

FRESHERS SPECIAL EDITION
SEPTEMBER 2019

THE VOICE OF BARTS AND THE LONDON
A QMSU AFFILIATED MEDIA OUTLET



CIRCADIAN



THE FRESHERS EDITION

**WHAT IS CIRCADIAN
MAGAZINE?**

Editorial, page 3

**10 TIPS TO THRIVE IN
YOUR FIRST SEMESTER**

page 14

**HELP SQUAD? MORE
LIKE UN-HELP SQUAD**

page 16

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INSIDE



- 4 *Our Team*
- 5 *Guide to Anatomy Practicals*
- 6 *The USA's Opioid Crisis Explained*
- 6 *10th Anniversary of the Centre of The Cell*
- 7 *Artificial Intelligence and The Future of Healthcare*
- 8 *Cooking with Beets and The London*
- 8 *Food for Thought*
- 9 *Blizard Institute: Ever Thought of Research?*
- 10 *Sustain@BL Living*
- 11 *Eco-Anxiety*
- 12 *QMSU Exec Call Upon Students to Register to Vote*
- 12 *Your Guide to Sports at BL*
- 13 *A Torturous & Torturous Time*
- 14 *LDN: Our Guide To Art & Culture in the Capital*
- 14 *10 Tips to Survive & Thrive in your First Semester*
- 15 *A Look Back*
- 16 *Bants & The London*



EDITORIAL

Welcome to Circadian, the official student-led magazine within Barts and The London School of Medicine and Dentistry.

We aim to cover a wide range of topics from academic medicine to everyday walks of life within Barts and The London. We hope that students at BL will use Circadian as a forum to share interesting experiences or research that they are involved in, as well as to develop their writing and interviewing skills.

Over time, we also hope this will become a platform for BL societies, sports clubs and

volunteering groups to use to advertise social and academic events.

We are privileged to be part of the fantastic community at Barts and The London and we strongly hope that you will agree with us that this magazine will be a valuable addition.

Circadian was created with these aims in mind:

1. To be a true reflection of the student community; a magazine run by students for students at BL.
2. To act as a platform for

students to share ideas and news that stimulate awareness and discussion.

3. To facilitate links between staffs and students to open up further opportunities and strengthen the BL community.

It is therefore with great excitement and trepidation that we present this little taster of what we hope Circadian will go on to become. We hope you enjoy!

ZACHARY BRIGDEN, HARRIS NAGESWARAN & THOMAS YAU
EDITORS-IN-CHIEF



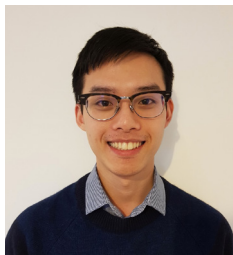
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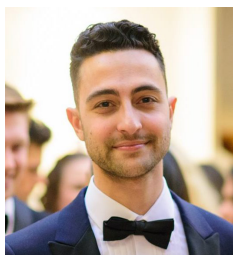
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WANT TO GET INVOLVED?

We're always looking for people who want to write about the latest developments in healthcare, student life or just anything that matters to them!

If you have an idea for an article, don't hesitate to contact any of the people above and we'll do our best to get it published! If you have any questions or want to send in an article, you can contact us by emailing circadian@bartslondon.com.

3410

students based at
Barts and The London
comprised of 2,235 undergraduate students
and 1,175 postgraduate students

54

Freshers Events
across GMSU including 10 Griff
Inn events, 4 GEP-specific events, 2
theatre trips, 2 external club nights,
1 Toga Party, and 1 Boat Ball - all
within a period of 20 days!

55

SOCIETIES

comprised of 28 academic
focused, 4 arts & performing,
5 campaigning, 10 cultural &
faith, and 8 social &
recreational societies

1281

MILES

BETWEEN THE GARROD
BUILDING AND THE NEW
ANATOMY CENTRE IN
GOZO, MALTA

9

VOLUNTEERING GROUPS

2

student media
outlets, *The
Dental Mirror
& Circadian*

357

years of teaching at
Barts and The London,
although teaching is widely accepted to have occurred since the
founding of the hospital in 1123, which makes it one of the oldest
teaching institutions in the country, and the world!

19

SPORTS CLUBS

OF WHICH 12 ARE MIXED, 4 ARE
MALE AND 3 ARE FEMALE

N
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M
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S

ALL DATA IS TAKEN
FROM THE 2018/19
ACADEMIC YEAR OR
THE LATEST AVAILABLE
DATA, WHICHEVER IS
MORE RECENT

GUIDE TO ANATOMY PRACTICALS

by Zachary Brigden, Research Editor

The life of a medical student is unique for many reasons. Patients will open up to you about personal problems, you are trusted with confidential information and you are a source of comfort to those struggling. It is these privileges that motivate so many of us through the challenging 5 years. Another privilege that we as medics receive is the opportunity to learn from donated bodies. Whether by prosections or dissections, the teaching method can be a key factor in deciding where to study. So what exactly can you expect from the anatomy teaching at Barts and how do you get the most out of it?

In the same way that you may have exaggerated your best feature to sell yourself to medical schools, they were using the same tactic to sell themselves to you. Although Barts do teach anatomy by dissection, there is some small print you need to be aware of. The dissections are SSCs (student selected components), this means that not all of you will be able to do dissection. Last year there were 240 spaces

on the dissection SSCs and with the cohort numbering around 300, to guarantee a place you need to act quickly.

So if dissection is just an SSC then how is anatomy usually taught? Well this is via the fortnightly anatomy practicals which use a combination of prosections, diagrams and imaging techniques to present the specific area covered during that session. You are given a booklet and are expected to rotate around the stations, interacting with the objects on that station to fill in the booklet. Therefore, the teaching is very self-directed. The information is available but it's your job to work out the best way to get that information into your head. There are demonstrators around to answer any questions and give you demonstrations but it's up to you to ask them. So that's what to expect, but how do you get the most out of it?

This has to be a personal decision. We all learn differently and you need to find the technique that works best for you. To give you a helping hand, here are 3 techniques that were recommended by our demonstrators and worked well for me last year. Firstly, fill the booklet out at home, not in the lab! This can either be before the practical or after the practical (my preference) as revision.

All the information to fill in the booklet can be found online or in textbooks: don't waste the precious little time you have in the lab filling it in.

Secondly, get stuck in! Arrive on time, get gloved up and get stuck in with the prosections. The best diagram in the world cannot recreate the learning experience of 3D prosections. Again you only have a limited amount of time with these prosections so make the most of it! Find a small group, go around together and take turns talking through what you are looking at. Ask each other questions and learn from each other's mistakes.

Lastly, probably the most important technique, use the demonstrators! They may seem a little intimidating, spending the majority of their days hanging around stinking body parts, but they are super friendly and have a wealth of knowledge. If you have no idea where to start on a station, ask a demonstrator to talk you through it. They will be more than happy to do so! Also remember, one of the few benefits of paying £9,250 tuition fees is that we can expect a high level of teaching. So don't be afraid to say you don't understand something or to ask for something to be explained again, get your money's worth!



The USA's Opioid Crisis Explained

by Krishna Sruthi Vydyula, Global Health Editor

FROM 2014 TO 2017, LIFE EXPECTANCY IN THE USA DECREASED FOR THREE CONSECUTIVE YEARS, A PATTERN UNSEEN SINCE WORLD WAR TWO.

A major contributor: increasing deaths from opioid substance abuse. If the phrase 'opioid crisis' conjures up images of dark alleyways, scattered needles and emaciated heroin users, you wouldn't be wrong. However, the reality is complicated, with legal prescription opioids (used as strong painkillers), illicit opioids like heroin, and more recently synthetics like fentanyl contributing to the rising death toll over the past 30 years.

The origins of the crisis are attributed to the development and marketing of legal opioids in the -90s, like 'OxyContin' by Purdue Pharma, which were initially touted as less addictive and a necessity to battle the supposed under-treatment of chronic pain. Another similar case is that of Johnson and Johnson, currently being sued for distributing misleading promotional material and increasing pressure on medical professionals through financial incentives to prescribe its products. The net result: overprescription of strong opioids and the potential for abuse and overdose.

The damage however, extends beyond this; the increase in opioid prescriptions has been followed by a surge in illicit opioid use, mainly

heroin and fentanyl. The connection is straightforward; around 20-30% prescribed a long course of opioids end up misusing and/or developing addictions. Heroin is more potent, cheaper, and is the natural next step; according to the National Institute of Drug Abuse, over 80% of new heroin users started out by misusing prescription opioids. This, coupled with an independent increase in the supply and distribution of illicit opioids has led to an alarming increase in heroin related deaths and overdoses since 2010. This is often termed 'the second wave' of the opioid crisis. Since 2013, the prevalence of synthetic opioids has also begun to increase, the most common being fentanyl, which is now responsible for most opioid related deaths in the USA. This is referred to as the 'third wave'.

TO COMBAT THE CRISIS, THE USA HAS INITIALLY CHOSEN TO INTENSIFY ITS PRE-EXISTING 'WAR ON DRUGS' CAMPAIGN, FOCUSING ON INCARCERATING DRUG USERS AND A CRACKDOWN ON SUPPLY CHAINS.

Recently, there has also been attribution of responsibility to pharmaceutical companies, and a push to reduce prescribing. However, many western countries have taken a medical approach to deal with substance abuse, through 'harm reduction' strategies; methadone (a safer, less potent alternative to heroin) substitution, needle exchange programmes, safe spaces for injection,

and prescription heroin, all designed to holistically mitigate the individual and societal effects of drug use. Apart from ensuring a better quality of living and reducing deaths, evidence shows that these strategies increase the likelihood of accessing treatment and cessation services and reduce overall drug abuse. Portugal, formerly the 'heroin capital of the EU' has gone as far as to decriminalise the use of heroin, the premise being that this allows regulation and removes stigma surrounding drug use and its treatment. Others like Norway and The Netherlands are also in the process of relaxing their drug laws.

Surprisingly, the USA's attitudes towards harm reduction have been skeptical at best, mainly arguing that, despite contrary evidence, the strategy normalises drug use. For example, until 2016, no federal funding was allowed to be used for needle exchange programmes, and even now their prevalence is limited. Methadone substitution is legal but difficult to access, and safe injecting spaces are illegal. It is not all bad news though; under the Trump Administration, the opioid crisis has been declared a national emergency and in 2018, the number of opioid deaths fell for the first time since 1990, mostly attributable to funds increasing access to treatment and more stringent prescribing policies. However, without concrete plans to pursue harm reduction strategies, mitigate stigma and provide holistic care, it is unclear how effective these changes will be. Nevertheless, it is a start.

HAPPY 10TH ANNIVERSARY CENTRE OF THE CELL

BY THOMAS YAU, MEDICINE EDITOR

THE AIMS OF CENTRE OF THE CELL (COTC):

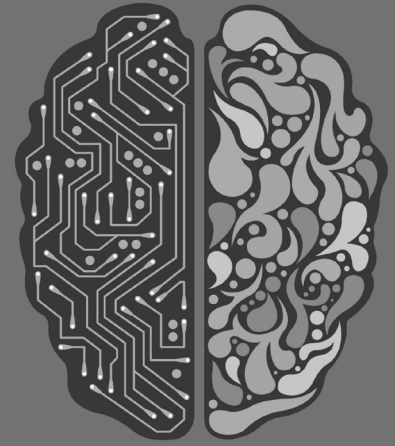
- Inspire the next generation of scientists and healthcare professional

- Stimulate interest, excitement and dialogue about biomedical research
- Raise aspirations, especially in our local community
- Widen participation in further and higher education
- Improve health and wellbeing in our local communities
- Create a local, national and global centre of excellence in public engagement

CotC is a science education centre based in the Whitechapel campus that opened in the year 2009. For the past 10 years, the primary aim of CotC is to have a positive impact on the educational, career and health choices of children, young people and families within east London. CotC provides online resource and outreach project based on science and current curriculum. Educational sessions are held in the CotC neuron pod (outside Perrin and Blizard) and the orange pod (within Blizard) being the main attraction of CotC.

ARTIFICIAL INTELLIGENCE AND THE FUTURE OF HEALTHCARE

by Tun Tha, MedTech Editor



In recent years, artificial intelligence (AI) has taken the centre stage in the field of medical technology worldwide. Many industry leaders envisage AI as having the potential to revolutionise healthcare delivery amidst a backdrop of ever-important challenges in tomorrow's healthcare systems. Through enabling system efficiency, clinical effectiveness and patient satisfaction, AI is vetted to be a powerful tool in appropriating the needs of ageing populations, an increasing burden of chronic disease and growing resource pressures that will be commonplace.

Artificial intelligence is defined at its most basic as computer systems that are capable of learning, reasoning and decision-making. Such mimicry of human intelligence behaviours is achieved through analysis of vast amounts of data, or so-called 'big data'; all requiring the application of logic, statistics and biological principles. Some academics quite excitedly refer to AI and its implementation at large as fueling our transition to a 'fourth industrial revolution'.

The positive impact of AI developments could extend across many dimensions of healthcare. Within the realms of clinical care, AI shows strong potential in aiding diagnosis of disease with this being viewed as a frontier for AI-driven healthcare progress. Its potential usage as a

diagnostic or screening tool pertains mostly to the fields of medical imaging and pathology, where a multitude of patient medical scans and tissue samples already pre-exist to 'train' AI systems. If this potential is realised, AI could reduce time and cost spent for radiologists and pathologists to achieve the same result, yielding greater time for improved decision making and for more human analysis for complex cases.

Additionally, several studies suggest that AI may be inherently better at detecting skin cancer, pneumonia and eye diseases than the trained professional. In medical research, AI is now able to comfortably analyse large varied datasets the data-rich field brings to advance medical knowledge and discovery; for example, combining genetic and medical patient data with data existing medical research studies to identify therapeutic targets for disease. On a service provision level, AI is already being used via 'chat-bot' style interfaces to offer generic healthcare advice at home and even personalised health assessments; this may in theory alleviate unnecessary GP appointments as well as potentially instilling a sense of independence to one's own healthcare.

A common question, especially directed towards AI's diagnostic abilities is "will doctors ever be replaced by AI?" Industry leaders stress that this will be highly

unlikely in the future with the primary goal of AI to augment the human doctor's intelligence rather than to replace it through freeing up time for personalised patient care, being akin to a human-AI symbiosis. Furthermore, it has been said that AI is limited, at least currently, in that it cannot replace the human attributes of a doctor such as empathy and compassion, and is not able interpret patient data in the social context.

As with most technologies when applied to healthcare, a complex and dynamic system, AI is likely to pose challenges in its implementation. Due to the large scale of patient data usage, ethical issues of data privacy and ownership may be significant challenges to overcome before even examining the issues of the security of such data, where stores of sensitive information are prone to being breached maliciously.

Analysts warn that AI in healthcare is still in the 'hype phase' and is 'in its infancy' within modern healthcare systems: few AI is used in routine medical practice today apart from the select institution; and therefore it may be difficult to predict its effects and challenges that may arise when introducing such 'intelligent' systems.

As the NHS launches its first ever AI lab, the prospect of an AI-driven UK healthcare system is perhaps only further being realised.

CENTRE OF THE CELL - POD:

The orange pod suspended above the Blizzard laboratories contain a number of educational purposed games that utilise the latest digital technologies. Within the pod, science educational shows will be delivered in conjunction with interactive games to stimulate the young minds. A series of exciting interactive games and virtual experiments provide visitors a unique insight into what scientist do and how their work influences real-life. Interactive games are enhanced by the films projected onto the

ceiling of the Pod, which introduce the concepts of cell biology and medical research. In addition, real-life exhibits of human anatomy and microscopes are provided to further stimulate children's curiosity.

THE NEURON POD:

Standing in between the Blizzard building and Perrin lecture theatre we have the eye-drawing neuron pod (measuring at 23-metre long and 10-metre high). It is made from 13 pieces of weathering steel that were welded together on sit. The weathering steel

pod is covered in hundreds of filaments that look like hairs (dendrites). These hairs are illuminated using fibre optics powered by light projectors within the pod. Inside the pod a multi-functional space is used for live shows, workshops, science experiments, talks, film screenings and exhibitions. It is accessed from a bridge that connects to the first floor of the Blizzard Institute building, where Centre of the Cell (distinctive orange pod suspended above the laboratories) is located.



Cooking

with Beets and The London
JACK DRYBURGH JONES & LAURENCE GARDNER

For many people, going to university can signify the first time having to do any serious cooking for yourself. While it can be easy to fall into the trap of take-always and pot noodles, particularly during freshers fortnight, getting into a routine of cooking for yourself is a brilliant way to socialise with flatmates, eat healthier and even save money (it's also a great way to apologise to your body after two weeks of freshers).

We've found that cooking a bowl of bolognese for someone can more than make up for our many glaring character flaws when it comes to making friends at university. Our tip for making the best bolognese is to use two pans; A frying pan for preparing each element of the dish, and a pot on low heat to transfer the elements to and keep the sauce bubbling. This dish can also be easily modified to be vegetarian or vegan.

INGREDIENTS

- OLIVE OIL
- SEA SALT
- BLACK PEPPER
- 4 RED ONIONS, CHOPPED
- 4 CARROTS, PEELLED AND CHOPPED
- 3 STICKS OF CELERY, SLICED
- 750G BEEF OR QUORN MINCE
- 3 TABLESPOONS OF TOMATO PASTE
- 3 TINS OF CHOPPED TOMATOES
- A GLASS OF WINE (OPTIONAL)
- A TIN OF SUN DRIED TOMATOES, DRAINED AND CHOPPED (OPTIONAL)
- 500ML OF STOCK (BEEF OR VEGETABLE)

1. Heat 2 tablespoons of the oil in the frying pan over a medium heat, and sauté in the onions, celery, garlic and carrots with a big pinch of salt. This means cooking them until they go soft and transparent, without going brown. Cook for ~20 minutes, stirring occasionally to stop them from sticking to the pan.
2. Stir in the tomato paste and sundried tomatoes (optional) and turn up the heat, then pour in the wine (if using) and cook for 4 minutes.
3. Transfer the vegetable mix into the larger pot, and put over a low heat, with the chopped tomatoes.
4. In the frying pan, turn up the heat and in very small batches (a handful at a time) fry the mince, trying not to move it about in the pan too much, until the meat is properly browned. Don't rush this bit, as it makes all the difference to the final meal. When you finish each batch, transfer into the pot, until you have gone through all the mince.
5. Pour the stock into the pot, and cook for as long as you have the patience for. The longer you cook, the better the meal will be, but we recommend at least 20-30 minutes, until the liquid boils down and you have a thick sauce, adding more stock if it dries out too much.
6. Add salt and pepper to taste, and serve with spaghetti and grated Parmesan.

Food for thought

HOW CAN FOOD IMPACT OUR MENTAL AND PHYSICAL WELL-BEING?
BY SIRAJ ABUALNAJA, NEUROSCIENCE EDITOR

FRESHMAN 15

is a common American term used to describe a fresher student who is likely to gain 15 lbs (5 kg) within their first-year at university. Indeed, the transition from home to university often leads students down a convenient and financially friendly path, riddled with take-away and ready-meals. The one-off take-out won't hurt, but a lifestyle committed to these habits can prove to be detrimental to our mental well-being. As a result, many often question the relationship between food and neuroscience.

Whenever the topic of Neuroscience is discussed, the following questions almost always arise; What do we really know about the brain? What is consciousness? Do we really only use a fraction of it? Is the brain too complicated for any of us to understand? It is true that some of these questions are yet to be answered, such as the topic of consciousness. Nevertheless, since the turn of the century, the field has seen an unprecedented increase in research and discoveries, quickly becoming one of the most popular areas of study within science and medicine. Throughout the first instalment of these series of articles, I plan to discuss how food can impact our thinking, behaviour, and most importantly, how it can potentially be used as a treatment for patients with severe spinal cord and brain injuries.

It is quite obvious that the foods encompassing a healthy diet are what most people might expect. For example, a low-salt and low-sugar diet, while ensuring that you meet the recommended calories and nutrients for the day, is ideal. Indeed, numerous studies have shown a positive correlation between a healthy diet and brain development. A recent study, published in 2018, found that in the developing brain of juvenile rats, a diet rich in prebiotics and bioactive milk led to a decreased level of anxiety-related behaviour (Mika et al. 2018). Additionally, research currently being conducted here, at the Blizard Institute, is also

investigating the impact of Omega-3 acids in the treatment of certain spinal cord injuries and traumatic brain injuries.

HENCE, THE IDEA OF FOOD BEING AN EFFECTIVE AND A SOUGHT-AFTER TREATMENT IS NOT AS FAR-FETCHED AS MANY BELIEVE IT TO BE.

Contrastingly, food can also be seen as one of the main causes of neurodegenerative diseases. For example, a diet high in refined sugar and salt can potentially lead to one of the most common forms of dementia, Alzheimer's disease. Nonetheless, food does not always lead to a life and death situation. In fact, as many of us can relate, it often has an influence on our mood and behaviour.

The relationship between food and our behaviour can be attributed to several biochemical and environmental processes.

HOWEVER, ONE OF THE MOST POPULAR THEORIES EXPLAINING THIS RELATIONSHIP ARISES FROM THE GUT-BRAIN AXIS.

In short, this axis is a direct connection between the brain and gut, which includes the stomach, small intestine and the like. Typically, when we eat something that is full of salt and sugar, one of the many pathways that is activated is our mesolimbic (reward) pathway thereby leading to a sense of pleasure. This is just one of the several theories that are used to explain why we feel pleasure when eating a take-out.

Throughout the coming weeks, we will look at more specific examples of food being a driving force in neuroscience and trauma. In addition, we'll look at some of the unique ways that food can be attributed to a variety of neurodegenerative diseases and what we can do to ensure that what we're eating positively impacts our mental and physical well-being.

FUN FACT:
BIOCHEMICALLY, CHOCOLATE CAN RELEASE SIMILAR LEVELS OF DOPAMINE AS SEX!

BLIZARD INSTITUTE

EVER THOUGHT OF RESEARCH?

by Carola Bigogno

Have you ever thought of research, and what it involves? For me, I used to see research as a scary thing that you can only do if you are some sort of science genius. Sure, I have always found it fascinating, but one of the things dragging me away from research was the idea that scientists would work on abstract concepts, while I have always wanted to see the impact such research can have on the world and on real people.

What kind of research can you do?

The Blizzard Institute in Whitechapel is one of the research institutes that are part of our university. It is a vibrant and modern building, in the heart of East London. You may even notice people walking by and stopping to take a look, wondering what is inside this massive glass building. Hopefully, you will all have the chance to have a look inside, and perhaps even work in the labs for some time!

Research at Blizzard focuses on a few main areas, which include Cell Biology and Cutaneous Research, Immunology, Neuroscience and Trauma, Genomics and Child Health, Primary Care and Public Health, and Population Health Sciences. The Blizzard Institute is also home of our wonderful Centre of the Cell, which aims to get children and families closer to science and medicine.

Because of the large variety of topics studied and the great overlap of science and medicine, there are numerous doctors and medical students working alongside scientists in the Blizzard Institute. I first started working here for my research project during my last year of Biomedical Science, where I worked within the Centre of Immunology with Prof Foster and his team, which is pioneer in research on hepatitis. I worked on Hepatitis C specifically, extracting the viral genome from patients' serum and sequencing it, the aim was to find a correlation between mutations that can be found within the genome of the virus and the treatment outcome for

patients.

How can you get involved in research?

When looking to get work in a research lab, the best approach is to take a look at the research interests of the principal investigators working in the lab. Once you have found something you may be interested in, it is nice to arrange a meeting - everybody in Blizzard is extremely lovely and students are always mostly welcome.

When I started my degree in Medicine, I absolutely loved the course. However, I found myself missing a bit of the pure science happening in labs, therefore I applied for the Rod Flower Summer Research Scholarship, which allows medical students to spend a few weeks during summer working on research. I contacted my supervisor again and found myself back in Blizzard. The aims and techniques are similar to before, but related to Hepatitis D instead, a very tiny virus that usually come along with the Hepatitis B virus, causing either a superinfection or a co-infection - either way, it is really bad!

What do you typically do in a lab?

On a day-to-day basis, I get to interact with both scientists and doctors, which I find wonderful! I extremely enjoy seeing the two fields coming together and completing each other.

The samples have been previously taken from patients' serum and treated in the category 3 (infectious diseases) labs. Once the virus is inactivated, the samples come down to the category 2 lab, where I work. Hepatitis is caused by an RNA virus; hence this viral genome needs to be extracted from each sample and reverse transcribed to cDNA. I then set up a PCR reaction to amplify the amount of such DNA present in each sample.

Because we work with incredibly tiny quantities, it is very easy to get contamination, which is why we

also include a negative control in every experiment. This contains the reagents and water and should not produce any sort of reaction.

After the PCR reaction is completed, the amplified samples are stained with a loading dye and loaded into an agarose gel together with a ladder, which helps us identify the size of any bands which we would hopefully get. A good gel would show a nice ladder with many separated bands, representing the different sizes, the negative control would be clear, showing no contamination, and the loaded samples would hopefully show bands of the expected size. If something does not look right, problems might have occurred at any stage during the morning, and everything needs to be done again.

Research is not just science

I learned it a bit of the hard way, but research is not an exact science, like maths. It will teach you the skills surely, but it will also teach you so much more. Teamwork first of all, as I have mentioned. Many people work together in the lab, and all play a key role in the success of the research. Learning the value of time and of resources, without wasting either of them. In the lab, it is required to work with equipment that can cost hundreds to many thousands of pounds, which is why it is always crucial to stay focused and be careful. Finally, above all, research teaches patience. Nowadays, we always expect good results, and we want them there and there. This never happens with research, quite the opposite actually. How many times I have been confident, and failed. How many times you may get results, but they are not statistically significant. Many times I have felt like giving up - in those moments just stop, breathe and be patient; take a break perhaps, reflect on what went wrong and will need to be improved within the team, and start again.

Sustain@BL Living

with Tilly Boa

26% OF ALL GREENHOUSE GAS EMISSIONS ORIGINATE FROM THE FOOD INDUSTRY

It's time for change. A change in attitudes, a change in lifestyle and a change in our diets. With 26% of all greenhouse gas emissions (GHGE for those in the business) arising from the food industry, and with the livestock trade accounting for half of the industry contributions, it's unsurprising that a third of Britons have reduced or excluded meat from their weekly shop. But it's about more than simply becoming an environmental vegetarian/vegan.



One of the major contributors to GHGE from the food industry, aside from livestock, is fertilizer (32%) and next after that is food miles (12%). The NO component of industrial fertilizer has 300 times the heat retaining ability of CO2 and over 200 million tonnes of the stuff is spread over the fruits and vegetables that make their way to your local Tesco or Asda. And when it comes to food miles, well, let's just say that 50% of the UK's food is already being imported from abroad and with Boris in charge of Brexit... who knows what's going to happen! With the average meal travelling 1200

miles from farm to plate and 25% of all HGVs in Britain carrying edibles, it's safe to say that the carbon footprint of your Sunday roast is not going to be offset by that succulent from Columbia Road.



And it's not just planetary health we should be concerned about. Diet is a bigger determinant of morbidity and mortality than unsafe sex, alcohol, drugs and tobacco use combined! Meanwhile antimicrobial resistance is still on the rise and it has been shown that there is a direct link between routine dosing of livestock with antibiotics to improve yield and increasing levels of multi-drug resistant organisms. Now if that's not something to worry about I don't know what is...

SO WHAT CAN I DO?

Now I am not suggesting that everyone immediately adopts veganism because I like cheese just as much as the next gal. But we can all reduce our weekly meat and dairy intake and increase our fruit and vegetable consumption. Not only that but it's time to go green. Try growing your own, organic vegetables to improve not your health, and the planet's health. It tastes better, it's more nutritious, has absolutely no nasties, almost no food miles, no toxic fertilizer and it there is a huge amount of satisfaction from nurturing a baby seedling into a fully grown plant! And

of course I mustn't forget to mention our wonderful Sustain@BL society, here for all your enviro-conscious needs.

Here's some handy tips to get those Green Fingers started!

BUYING

ORGANIC FOOD CAN BE EXPENSIVE, SO GROWING YOUR OWN IS A GOOD PLACE TO START BUT IF THAT SOUNDS A BIT TOO MUCH EFFORT TRY THESE LOCAL GEMS!

GROWING COMMUNITIES HACKNEY
- LOCAL VEG BOXES STARTING AT £7.75
- FARMER'S MARKET 10-2:30PM ST PAULS CHURCH STOKE NEWINGTON

BULK MARKET HACKNEY
- ORGANIC VEGETABLES
- ALL YOUR CUPBOARD ESSENTIAL REFILLS (DON'T FORGET TO BYOJ – BRING YOUR OWN JAR)

TOWER GREEN HAMLETS
- WEEKLY VEG BOXES STARTING AT £10

OUR VERY OWN GRIFF INN
- IT'S NOT ALL ABOUT THE ORGANIC LOCAL VEG SO MAKE SURE TO TAKE ADVANTAGE OF THE MEAT FREE MONDAY DEALS ACROSS SU OUTLETS!

GROWING

WHERE?
SPACE IS TIGHT IN THE CITY SO USE POTS INDOORS OR ON A BALCONY OR APPLY FOR A RAISED BED ALLOTMENT THROUGH QMUL'S GREEN MARY (EMAIL SUSTAINABILITY@QMUL.AC.UK TO REGISTER INTEREST).

WHAT?
IF YOU'RE A GREEN FINGERED NOVICE THEN A REALLY EASY WAY TO START YOUR OWN GARDEN IS WITH POTTED HERBS, SUCH AS OREGANO, SAGE, SAGE OR ROSEMARY. YOU CAN PICK SOME UP FROM ANY BIG SUPERMARKET AND PLACE ON A SUNNY WINDOWSILL WITH GOOD DRAINAGE AND WATER REGULARLY.

ANYTHING ELSE?
IF THAT'S TOO EASY, THEN CHECK OUT OUR GROW YOUR OWN WINTER VEGGIES LIST ONLINE. OR IF GROWING YOUR OWN ISN'T AN OPTION WHY NOT VOLUNTEER LOCALLY AT SPITALFIELDS CITY FARM 11AM-2PM ON WEDNESDAYS OR JOIN CRANBROOK COMMUNITY FOOD GARDEN'S GARDEN CLUB ON A THURSDAY EVENING OR SATURDAY MORNING.



ECO ANXIETY

FEELING THE WEIGHT OF THE EARTH ON YOUR SHOULDERS?

BY ANUSHREE ARUNKUMAR

IT'S FIRE AND ICE.

The Amazon is burning, and Iceland has lost its first glacier.

Scientists first confirmed the unnatural rise in CO2 levels in the atmosphere in 1958, and the public and mainstream media only started to take notice in the 80s. Fast forward a few decades and we have a veganism movement, Greta Thunberg, mass disturbances, thousands of arrests, and a climate emergency declared by the government. The commotion and uproar for our planet has never been louder.

But in amongst this chaos and activism is fear. And it's hitting more and more of us: hard, fast and constantly.

THE OVERWHELMING AMOUNT OF ALARMING INFORMATION WE'RE ABSORBING EVERY DAY ABOUT CLIMATE CHANGE IS HAVING ITS EFFECT – AND IT'S BEEN GIVEN A NAME: ECO-ANXIETY.

It can take on many forms. Helplessness from the lack of significance of our individual actions; frustration towards politicians and big corporations at their resistance to change; the uncertainty and dread for the future. I'm sure you can relate to feeling at least one of these: a friend of mine told me she's almost certain she won't have children as their quality of life would be poor. This is getting pretty dreary. And of course we're going to feel this way, right? It's only natural to, in the current climate crisis - relying on only hope and optimism couldn't have kick-started the huge changes we've started to see. In other words: "Eco-anxiety" can be dismissed as a pathology rather than as a rational response to a growing emergency."

Here's my counter to that thought though.

THE FACT THAT IT'S TAKING A TOLL ON OUR MENTAL HEALTH SHOULDN'T JUST BE DISMISSED AS COLLATERAL DAMAGE.

Piled on top of other pressing concerns on our minds as young students – exams, finances, relationships – the nagging climate anxiety can be difficult to cope with. Hearing about the state of our planet's is scary and leads to so many unanswerable questions and concerns.

The mindset and frustration that our individual actions can't do anything without the big guys also doing their job can be destructive. It's a slippery slope towards "there's no point trying". The effect of this, however, is that it ends up exacerbating the initial eco-anxiety.

SO WHAT CAN WE DO?

1) Prioritise your mental health. Check up on yourself and do what works for you to de-stress.

2) Be the change you want to see – taking steps to be more ethical will encourage the positive vibes to keep you going. It can, however, be expensive and unfeasible for us to think sustainably all the time – sometimes I'm happy to spend longer at my weekly shop to check the backs of everything I buy for the sustainable options. Other times I have to give in and buy the cheaper granola that contains palm oil, or the packaged veggies on offer. But while it's not always accessible, it's important to try where we can.

3) Encouraging more positive climate change-related news – we need to "inspire not shame". Here's some to get you started:

- Officials of OPEC (one of the most powerful oil companies) have said Thunberg's campaign has been the "greatest threat" to the industry. They are also feeling the pressure to change from within their own families and children asking about their future.

- Milk sales in the US plummeted by \$1.1 billion in 2017.

- The Governor of the Bank of England made a statement telling companies they will go bankrupt if they don't adapt to climate change.

- Plastic Odyssey: a 3 year expedition in a vessel that converts the microplastics in the ocean to fuel will set sail in 2020.

- California has already met its goal of getting greenhouse gas emissions below 431 million metric tons by the year 2020 – this came as the economy grew by 3.6%, proving to the world that caring for the planet doesn't have to come at the expense of the economy.

4) Get talking – between each other, family, friends, anyone that will listen. Not just about the problem, but things we can all do to help. Keep your eyes peeled for Sustain@BL campaigns and events.

5) Let's get the big guys to listen – channel that frustration in the right way. Write letters to politicians, join the global climate strikes, don't be afraid to voice your concern.

Now don't get me wrong, scientists started sounding the alarm decades ago – we've spent too much time at the other end of the spectrum, too relaxed and waiting for someone else to clean up the mess. Brutally honest headlines and a bit of panic is definitely what we needed to start listening and give us a kick up the backside in the right direction. But equally, a bit of positive reinforcement to keep the morale going wouldn't go amiss.

QMSU Executive Officers call upon students to register to vote

by Harris Nageswaran, Union & University Editor



STATEMENT IN FULL

With the chances of a snap general election becoming increasingly likely, your Queen Mary Students' Union Executive Officers have released a statement regarding the issue;

As your elected Executive Officers, we are incredibly frustrated to learn of recent news surrounding a snap general election. The attempt to hold an early general election, with the intention to prevent students from voting, is clearly denying a generation their right to have a say.

With a student population of 24,000, we are dedicated to championing the democratic rights of students. Given that the government understand that September is a crucial time in students lives it is important that we act now, and register to have our voices heard.

We will be heavily encouraging you, our students, to register to vote, especially during Welcome Events, so you are not denied your right to make decisions that affect you the most. As students, as citizens and as the future of our society, we have a responsibility to voice our concerns and influence decisions where we can. Elections are the democratic platform that allows all of our voices to be heard and we, as Executive Officers, do not want students to be left out.

Make sure you register to vote, so your voice can be heard when an election is called!

To register to vote, click here ;
<https://www.gov.uk/register-to-vote>

You can apply for a postal vote, click here;
<https://www.gov.uk/government/publications/apply-for-a-postal-vote>

Information on how to vote as a student can be found on the following website:

<https://www.yourvotematters.co.uk/can-i-vote/students>

If you need additional support throughout this time, the Advice and Counselling Service can also be accessed through the university, through the following link:
<https://www.welfare.qmul.ac.uk/>

Talhah Atcha - President, Shamima Akter - Vice-President Welfare, Annika Ramos - Vice-President Education, Megan Annetts - Vice-President Barts and The London

Queen Mary Students' Union has alerted students to the possibility of a snap general election by releasing a statement urging students to register to vote. The statement, which was signed by all four Executive Officers, comes as Prime Minister Boris Johnson renews his call for a snap election to break the political deadlock in Westminster.

There have been multiple allegations that the Conservative Government's choice of election date, Tuesday 15th October, was designed to reduce student participation by making it harder for them to register to vote. Under the Prime Minister's proposed date, the deadline to vote would have been Friday 27th September - deep within the traditionally busy 'Freshers' period of University, where both new and returning students are settling in.

An unprecedented surge in the number of 18 to 25 year olds registering to vote and subsequently voting in the last general election in 2017 is widely credited with helping to collapse the Government's majority, in a phenomenon later dubbed the 'Youthquake'. It must be noted though that the proportion of 18 to 25 year olds who vote still lags behind every other age group.

WHAT YOU NEED TO REGISTER TO VOTE:

1. YOU WILL NEED TO PROVIDE YOUR DATE OF BIRTH AND CERTIFY THAT YOU WILL BE 18 OR OVER ON THE DAY OF THE ELECTION, AND A CITIZEN OF THE UNITED KINGDOM OR OTHER QUALIFYING COUNTRIES.

2. YOU NEED YOUR NATIONAL INSURANCE NUMBER - THIS SHOULD HAVE BEEN SENT AS A LETTER TO YOUR HOME ADDRESS WHEN YOU TURNED 16. IF YOU CAN'T FIND IT OR HAVE FORGOTTEN IT YOU SHOULD:

a. CHECK ANY STUDENT FINANCE/BENEFITS ACCOUNTS AND LETTERS

b. CHECK ANY PAYSLEIPS OR EMPLOYMENT LETTERS

c. CONTACT HMRC AS SOON AS POSSIBLE TO GET YOUR NATIONAL INSURANCE NUMBER IN TIME. YOU CAN DO THIS BY CALLING 0300 200 3500 OR FILLING IN THE FORM ONLINE

3. YOU NEED TO DECIDE HOW TO VOTE - YOU CAN VOTE IN 3 WAYS:

IN PERSON - THIS MEANS YOU WILL BE REQUIRED TO ATTEND YOUR LOCAL POLLING STATION AND VOTE IN PERSON ON THE ELECTION DAY BETWEEN 7AM AND 10PM. YOU WILL RECEIVE A POLLING CARD IN THE POST WHICH WILL TELL YOU WHERE YOU NEED TO GO.

THROUGH THE POST - IF YOU CHOOSE TO, YOU WILL BE SENT YOUR BALLOT PAPER IN THE POST FOR YOU TO MARK AND RETURN AS SOON AS POSSIBLE IN THE POST. YOU CAN APPLY AS PART OF YOUR REGISTRATION TO VOTE.

BY PROXY - IF YOU ARE UNABLE TO VOTE ON VOTING DAY FOR WHATEVER REASON (E.G WORK OR MEDICAL REASONS) YOU CAN NOMINATE SOMEONE TO VOTE ON YOUR BEHALF AS LONG AS THEY ARE REGISTERED TO VOTER THEMSELVES. YOU NEED TO FILL IN A SEPARATE FORM TO DO THIS WHICH YOU CAN FIND ON THE WEBSITE.

YOUR GUIDE TO SPORTS AT BARTS AND THE LONDON

BY BRIDGET CULLINAN, SPORTS EDITOR

BUCS

British Universities & Colleges Sport. BUCS is the governing body for university sport in the UK, and they organise the official university sports leagues. These games happen on Wednesday afternoons, which are free from lectures to enable you to play sports. BUCS matches tend to occur in and around London, but teams in higher tiers of the competition tend to travel further afield.

12 | CIRCADIAN

LUSL

London Universities Sport Leagues. A subset of BUCS, but these leagues are exclusively for universities in London. LUSL matches are more relaxed and more flexibly scheduled; LUSL games are held at the weekends for most sports, and on Mondays for Netball and Water Polo.

Tables

The weekly sports night held at the Griff Inn. Clubs congregate from 7pm for a few hours of games before the music turns on at 10pm. I only hope that you're a fan of Basshunter.

Final Whistle

Tables but even more fun. Hosted by the BL Sports Officer, Final Whistle is a monthly event to celebrate BL's sporting successes. What starts as a regular Tables night takes a turn for the competitive at 10pm, when clubs go head to head in 'friendly' challenges. Winners are awarded with points – the club that obtains the most throughout the season will be crowned Final Whistle champions – a title more prestigious than the Association Club of the Year.

Tour

The annual, or bi-annual, occasion during which your sports club travels to a mystery location to... Not play sports. It may seem counter-intuitive, but it's the norm

A TORTUOUS AND TORTUROUS TIME: A SUMMARY OF THE LAST FEW WEEKS IN POLITICS

BY ABHIRAM MAGESH, CORRESPONDENT

THE LAST FEW WEEKS OF POLITICS IN THE UK HAVE BEEN AS TUMULTUOUS AND PROCEDURAL-RIDDEN AS THEY EVER HAVE BEEN FOR AT LEAST A GENERATION.

The Brexit crisis is in full swing, and it has tested the limits of the mother of all parliaments and her unwritten, uncodified constitution that's based more off centuries of tradition and precedence than any given written law. And unless you're a real parliament nerd like me, who revels in the delights of subtle and firm put downs in the Queen's English and the heated and often rancorous atmosphere that lines the walls of the Commons, you'll probably be wondering what the hell has been going on? Well, never fear, this nerd has got your back and we can explore this very British chaos together.

July 24th, 2019, is the day the current run of crisis hit the commons, in the form of a new PM. Yes, you guessed it, our very own BJ is at the helm, promising that we can all have our cake and eat it too, that only he can deliver a Brexit deal where his competitors would fail, and that no matter what we would leave the EU, 31st of October, deal or no deal.

And so, as PM, Boris ran over to Europe and with the diplomacy and charisma that only comes when you spend thousands of pounds to go to Eton, boldly assured us that a deal was in the works and no deal, while still very much on the table, was off the table.

TROUBLE IS THAT BORIS HAS SOMEWHAT BEEN A VICTIM OF HIS OWN SUCCESS, IN THAT HE IS NOW PM, BUT NOBODY BELIEVES A WORD HE SAYS.

Now around the same time, and it should say something that even a nerd like me can't keep a track of the exact timeline of things, even with ferocious googling; Boris announced prorogation of parliament which got a lot of people very upset. Essentially, he was announcing that Parliament would be suspended for 5 weeks so that he can deliver a Queen's speech which would outline his legislative priorities in the new

parliamentary session. And for a new parliamentary session to be started, the old one must end. No big deal. And that is what he and his posse argued across the press. But the time length was longer than usual, and the timing was very convenient for the government; a little too convenient the opposition thought and so they besieged the government with their disagreement and dislike for what they thought was a move by the government to avoid parliamentary scrutiny and covertly push a no deal. But this move falls under the Royal prerogative, which is a phrase that describes the old timey medieval power of a monarch to do whatever they wanted, which in modern days works off the advice, which is not really advice but more of an order, of the PM to the Queen and so despite the court challenges, prorogation was happening.

JUMPING A LITTLE AHEAD WE GET TO THE 3RD OF SEPTEMBER 2019, THE REOPENING OF PARLIAMENT FOLLOWING THE SUMMER RECESS, AND HERE IS WHERE THE ACTION REALLY GOES ALL HOLLYWOOD AS THE GOVERNMENT FACES OFF THE REBEL ALLIANCE, WHICH IS MADE UP OF MPS ALL DEVOTED TO STOPPING A NO DEAL BREXIT.

The Rebel table (which is just a fancy way of proposing) a motion, under standing order 24 to take control of parliamentary business. S.O. 24 allows for an emergency debate on an issue of urgency, so long as the speaker agrees with the need to debate. The speaker did agree in this instance, and so they debated, within the emergency debate, on the motion as to whether the opposition would take control of the parliamentary timetable for the purposes of proposing a bill to stop no deal Brexit. BJ was not idle however and threatened that anyone who votes for the motion will have the whip withdrawn. While that may sound kinky, sadly S&M fans it is not that type of whip but rather he's saying that they would be kicked out of the party if they voted for the motion. Overall, 21 MPs rebelled against the government and voted for the motion, including a former chancellor, Winston Churchill's grandson and the longest serving MP: The Father of the House. Not to mention there was also a Tory MP who defected to the Lib Dems by crossing the floor to the opposition while the PM was making a speech.

The Government lost, and so tabled a motion for a general election, complaining that they have no majority and they can't govern and that they didn't want an election but that this calamity had been forced upon them by the red devils sitting opposite them. Labour have been quite vociferous in their calls for an election over the past few months, saying that they need to end the tyranny by the government and stop the poor from being eaten. However, the proposed election was rejected because, perhaps they like to see Boris lose or more likely they don't trust him to not pull some arcane procedure to get around the law or perhaps even to just ignore the law all together. So, they said they'd call an election only once the law passed and either an extension had been given or the government had a new deal for leaving that was acceptable in the Commons.

THE BILL MOVED OVER TO THE LORDS AND WHILE SOME BREXIT LORDS STAYED UP WELL PAST THEIR BED TIME OF 4:00PM, THEY GAVE UP, AND THE BILL WAS DUE TO BE PASSED ON THE 9TH OF SEPTEMBER.

Which it did. And as I write this, Royal Assent has been given and Lo! It is the law of the land.

The bill essentially says that the PM must go to the EU to ask for a 3 month extension by the 19th of October if he does not have a new deal that is acceptable to the Commons and if the EU offers another date, this will be debated in Parliament against no deal which, if the Commons agrees with the new date, would force the PM within 2 days to accept the date of extension.

And while BJ lost another snap election bid again on the 9th, which for those of you keeping count is his 6th loss for 6 votes, the chances of an election are very much inevitable. The Government cannot function without a majority in the Commons and after the extension malarkey is sorted the opposition will coalesce and election season will be upon us. And so, in these crisis times, when the future hangs in the balance of a few votes either way, it is of the utmost importance that we each have our say and our voices are heard. Our quality of life depends on it and if things turn south at least you can tell your friends and children, "it wasn't my fault".

here. Turning up at Mile End station at 4am with nothing but your passport, fancy dress and a VK, with no idea where you might be heading, is a rite of passage for any fresher.

UH

The United Hospitals, the collective name given to the five medical schools in London – RUMS (UCL), GKT (King's), ICSM (Imperial), George's (George's) and Barts and The London (not QM). Many sports clubs here compete in UH Cups – these competition carry huge amounts of history – the UH Rugby Cup is the oldest rugby cup competition in the world (expect to hear this fact a lot, we're proud of it). BL are currently the defending champions in Netball,

Rowing and Rugby (2nd XV), and look to reclaim more silverware next year.

Chissy

Also known as The Fortress, Chissy is the home ground for many of our sports teams in Chislehurst (South East London). If you're in BL Rugby, Football, Lacrosse, or Cricket, you should expect to spend a lot of time here. It may be far away, but not many teams can flaunt the fact that they have a hot tub at their home venue.

Merger Cup

The highlight of the sporting calendar. Think Oxford vs Cambridge Varsity on steroids; the Merger Cup is the

annual showdown between the mighty Barts and The London and the mediocre Queen Mary University of London. All matches are played during one week in late March, culminating with the finale held at Chislehurst on the Saturday. An after-party in the Griff Inn follows, with the results being announced at midnight. Merger came home in 2019, and we'll be hoping to keep the Cup in its rightful place for 2020.

If you want more information about Sport at BL, bartslondon.com/sports is a good place to start. From there you can find out how to contact specific clubs, as well as getting information on taster sessions, trials, and how to join.

LDN OUR GUIDE TO ART AND CULTURE IN THE CAPITAL

by Angela Fitzpatrick, Arts & Culture Editor

Settling in at uni is stressful and time consuming as it is, and it's not easy to find time to make like a tourist. Here, I'm going to try and give you the tips and recommendations that I wish I'd had when I'd started uni - not that I would have necessarily taken them as busy as being a fresher can feel! Personally, I've found accessing 'culture' and 'broadening my horizons' has offset some of my more embarrassing fresher incidents, and it gives me something to tell my mum about at the weekend to convince her that I really do have my life together.

As all of you that move into halls are soon to be aware, it's easy to burn out when you live with a bunch of people who eat, breathe, and sleep medicine. London is an incredible place to be a student. Don't let it pass you by.

Luckily for us, if you know where to look, there are incredible shows, events, and exhibitions that are heavily subsidised for students and young people. Whether you're an enthusiast already, have three grade 8 instruments to make you seem 'well-rounded' in your personal statement, or are just idly curious, I hope you'll find something new and worth exploring.

Art

All of the major galleries in London are worth a visit should you have the time and inclination, but it's very much the events and exhibitions that make the experience. Both Tate Modern and Tate Britain have late

night events that include music, film, and crafts- they are free to attend, and check the website for the theme.

You're bound to see adverts all around London for Olafur Eliasson's *In Real Life* at Tate Modern. I can't recommend this one highly enough, and definitely go with some friends! Sign up to Tate Collective online and tickets are £5. Until 5th January.

Music

This very much depends on your own taste, so I'd encourage you to do a little research- there are a lot of pubs and bars, particularly in Shoreditch (not far from those of you in Floyer or Dawson) that have free live music in the evenings. One in particular I'd recommend is the Old Blue Last in Shoreditch- lovely pub, they have something most evenings, it's free to see it, and it's a great way to discover new music.

For those of you who are interested in classical music, Young Barbican memberships are free and give you access to £10 tickets to see the London Symphony Orchestra. The Barbican Centre has events on ranging from cinema to art exhibitions, so definitely keep an eye on the website. And if you're in Dawson, it's five minutes away!

In a similar vein, the Student Pulse app gives you access to cheap tickets for upcoming concerts, and a free Young Royal Opera House membership can bag you £10 on the day tickets that are released by email.

THEATRE

The amount of theatre happening in London at any one time is overwhelming, and many theatres have their own student schemes. At the price, give shows that seem a little out there a chance- you'll be pleasantly surprised.

Sign up to the National Theatre and you can get £7.50 Entry Pass tickets to many of their shows. Well worth seeing pretty much anything on there, and it's a good opportunity to wander around Southbank.

Signing up to Young+Free at the Donmar gives you access to a small number of free tickets & the TodayTix app has on the day rush tickets and lotteries for theatre and musicals (if you're that way inclined).

MUSEUMS

I'd start with the classics- the British Museum, Natural History Museum, Victoria and Albert- the list goes on. Both the Natural History Museum and Science Museum have *lates*: on the last Friday and Wednesday of the month respectively. They're famous for a reason, but of course there are plenty with a more specialist slant, from the Design Museum to the Anaesthesia Heritage Centre (both free).

10 TIPS TO SURVIVE AND THRIVE IN YOUR FIRST SEMESTER

BY JACK JUCKES, BLSA DISABLED/SLD OFFICER

START AS YOU MEAN TO GO ON

Get a good routine going early on - change your bedsheets on a Sunday, make your lunch for the following day before you go to bed, whatever rituals work for you!

STUDY LITTLE AND OFTEN

As exciting as extra-curricular activities are, don't forget that you're primarily here to get a degree! You don't need to chain yourself to your desk in the library 24/7 but try and regularly set aside study time throughout the semester. This will make it easier as exams and deadlines approach, as things won't be a last minute rush the night before!

LOOK AFTER YOURSELF

Don't underestimate the impact and importance of self-care! Make sure you eat healthily, sleep well, exercise, have some quiet time to yourself, and see a doctor if you need to. Contrary to popular belief, it's not a competition to see who can function on the least healthy lifestyle. Keep yourself in tip-top condition to get the most enjoyment out of your first semester (and the rest of first year)!

MAKE FRIENDS

Introduce yourself to your flatmates, make conversation with the scary stranger who sat themselves down next to you in your lecture, go for coffee with your PBL group after your first session. You're all in the same boat - all missing home, all completely new at this, all wishing you had the confidence to talk to all 300 strangers of your new year group. Be the one who makes the first move, because everyone else is wishing they could!

MAKE MORE FRIENDS

Labouring this point because it's important to remember - you might not meet your new best friend on your very first day (what are the chances...) and that's okay! Think about how different everybody here is. If you don't meet anyone straight away who's your kind of person, keep trying because you'll find them!

FIND EXTRA-CURRICULAR ACTIVITIES

Joining a student group is a great way to meet new people and enjoy your university experience! There are countless student groups you can join, from volunteering groups, to sports clubs, to societies and student media. If there's one you like at Mile End that's not on offer here, you can join those too, or start a BL student group yourself.

DON'T BE AFRAID TO ASK FOR HELP AND SUPPORT IF YOU NEED IT

Make sure you know how to access support services here if you need them - the Student Support Office in Garrod Building is a fantastic source of advice. There are

other support services at QM, like DDS (the Disability and Dyslexia Service), and Advice and Counselling. You wouldn't be the first student to access these services, and certainly wouldn't be the last, so don't be shy or embarrassed about it.

KEEP IN TOUCH WITH EVERYONE BACK AT HOME

If you're feeling homesick, give home a call. There's nothing wrong with missing home, and nothing weak about struggling with the massive adjustment of beginning a whole new life here in London. If you don't live too far from London, try and plan a weekend trip back home, or invite friends and family to visit you in London instead!

DON'T COMPARE YOURSELF ACADEMICALLY TO YOUR CLASSMATES

This might seem counterintuitive as the medical schools insists on constant comparisons and rankings, but really don't worry about how you compare to others. If you want to see how they study and take inspiration from their revision techniques then great, but don't obsess over the difference between your exam scores. Work hard and make sure you're happy with your results intrinsically, rather than determining your success relative to others.

BE PROUD OF YOURSELF

Think about why you're here and how hard you've worked to get to this point. This is a fantastic achievement in its own right so never doubt yourself - you wouldn't be here if you weren't good enough. Keep pushing forward, keep your head up high, and you can achieve anything.

A Look Back

In this regular section we aim to take a look through the history books to bring you interesting stories and profiles from the long and illustrious past of Barts and The London. In this issue, we thought it would be particularly interesting to take a look at the first edition of The Barts Journal, one of the many student news outlets that have existed here over the years.

St. Bartholomew's Hospital



JOURNAL.

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OCTOBER, 1893.

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NOTICE.

All Communications, Articles, Letters, Notices, or Books for review, should be forwarded, accompanied by the name of the sender, to the Editor, ST. BARTHOLOMEW'S HOSPITAL JOURNAL, St. Bartholomew's Hospital, Smithfield, E.C., BEFORE THE 1ST OF EVERY MONTH.

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St. Bartholomew's Hospital Journal,

OCTOBER 14th, 1893.

"Æquam memento rebus in arduis
Servare mentem."—Horace, Book ii., Ode iii.

THE objects of the Journal are, FIRSTLY, to put on permanent record such clinical and other work as is done in this Hospital, which finds its way into no paper, but which is in itself invaluable to the student and practitioner. It will thus enable them to keep in touch with recent work and with the progress of the science and art of Medicine, Surgery, and Midwifery in the Hospital and School.

SECONDLY.—To promote and extend the feeling of *esprit de corps* among students, past and present, in their work, amusements, and matters of interest to them in daily life; to note their doings in Athletics, in Examinations, and by publishing Reports of Meetings, Social Gatherings, &c., to give non-active members some idea of the means by which the name of this great Royal Hospital is being maintained, and so, by example, to rouse them into activity.

THIRDLY.—To record such clinical and other lectures as are now given, but never printed in any permanent form, and which many students are unable to attend whilst holding their various appointments.

FOURTHLY.—To give publicity to anything original in the way of articles, verse, or drawings, and to act as a means by which those who write may learn to perfect themselves in that art, before they plunge into literary work in a wider sphere in after life.

FIFTHLY.—To bind as much as possible the past with the present, and to keep up the interest of old students in the doings of those now at the Hospital.

It will be circulated among the students, past and present, of St. Bartholomew's Hospital, being the Journal of the Hospital and the organ of the Amalgamated Clubs.

FOR twenty-eight years an annual volume, the *St. Bartholomew's Hospital Reports*, has been issued. As is well known, it contains original articles, reports of cases, abstracts of papers read before the Abernethian Society, statistical tables, &c. The objects of this Journal in no way clash with the *Reports*, for there is an enormous mass of material which never finds its way into either the *Reports* or any of the weekly or monthly medical papers. This particularly refers to the valuable clinical lectures and to the interesting and instructive cases which daily are seen in the wards and out-patient rooms, records of which are only to be found in the somewhat inaccessible ward note-books. But the Journal is not intended solely for the publication of purely professional matters, and so may be said to have a wider scope than the *Reports*. It will be a record not only of much of the work of the Hospital which otherwise would be in a large measure lost, except to the few, but also of social and other matters of general interest to the student, and thus it will supply what has for some time been felt to be a want.

It is only in recent years that attempt has been made to carry out the objects of this periodical. We understand that at some time in the seventies an endeavour was made to publish a monthly paper, but it appears to have been made in a half-hearted manner, and came to nothing. In 1885 an effort was made to maintain a serio-comic journal in manuscript, which, after running through six issues, like others

BANTS AND THE LONDON

HELP SQUAD? MORE LIKE UN-HELP SQUAD

BY PENNY SILLEN, EX-POLITICAL CORRESPONDENT

A leaked email chain from within the University reveals that the executive leadership are becoming increasingly concerned that BL sports clubs and societies are in fact poorly disguised cults designed to worship at the shrine of "The Old Logo"

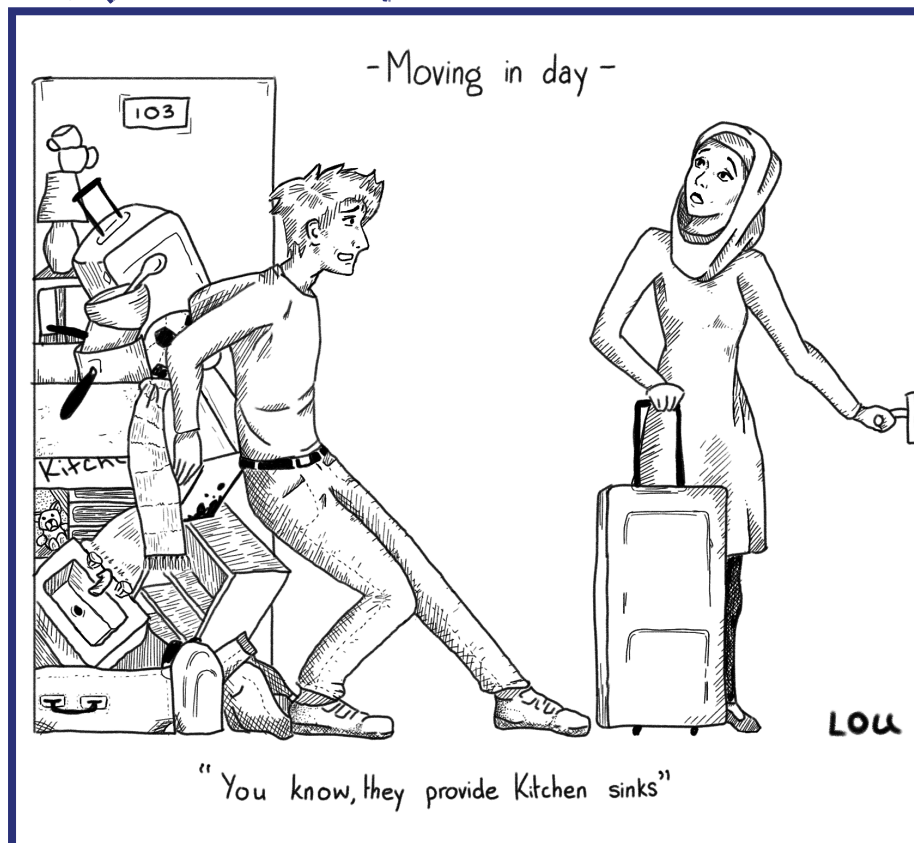
It is believed that many of the cults rely heavily on Move-In Day, where they place undercover sleeper agents within the BLSA Help Squad to reprogramme students' minds to say they study at 'Barts and The London', rather than the University's preferred option of 'Queen Mary University of London, Barts and The London School of Medicine and Dentistry, a faculty within Queen Mary University of

London (QMUL)'.

And now, it appears that the University are looking to try alternative methods to counter the threat of the cults. A memo which circulated reveals the University is looking for 'any staff members who look young-ish like'. An inside source revealed that this is part of a radical plan to plant their own agents within Help Squad, to counter-brainwash new students.

All this has created a headache for new BLSA President Magen Tenants with reports coming in that not a single First Year has actually moved in Floyer, Dawson or Albert Stern yet due to a lack of genuine students on Help Squad.

CARTOONOLOGY BY LOU



WHITECHAPEL LIBRARY STEPS INTO THE FUTURE

The Whitechapel Library has taken a bold step forward in its efforts to match Mile End Library's 24/7 opening hours with its new 'Library at Home' initiative. As part of the initiative students will have card scanners installed at their home and a little sign saying 'Library', which officially turns it into an outpost of the Library, and allowing them to work from home at any hour of the day.

MUMMIES AND DADDIES WOE

There is widespread concern that students are taking Mummies and Daddies too seriously, after it was revealed that some Barts parents have insisted on being called 'Mama' or 'Papa' for years afterwards. Of particular concern is the establishment of a new Mummies and Daddies family court, which has produced rulings deciding joint custody arrangements after pairs have separated.

QMUL CREATES NEW SENIOR STAFF ROLE

QMUL have announced the hiring of a new Vice-Principal Happiness to try improve student happiness at the University. It seems to be fuelled by the discovery of the QMC facebook page by the Principal, who was taken aback by the number of students who make fun of the University on the forum. In unrelated news, the University has signed a sponsorship deal with Green Pepper.