

# THE DOZEN

CULTURAL MAGAZINE

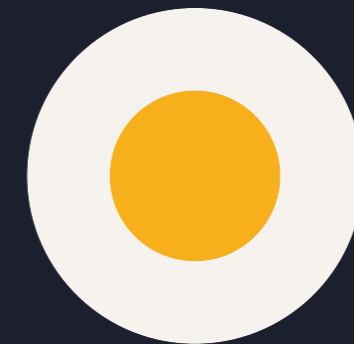


DECEMBER 2025

04

# THE DOZEN

CULTURAL MAGAZINE



The End of An Era

Issue 4 2025 December

# ABOUT THE DOZEN

Welcome to the DOZEN, a monthly issue magazine by the student body, for the student body. We were tired of reading the same magazines and newspapers, regurgitating the same information with little to no change so we thought that we would give it a go! Enclosed you will discover a range of articles covering both culture, current events and academic coverage, ensuring that there is at least something here for you.

It is official: we have reached the end of the year. Its been a long 12 months, and we thought it only fitting to commemorate the end of the first quarter of the twenty-first century with an issue focusing on the end of an era. In addition to bringing the year to a close, December also marks the end of Autumn and the beginning of Winter and with it comes a chance to say goodbye to the old and hello to the new. This month our writers have written about the end of an era (not just this one) and how one may look back fondly at stories and memories of old. I hope our issue may provoke some thought about any 'end of eras' you may be experiencing, and as always, Happy Reading!

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# CONTENTS

07



## THE DEMISE OF BANDS CULTURE

Tom writes on the demise of bands and the rise of A.I in today's music scene

## WHY DO WE LOVE SCARY MOVIES? CULTURE

Why do we wear love scary movies? Jamin explores the psychology behind why we love to feel afraid



09

11

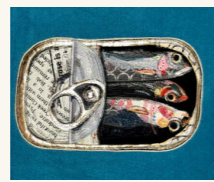


## WE KILLED FASHION CULTURE

Daniel discusses 'the death of fashion' and what seems to be causing it

## THE TWO FACES OF ART CULTURE

Join Amanuel as he investigates the two distinctly unique sides of art



13

15



## THE END OF THE PATRIARCHY? SPORT

Join Evan and Tom as they explore the rise of women's sport

## THE GLORIOUS REVOLUTION HUMANITIES

Nandan narrates the tale of the Glorious revolution, and its various repercussions that still impact us today



17

19



## THE MIDPOINT CHECKPOINT HUMANITIES

Mojtaba writes on whether or not we are progressing after the Covid-19 pandemic

21



## THE GREATEST MONARCH HUMANITIES

Join Jaden as he ranks both the greatest and worst monarchs in English history!

## WHAT WE LEAVE BEHIND HUMANITIES

Join Gil as he dives in to the deep end, evaluating how our predecessors may view our "Age of constant connection"



23

25



## PAINKILLERS: SAY BYE TO THE PAIN SCIENCE

Abdul and Jaden explore the backgrounds and functions of painkillers in this month's medicine issue



27

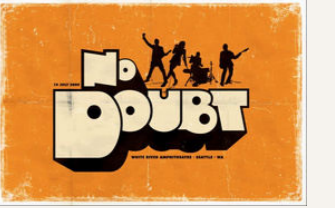
29



## BOOK WORMS BONUS SEGMENT

In this edition of The Dozen, join the team as they share their favourite books

# T H A D A M i S A O F



Music is always changing. It wouldn't be half as popular if artists didn't experiment with new styles and genres. Although the band No Doubt is best known for their breakup anthem "Don't Speak" and "Just a Girl," which feels very Avril Lavigne-esque, a second glance at their most successful album "Tragic Kingdom" reveals that ska-punk is at the roots of their music. Ska-punk is definitely a Marmite genre, but if you're interested, check out "Spiderwebs" by No Doubt. However, this didn't stop Gwen Stefani, their lead singer, from going solo into mainstream pop, collaborating with Akon in "The Sweet Escape" and releasing several worldwide hits such as "Hollaback Girl" and "Bubble Pop Electric." There are plenty of other examples of bands and individuals who became successful after a genre switch, but there is a trend of band members going solo and becoming successful (Justin Timberlake, Harry Styles, Beyoncé, Ice Cube, etc.).

Nowadays, people are skipping the band step and starting out as solo artists. As of November 21, 2025, there are currently 15 songs in the UK Top 100 Charts performed by bands. That doesn't sound too bad until you realize that 7 of those 15 are Christmas classics, and 6 others are by Fleetwood Mac, Gorillaz, the Killers, the Goo Goo Dolls, and Radiohead. In other words, there are only 2 contemporary songs performed by a group (both by D-Block Europe) in the top 100 (excluding K-pop Demon Hunters songs because the singers are only working together for the TV series). There is a noticeable shift toward collaboration in songs, contrasting how the charts used to be filled with solo artists, which has stayed the same in today's charts, and bands, which has evidently not.

# B A N D S O I



A lot of the music industry still relies on talented instrument-playing musicians, but there is less of a focus on them in today's culture. At first, this may seem linked to the decline of bands in the music industry, but the only link is that the decline of bands has caused people to realize that there is a phenomenally disproportionate focus on the singer. Most people couldn't name members of Oasis who aren't one of the Gallagher brothers or members of Arctic Monkeys apart from Alex Turner, but listing McCartney, Ringo, Harrison, and Lennon is common knowledge. I haven't even said their full names, and yet it's obvious that they're the Beatles. What happened to that level of recognition? Chappell Roan has tried to counter this by introducing each instrument player on stage with her during every show, but this hasn't come to fruition on a large scale.

What do these changes mean for the future of music? With loads of solo artists collaborating, will we begin to see more permanent groups being formed, joint albums instead of collaborated singles, or even an abandonment of instruments? Electronic music has exploded in popularity over the past 30 years, and rhythms in mainstream music aren't coming from bass guitars or drums anymore, but instead from 808s and MIDI controllers. There has even been an AI artist that has debuted in Billboard's charts, and it has taken the internet by storm. This is unlikely to continue, however, due to the backlash and uproar that ensued, with many dubbing November 3, 2025, as "the day the music died." It is definitely realistic to say that we are at the end of a musical era.

From shadowy cinema screenings to late-night Netflix, horror movies have captivated audiences since the very first films. And now, they're arguably more popular than ever, especially among teenage audiences, enduring as a go-to thrill. But what's behind our love for creepiness, and does something lie deeper beneath the jump-scares? Horror can make us look away but could it also enable us to look closer at what we fear and, perhaps, reveal something about who we are...

### THE ADRENALINE RUSH

The demand for what scientists call "counter hedonic consumption"—actively seeking out experiences or products designed to evoke negative emotions—has surged in recent decades to become one of the most prevalent and profitable forms of entertainment e.g. horror films. But can science explain why? Horror activates the body's fight-or-flight response—heart rate rises, adrenaline spikes. For some people, that physical thrill is enjoyable, like riding a roller coaster.

2. This response releases the hormones dopamine and endorphins in your nervous system. In a nutshell, there are two parts: the parasympathetic and the sympathetic nervous systems. The parasympathetic nervous system controls your body's ability to "rest and digest": to relax in safe situations so your body can better prepare for the dangerous situations, which the sympathetic nervous system controls. When "fight or flight" kicks into action, it enables the body to either run from or prepare to fight whatever danger it may be facing. When it comes to those hormones being released due to your body facing a dangerous situation, your body can also react in this way to situations that may appear dangerous, but are actually not, such as in horror movies. The abundance of these hormones gives your brain and body a false high while watching these scary scenes.

### THE EXCITATION TRANSFER

When the suspense ends and the threat resolves, the potential negative tension and feelings convert to euphoria. In contrast, if proper resolution does not occur, the residual negative effect could increase to dysphoria.

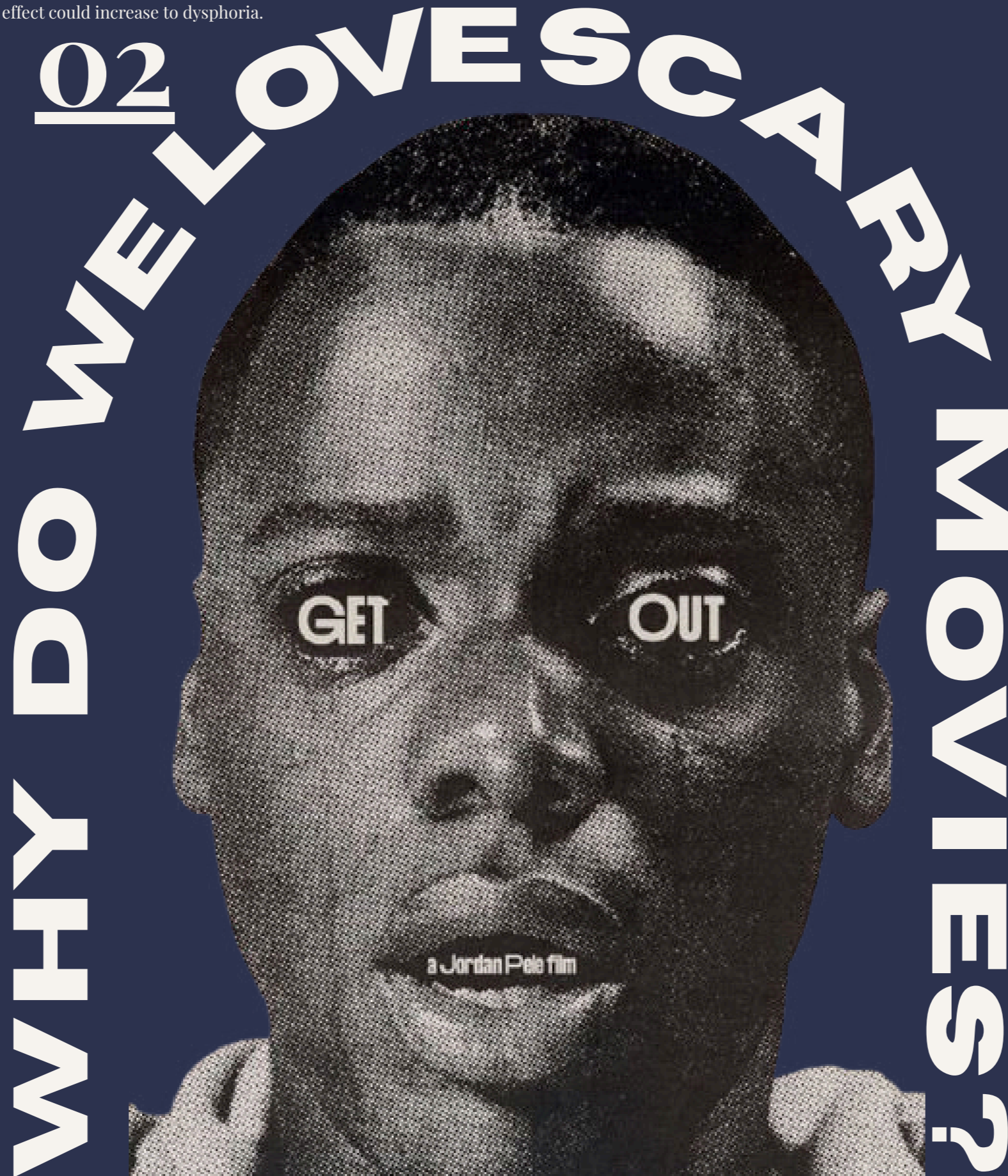
### THE PROTECTIVE FRAME

The question remains as to why some people get a kick out of horror while others don't. A possible answer could be a safety frame.

For some, watching a horror film means they have to know for sure that they're safe and that the threat is distant and cannot hurt them. It could also involve a sense of detachment: they need to be reminded that the horror they are seeing is not real—it's just actors, special effects, and art direction. And thirdly, their protective frame involves a sense of control and confidence in managing the dangers they encounter. They can still get a thrill from a good scare if they feel confident about controlling or overcoming the perceived danger. In order to enjoy the terror, you might not need to have all these protective frames. But having fewer of them could lead to much less enjoyment. Interestingly, movie box office data from across the world discovered that people from countries with a higher GDP per capita watched more scary films, which wasn't reflected in most of the other genres, e.g., romance. Perhaps people in countries with less wealth have fewer resources that help them feel they have control over their circumstances, and that could result in a lack of the sense of control required to enjoy horror.

### PERSONALITY TRAITS

Unsurprisingly, research shows that people with a higher sensation-seeking trait and those who are more open to new experiences tend to seek out and enjoy horror-related experiences more. Additionally, if you have more empathy, you tend to react more negatively to what happens in horror movies, although not necessarily. While watching these movies, people may experience strong emotions that they have not previously experienced but may in the future, such as feelings of fear or despair when relationships break, a loved one dies, or even encountering a dangerous animal in the wild. Consciously or subconsciously, people might be drawn to horror movies to practice and prepare for those feelings that they may experience in real life, giving them a chance to experience or rehearse those kinds of strong emotions in a safe environment. Additionally, curiosity drives some people to watch horror movies; morbid curiosity combines interest, excitement, and fear related to unpleasant events such as death, and often correlates with both sensation seeking and horror movie enjoyment. This topic is amazing, and I've not even scratched the surface of the reasons for our culture's fascination with horror. Feel free to research into how mastery/confidence, social bonding, catharsis, taboo topics and societal commentary all affect the enjoyment of horror films.



# WE KILLED FASHION 03

## WHY IS FASHION DYING?

Fashion is dying. I recognise that this is a pretty brazen claim to be making; clothing is more accessible and appreciated than in earlier decades, and styles from across the globe are being shared and experimented with increasingly as the days go by. But what if I told you that that is exactly where the problem lies?

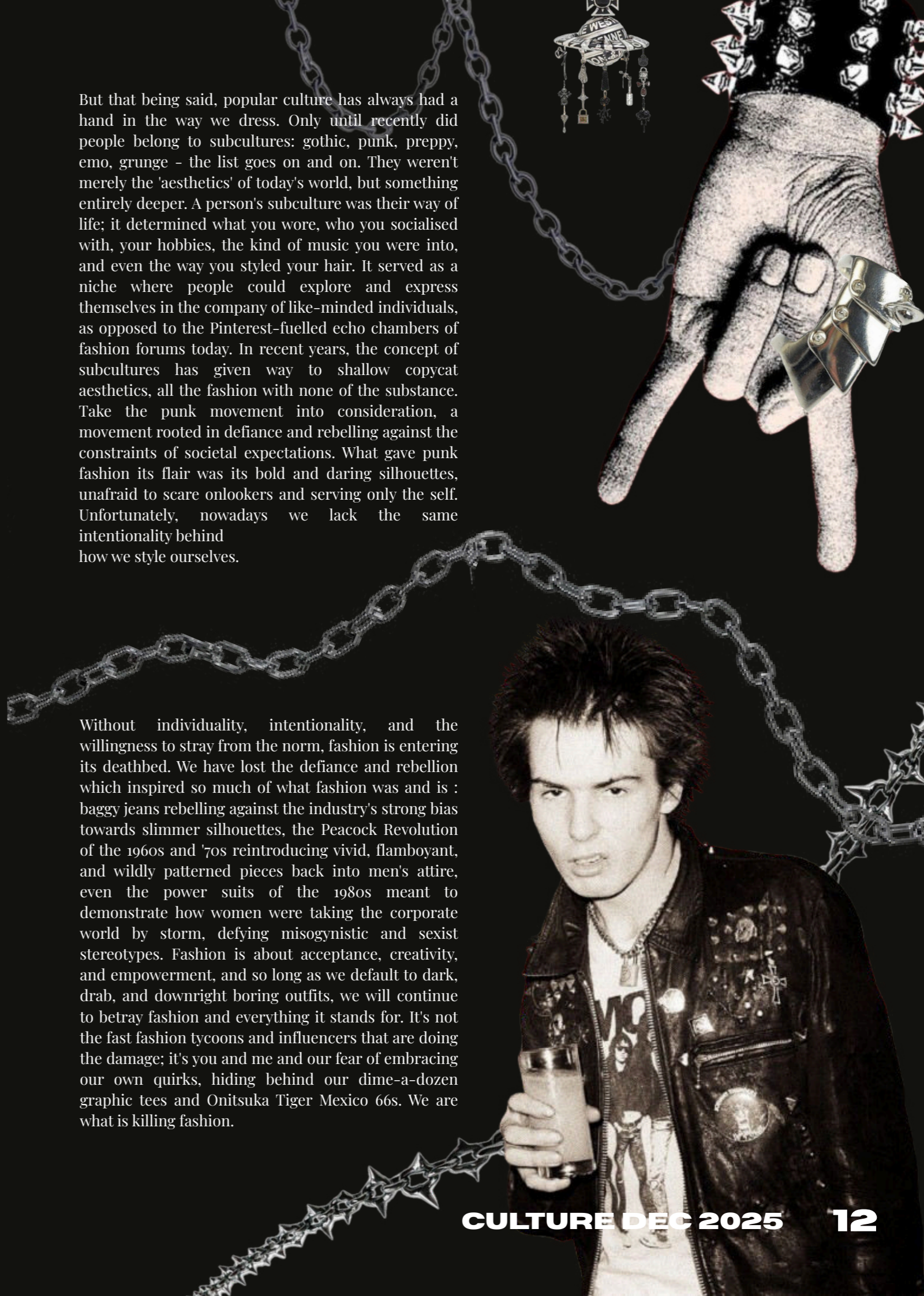
The commercialisation and popularisation of fashion have led to the rise of the dull, copy-paste outfits that we see today. We stopped dressing how we wanted to and started adhering to societal standards of what fashion is and what makes a 'good outfit'. Trends zoom in and out of focus at lightning pace, and like sheep, we flock along to whatever is the next big thing. Take Japanese selvedge denim as an example. What used to be unique and appealing due to its obscurity is now used as a buzzword by anyone wanting to show off their 'artsy' dress sense. It doesn't help that influencer trends, such as those of the 'performative man' and 'male manipulator,' broadcast the message that if you are not dressing like them, you're not dressing well.

This can all be traced back to a lack of originality. Where our outfits come from is arguably much more important than what we actually wear. What makes fashion so captivating is the variation in people's personal style. Style isn't about following the crowd and doing what everyone else is doing; it's about carving your own path forward.

Fashion is a performance; how we dress on the outside should reflect how we feel on the inside, not just what's trending on our "for you pages" at the moment. When you look at a well-made outfit, you should be able to feel the stylist's personality and flair almost jumping out at you. Not every good outfit has to start from a 'Popeye' magazine or a Pinterest board; don't be afraid to experiment and personalise how you dress; after all, it is your stage.

But that being said, popular culture has always had a hand in the way we dress. Only until recently did people belong to subcultures: gothic, punk, preppy, emo, grunge - the list goes on and on. They weren't merely the 'aesthetics' of today's world, but something entirely deeper. A person's subculture was their way of life; it determined what you wore, who you socialised with, your hobbies, the kind of music you were into, and even the way you styled your hair. It served as a niche where people could explore and express themselves in the company of like-minded individuals, as opposed to the Pinterest-fuelled echo chambers of fashion forums today. In recent years, the concept of subcultures has given way to shallow copycat aesthetics, all the fashion with none of the substance. Take the punk movement into consideration, a movement rooted in defiance and rebelling against the constraints of societal expectations. What gave punk fashion its flair was its bold and daring silhouettes, unafraid to scare onlookers and serving only the self. Unfortunately, nowadays we lack the same intentionality behind how we style ourselves.

Without individuality, intentionality, and the willingness to stray from the norm, fashion is entering its deathbed. We have lost the defiance and rebellion which inspired so much of what fashion was and is: baggy jeans rebelling against the industry's strong bias towards slimmer silhouettes, the Peacock Revolution of the 1960s and '70s reintroducing vivid, flamboyant, and wildly patterned pieces back into men's attire, even the power suits of the 1980s meant to demonstrate how women were taking the corporate world by storm, defying misogynistic and sexist stereotypes. Fashion is about acceptance, creativity, and empowerment, and so long as we default to dark, drab, and downright boring outfits, we will continue to betray fashion and everything it stands for. It's not the fast fashion tycoons and influencers that are doing the damage; it's you and me and our fear of embracing our own quirks, hiding behind our dime-a-dozen graphic tees and Onitsuka Tiger Mexico 66s. We are what is killing fashion.





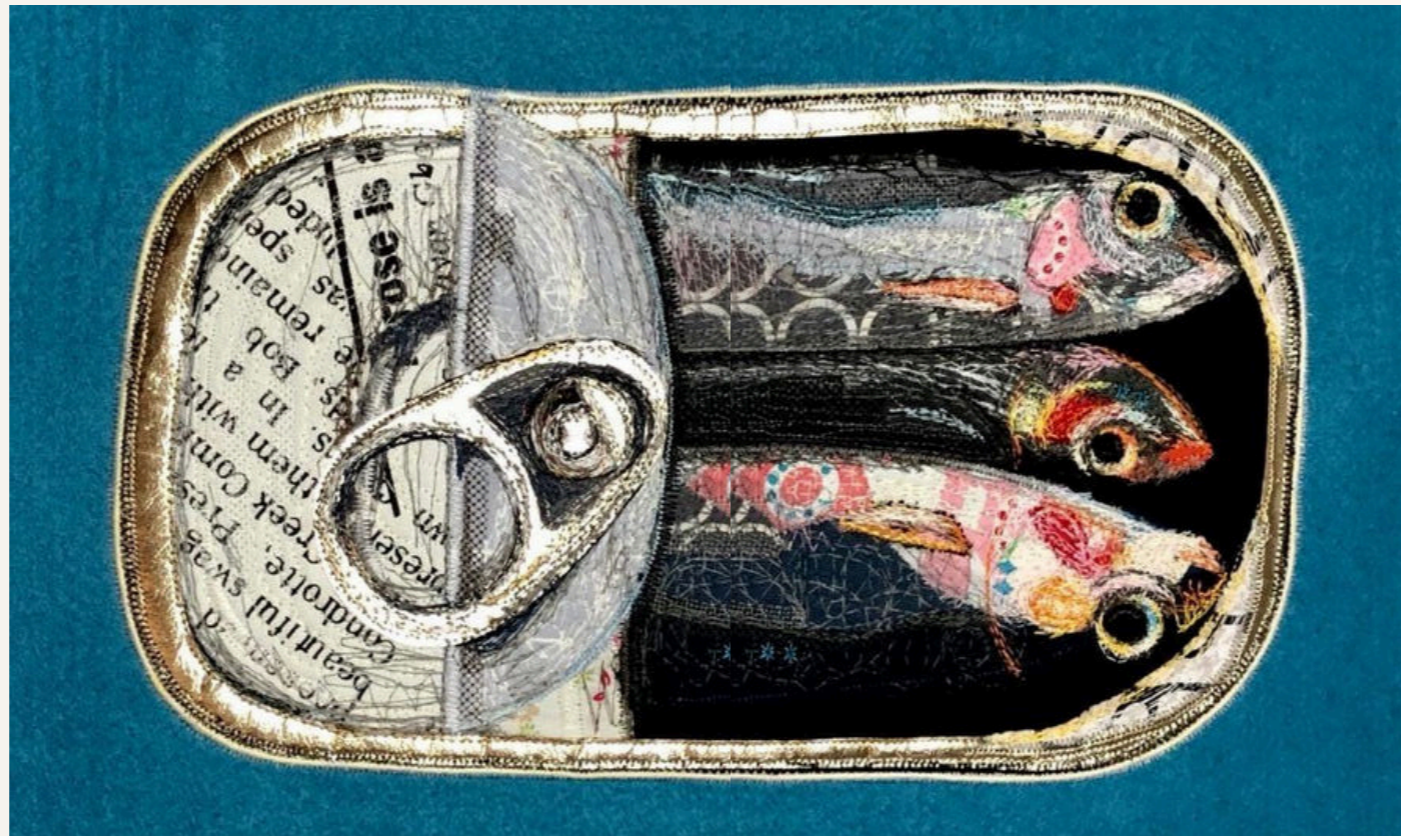
It is often hard to define good art. This task is made infinitely harder by the fact that the progress of art seems to have divided, branch-like, in its aim. While some artists move away from reality towards more abstract representations, others use the brush as a camera. This makes the pursuit of artistic excellence an interesting, important and yet still insufficiently covered study.

### THE ORIGIN OF MODERN ART

The true origin of this genre is rooted in Modernism, which formed from an exaggeration of Romanticism. Romanticism itself stemmed from a rejection of Realism, which led to the use of art as a method of displaying imagination, rather than a strict observation of surroundings. This definition was stretched to the point of Modernism, where art is used to directly challenge reality. This spectrum has developed greatly, such that the current understanding of modern art is incomparable to Modernist artists such as Van Gogh, whose art maintains a clear connection to observation.

### THE INFLUENCE OF LIFE IN C21ST

Despite the general trend away from Realism, there has been a strong return to it in recent years. On any social media platform, most of the art you see is very likely to be hyper-realistic observational pieces, with little abstraction or imagination used. The demand for socially approved art has turned it into a skill, rather than an expression of creativity. As long as the definition of good art is controlled by likes, it will also be a consequence of technical skill, rather than creativity. Hence, it becomes increasingly difficult to explore art as a means of expression.



The bounds of art have also been greatly questioned by developments in generative AI, which have allowed for accessible production of visual works. It is crucial, however, that this is rejected as a valid example of art. Artificially generated creations lack human ingenuity and inspiration. Even in a legal sense, AI content cannot be protected by copyright within most countries (see Mojtaba C's article 'The Algorithmic Artist' from the November release for more information on this). This development also calls for an urgent rise in creativity in art. With the ability to produce high-detail pieces having been made free to all, novelty is becoming an ever more important factor in making your art unique.

### THE GOLDEN MEAN

Where does true art lie on this spectrum? With such a broad definition of art, it is hard to believe that everything can truly be appreciated the same. Regardless of the reality hyperrealism will forever be appreciated as art and extremely abstract art will be denied. That is simply the reality. However, the opposite view is also unaccommodating of the whole definition of art – "The expression or application of human creative skill and imagination". Art should have some grounds in reality but should also be manipulated in some way to express some selected meaning beyond what the world shows directly. Any piece that fulfils both should be classified as art.

The fewer restrictions placed on the definition of art, the better. Without those who stretch boundaries, some of the greatest art pieces we know would not have been produced. However, it is important to challenge the ambition behind art. True art is driven by a desire to create something great. Artists should aspire to produce something better. This is where art truly lies.

# THE TWO FACES OF ART 04

In addition, the fact that modern art is often so far outside expectations means that it is not clear enough for most who see it. This means it is often ridiculed as something that is not "real" art. There are cases where this stands, such as in the use of art in money laundering, but the accusation is overused carelessly, denying the exploration of unique perse.

Sport is something that should be enjoyed all around the world, offering mental and physical benefits to those who participate in all forms of it – but why is it that so often women find themselves receiving fewer opportunities compared to men? Today, we're going to explore the positive changes being made to women's sport and question why it has taken so long for these changes to occur.

### MALE-DESIGNED KIT – ACTUALLY A PROBLEM?

Even though we are now in 2025, there remains the unavoidable fact that women are more susceptible to certain injuries than men – in fact, one of the worst injuries, ACLs (anterior cruciate ligament injuries, which can sideline a player for up to a year), are three times more likely to be suffered by women than men – surely we have to ask ourselves, 'Why is this?'. One of the most probable reasons is the lack of female-tailored football boots available on the market. In a survey taken in 2023, it was discovered that of 350 players from 16 top-tier teams in Europe, 82% had suffered regular discomfort as a result of their ill-fitting boots. Although in recent years, small steps have been made towards solving this issue (Puma released the first-ever boots designed for women in 2021, with the rest of the market tentatively following), there remains the problem of many retailers being reluctant to stock them and afraid of not being commercially successful – but why should women have to suffer unequal treatment in this way?

### FOOTBALL – A MALE-DOMINATED GAME

In April 2023, the Lionesses – the England national women's team and one of the most successful teams in the world – announced the decision to change to wearing blue shorts instead of the traditional white. This change was made over player concerns; some women would not be comfortable with the white shorts whilst on their period, potentially contributing to a negative body image and warding women away from sports. This was exactly the opposite of what the Lionesses set out to achieve. Hence, although the change is undoubtedly positive, it is disappointing to see how long it has taken for some of these issues to be resolved, and the manner in which the issues came to light (i.e., by player concerns) still shows the lack of consideration that sometimes occurs for women in sport.

### THE END OF THE PATRIARCHAL ERA IN SPORT

Many women and girls also don't receive equal opportunities to enter sports compared to men – it took until November of this year for the F.A. to hit their target of 90% of young girls receiving equal chances to play football in P.E. lessons in primary schools, which is very much great news. But the question remains as to why it isn't 100%. Many girls and young women struggle with their body image, and concerns of being heckled or name-called by their peers when trying to join in could also be a driving force towards a lack of participation. Many may also lack access to sports bras, and kit designed specifically for men can be poorly fitting and can feed into more negative body image ideas, again giving room to question why these issues haven't been investigated in greater depth and why society has a stigma against girls playing football.

### THE PAY GAP – A BARRIER TO POSSIBLE SUCCESS?

In the Premier League, the average player's annual wage of £3 million eclipses even the highest-earning woman in the WSL – the highest level of women's football in England and one of the most watched women's sports leagues in the world – where the average salary is £47,000 per year. Although even this figure is swayed by some of the top clubs paying stars such as Sam Kerr and more, some players are on as little as £20,000 a year. By comparison, primary school teachers are paid an average of £33,000 a year, and many women feel pressure to have a second job alongside playing football every day just to make a living. Whereas parents feel like their son can make them millions playing in the Premier League, playing professional football is something hardly considered as a career for young girls, potentially warding more of them away from sport – a notion which cannot be beneficial.

Although it's brilliant to see a recent increased interest in women's sport at all levels – and it's clear positive changes have been made – why has it taken so long?



# THE END OF PATRIARCHY



April 1689. William of Orange and Mary have just been coronated as joint rulers of Great Britain, following James II's deposition. The Catholic ruler had fled from England in December 1688, and his religious sect was never to be represented through a British monarch again. This was the Glorious Revolution, a seminal shift in the power dynamic between the rulers and the ruled, both in Britain and across the globe. So, how did this "Revolution" happen, and why is it so significant?

**A CATHOLIC KING, A PROTESTANT LAND**

James II was a Catholic ruler in a country that had long since turned to Protestantism, (over 90% of the people in James II's England were Protestant, and less than 2% were Catholic), making him tremendously unpopular. This unpopularity was just as prevalent in Parliament, where James was disliked by Whigs and Tories alike, largely due to favouring Catholics and neglecting the importance of Parliament. For example, James II had promoted Catholics like Edward Petre and Lord Belasyse to high advisory and military roles, which deeply unsettled Parliament as he had to suspend the Test Acts, which barred Catholics from holding public office, to do so. Since the Test Acts were passed by Parliament, but James II used royal prerogative to suspend them, this was seen both by the public and by Parliament as unconstitutional.

06

**A BLOODLESS REVOLUTION**

Dissatisfaction turned to crisis due to two main causes. The first was the state prosecution of the Seven Bishops; these were bishops who refused to have the King's Declaration of Indulgence read in their churches and so, were promptly charged with seditious libel. This was widely seen, including by Archbishop Sancroft, as an extreme government overreach. The second, more decisive cause, was the birth of James II's son, which likely meant a forthcoming Catholic dynasty. His son displaced James II's Protestant daughter Mary in the line of succession, leading to panic at the prospect of long-lasting Catholic rule over England. Therefore, the Immortal Seven, a leading group of English nobles and officials, secretly decided to ask William and Mary of Orange to assume the English throne, prompting them to invade. When James II's army deserted immediately upon William's arrival, the King fled the country, and William and Mary became joint rulers. No blood was shed, which is why this revolution came to be known as "Glorious".

**"WHEREVER LAW ENDS, TYRANNY BEGINS"  
-JOHN LOCKE**

**WHY DOES IT MATTER?**

The Bill of Rights, written in 1689 after William and Mary took over, limited royal power and upgraded the importance of Parliament. No monarch could now do as they wished, as they had practised for centuries prior. This had a lasting impact in England, as it was the beginning of our current system of governance, a constitutional monarchy. It also had significance in the wider world, as the principles of the English Bill of Rights were reflected in the US Constitution and Bill of Rights, and embodied in democratic movements in Europe and beyond, marking a shift toward liberal democracy. The themes of liberty, rights, and democratic governance were practically applied in the Glorious Revolution, and so it emboldened Enlightenment thinkers and ideas, most notably John Locke. Locke famously wrote against the Divine Right of Kings, which James had relied heavily on, in his "Two Treatises of Government" in 1689. This argued that government must derive from consent, so his views were very in line with those of the Glorious Revolution.

The Glorious Revolution also meant a permanent separation between religion on the continent (Catholicism) and religion in Britain (Protestantism/Anglicanism). This separation between Britain and the rest of Europe, which really began with the Break from Rome by Henry VIII, but was cemented here, has contributed to Euroscepticism in Britain. This persists, shown by the fact that Anglicans were the group most likely to vote for Brexit, with 55% of them voting to leave the EU.



The middle of a decade rarely feels dramatic, yet 2025 has landed and, while things don't feel as they used to, they feel different in a steady way. Over the past few years we've moved from crisis, through to recovery, and it now seems like we're in the phase of recalibration. So, after the biggest economic shock the UK has seen since 2009, how exactly are we doing?

## POST-COVID RECOVERY

Even though we, as young teens, didn't notice it so much, the UK economy suffered from many angles because of the pandemic. Nowadays, the numbers tell a clear story of before and after. The barren streets in 2020 made the UK seem like a wasteland – and looking at the consumer spending figures, you would probably carry that same assumption. By the end of 2025, we can see that UK GDP sits just over 5 per cent above pre-pandemic levels. We can also see that productivity has nudged forward, being 1.5 per cent higher than in 2019. In addition, business investment (historically a UK weak spot relative to other global powers) is almost 10 per cent above pre-COVID levels, pointing towards a rebuilding of corporate confidence in the UK. So, it seems like, halfway through the decade and a few long years after a global shock, we're doing okay, right?

## NOT ALL SUNSHINE AND RAINBOWS

Unfortunately, we must look under the covers when it comes to the UK economy post-COVID. The route taken to improve output has been brutal, with the post-pandemic rebound driving a cost-of-living crisis due to the record high CPI of 11.1% in 2022 – a number which many still feel the effects of to this day.

While inflation has steadied slightly more by 2025, households have spent too many years with prices that raced ahead of pay, and that takes time to resolve. Unemployment in 2025 has also seen unfortunate highs for the UK, being the highest this year since the COVID era. Although, there is some hope as the IMF (International Monetary Fund) and OECD (Organisation for Economic Co-operation and Development) forecast that private consumption has been the main driver of growth in 2025 as real wages seem to slowly recover – suggesting that households have shifted from lockdown survival mode to a cautious normality.

## BLUE SCREEN ECONOMICS

In this age, technology runs rampant. Average screen times are at an all-time high, with adults spending around 4 hours and 20 minutes online, and younger adults spending more than 6 hours. As a result, platforms like Instagram, TikTok and YouTube have ballooned in usage and have taken the fast track pass to the number one source of advertising – clearly seen in how Google and Meta alone took more than half of the UK's advertising market, showing how we might be moving towards the true death of traditional print and TV broadcasting. OECD data suggests that over 60% of firms now use social media in their advertising, and those firms that build a strong “digital culture” and lean into social platforms tend to grow faster and report higher revenues.

However, the extent to which we have leaned into social media, and the internet has also triggered regulatory worries about online safety, harmful content, concerns about company image, among other worries – so we might not have to worry so much about our world turning completely screen-dominated just yet.

So, as we take a bigger picture look at 2025, we notice that it's definitely quite an awkward place to be, yet it seems like better times might be ahead of us after all.

# 07.

THE MIDPOINT

CHECKPOINT



While today the power of the crown lies firmly in its ceremonial role and 'soft power', for most of English history the power of the crown dictated the direction and success of the country. This begs the question: 'who was the most competent Monarch throughout English history?'

This article contains a list of the five best and worst monarchs in English history, along with an explanation for their placement. (This list is subjective, and judges a monarch's competency. The list includes all monarchs from Alfred the Great (Scottish monarchs, Lord Protectors and Pretenders are not included in the list).

**STARTING WITH THE WORST...**

**THE GREATEST MONARCH**

**NOW FOR THE BEST MONARCHS**

**08**



**5. JAMES II**

A Catholic king in a time where Catholicism was long gone in Britain. He argued frequently with his protestant advisors and allies, eventually replacing them with Catholics. Seen as a tyrant, he attempted to rule absolutely through Royal Decree and brutally repressed rebellions. He was eventually deposed in the glorious revolution.



**4. RICHARD II**

A king from the age of 10, Richard's belief in his divine right to rule led to him becoming increasingly more absolutist and heavy handed throughout his reign. Despite this, he suffered major setbacks in France and was incapable of controlling the nobility, which led to his deposition. He did successfully stop the Peasants' Revolt, however.



**3. CHARLES I**

Charles' reign was marked by financial instability, followed by a civil war that killed approximately 200,000, mainly because of his absolute refusal to listen to nor negotiate with Parliament. He lost the civil war that he started and was subsequently executed.



**2. HENRY VI**

Henry suffered from prolonged bouts of mental illness, even falling into catatonia. His lack of military, administrative and diplomatic ability caused England to lose the Hundred Years War and nearly all of his land in France, all while England was plunged into chaos during the War of the Roses, due to his over-reliance on his advisors.



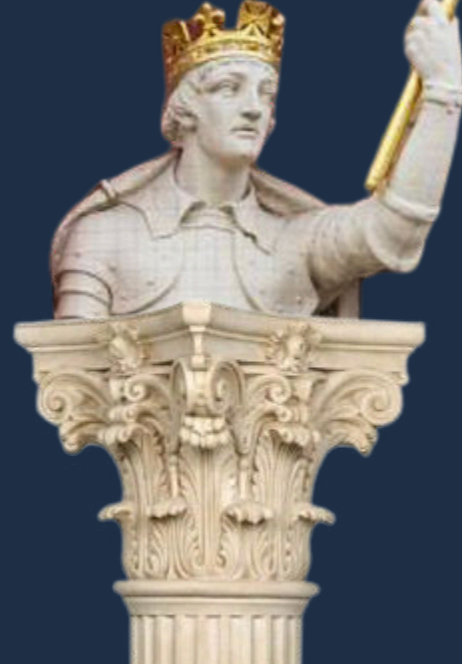
**1. KING JOHN**

He was, put shortly, an absolute disaster of a king. He lost nearly all his father's lands in France, alienated the masses with heavy taxation, alienated the Pope which led to his excommunication in 1209, and alienated the Barons, which eventually forced him to sign the Magna Carta. He died whilst England was being invaded by the French on behalf of said Barons.



**5. EDWARD THE ELDER**

The son of Alfred the Great, Edward was an extremely competent military leader, expanding Wessex to encompass most of England and crushing the Vikings in 918, establishing influence over all of Great Britain. His administration was also excellent, managing to increase his authority in the regions he controlled.



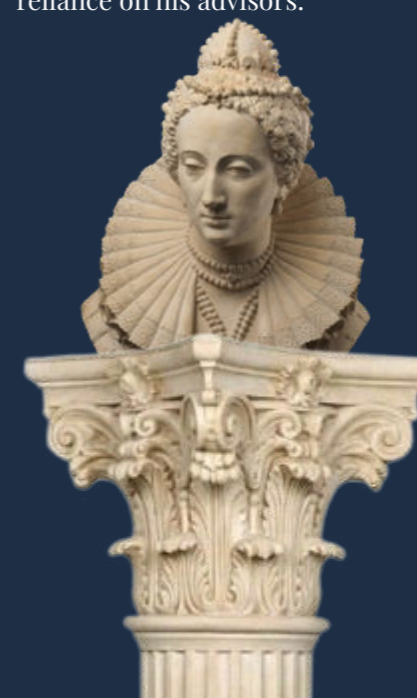
**4. HENRY V**

Henry is well known for his victory at Agincourt, where he was massively outnumbered. He'd effectively won the Hundred Years War, managing to become regent of France and its heir. Unfortunately, he died at before consolidating his conquests and his successor, Henry VI, lost everything his father had gained.



**3. HENRY VII**

Henry VII won the War of the Roses from a position of complete obscurity, and entrenched his dynasty's position in England using effective political manoeuvring and foreign policy. He was extremely successful with the economy, investing in England's cloth trade and reducing food prices and inflation.



**2. ELIZABETH I**

Elizabeth balanced the religious turmoil that was prevalent in Tudor England, cementing Protestantism in England. Her focus on the Navy and maritime exploration and trade allowed the English economy to expand greatly transforming England into a great power and started the processes that led to the British Colonial Empire.



**1. EDWARD I**

Edward I was extremely competent in nearly every aspect of ruling: he conquered Wales and Scotland and saw success in the ninth crusade, had ties to every power in Europe, including the Mongol Empire, and bolstered the lucrative system of customs duties on all goods, massively increasing the crown's income.

# WHAT WE LEAVE **09.**

Imagine a team of archaeologists in the year 3025 brushing dust off a cardboard box buried beneath what used to be a shopping centre. They open it expecting treasure and instead find a cracked phone case, a metal water bottle, and a pile of tangled charging cables. To us, it looks like forgotten clutter. To them, it would be evidence of an entire civilisation.

Future historians might call our era “The Age of Constant Connection”, because so much of our lives revolves around screens. If they managed to power up a shattered smartphone, they would treat it the way we treat ancient tablets or pottery. Through that single object they could learn how we communicated, what we valued, and how we formed friendships, often by typing rather than speaking. If any screenshots survived, our memes would become historical documents. Somewhere in a distant lecture hall, a scholar might try to explain why people in the early 2000s had a crazed obsession with two numbers: 6 and 7.

Archaeologists today study ancient rubbish heaps to understand past societies. The archaeologists of 3025 will study ours. Our leftovers will reveal more about us than we might expect. Piles of fast-fashion clothing will show a culture obsessed with trends. Empty coffee cups and energy drink cans will suggest a population that never quite felt rested. Broken earbuds will hint at a constant struggle with personal technology. Even the variety of charging cables could lead to long debates about why people owned so many similar devices that all required different ports.



Yet when they look past the clutter, the apps, the trends, and the endless data, they will probably reach a simple conclusion. Beneath all the technology, we were ordinary humans trying to connect with one another. We wanted to feel understood and to belong somewhere. We tried to keep up with a world that moved quickly. Just like every civilisation before us, we will be remembered for the stories we leave behind. They might be found next to a broken charger or printed on an old selfie, but they will still show who we were and what we cared about.

Their biggest challenge will not be a lack of evidence but an overwhelming amount of it. We record almost everything we experience. Photos, videos, voice notes, text messages, and entire conversations are stored in clouds and servers that may not survive another thousand years. Instead of trying to piece together fragments, future historians might find themselves drowning in information and struggling to decide which parts of our lives were meaningful. They may even rename our era the “Age of Information Overload.”



# WELCOME TO NUCLEAR

Nuclear power, especially fusion, is at the forefront of clean energy research, having the potential capacity to power our lives with millions of times greater energy per kilogram of nuclear reactant compared to coal, oil, or gas. It is not weather dependent like wind power or solar energy, though those are also valuable energy sources, making it a candidate for reliable long-term source of energy.

Nuclear fusion, however, is not the silver bullet to our energy problems; currently, net-positive energy generation has not been obtained, so for now, it is not viable. But if we do unlock its full capacity for energy generation, this will usher in a new era of energy, one where the world no longer must rely on fossil fuels and can harness the power of the sun.

## WHAT IS NUCLEAR ENERGY?

Nuclear energy can be produced by two methods. The first is fission, where an unstable nucleus is split into two daughter nuclei and a couple of fast-moving neutrons, releasing a tremendous amount of energy for the input fuel required. In a power plant, this energy is then transferred to a coolant (normally water), which is used to power turbines and generate electricity. This is what industrial nuclear reactors use to produce energy, and the UK has nine of these reactors, the majority being AGRs (advanced gas-cooled reactors) and one being a PWR (pressurized water-cooled reactor).

The second method is nuclear fusion, where two nuclei are smashed together, releasing massive amounts of energy, more than fission, though the starting conditions are more difficult to achieve. The sun uses nuclear fusion to fuse hydrogen into helium, and it will continue doing so until it runs out of hydrogen, after which it will begin to fuse heavier elements. We aim to replicate this process on Earth; however, since we cannot replicate the massive gravitational strength of the sun to force elements together, we increase the temperature of the fuel and confine it with electromagnetic fields to achieve fusion. In the JET tokamak (donut-shaped reactor) in Oxford, temperatures inside the reactor need to be over ten times hotter than the core of the sun (around 15 million degrees) for fusion to occur.

## “FUEL OF THE FUTURE” 10

Nuclear fusion has been achieved many times, with the French WEST reactor holding the current record of 22 minutes and 17 seconds. However, due to its difficulty, we haven't achieved commercial or economically viable power yet, as currently, fusion requires more energy input than it produces

ITER – the largest global nuclear fusion project Meaning "the way" in Latin, ITER was first launched in 1985 and has scientists from 33 nations worldwide collaborating to drive science forward. It will be the largest tokamak in the world once construction is complete; deuterium-tritium (two different isotopes of hydrogen) operation is expected for 2039.

This leads us to one of ITER's main goals, which is for deuterium-tritium fusion to occur, with the reaction mostly sustained by internal fusion heating.

Its second goal is to produce ten times the amount of energy it needs (so 500 MW of fusion power for 50 MW of input heating power).

Its third goal is to test tritium breeding, since the issue of a lack of tritium in the world poses a major problem for fusion. There is currently enough deuterium in the world, but without tritium, fusion cannot be achieved (at least not this way).

For those interested, more information can be found at <https://www.iter.org/few-lines>. I hope this article provided you with an overview of nuclear energy (specifically fusion) and the hope for the science of tomorrow.



**11**



# PAINKILLERS: SAY

# BYE TO THE PAIN

Everyone knows the feeling. You fall over and graze your leg, or maybe you've just woken up and you're feeling under the weather. Regardless of the issue, painkillers are an incredible piece of medicine that can help relieve many physical problems. But how do they work? How do they manage to wash away the pain exactly where it is?

The first thing to consider is how pain works; pain is sent as nerve signals to the brain, through the nociceptors, a specialised neurone. The signals are then sent to the thalamus, a region in your brain, which then directs the signals around your brain to be processed.

Interestingly, your brain can make its own painkillers! The endorphins (e.g. endogenous morphine) are your body's natural painkillers, working to dull all the pain around your body by reducing the sensitivity to pain, which has the secondary effect of making you happier. Endorphins are used by your body as a type of "reward system," released when doing things like eating dark chocolate (perfect excuse to eat some!) or laughing. Similarly, your body can also increase pain as a warning using multiple neurotransmitters like histamines and monoamines.

Because of this, painkillers don't actually know where the pain is, instead acting in the brain to use its receptors to either block pain signals, or reduce the sensitivity to pain. It feels specific because you only notice the absence of pain where you were already feeling it. The exception to this is certain types of opioids (we'll look at these later).

But, there are many different types of painkillers, and they work in different ways to alleviate pain. Don't worry, here is a fact file on two different painkiller types and how they help you when you are in pain.

## **ACETAMINOPHEN (PARACETAMOL):**

Background: Paracetamol is a fundamental painkiller for many. It's much safer than others due to its far fewer side effects and quick action. It's been around since the 1850's and has been used since the 1900's, having been refined over the years to make it safer.

Action: Despite studying, the exact action of acetaminophen isn't fully understood, but the best speculations are that it inhibits the COX-(cycle-oxygenase) family of enzymes, which produce prostaglandins that can cause pain and fever and acetaminophen helps to reduce this.

Side effects/risks: As with all medicines, paracetamol has side effects, such as allergies; paracetamol has other side effects like increased blood pressure, increased heart rate, and potentially liver and kidney damage. It is not recommended to take >3500mg in one day, as it can cause an overdose.

In September 2025, the US president Donald Trump and his health secretary made claims saying acetaminophen was linked to autism in children when used by pregnant mothers, telling them to instead "endure the pain". Considering this, we'd like to mention that Trump's claims are pseudoscientific at best and are not supported by any reputable health organisation or medical professional. Following Trump's advice to endure pain increases the risk of miscarriage or foetal issues.

## **OPIOIDS**

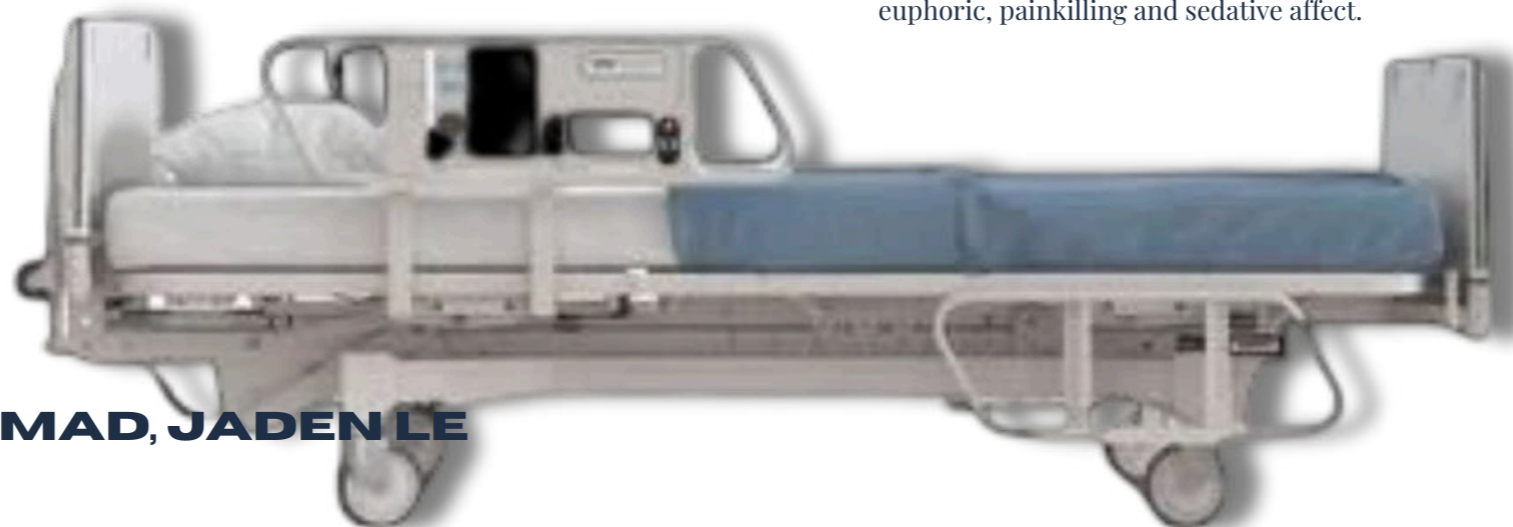
Background: Opioids have existed for a long time and are potentially the world's first prescription (2100BC). Throughout history, opioids have been fused for their euphoric, painkilling and sedative affect.

Opioids were first found in the opium poppy, primarily the eponymous opium, found in the seed pods. Opioids are hugely useful in medicine for coughing, diarrhoea, severe and acute pain (If you've ever broken a bone you probably were given opioids) and chronic pain (including usage for cancer patients).

Action: Remember the endorphins? Opioids are similar to a drug version of these. Opioids and endorphins are both opioid receptor agonists, which results in pain signals being blocked throughout the body, being completely non-specific. Opioid receptors control pain, stress and breathing regulation, and the "reward system". Because of this, opioid painkillers have a wide range of effects not just limited to pain relief, including euphoria and relaxed breathing.

Side effects: Due to opioids direct influence on pain receptors and critical Central Nervous System function, they are very strong drugs, and it does not take much to overdose. Their effect on the respiratory system causes breathing and heart rate to slow down, possibly causing asphyxiation at high doses. Due to their euphoric effect and their relation to your body's reward system, opioids are habit forming and repeated use of them will cause your body to become tolerant to their effects, causing your sensitivity to pain to increase.

Painkillers have been used for millennia and are a staple of any modern first aid kit. Understanding how they work and their risks is just as important as having one at hand in times of need.


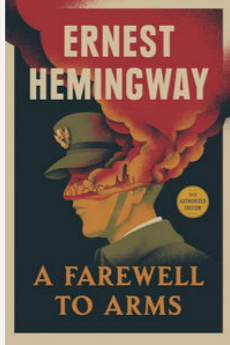


# Bonus

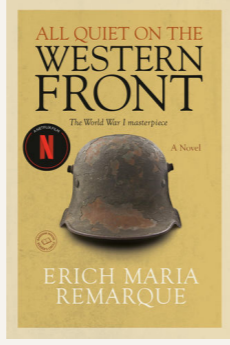
You ask, we deliver! Closing off this month's issue of the Dozen, is our list of best reads. We hope that this will encourage you to pick up that book you've been meaning to read for however long and give it a real go!

We'd love to hear what you've been reading so feel free to send us a quick email at: [thedozen.publicity@gmail.com](mailto:thedozen.publicity@gmail.com)

**DANIEL**


**A FAREWELL TO ARMS**



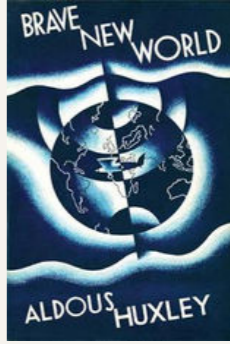
**THEODORE**

**ALL QUIET ON THE WESTERN FRONT**

**JADEN**




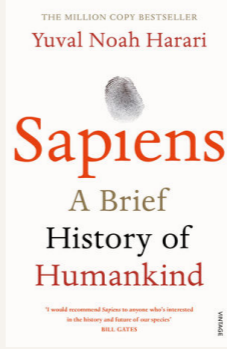

**DON QUIXOTE**



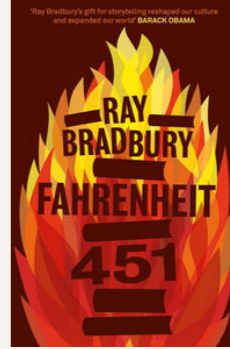
**NANDAN**

**BRAVE NEW WORLD**

**GIL**


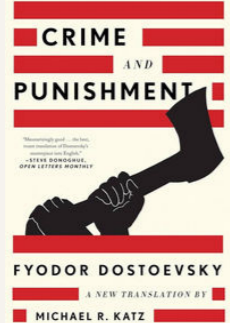
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**MOJTABA**

**FAHRENHEIT 451**

**RICHARD**


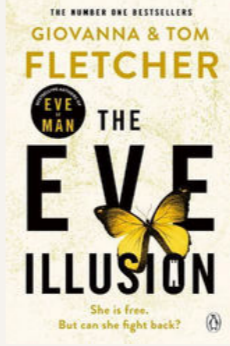
**CRIME AND PUNISHMENT**



**YUVRAAJ**

**THE HUNGER GAMES**

**ABDUL**

**THE EVE ILLUSION**




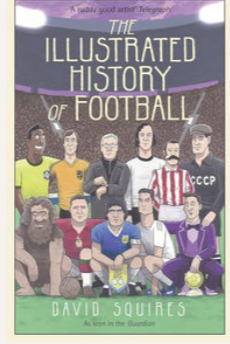
**AMANUEL**

**GONE**

**TOM**




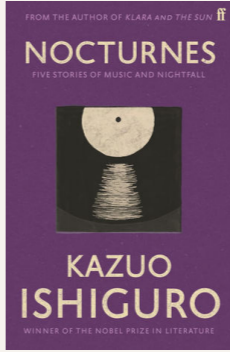

**THE MAN WHO MISTOOK HIS WIFE FOR A HAT**

**EVAN**

**THE ILLUSTRATED HISTORY OF FOOTBALL**

**JAMIN**

**NOCTURNES**

