact, after this space and time will then move backwards. This sounds like it could have huge effects, but in reality, if it did our world would look entirely different. To explain what this actually means I am going to give you a scenario. You are doing the first ever dive into a black hole, you are thrown out into its gaping maw, to you everything looks normal, but to the crew on the ship outside the black hole, it will look like you are slowing down, and when it looks like you are about to enter, you just stop.

If any of these piqued your interest, I highly suggest listening in on what the Professor has to say, because there are things that he discussed that no matter how much I look into it, I can't make sense of it. There were also some other elements to the show that were there for the fun of it, like one of Brian's comedian friends Robin Ince coming on stage to help our brains from entirely imploding. Or how you could ask the particle physicist questions about absolutely anything, or maybe the tangent he had about the probability of life managing to flourish in the way that it did on earth. Again, this can keep your mind going for months, so if you want fuel for the fire read one of is

several books and articles or go to one of his shows. I can guarantee that something will happen to the way you think.



The COVID Struggles of a Local GP

Isabella Pirie (FVI)

Almost 3 years on from the pandemic, life seems to be returning to normal. In light of this, I have interviewed a doctor who experienced GP training in the pandemic with two young children to find out what it was really like on the front lines of the NHS.

Q: How has COVID affected you in your day-to-day work?

A: During the first wave I was on maternity leave. I felt like I was coming out of hibernation into a strange new world when I returned to work in A&E in June 2020 just as people were starting to come back in to hospital. There wasn't much COVID around at this point in Fife but it affected how people came to us. It was strange not having relatives in the department. The winter in Paediatrics was interesting as, strangely, there were less of the usual viral illnesses such as coughs and colds and so proportionately more unusual cases. I then started in General Practice in February 2021. At this point there were constant changes in how patients could access appointments and people had been waiting a long time for routine care or issues they thought could wait. Unfortunately this wasn't always the case. We lost touch with other trainee colleagues as we didn't meet face to face.

Q: Were you and your team directly involved in caring for patients with COVID-19?

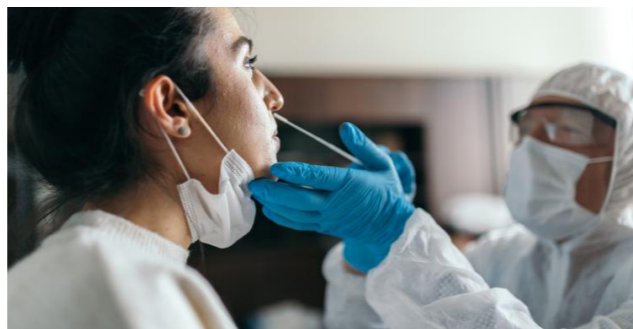
A: Yes. We saw patients with COVID; more in GP than in paediatrics and the ED. We also saw people with and worried about vaccine side effects.

Q: How do you see your team, and hospitals in general, adapting the ways they deliver services in the long term?

A: Having an NHS connected laptop at home seems to be the norm now - I'm not sure whether this is a positive step to being able to work remotely or an unwelcome intrusion! I think telephone consulting is here to stay - we don't yet know the longer term implications of this.

Q: How have you found the experience of interacting with patients while wearing the personal protective equipment (PPE)?

A: It was horrible working with PPE and I'm glad to be using less of this now. Visors would steam up or cause glare. Aprons were hot and sweaty. I would often go to look in a person's ears and get a fright as the otoscope met my visor with a bang! It took some practice to get the angles right.



Parasites: The Mechanisms behind Extended Phenotypic Variation

Natalie Yeung (FIV)

A parasite is an organism that survives, and sources its nutrients and food at the expense of its host. A broader aim, therefore, is to manipulate the phenotype of the host to aid its transmission.

Viruses are obligate parasites, meaning that it requires a host to help it complete its life cycle. Viruses can have specificity, meaning that it can be harmful to specific species, and bind to particular cell receptors in that organism (adsorption). Most viruses rely on envelope proteins to enter and exit the cell, and these proteins are responsible for the fusion of cell membranes, but also so it can use the host machinery for exocytosis, preventing unnecessary host cell damages and an immune response.



Once identification occurs, the virus can transfer their nucleoprotein to the cytoplasmic side of the nuclear membrane [(Penetration) (NCBI) either inject their genetic material (Injection)] inside the host cell, (like bacteriophages or other retroviruses) or be brought into directly via endocytosis (the majority of viruses, including COVID-19!)

An enzyme called RNA transcriptase is present in different groups of viruses, including *Retroviridae*, *Metaviridae*, *Pseudoviridae*, *Hepadnaviridae* and *Caulimoviridae*. Since viral genomes are sometimes RNA, reverse transcriptase can reverse transcribe the RNA into complementary

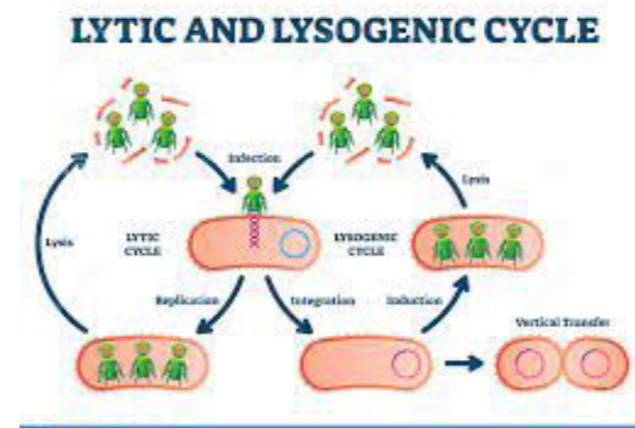
DNA, which is then reintroduced into the host genome, expressing the viral genetic code, and also replicated along with the cell.



In DNA viruses, after endocytosis, the virus disassembles and the genetic information gets transcribed and translated. Now in the cytoplasm there are many copies of the viral DNA and the capsid proteins reform around each copy. All these individually newly formed viruses exit the cell and in the process of which may sometimes damage the host cell.

In complex viruses such as bacteriophages, they can undergo the lytic cycle: which is adsorption, penetration, replication, and maturation, after which the bacteriophage's tail will inject an enzyme known as lysozyme which is capable of degrading the peptidoglycan in bacterial cell walls, therefore inducing lysis: which is the release of the virions. Each of these virions which are released can then go on to infect other cells individually, causing an exponential transmission of disease.

Alternatively, the bacteriophages can undergo the lysogenic cycle where the host cell is not destroyed. Rather than the viral DNA taking over the cell mechanism and overriding cellular processes, because it is incorporated into the host cell's genome, (a prophage), it is known to be quite accurate in copying and less prone to mutation. However, as it continues to be replicated with the host cell, epigenetic factors may trigger all these infected cells to undergo the lytic cycle. All at once, the prophages in these proviruses will change into the form of circular DNA that is distinct to the host cells' genome and lysis will occur. Arguably, the lysogenic cycle is just as deadly as the lytic cycle because it can be hidden and lead to a sudden onset of disease.



Other parasites, however, that are able to modify phenotypic behaviour to a greater extent - more than cell death and protein production, are the ones that fascinate

me the most. This is the realm of the extended phenotype, where complete behaviours can be completely altered. There can be four main methods of parasite transmission in an ecological sense.

First of which is vector transmission, in which parasites are picked up by (usually a blood-sucking invertebrate) and transmitted to other hosts.

Another parasitic strategy is parasitoid pupation. These are insects that often grow in their host (usually another insect) then when they grow physically too large to fit, they will leave the host and pupate attached to some external substrate. What's most intriguing is the altered behaviour we continue to observe even after the parasite leaves the host. Caterpillars are seen thrashing around near the pupae of parasitoid wasps, and ladybirds are also seen to sit on top of their parasitoid larvae for days, defending it against its predators.

The third type of parasite transmission is habitat transition, in which a parasite must reside within a host until its growth is finished, but once it has matured, it needs the host to physically move them into a completely different habitat to complete their life cycle. Examples of these are nematodes which affect earwigs and crickets. Although these insect hosts clearly don't belong in water biomes, the nematodes are able to induce "water-seeking behaviour" in their host, this might be sand hoppers digging to find water saturated sand, or crickets or earwigs wandering around mindlessly finding a water source like a puddle or lake to throw themselves into.



The last most common transmission pathway favoured greatly by natural selection is trophic transmission, where the parasite develops in one host, and is then transmitted to another host via predation where it can successfully develop into an adult parasite. An example of this particular cycle would be *Dicrocoelium dendriticum*. This particular parasite inhabits inside of an ant, and to get to its next host - a sheep, will influence host behaviour by causing the host ant to climb onto the tip of a blade of grass and bite onto it for hours on end such that it will be more probable for sheep to consume it whilst it is feeding on grass. Another case would be *Toxoplasma gondii*. By inhabiting a rodent, it makes it attracted to cat odour, and more probable for it to become prey because of its proximity. An interesting phenomena we see alongside trophic transmission is the physical appearance change of the host. For instance, a colour change can be identified in the host based on the number of parasites and the specific type of parasites. Amphipods that are affected by *Acanthocephalans* are likely to appear dark grey or green whilst ones that are affected by *Cestodes* are more likely to appear blue. This colour change may be used to appeal to the specific predators (e.g. shore birds) that these

particular parasites want to get to and make the host more visible and less camouflaged by its natural habitat.

So the natural question would be: How do parasites control their hosts? What are the mechanisms to make crickets want to drown to their deaths and ants to climb up blades of grass to be eaten?

The most straightforward mechanism is for the parasite to invade the right tissue. Take a trematode for example. These parasitic worms need to be transmitted via trophic transmission, by predation. To get to their desired host, which is a fish-eating bird, they must be transmitted by an intermediary. In the fish, the parasite moves to the eye, physically blocking and preventing light from properly reaching the retina and thereby causing visual impairment. We see that in this particular case, in the morning, where the birds are most active, the parasites too cause the most visual impairment (75% retinal obstruction) compared to the afternoon when the birds are not feeding, the parasites only caused 30% retinal obstruction which shows a direct correlation of timing and parasite (ergo also host behaviour) When the fish has visual impairment during the peak feeding time, it will be less adept at escaping. This will likely lead to it being easier prey and favour the parasite, are decreased.

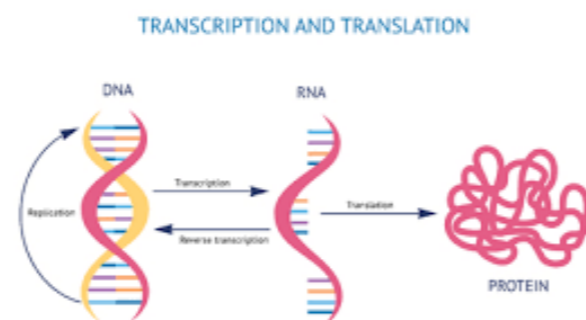


The down regulation in the brain of the host inhabited by the smaller, still developing parasites, were somewhere in between that of the down regulation levels of an unaffected host and a host with a matured parasite.

We also see an increase in up regulation in the brain region in parasitic worms affecting earwigs. And this set of protein profiles were different from the down regulation in the sense that it differed drastically. Some earwigs with large parasites had a sharp increase in up regulation and some had no effect at all. A possible explanation to this

would be the sudden onset of water-seeking behaviour. These changes only occur when the host is triggered and actively in its behavioural change.

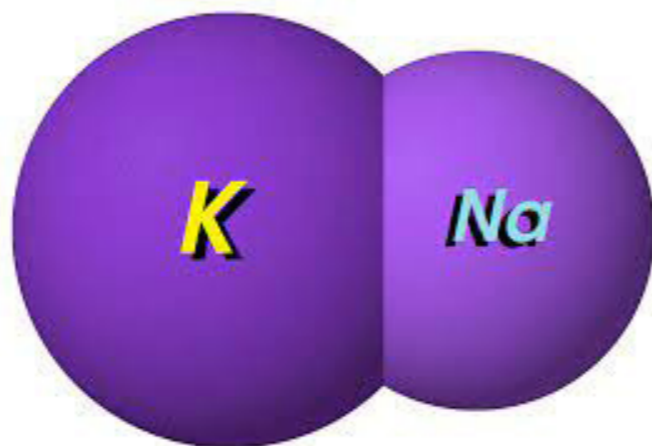
Inspecting this even more directly is brain transcriptomics. By measuring the gene expression by finding exact values of RNA transcription of different genes and examining the patterns based on the growth of the parasite, if certain genes have dramatically been up regulated or down regulated spiking in the data, we know that they are connected with their behaviour.



By mapping multiple genes we find that most of these highly active RNA transcriptions are ones of locomotion, which may justify their jerky, unpredictable motions. There are also discrepancies between gene expression during development, being a matured parasite, but also in the process of manipulation. To complicate things even further, different manipulations can happen within one life cycle, as parasites need to also hasten their progression from water to land to get to their final host in the first place.

Needless to say, there are many factors at play in parasites, but understanding them might help us understand a little more about evolution (similar gene expressions and matching mechanisms though from distinct taxonomic groups) and ultimately about ourselves.

Another mechanism for specifically water-seeking behaviour is osmolality. We see that concentrations of Na^+ and K^+ ions have increased as the worm grew and when the parasite was quite large, matured and ready to be released into its new habitat, osmolality peaked. This could perhaps give us a at least slightly plausible explanation - making the host thirst for water. This might be one of the first steps in leading towards this erratic behaviour.



Creative

The pupils of Dollar Academy have clearly jumped straight back into their creative mindsets following the start of term. Offering up a wide variety of creative pieces that cover various different topics. It's wonderful to see all year groups participating and in this edition of *The Galley*. I hope the pieces will offer an escape from everyday life.

A big thanks to everyone that used their creative abilities and got involved. As the second term approaches and life gets busier, I hope you can find some solace in these pieces.



Anna Milling-Smith
Creative Editor

Up The Close and Doon The Stairs

Anonymous

The wind whistled, a high-pitched scream that wound itself like a python around Edinburgh's Old Town. Robbie pulled his coat tight around his shaking body, the wool scratching his arms through the tears in his shirt. It was not a night to raid a grave at Greyfriars Kirkyard, the sky was clear with no fog for cover from the watchman. Unlike most nights Robbie was not to meet Burke and Hare at the tavern in the lodging house; instead, he was to go to the gates of Edinburgh's most exclusive graveyard.

As the church clock struck the eleventh hour of the night, Burke and Hare strode to the gate, a cart trailing behind Hare. Burke lent in close to Robbie, his breath reeking of cheap alcohol. "Now Robbie ya know your job don't ya, keep eye for the watchie while we sort the body", his voice full of threat and Robbie feared for his and Essie's lives if he did not obey.

They waited precisely nine minutes after the watchman strode past the looming black gates before silently entering. Greyfriars was chosen specifically for the purpose as it was close to Surgeons Square and therefore closer to Knox. Robbie kept track of the faint candlelight that circled the graveyard, ducking out of site every time it swung in his direction. He spared a glance at the body; it was an old man dressed in a fine coat of red velvet, eyes closed like he was in a dream on his journey to Heaven, as the preacher would have said.

The occasional stray cat wandered through the leaf covered pathway as the heaving of Burke and Hare finally signalled that they had lifted the body from its coffin. Robbie cast Hare's stolen gold watch up to the moonlight, lighting their way out with a subtle glow. They set off in the direction of the gates and could only hope that they were far ahead of the watchman who would surely be circling back by this time. Robbie offered to help them but was shrugged off, as he was needed to keep watch. As they passed the kirk in the centre, the doomed watchman crossed their path. The young man of no more than twenty looked far out of place in the graveyard at night. Robbie ushered a quick halt signal to the murderers behind him. Burke and Hare stopped so quickly that the body nearly fell from their grasp and a barely audible grunt spit from Hare's mouth. The trio waited silently hoping that if the watchman had heard, he would think he was just hearing things.

Soon they were trying to fit the overweight body into the cart, squashing the stomach fat to try to make room for an arm that would not slip into place. If they were caught by a soldier there would be no denying what was occurring outside of the graveyard. The family would go for the funeral only to discover that their relative had gone, vanished. The lid hardly covered the body but did well enough for the short trip to Knox's anatomy school if both Burke and Hare placed a bony hand on top.

The cart wheels threatened to break off as they were trudging through the uneven cobblestone streets, squeaking and quivering with every turn. Robbie ran ahead checking which streets were lined with soldiers and which were vacant for the time being. As they made it further into the New Town, the streets turned smooth and were lined with flowers and bushes. Oil lights shone their way through the thick curtains of houses where dinner parties filled with joy were currently happening. Robbie could scarcely remember a time when that had been his life, that type of life had been missing for over a decade now. Tears threatened to fill his eyes when he saw a woman who looked like his long-gone mother through one of the large windows.

Carriages encircled the path around Surgeons Square as they made their way, more steady now, around to the back where Knox would surely be awaiting their arrival. It was surprising to Robbie when Knox never recognised him as the boy who supposedly tried to break into his house and then murder him with a fine knife. Delight filled Knox's face when he opened the door and saw Burke and Hare. There was a discreet talk after he'd looked at the body and soon a price was settled. Robbie felt warm and giddy when he saw the sum being handed over. The money that Robbie got his share of was eleven whole pounds, with Robbie being generously gifted four of the round coins. It was a dangerous business with Burke and Hare, but when played properly, the game paid well.

The Awakening Dream

Christie Munro (Form I)

It all came down to this... The whole insignificant town was swarmed around the barriers, rampaging for a closer look. I felt awkward. As my eyes drifted around the crowded court room, I made swift eye contact with some citizens. I could feel sweat pooling inside my wig which was begging to give off the ragged stench of wet dog.

Standing, worried, in the centre of the very room was a horrendously stupid man who could do incredibly stupid things. I had seen him here before. He had the same concerned and anxious face awaiting my judgement. Pathetic that he was here again, pathetic I thought. This time my eyes were firmly fixed on his face, one wrong move I thought, and you'll be in for the wringer. The last time he was standing in the centre of this undesirable room, he was up for the most suspicious crimes of all. One which I doubt would have ever been here unless due to some rebellious person, and an innocent victim... murder!

This was just wasting my precious time, furthermore he had committed the same crime again. All the people of this town wanted him to be put in jail and sent as far away as the police could. However, I hadn't made my judgement yet.

The truth, I thought, how could I even tell? There was no way of knowing but I still made my decision. But why me? Why was I the one to decide if this stupid man was guilty or not. I can't see peoples past! Of course, I was going to prove him guilty, he deserved it. Being in court twice for the wrong reasons, a measly escape in the first trial, it's something I would consider. Suddenly, our eyes met, I shot him a look, one that told him what was going to happen. I looked deep into his eyes, transferring my thoughts to him. He looked terrified.

"The court is in session!" I exclaimed in my most booming dramatic voice, while banging my hammer. For some odd reason the jury didn't react, was it me forgetting something or them? Out of the blue the man in the centre had clearly lost his peanut sized mind and he sat down. Legs crossed and back slumped. I was shocked. "This is an important situation!" I said with a bellowing voice. I think he knew what was coming and the jury did too, that's why they didn't bother. Peculiar it worked out like this? I was about to declare him guilty, when the crowd started up again, loud chants echoed around the room. In response I started consistently thrashing my hammer against my stand.

Immediately, after the first bang they all started to move like a herd of wildebeest stampeding. "Silence!" I yelled as loud as my lungs could go. I felt small sharp pains as I yelled. Quickly, I swivelled round to face the jury, but they were gone?

Every seat was empty. It was as if no trial had gone on. All the papers were neatly placed in stacks and no quills were displayed in their golden stands. My face turned pale, and I hurled my body round to the audience which was also... gone! I darted my eyes around frantically trying to spot anyone!?

Suddenly, the main event caught my attention! The criminal was making a break for it! "Stop him!" there was no one there, "stop him!" still no one. As he fled, I noticed a tattoo on his ankle, a car? Odd. However, my awe was cut short when he slipped his hideous leather jacket on, and I woke up.

A dazzling night, the sky rich with stars, a sigh exited my mouth, and my body was filled with relief. I sat up in my bed and continued to stare blissfully out my open window. A marvellous night, I thought to myself. There was a faint whistle of the wind and a relaxing tone, owls were hooting, and the leaves displayed their dance in the gusts of the night. Until my door creaked...

A Dark Night

Eve Gunby (Form II)

Rain poured down on the dark streets of the old town, Robbie trudged through the dirt and slime, water trickling down his back. Voices drifted further and further away as people took shelter in their homes. Dispirited, hungry and cold, Robbie made his way to the bar. He desperately hoped Burke and Hare would have work for him as he had no money. He yearned to drift away into another world, sitting drinking in Hare's inn, having a good time.

Robbie arrived at the inn and peered in through the grimy windows at the people sitting in the dimly lit bar, laughing and drinking, without a care in the world. Robbie longed to join them. He pushed open the door and, seeing him, Margaret came over. "Is it Hare yer lookin' for?" she asked "Cus if ye are neither him nor Burke are around the now, been gone for hours they have." "Oh" Robbie replied. "When will they be back?" "I dinnae ken" she said.

Disheartened, Robbie went back out the door, wondering what he was going to do. He had no money and didn't feel like going home and facing Essie's disapproving glares. He decided to sit down outside the bar and hope that Burke and Hare might come past and by some miracle have work for him.

He waited a long time and was just about to get up and go home when he heard familiar Irish accents coming down the path. Sure enough, it was Burke and Hare. He jumped up when he saw them, startling them. "Who's there?!" Hare growled "It's just me, Robbie" Robbie replied. They seemed surprised to see him but also quite relieved. "What are ye doin' ere Robbie, I thought ye would be in the bar" Hare said "But never mind that now, we've got work to do, come aroun' ere".

Robbie saw the cart but it was empty and he wondered why. He soon found out. Burke started pushing the cart as Hare began walking. They walked for around ten minutes and when they reached a close, they stopped. "Now, Robbie, ye are gonna be doin some different kind o work tonight. There's an old lady on the third floor there is, an she is old an frail, not got much time left. No one will notice if she goes missin' so we are gonna... make use of her, if ye know what I'm sayin'?" "We an Burke will be dealin' with her, so we need ye to be our lookout, tis dangerous work it is, but if ye do a good job, we'll give ye double yer usual, ok?"

In his head Robbie was thinking "No, not okay" but he just nodded silently, since he knew he had no choice, he needed the money and Burke and Hare would kill him if he didn't do as they said.

They made their way up the grimy stairs to the third floor of the close. Burke went through a door, and Hare followed, after telling Robbie to keep watch, and alert them if anyone came by. The close stunk, and was covered with dirt and slime, much like Robbie's close, though not quite as bad. It was the middle of the night, and there was no noise coming from any of the rooms apart from some murmurs from the room Burke and Hare had gone into. Robbie could hear voices in the distance, shouts from

drunks and rustles from rats that were rummaging around in the rubbish at other side of the close.

Nothing much happened for a long time, or at least, what had seemed like a long time to Robbie. Then, suddenly, Robbie heard footsteps echoing ominously up the stairs, getting closer and closer...

Robbie's heart began beating faster and faster, so fast he thought it was going to explode. Robbie ran over to the door Burke and Hare had gone into, and pounded on it, Hare appeared at the door, and Robbie hissed "Someone is coming!" Hare's face fell, and he became extremely pale "Distract them, boy!" he hissed, and closed the door. The footsteps were extremely loud now, and then a face appeared at the top of the stairs, it was a man, he looked middle aged and was quite tall. He began walking towards Robbie.

"What are ye doin here laddie?" the man asked "I dinnae recognise you" "I-I'm visitin' someone sir." Robbie replied. The man grunted and made his way towards the door Burke and Hare had gone into. Robbie hurriedly said "Wait, sir, don't go in there!" "Why not? My mothers in there, and she's ill, I'm visitin' her" the man said. Robbie didn't know what to do, but then, he had an idea. "She's getting treatment sir, she fell in the night, after fetching water, and a doctor is helping her now. No one can see her but if you come back in the morning you should be able to."

The man seemed disbelieving but went on his way, he said he worked far away and so would visit her another time. Relieved, Robbie knocked on the door again and told Hare the coast was clear. Hare was relieved and said that they were done now. He told Robbie to help them with the cart down the stairs. Robbie did so, trying not to think of the dead body inside.

Hare told Robbie to go home and come back the following evening to take the body to Knox. Relieved, Robbie ran off home, incredibly grateful that it was over and hoping he would never be asked to assist them in a murder again.

Slavery

Will Carins (FI)

Slavery. A cruel, terrifying and dastardly word, that slowly and painfully ended the lives of millions of afraid and helpless people. Something the world depended on to do hard labour which in turn promoted the growth of society and shaped our world, nation and school in a way that no living being could have anticipated. The demented and old-fashioned idea of a superior and more advanced person who, with no mercy or dignity, ruled over and controlled an inferior minority has been around since the very start of human existence. A dark and shameful past has been pushed desperately under the rug until quite recently, but slavery is still a major problem in the world today. This story describes the ferocities and the experience of being a slave.

The sea was rough, with sails full of frigid Atlantic wind pulling the slave transport ship at a speed of 12 knots. There was nowhere to escape the constant thrashing waves, beating the bow of the ship, making the entire galleon shake and shudder in fear beneath our shackled feet. The groaning of the ship's timbers kept us from sleeping. We were always tired and sleepy. However, if you were found to be lazy or unresponsive then the merciless guards would inflict unthinkable levels of pain. This instilled a real sense of fear into the hearts and souls of all on board. Ahead was a vast storm-ravished sea that could sink and kill all aboard the French galleon, the Caesar. With no entertainment and poor sanitation, we were left to wonder if life could get any worse.

We realised that this would be the last trip they would ever make, the last stop. This created a solemn and depressing mood. Children could be heard crying, their mothers desperately trying to fend off the agitated guards, however there was nothing to be done. The risk of being whipped or beaten whilst trying to help them just wasn't worth it, not with all the diseases going around. After all, within a few days you could be left dead from your gaping, open wounds. Some would make the voyage from west Africa to the Americas. In that time, we were only allowed one hour of time on the water strewn decks each day. If the ship was to go down and you were in the hold, you would be sealed in and left to die.

A long week passed, and the port of Virginia was on the distant horizon. It was as if there was a glimmer of hope, the middle passage was over. Even from this great distance, all of us could hear the harbour master, shouting angrily at the top of his lungs. As we creeped closer, we started to realise the true scale of the slave trade system. All around were thousands of Africans, waiting to be distributed across America and beyond. We would spend the rest of our lives farming sugar cane on plantations, feeding the world's growing demand for this miracle powder. We were simply the sacrifice.

What we didn't know then was that we would have to wait for five days to be shipped off elsewhere and it was an arduous task to get there. The roads were rough, engulfed by silky smooth sand, so hot that if you were to even stand next to it you would burn. And it was for that reason that we were forced, ten of us into a small rusty cart pulled by tired and weary horses whose ribs were visible. Horses so skinny it was impossible not to feel sorry for them. Our captor was a bulky man with a shot gun and a quick temper. If his constant shouting didn't keep you awake, then the blistering heat did. It was normal to sweat litres in a day. During the lonely and never-ending nights you would shiver so violently that your very bones seemed as if they were wriggling from their sockets. People died. The effect of seeing your fellow countrymen being hurled to the side of the road, meant not paying our respects would be indescribable.

There was no rest for us when we found ourselves gazing upon a block of corrugated iron that would become our home. More angry men started shouting at us, shocking us back into movement. Jumbled instructions, and a barrage of threats enraged us but . This motivated us not to be defeated. We stood there unflinching, all of us, trying to stand up for what was right and human.

'So this is it' the man next to me said. 'We will live and work the rest of our days here, 'I said. 'We are worthless now!'

It is estimated that over 40 million people, more than 3 times the figure during the trans-Atlantic trade, are living in some form of modern slavery. Women and girls comprise of over 70% of the total slave count.

Crash

Anonymous

Crash...

The front of my car

Hot, opened, dead.

My memory was black

Pain deep in my legs

Dead, I am going to die

Die.

Eyes wide open at the wild sight

Flames and smoke

I screamed in silence. As for everything else

Silence...

Except the crackling of my car

My car was totalled

No repair,

As for my legs, the same

Pain.

Silence dawned as everything went dark.

The Plane

Anonymous

Sitting on the airplane

Watching a television program

Packed t-shirt, anorak, jacket

The pilot is ill, crying

Heating tea, it was warm, forming steam

Apparently I take control

Plane shakes luggage

In belly of the plane with animals

Middle of swarm

Suddenly frustration showed

As morning came

Battered scenery

Torn stretched muscles

Lower back pulled

Crying in pain, hurt

Beautiful new aches

Vicious mosquitos note

Photography and Art



Sara Amar (FVI)



Sara Amar (FVI)



Vanessa Wilson (FV)



Vanessa Wilson (FV)



Charlotte Stirling (FVI)



Charlotte Stirling (FVI)



Freya Mcinnes (FVI)



Abigail Moffat (FVI)

Advanced Higher Art



Painting by Lois Thompson (FVI)



Designed by Lois Thompson (FVI)



Working: Abigail Moffat (FVI)



Working: Anna Milling Smith (FVI)



Working: Sara Amar (FVI)



Working: Cara Parkins (FVI)

Sport

As we emerge into a new year, the advent of exams approaches for many in the school. Sport offers one of the best forms of escapism for our minds, during a period where hard work and dedication is required. Here at *The Galley* we're offering you a glimpse into that escapism that can be reached through the handful of after school-clubs and contemporary sport-related matters in the world today.

With articles detailing the Dollar Ski Club, to an insight into the controversy surrounding the Qatar World Cup, we hope that we can offer you a much needed break from the thought of exams.

Within the school, we celebrate the recent success of the girl's first hockey eleven, with a report from the captain Freya, as well as first term results from our Hockey and Rugby first teams.

We hope you enjoy and receive a new insight into the array of sport available at the school.



Jamie Anderson
Sport Editor

Dollar Academy Ski Club

Freddie Horn (Form VI)



Skiing at Dollar tailors to all, whether you want to race for the school or simply want to have a great time with friends, we have a very long and rich history in skiing dating back decades.

Dollar offers a ski club right from Prep School up to the Senior School and a racing club from Junior School onwards. Both the ski clubs and the ski tours offer skiing to people of all levels and can help take you to some of the most amazing places in the world. The ski tour has taken place every year (aside from those affected by COVID) since 1984. The trip goes to the Three Valleys in France, with this being the largest connected ski area in the world and offers around 600 km of skiing. I highly encourage you to go on the school ski tour if you get the chance, it is a brilliant opportunity to be able to go with your closest friends and is something you will surely never forget.

Like most of the skiers I know at Dollar, I started skiing at Firpark. The dry ski slope, just 10 minutes along the road in Tillicoultry. I went to the ski club in Prep School where I got all of my levels right from being a beginner. By Junior School I had started going to race training. I then did my first races for the school and have raced in every competition since.

Dollar has a fantastic community of racers at the school. We currently have five active Scottish ski team members competing for the school, as well as five skiers who have been selected to represent Scotland at the ISF World Schools Championships in Turkey later this year. All of the skiing success at Dollar could not have been possible if it wasn't for Mr MacDermot. He has been so dedicated to the ski team at Dollar. From driving us all over, always helping the race crew, braving the weather, and tolerating some ropey skiing from time to time. He has always been there to push us and get us to ski at our best

We had a very successful race at the Scottish Schools Snowsport Association Autumn Finals in Braehead this November. The S1 to S3 Team came third in their category against some really tough competition. Our S4 to S6 B team skied really well but were sadly put out before the finals and our S4 to S6 A team won the open category for the first time ever, winning every individual race we skied.

If you haven't tried skiing at Dollar please try it and come

to the Ski Club on Mondays after school. I have no doubt that many of you will love it as much as I have.



Is Qatar Fit for Football?

Finlay Beattie (Form VI)



The beautiful game. A game of elegance, commitment, drive and passion. This winter, the greatest tournament, the world cup, will return to adoring fans across the globe. Its popularity and influence are undeniable, with the 2018 World Cup Final amassing 1.12 billion viewers alone. All eyes will be on Qatar as the world's best flock compete for the title. However, with the controversy surrounding FIFA in recent years and Qatar's political compass we must ask ourselves, is football still the beautiful game?

Since being awarded the honour in 2010 of hosting the 2022 World Cup, Qatar has spent the last 12 years making sure its country is prepared to host. This has involved building seven stadiums, new hotels and mass improvements to its infrastructure such as airports, railways and roads.

FIFA and Qatar have both reported 'significant improvements' on workers' rights including a minimum wage of \$275 a month in 2017. However, seven years without a minimum wage and shocking rights for over a million workers in Qatar is not good enough.

To achieve so much in a small timeframe Qatar has recruited 1.5 million migrant workers from across the Middle East, making up 90% of the total workforce on the project according to the UK government. Qatar's employment of these workers has been a focal point in the media around the world. Human right organisations have unearthed the terrible conditions faced including unpaid salaries, forced

labour, extended hours in the sun and intimidation by superiors.

If the case for Qatar could not get worse, another headline highlighting Qatar's inadequacy points to the government's sexist views towards women. Women are still required to have permission from male guardians to marry and even take up certain government jobs. Qatar is rated 43rd on the gender inequality index, which is better than others in the region, however, should be better.

Qatar also holds homophobic laws against the LGBTQ+ community. Men can be imprisoned for up three years for having sex with another man and have been reported to be treated poorly once in prison. Qatar's attitude towards this has even affected countries currently competing in the tournament as FIFA has warned captains who wear a 'One Love' armband will receive a yellow card, suppressing any display of inclusion and opposition to discrimination from other countries.

All these factors do not bode well for Qatar, from the lack of basic human rights to treatment of workers. Why were they ever awarded the honour of hosting back in 2010?

Fingers point at FIFA, the main governing body of global football that hosts the famed world cup. Despite holding an important and what should be a prestigious role in world football, FIFA has been shrouded in corruption and controversy. It began in May 2017 when 14 of the top FIFA officials were arrested in Zurich by the United States department of justice. A further 16 officials were arrested later in 2015.

The reason: corruption charges dating back 24 years.

The charges originated from an investigation into the bidding of the 2018 and 2022 World Cups by Russia and Qatar respectively. However, it expanded to look at over 20 years of dirty dealings worth over \$200 million in kickbacks and bribes.

All of this is extremely shady. Qatar has been rumoured to bribe FIFA officials with over \$6 million to grant them hosting rights in 2010. This shows the failure of FIFA and explains how a country as ill-suited as Qatar managed to host the tournament.

An added point to make towards Qatar inadequacy to host this World Cup is their lack of football culture. They are the first country in 80 years of the tournament to be hosting the first World Cup they have entered. The only other country to do so is Italy who hosted the tournament in the second ever running of the World Cup in 1934.

Furthermore, Qatar has made history when they lost 0-2 to Ecuador by being the first ever host country to lose their opening match at their own tournament. Not only this but it is rumoured they offered eight Ecuadorian players a combined \$7.4 million to lose the game. This displays the fact Qatar is not a country which has football a passion among its population for the beautiful game. Instead, it is a ploy by high-ranking Qatari officials who have pushed

Football upon their nation in an attempt to impress the world. This is not what the World Cup or football is about.

Qatar is not the place for the World Cup, even Sepp Blatter, the president of FIFA when Qatar was awarded the world cup, says now in 2022, 'Qatar is a mistake ... the choice was bad'. Despite Blatter's reputation, on this occasion, I have to say I agree.



Coaching Cricket

Anya Wortlety (Form VI)



Cricket has been a big part of my life for 10 years. Whilst I did play for many years, I have now taken a step back from that side of the sport to be more involved as a coach. Being a coach is something everyone should experience if they have the chance as it teaches you a lot. Firstly, you learn a lot about how to work with people of all different ages and abilities. After all, coaching Primary 1's is very different from coaching women's fitness classes. When working you learn to interact with these different ages, ensuring that they get the most out of the session. For example, when coaching the younger kids, I have to be full of energy and make sure that the language used is able to be understood by them. This is very different to coaching disability cricket where you have to ensure that everything you do is able to be done by the person you are coaching.

Another skill you develop by coaching is adaptability. When coaching P1's all of the kids have different skill sets, meaning that you need to be able to change the difficulty of what you are doing to fit the skill of the person you are coaching. This is a skill that I have also had to work on as I coach women's CrickHIIT (HIIT classes with a mix of cricket skills) as there are a range of abilities in both the cricket skill and the fitness exercise. This is also a key part of coaching disability cricket. Sometimes I am coaching a 62-year-old amputee and so I have to make sure that all of the drills work within his ability, and then make those same drills fit for a 22-year-old with Down's Syndrome. Both of their disabilities require different arrangements to be made, so you really have to be able to adapt the drills to whomever you are coaching at that moment.



When coaching you also have to have leadership skills. Clearly, your session won't go very well if you don't have the attention of those you are leading. You need to be assertive, but in a way that still makes sure everyone feels safe enough to come to you if they have any problems. You have to find the perfect balance between having fun but also being listened to and respected. There also has to be a certain level of confidence, which will help gain the attention of others. When working with young kids, with often short attention spans, you need to not explain everything at once and constantly check in to know that they are aware of what they are to do. Whilst doing this, though, you also need to have enthusiasm and make sure all of the children are behaving. The kids will quite often start fighting each other if you don't watch them long enough, so you need to be on the ball. The way of delivering a lesson is very different for older people though, as you can explain things in one block, they are more likely to listen to you, they don't require constant observation and praise, and they defiantly aren't likely to start fighting. The coaching still important and challenging, you just go about it in a way that is much less hands-on than with younger children.

You need to have good organisational skills as well. You need to be on top of things, especially when you have 30 young people running around. Before your sessions you need to be able to plan out what you are doing to make sure that everything runs smoothly as you won't have the time to make things up once you get started. One way that I do this is by preparing my kit before all of the sessions. When doing my women's fitness I look at what equipment will be needed and arrive early to set everything up, so we are just ready to go. When working with the kids I like to sort the cones and the kit bag at the end of each session to make sure that the next time we open the bag things can just be set out and we know where everything is. If you can stay organised and do as much planning as you can before the lesson actually starts, then you are setting yourself up for things to go well.



First XI Hockey Report (November 2022)

Freya Livingstone (Form VI)

The first week of November saw our 1st XI Hockey team compete on four stages and demonstrate the progress we have made as one of the most powerful school teams in Scotland. During this incredibly busy week, Dollar successfully won two major multi-team tournaments – the Midland District 1st XI and the Scottish Boarding Schools tournaments, both held at Glenalmond College, alongside securing a convincing 4-0 win against St George's. These were wonderful achievements, but perhaps the highlight of that week was our hard-fought victory over Jordanhill in the first round of the Scottish Cup that went to penalties and sudden death. The season thus far has been incredibly successful, with Dollar winning a total of 11 matches, which we aim to continue to increase in the latter part of Term 1 and into Term 2. Working towards our game against the High School of Glasgow in the second round of the Scottish Cup on the 30th of November, we as a team have been working intensively after school and at lunchtimes to ensure we are at peak performance to secure ourselves a place in the semi-finals. It is a joy to play with such talented and dedicated players and I look forward to further success as the season unfolds, under the thorough and enjoyable coaching of our Director of Hockey, Ms Allan.



First Term Rugby Fixtures, First XV

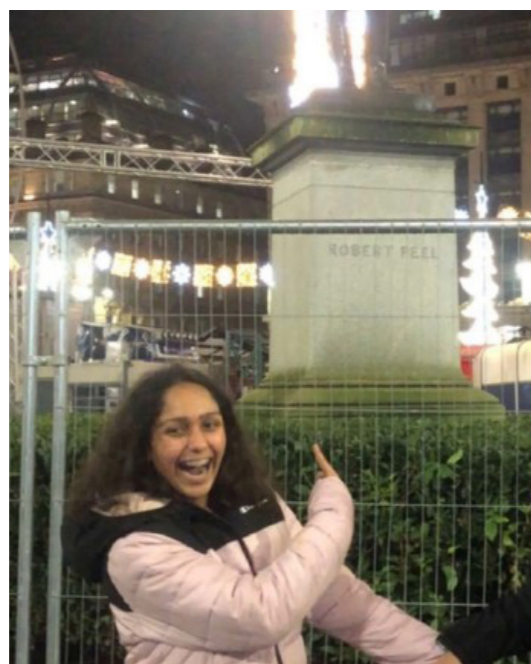
[Saturday 27 Aug 2022] Home ESMS Erskine Stewart's Melville Schools Lost 12 - 29 Friendly
 [Saturday 03 Sep 2022] Home The Edinburgh Academy Lost 0 - 17 Conference
 [Saturday 17 Sep 2022] Home George Watson's College Lost 0-29 Conference
 [Saturday 24 Sep 2022] Home ESMS Erskine Stewart's Melville Schools Lost 12- 34 Conference
 [Saturday 01 Oct 2022] Away Fettes College Won 17 - 3 Conference
 [Thursday 06 Oct 2022] Away Strathallan School Lost 10 - 28 Conference
 [Tuesday 01 Nov 2022] Away Merchiston Castle School Lost 7-50 Conference
 [Saturday 05 Nov 2022] Away High School of Dundee Won 38-39 Friendly
 [Thursday 17 Nov 2022] Away ESMS Erskine Stewart's Melville Schools Lost 12-15 National Cup - Qtr Final
 [Saturday 26 Nov 2022] Away Robert Gordon's College Won 55-0 Friendly

First Term Hockey Fixtures, First XI

[Saturday 27 Aug 2022] Home The Glasgow Academy Won 2-0 Friendly
 [Saturday 03 Sep 2022] Away Hutchesons' Grammar School Won 2-1 Friendly
 [Saturday 17 Sep 2022] Home Strathallan School Won 1-0 Friendly
 [Saturday 24 Sep 2022] Home George Watson's College Lost 0-1 Friendly
 [Saturday 01 Oct 2022] Away ESMS Erskine Stewart's Melville Schools Lost 0-2 Friendly
 [Saturday 29 Oct 2022] Away George Watson's College Won 2-1 Friendly
 [Tuesday 01 Nov 2022] Neutral Midland District 1st XI Tournament Won 2-0 Tournament
 [Thursday 03 Nov 2022] Home Jordanhill School Won 1-0 National Cup - Round 1
 [Saturday 05 Nov 2022] Home St George's School, Edinburgh Won 4-0 Friendly
 [Sunday 06 Nov 2022] Away Loretto School Won 3-0 Boarding Schools Cup Final
 [Sunday 06 Nov 2022] Away Glenalmond College Won 2-0 Boarding Schools Cup Semi Final
 [Saturday 12 Nov 2022] Away The Glasgow Academy Won 2-0 Friendly
 [Saturday 19 Nov 2022] Home The Edinburgh Academy Lost 0-1 Friendly

Entertainment

Entertainment, whether it be casual viewing of a new Netflix series or the premiere of a Coppola film, is an intrinsic part of all our lives. Some avid viewers take it a step further – taking entertainment (or in some brutally honest cases, the lack thereof) and unpicking and reviewing it diligently and, of course, candidly. In this Winter edition of *The Galley*, Anya (FVI) shares with us her trifecta of literary reviews, ranging from the poetry of Ancient Rome to the works of New York Times bestseller Emily Henry. For all those who enjoy literature, and entertainment in any form, Anya's articles are certainly a brilliant accompaniment.



Inaya Syed
Entertainment
Editor

Catullus 85

Anya Wortley (FVI)

*odi et amo. quare id faciam, fortasse requiris.
nescio, sed fieri sentio et excrucior.*

Catullus 85 is arguably one of the best pieces of literature ever written. Despite only being two lines, it holds so much, both grammatically and content wise. Catullus' love poetry allows you to see the journey he goes on through his relationship with the so-called 'Lesbia', named as an ode to Sappho, the famous poet from the Isle of Lesbos. In this poem, he is exploring his feelings of both hatred and love, which he is experiencing simultaneously. The poem begins "odi et amo", some of the most famous Latin lines ever written. This short sentence highlights these two emotions to bring emphasis to them. He begins with the active feeling of hating (odi) which he pairs with the active love he feels as well (amo). These both being in the active voice show how he is personally feeling these emotions at the time of writing. He then moves on to ask a question, with "faciam" also being active and showing how he is actively doing both of these emotions. This line finishes with the mental process verb, "requiris", which shows how confusing it is having these emotions exist together, as they cause someone to actively question how it is possible.

Moving on to the second line, the order the types of words come in is flipped and we move from the active voice to the passive voice. We go immediately back to having another mental process verb, "nescio", however it is now in the passive voice. He is unaware of what is happening, hence why he is passively not knowing how he is capable of having the conflicting emotions at the same time. Then in the middle of the line we have the passive "fieri", meaning 'to be done'. This contrasts with the active "faciam" above it, which means he is doing this. The fact this is in the passive shows that he is the victim in this situation as he is having the hating and loving being done to him, without the knowledge of why. He has been made to feel this way by someone else, it is not of his own doing. The last word in the poem is where we get the English word 'crucifixion' from. "excrucior" is a very loaded word, meaning to be tortured. This is once again in the passive and is another emotion word like "odi et amo" at the beginning. By ending with this Catullus is emphasising just how impacted he truly is by whatever action has been done (most likely Lesbia cheating) to make him feel this way. He is also once again showing his victim status and the way that the torturing is being done to him, he once again did not bring it upon himself. The chiasmus in this poem is genius and reflects the way that Catullus is feeling perfectly. For such a short poem, there is an incredible amount we can take from it.



You And Me On Vacation Review

Anya Wortley (FVI)

'You And Me On Vacation' is the second Emily Henry book I have read, and it is definitely well worth the 4 stars it currently has on Good Reads. The book explores the friendship of Poppy Wright and Alex Neilson as they take one holiday together every summer. They first meet on the first day of freshers week at their university, only to decide that they probably would not be friends as they are two very different people. However, when Poppy's roommate unknowingly suggests that they carpool back to Ohio together, they have to endure the long journey home with one another. They are very opposite, with Poppy being outgoing, carefree, and loving just about everything and Alex being more introverted, very orderly, and very particular in his taste. By the end of the car journey though, they have become friends and so decide to spend time together over the summer. This then grows to them spending all of their time together when they are back at university, studying together and just hanging out. They go on their first proper holiday together, Alex's first time on an aeroplane, and have so much fun together that they make a pact to go on holiday together once a year, every year.

These holidays go well for a long time, until they stop one year. As the reader, you don't know exactly why this break happened until quite late on in the book, although the reason is hinted at more and more as you progress. The format shifts between the current day, where Poppy messages Alex to try and get them to go on one more holiday as an attempt to reconcile the friendship, and past holidays. You get to see the ins and outs of the previous holidays they have gone on together and the contrast with the present where they are not even talking. Eventually they begin to text, and it just so happens Alex's brother is getting married in Palm Springs, giving Poppy and Alex a reason to go on holiday together once more. Whilst the book primarily focuses on the relationship between the two, there is also a further story line about Poppy's life and the way it is going. After dropping out of university, she became a travel blogger which landed her a job writing for a travel magazine. This sustained her for a long time, but she is now feeling burnt out, and so uses this reconciliation holiday with Alex as an excuse to take a break from all of the expensive travelling for work and writing of articles.

Poppy and Alex have an awkward time on this holiday together originally as everything seems to be going south. The apartment they are staying at is way too warm and has no air conditioning. The car they have rented is not the best and doesn't work properly. There is only one proper bed, meaning one has to sleep on a pull-out couch. Poppy soon realises the amount of time that has actually passed between the two of them as she becomes aware of how much she has missed in Alex's life, such as him buying a house or his cat dying. This feeling of loss is only made stronger when Alex has a back spasm after sleeping on the couch, a new thing that has started in his life that she was

previously unaware of. These changes create a distance between the two that is then overcome.

Eventually, the nature of Poppy and Alex's friendship begins to change. They realise that whilst they have been adamant they are just friends, the feelings they hold for one another run deeper than this. The love they share for one another goes deeper than a platonic level and when they show up to the bachelor party for Alex's brother's wedding, that is when they finally announce this new relationship. We also find out that their feelings for one another is what broke the friendship in the first place, as each participant worried that the feelings were not reciprocated. With Alex and Poppy being together, you finally think that everything is going their way. That is until they go to the airport and Poppy tells Alex everything going on with her work life as well. This causes Alex hurt, and it means that he leaves Poppy to figure out where her head is at in life. This then allows for resolution as Poppy works through the problems she was experiencing at work, Alex works through his, and they end up trying a relationship together to see whether they would rather live in Ohio, at Alex's current house, or in New York, at Poppy's current apartment. In the end everything is resolved, and their relationship is just starting out as there is a feeling of hope in the future.

Despite loving this book, I think that the ending felt very rushed. There was a lot of background information and characterisation at the start, that was good, but when compared with the amount of time spent on the end, makes the ending seem very forced. The whole book is set up to make you feel that there will be a marriage and kids at the end, and yet this does not end up happening. Whilst I do feel that the ending could have been stronger, this did not take away from the overall experience of reading the book. The level of detail in the stories was great and the characters of both Poppy and Alex, as well as the background characters, were all really lovable. This story and characters, mixed with Emily Henry's fantastic way of writing, made the book a really enjoyable read that I would recommend to anyone.



Never Let Me Go Review

Anya Wortley (FVI)

'Never Let Me Go' by Kazuo Ishiguro is one of the best books I have read. It is truly great, and I finished it within 3 days. This review will be brief as it is best to go in with as little knowledge on what happens as possible. Just trust me, reading it is worth it. The book follows the character of Kathy as she lives in this dystopian world. It begins with her childhood as she recalls memories from her past and thinks back to how there were so many clues pointing towards what she would eventually discover all throughout. With the benefit of hindsight, she is able to read into conversations she had and situations she was in much more than she was ever able to at the time they occurred. She then goes to telling the stories of once she was slightly more grown up, focusing on how she sees the world in a different light. When she moves on to talking about the present day, we fully see the type of world she is living in. It is better to not know too much about what kind of world this is before reading it, but it is one that was very fascinating to read about. The narrator, Kathy, can appear slightly annoying at times, but you also sympathise with her situation and the situation of those around her. I particularly sympathise with the adult version of Ruth during her and Kathy's conversations with one another. The ending was great, and I was hooked all throughout reading it. It is such a worthwhile read and I highly recommend everyone to give it a go! Ishiguro's writing is not for everyone, but if it is for you, then you will absolutely love this book. And if you don't know whether or not his writing is for you yet, then give this book a read to find out.

