

#GESTATION

Virtual Green Space

There is extensive research on the positive impacts of green space exposure on health and well-being.



Pregnant women, exposed to a green space environment in virtual reality, experienced decreases in blood pressure and improvements in mental health and well-being, according to a new study. Even short exposure to a virtual green space environment showed physiological and affective stress reduction among pregnant women," says Jun Wu, professor of Environmental and Occupational Health in the University of California, Irvine's Program in Public Health.

"It's not the same as the real world, but this study helps inform city planners, who are creating urban spaces. It proves the importance of green space to the well-being and mental health of the population living in those spaces."

There is extensive research on the positive impacts of green space exposure on health and well-being, including reduced risk of mortality, cardiovascular disease, and Type 2 diabetes, improved pregnancy outcomes such as decreased risk of low birth weight and preterm birth, and enhanced mental health.

However, exploration of the link between physiological mechanisms and green space among special populations, like pregnant women, has been lacking. For the study, researchers recruited 63 healthy pregnant women from Beijing to participate in the double-blind, randomized



In the quiet predawn hours of April 15, 1912, the RMS Titanic met its icy fate. Its tragic sinking became a symbol of human hubris and the fragility of life. But what if that ill-fated night had played out differently? What if the Titanic had evaded the iceberg, sailing triumphantly into New York Harbor, days later? In this alternate universe, the story of the Titanic takes on a vastly different hue, one of triumph, lives saved, and futures forever altered.



What If the Titanic Had Never Sunk?



Shailaza Singh
Published Author,
Poet and a YouTuber

Imagine New York City in the spring of 1912! The Titanic, hailed as the greatest ship ever built, glides into Pier 59 under a brilliant morning sun. Its hull gleams, its decks are alive with waving passengers, and its iconic name becomes synonymous not with tragedy but with achievement.

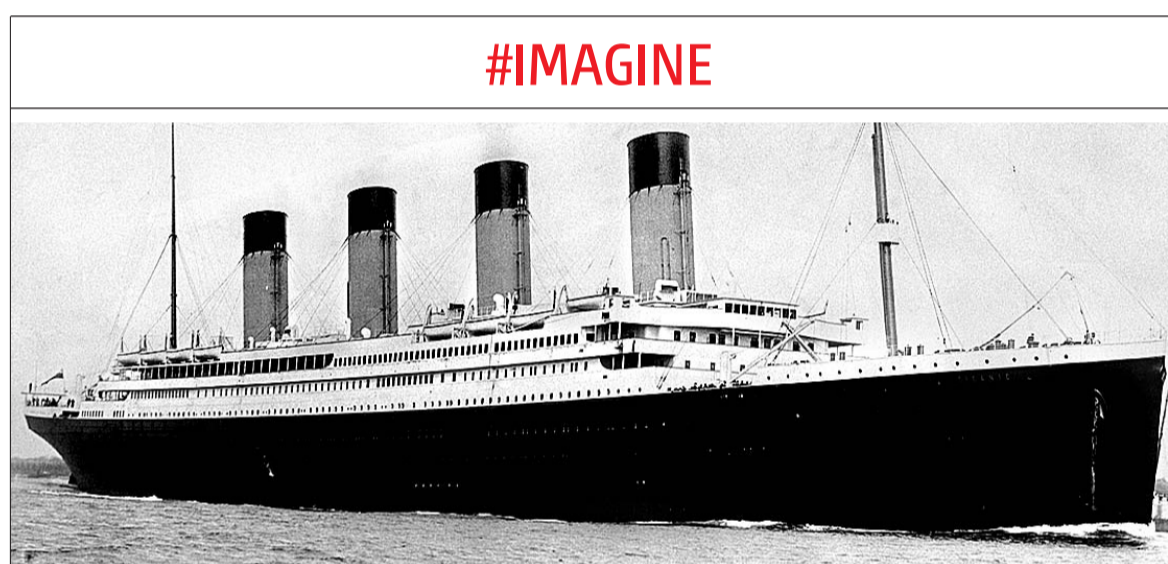
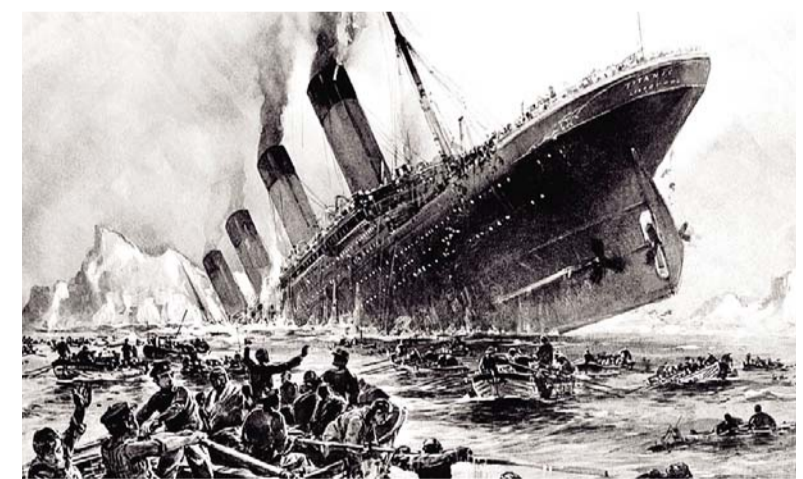
On the promenade deck, John Jacob Astor IV, one of the wealthiest men in America, stands proudly beside his pregnant wife, Madeleine. The pair, admired by all, step onto American soil to a flurry of camera flashes and cheers. In this version of history, Astor lives to see the birth of his son, becoming a guiding influence in his life and continuing his innovative pursuits. "The Titanic was supposed to be a new beginning for us," Madeleine might have said, marvelling at the start of a brighter future.

In steergae, families like the Sages, a hardworking clan of eleven, experience a profound

moment of hope. The reunion at the docks is heartwarming, hugs, tears, and laughter as they embrace relatives waiting for them in the land of opportunity. Their survival sparks stories passed down through generations, of a fateful voyage, that brought them to a new beginning.

Heroes of the Ship
The Titanic's crew, hailed as stewards of safety and luxury, would have basked in well-earned praise. Captain Edward Smith, set to retire after this maiden voyage, would have gone out not as a tragic figure but as a celebrated mariner. Imagine his farewell dinner, crew members raising glasses in his honour, recounting his steady leadership.

Charles Joughin, the ship's head baker, known for his humour, could have regaled future passengers with tales of baking bread for 2,900 people while navigating the Atlantic. "We kept the ovens hot through the coldest nights," he might have quipped, adding warmth to an already legendary ship. Wallace Hartley and his band, whose melodies famously calmed passengers during the real disaster, would have played triumphant tunes as the Titanic docked. Their music, once a somber requiem, becomes a symbol of unyielding spirit. Perhaps their band, 'The Unsinkable Melodians,' would have gone on to captivate audiences worldwide, their fame cemented by their voyage on the Titanic.



The Ripple Effects

The Titanic's survival would have sent ripples across history. The maritime industry, lacking the urgent lessons born of the tragedy, might have taken longer to adopt stricter safety measures like lifeboat drills, watertight compartments, and iceberg patrols. Another disaster, perhaps even more devastating, could have been the catalyst for change.

Social reform, too, might have evolved at a slower pace. The Titanic's sinking laid bare the inequities of the time, where class dictated survival. Without this glaring example,

the call for equality in safety, opportunity, and representation might have faced greater resistance. Yet, Titanic's continued voyages might have created opportunities for countless others. Immigrants, artisans, and adventurers aboard future crossings could have written stories of hope and discovery, boarding the ship of dreams to pursue their aspirations. The Titanic might have become a symbol not just of luxury, but of the boundless possibilities that awaited those who dared to dream.

Legends That Could Have Been

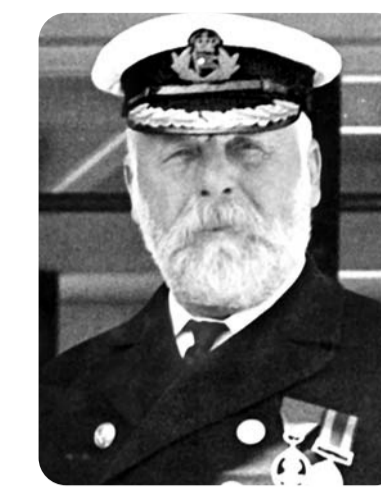
Among the Titanic's passengers were stories brimming with potential. Eva Hart, who, in reality, survived the sinking but lost her father, might have disembarked with her family intact. As an adult, she could have shared tales of the ship's opulence and adventure instead of its tragedy. Jack Thayer, the spirited 17-year-old from first class, might have channelled his youthful exuberance into recounting the grandeur of the Titanic, the glittering chandeliers, the camaraderie on deck, and the

stories that intertwined across classes. Perhaps, he would have become a celebrated author, with his book, *A Voyage on the Titanic*, becoming a bestseller. Even the Navratil brothers, Michel and Edmond, whose father sacrificed himself to save them, might have walked off the ship hand-in-hand with their father. In this alternate history, their story becomes one of a family reunited, not one torn apart. Imagine them growing up together, sharing a bond forged on a voyage, that became a cornerstone of family lore.

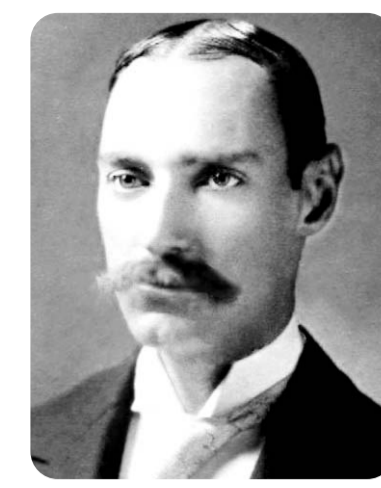


International Brainteaser Month

Everyone loves a good riddle. Brain teasers are an excellent way to keep our minds sharp and focused. Many teachers have their students practice them in class, but have you done many as an adult? People often talk about physical stimulation and keeping your body healthy, but where's the brain gym to help keep your wits sharp? Most people don't realize that engaging in mental stimulation is just as important as keeping your body in shape, but that's what International Brainteaser Month hopes to change! Engage in puzzles that tickle your mind.



Edward J. Smith



John Jacob Astor IV

A Ship That Lived On

Had the Titanic survived, it might have gone on to ferry countless passengers across the Atlantic. Perhaps, in its later years, it would have been retired and turned into a floating museum, preserving its legacy as a marvel of engineering. Imagine school children walking its decks decades later, marvelling at its grandeur and learning about its history, not as a tragedy, but as a triumph. The Titanic might even have inspired advancements in luxury travel. New ships, learning from its design, could have aimed higher, sparking a golden age of transatlantic voyages where opulence and safety went hand-in-hand. In such a world, the Titanic's survival would have reshaped our understanding of progress. It might have become a symbol of resilience, inspiring not just engineers, but storytellers, artists, and dreamers.

Cultural Shifts

The arts, too, would have taken a different direction. Without its tragic end, the Titanic might not have inspired countless books, songs, and films. James Cameron's 1997 blockbuster might have been a tale of adventure and romance without heartbreak, a story of triumph on the high seas. But would the Titanic's legend have been as enduring without its tragedy? Its name, synonymous with human ambition and

hubris, might have become simply that of a successful ship, overshadowed by newer marvels. Even so, the Titanic's legacy in this alternate history would have been one of inspirations. Its decks might have been graced by poets and painters, capturing the ship's beauty and spirit. Its survival would have given us a narrative of hope and resilience, a reminder that not all ambitions end in failure.

Nostalgia for What Could Have Been

Even today, in this reimagined history, people look back on the Titanic's maiden voyage with wonder. Veterans of the ship recount their memories with a pride, their voices filled with nostalgia rather than sorrow. Eva Hart might say, "The Titanic wasn't just a ship, it was a community,

a dream on the waves." Jack Thayer might reflect, "The friendships, that I made on that voyage, lasted a lifetime. It was more than a journey, it was the beginning of a story." These memories, filled with joy and free of heartbreak, would have painted the Titanic as a symbol of hope and ambition, not loss.

A Bittersweet Question

What if the Titanic had never sunk? It's a question that stirs both comfort and longing. Comfort in imagining the lives saved and the dreams fulfilled, yet longing for the lessons learned from its loss. The Titanic's legacy, real or reimagined, remains a powerful reminder of humanity's ability to dream, to strive, and to endure. In this alternate world, the Titanic is not just a ship, it is a beacon of resilience and hope. Its story reminds us that, in any timeline, the human spirit is

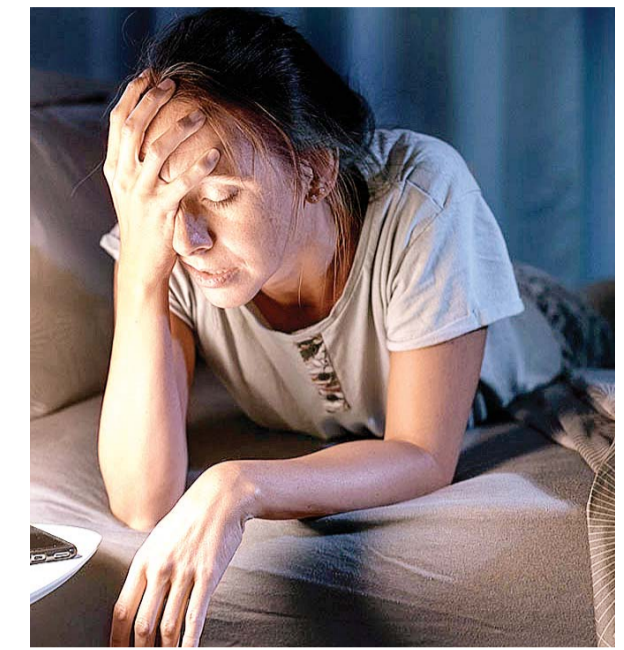
unsinkable. In this imagined reality, the Titanic serves not as a grave in the deep, but as a triumph riding the waves. It carried not just passengers but their ambitions, joys, and stories, woven into the fabric of humanity. It reminds us that dreams, even when fleeting, have the power to inspire across centuries. And in an alternate timeline, it is remembered not for what was lost, but for everything it achieved.

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#MENTAL HEALTH

Why is Anxiety Worse at Night?



Why is night-time often anxiety o'clock? Here's what to know.

It's all too common to spiral into worry and rumination once the sun goes down. Research has long suggested that, for many people, anxiety symptoms spike and mental health, otherwise, suffers at night. Risks of suicidal behaviour and substance misuse also rise after dark, and people's mood plummets from roughly 1 A.M. to 4 A.M. General anxiety peaks at various times throughout the day, around 8 A.M., 4 P.M., and 1 A.M., but the racing thoughts, that plague many anxiety sufferers, are at their worst in the evening.



Will you actually 'Feel Better' in the Morning?

You've probably heard the advice to get a good night's sleep when you're worried or upset, because everything will feel better in the morning. There actually seems to be some truth to that adage, research suggests. Anxiety and sleep are closely linked. Anxious people tend not to sleep well, and poor sleep may also predict future anxiety, as researchers, including Cox, have demonstrated. Conversely, getting a good night's rest often seems to ease anxiety and take the edge off negative memories, studies suggest. "Sleep is medicine," Strawn says, which makes good sleep habits crucial, especially for people who struggle with anxiety. In addition to the classic advice, like sleeping in a cool, dark, and quiet room, limiting caffeine intake, seeing bright light early in the day but limiting it at night, and establishing a consistent bedtime routine, Brown says it's important to wait until you're actually tired to get in bed. People often go to bed abnormally early when they want to get a good night's sleep, but that can backfire. "That's actually a known, ineffective strategy that tends to make insomnia worse and anxiety about sleep a lot worse," she says. It gives you plenty of time to lie awake, stressing about the fact that you should be sleeping. "And be careful about self-medicating to get to sleep," Brown says. Substances, including alcohol and marijuana, sometimes make it easier to fall asleep initially, but may lead to poorer sleep quality overall.

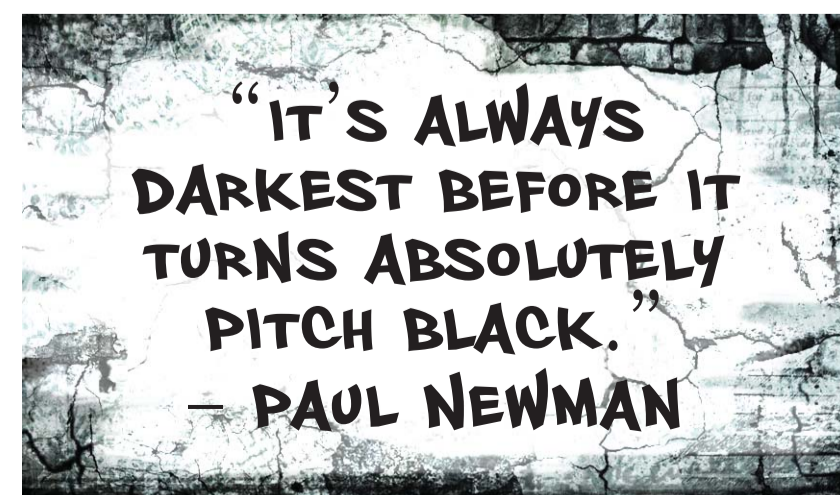
What to do about Night-time Anxiety?

Prevention is often the best medicine, as Brown says. She recommends setting aside 10 minutes during your day (well before bedtime) to have structured 'worry time,' a practice supported by research. Set a timer and use those entire 10 minutes to run through everything that's nagging at you, writing down notes or to-do's, if you find it helpful.

It's also important to get out of bed if you find yourself spiraling into anxiety, as Strawn says, otherwise, you may begin to subconsciously associate your bed with worry and wakefulness. "If folks aren't able to fall asleep in about 15 minutes, I want them to get out of bed," he says. Get up and do something that isn't cognitively stimulating like reading your dishwasher's manual, he suggests. "It can also be helpful to do a meditation or breathing exercise that brings down physiological stress levels," Cox says.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman