



Celebrating the World Beneath the Waves

International Scuba Day honours the adventurous spirit of scuba diving and the beauty of the underwater world. It brings together divers, ocean lovers, and conservationists to raise awareness about marine ecosystems and promote ocean protection. From exploring coral reefs to discovering historic shipwrecks, scuba diving opens a gateway to a fascinating underwater realm. This day also pays tribute to the pioneers of scuba diving and encourages responsible diving practices. Whether you're a seasoned diver or a curious beginner, International Scuba Day is the perfect time to dive in and celebrate our oceans' wonders.

#LIFE MARIJUANA TO HELP GRANDMA, GRANDPA

Have you ever thought about giving your grandparent a little pain relief, along with that Hallmark card?



Medical marijuana may bring relief to older people who have symptoms like pain, sleep disorders or anxiety due to chronic conditions including amyotrophic lateral sclerosis, Parkinson's disease, neuropathy, spinal cord damage and multiple sclerosis, according to a preliminary study released that was presented at the American Academy of Neurology's 71st Annual Meeting in Philadelphia, May 4 to 10, 2019.

The study not only found that medical marijuana may be safe and effective; it also found that one-third of participants reduced their use of opioids.

However, the study was retrospective and relied on participants reporting whether they experienced symptom relief, so, it is possible that the placebo effect may have played a role. Additional randomized, placebo-controlled studies are needed.

According to the Centers for Disease Control and Prevention, approximately 80 per cent of older adults have at least one chronic health condition. "With legalization in many states, medical marijuana has become a popular treatment option among people with chronic diseases and disorders, yet there is limited research, especially in older people," said study author Laszlo Mechtler, MD, of Dent Neurologic Institute in Buffalo, N.Y., and a Fellow of the American Academy of Neurology. "Our findings are promising and can help fuel further research into medical marijuana as an additional option for this group of people who often have chronic conditions." The study involved 204 people with an

average age of 81 who were enrolled in New York State's Medical Marijuana Program. Participants took various ratios of tetrahydrocannabinol (THC) to cannabidiol (CBD), the main active chemicals in medical marijuana, for an average of four months and had regular checkups. The medical marijuana was taken by mouth as a liquid extract in tincture, capsule or in an electronic vaporizer.

Initially, 34 per cent of participants had side effects from the medical marijuana. After an adjustment in dosage, only 21 per cent reported side effects. The most common side effects were sleepiness in 13 per cent of patients, balance problems in 7 per cent and gastrointestinal disturbances in 7 per cent. Three percent of the participants stopped taking the medical marijuana due to side effects. Researchers said that a ratio of one-to-one THC to CBD was the most common ratio among people who reported no side effects.

Researchers found that 69 per cent of participants experienced some symptom relief. Of those, the most common conditions that improved were pain with 49 per cent experiencing relief, sleep symptoms with 18 per cent experiencing relief, neuropathy improving in 15 per cent and anxiety improving in 10 per cent.

Opioid pain medication was reduced in 32 per cent of participants. "Our findings show that medical marijuana is well-tolerated in people, aged 75 and older, and may improve symptoms like chronic pain and anxiety," said Mechtler. "Future research should focus on symptoms like sleepiness and balance problems, as well as efficacy and optimal dosing."

Russia Is Looking The Other Way On Trump's Nuclear Move



Here's Trump's own explanation from his interview with Newsmax: "Medvedev said some things that are very bad, talking about nuclear. When you mention the word 'nuclear,' my eyes light up and I say we better be careful, because it's the ultimate threat." But Medvedev has long been accused of nuclear sabre-rattling via social media. It's nothing new. What is clear is that Trump took the recent Medvedev posts very personally, and reacted accordingly.



● Kshema Jatuhkarna

The unfolding events of the past year and the crescendo of the current crisis between U.S. and Russia have been widely interpreted as a classic case of coercive diplomacy.

Trump had been sparring with Medvedev on social media for several days. But could this be the first time in history a social media spat triggers nuclear escalation? President Donald Trump took offence to the posts by former Russian President Dmitry Medvedev, says he's ordered two nuclear submarines to move closer to Russia.

So, how will Moscow respond? Are we on a path to a nuclear standoff between America and Russia? An internet-age version of the 1962 Cuban Missile Crisis? We can doubt it, judging by initial reaction in Russia.

Russian news outlets have been rather dismissive of Trump's announcement. The Moskovsky Komsomolets newspaper, a military commentator, concluded that Trump was "throwing a temper tantrum." A retired lieutenant general told Kommersant that the US president's talk of submarines was "meaningless blather. It's how he gets his kicks."

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"I'm sure Trump didn't really give any orders (about submarines)," a Russian security expert suggested to the same paper. Kommersant also mentions that in 2017 too, Trump had said that he'd despatched two nuclear submarines to the Korean peninsula as a warning to North Korea.

Yet not long after, Trump held a meeting with North Korean leader Kim Jong Un. So, bizarrely, might Donald Trump's latest submarine deployment be a precursor to a US-Russia summit?



After dashing on social media, Kim Jong Un and Trump have met on several occasions.

#SOCIAL MEDIA POLITICKING



Former Russian President Dmitry Medvedev has sparred with Donald Trump.

We can put that aside and shouldn't go that far. But the reaction from the Russian authorities has been interesting. At the time of writing this piece, there hasn't been any. Not from the Kremlin. Not from the Russian foreign ministry. Nor the defence ministry.

And we've seen no announcement about Russian nuclear submarines being positioned closer to America.

This suggests that either Moscow is still studying the situation and working out what to do, or that Moscow doesn't feel the need to react. The Russian press reaction, I mentioned earlier, suggests that it's the latter.

It would be thought that the recent deployment of a nuclear-powered warship by Russia to Cuba has reignited tensions between Russia and the United States, reminiscent of the Cold War era. The longstanding rivalry between

Russia and the United States has once again come to the forefront with the recent escalation of tensions in Cuba. Understanding the implications of this standoff is crucial not only for the parties directly involved but also for the broader international community, including India.

**Historical Context**

Cuba has been a focal point of geopolitical tensions since the Cuban Missile Crisis of 1962, when the world stood on the brink of nuclear war. The presence of Soviet missiles in Cuba prompted a tense standoff between the US and the USSR, ultimately leading to a diplomatic resolution but leaving a lasting impact on global politics. For instance, Cuba's military assistance to Angola in its fight against apartheid South Africa in the 1970s and 1980s showcased its influence beyond the Caribbean. More recent

When he was Russia's president, between 2008 and 2012, Medvedev was seen as a relatively liberal figure. "Freedom is better than no freedom," he was famously quoted as saying. But he has grown increasingly hawkish. Since Russia's full-scale invasion of Ukraine, he has gained a reputation for bombastic, anti-Western social media posts. Most of them have passed unnoticed, since he is not viewed as the voice of the Kremlin.

the automatic nuclear retaliation system developed in the Soviet Union. Clearly that did not go down well with the White House chief.

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North Korean leader Kim Jong Un met President Vladimir Putin.

Suddenly, he has been noticed by the President of the United States. And not just noticed. He's got right under Trump's skin. It's one thing to dislike a social media post. We've all been there. But to dislike it so much that you deploy nuclear submarines feels like overkill.

**So, why has Trump done it?**

Here's Trump's own explanation from his interview with Newsmax: "Medvedev said some things that are very bad, talking about nuclear. When you mention the word 'nuclear,' my eyes light up and I say we better be careful, because it's the ultimate threat."

But Medvedev has long been accused of nuclear sabre-rattling via social media. It's nothing new. What is clear is that Trump took the recent Medvedev posts very personally, and reacted accordingly.

Might there also be a strategy at play? Unpredictability feels like a big part of Trump's way of doing things, in business and in politics, taking unexpected decisions that can put rivals and opponents off balance before talks or during a negotiation.

On ending the war in Ukraine, for example. Surprise submarine deployments may well fall into that category.

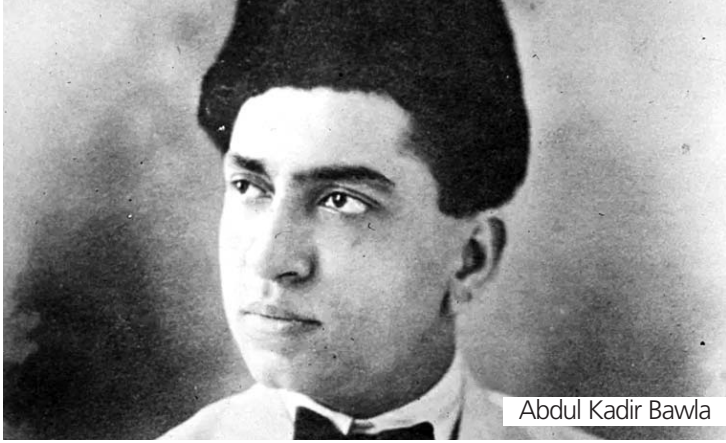
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#CRIME

A Sensational Murder

The Bombay Carriage Murder of 1925: A Crime That Shook Colonial India and Toppled a King

On the evening of January 12, 1925, a horrifying attack took place in one of Bombay's most upscale neighbourhoods. A young couple travelling by car was brutally assaulted, the man was shot dead, and the woman's face was viciously slashed. This violent act did not just shock the city but sent ripples far beyond India's shores, drawing international attention and sparking one of the most sensational criminal investigations of British colonial India.

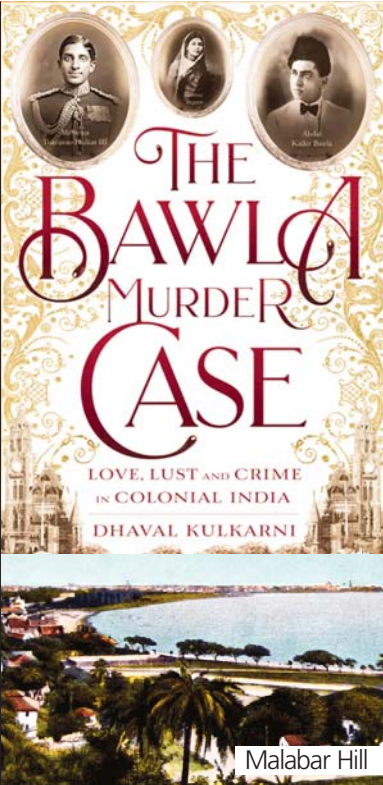


Abdul Kadir Bawla

The Victims: Abdul Kadir Bawla and Mumtaz

The slain man was Abdul Kadir Bawla, just 25 years old but already an influential figure in Bombay's thriving textile industry. More remarkably, Bawla was the city's youngest municipal official, a position that gave him both prestige and political sway in a colonial environment where Indians had limited power. His companion, Mumtaz

Begum, 22, was no ordinary woman. She was a courtesan, a performer and companion of high social status within certain circles, who had fled from the confines of a princely state's harem. She had been living under Bawla's protection for several months, which already made their association a matter of whispered scandal in conservative society.



Malabar Hill

A Crime That Captivated a Nation

News of the attack spread like wildfire. Newspapers and magazines described the case as 'perhaps, the most sensational crime committed in British India,' and it soon became 'the talk of the city'. The gruesome details and the high-profile nature of the victims caught the imagination

tion of a public hungry for stories of intrigue and drama amidst the backdrop of a colonial society struggling with its identity. What made the case even more compelling was the complexity of the investigation and the far-reaching consequences it would have on political and royal circles.



Mumtaz Begum



Tukojirao Shivajirao Holkar

A King's Abdication: The Fallout

The scandal shook the foundations of colonial rule in India. British authorities found themselves in a diplomatic dilemma, how to handle the involvement of a princely state's royal family in what was essentially a criminal conspiracy? Pressure mounted on the Indian king implicated in the plot, forcing him to abdicate his throne, a rare and dramatic outcome that underscored the gravity of the situation.

This incident not only spotlighted the brutal realities behind the glamorous facade of royal harems and elite business circles but also revealed the limits of British control and the complicated loyalties of the time.

The Investigation and Trial

The colonial police forces were under intense pressure to solve the crime quickly. The brutality of the attack, combined with the social standing of Bawla, meant the authorities had to tread carefully. Over the course of the investigation, it emerged that the murder was not a simple crime of passion or robbery, it was tangled with political intrigue, royal vendettas,

and power struggles. The trial became a court drama that exposed many hidden truths about relationships between British authorities, Indian business elites, and princely states. It was revealed that Mumtaz Begum's flight from the harem and association with Bawla had upset powerful figures in the princely state's royal family, leading to a conspiracy to silence them.

Legacy of the Case

The 1925 Bombay carriage murder remains one of colonial India's most talked-about crimes. It highlighted the intersections of gender, power, politics, and colonialism, offering a snapshot of a society in transition. The story of Abdul Kadir Bawla and Mumtaz Begum continues to fascinate historians and serves as a poignant reminder of the many untold dramas that played out under the surface of India's struggle for independence.

THE WALL

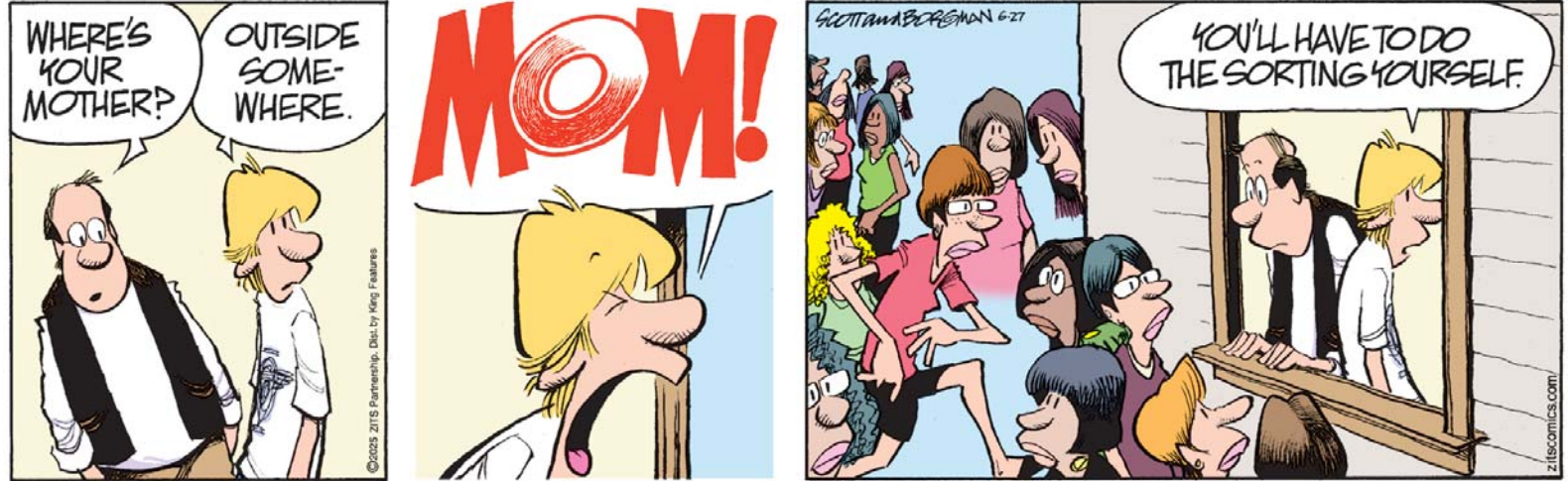


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

