

MAAIIIC

2014 | OCTOBER
INTERNATIONAL ISSUE

CARS: LEXUS RC F, BENTLEY

THE SILVERMINE 11SR

Ink
A Short History
of Tattoos

+

**A High Voltage
Babe With
Hi Voltage Tattoos**
Kat Von D

**CHAMPION
FIGHTER
SURVIVOR**

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Schumacher

SALMON

Vigor in Water,
Succulence
on Plate

**Texas
Hold'em**

The Subtle
Art of Lying



MANIC

HOW TO NAVIGATE

TAP BUTTONS TO



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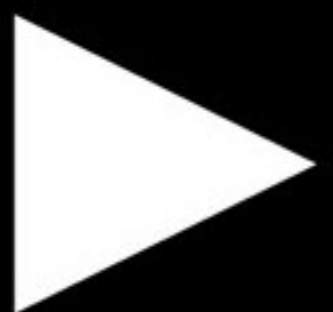
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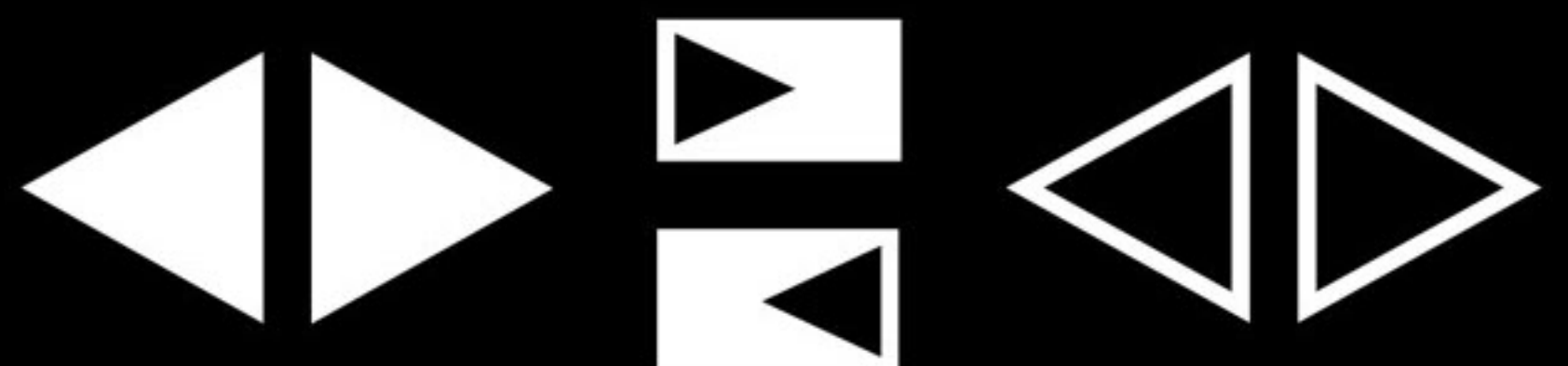
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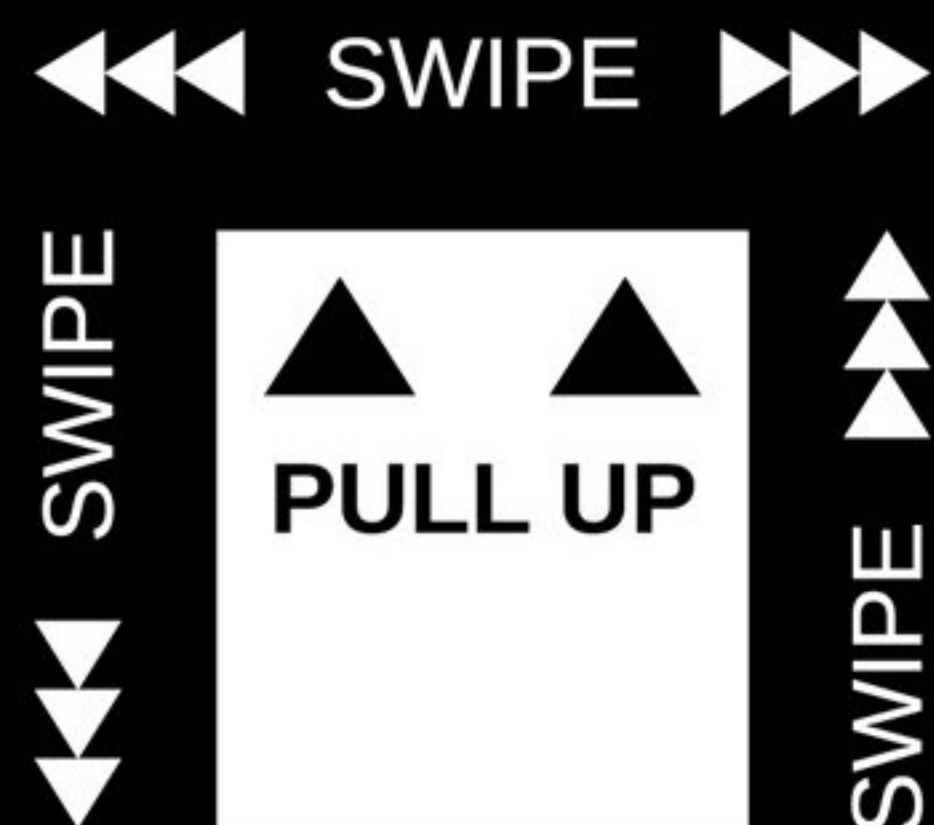
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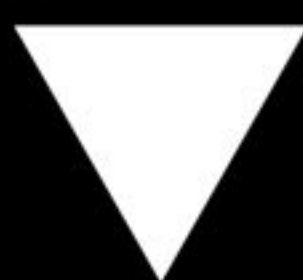
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MANIC

OCTOBER
2014

CONTENT



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The Angel

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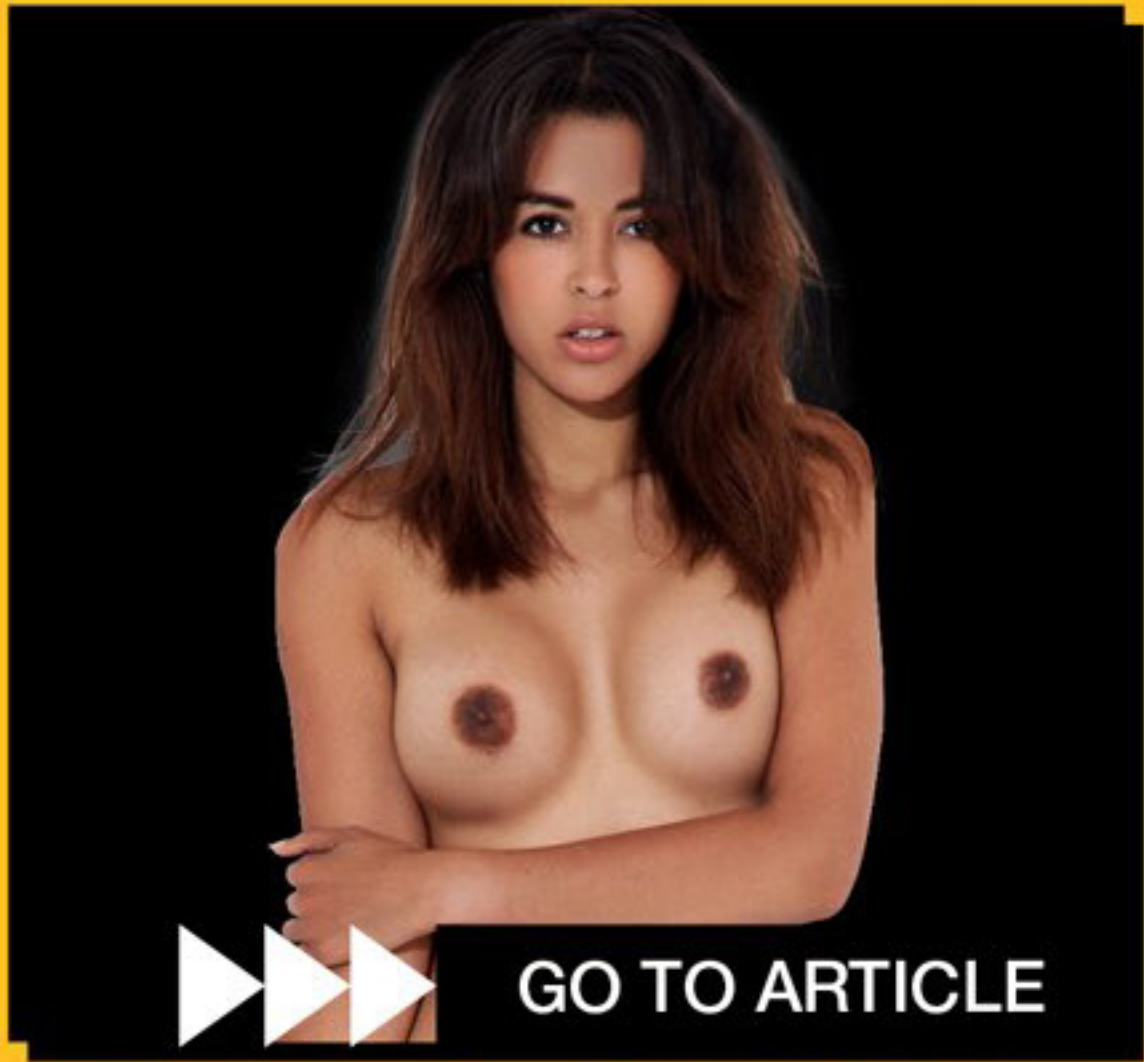




MODERN GLADIATORS



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CHARLOTTE NELSON



[GO TO ARTICLE](#)

HIDE & SEEK



[GO TO ARTICLE](#)

LACE IN ITS PLACE



WHO'S THERE?



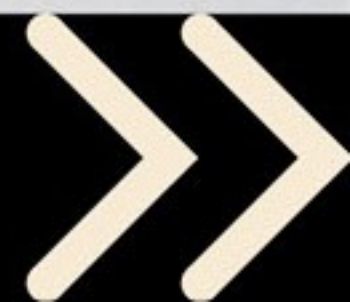
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SALMON

VIGOR IN WATER, SUCCULENCE ON PLATE

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INTRO

Out Loud

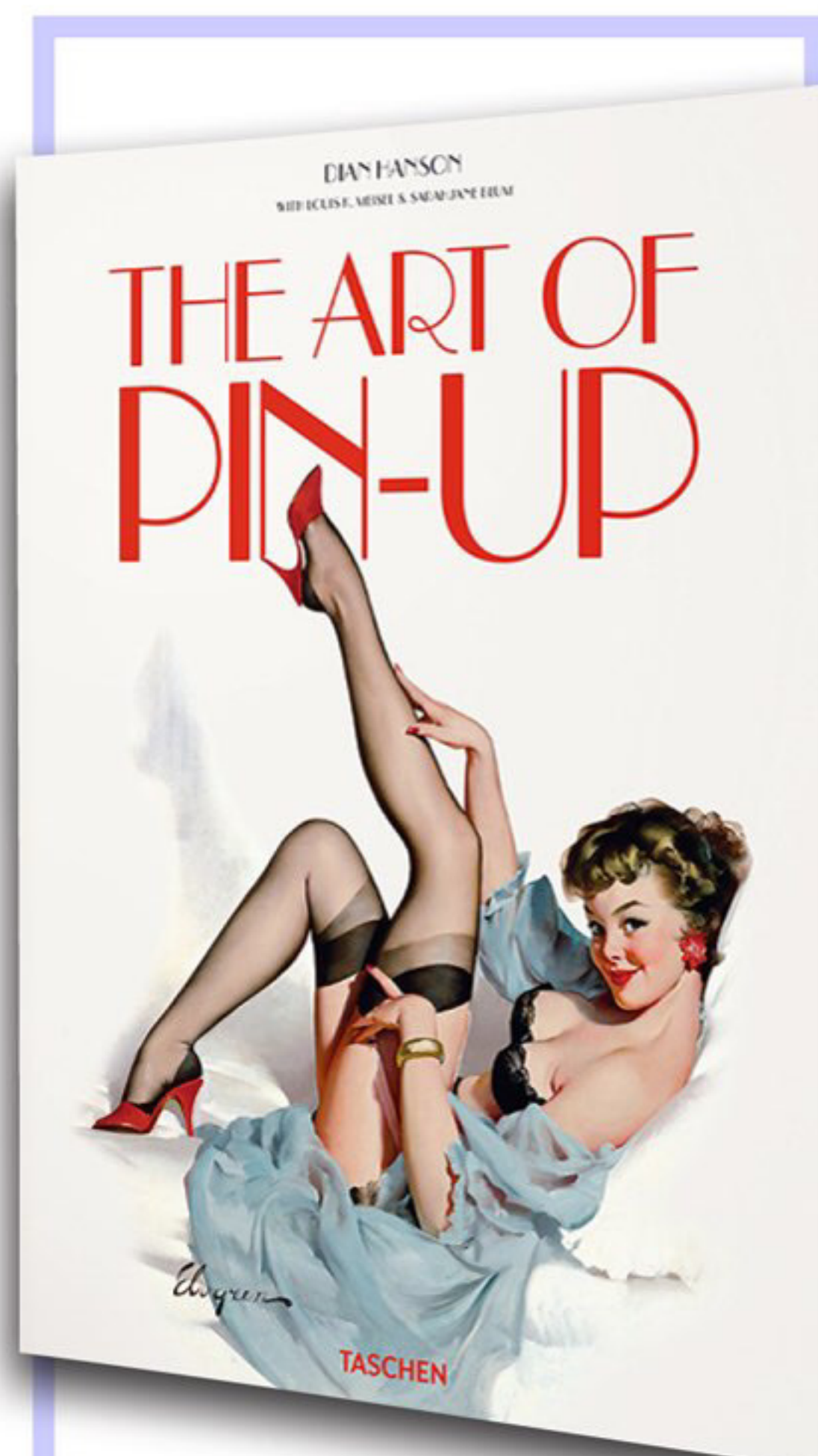
They neither mince words, nor hesitate to share their thoughts with the world, that is, the **Twitter community**. Always ready and hilarious in only 140 characters



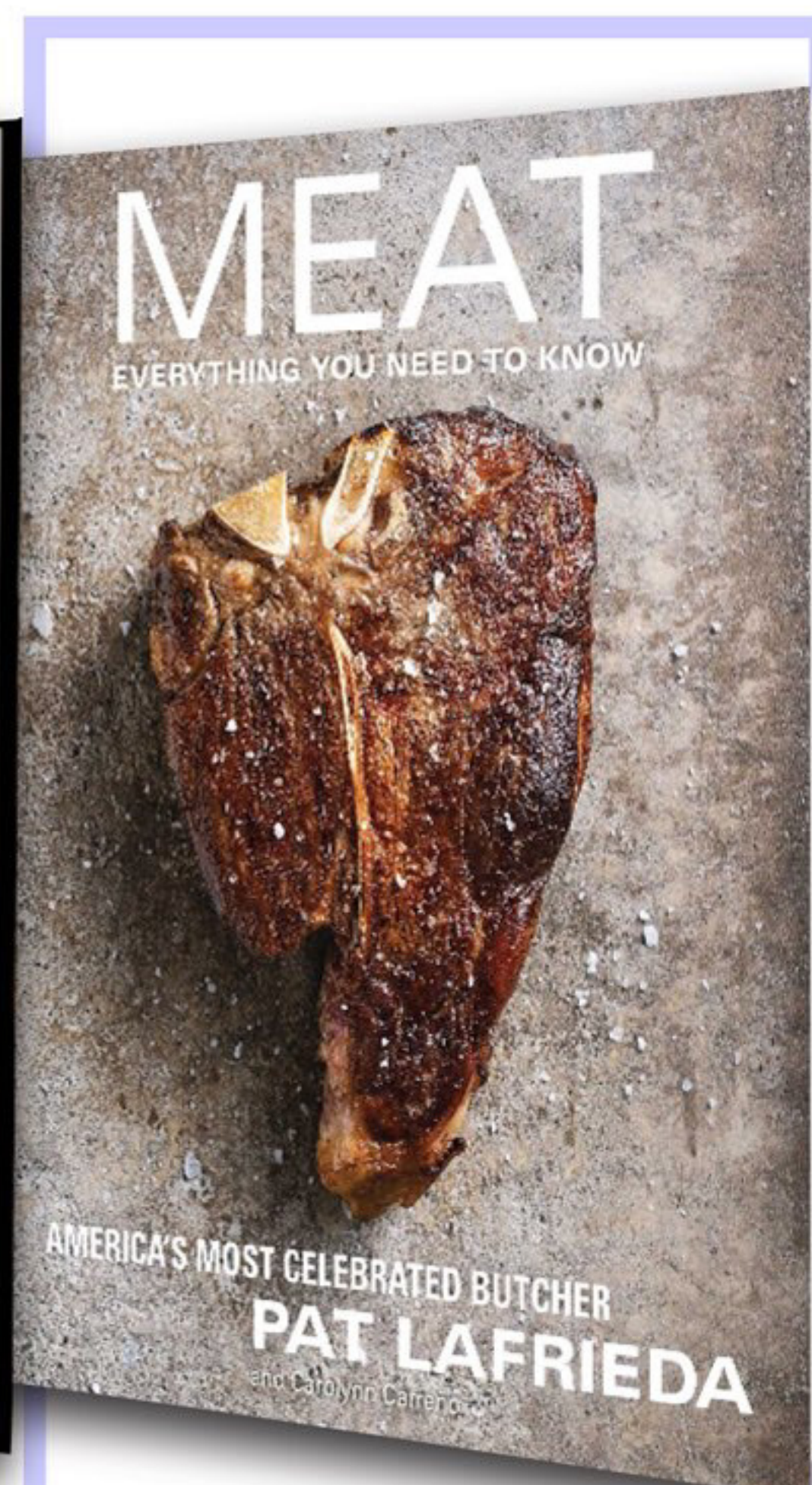
TAP ON IMAGES
TO READ MORE

Manic Library

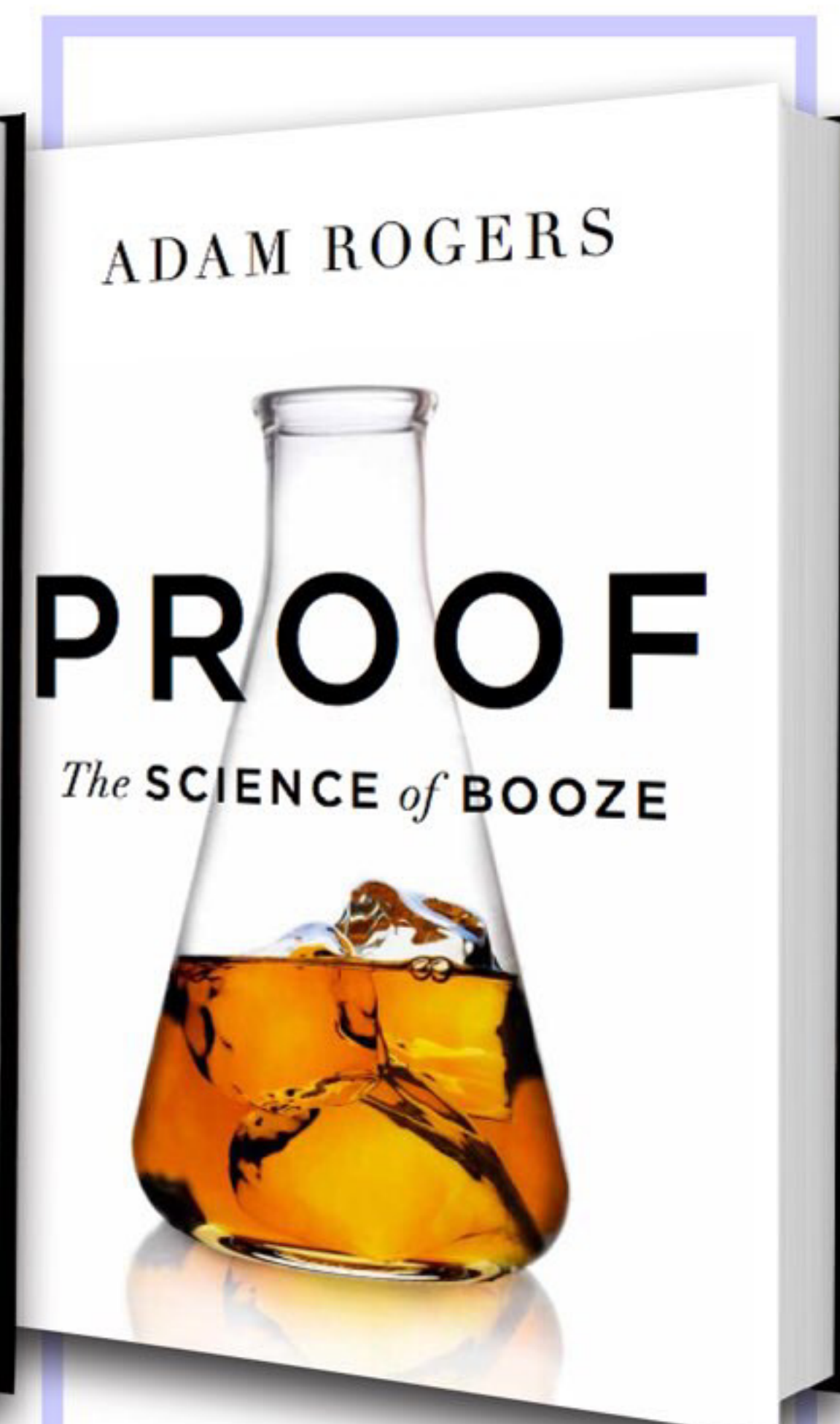
⊕ TAP ON BOOK TO READ MORE



**THE ART OF
PIN - UP**
BY DIAN HANSON



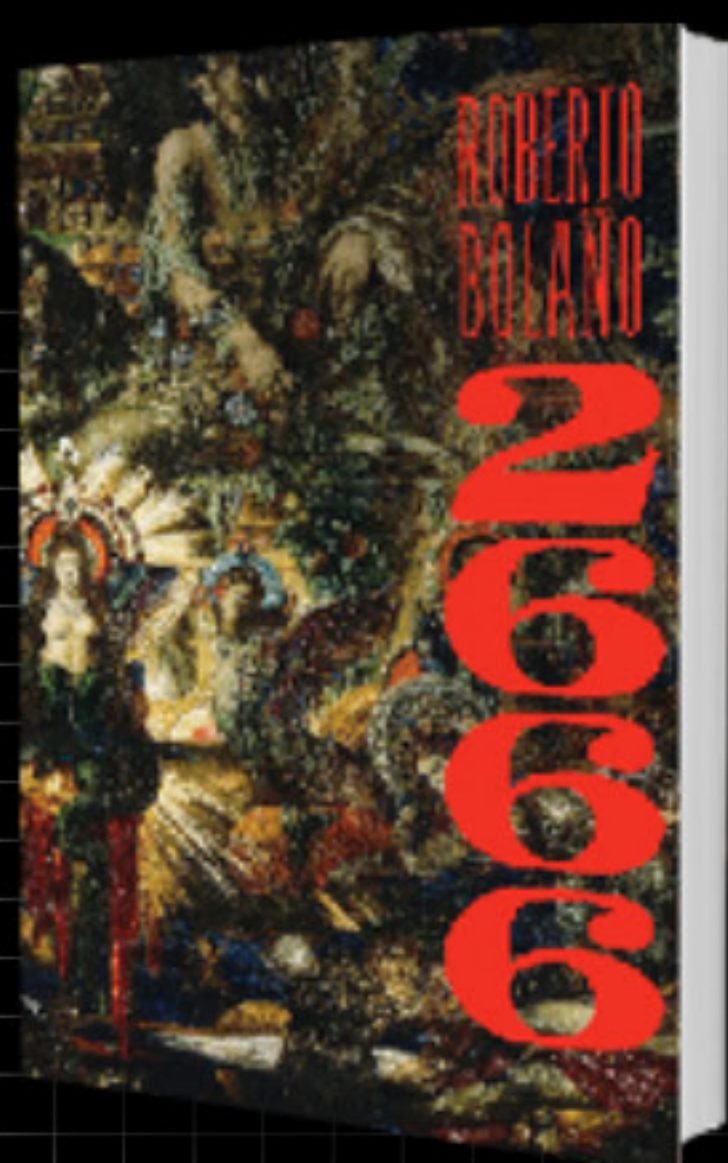
MEAT
BY PAT LAFRIEDA



PROOF
BY ADAM ROG-

◀◀ SWIPE ▶▶

The Books You Must Read



2666
BY ROBERTO BOLANO



CLOUD ATLAS
BY DAVID MITCHELL

Dark Side

Nkuro Burger



Fast food giant Burger King Japan has **turned to the dark side** by bringing out a burger featuring a **black bun** and **black cheese**. The chain's customers first tucked into black burgers back in 2012, when the Premium Kuro Burger was introduced. The word Nkuro means black in the Japanese language. Its bun was colored with bamboo charcoal while squid ink was mixed into the ketchup. Now Burger King plans to offer two more black burgers - the Kuro Pearl priced at \$4.5 and the Kuro Diamond at \$6.50. They both feature black cheese made using bamboo charcoal as well as a black-pepper burger, onion and garlic sauce with squid ink and the eye-catching black bun. The Diamond comes with salad and mayonnaise.



**ITS BUN WAS
COLORED WITH
BAMBOO
CHARCOAL
WHILE SQUID INK
WAS MIXED INTO
THE KETCHUP**



The Kuro Pearl
Price : \$ 4.50

Kuro Diamond
Price : \$ 6.50

Bloody Delicious

Edible Horror Farm



SCATTERED AROUND THE FARM WILL BE A SERIES OF LARGE SCALE CAKE INSTALLATIONS WHICH BRAVE VISITORS WILL BE ABLE TO TUCK INTO IF THEY DARE



H Here are some bloody delicious cakes that look set to make tea-time a scary business. A top cake maker created the pieces into the shape of slaughtered fairy-tale farm animals for a new frightening visitor attraction. They include **The Three (Slaughtered) Little Pigs**, **Red Riding Hood** and her basket of **intestines** and **Little Miss Muffet's spider**, re-imagined as a giant 7ft creepy crawly, all in 100% edible form. The pieces will be on show at **Cakeageddon** created by

UK-based **Miss Cakehead**, and described as the world's first edible horror farm. It will be open at **Standalone Farm** in **Letchworth, Hertfordshire**, in the UK over Halloween. The event combines live horror action with cake for the first time ever, creating an incredible terrifying edible experience the likes of which have never been seen before.

Scattered around the farm will be a series of large scale cake installations which brave visitors will be able to tuck into if they dare.

Milk on Wheels

Love Hulten Milk dispenser

M

“Milk on Wheels”
is a fully functional
refrigerator with a
peltier based cooling

system. The self serving brass faucet combined with playful shapes and textures makes this milk tap ideal for school cafeterias. The container itself is made out of birch, has an inner layer of isolating foam and stores up to 14 liters of refreshingly cold milk.

LOVE HULTÉN IS A SWEDISH DESIGNER & CRAFTSMAN AN INNOVATOR THAT FUSED ADVANCED TECHNOLOGY WITH TRADITIONAL ARTISAN KNOWLEDGE, CREATING A UNIQUE SYMBIOSIS BETWEEN FUNCTION AND AESTHETICS





+ Oktoberfest

This is the world's largest funfair. It is a 16-day festival, held in Bavaria, Germany, running from late September to the first weekend in October. The festival attracted more than 6 million guests from around the world.

Munich, Germany





+ Camouflage

Iranian soldiers wearing ghillie suits, a type of camouflage designed to resemble heavy foliage, walk after the annual military parade marking the anniversary of Iran's war with Iraq.

Tehran, Iran





+ **RAIN DROPS ARE...**

| Lightning strikes over the sea along the coast of the Haitian capital, Port au Prince, during an evening thunderstorm.

Port au Prince, Haiti

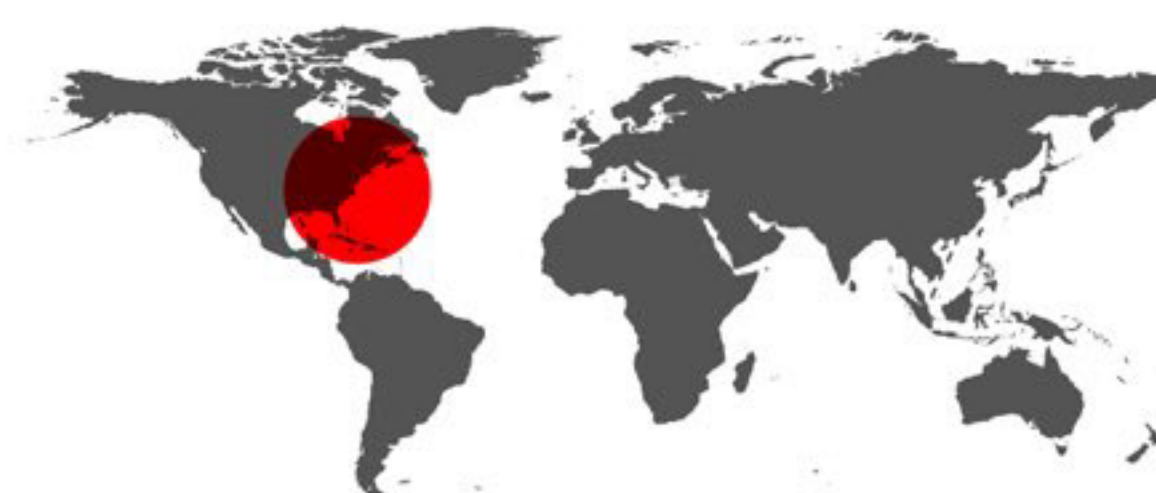




+ Polar Protest

A man dressed as a Polar Bear climbs a barricade, as protestors take part in the “Flood Wall Street” demonstrations preceding the United Nations’s “Climate Summit 2014: Catalyzing Action”.

New York, USA





+ Lava Pool

River of lava flowing out of the Bardarbunga volcano in southeast Iceland. Bardarbunga, at 2,000 metres (6,500 feet), is Iceland's second-highest peak and is located under Europe's largest glacier, Vatnajökull.

Bardarbunga, Iceland





+ The Duel

Japan's Kazuyasu Minobe (L) duels with South Korea's Jung Jinsun during the men's epee team fencing finals at Goyang gymnasium during the 2014 Asian Games.

Incheon, South Korea





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+ The Colors of Afganistan

An Afghan balloon vendor walks past the Hazrat-e-Ali shrine, or Blue Mosque. Despite significant improvement in the last decade the country is still extremely poor and remains highly dependent on foreign aid.

Mazar-i-sharif, Afganistan





+ Monsoons are Over

An Indian youth walks over dried mud on the banks of a river after waters from the seasonal monsoon rains receded.

Allahabad, India





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+ The Game

Woman playing with her daughter at the park of the winter sports resort near the Georgian village of Gudauri.

Newport, United Kingdom





+ On Three... One, Two...

Base jumpers Alex Edge of the US (L) and Jeff Weatherall of New Zealand (R) throw Clair Marie of the US (C) on her birthday from the 300-metre high Open Deck during the International Tower Jump.

Kuala Lumpur, Malaysia



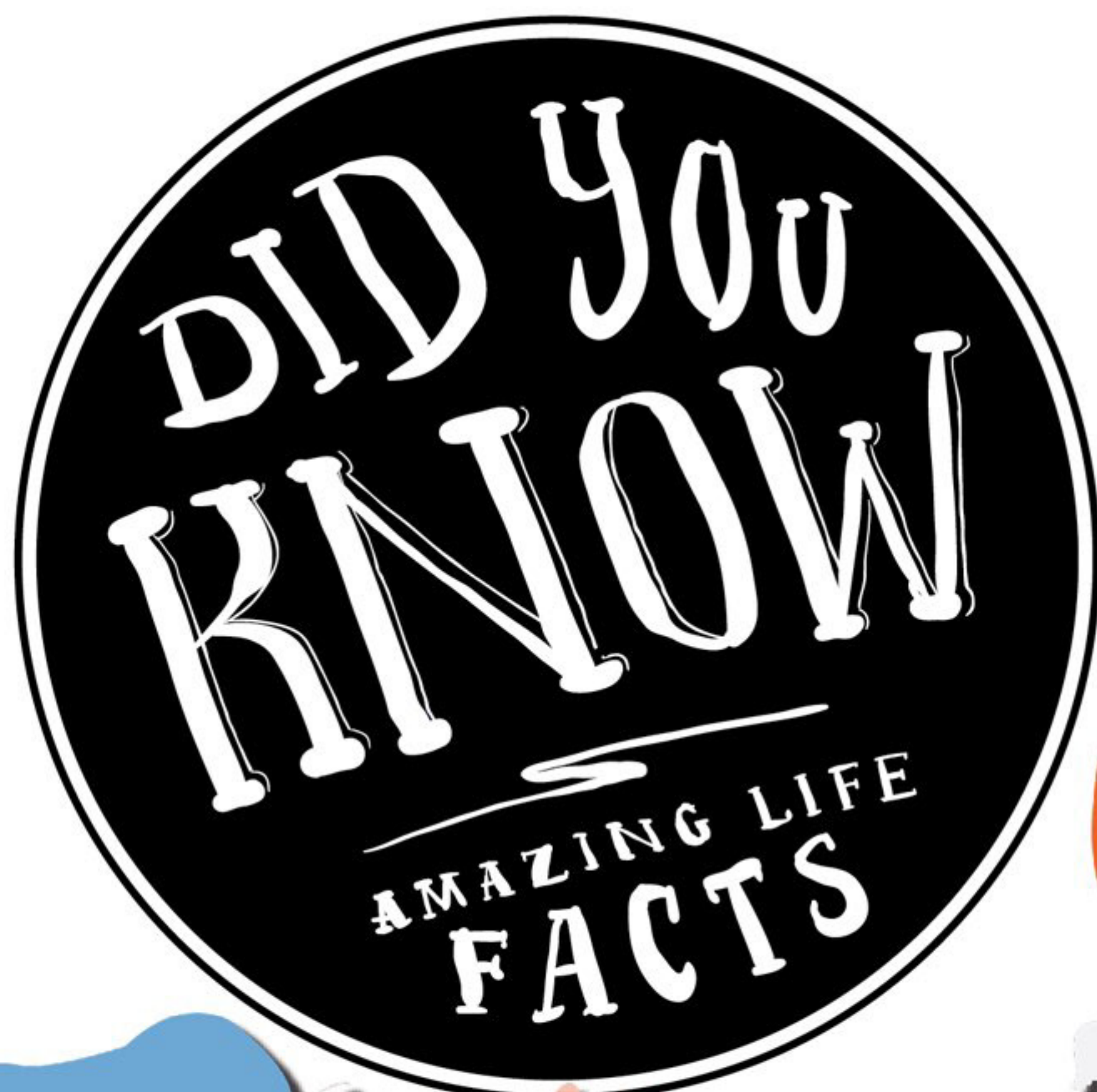
Face of a **SCHOOLGIRL** body of a **PORN STAR!**

★ Charlotte Nelson

Charlotte Nelson is a **BRITISH GIRL NEXT DOOR** that likes to laugh and always wants to have fun. This 5'8" hottie is not only beautiful: she is a **STUDENT OF HEALTH AND SOCIAL CARE WITH LEARNING DISABILITIES**. Plus she does charity work. Her humanitarianism only contributes to her hotness. She enjoys swimming pools and her **FAVORITE CLOTHING IS BIKINI**. She is a proud owner of a "German whip", so she knows how to choose well. Charlotte is fun, outgoing and **LOVES TO DO NEW THINGS**. Her favorite drink is Fanta lemon. Icy cold, of course!

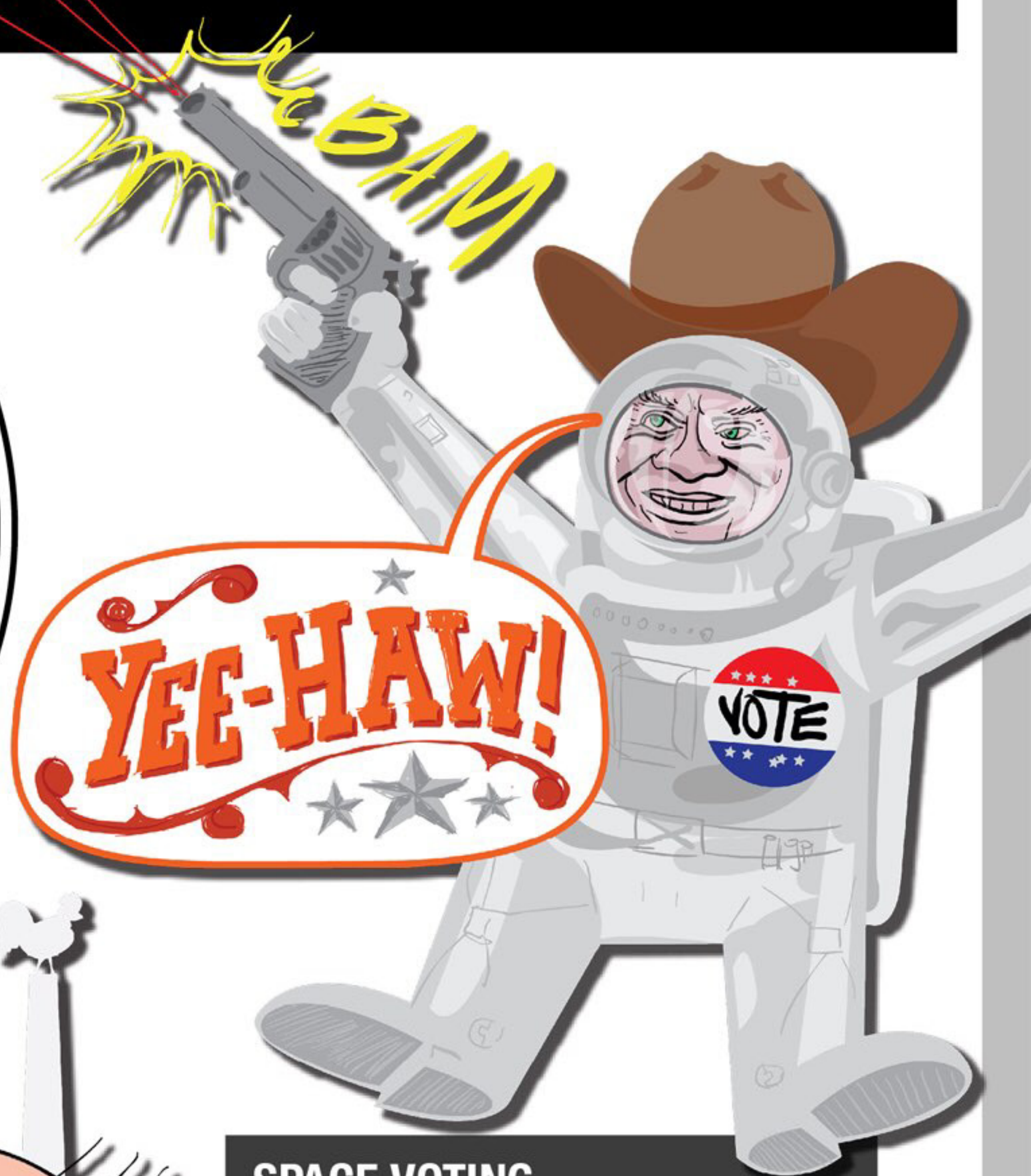
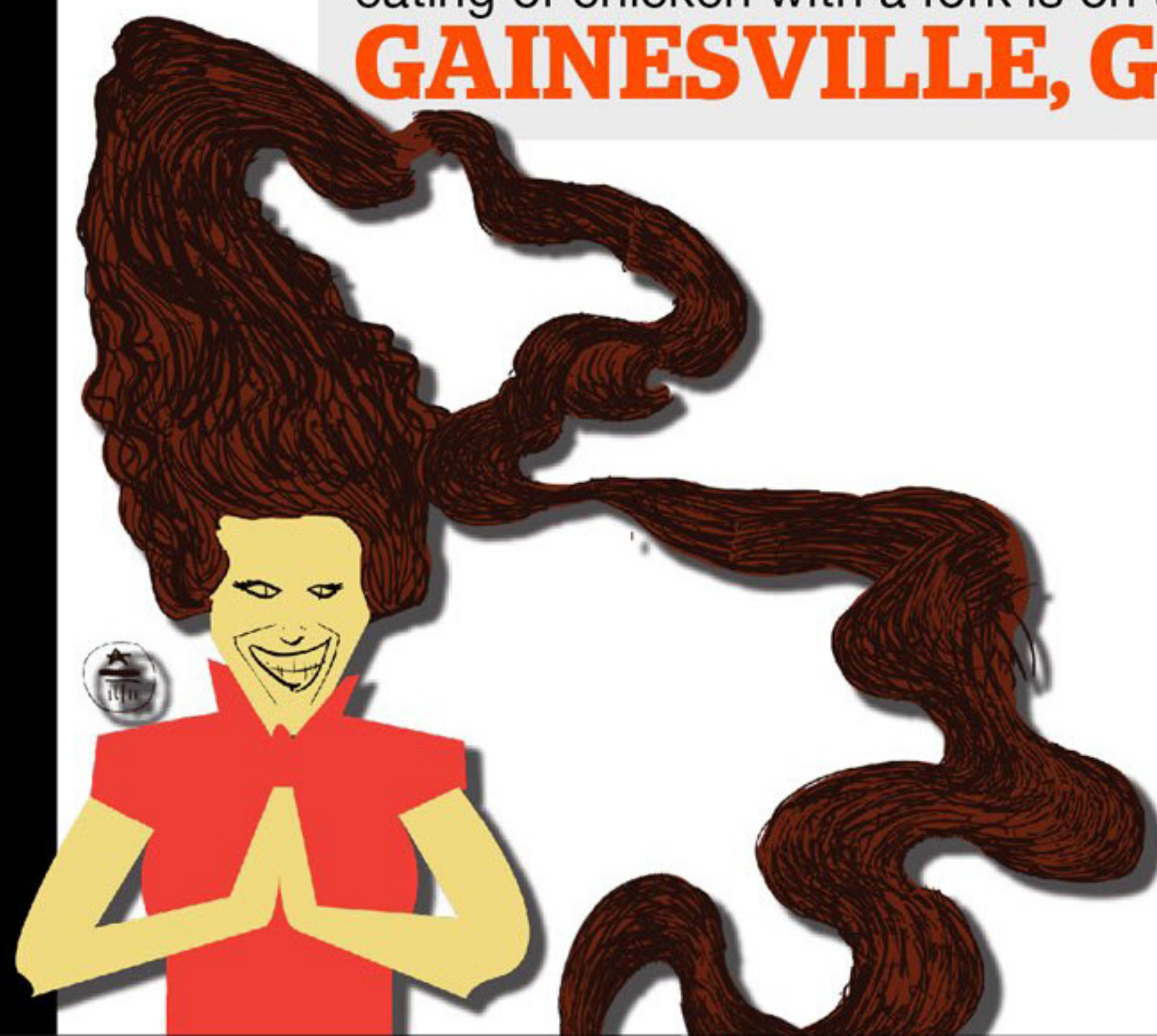






BANNED CHICKEN

The only recorded ordinance banning the eating of chicken with a fork is on the books in **GAINESVILLE, GA, USA**



SPACE VOTING

TEXANS can legally vote from the Space.



A SAFETY PIN

The fibula, a form of a brooch, was invented by the **MYCEANEANS ON THE GREEK PELOPONNESUS**

between the 13th and 14th Century BC, and is considered an early precursor to a safety pin.



vote from the Space.



BANNED CHICKEN

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GAINESVILLE, GA, USA



THE LONGEST HAIR

The world's longest documented hair belongs to

XIE QIUPING (CHINA)

at 5.627 m (18 ft 5.54 in) when measured on **8 May 2004.**

EGYPTIAN GUIDELINES

There is an inscription carved into a massive pyramid block, which says:

THIS SIDE UP.

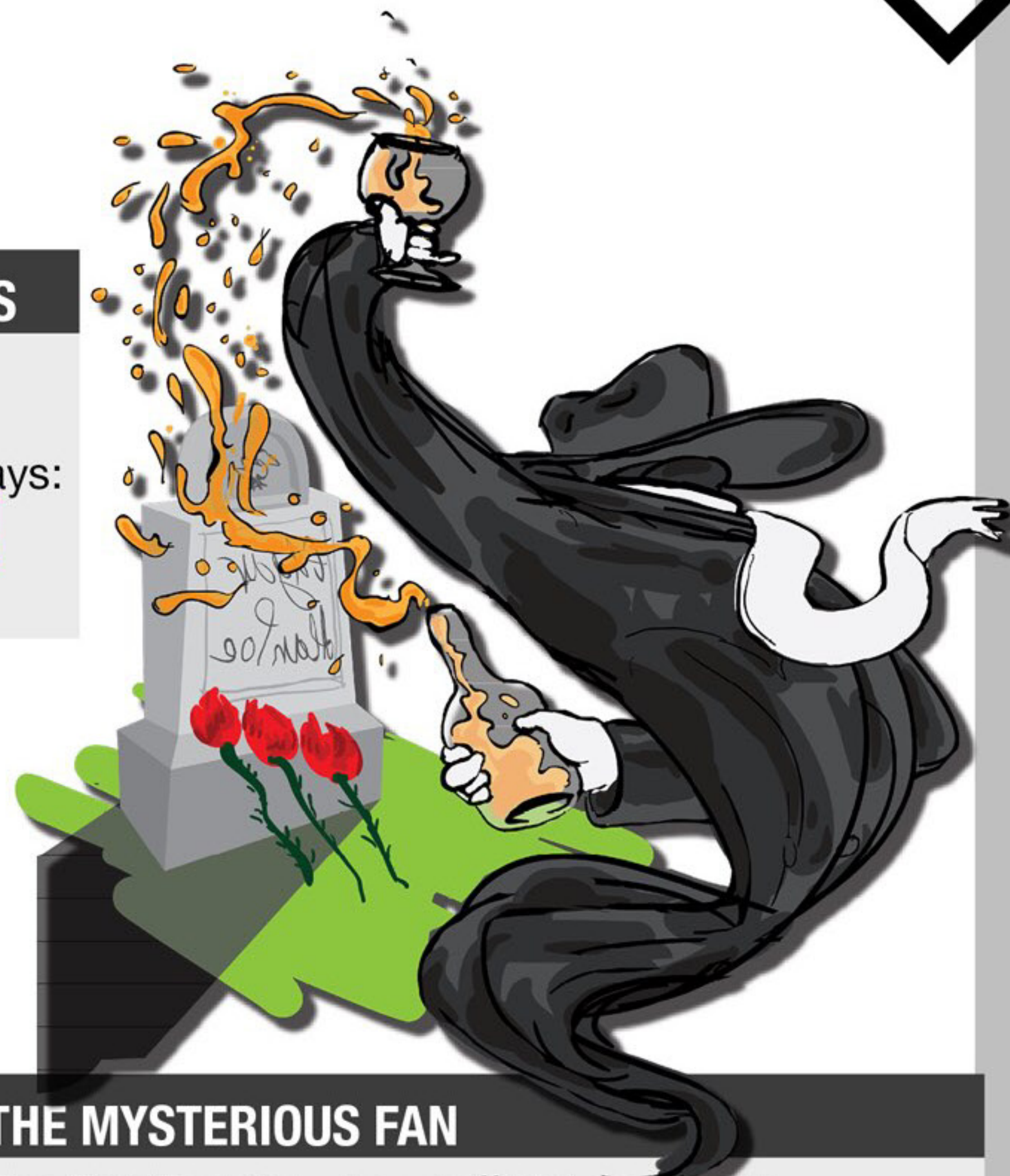


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THE MYSTERIOUS FAN

The Poe Toaster - an unofficial nickname given to a mysterious person who, **for over 7 decades,** visits Edgar Allan Poe's grave in

BALTIMORE, MARYLAND

on his birthday. Dressed in black with a wide-brimmed hat and white scarf, he leaves a bottle of cognac and three roses.

JESSIE J, NICOLE SCHERZINGER, ANNIE LENOX, SLIPKNOT, LIL WAYNE

COMPASS

MOVIES · MUSIC · TRAVEL · BLOSSOM'S CORNER · TIPS · SEX TALK · COMICS · COOK'S BOOK

**A HIGH VOLTAGE
BABE WITH HI
VOLTAGE TATTOOS**

Kat Von D

**TEXAS
HOLD'EM**

THE SUBTLE
ART OF LYING

ink

A SHORT HISTORY OF TATTOOS

FURY
BIRDMAN
INTERSTELLAR
NIGHTCRAWLER
MOVIES



1 FURY

2 BIRDMAN

3 ST. VINCENT

4 NIGHTCRAWLER

5 INTERSTELLAR



FURY

Action/drama/war

Director: **David Ayer**

“The dying’s not done. The killing’s not done.” And the Hollywood producers are surely not done making WWII-themed movies. This one takes place in the world of late war Germany, in April 1945. It presents an honest look of the sergeant Wardaddy (Brad Pitt) and his five-man crew, as they take on the enemy in a Sherman tank in their final and deadly mission. With a rookie soldier pushed into their small unit, the fearsome men attempt to strike the last of the Nazis. There is nothing they won’t do, as their job is to defend liberty of the world and defeat the remnants of the Third Reich. After watching Brad Pitt as Lt. Aldo Raine in Inglorious Basterds, no wonder there was another attempt to put

SWIPE

SWIPE





1 FURY

2 BIRDMAN

3 ST. VINCENT

4 NIGHTCRAWLER

5 INTERSTELLAR



SWIPE



BIRDMAN

Comedy/drama

Director: **Alejandro González Iñárritu**

This is the one movie we have been waiting for a long time.

Birdman is a black comedy about a washed-up actor, Riggan Thomson (Michael Keaton) who once played a superhero, in his battle to reaffirm himself. As the opening night for his Broadway comeback play approaches, he struggles with his consciousness and identity, all the while trying to pick up the pieces of the other important aspects of his life. The state of disorder that surrounds him is filled with his ex-wife (Amy Ryan), daughter (Emma Stone), and a pompous Method actor (Edward Norton). However, it turns out that his own alter ego is his most unnerving opponent.

SWIPE





1 FURY

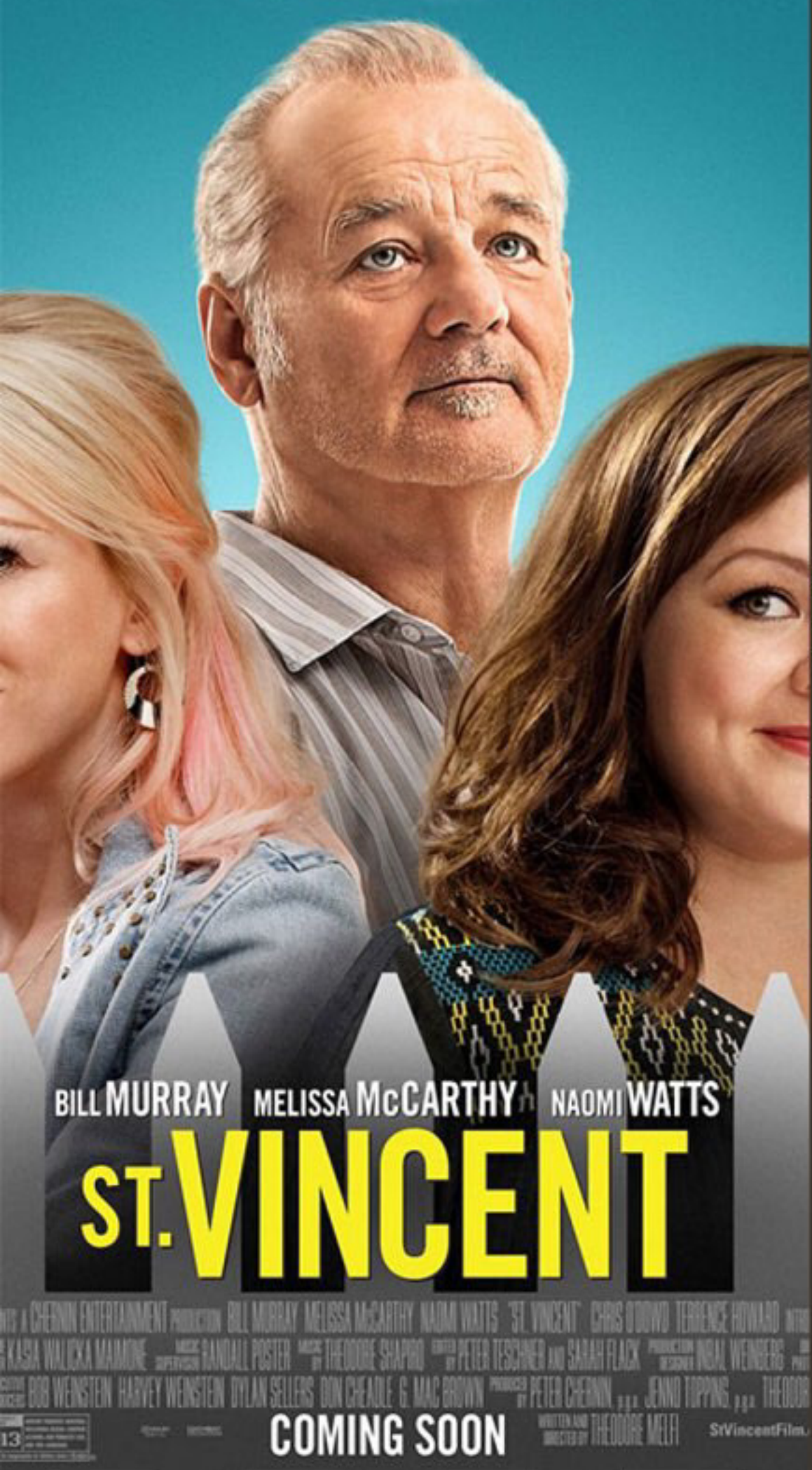
2 BIRDMAN

3 ST. VINCENT

4 NIGHTCRAWLER

5 INTERSTELLAR

LOVE THY NEIGHBO



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ST. VINCENT

Comedy

Director: : Theodore Melfi

St. Vincent opens as a dark and dirty comedy, but there is more to it.

A single mother (played by ever so funny Melissa McCarthy) and her 12-year-old son Olivier (Jaeden Lieberher) move to Brooklyn and into their new home. Facing harsh reality, she must work long hours and consequently leave her boy to their new neighbor, Vincent (played by amusing Bill Murrey). He is most certainly not a kind of person one should leave their children with, but she has no choice. Vincent is, among other obnoxious flaws he possesses, a stubborn old bat, alcoholic and a gambler. However, what began as a dark comedy, slowly carries on to becoming a gentle loving story. The boy and the man become the

SWIPE

SWIPE





1 FURY

2 BIRDMAN

3 ST. VINCENT

4 NIGHTCRAWLER

5 INTERSTELLAR



SWIPE



NIGHTCRAWLER

Crime/drama/thriller

Director: **Dan Gilroy**

An intelligent, determined young man, Lou Bloom (Jake Gyllenhaal), desperately tries to find work in contemporary Los Angeles. He discovers something that can be very threatening in the always-operating nocturnal world of L.A., and that is crime journalism. In an effort to succeed, he finds himself in a crowd of freelance cameramen, who film the most horrible of things – murders, crashes, accidents, fires, and other violent and disturbing events. Somehow, he forces his own way into this mayhem of risk-taking opportunities, and becomes one of the night-crawlers. However, not even he can yet imagine the real dangers about to come. In the perpetual hunt for good money-bringing footage, he gets the role in one of his

SWIPE





- 1 FURY
- 2 BIRDMAN
- 3 ST. VINCENT
- 4 NIGHTCRAWLER
- 5 INTERSTELLAR



INTERSTELLAR

Sci-fi/adventure/mystery

Director: **Christopher Nolan**



“The end of Earth will not be the end of us” and we hope that Nolan-McConaughey cooperation will not either. Directed by Christopher Nolan and starring Matthew McConaughey (Cooper), Anne Hathaway (Brand), Jessica Chastain (Murph), and Michael Caine, Interstellar is a science fiction mystery that makes your hair stand on end. Once they used to look up in the sky and wonder, and now they just look down and worry about their place in the dirt. The characters have come to realize that nothing in the solar system can help them. They must confront that reality. McConaughey, as an engineer, must lead a group of explorers to their quest to save the humankind. He can’t just think about his family, his must think bigger





THE MOST
**ORGASMIC
TITILLATING
PROVOCATIVE**
BLONDES IN THE MOVIES

TAP ON HEADS
FOR MORE INFO



AGNES BRUCKNER AS ANNA NICOLE SMITH
ANNA NICOLE (2013)

A single mother from Texas is now one of the greatest supermodels of her era, and one of the favorite playmates of Hugh Hefner. Despite the tragedy that her life turned out to be, her big breasts, reckless behavior, pole dancing, sexual desires and overwhelming need to be famous make her look like one hell of a Playboy bunny.



AMANDA SEYFRIED AS CHLOE
CHLOE (2009)

Imagine someone with angelic eyes and dreamlike features playing an escort. If you think that her only “customers” are men, you are mistaken. She is erotic, bisexual and ends up sleeping with an entire family. And thanks to Amanda, the movie was rated R due to strong sexual content.



ANGLEINA JOLIE AS LANIE KERRIGAN
LIFE OR SOMETHING LIKE IT (2002)

Perhaps this is not one of the cinema's greatest, and you will not find it in any top list anywhere. But if you ever imagined Angelina as platinum blonde, than look no more. She is a reporter, usually dressed in sexy business suits, and resembles Marilyn Monroe a bit. But when a psychic tells her she is going to die, she comes to realize that her fabricated life has no meaning.



BLAKE LIVELY AS SERENA VAN DER WOODSEN
GOSSIP GIRL (2007-2012)

Quite possibly one and only reason you should check this irritating TV show is because of beautiful Serena. She is the member of the elite group in Manhattan. Serena usually gets what she wants because of her good looks, charisma and personality. A former party girl now often falls into old habits and troublesome behavior.



CHARLIZE THERON AS RAVENNA
SNOW WHITE AND THE HUNTSMAN (2012)

When you make a Snow White movie with Charlize Theron as Ravenna, the well known phrase “mirror, mirror on the wall, who’s the fairest of them all” becomes extremely ridiculous. Especially if her beauty is contrasted to the vampire movie star wannabe.



DARYL HANNAH AS ELLE DRIVER
KILL BILL VOL. 1 & VOL. 2 (2004)

A member of the Deadly Viper Assassination Squad. The infamous eye patch, the nurse's uniform, her aggressiveness, sadism and cruelty, as well as her excellence with swords, and pretty much everything that can kill you, make us all wonder how it would be like if Elle got her hands, and legs, on us.



EMILIA CLARKE AS DAENERYS TARGARYEN *GAME OF THRONES (2011-...)*

What was once a timid girl with low self-esteem, strongly dependant on her brother, now became a fierce, confident, courageous queen. She is also “the mother of dragons” and her striking beauty, green eyes, and heavenly features are spreading far and wide. Plus, as a bonus you get a couple of nude scenes where you can see the rest she can offer.



JAIME KING AS GOLDIE/WENDY

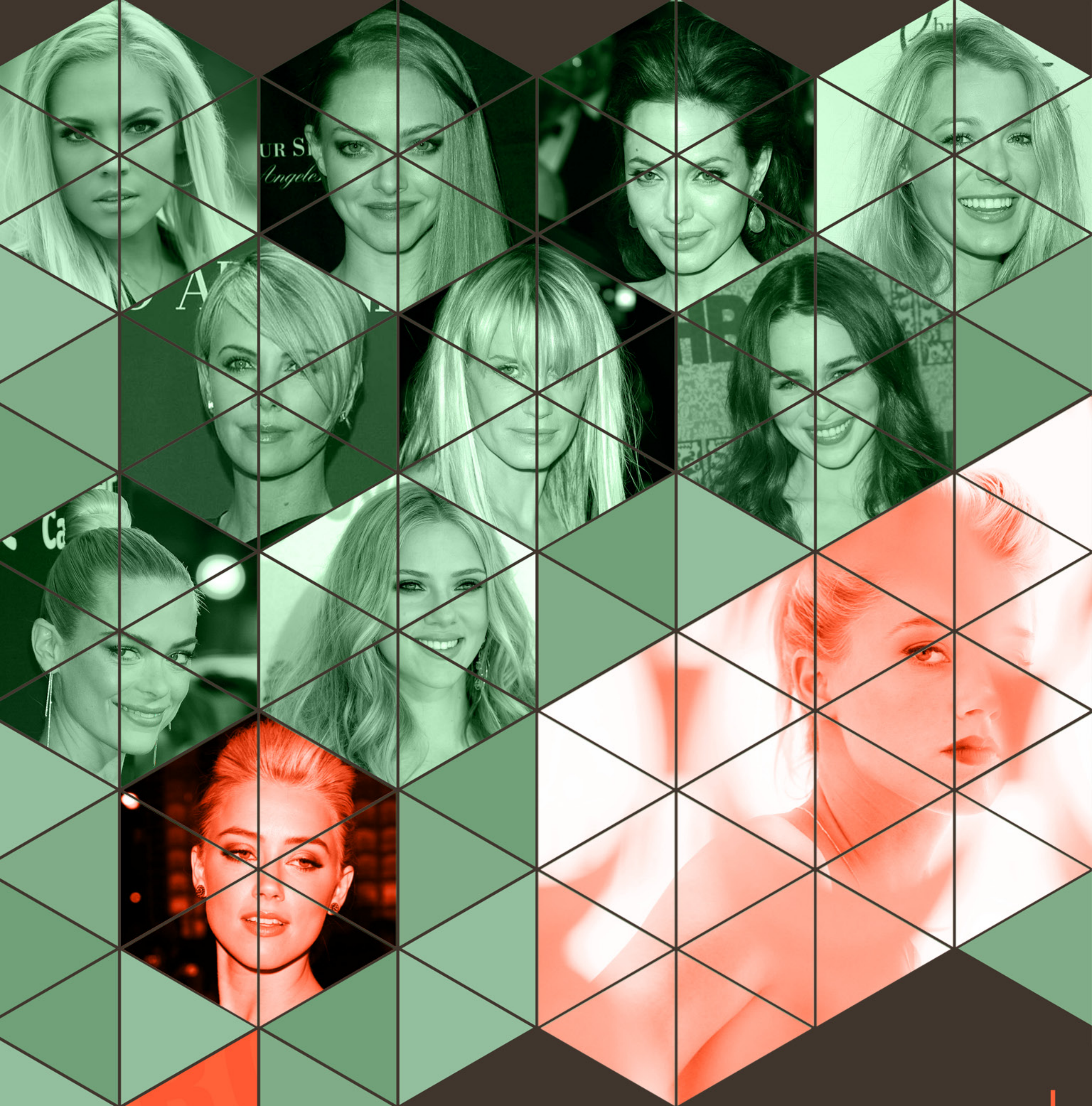
SIN CITY (2005) & SIN CITY: A DAME TO KILL FOR (2014)

We can see her magnetism just bursting out of the screen, and we surely do know why she is so worth everything! She is an uncatchable dream and a vision. Jamie is golden in so many ways.



SCARLETT JOHANSSON AS BARBARA *DON JON (2013)*

What would happen if a local “stud” only interested in sex, porn, and workout spotted a beautiful woman in a smoky bar? Her curves, feminine personality and princess like charisma greatly complement his masculinity. The presence of this kind of a woman makes a man want to quit his bad habits and change his behavior.



AMBER HEARD AS CHENAULT
THE RUM DIARY (2011)

Even her character name is exotic. Amber kills it in the Rum Diary as a blond seductress, an arm candy, and the most gorgeous and desirable sex bomb. Not even Mr. Depp could resist her appeal, neither on nor off screen.



A HIGH VOLTAGE BABE WITH HI VOLTAGE



TATTOOS

.....

Kat Von D

.....



TAP TO READ
MORE





Katherine von Drachenberg was born on March 8, 1982, in Nuevo Leon, Mexico. Her father is of German descent and her mother of Spanish-Italian. Perhaps this is the main reason her genes turned out to be this beautiful. When she was four, her family moved to sunny California due to financial problems. There, **KATHERINE DEVELOPED A SENSE OF AESTHETICS AND WAS VERY FOND OF CLASSICAL MUSIC, ESPECIALLY BEETHOVEN.** At the age of six, she started playing the piano and this only further contributed to her artistic interests. At the same time, she was growing up on the outskirts of Los Angeles. Kat was heavily influenced with Latin subculture and punk rock music, the Ramones and the Misfits being the most prominent.

HER REALISTIC TATTOO PORTRAITS AND NO-NONSENSE ATTITUDE QUICKLY GAINED HER POPULARITY AND SHE WAS ACKNOWLEDGED FOR HER ARTISTIC WORK

At the age of 16, she decided to drop out of school and pursue her career as a tattoo artist. She did her first tattoo on a willing friend later that year. It was a drawing of Misfits' logo. This was the beginning of Kat von D era. Her professional career as a tattoo artist began in 1998, when she worked at the local tattoo parlor Sin City. She frequently changed jobs, switching from one tattoo shop to the other. In True Tattoo in Hollywood, she started working with acclaimed artists Chris Garver and Clay Decker. They advised Kat to partake for a spot on "Miami Ink", a well-known TV series about a tattoo shop in Miami, Florida. It focused on the lives and the stories behind the customers' tattoos, as well as the lives and artistic preferences of the artists. Her realistic tattoo portraits and no-nonsense attitude quickly gained her popularity and she was acknowledged for her artistic work. However, constant conflicts with the shop owner caused her to quit the show. She moved back to Los Angeles, where she opened her own tattoo shop, High Voltage Tattoo. **THE POPULARITY OF HER SHOP REPRODUCED HER OWN TV SERIES "L.A. INK", WITH SIMILAR PHILOSOPHY AS "MIAMI INK".** The TV show became one of the highest rated programs on TLC. The show also featured other tattoo artists that worked in High Voltage Tattoo, as well as celebrity clients and regular customers. Her popularity was at its peak. In 2007, Kat

von D set a Guinness World Record for giving the most tattoos in one single day. Thousands of people lined up in front of her shop in order to participate in the history making moment. Without a doubt, Kat set the world record and ended up drawing an amazing number of 400 tattoos. The world was ready for everything Kat von D had to offer. L.A. Ink established her career as a tattoo artist superstar so she extended her originality to other successful projects.



In 2007, she was a guest star in “Bam’s Unholy Union”, an MTV show. The following year, in 2008, Kat launched a cosmetics line for Sephora that was easy on the wallet, but did not lack in quality. In 2009, she published a book called “High Voltage Tattoo”, which was, in her own words, a picture driven outline of her career. The book was eventually a best-selling book of the year. Her other book “The Tattoo Chronicle” was a diary-like book that followed a year in her life. She also launched her own clothing line KVD. **KAT IS ALSO THE CREATOR OF THE**



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IN 2007, KAT VON D SET A GUINNESS WORLD RECORD FOR GIVING THE MOST TATTOOS IN ONE SINGLE DAY



Ink



A SHORT HISTORY OF TATTOOS

EVER SINCE THE PREHISTORIC TIMES, PEOPLE HAVE BEEN FASCINATED WITH PERMANENTLY MARKING THEIR SKIN. PEOPLE GET INKED FOR VARIOUS REASONS, WHETHER FOR RELIGIOUS PURPOSES AND SPIRITUAL ELEVATION, OR INDIVIDUAL DESIRE, SELF-EXPRESSION, OR SIMPLY BECAUSE TATTOOS ARE STYLISH AND BEAUTIFUL. HOWEVER, NO MATTER HOW SIMPLE OR DETAILED ONE'S TATTOO MIGHT BE, IT IS ALWAYS — PERSONAL





Prehistoric Tattoos

It was long believed that the practice of tattooing began in ancient Egypt, some 2000 years B.C., having the Mummy of Amunet as a proof. Nevertheless, more recent archeological findings proved that to be false and pushed the date thousands of years further, back to (as far as we know) Neolithic times. **Ötzi the Iceman** is the oldest mummy with tattoos, as he dates somewhere from the 5th millennium B.C. He has 57 carbon tattoos, done in simple dots and lines on his back, knee and ankle. Due to the fact that these tattoos resemble a sort of an acupuncture treatment quite much, and that they are placed on degenerated parts of the mummy's body, it is believed that they were applied for therapeutic purposes.

IN ANCIENT EGYPT DURING THE DYNASTIC PERIOD (PRE-332 B.C.), TATTOOING WAS EXCLUSIVELY PRACTICED AMONG FEMALES

Ancient Tattoos

In ancient Egypt during the dynastic period (pre-332 B.C.), tattooing was exclusively practiced among females. Thankfully, a presumption that these women must have been thus marked to show their low status and character has been changed. Scientists believe that women marked themselves so as to wear a form of an amulet, a protective symbol during pregnancy, which is clearly supported by the placement of the tattoos on their abdomen, thighs and breasts.



There exists evidence that confirms that the Persians practiced, not only tattooing, but also body piercing, all of which was not limited to social status – both the king and the common man could wear them.

Classical World Tattoos

In later ancient times, such as Greek and Roman, the stigmata (as tattoos were called) were used as a means to mark someone's association with a religious group/sect, or even as a punishment to mark criminals. Throughout the classic Greek period, tattoos were usually reserved for slaves; however, there is a statement by Herodotus, a Greek writer from circa 450 B.C., which says that tattoos were a noble mark and a testimony of high birth. (Same discrepancies, but at different times – or so it seems; even today we have globally accepted tattoos, only to categorize and stereotype people wearing them.) There are other accounts that confirm this, such as the ivy tattoos of Ptolemy IV (221-205 B.C.) that symbolize his service to Dionysus, Greek god of wine and the patron deity of the royal house at that time. Roman soldiers also followed this style, but only until Christianity emerged. This new, monotheistic system of beliefs and practices did not care too much for ink, since it was deemed as putting a blemish on God's image. So comes the time of a tattoo ban, around the time when Christianity became the main religion, during the rule of the Emperor Constantine (A.D. 306-373).






BETWEEN 1700S AND LATE 1800S CRIMINALS WERE PUNISHED BY BEING TATTOOED A MARK OF PUNISHMENT

Nippon World Tattoos

On the other end of the world, Japan, getting tattoos was done for both spiritual and decorative purposes, but here it dates back to (at least) the Paleolithic period (approximately 10,000 B.C.). Somewhere between 1600s and mid-1800s, ukiyo-e practiced tattooing, in order to indicate their status (generally, these people were manual workers and prostitutes). Until it started to be regarded as barbaric, between 1700s and late 1800s criminals were punished by being tattooed a mark of punishment (as a better option to cutting their noses and ears off). Later on this lead to the creation of a criminal subculture of



Many yakuza have full-body tattoos (including their genitalia). These tattoos, known as irezumi in Japan, are still often "hand-poked", that is, **THE INK IS INSERTED BENEATH THE SKIN USING NON-ELECTRICAL, HAND-MADE AND HANDHELD TOOLS WITH NEEDLES OF SHARPENED BAMBOO OR STEEL.** The procedure is expensive, painful and can take years to complete




men who felt as outcasts and had no place in the fine society, and who could not simply integrate. Mainstream society discarded them due to their visible tattoos, thus pushing them into criminal behavior, which eventually resulted in forming the Yakuza, the modern Japanese mafia.

From Polynesia back to Europe

In Polynesia, the practice of detailed tattooing, such as highly elaborate geometric designs covering the whole body, developed over millennia. The word “tattoo” is derived from the Tahitian tatau (meaning to hit or strike), which was introduced into the English language by Captain James Cook after his expedition in 1769. Marking the beginning of a tradition, several Cook’s sailors together with Sir Joseph Banks (Cook’s Science Officer and Expedition Botanist, and a highly regarded member of English gentry) all came back to England with tattoos. The fashion easily and quickly spread throughout Europe, particularly among sailors and coal-minners, both high-risk professions, thus more or less explaining the timeless human need for a magical protective safeguard. Also, in the late 18th and early 19th c., tattoos were a way of identifying a sailor’s body, should he be lost at sea.

However, let it not be assumed that the art of tattooing was lost in Europe until Captain Cook brought it back. It actually merely marked a sort of a reintroduction by means of marketing at the time. Western society was not presented with the secret and works of tattooing, as it already had the tradition for quite a long time, only it was not as fashionable. There is a history of European tattooing that predates the expeditions of the famous captain.

THE WORD "TATTOO" IS DERIVED FROM THE TAHITIAN TATAU (MEANING TO HIT OR STRIKE), WHICH WAS INTRODUCED INTO THE ENGLISH LANGUAGE BY CAPTAIN JAMES COOK

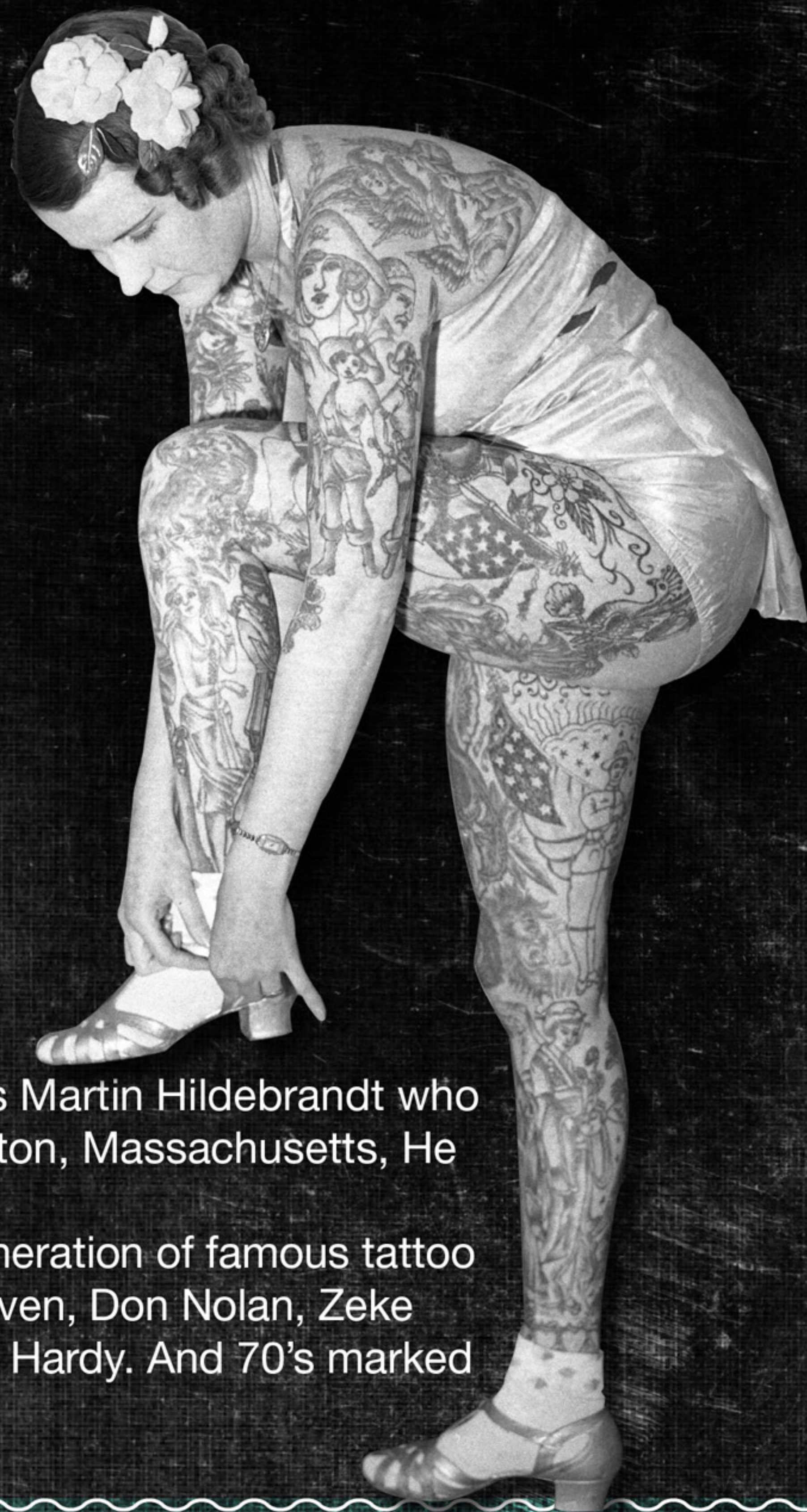


Modern Western World and Tattoo Renaissance

Getting inked was a very painful process, not to mention an expensive one at that, so no wonder it became a status symbol. Late 1800s were the years when the first tattooed women appeared. These ladies were seen (shown) in circuses and had almost every visible area covered in images, except for their faces, hands and necks. Betty Broadbent and Nora Hildebrandt, two of those circus "freaks", told the stories of their captivity and being tortured by having ink put under their skin. Until the 1920s there was business for these women, and in 1990s the last tattooed lady was out of business.

The first recorded tattoo artist was Martin Hildebrandt who started his business in 1846 Boston, Massachusetts. He mostly tattooed Civil War soldiers.

Late 1950s brought us the first generation of famous tattoo artists, such as Lyle Tuttle, Cliff Raven, Don Nolan, Zeke Owens, Spider Webb, and Don Ed Hardy. And 70's marked a turning point in tattooing.



THE FIRST RECORDED TATTOO ARTIST WAS MARTIN HILDEBRANDT WHO STARTED HIS BUSSINESS IN 1846 BOSTON, MASSACHUSETTS

The second generation of tattooists emerged, Bob Roberts, Jamie Summers, and Jack Rudy, all trained by the first. It was globally (more or less) accepted and common for both sexes, all social and economic status members, as well as any age group.

Tattoos took a whole other meaning – they could represent defiance, self-expression, revolt, or style.

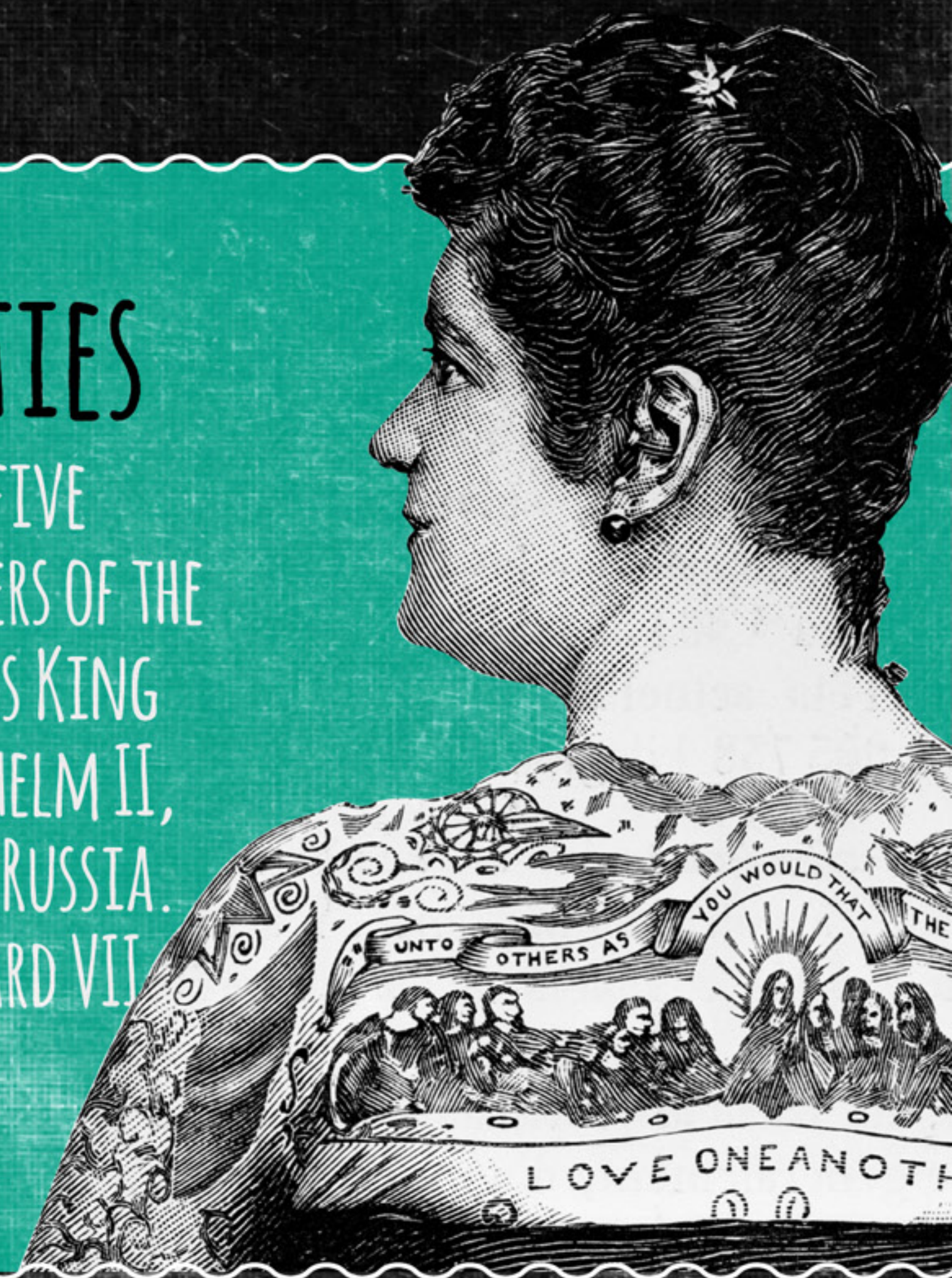
The 80's represent the period referred to as the Tattoo Renaissance, with scholar Arnold Rubin creating a collection of works viewing the history of tattoo cultures. He published them as the Marks of Civilization.



Tattoos have become more and more popular, with the advancements in technology of equipment, pigments, and technical training. Together with the rise of many professional tattooists, who define themselves as true artists, tattoos have become an evident part of the mainstream culture. Whether as a permanent way to put a remedial or protective symbol on one's body; or as a way to mark an affiliation to a certain social, religious or any other type of group; or just because it is stylish...tattoos have always been a means of one's self-expression, a way to highlight one's individuality through art.

XIX C. EUROPE'S TATTOOED CELEBRITIES

HARMSWORTH MAGAZINE IN 1898 ESTIMATED THAT ONE IN EVERY FIVE MEMBERS OF HIGH SOCIETY WORE TATTOOS. AMONG MANY MEMBERS OF THE GENTRY WHO SPORTED INK, THERE WERE ALSO MANY RULERS, SUCH AS KING FREDERICK IX OF DENMARK, THE KING OF ROMANIA, KAISER WILHELM II, KING ALEXANDER OF YUGOSLAVIA AND EVEN TSAR NICHOLAS II OF RUSSIA. KING ALFONSO XIII OF MODERN SPAIN ALSO HAD A TATTOO. EDWARD VII FOLLOWED GEORGE V'S LEAD IN GETTING A PERMANENT INK.





- Honey! I just commisioned a portrait of you !
- (heavy breathing)

WHO'S THERE?

This time "knock knock" is not a joke!

FRANCESCA WAGNER





Magnetic blue eyes, voluptuous lips and curves that everybody lusts after. This 29-year-old babe from San Diego, California, likes the ocean, long walks on the beach, summertime and nonalcoholic cocktails. Her prince charming should be a tall, dark haired, muscled football jock who knows how to take care of his woman. So if you skipped your gym classes at school, now would be a great time to regret it.

**I LIKE A MAN WHO
KNOWS HOW TO
GRAB A BALL.**





BEHIND CLOSED DOORS IS NOT JUST FOR FOOTBALL MATCHES.





**I WILL BE YOUR TARGET
WOMAN IF YOU ARE A
STRIKER.**



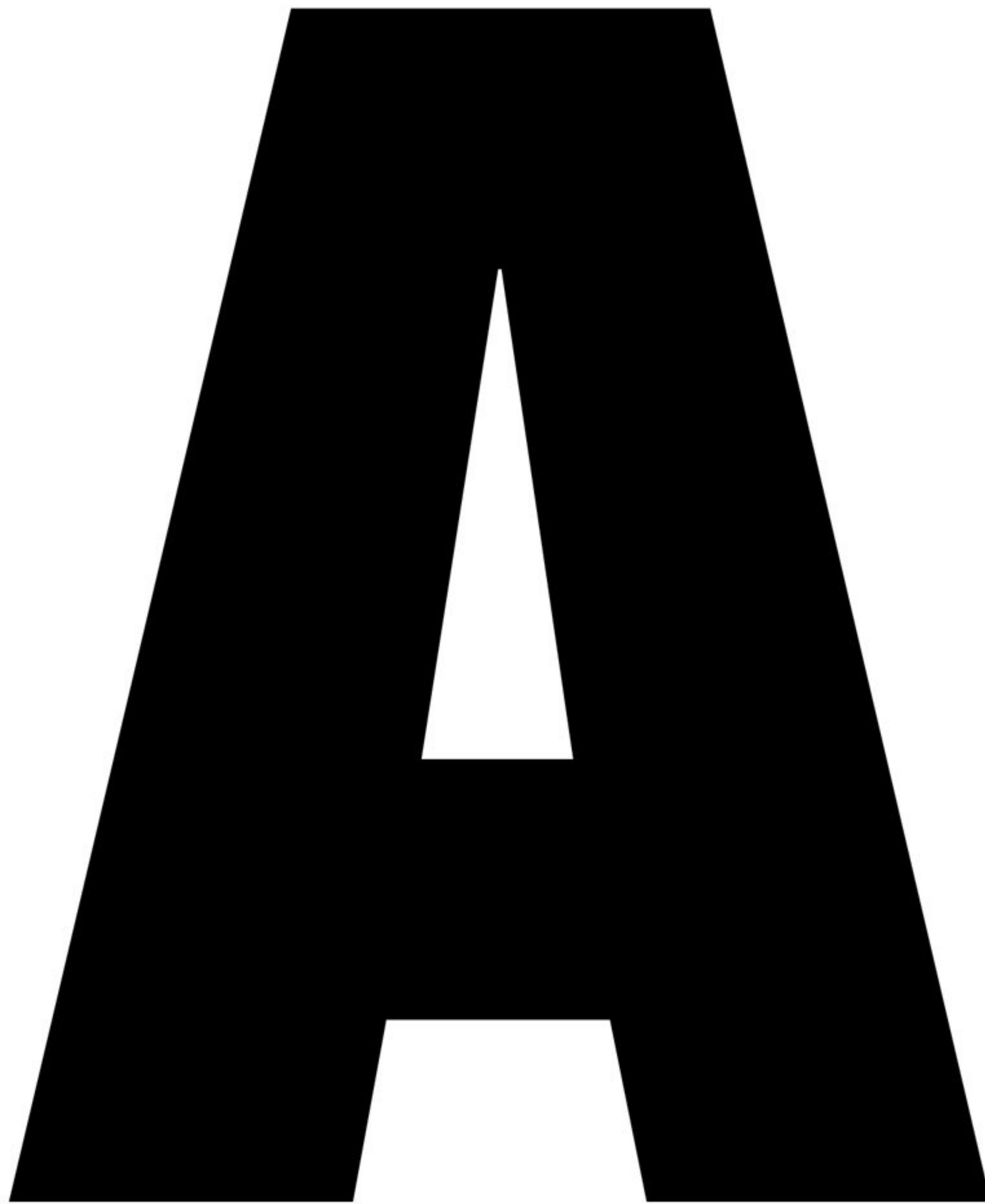
**THIS TIME TOUCHLINE
HAS NO BOUNDARIES.**



ON THE SHOULDERS OF GIANTS

Viktor Pelevin

IN THE LEGACY OF WORLD CULTURE, RUSSIAN LITERATURE IS COPIOUS IN DEPRESSIVE, INTROVERT AND INGENIOUS WRITERS. MODERN RUSSIAN WRITTEN WORD IS AS EQUALLY AS GOOD AND CONTINUES THE TRADITION OF RICH ERUDITION. THE ONE VOICE THAT STANDS OUT FROM ALL OF THOSE WORKS, A UNIQUE, MYSTERIOUS, ORIGINAL, WEIRD AND PROFOUND IN ITS POSTMODERN FLOW IS THE VOICE OF VIKTOR PELEVIN




About this writer, classified among the most important contemporary writers of the world, we cannot say much as he seems not to exist. The information about him on the internet is scarce and quite confusing for the fans of his writing. He graduated from the Moscow Power Engineering Institute, then he began to study literature and attended several courses in creative writing and that is all. For a writer who fascinates, asks questions, opens discussions, shifts taboos and honestly examines the purpose of us all, these data are limited. For this reason, there arose a suspicion in the literary world about his existence. Does behind the writer's name hide an acronym of more than one author? Are all the books signed under the same pseud-

onym written by an experimental computer program? To all these questions, no one holds the answers (of course, because the answer is simple, he is the man behind the mystery) and Pelevin continues to amaze.

In September this year, he published another novel, and as his publisher claimed, it is more a kind of a collection of philosophical texts and thoughts. This is not new to his writing. Since his first novel *Omon Ra*, through the legendary *Generation P*, *Chapayev* and *Void* and *DTP(NN) - The Dialectics of the Transition Period*, to *S.N.U.F.F.* and *Apollo Batman*, Pelevin provokes the modern philosophical understanding of the post-industrial world.





In all his books, there runs a very specific mixture of western philosophy and eastern wisdom and mysticism. He is one of the first Russian writers who thus found himself between East and West, but, as he himself said, the task of Russian literature is to make sure to create something not yet read. And he is right – his books do seem to be quite new, of a fresh genre and writing style that evokes various sensations in readers. The connection he makes with the readers is immediate, but not suggestive. He asks questions, but leaves enough space for all the answers and all the interpretations.

Pelevin plays with his writing. He plays with time, which is quite relative for him, and sometimes epochs easily overlap, making characters live for several thousand years, then again easily disappear forever, as if though they never even existed. The Time turns, returns, and distorts in order to fit into his remarkable imaginary space. He is not the only one. From one he opens into another, constantly running into new dimensions, a dream and reality often intertwining; with uncertainty in knowing who dreams, what dreams, or even if the who or what is at all asleep. Although he mostly deals with universal themes, he is a true Russian writer. The

observable, but intelligent subversion, which does not exceed the limits of the avant-garde, but seems rebellious and meaningful, is present everywhere with Pelevin. Russian figures, the soul, death, emptiness, imprisonment, meaning, all rule within himself, and no matter how unique and different, he still reminds us of his dark and heavy ancestors.

His works have an interesting narrative, completely unpredictable course of events, and almost Tarantino-like scenes and plots. Settings are filled with philosophical dialogues, which open the most hidden points of one's mind, and for a moment, they are brought to the absurdity and irony with only one unexpected plot or dénouement, leaving the reader petrified. Pelevin is a great connoisseur of philosophy and religion. He fiddles on the instruments of mythology and dogma, crossing them with seemingly banal

**HE IS ONE OF THE FIRST
RUSSIAN WRITERS WHO THUS
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SOMETHING NOT YET READ**

terms. He plays with the language, and often, like Joyce, creates linguistic simulacra and neologisms.

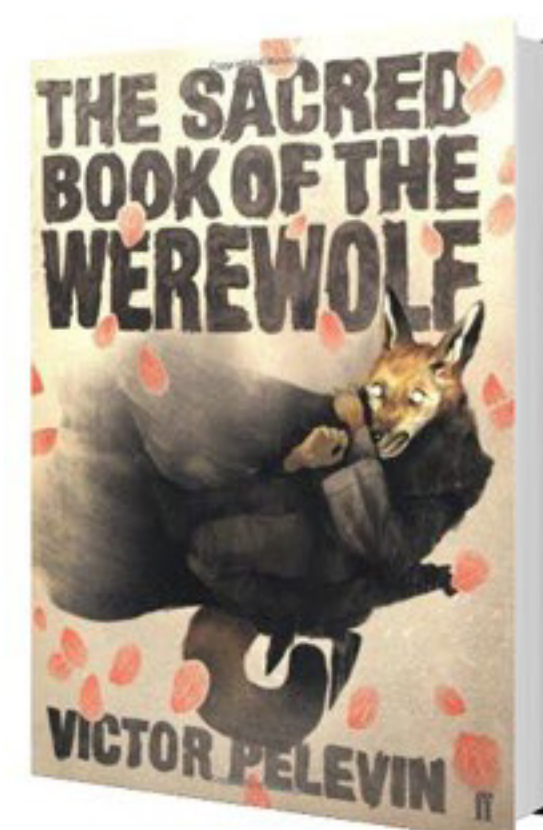


While dealing with the ubiquitous problems, he satirically dissects Russian society – the modern as well as the long gone one. He analyses communism, monarchy, the time of perestroika, reforms, and the current Russia. Due to all this, he is one of the most respected Russian intellectuals. He examines the concepts and the role of social categories, ruling power and the relationships among all of them. He understands the mercantile sense of the consumer society and exposes it. Marketing is an inexhaustible fountain of ideas for him. Extremely smart and well-read man like him recognizes the determinants of modern civilization, which speak of its stagnation and slight regression, giving a picture of an alternative, mystical understanding of the world, assembled out of many symbols we see everywhere. Connecting pop culture and ancient mysticism, totalitarianism and mental diseases, commercial markets and physiological needs, Pelevin creates a Matrix, far more unreal than the strangest of dreams.

P Pelevin is amusing, deep, mysterious, daring and incredible. One of the most likely future Nobel Prize winners. A wild postmodernist, who deserves the award.

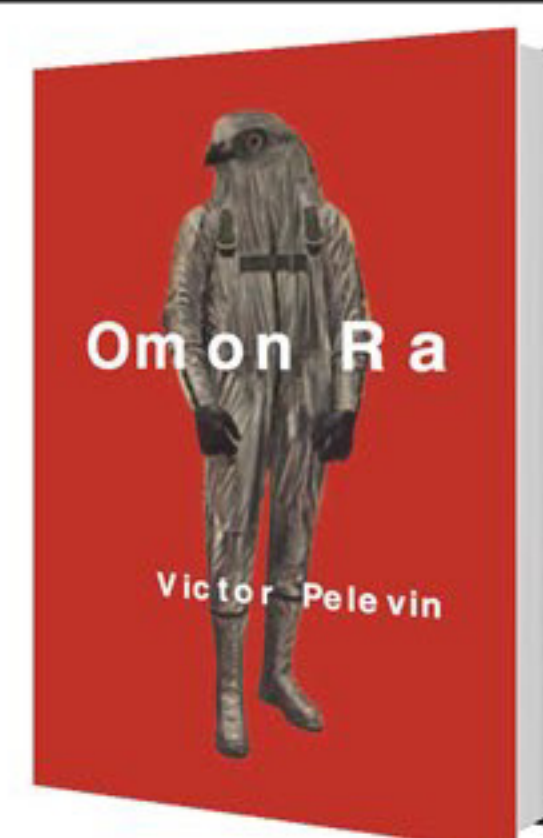
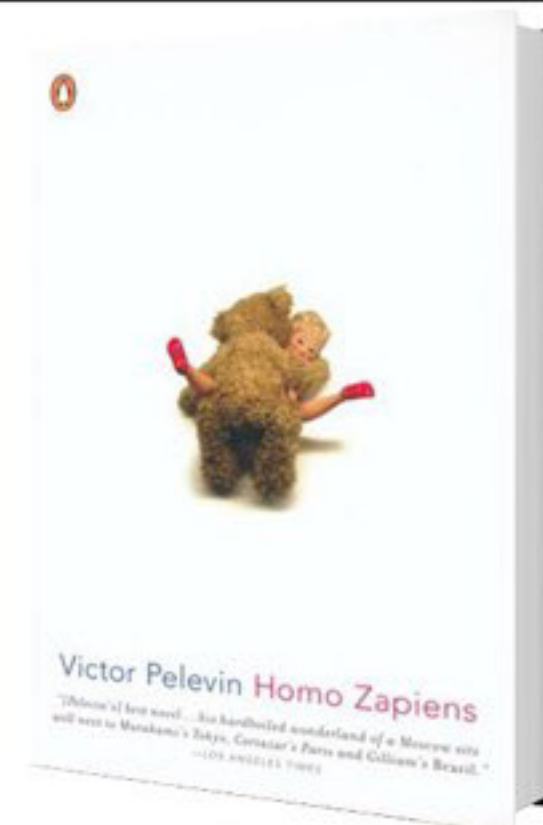
Many writers of erotic literature, postmodernism, and magical realism have been avoided, but Pelevin must not!

THE SACRED BOOK OF THE WEREWOLF
Year: 2004



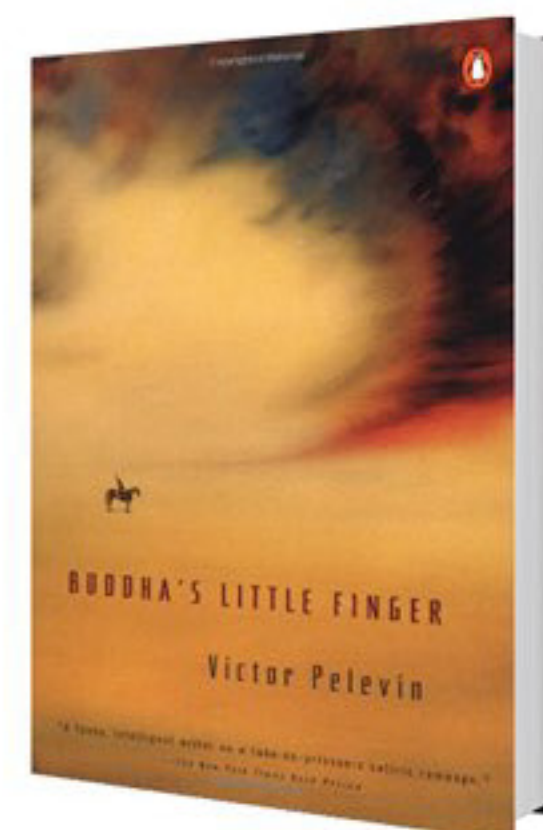
THE HELMET OF HORROR
Year: 2005

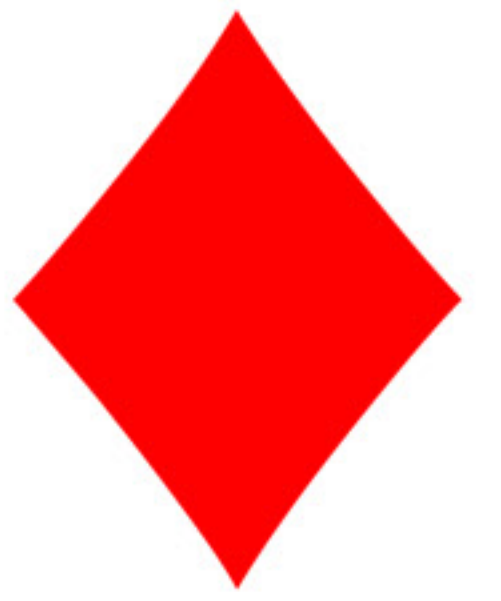
HOMO ZAPIENS
Year: 1999



OMON RA
Year: 1992

BUDHA'S LITTLE FINGER
Year: 1996





The Subtle

Texas Hold'em

Art of Lying

THE VERY HEADLINE OF THIS ARTICLE COULD GIVE AN UNSUSPECTING OBSERVER THE WRONG IMPRESSION.

HOLD'EM IS MANY THINGS, BUT DEFINITELY NOT A GAME DOMINATED BY LYING, THOUGH BLUFFING IS AN INTEGRAL PART OF EVERY HAND. WHEN IT COMES TO DECEIT, THINGS ARE A BIT TRICKIER TO DISCERN, BECAUSE DECEPTION COULD BE CLASSIFIED AS ONE OF THE SKILLS NECESSARY TO WIN





Poker is a game of chance designed for gamblers but also, above all else, a game of skill - **the skill of reading your opponent, getting inside his head and "breaking" his expression.** The phrase "know your enemy" dominates poker for a reason - in order to win, recognizing your opponent's weaknesses is far more important than having a couple of aces here and there.

In order to win, recognizing your opponent's weaknesses is far more important than having a couple of aces here and there

Considering that gambling is as old as the first civilization (some would say it's part of nature), poker is a relatively young game, just about two centuries old. **The most popular variation, Texas hold'em, is less than 100 years old, though where it was invented is still uncertain.** Texans were quick to swear it was one of their gambling talents who came up with Hold'em, but we don't care - the only priority is to know the game and enjoy it to the fullest.



Basic Rules



T

The simplicity of this game was paramount in making it one of the most popular in the world. Hold'em is a semi-open variation of the standard game insofar as it has two cards that are dealt face-down and five community cards being placed face-up by the dealer - a series of three (The Flop) then two additional single cards (The Turn and The

River or Fourth and Fifth Street retrospectively), with players having the options check, bet, rise or fold after each deal; Like poker, this is a game with a hierarchical principle, normally played by using small and big blind bets. **The number of players isn't determined, but for optimal enjoyment, between 5 and 9 people should participate.**

Each player is dealt two cards face-down; the player in the small blind receives the first card and the player in the button seat gets the last. These cards are the player's hole or pocket cards and the only cards each player will receive individually. The cards will only possibly be revealed at the showdown, which makes Texas Hold'em a closed poker game.

The hand begins with a "pre-flop" betting round and continues clockwise. A round of betting continues until every player has folded, matched amount put in by all other active players or put in all of their chips. After the pre-flop betting round, assuming there remain at least two players taking part in the hand, **the dealer deals a flop, three face-up community cards.** The flop is followed by a second betting round. This and all subsequent rounds begin with the player to the dealer's left and continue clockwise.

After the flop betting round ends, a single community card (The Turn) is dealt, followed by the third betting round. The final single community card (The River) is then dealt, followed by the fourth betting round and the showdown if necessary.



If a player bets and all other players fold, then the remaining player is awarded the pot and is not required to show his hole cards. If two or more players remain after the final betting round, a showdown occurs. **On the showdown, each player plays the best poker hand he can make from the seven cards comprising his two hole cards and the five community cards.** A player may use both of his own two hole cards, only one, or none at all, to form his final five-card hand.

The simplicity of this game was paramount in making it one of the most popular in the world

If the five community cards form the player's best hand, then the player is said to be playing the board and can only hope to split the pot, because each other player can also use the same five cards to construct the same hand. **The key is in the face down cards, as they will ultimately determine the winner of the hand, the one who will take the pot.** If it so happens that two or more players have closely valued hands, which is a fairly common situation, the pot is shared between them, with extra chips (assuming there are any) going to the first player after the button in clockwise order. The card's numerical rank is of sole importance; suit values are irrelevant in Hold'em. The last player to bet is the first player to show his hand.





How to Play Like a Pro

T

Texas hold'em, like all other gambling games, is essentially a game of chance and probability, one where plain luck plays an important role. Nevertheless, luck isn't the only deciding factor; rather it's your own mental skill. **Even the Wikipedia page on Hold'em states it's a game of psychology.** Don't believe it? Consider this: a legendary poker player

Phillip Jerome Hellmuth won 13 WSOP titles (the closest thing you have to a Hold'em World Championship) and made it to the finals 49 times. You think that makes him the world's luckiest bastard, or perhaps he's the poker equivalent of Federer? More likely the latter. **The difference between amateurs and professionals in poker is just the way they approach the game.** The first lesson you must learn in order to go pro is that your greatest opponent at the table isn't chance, or even the players - it's yourself. Before you can even attempt to beat anyone else, you need to beat yourself by learning your limits, establishing your own boundaries and realizing your potential.

How do you make any profit, then?
**By taking the advantage
of that ninth hand!**

In fact, it's more important to know your flaws than to know your virtues. In that respect, the most common beginner's flaws are irrationality, haste and lack of self-control. Those who overestimate the strength of their hand and play with apparent pride are those who

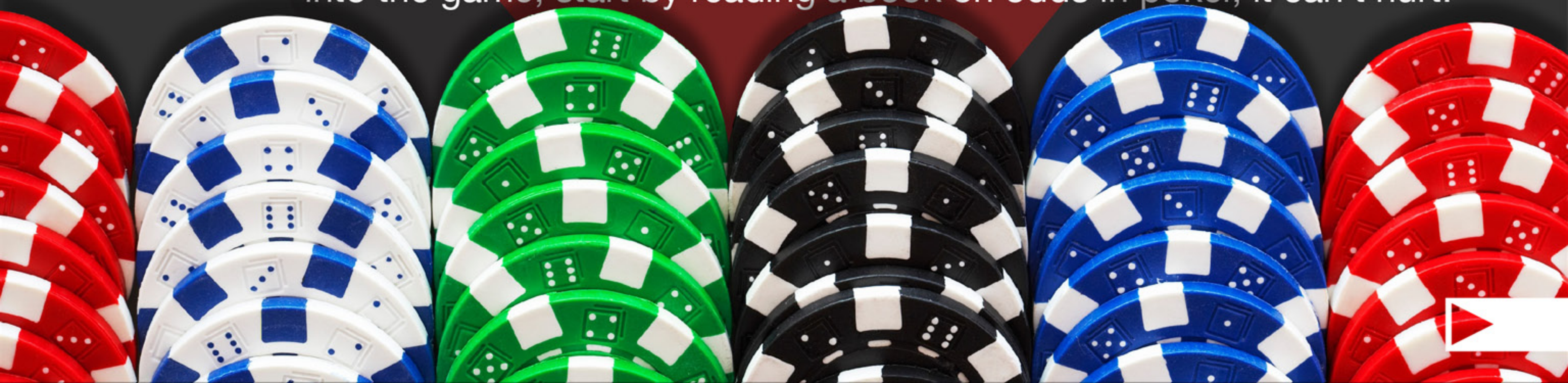




play haphazardly and often lose. It's those irrational, bad players, who refuse to fold, thinking it's humiliating to admit defeat. That's why you start by learning there's no shame in losing a hand, even if you have a couple of aces up your sleeve - it just happens sometimes. If you can tell the opponents seem menacing and potential winnings can't compare to the danger of major losses, just fold. Once you get the hang of the game, you'll realize everyone folds, and often. **On average if you play at the table with nine players, you'll fold 8 times out of 9.** How do you make any profit, then? By taking the advantage of that ninth hand!

Most great players will give you this advice - **if you want to win a tournament, play as few hands possible, but the one you do, play aggressively** - bet as many chips as you can and eliminate a number of opponents from the start. This will instantly reduce your chance of losing. The catch is knowing what a good hand is and using the brief time you have to attack. It doesn't take a genius to know that a couple of aces, kings and queens means you have a great hand and should bet more. Pairs are always good, even if it's a pair of twos. Straights also carry great potential, as do suits. **Combinations are countless and to understand the potential strength of each hand takes expertise and lots of experience.**

Another important difference between amateurs and professionals lies in planned risk. There will be times when, after a flop, you'll be one hand short of a straight or flush. The question is - should you wait? **If you get that card, you'll have the winning hand and get the pot, but if you don't, you've wasted plenty of chips.** This is a great dilemma, one that often confuses even the pros - but there's a simple solution. If you're waiting on a card, any card, you need to know how to evaluate the hand and the risk. For example, if the chance of your card appearing is 4:52 (1:13), then it pays off to bet only if the bet is at least 13 times smaller than the value of the pot. This calculation is applicable to all combinations and if you play this way you'll minimize the loss, assuming there is some. Of course, chances and percentages differ from one hand to another, but this is a broad topic with books on how to make calculations in poker. If you are really getting into the game, start by reading a book on odds in poker, it can't hurt.





What About Bluffing



P

“Poker without bluffing is like a woman with small breasts,” said a friend of mine, meaning - it’s boring. I disagree on both counts, although I often bluff when playing. The truth is bluffing is present everywhere, even in major tournaments reserved only for the best, though it’s nowhere nearly as common as it is among amateurs. **Great players will never bet**

most of their chips knowing they have a weak hand. In reality, bluffing isn’t necessary and it’s perfectly feasible to win a tournament with no deception regarding the strength of your hand. If anything, bluffing is more prevalent in classic poker, since the game isn’t nearly as dynamic as Hold’em and everyone gets five cards. I understand, bluffing is hard to resist because of that smug, self-satisfied feeling that comes with winning a hand using nothing but trickery. **The only greater satisfaction comes from calling someone else’s bluff.**

**Great players will never bet
most of their chips
knowing they have
a weak hand.**

Playing like a pro takes a lot of time and effort, not to mention quite a bit of money, but enjoying Texas Hold’em is considerably less burdensome - all you need is a free evening and good company of equally hot-headed enthusiasts.

Now, I’ve gotta go, my crew is waiting...



MANIC
MUSIC



Jukebox

1 JESSIE J

2 NICOLE SCHERZINGER

3 ANNIE LENNOX

4 SLIPKNOT

5 LIL WAYNE



JESSIE J



SWEET TALKER

JESSIE J

album

Sweet Talker

In 2013, Jessie J released her second studio album *Alive*, but the version aimed for the American market was declared unfit and was not released. Not satisfied with such a response from the label, she moved to the United States and started working on the new album specially targeted for the American market. Two singles out of 12 songs have already been released – the already viral hit ‘Bang Bang’ (featuring Ariana Grande and Nicki Minaj) and, in our humble opinion, an average and monotonous ‘Burnin’ Up’ (featuring 2 Chainz). The rumor is that she joined forces with Pharrell Williams, so we are very impatient to hear the rest of the songs.

MANIC
MUSIC



Jukebox

1 JESSIE J

2 NICOLE SCHERZINGER

3 ANNIE LENNOX

4 SLIPKNOT

5 LIL WAYNE



Nicole
SCHERZINGER

BIG
FAT
LIE

NICOLE SCHERZINGER

album

Big Fat Lie

The heart and soul of The Pussycat Dolls is expected to release her second solo album entitled Big Fat Lie. Known for her angelic voice and emotional personality, she is still remembered as the most emotional X Factor judge, especially the scene in which she collapsed and burst into tears on stage in a live show. Nevertheless, her music talent has always been cherished and her voice praised. The lead single 'Your Love' has that 'summer hit' 'lad back' potential, whereas 'On the Rocks' has clear allusions and a slower romantic-like beat. Both songs go well with her character, but will that be enough, especially for the fans? After judging and criticizing other contestants, will she be open to criticism herself? And finally, what will Simon Cowell say?

MANIC
MUSIC



Jukebox

1 JESSIE J

2 NICOLE SCHERZINGER

3 ANNIE LENNOX

4 SLIPKNOT

5 LIL WAYNE



NOSTALGIA

ANNIE LENNOX

ANNIE LENNOX

album

Nostalgia

Four years after releasing her fifth solo studio album, Annie Lennox, whom you probably remember as a part of Eurythmics, announced the release of her sixth studio album named Nostalgia. This is actually a cover album that represents a collection of 12 songs from her childhood she is feeling nostalgic about. This album with a symbolic name gathers some of her favorite childhood songs performed in her own way and manner. As she explains in her blog, she got the inspiration by listening to the songs from "The Great American Songbook." So, if you want to relive these old hits with the help of her unusual singing technique and powerful voice, this is the album for you.

MUSIC

Jukebox



1 JESSIE J

2 NICOLE SCHERZINGER

3 ANNIE LENNOX

4 SLIPKNOT

5 LIL WAYNE



SLIPKNOT

album

.5: The Gray Chapter

If you are into heavier sound, we have good news for you! And it's rocking, to put it mildly! This is their first studio album after six years and it is a kind of a tribute to their former bassist Paul Gray, who died in 2010 and whose name is included in the title. Moreover, apart from Gray, this is the first album without the drummer Joey Jordison. Announced by 'The Negative One' and 'The Devil and I', it is clear what kind of a feeling is going to be dominant in most of the songs. The released singles sound very promising and energetic, so the fans should not expect anything less from other songs. Slipknot is back!

MANIC
MUSIC



Jukebox

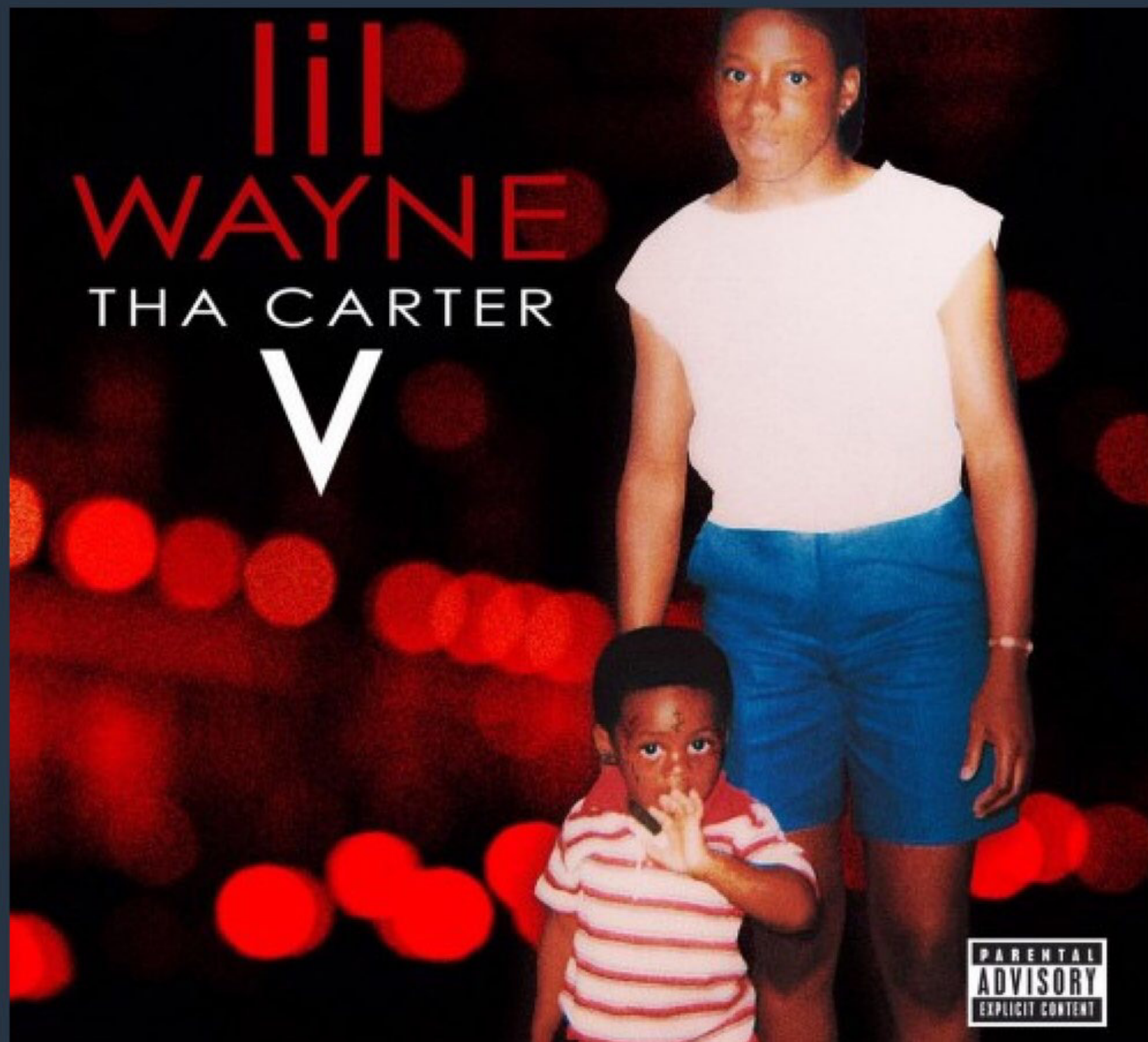
1 JESSIE J

2 NICOLE SCHERZINGER

3 ANNIE LENNOX

4 SLIPKNOT

5 LIL WAYNE



LIL WAYNE

album

Tha Carter V

There has been a lot of controversy regarding this album, its release and the end of Lil Wayne's career. This album was announced to be released in 2013 as the road to Wayne's retirement at relatively young age since he wanted to dedicate himself to his family. Things did not go according to plan, and after several announcements without the release of the album, he even performed at the NBA All Star weekend, but the newest promise is the end of October. Because of multiple announcements, several singles from this album have been released – 'Believe Me', 'D'usse', 'Grindin', and 'Krazy'. They are different in terms of the beat and style, and this promises an album that is not monotonous.

Lace in its place!

Susanna Armstrong



She was named the Official Hottest Girl in her high school. Susanna is 27 years old and works as a fitness instructor in Boston. She likes cardio, Pilates, low carb food, purple color and the smell of roasted coffee beans. Her man should be good at cooking, and should not hesitate to experiment with different flavors. Her favorite food is cherry hazelnut oatmeal. This is one hell of a cardio and yoga mix you wouldn't want to miss.





After an exhausting
cardio exercise,
**nothing feels better
than cherries.**

MEN'S CODE

Salmon

VIGOR IN WATER,
SUCCULENCE ON PLATE

+
INFO

The Land of
Fire and Ice
ICELAND

Dress to
Impress
**SATURDAY
NIGHT FEVER**



Cut, Brush, **Shave and Go!**
MANIC GROOMING KIT



THE CHAIRS OF THE ARTISTS **PULL UP AN EAMES CHAIR**

Flip through any interior design magazine, or any magazine for that matter, and you will see one of them. They are the old chairs of the modern world, plain and minimal but cozy and comfortable, simple and uniformed but yet a statement and a conversation piece. The famous Eames Chairs have won over the world in 1940s and 1950s and have remained the classic chic in furniture design for almost 70 years.



TAP TO READ
MORE



Heaven on Earth

**The Bora Bora
Pearl Beach Resort
& Spa**

LOCATED ON
17 WATERFRONT ACRES,
THE BORA BORA PEARL BEACH RESORT & SPA
MAKES THE MOST OF THE UNSPOILED CORAL REEFS
AND BLUE LAGOONS.





The unspoiled coral reefs and lagoons that make up the captivating views around French Polynesia have remained virtually unchanged since 18th-century sailors first reported sightings of these stunning islets. The mystique and incomparable beauty of French Polynesia comes alive in the crystal blue depths of the sea, the thatched roofs of spacious bungalows, and the fragrance of hibiscus in the air. Making the most of the spectacular vistas, the Bora Bora Pearl Beach Resort & Spa is located on 17 waterfront acres. **Guest accommodations are in thatched-roof Polynesian-style bungalows scattered in lush tropical gardens and across the turquoise water.**

The mystique and incomparable beauty of French Polynesia **comes alive in the crystal blue depths of the sea**


The natural splendor invites such activities as kayaking, outrigger canoeing and catamaran cruises. The serene Manea Spa also takes inspiration from the unique setting, offering such treatments as hot volcanic stone healing. Bora Bora Pearl Beach Resort & Spa is



certain to leave an indelible impression on every guest, but for the adventurous, a licensed on-site tattoo artist specializing in local design can do the same.

Guests can enjoy complimentary breakfast in the property's main dining room, Tevairoa Restaurant, which is also open for dinner. The restaurant sits 6 meters above sea level and overlooks Bora Bora Lagoon and Mount Otemanu. **On Mondays and Fridays, a Polynesian dinner show is performed.** The Miki Miki Restaurant and Bar serves poolside lunches and beverages. The Taurearea Bar serves dinners and offers panoramic sunset views. The resort boasts an outdoor freshwater pool and adjacent spa tub. Complimentary recreational activities include kayaking, outrigger canoeing,





pedal boating, snorkeling, and miniature golf. Other activities, such as historical island tours, diving excursions, and shark and sting ray feeding tours, can be arranged for a fee. The hotel features a game room, an on-site movie theater, and boutique shopping.

The resort offers garden and beach bungalows over the water. **These bungalows provide private viewing of marine life through glass tables and offer lagoon views.** Garden bungalows feature private plunge pools with garden views. Beach bungalows offer private spa tubs with beach and lagoon views. Rooms are outfitted with Polynesian décor and pitched ceilings made of local timber. Units are equipped with air conditioning and cable television. Wired and wireless Internet access is available (surcharge).

Bora Bora Pearl Beach Resort & Spa is a type of luxury hotel in which the beauty of the surroundings, the rich culture of the region, and the convivial spirit of the islanders create a true island paradise.



The Land of **FIRE** and **ICE**

+Iceland



**ARE YOU A FAN OF EXTREMES? DO YOU
LIKE ADVENTURE? WOULD YOU CARE
TO EXPERIENCE NATURE IN ITS RAWEST
FORM? THIS IS A PLACE FOR YOU.**





The Land of Opposites is a place which offers summer days with 24-hours of sunshine and winter days with just a few hours of sunlight. **The land of biggest glaciers and most active volcanos** is where you can encounter some of the most beautiful sights, but adventures as well.

The strange island is a home of mystery and creativity, the dwelling of art and extreme sports, the residence of light and darkness. A small country with a population of little over 300,000 has a **high standard of living and a very low crime rate and is generally very well organized.** People of Iceland enjoy a very high life expectancy and have one of the healthiest diets in the world. Their life and work is based on renewable energy resources, and the North Atlantic oceanic climate and steady winds make the sustainability even easier.

The isolated character of the island life has enabled the **creativity of Icelandic people to grow and rule over the world.** Great performers like Björk and Sigur Rós and prize-winner authors like Halldór Laxness, Arnaldur Indriðason and Yrsa Sigurðardóttir are natives to this secretive floating land, and are proofs of how something so physically and culturally remote from the modern world can at the same time be ingenious. If all this seems too nice to be true for a country you would never think of as attractive, take a look at our top 5 pick of the things you shouldn't miss on Iceland!





+ Aurora Borealis

An extremely unusual phenomenon in such an exceedingly unusual place is a perfect combination of unusual. From the middle of September until the middle of April you can observe the magic of northern lights floating over the mysterious island. It can be seen in all its glory away from the urban area, which is generally easy to find.



+ Blue Lagoon, Grindavik

A geothermal spa just 40 minutes from Reykjavík is a mixture of natural wonders. A manmade lagoon with hot mineral-rich water from the underground springs combined with stunning landscapes and superb service of the spa is what leaves the guests astonished and speechless.





Hallgrímskirkja +

One of the most amazing architectural pieces in Reykjavik is the Lutheran Church of Iceland. Designed to resemble the basalt lava flows of Iceland's landscape, Hallgrímskirkja is 73m (244ft) tall, and also serves as an observation tower which gives you a magnificent view of Reykjavik.



Skaftafell Ice Cave +

Skaftafell

Skaftafell National Park is where you will find this gorgeous glacier cave. The sight should be visited in winter, when there is no ice melting to cause glacier collapse. However, it is said that even millimeter shifts of the glacier produce loud noises inside the cave, which already sounds dangerous.





+ Landmannalaugar

Stunning
Stunning fields of lava and the Hekla volcano make the South of Iceland a popular destination for hiking, trekking, cycling and horse riding. The volcanic scenery seems to be out-of-this-world, with the colors you've never seen in nature, and the shapes of landscape which seem imaginary.





SALMON

VIGOR IN WATER,
SUCCULENCE ON PLATE

BESIDES BEING A GREAT SOURCE OF HIGH QUALITY PROTEIN AND OMEGA-3 FATTY ACIDS, SALMON IS ALSO A GREAT SOURCE OF SATISFACTION FOR DIFFERENT PEOPLE ON DIFFERENT LEVELS. GUSTATORY ENJOYMENT IS ONE LEVEL WHICH MOST OF US ARE FAMILIAR WITH. GRILLED, BROILED, SMOKED, FRIED OR ROASTED, WITH EXOTIC SAUCES OR QUITE SIMPLE VEGGIES, WE LOVE IT WHEN IT ALMOST DISSOLVES IN OUR MOUTHS.





Salmon is a common name for several different species of fish in the family of Salmonidae. Most of them are anadromous, which means that they are born in fresh water, they migrate to the ocean and go back to fresh water again to spawn (it is believed that each salmon goes back to the exact location where it was born). However, there exist a few rare species that never reach the ocean, such as the Danube Salmon, and they spend their entire life in fresh water. Other than a couple of fresh water examples, two main types of salmon include the Pacific and Atlantic Salmon.

Besides being a great source of high quality protein and omega-3 fatty acids, salmon is also a great source of satisfaction for different people on different levels. Gustatory enjoyment is one level which most of us are familiar with. Grilled, broiled, smoked, fried or roasted, with exotic sauces or quite simple veggies, we love it when it almost dissolves in our mouths.

Its succulent flesh on our plates was once alive and vigorous, providing a whole different kind of satisfaction for someone else. Fishing salmon is a popular sport, but a commercial enterprise as well. Salmon is a big and energetic fish that makes you fight harder and boosts your adrenaline. It is by no means recommendable to the beginners to this sport, as you will need a good technique to cope with this beauty. When combined, these two sources of satisfaction that salmon can offer provide a superb pleasure – once you try salmon (or any other fish for that matter) straight from the river, you will find that no fish from the store can come close to tasting this good.



No fish from the store can come close to tasting this good.

Use lemon to reduce the intensity of the taste.

Salmon Fishing

WORLD WIDE

A GREAT NUMBER OF COASTAL COUNTRIES ARE KNOWN AS SALMON FISHING SPOTS WITH DEVELOPED FISHING TOURISM. SOME OF THEM ARE LISTED IN THIS ARTICLE, AS PLACES FOR SPECTACULAR FISHING EXPERIENCE, BUT THEY ARE CERTAINLY NOT THE ONLY ONES

RUSSIA – You can fish both types of salmon in Russia – Atlantic in the west and Pacific in the east of the country. Here, we would like to mention the Kola Peninsula, as a place ideal for Atlantic salmon fishing, with the Atlantic Salmon Reserve that covers four of the most incredible salmon rivers on Earth. The fishing season is pretty short, from June to September at best. Kharlovka, Eastern Litza, Rynda and Zolotoya are just some of the rivers where you can go salmon fishing on this island.

CANADA – Canada is also a country where you can fish both Atlantic and Pacific salmon, however we will here give priority to the British Columbia and Pacific salmon fishing. Salmon season in British Columbia lasts 365 days a year with Pink, Chum, Coho, Sockeye and Chinook salmon available in both saltwater and freshwater fishing. Just like Alaska, British Columbia also have several rivers called Salmon River. Other than those, you can also fish on Bulkley, Fraser or Skeena River, to mention just a few, as well as on several lakes and the open sea.



ALASKA – This is a famous destination for salmon fishing, and certainly not without a reason. Every summer, large number of salmon run up the rivers of Alaska, and this is why the best time for fishing there is from May through October. It is also a perfect time, since the weather is the best during these months. Types of salmon that can be caught are: king salmon, sockeye salmon, pink or chum salmon, as well as silver salmon. There are hundreds of fishing spots worth visiting, some of them being Kenai, Kasilof, Nushagak River, and many, many more. There are even several rivers in Alaska named Salmon River.

SCOTLAND – Some of the most famous salmon fishing spots can be found in this country. Scotland is renowned for its salmon fishing and its rivers are filled with Atlantic salmon (*Salmo salar*). The fishing season depends, of course, on where you want to fish, but it generally runs from January to November. In other words, almost the entire year. Some of the most prolific salmon fishing rivers in Scotland are Helmsdale, Thurso, Spey, Dee, Tay and Tweed River.

ICELAND – Due to its specific climate and topography, fishing in Iceland is certainly an unforgettable experience. The only downside is that the season is relatively short and lasts from June to September. But this is not a downside bad enough to let Iceland be omitted from this list. Crystal clear rivers running down the frozen lava fields under the midnight sun are definitely something one doesn't want to miss. Rivers where you can fish salmon in Iceland include Haukadalsa, Gljufura, Nordura and Vatnsdalsa River.

1

CUTTING BOARD

Proatek
Price: \$101.00

3

FISHBONE TWEEZERS

Wusthof
Price: \$29.00

2

FILLET KNIFE

Wusthof
Price: \$135.00

How to Filet

FRESHLY CAUGHT SALMON

**SO, YOU CAUGHT THAT MASSIVE 15KG-HEAVY SALMON AND NOW
YOU WANT TO PREPARE IT PROPERLY. HERE IS HOW!**

WHAT YOU NEED:

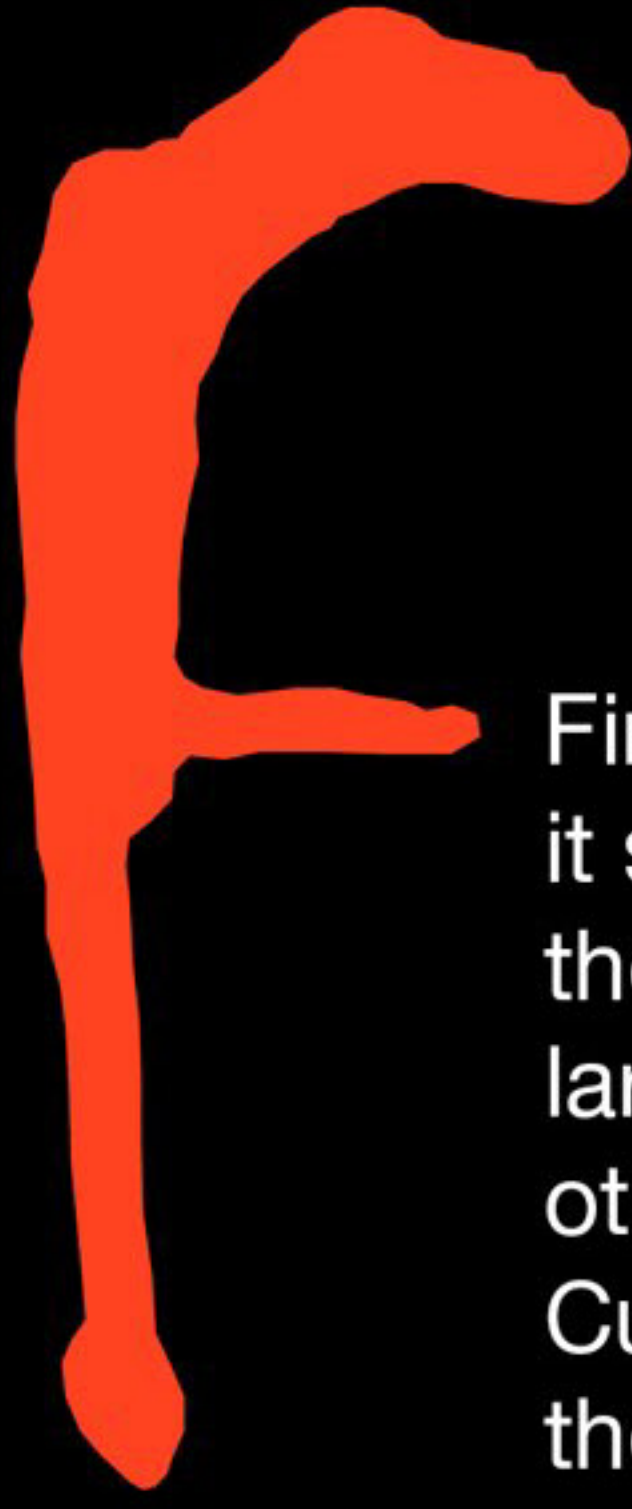
CUTTING BOARD • VERY SHARP KNIFE • CHEF TWEEZERS





EXTRA TIP:

When buying fish at the fishmonger's, pay attention to the freshness of the fish. The eyes should be clear. Cloudy eyes may indicate the fish that is not too fresh. Gills should be of a bright color. Smell is an important indicator of freshness, if the fish doesn't smell ok to you, do not buy it.



First of all, you need to gut it. And yes, it's disgusting as it sounds, but we reckon a man can take it. **1** Place the salmon on its side onto a cutting board. Lift the collar bone with one hand and slice the cartilage with the other. Slice down the edge of the gill and rip the gill out. Cut from its anus up through the abdomen, between the pelvic fins. **Do not cut too deep** in order not to cut through the guts. Pull the guts out and dispose of them in a plastic bag. Use a spoon to remove the blood and guts that might have been left inside. Rinse the salmon and dry it with a dishtowel. Now that the fish is clean, you can **2** start filleting it. First thing you need to do is make an incision by the head, beneath the fin. Cut through the flesh until you feel the bone. Next cut is by the tail. Make an incision, but hold your knife slightly angled. **You need to keep the fish steady in order to avoid hurting yourself.** This is why having a sharp knife that goes smoothly is very important. Continue cutting across the salmon, from tail to head. You should be able to feel the bones, and this means you are getting the most out of it. When you reach the head, you've got one filet. Turn the fish around and do the same, but this time from head to tail. What you're left with after this are two filets and the fish carcass. Next, you need to remove the belly side from the filet. Cut down the belly side with a knife again slightly angled to follow the contours of the fish. Try to do this in as less attempts as possible, so as not to damage the flesh. Then you have to remove about 20 bones from each filet and you need a pair of **3** chef tweezers for this. **Feel with your fingers for the bones** and pull each one with your tweezers. All that's left now is to remove the skin. Place your filet on the board skin side down. Make a small incision at the tale and hold your knife to an angle of about 8 degrees. Cut right beneath the surface of the skin while holding the tail part with your other hand. Continue cutting and removing the skin until it's all gone.



Cherry tomatoes are colourful addition to your meal, also they blend great with their sweet taste.



Roasted Salmon

WITH NEW POTATOES AND ASPARAGUS

THIS IS ONE EASY AND HEALTHY RECIPE IDEAL FOR TWO SERVINGS, SO WE RECOMMEND A ROMANTIC DINNER WITH YOUR SIGNIFICANT OTHER. FOR A LARGER COMPANY, ADJUST THE AMOUNTS.



Roasted Salmon

WITH NEW POTATOES AND ASPARAGUS

THIS IS ONE EASY AND HEALTHY RECIPE IDEAL FOR TWO SERVINGS, SO WE RECOMMEND A ROMANTIC DINNER WITH YOUR SIGNIFICANT OTHER. FOR A LARGER COMPANY, ADJUST THE AMOUNTS.

INGREDIENTS:

- 2 salmon filets
- 400g new potatoes
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- Handful basil leaves

PREPARATION:

- Preheat the oven to 220°C. Pour one tablespoon of olive oil into an ovenproof dish and put potatoes in. If they are larger, halve them. Roast the potatoes for about 20 minutes until they start getting that gold-brown color.
- Add the asparagus with the potatoes and leave for another 15 minutes in the oven.
- Now add the cherry tomatoes and salmon filet, sprinkling it all with balsamic vinegar and one more tablespoon of olive oil. Return in the oven and bake 10-15 minutes until the salmon is done.
- Finally season with basil leaves, after you have took it out of the oven.

PINOT NOIR

Joseph Drouhin
Aloxe Corton
Price: \$101.00



TAP TO READ
MORE

A full-body photograph of Jessica Clarendon as the Angel. She is wearing a white lace bra and matching underwear, with large white feathered wings. Her long dark hair is styled in waves, and she has her hands behind her head. The background is a bright, soft white.

the **ANGEL**

Jessica Clarendon

COVER GIRL





The stunning Jessica was accidentally discovered by one photographer! You don't need to be a scientist to discover her beauty, but what you do need is to have an eye for it. Luckily, he was at the right place in the right time, otherwise our world would look way more wretched. Jessica has hunted us down, and there's no escape, we stay where we are, blinded by her beauty!

100000+ DIGITAL MAGAZINES
WWW.PDFMAGAZINES.ORG











AFTERSHAVE

The Men's Soap Shop
Price: **\$24.95**



BEARD OIL

Beard Buddy
Price: **\$40.00**



SHAVING BRUSH

The Men's Soap Shop
Price: **\$42.50**

MANIC GROOMING KIT CUT, BRUSH, SHAVE AND GO!

In the 21st century, it is very important for a modern man to know how to be modern. There are plenty of products just around the corner, but they tend to overemphasize certain things. And that could be a problem. We do not want you to be "overgroomed". After all, you are a man. Of course, we do not advise you to look like a cave man (that is not cool even if you live in the mountains). But keep it simple. Quality over quantity is the golden rule of grooming.



HANDMADE POCKET COMB

The Motley
Price: **\$14.00**



DOUBLE EDGE SAFETY RAZOR

Go-Comb
Price: **\$13.99**



CAFFEINATED SHAVING CREAM

Pacific Shaving
Price: **\$8.99**



MANICURE SET

Czech and Speake
Price: **\$560**

MONDAY

'G-SHOCK' SPECIAL EDITION WATCH

Casio

Price: \$580.00

A bright yellow „G-Shock“ special edition watch from Casio when you want to stand out in the crowd.



WEDNESDAY

'SHEFFIELD' WATCH

Daniel Wellington

Price: \$893.00

This circular shape Daniel Wellington watch has a leather strap and a buckle fastening.



TUESDAY

BROWN STRAP WATCH

Givenchy

Price: \$893.00

Casual, yet stylish, Givenchy watch has a black metallic brown strap and a buckle fastening.

SUNDAYS ARE FOR REST
6 WATCHES FOR 6 DAYS



THURSDAY

'NO 1' WATCH

Tateossian

Price: \$290.00

Designed by From Us With Love, this Japanese quartz movement watch features a black ion coating and water resistant mineral glass.



FRIDAY

STAINLESS NACRE WATCH

Tateossian

Price: \$450.00

This is a gold-tone bezel, brown leather watch from RT by Tateossian.



SATURDAY

NEWTON DIGITAL WATCH

Nixon

Price: \$125.00

Sky blue digital watch with square face, and tonal digits is perfect for gym hours.





FINGERLESS KNITTED GLOVES

Paul Smith
Price: \$135.00



HOODED COAT

Rick Owens
Price: \$2900.00



DOT LOGO PO

Yohji Yamamoto
Price: \$951.00



CHECKED TROUSERS

Etro
Price: \$530.00



DISTRESSED DERBY SHOE

Marsèll
Price: \$651.00



SKULL BEANIE

Yohji Yamamoto
Price: \$319.00

TAP ON ICON
TO READ MORE



**ROCK
CONCERT**



**GALLERY
EXHIBITION**



**FRIENDS
NIGHT OUT**

DRESS TO IMPRESS **SATURDAY NIGHT FEVER**

After a long, busy week at work, Saturday finally arrives. The day when you should forget all the trouble and pressure of the working week and just loosen up. We advise you to leave your unholy book of scheduled meetings at the office, go out and have a good time. Whether you decide to go to a local pub, on a fancy gallery exhibition, or on a rock concert, our team is here to help you look fabulous and stylish.



SO MANY SHOES AND ONLY TWO FEET **SPOIL YOUR FEET**

Over the years, it became normal for women to change their shoes frequently. However, this is no longer the case. Many designers create very stylish, high quality, diverse footwear for men as well. Being a modern man, you cannot possibly let yourself wear your old, dirty shoes your grandmother bought to you several decades ago. Everything has its purpose and worn out footwear's role is to fill your garbage disposal. Our choices will help you look up to date while you help your feet walk on clouds.

**SPECIAL ED. ZX FLUX TECH
NPS SNEAKERS**

ADIDAS ORIGINALS

Price: \$186.00

Wear these limited edition Adidas Originals sneakers, which feature internal neoprene sock and adiprene running sole, when you hit the gym.



TAP TO
ROTATE



'RANGERS' ANKLE BOOTS

Saint Laurent

Price: \$885.00

Leather ankle boots featuring a round toe and a side zip fastening when you feel like a rock star.



'BOLLA' OXFORDS

Marsèll

Price: \$918.00

Black deer skin with a contrasting toecap oxfords from MARSÈLL when you feel bold and innovative.



METAL CAPPED OXFORD SHOES

Alexander McQueen

Price: \$768.00

A cap toe silver tone metallic trim. Wear this black leather Alexander McQueen oxford shoe when you need to be seen.



'SKELETON' HI-TOP SNEAKERS

Philipp Plein

Price: \$695.00

Skeleton hi-top sneakers from Philipp Plein for a casual party when you want to make a statement.

SHINE WHEN IT'S RAINING OUTSIDE

RAINY DAY

As various weather forecast stations announce extremely rainy autumn months, it is only proper that you make the best out of it. We do not think that you should stay at home and count raindrops through a stained glass window. Forget the depressing attitude. Instead, dress your best, take an umbrella and let the smell of ozone cherish your nostrils. Do not forget that we inherited the affection for the rain smell from our ancestors. They knew how to survive bad weather and we know how to dress for it.



DISTRESSED LACE-UP BOOTS

Dolce & Gabbana
Price: \$746.00



SKULL HANDLE UMBRELLA

Alexander Mcqueen
Price: \$552.00



QUILTED HOODED JACKET

Duvetica
Price: \$747.00



SLIM FIT JEANS

Iceberg
Price: \$159.00



COLOR BLOCK SWEATER

Paul Smith
Price: \$499.00



TAP TO READ
MORE

R-KAID-R ARCADE MACHINE

Price: **\$3220.00**

The R-Kaid-R is an exclusive toy for the dedicated gamer. It's a link between the present and the past. A true gaming jewel. A handmade hybrid made from solid wood, mixing yesterday's game physics with the digital spectrum of today. The R-Kaid-R is also a reaction to the contemporary electronics industry, where products are adapted to economic effi-

ciency and throwaway excess. By working with materials that, without regular maintenance and daily care, grows a unique patina, the expiration date of the product is extended. It will breathe through time, rather than get suffocated by it. This hand-crafted machine comes in different material concepts, inspired by material values from historic and cultural perspectives.





Hide & SEEK

Let's Play, but Grown Up Style!



Nothing is simple with this girl. Dina is 27 years old and works as an exotic dancer. Even though you wouldn't tell, she prefers listening to "harder" sounds: hard rock in particular. Dina likes horror movies and her favorite one is Texas Chainsaw Massacre. She prefers unusual sex and is fond of role-playing and soft BDSM. Dina likes leather and her favorite type of guys are bikers. So take a ride with this hottie.





**We are “bad”
only if we
play the part**



**It turns me
on when I
misbehave**





**Just give me
a helmet and
I will drive
you crazy.**

HYPERSENSITIVITY in Times of ALLERGIES



Modern man is faced with numerous challenges to his health.

Besides the already known etiological factors and pathogenetic mechanisms, there appear new ways, so to say, of falling ill, which are nothing else but a malfunction of immune system.

And they can be triggered by everything known, as well as by still unidentified things.






Allergies are becoming an increasingly common problem in the developed countries. Their definition and understanding is not universally accepted, while the scientific discoveries every couple of years move the boundaries of the hitherto known medical domains. It is a fact that allergies are turning into an ever more acute problem, but also that every new and tested therapy, at some point, starts failing. All this combined gives a pretty confusing picture, although the allergy symptoms and the spectrum of their occurrence are very real, and

**Each segment of
an allergic reaction is
a normal physiological
part of the
immune system**

even life-threatening.

In the majority of cases, we describe them as hypersensitive reactions, which means that they are an exaggerated response to a certain stimulus, that is, antigen. The role of antigen can be played by all

familiar and unfamiliar compound substances and even their components. The latest discoveries in the area of allergy investigation tell us that this reaction is, as a matter of fact, an inflammatory reaction which slips out of control. Be that as it may, allergies cause a violent cascade reaction of a great number of substances and cells, which results in release of an enormous number of potent molecules that bring about their effects. Taking into account how large their number is, they cause quite intensive symptoms.



Each segment of allergic reaction is a normal physiological part of the immune system; starting from cells and antigens, which bind the allergen, to the effectors, which are either cells or antibodies or a specific group of molecules, named the system of complements. At the end of this chain is a cell in the muscle, blood vessel wall or respiratory tract wall, which, due to uncontrollable and unnatural stimulation, starts acting contrary to physiology and against the person. Statistics show that the biggest part of the world population struck by allergies comes from the developed countries. The reasons for this are, for the moment, only empirical: the rising number of artificial substances, the mimicry of immune system and excessive stimulation of immunity, which starts to lose its natural self-controlling mechanism. The most probable reason lies in the changed way of life, constantly increasing exposure to artificial products unfamiliar to

Statistics show that the biggest part of the world population struck by allergies comes from the developed countries

the immune system, and on the other hand, in the insufficient stimulation, which stems from a desire to artificially protect the population, especially children. The structure of affected population is diverse, but in children this is the most intensive.

The consequences of allergies are not just momentary and acute. A lot of them can be the result of much more complex illnesses, while some of them can have an influence to the occurrence of cancer even. One of the hypersensitive reactions is also an autoimmune reaction, that is, when the organism reacts on the allergen that originates in the organism itself. The growth of these diseases is dramatic, and it is even speculated that Alzheimer's disease is of this etiopathology.

Besides the most common allergies, such as the ones to dust mites, pollen, animal hair and food, more and more often, there appear some bizarre allergies, which go unnoticed because they do not have so characteristic symptoms. Every change such as the poor general condition of the organism, fatigue, exhaustion, unusual skin changes, digestive and respiratory disorders, should be taken seriously. Allergies change the quality of life, habits and activities, but they can be remedied relatively easily.



NATURAL ENERGY POOL



► Written by **Dr. Aaron U. Isakowych**

TING ENOUGH FREE TIME, **LEAD TO A STATE OF CONSTANT EXHAUSTION.** INTAKE OF VARIOUS ARTIFICIAL SUPPLEMENTS CAN HELP, BUT ON A SHORT-TERM BASIS. THEY CONTAIN A HUGE AMOUNT OF CAFFEINE

THE FIRE HYDRANT

- FILTERED WATER
- A SLICE OF LEMON
- A PINCH OF CAYENNE PEPPER

The combination of these ingredients, however strange, is an extraordinary way to revive your organism. A tired body often means it is just dehydrated. With this potion, you rehydrate the body, balance pH with lemon and make an effect on cardiovascular system (the pepper is in charge of that). Just a few glasses of this drink per day and you'll be as good as new!



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NATURAL ENERGY POOL



► Written by **Dr. Aaron U. Isakowych**

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ENERGY BOOM

- 150 G APPLES
- 120 G CARROTS
- 6 BASIL LEAVES
- 200 ML ORANGE JUICE
- 500 ML KEFIR
- 1-2 TBS OF HONEY TO TASTE

Peel the carrots and apples and put them in a blender. Add the basil leaves, orange juice, kefir and honey to the puree. Pour the juice into a glass and that's it!



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NATURAL ENERGY POOL



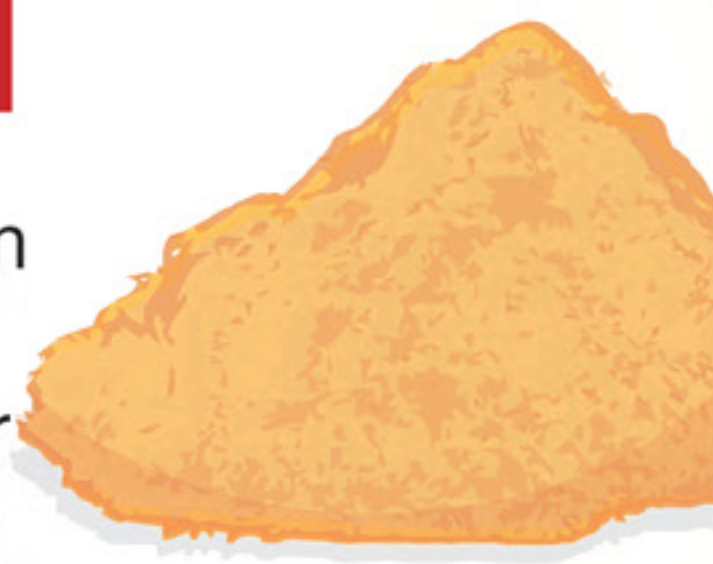
► Written by **Dr. Aaron U. Isakowych**

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THE QUICK FIX

- **HONEY, ADD TO TASTE**
- **A SLICE OF GINGER ROOT**
- **¼ TEASPOON OF GROUND CARDAMOM**
- **¼ TEASPOON OF CURCUMA**

Take the ginger root, grind it and strain it in a cup. Add the other two spicy ingredients, pour some hot water over and stir. Add honey to taste. Honey is a sweetener that offers good, energy lifting sugars to your body, without the unwanted effects. The ginger is a great bonus ingredient as it improves the digestive system, especially after a large meal and the sleepiness that follows. A real boost au naturel!



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APPLE CIDER DRINK

- 2 TEASPOONS OF APPLE CIDER VINEGAR
- 1 LARGE GLASS OF WATER
- 2 TEASPOONS OF MAPLE SYRUP (OR COCONUT NECTAR)

Pour all the ingredients into a bottle and shake! This drink supplies the body with proteins, vitamins and natural sugars.



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NATURAL ENERGY POOL



► Written by **Dr. Aaron U. Isakowych**

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THE HEAVY LIFTER

- 1 RIPE BANANA
- ¼ CUP OF RAW ALMONDS
- 1 TABLESPOON OF WHEY
- ½ CUP OF PLAIN YOGHURT
- 1 TABLESPOON OF GROUNDED FLAX SEEDS
- 1 CUP OF MILK OF YOUR CHOICE

This protein shake is great for morning boost!



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NATURAL ENERGY POOL



► Written by **Dr. Aaron U. Isakowych**

TING ENOUGH FREE TIME, **LEAD TO A STATE OF CONSTANT EXHAUSTION.** INTAKE OF VARIOUS ARTIFICIAL SUPPLEMENTS CAN HELP, BUT ON A SHORT-TERM BASIS. THEY CONTAIN A HUGE AMOUNT OF CAFFEINE

MAROON DRINK

- 500 G RED BEETROOT
- 1 KG APPLES
- 1 LEMON
- WATER

Juice the peeled beetroot and mix with the apple puree. Add some water and a squeeze of lemon.



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NATURAL ENERGY POOL



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CARIBBEAN DREAM

- 250 ML GRAPE JUICE
- 100 ML BANANA JUICE
- A LEMON SQUEEZE
- A FEW BANANA CHUNKS
- A FEW GRAPES

Pour the banana juice into a wide glass and little by little add the grape juice to it. After that, squeeze some lemon into the mixture. The rest of the ingredients may be used for a healthy decoration. Use everything!



1



2



3



4



5



6



7





To CUT or Not To CUT? THAT IS THE Q!

CIRCUMSTANCES OF CIRCUMCISION

Even after a few thousands of years of practicing circumcision, it is still a ticklish topic. On one hand, it is about a religious imperative, a freedom to choose how one wants to look like and a way of prevention. On the other, it is a mutilation and a menace to individuality, but above all, it is about a social controversy that doesn't seem to settle down.

compared to
uncircumcised
men, circumcised
ones equally
enjoy sex



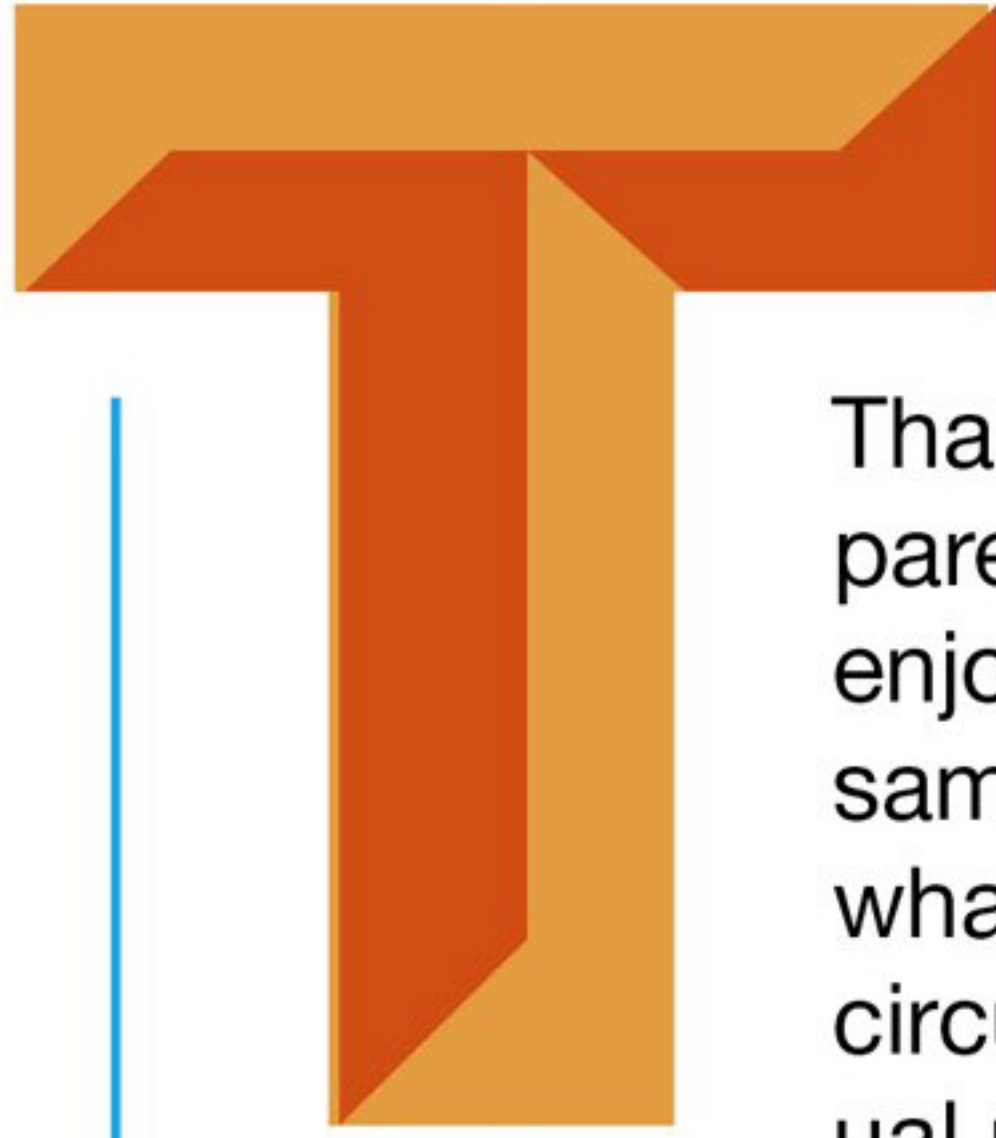


The studies show that in circumcised men of Sub-Saharan Africa, this intervention lowers the risk of getting infected with HIV by a woman for around 60%. This trend has been first noticed in communities where circumcision isn't practiced as a tribal ritual. At the end of the last century, groups of experts and medical anthropologists have noticed that, in these communities, the number of diseased is extremely high. It raised some doubts and now it is proved by studies. This further confuses and places the problem of circumcision on a different plane.

THANKS TO THE STUDIES, IT HAS BEEN DISCOVERED THAT, COMPARED TO UNCIRCUMCISED MEN, CIRCUMCISED ONES EQUALLY ENJOY SEX, HAVE THE SAME ACTIVITY FREQUENCY AND EVEN THE SAME POSSIBILITY TO EXPERIENCE PAINFUL SENSATIONS

These findings should not be taken literally. From one point of view, the solution is obvious. By removing the excess of skin from the penis, a great part of mucous membrane is being removed, i.e. the area that gets in contact with the virus. Of course, this does not mean that circumcision is the solution to HIV in men, because the circumstances of the studies should also be taken into consideration. **Circumcision provides better hygiene, which further decreases the possibility of infection.** But better hygiene could, to some extent, have similar effects even without removing the foreskin. After all, condom remains the best protection.






Thanks to the studies, it has been discovered that, compared to uncircumcised men, circumcised ones equally enjoy sex, have the same activity frequency and even the same possibility to experience painful sensations. Somewhat more frequent are ejaculatory dysfunctions in the circumcised group of men. Although the decline of sexual urge is the same in couples that have gone through the intervention and those that have not, it was recorded that women whose partners are circumcised reach orgasms less frequently. Of course, it should be taken in consideration that it is a complicated activity, which requires full concentration! The role of circumcision in prevention and health maintenance of male organism should also be mentioned. Statistically, it is a fact that **specific ethnic and religious groups that practice circumcision have a lower rate of venereal diseases**, cancer, phimosis and paraphimosis. The role it has in erectile dysfunction was not recorded in a considerable statistical percentage. Many authors emphasize that all these alleged problems could be eliminated by adequate hygiene and maintaining the mobility of the skin at the top of the penis. As an addition to this, using a condom lowers the risk of HPV transmission, which is the main culprit for carcinoma of the penis. Education of young boys as well as men is a safe way towards health, no matter the circumcision.

A CERTAIN NUMBER OF BOYS HAVE DIED DURING THE CEREMONY

One should not fail to remember that this act is at the same time a menace to the individual, the attack on one's privacy and a possible cause of, not only physical, but also mental health problems. A certain number of boys have died during the ceremony. Autonomy over one's body is here denied from the very start. These are the

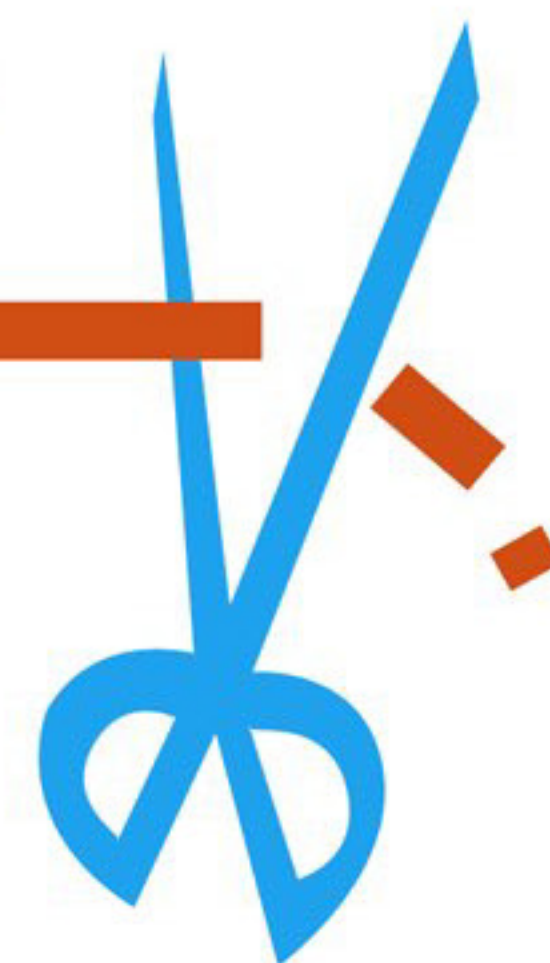




issues one should take care of in the modern world in which the idea of physical is respected to a great extent. And in some parts of the world, circumcision is outside the law.

In the end, no matter the statistics, circumcision remains a cultural pattern, which is respected within certain communities while within some other it represents a religious ritual. The inhumane side where a person's integrity is being destroyed is a relevant factor, and because of that, this is an important choice that many people make lightly.

The origin of circumcision is not known, but it is believed that several factors contributed to its occurrence. It was (is) performed as the ritual of initiation, a way of labeling the dominant and the condemned, social status, sexual pleasure, prevention of masturbation, symbolical castration, substitution for menstruation or penetration of the hymen, a demonstration of courage, a sign of fertility. Initial data speak about circumcision in Egypt, where it was common. The Greeks rejected it because they thought a circumcised man is naked. In Jewish culture, it is a sign of the connection to God, while in Islam, depending on the theologian, it is mandatory or recommended. In case of conversion to Judaism it is entailed, while in case of conversion to Islam it is not. The Christian Church rejects it. One third of men in the world are subjected to this process, with even 70% of them being Muslims. Contemporary medicine offers an opportunity of, not only painless circumcision, but also the operation of foreskin restoration.



ARIZONA

Edited by Sasha Trenchtown Jr.

AVE
IMPERATOR
MORITURI
TE SALUTANT

FOOTBALL · BASKETBALL · E

SPORTS · TENNIS · ATHLETICS

A LOST CITY OF, EPECUÉN

Danny MacAskill

PLAN YOUR DIET

Before and After Effect

CHAMPION, FIGHTER, SURVIVOR

MICHAEL SCHUMACHER

PLAN YOUR DIET CAREFULLY!

BEFORE AND AFTER EFFECT

In order to have adequate post-workout effects, besides the correct exercise routine, it is necessary to have a clean and proper diet before and after the workout. It is important to provide and make up for all the healthy nutrients that will give you enough energy. Next to empty calories, an empty stomach is the biggest mistake!



W

Well-balanced diet before and after the workout session, rich in calories that the body will make the right use of – meaning **without accumulating in the form of excess fat** – is needed during the whole day. Plan your meals for the whole day, but with the emphasis on pre and post physical activities. The type of food is relatively similar in proportion and ingredients, as revitalizing the body before and after the workout is equally determined by the energy consumed. **Proper nutrition begins with the correct timing** – hour or two before, and two hours after the workout. It all comes down to supplying the energy pool and preparing it for the activity, and making up for just enough calories, never too much. This means eating the right carbs, plenty of proteins and minimum fat (the more you avoid fat, the better).

■ FRESH SALAD



Fresh veggies are an excellent choice. Salads are simple to prepare and you can make a variety of meals. Vegetable selection depends on the individual, however, it is advised to use **cucumber, lettuce, avocado, tomato, spinach, bell peppers**, with a drizzle of olive oil and a non-fat cheese on top.

■ YOGURT AND FRUITS

Pineapple, papaya, orange, grapefruit, pomegranate, apple, all types of **berries** . . . pick any, as when they blend with yogurt, you get a refreshing and nutritious snack. Add some almonds or cashews for a phenomenal effect.





TOMATO SOUP

Served warm or cold, it is a **great source of vitamins** and **potassium**. It rehydrates, invigorates and revitalizes the body. Creamy tomato soup with some parmesan on top is also beneficial for digestive system.

EGGS

Any part of the egg has a **remarkable effect** on the body. In addition to **carbohydrates, proteins, and vitamins**, eggs also contain **saturated fatty acids**. All these nutrients build into the body during the workout, like building blocks, and therefore the eggs should be consumed often. Fresh, boiled, or cooked as you like it.



MEAT

The best source of necessary proteins and amino acids is **lean meat**. Best options are skinless chicken breast and fish. Steam cooked or sautéed, it contains **plenty of nutrients**, and the portion should not be bigger than your palm if you want the best effects.



Next to timing and food choice, preparation is very important, its freshness and – chewing. If there is something missing, the stomach will be burdened with undigested food, thus leading to poor



A LOST CITY OF EPECUÉN

Danny MacAskill

Scottish trials rider Danny MacAskill, known for epic projects such as Way Back Home and Imagine, traveled to Argentina for his latest video, a one-of-a-kind riding experience in the forgotten city of Epecuén.

PHOTO BY: Fred Murray/Red Bull Content Pool





- On April 19, 2009, the then 23-year-old released a five-and-a-half-minute street trials video on YouTube set to 'The Funeral' by the Band of Horses that was about to change his life. Filmed and produced by his flatmate Dave Sowerby, Inspired Bicycles got a few hundred thousand views overnight and **as of today has been watched over 34 million times** – the world went crazy for Danny. The video featured bike stunts on a never-before-performed level.





- After the video was streamed, things progressed really fast for Danny. He found himself featured in the New York Times and several other big publications, joined a Hollywood production as a stuntman, appeared in a TV-commercial for the new Volkswagen Golf Estate and was nominated for the Category **“Action Sportsperson of the Year”** at the Laureus World Sports Awards as well as for the National Geographic **Adventurer of the Year Award**. Naturally he gave up his job as a bicycle mechanic and moved to Edinburgh to ride his bike full-time. The rest, as they say, is history...



- Now, Danny MacAskill is taking his wild riding to what was once the depths of the ocean. Reunited with filmmaker Dave Sowerby, the man behind the film that thrust Danny into the eyes of the world, the pair explore the ruins of the ghost city, Epecuén. Epecuén, around 350 miles southwest of Buenos Aires, was a tourist town on the edge of Lake Epecuén. At its peak in the 1970s, Epecuén had a population of around 5,000. Then, in 1985, a dam gave way, and water slowly submerged the town, whose residents evacuated. By 1993, according to The Atlantic, the entire town was under more than 30 feet of water.



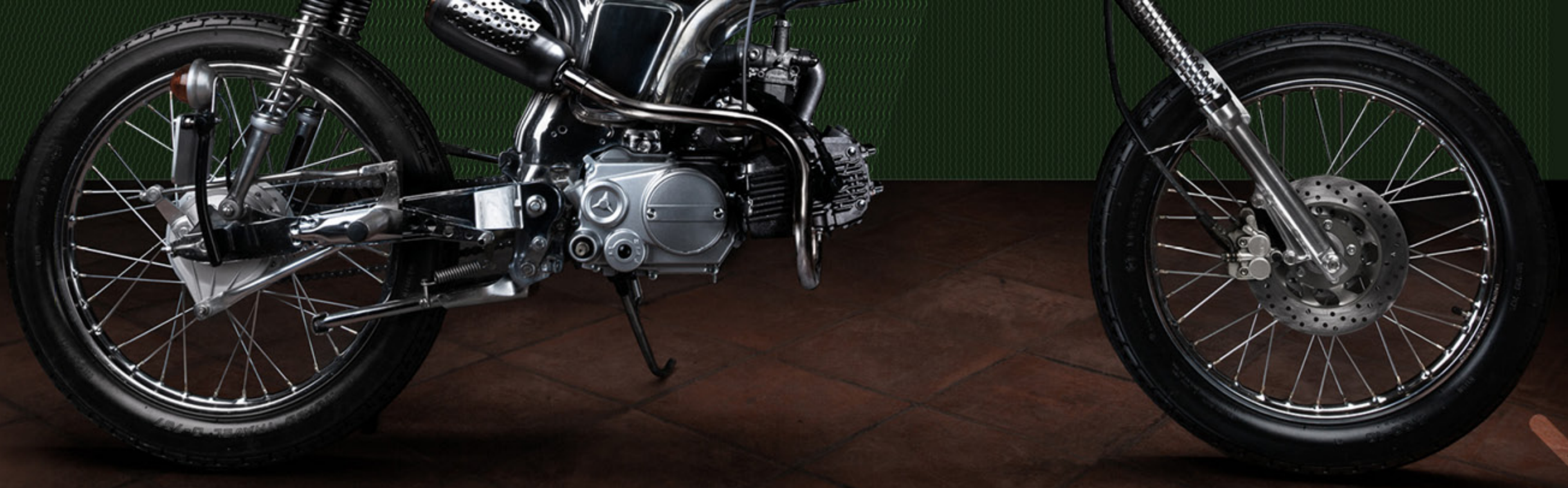
- Then in 2009, the water began receding, revealing a town in ruins. By 2011, Epecuén had entirely reappeared, as a haunting expanse of destruction, rusted rebar, crumbling concrete, and bare white trees. In his extraordinary new video 'Epecuén,' MacAskill investigates this surreal ghost town as only he can -- jumping from rooftop to dilapidated rooftop; exploring the empty streets, vacant buildings, playground and theater; and even meeting the town's sole resident, Pablo Novak, who returned to Epecuén 25 years after it flooded. When asked what the vibe was like, filming in such an eerie environment, MacAskill explained, **"It was a real feeling of awe. When you first ride down the main street, you can't quite believe what you're seeing... It's all white and just devastation as far as the eye can see."**



Bandit9 Bishop

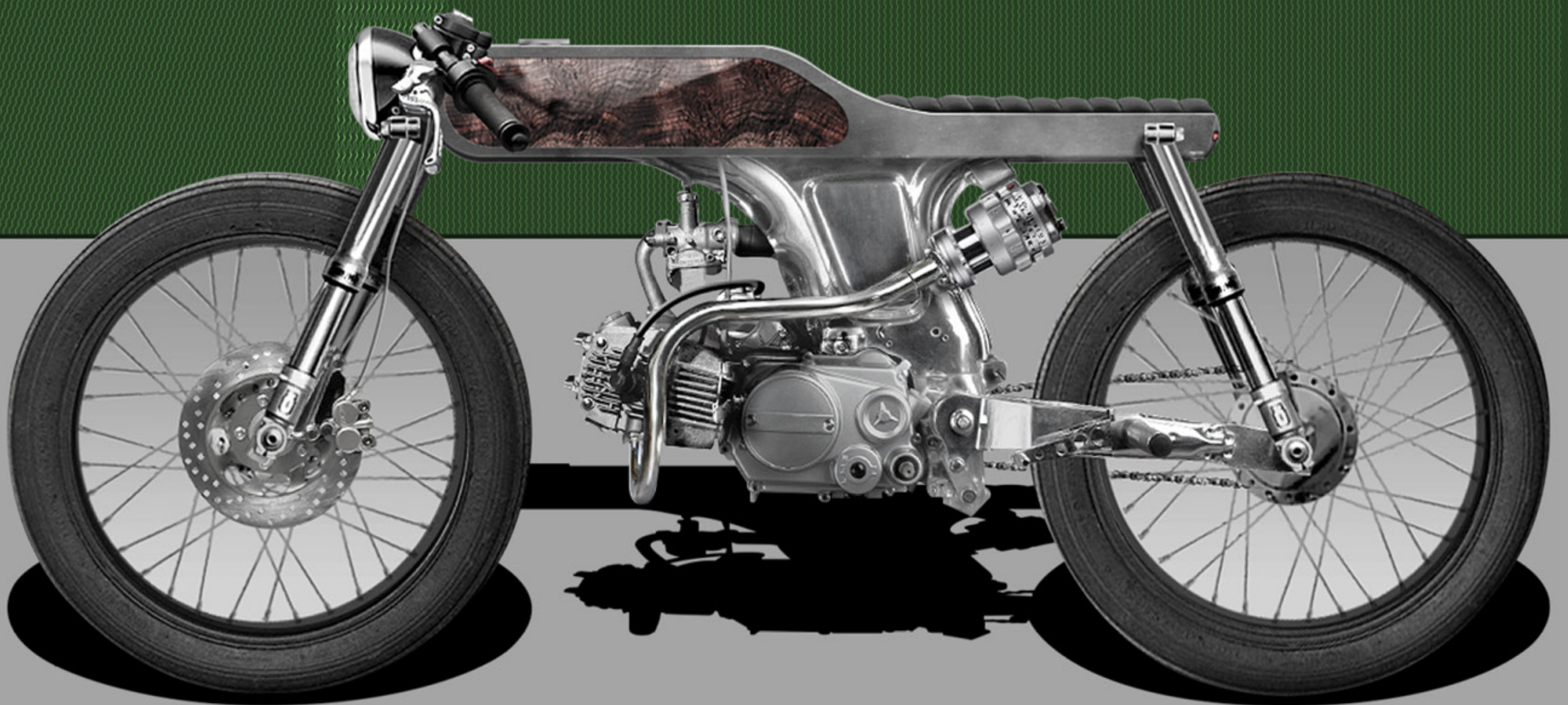
one of





It's true that the Bandit9 Bishop Motorcycle is listed as being a Honda SuperSport, but one look at this limited edition custom will tell you there's little left of its prior identity. **POWERED BY A 90CC-125CC ENGINE**, the Bishop features a high-grade aluminum unibody, either walnut, oak, or teak burl panels, a custom exhaust, muffler, and suspension, **A CHARCOAL GREY SUEDE SEAT**, an electric starter, **AND LED BRAKE LIGHTS ENCASED IN QUARTZ GLASS**. If you like what you see, you'd best hurry — only nine are being built.

FEATURES A HIGH-GRADE
ALUMINUM UNIBODY



Bentley Mulsanne Speed

Ultra LUXURY



BENTLEY REDEFINES THE FASTEST ULTRA-LUXURY DRIVING EXPERIENCE IN THE WORLD WITH A NEW PINNACLE FLAGSHIP. THE NEW MULSANNE SPEED IS TAILORED FOR THE DRIVER, WITH 537 PS (530 BHP / 395 KW), 1,100 NM (811 LB.FT) AND SELECTABLE SPORTS SUSPENSION AND STEERING ON DEMAND



BRITISH LUXURY

The reengineered powertrain, featuring Bentley's **MIGHTY 6¾-LITRE TWIN-TURBO V8, PROPELS THE MULSANNE SPEED TO 60 MPH IN 4.8 SECONDS (0-100 KM/H IN 4.9 SECONDS)** and on to a top speed of 190 mph (305 km/h). In modern Bentley tradition, the extra performance is matched by markedly improved efficiency; **A 13% GAIN MEANS A RANGE EXTENDED BY 50 MILES (80 KM).**

At the heart of the Mulsanne Speed is Bentley's iconic **6¾-LITRE TWIN-TURBO V8 ENGINE, WHICH HAS BEEN RE-ENGINEERED FOR THE MULSANNE SPEED AS WELL AS THE SIGNATURE MULSANNE.** A totally redesigned combustion system (including combustion chamber, inlet ports, fuel injectors, spark plugs, and compression ratio) **PROMOTES A MUCH FASTER AND MORE CONTROLLED COMBUSTION PROCESS.**



Through combining these advances with new variable valve timing and optimised turbocharger control, torque output of the engine has been pushed to record levels – 1,100 Nm (811 lb.ft) from 1,750 rpm.

New and contemporary styling features define the Mulsanne **SPEED AS A STATEMENT IN QUINTESSENTIAL BRITISH LUXURY.** On-board technology and connectivity are discreetly integrated beneath the finest materials, created with unrivalled craftsmanship and **EXQUISITE HANDCRAFTED DETAILS**



The Silvermine 11SR



TAP TO READ
MORE



Firestorm 50 Wheels

POWERFUL STYLING
EXTERIOR, ADVANCED
RACE-BRED AERODY-
NAMICS, AUTHENTIC
HIGH-PERFORMANCE
MACHINE, SUPERCAR,
LUXURY VEHICLE,
BREATHTAKING DESIGN
OR JUST - **LEXUS RC F!**

TAP FOR MORE

HANDLING

INTERIOR

ENGINE

EXTERIOR



TIME TRAVEL

HISTORIA
MAGISTRA
VITAE
EST

CONSPIRACY THEORIES · SCARY STORIES · FORGOTTEN PEOPLE · HISTORY

MONSTERS AND GODS

The Dark Side
of Science!

The Notorious Dark Angel

BETTIE PAGE

THE INFAMOUS ASSASSINS

For a Right Price...



The
Uncrowned
Dark Angel

Bettie Page



NAUGHTY AND SHY, NICE AND DARING, EXOTIC YET SIMPLE, HER COAL BLACK HAIR AND SHORT BANGS, MAGNETIC BLUE EYES, SMOOTH SKIN. ALL THE CONTRADICTIONS THAT ADDED TO HER CHARISMA. SHE IS BETTIE PAGE, THE QUEEN OF PINUP AND BDSM PHOTOGRAPHY. SHE WAS BEAUTIFUL ENOUGH TO SPARK THE IMAGINATION OF THE LEAST ENTHUSIASTIC PHOTOGRAPHERS. BUT WHAT WAS THE STORY BEHIND THAT EROTIC AND SAD SMILE?

S

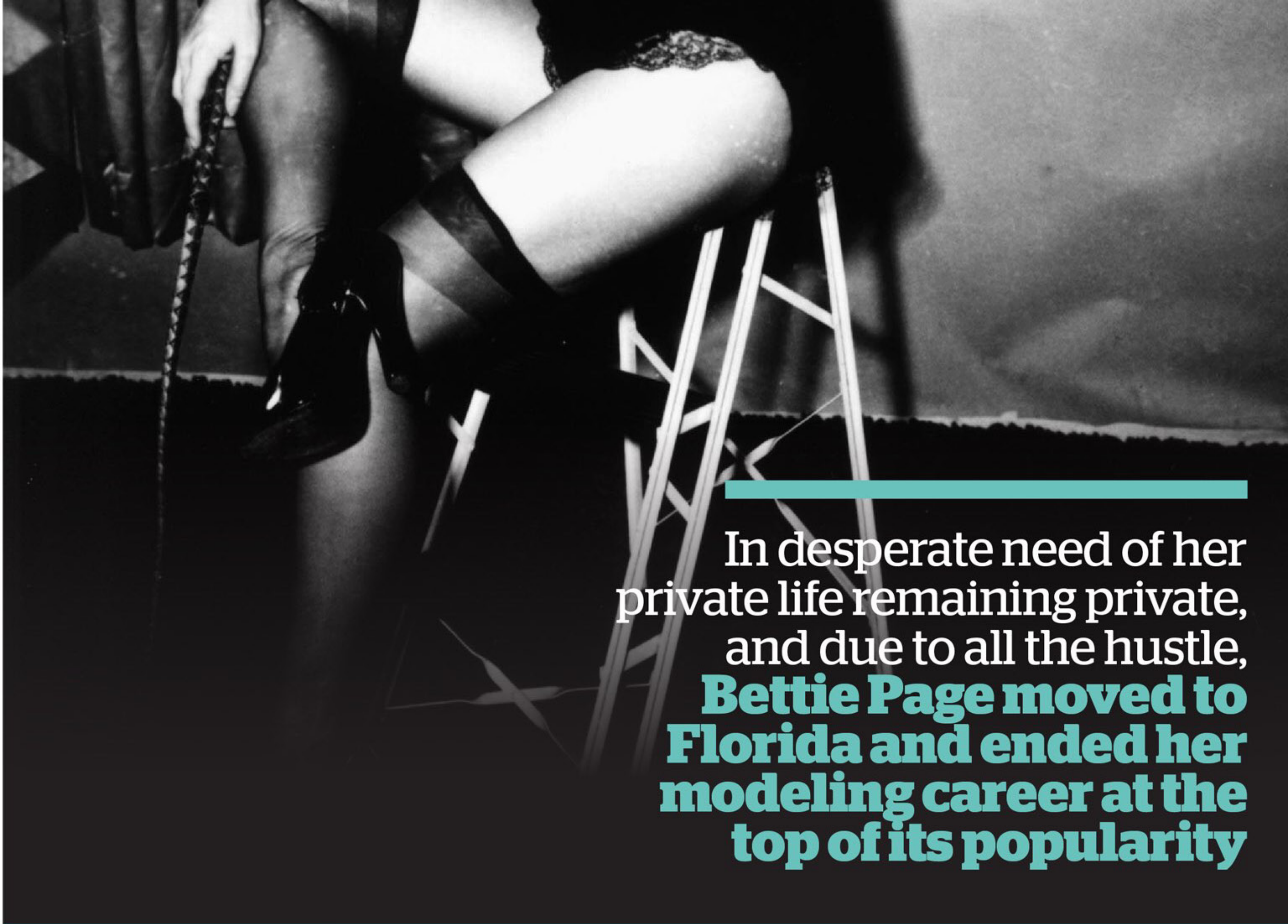
She was born on April 22, 1923, in Nashville, Tennessee as a second child. Her childhood was not carefree however. Bettie Page's family moved around the country a lot because of economic instability, so she had to take care of herself and her younger siblings. Several years later, her parents divorced and Bettie was placed in an orphanage. There were alleged traumatic experiences with her abusive father, but the truth never came to light. This early life experience would change her life completely.

Bettie Page was a good student nevertheless. She was even voted "*the most likely to succeed*" and was at the top of her class. When she got her Bachelor of Arts Degree, she moved to San Francisco to pursue her modeling career. Her first job was wearing fur for the clients. This was not what she had hoped for. In 1950, Bettie moved to New York. There she met Jerry Tibbes, who took her first pinup photographs. Even though she made her own bikinis and costumes, did her own hair and makeup, the photographs became famous and her career as a pinup model had taken off with numerous covers for many man magazines. In 1955, she won "Miss Pinup Girl of the World" award and was named "*the girl with the perfect figure*" by Playboy. Her photographs started

She suffered from a severe case of depression, had violent mood swings, and spent several years in a mental institution

to appear in everything from record albums to playing cards. In 1957, she met Irving Claw, a famous photographer. Bettie started shooting photographs for mail order with pinup and BDSM themes, making her the first famous bondage model. The photographs portrayed Bettie acting out various fetishistic scenarios. They were shocking, provocative and *“dirty”*, but not even a single one of them showed Bettie’s private parts. The provocative photographs violated many sexual taboos and were banned throughout the country. They even invoked a United States Senate Committee investigation. In desperate need of her private life remaining private, and due to all the hustle, Bettie Page moved to Florida and ended her modeling career at the top of its popularity. There is a legend going around that when people would recognize her on the street and asked her if she was Bettie Page, she would shyly reply *“Who’s that?”*. Many of her photographs were destroyed on purpose and the whole situation got to its extremes when the congressional hearings followed. But nobody knew where Bettie Page was. The media, intrigued by her disappearance,



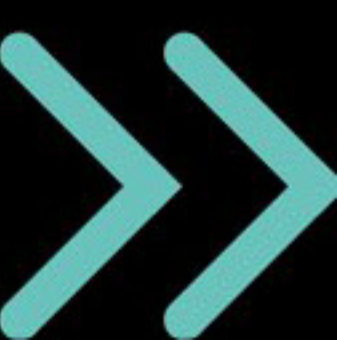


In desperate need of her private life remaining private, and due to all the hustle, **Bettie Page moved to Florida and ended her modeling career at the top of its popularity**

began a countywide search for her but with no success.

During the 1980s and 1990s, Bettie Page briefly resurged as a modeling icon. Many say that the latter part of her life was turbulent: she suffered from a severe case of depression, had violent mood swings, and spent several years in a mental institution. In 2008, her friend and former agent announced that Bettie Page was in critical condition and was hospitalized. The medical reports said that she had suffered a heart attack and had a severe case of pneumonia. She died on December 11, 2008. She is buried at a famous cemetery in Los Angeles, California. Her tombstone bears the inscription “*Bettie Mae Page, Queen of Pinups*”.

Even though Bettie Page is considered “*notorious*” and immoral, her persona continues to inspire famous photographers, pop artists, documentary films, designer fashion, artists’ fetishes, fans’ fantasies, and comic book characters. Though she is gone, she is never forgotten: a living legend, the naughty girl next door, the symbol of femininity and beauty that transcends every possible standard.





For a Right Price...

THE NOTORIOUS ASSASSINS

In the criminal layers of our society, there are unscrupulous people ready for various risks. Oftentimes they take the risks aware of the fact there is a whole contingent of people ready to solve all their problems at a certain price. These military mercenaries of individuals are comprised of assassins. Some are particularly frightening

SWIPE
▼▼



SWIPE
▼▼

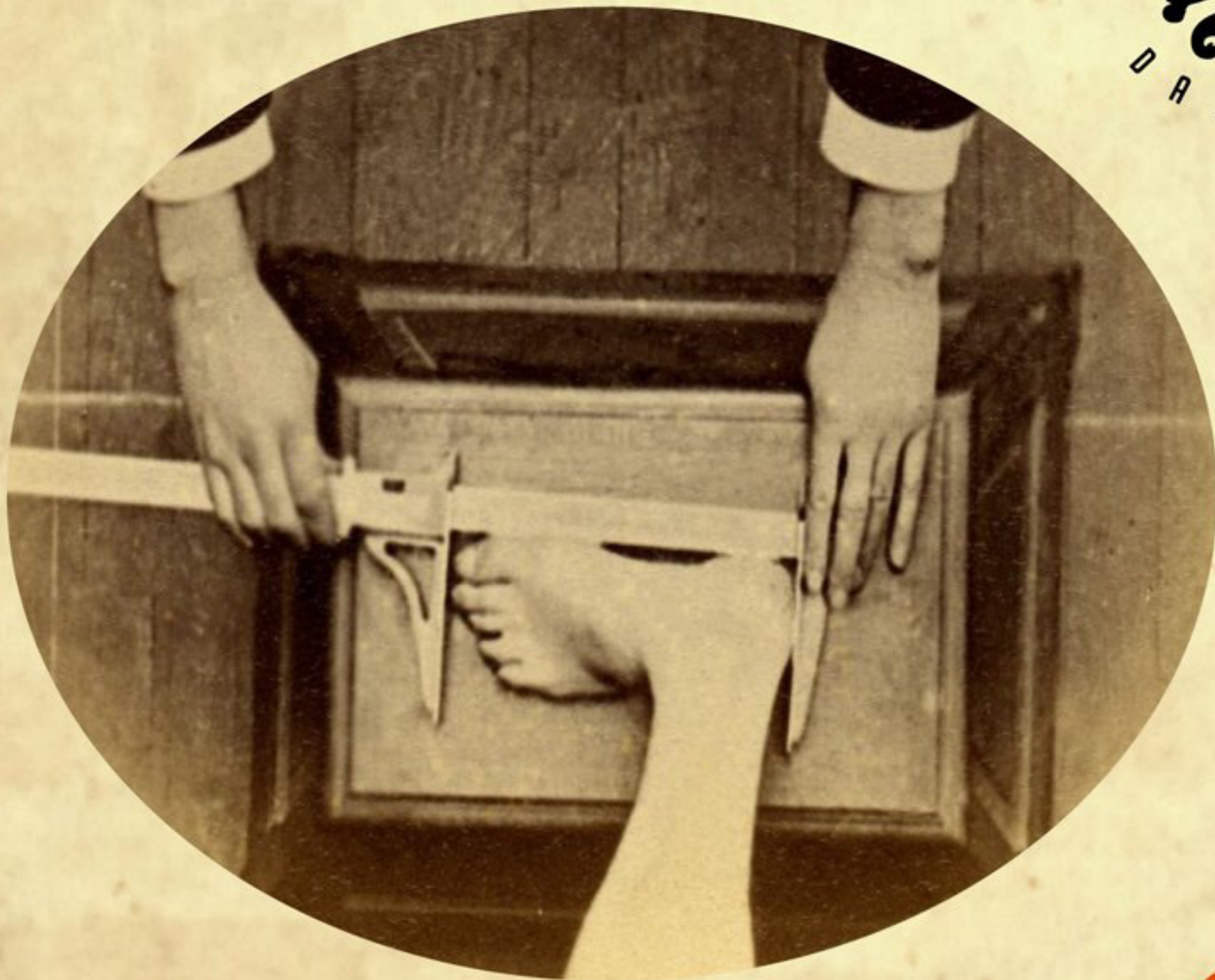
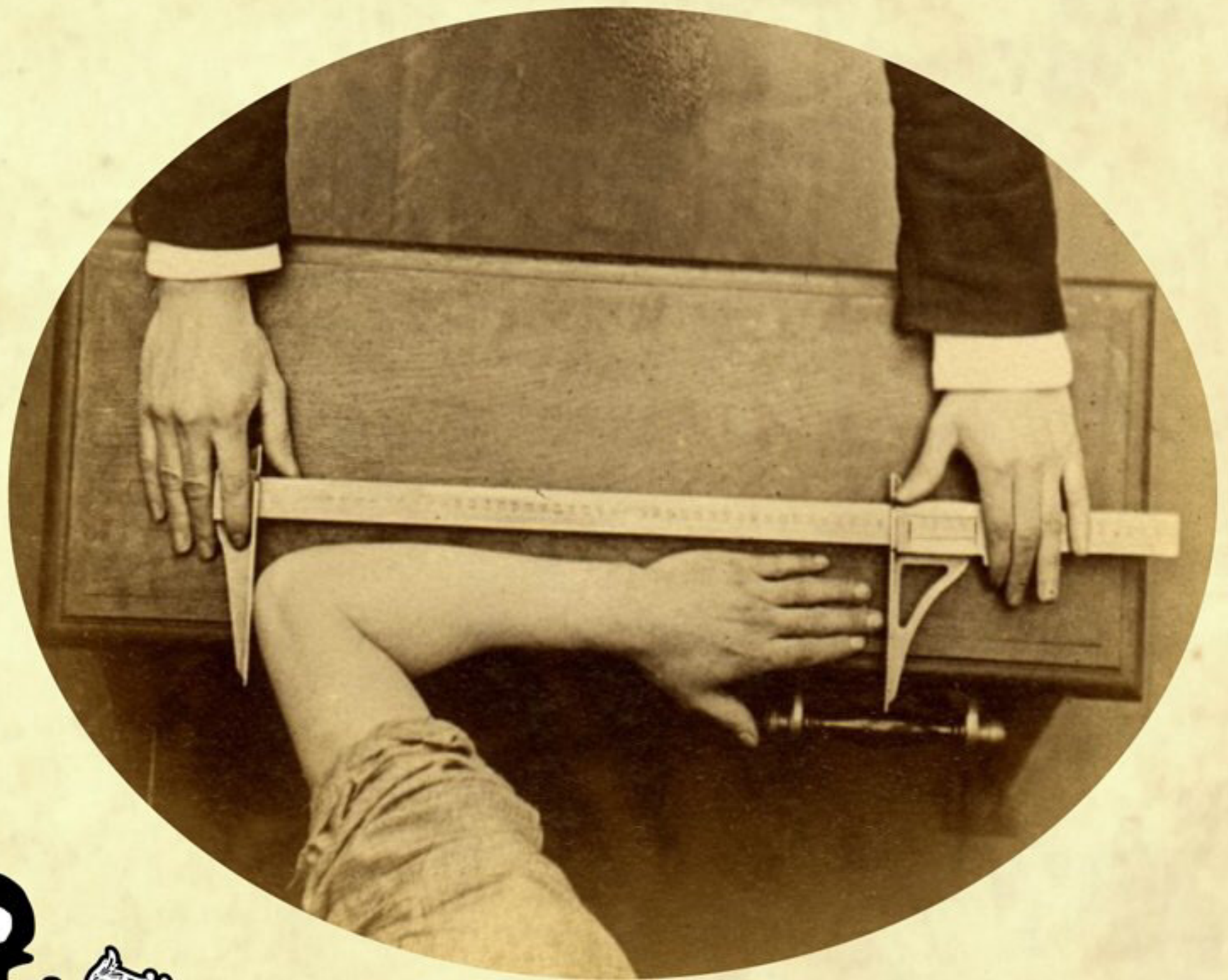
The Intimidator

Giovanni Brusca

Maybe sometimes we should take the killer's word for it. He mentioned the number of his victims to be over two hundred, and even though he is one of the **most sadist of all the killers in Sicilian mafia**, the police did not believe him. Even as a young man, he began to be associated with the underworld, and soon became a part of the death squads. He is best known as one of the assassins of judge Falcone, who was blown up with half a ton of dynamite. The explosion was so strong that it seemed like an earthquake, and many civilians were also killed in it. In addition to this, in the world of crime he has also become noticed for the kidnapping of the son of former mobster who wanted to testify. **Eleven-year-old boy was tortured for two years, while Giovanni sent photos to his father**, along with an invitation to deny everything. Eventually, he strangled the boy. The police officers who arrested him wore masks, so that no one would be identified. Masks have become a requirement since then.

MONSTERS AND GODS

THE DARK SIDE OF SCIENCE!



TAP TO READ
MORE



MONSTERS AND GODS

THE DARK SIDE OF SCIENCE!

TThanks to science, we are and we survive, however science has its dark side. Behind almost every useful advice, information or law of science, especially in medicine, biology and psychology, there are secret experiments. **These are mostly very brutal, unusual and on the verge of reason. Although we are most grateful for all the knowledge that the modern science provides us with, many would be appalled by the means through which they were provided. Unfortunately, many used science as a means to hide their savage nature, and getting results was a mere coincidence.** For some, these people who conducted the experiments are pure heroes and pioneers, for others, they are monsters. Maybe they are both. Nevertheless, for the sake of the fallen who gave their lives for the progress of humanity, we give you this article.



TAP TO READ
MORE



Secret Projects

Nazi Hate

Concentration camps throughout the WWII were places of an unspoken horror. Millions were gruesomely murdered, and a large number of them even suffered a destiny worse than that – they were used for experiments. There was a category of experiments that aimed at getting information about surviving and the effects of extreme conditions (high-pressure chamber, freezing and hypothermia). Another group of patients was exposed to immune protocols with the purpose of finding new medicine and treatments for tuberculosis, syphilis, typhoid, infectious hepatitis and other diseases, as well as chemical weapons (Phosgene gas). As might be expected, they weren't tested for effects that drugs had, but for monitoring the destructive power of microorganisms. The third group

was under a command of the “Angel of Death”, Dr. Josef Mengele. He used his medical knowledge and ignorance to scientifically confirm the superiority of his race, and he did it by committing unheard-of atrocious crimes on people of Jewish, Gypsy and Slavic origin.



The experiments he performed on twins had for its purpose to find a secret genesis between twins and the possibility of expanding the German genetic stock. After the experiment was finished, if still alive, the doctor would inject them with chloroform shots into the heart. He also performed other numerous abominable experiments such as transplantations of limbs and joints; testing for sea water consumption

while denying the subjects any food and drinkable water; poisons, poisonous bullets, injecting oil into the bloodstream; castration, eugenics and artificial insemination (the subjects were told that they are being inseminated with an animal sperm).

Kim Jong Madness

Although experiments of any kind are banned in his country, and all of the officials firmly deny them, the fact is that they are being performed. Some of the cruelest experiments date back from the Nazis, only they are conducting them here on their own people.



The subjects are often entire families that are observed and evaluated from a safe distance by the regime's scientists. Injecting poison through tubes; teaching young surgeons various techniques on patients without anesthesia; making subjects consume contaminated food, despite screaming and cries from those who have already eaten it; inhaling chemicals...these are only a part of the program of North Korea's "science". They probably find it acceptable as they are doing "useful scientific work" using political prisoners as subjects.

Soviet Laboratory

The so-called "Chamber", was a subdivision for researching and developing new poisonous substances under the direction of the secret Soviet police. The goal was to create an odorless and flavorless poison, undetectable post mortem. For the purpose of discovering it, a large number of Gulag prisoners were treated with multiple poisons, ricin toxins, digitoxins or dichloroethyl sulfide (mustard gas).

**The goal was
to create an
odorless and
flavorless
poison**

After some time, the experiments gave successful results and C-2 was created. It is a product that causes physical change, shrinkage, as well as the weakening of the targets while making them calm and silent, and most importantly, dead within a span of 15 minutes.

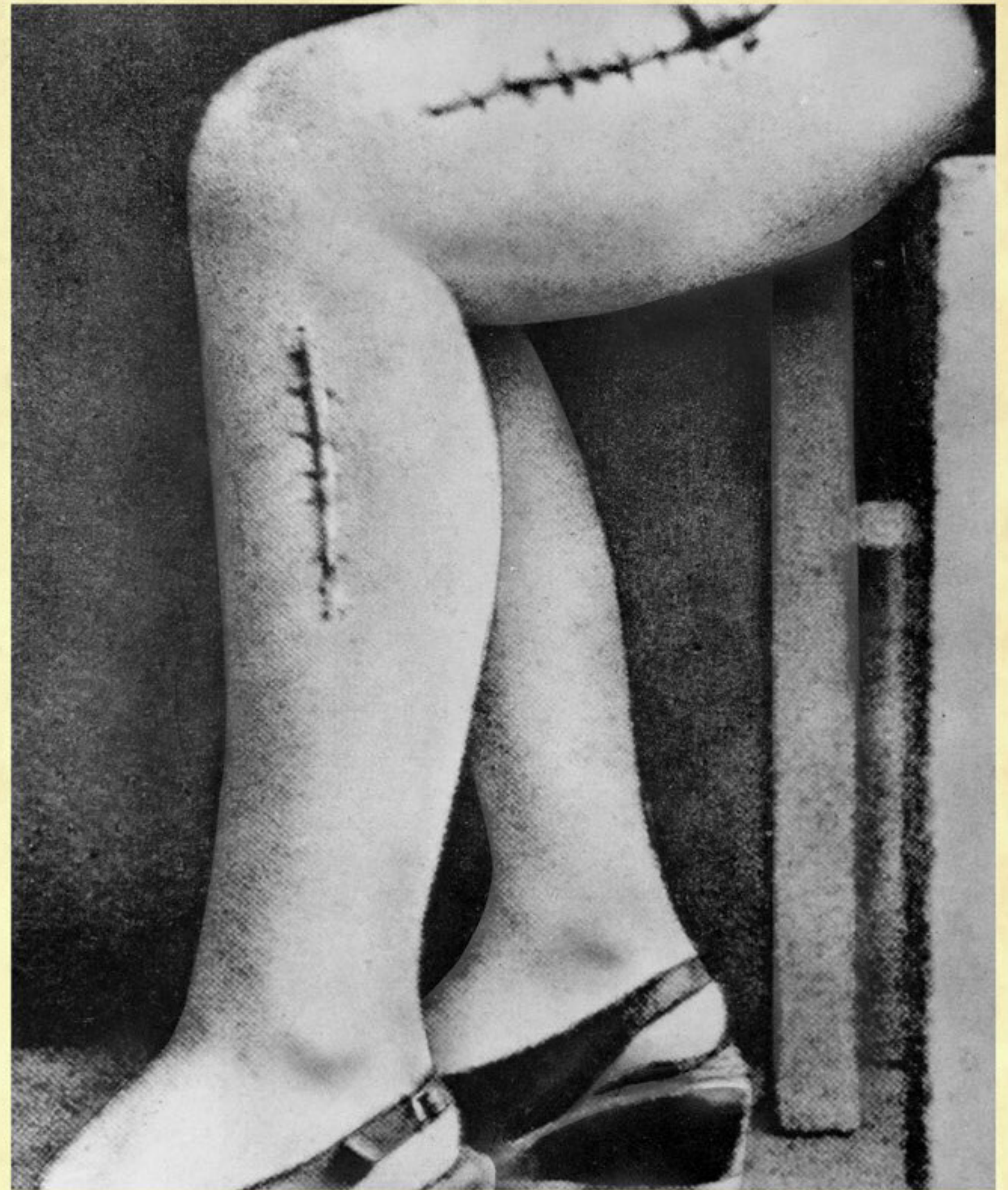
Syphilis in Tuskegee

Not doing anything to help the patient is the same as doing something that will make him/her worse. A study, in which patients were left to die from syphilis, even though penicillin had long ago been discovered and applied, lasted for 40 years. Several hundred Afro-Americans were left without a cure in the state of Alabama, all for establishing the development of the untreated disease.

**Only 74 of
400 patients
survived**

The participants were ignorant of what was happening, as they were told that they have “bad blood“. By the end of the study, only 74 of 400 patients survived. Many died from the disease itself, some from the consequences, and 20 babies were born with congenital syphilis. The diseases we fight are sometimes cruel, but the medical science is not supposed to be. This study helped no one.

Infamous Number 731



During WWII, awful experiments were performed not only in Europe, but in the Far East as well. Japanese Imperial Army has carried out some of the worst war crimes in the territory of Manchuria, China and in Japan. The most responsible for these crimes was Commander Shiro Ishii. Some of the experiments included vivisection (even on pregnant women inseminated by the doctors themselves); limb transplantation by changing their location on the body; limbs were also frozen and then melted for studying gangrene; subjects were injected with toxins, as well as exposed to contagions and infected with diseases, mostly venereal ones.



Vomit Tasting

Stubbins Ffirth believed that yellow fever was not contagious. He was convinced in his theory so much that he lived in the most contagious places and under horrible conditions, used pa-

tients' vomit as a solution to pour over skin cuts and eyes, and even drank and inhaled its fumes after heating it up. It turned out that he was right about some things, but not about the most important ones, as yellow fever is actually very contagious. Damn mosquitoes!

Heart Stabbing

When Werner Theodor Otto Forssmann was fired from a surgical clinic in 1929, nobody believed that almost 30 years later he would be given a Nobel Prize for the same reason. On that day, he catheterized his own heart. He put himself under local anesthetic, made an incision in his arm through which he managed to put a catheter in his vein and all the way to his heart, and then he walked into the X-ray room.



**he lived in the
most conta-
gious places
and under
horrible
conditions**



Hanging to Solution

In 1905, a Romanian forensic scientist and criminologist, named Nicolae Minovici, conducted a long study on hanging and its physiological effects on the human body, a study, which he himself was a part of. He managed to assign suicides into multiple categories based on age, sex, knot, season, circumstances, and place. First, he trained himself and after getting used to the pain, he performed the hanging. Minovici was persistent in his research, as well as his assistants, and he hanged himself 12 times for the purpose.

Stomach Folly for Two

Two scientists could not agree with the generally acknowledged theory according to which gastric ulcers are caused by stress, lifestyle and diet. They isolated the bacteria and called it *Helicobacter pylori*. As nobody believed them, Dr. Marshall drank a dose of the bacteria isolated from a patient's ulcer and contracted gastritis followed by side effects. He certainly showed them all!



Schizophrenic Spiders

In 1948 Basel, Switzerland, a group of pharmacists and psychiatrists came up with the idea of discovering the secret of schizophrenia using spiders. The trigger to this disease is still a mystery,

and they thought that studying spider nets could lead to important discoveries. Mescaline and LSD caused symptoms similar to those of schizophrenia, so they believed that they should be detected if they are really in the patients' organisms. Therefore, they decided to collect patients' urine and give the concentrate to spiders. The theory postulated that if there were potent molecules in urine, the spiders would manifest it through the specific web netting. The idea was original, but barren. The results were most disappointing.

Mescaline and LSD caused symptoms similar to those of schizophrenia

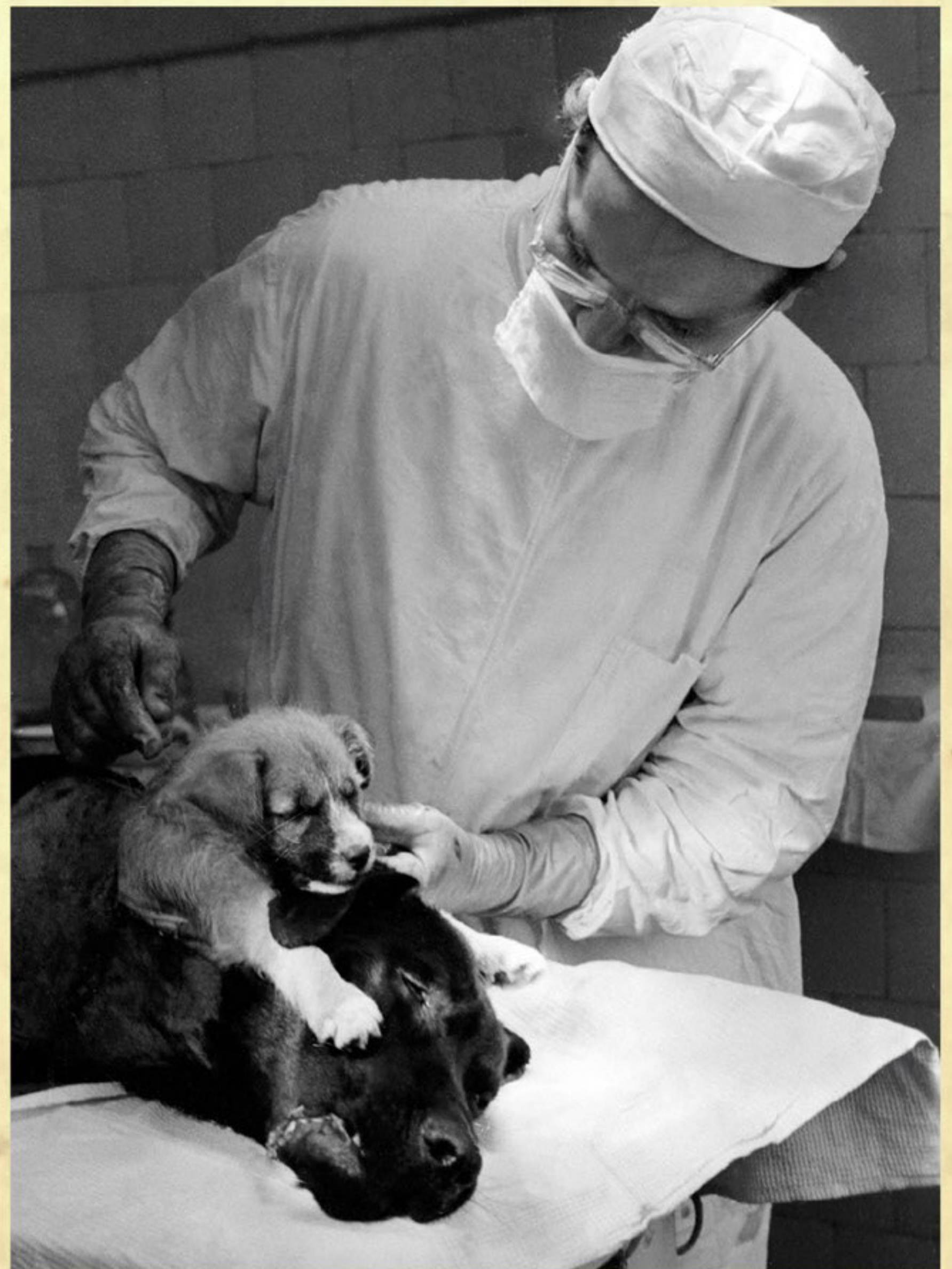
Elephants on Acid

The need to study elephant behavior led to the 1962 experiment to administer history's largest dose of LSD (3000 times more than usual for people) to Tusko, 14-year-old and 3,5-ton male el-

ephant. This most unusual experiment was conducted in order to see if the dosage would trigger a temporary form of madness called musth, in which bull elephants become sexually aggressive. Poor Tusko was dead shortly after.

Two-headed Dogs

Getting a Nobel Prize is not easy, but a Soviet surgeon Vladimir Demikhov certainly did try in 1954. He created a two-headed dog out of a German shepherd, and 20 more such afterwards (although none lived more than a month), which paved the way for human heart transplant surgery.



October Bucket list! ☺

TO DO
THIS
MONTH

1. Use your wardrobe as the best visual statement

2. Learn how to catch a fish.

3. Get a tattoo... Or two. Or three.

4. Make a selfie at Landmannalaugar's stunning fields of lava!

5. Try dating someone who wears a uniform and make the most of it...
P.S. Nurses, nurses, nurses...

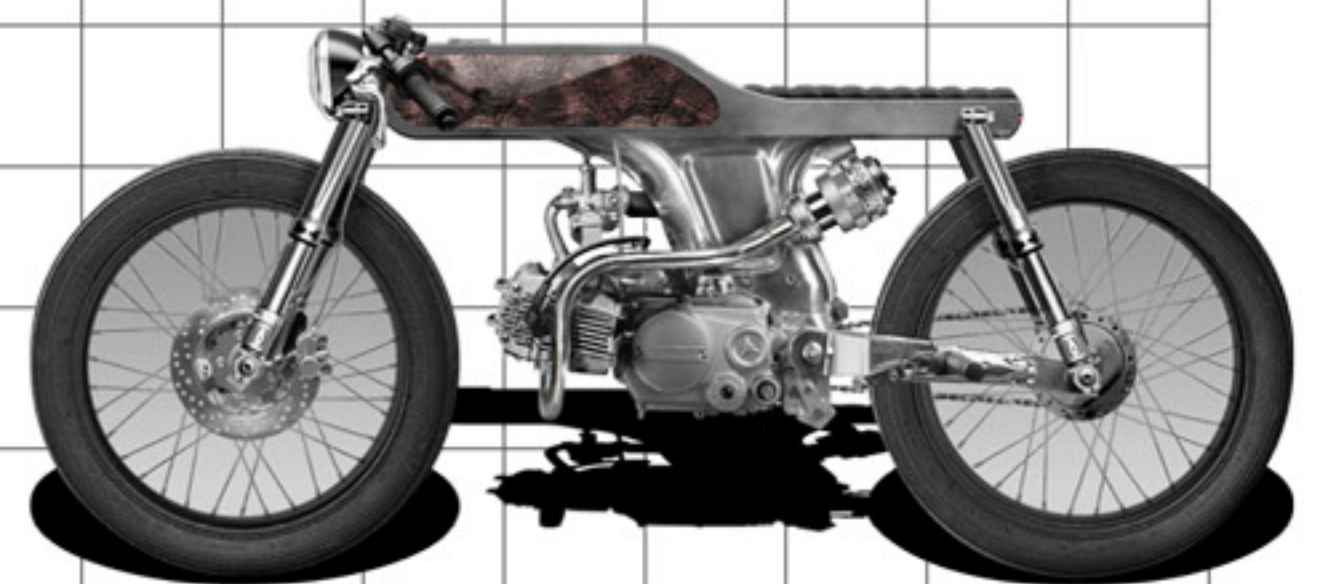
6. Grow a sailor's mustache and beard

7. Spend a night in The Bora Bora Pearl Beach Resort & Spa

8. Learn how to make the best energy cocktail

9. Be One of 9. Get your own Bandit 9 Bishop

10. Take a bicycle ride around the lost city of Epecuen.





MANIC



008 OCTOBER
INTERNATIONAL ISSUE

Ultimate guidebook
For Modern Men

■ ■ ■

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