

Health & Style

The new way of the lifestyle

AESTHETIC MEDICINE

Platelet rich plasma in aesthetic medicine

FINANCE

FOCUS

Yoga effect on wellness

DIET

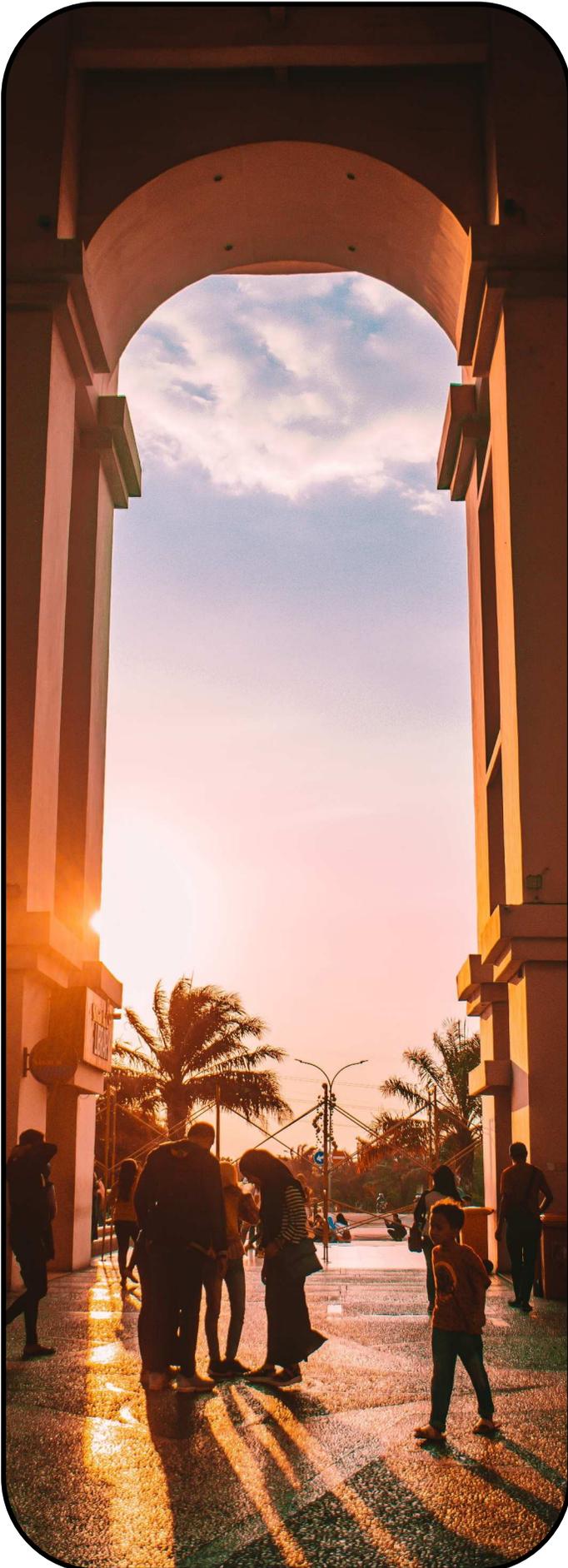
The nine rules to return to regulate our diet after Christmas

FITNESS

How Scientific the Bodybuilders are?







Index

AESTHETIC MEDICINE

Platelet rich plasma in aesthetic medicine
Pg. 2

FOCUS

Yoga effect on wellness
Pg. 4

DIET

The nine rules to return to regulate our diet after
Christmas
Pg. 6

FINANCE

How to become an influencer
Pg. 11

FITNESS

How Scientific the Bodybuilders are?
Pg. 14

ART

Anthony of Messina
Pg. 18

BOOK SHELF

The Adventures of Tom Sawyer by Mark Twain
Pg. 20

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Platelet rich plasma in aesthetic medicine

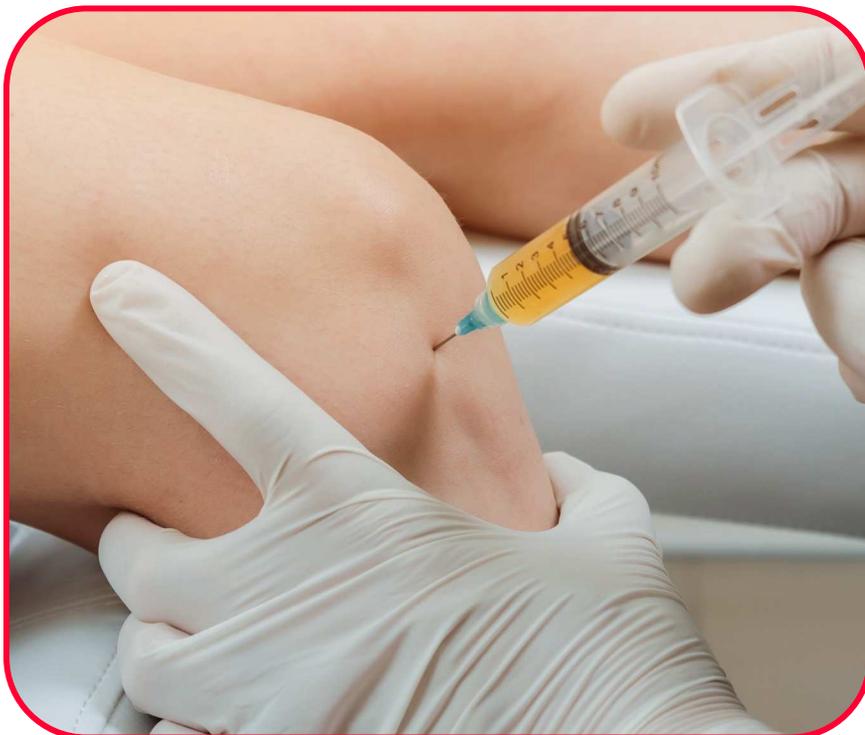
Usage of platelet rich plasma (PRP) in aesthetic medicine is a new concept. In dermatology and cosmetic medicine, PRP has been used to treat acne, scarring, and alopecia (especially in women). It is also effective for skin rejuvenation and tightening around the eyes. Before injecting PRP to treat hair loss, a tiny scalp roller with spikes is used to stimulate the thinning areas. The rationale is that this sends a

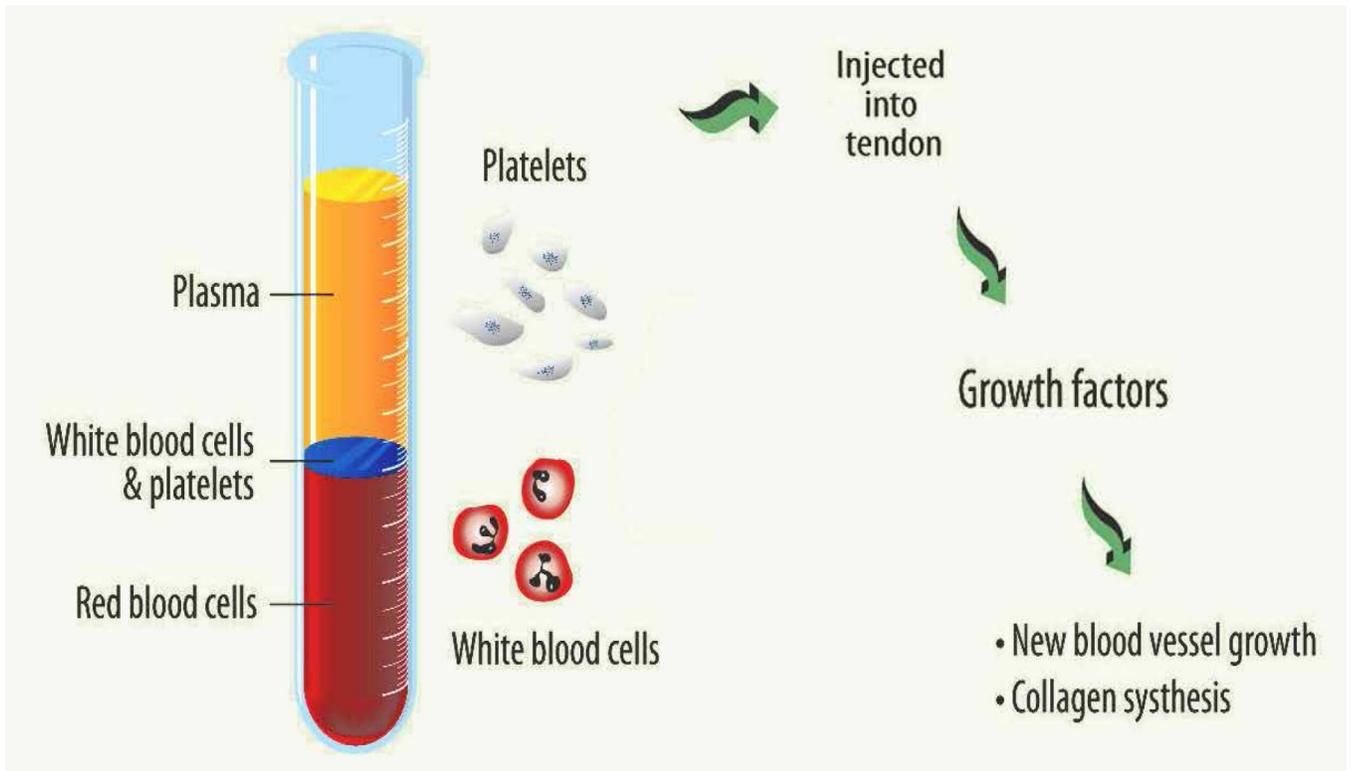
message to the hair follicles to start the healing process. Then, PRP is injected over the affected area to further stimulate stem cells in the follicle. Platelet-rich plasma is injected by multiple tiny punctures under the dermis, with or without topical local anesthesia. The process is painless if sufficient topical anesthesia is applied. When PRP is injected into the damaged area, it stimulates the tissue, causing

mild inflammation that triggers the healing cascade. As a result, new collagen begins to develop. As this collagen matures, it begins to shrink and tightens and strengthens the skin.

Improvement in skin texture and tone is noticeable within 3 weeks. Full collagen regeneration requires 3 months. The PRP treatments can be used on all skin types and tones. Minimal swelling, bruising, and redness for the initial 12 to 24 hours are expected. A bruise at the needlestick site may be visible for 2 to 3 days. Swelling from the fluid is what the patient will notice first. During several weeks, the platelets stimulate growth factors, which assists in more collagen stimulation

Advantages of using PRP for aesthetic medicine include the following: tissue regeneration and rejuvenation, induction of cell differentiation, extracellular matrix formation, recruitment of other cells to the site of injury, and an increase in collagen production, which can increase skin thickness and overall skin health. In





In addition, PRP is nonallergenic, is an autologous physiological product, eliminates donor transmissible infections, and is a biological glue for tissue adhesion, especially in skin flaps, bone grafts, and trauma.

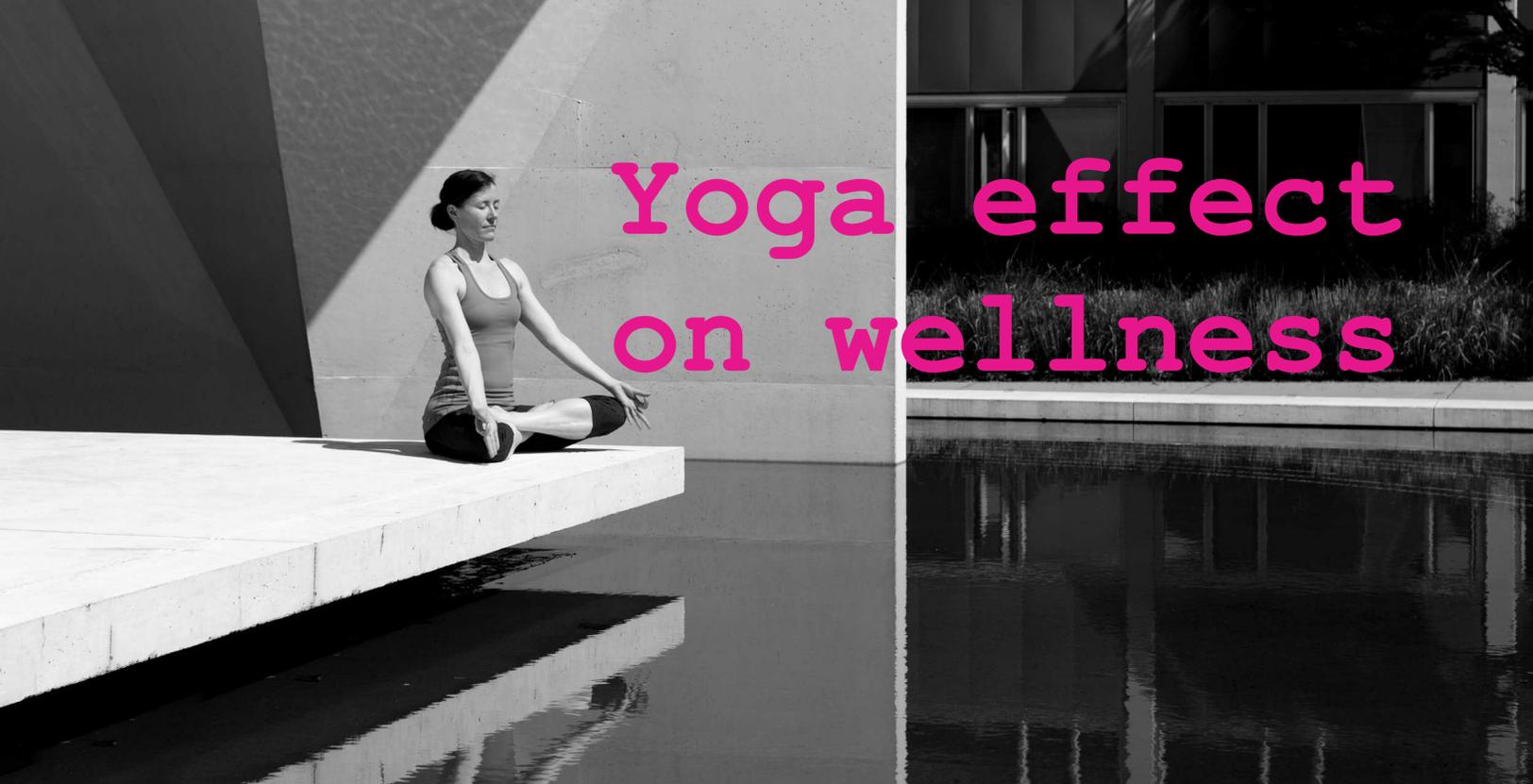
As with all therapies, adequate training and experience are paramount. The beauty of the PRP technique, especially in dermatology and as an adjunctive tool in practice, is that it can be used as part of a multifaceted or layered approach. Significant clinical outcomes can be obtained with concomitant use of light therapies, fillers, and mesotherapy. Due to limited studies on clinical efficacy and safety, further studies are required to investigate the mechanism of action behind the therapeutic effects of these products and their long term safety. Still, the PRP has certain limitations as there is no

standardisation in PRP preparation and specific quality parameters in PRP preparation are still lacking

Advantages of PRP Rejuvenation

- Uses body's own natural platelets so there is no risk of allergic reaction
- Natural collagen is formed in response to the presence of the activated platelets
- PRP is ideal for the patient who does not want any synthetic fillers
- There is little to no swelling, bruising or lumping as the fluid assimilates in the natural skin environment
- PRP can be used to enhance Laser procedures for faster and improved healing
- PRP Therapy is equally as effective in men as in women
- Can provide outstanding results either with or without the use of underlying fillers.





Yoga effect on wellness

Yoga can reduce blood pressure and has also been suggested to reduce inflammatory biomarkers and metabolic risk factors for cardiovascular diseases (CVDs). We aimed to assess the benefit of two yoga interventions on inflammatory biomarkers and metabolic risk factors in a high risk population in primary care.

A review of yoga and cardiovascular disease published in the European Journal of Preventive Cardiology indicates that yoga may help lower heart disease risk as much as conventional exercise, such as brisk walking.

Performing a variety of yoga postures gently stretches and exercises muscles. This helps them become more sensitive to insulin, which is important for controlling blood sugar. Deep breathing can help lower blood pressure. Mind-calming meditation, another key part of yoga, quiets the nervous system and eases stress. All of these improvements may help prevent

heart disease, and can definitely help people with cardiovascular problems.

Although yoga can lower BP and increase quality of life, our study, which is the first in this particular group of patients, could not confirm that the yoga performed had any effect on the biomarkers examined.

Further research is needed to confirm the antihypertensive effect of yoga and to clarify how yoga affects BP and other risk factors for CVDs in hypertensive patients in a primary health care setting. Yoga can be recommended for low-risk women during pregnancy as no adverse fetal or maternal heart rate changes were observed during a typical prenatal yoga session.

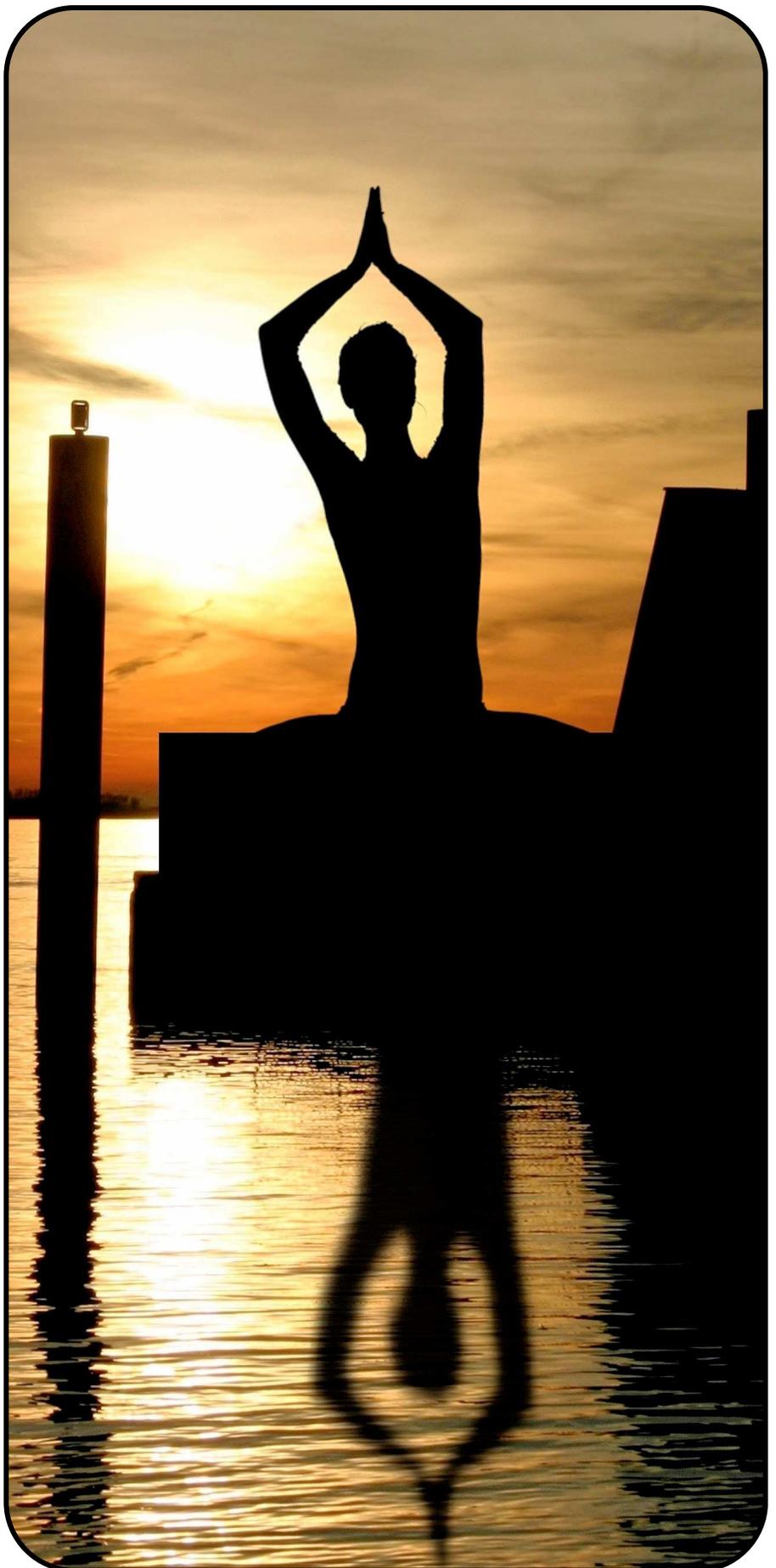
Many chronic conditions, including heart disease, cancer, and rheumatoid arthritis, are associated with underlying chronic inflammatory processes. Literature reviews have analyzed a variety of integrative therapies and their relationships with chronic inflammation. This

systematic review is unique in reporting solely on yoga's relationship with inflammation. Its purpose was to synthesize current literature examining the impact of yoga interventions on inflammatory biomarkers in adults with chronic inflammatory-related disorders. The loss of mobility during aging impacts independence and leads to further disability, morbidity, and reduced life expectancy. Our objective was to examine the feasibility and safety of conducting a randomized controlled trial of yoga for older adults at risk for mobility limitations.

The yoga and comparison interventions were safe, well accepted, and well attended. Effect sizes suggest yoga may have important benefits for this population and should be studied further.

Cardiovascular disease continues to be the leading cause of morbidity and mortality around the world. Yoga, a combination of physical

postures (asana), breathing exercises (pranayama), and meditation (dhyana), has gained increasing recognition as a form of mind-body exercise. In this narrative review, we intended to review the emerging evidence assessing the physiologic and clinical effects of yoga on the cardiovascular system and the potential role of yoga as a component of comprehensive cardiac rehabilitation. Yoga has shown promise as a useful lifestyle intervention that can be incorporated into cardiovascular disease management algorithms. Although many investigators have reported the clinical benefits of yoga in reducing cardiovascular events, morbidity, and mortality, evidence supporting these conclusions is somewhat limited, thereby emphasizing the need for large, well-designed randomized trials that minimize bias and methodological drawbacks. Multiple studies have confirmed the many mental and physical benefits of yoga. Incorporating it into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety. Finding the time to practice yoga just a few times per week may be enough to make a noticeable difference when it comes to your health.





The nine rules to return to regulate our diet after Christmas

From 8 December to 8 January we will enter a phase of “delirium” where we only eat and drink. There are thousands of celebrations with colleagues, friends and relatives in which, for cultural and historical reasons, we eat more than we normally eat and drink.

The fact is that when Christmas ends, after eating Kings, there are few people who have not picked up a kilo yet. But apart from this Christmas also breaks our usual standard of dietary intake, our daily wording, we take very rich and tasty food, but in many cases unhealthy, as well as drinks that they are not normally consumed, with the consequent danger that they are introduced into our diet.

It is almost always necessary after Christmas to lower that 2 or

3 kilos and to restore our good eating habits, when they all have a lot of problems, fundamentally health changes, as collateral, and not recommended, nor effective.

The advises to re-regulate our diet after Christmas:

1. Try to make a balanced diet of the number of meals. Return to the 5 daily intake. "None of those snacks in the middle of the morning, from 7 am a barbaric food, that is, after an acceptable breakfast, a healthy snack, a not too exaggerated meal, in the afternoon a snack, and culminating the day with a sober dinner In addition, we have to follow certain disciplines, despite the fact that we want less healthy and more typical food

from Christmas surpluses.

2. Follow a diet with low calories, low fat and protein, and stop the excess alcohol bit by bit.

3. Slowly absorbing carbohydrates should be ingested, foods such as pasta, but not very decorated, whole grains, wholemeal bread, vegetables, some fruits such as strawberries, cherries or red fruits, among others, and forget the of rapid absorption (candy, nougat, polvorones, for example, typical of Christmas) when we do a recovery diet.

4. As far as fats are concerned, try not to take too much and especially unhealthy, such as saturated.



5. Do not forget about proteins in the diet, but usually make vegetables, such as legumes.

6. Intensify the consumption of vegetables, as well as vegetables that are rich in vitamins. When they generally present a high fiber content, they will present / display a satiating effect that is very useful in a diet of recovery.

7. Over the spoon dishes: "It is true that we are in the winter and want a tablespoon, but we must try that these are not too calories. We have to take bouillons that have been degreased in the preparation, and are in balance and with beautiful effect, warm to the body and without much fat.

8. Abundant in taking slow-absorbing carbohydrates, which do not contain too many calories, and then it is helpful to increase a lot of vegetables, vegetable stews, vegetable broths, and thus deceive the stomach to take food that Let's note that they are satiating and not too caloric, all accompanied by physical activity, based on the fact that it is necessary to walk, even if it is cold, and that we are currently given up for a new set of obligations,

9. Do not be in a hurry to lose those 2 or 3 kilos more be patient and that if the diet is properly restructured and sports are practiced, the expected effects will be predictably achieved in about a month and a half.



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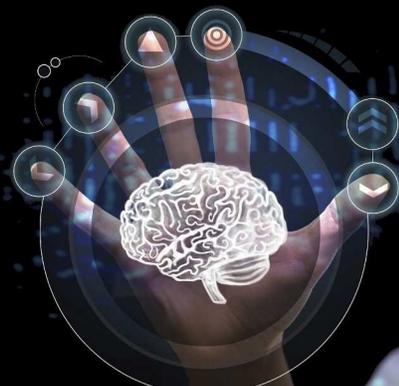




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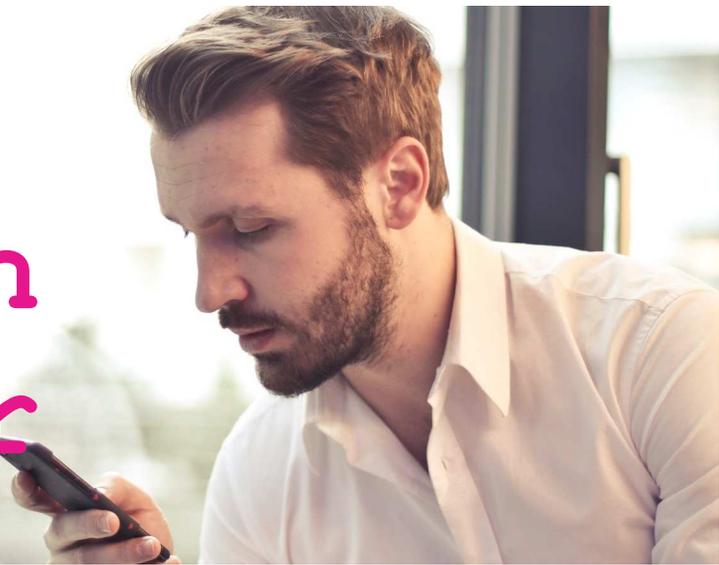




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How to become an influencer



Influencer marketing (also influence marketing) is a form of marketing in which focus is placed on influential people rather than the target market as a whole on social media. It identifies the individuals who have influence over potential customers, and orients marketing activities around these influencers.

Influencer content may be framed as testimonial advertising where they play the role of a potential buyer themselves, or they may be third parties. These third parties exist either in the supply chain (retailers, manufacturers, etc.) or may be so-called value-added influencers (such as journalists, academics, industry analysts, and professional advisers).

In the United States, influence marketing is treated by the Federal Trade Commission as a form of paid endorsement, governed under the rules for native advertising; the agency applies established truth-in-advertising standards to such advertising and establishes requirements for disclosure on the part of endorsers (influencers). Other countries' media-regulatory bodies, such as Australia's, have created guidelines around influencer marketing following the decision of the FTC. Most countries

have not created a regulatory framework for influencer marketing.

Most discussion on the generic topic of social influence centres on compliance and persuasion in a social environment. In the context of influencer marketing, influence is less about argument and coercion to a particular point of view and more about loose interactions between various parties in a community. Influence is often equated to advocacy, but may also be negative, and is thus related to concepts of promoters and detractors.

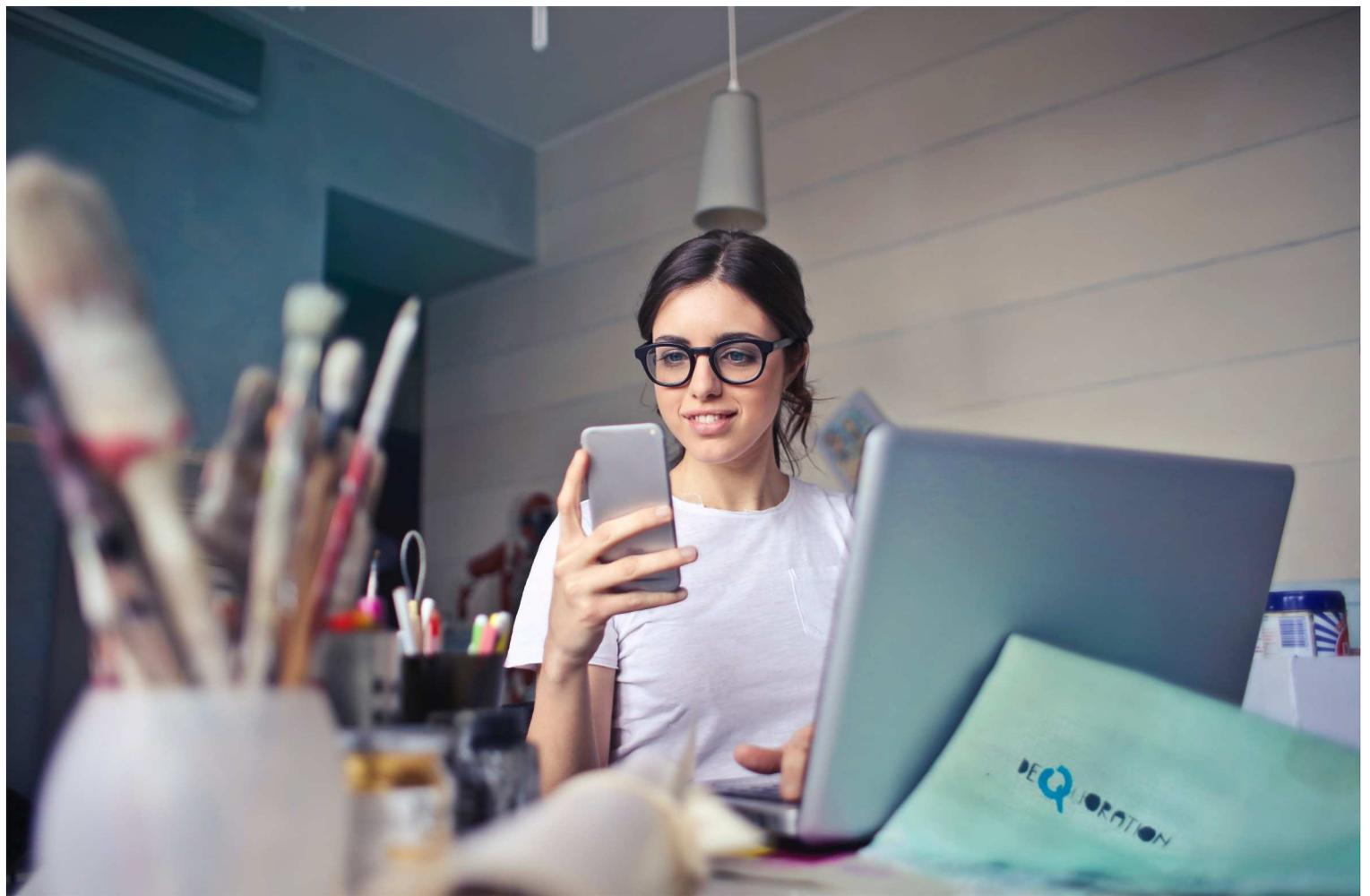
The idea of a "two-step flow of communication" was introduced in "The People's Choice" (Paul Lazarsfeld, Bernard Berelson, and Hazel Gaudet, a 1940 study on the decision making process of voters). This idea was further developed in "Personal Influence" (Lazarsfeld, Elihu Katz 1955) and "The Effects of Mass Communication" (Joseph Klapper 1960).

As a company's brands evolve in terms of marketing, the cost in relation to the possible benefits (i.e., purchase) it can receive is very important. The airing a television spot has a high cost, conversely, working with an influencer has a

negligible cost. If an influencer has 200,000 followers on their social media site, and a company gives them a product specifically as a marketing tool, which they are to expose to their audience, the company's financial outlay, by comparison, would be negligible. The company will have spent less (the cost of the product), but exposed their product to a more focused group of followers (and therefore potential purchasers) of the public figure.

As more people use the internet, more are making purchases online. This forces some companies to invest more resources in their general advertising - on the internet, and on social networks in particular. Marketing through social networks allows for an instantaneous purchase process; a person can see the item and typically be connected to an online retailer immediately. This decrease between lag time - from seeing the promoted item and being redirected to the product - is more effective for spontaneous purchases. Many influencers' social media presence is on both Instagram and Twitter.

Sources of influencers can be varied. Marketers traditionally target



influencers that are easy to identify, such as press, industry analysts and high-profile executives. For most B2C purchases, however, influencers might include people known to the purchaser and the retailer staff. In higher-value business-to-business transactions the community of influencers may be wide and varied, and include consultants, government-backed regulators, financiers and user communities.

Small and medium-size businesses, "IT sales are influenced by many parties, including peers, consultants, bloggers, and technology resellers". He advises that "Vendors need to identify and characterize the influencers in their market. This requires a comprehensive influencer identification program and the establishment of criteria for ranking influencer impact on the decision

process."

As well as a variety of influencer sources, influencers can play a variety of roles at different times in a decision process. This idea has been developed in influencer marketing by Brown and Hayes. They map out how and when particular types of influencer affect the decision process. This then enables marketers to selectively target influencers depending on their individual profile of influence.

Tips to Become an Influencer in Your Industry:

1. Make your presence everywhere
This is one of finest suggestions you can ever get from an entrepreneur. Try to be everywhere. Write blog posts on different blogs (like I am doing now), get into podcasts, video interviews, submit

slides, attend meetings or whatever the option is there to meet with your prospects, just be there. There is a complete psychology behind doing this. When we see any brand everywhere (TV, hoardings, newspaper, etc.), we conceive it as a brand. Exactly the same applies to you. When you are everywhere, people consider you as a brand.

2. Get into interviews
Interviews are one of the best ways to influence people. Either get into text interviews, podcasts or video interviews, just try to get featured on some good websites. People love to read real life stories because they can relate it with their own life and be motivated to do something better in their life. Once you get those blogs, send them an email to interview you on their blogs.

Show them the quality of your blog posts, your other interviews, your presence or any other authoritative proof to convince them to have you on their blog.

By doing this, you can interact with their audience and gain more trust in the industry.

3. Maintain your social profiles
Many people call this a time sucker. But if you use it in the right way, it can be a big asset to build your business. Be humble on your social media profiles and try to help as many people as you can. If you are on Facebook, you can join some authoritative groups on Facebook, which can help you to gain the real exposure and more trust.

4. Read industry specific books
Books are the real friends. They can shape your career if you use them in the right way.
When you are a newbie, finding a mentor can be very hard. Because either they are looking for some professional guys who can help them to build their business or they charge some money to become your mentor. Unfortunately, we don't have anything when we are a newbie.
So books can help you find the path.

Start picking some good books recommended by the experts in your industry and read them very carefully. The best thing about books is; you can gain author's years of knowledge. So learn the basics of your industry from books and keep on increasing the level of books.

5. Attend industry specific seminars/meetings/masterminds
Show your face to your audience, talk with them, laugh with them and hear what they want to say. Meeting personally builds a strong relationship with your audience. People feel awesome when you meet them in person. So start attending seminars to build your presence.

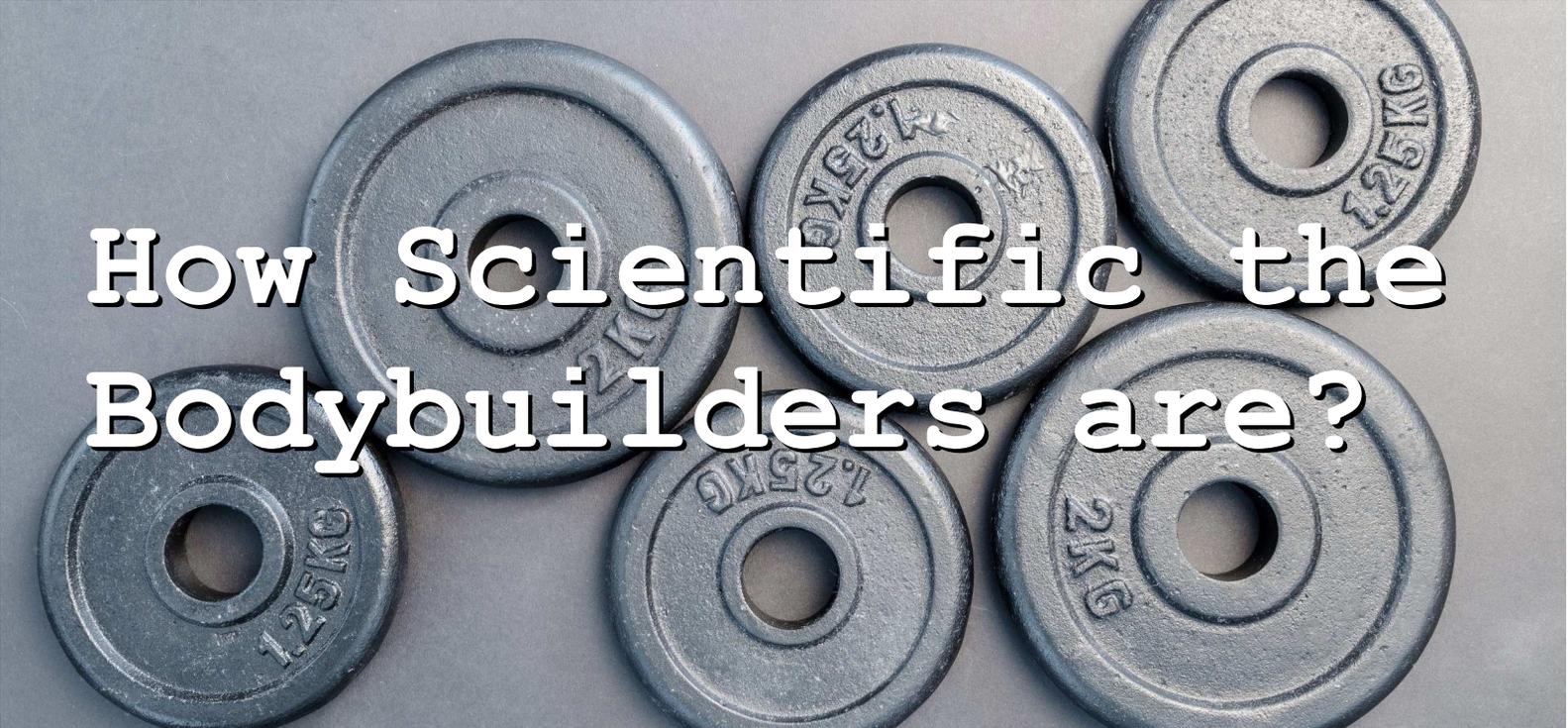
6. Interact with your audience
Your audience feels awesome when you reply to them on Facebook, Twitter, Google Plus or personal email.
If you are running a blog, be active in the comment section.
Keep your eyes on the questions in the comment section. Do your best to solve their queries, because it will help you to strengthen your relations with your readers.
If you are giving a reply on a public platform (Forum, Facebook, Twitter,

etc.), it's going to help many other people as well. So always do your best when you reply on any individual query.

7. Build a relationship with your email list
All big players in the industry always recommend building an email list on your blog.
These are your loyal readers, who want to read every article written by you, who want to receive your updates, who want to learn more from you.
This is the place where you should take every step very carefully. A person has joined your email list because they liked your stuff and finally decided to follow all your future updates. So if you are not treating them well, they are going to leave you. If you hurt them, they are never going to come back.
So learn how to build relationships with your subscribers and keep sending them only important stuff rather than pushy stuff.
Once you fulfil their requirements (you won't be able to fulfil everyone's requirements), you win the heart of your readers.
They start following you from the bottom of their heart, and you become an influencer.

People are your brand ambassador. They recommend your blog, your YouTube channel, your Facebook profile whenever they get the chance. Becoming an influencer is not about pleasing everyone and putting in lots of effort to build your authority. It's about becoming good with a handful of people, and they do free marketing for you. Every time they see someone in your industry in trouble, they will recommend your name to them.





How Scientific the Bodybuilders are?

Bodybuilders use a variety of tools to get ready for a competition, and each of these tools are in some way geared towards creating a body that possesses the greatest amounts of muscle mass and the lowest levels of body fat.

So what do these tools look like? Well, anyone who has read a few articles in a bodybuilding magazine can tell you that they include strength training, nutrition, cardio, supplements, and...uh...pharmaceuticals. But what is the exact recipe? How many sets and reps do they use in their training? How many times a week do they train? Do they always do cardio?

It's not easy to find out, as every bodybuilding expert has his or her own pet theories. What's more, in their articles, bodybuilders tend to focus on how they differ from other experts and bodybuilders rather than the things they have in common, leaving the areas of agreement unspoken. But most of the time, these areas of agreement are the big

rocks that form the foundation of a bodybuilder's routines.

Many people often assume that there is a big gap between what bodybuilders do and what the science says. However, as evidence-based trainers, bodybuilders are often ahead of the science in many respects. These days, there is actually a lot of agreement. Here are a few examples of where science backs up the bodybuilders' approaches:

- Using different exercises: It is still not widely discussed in some fitness circles, but sports scientists are becoming increasingly aware that exercises lead to localized hypertrophy at different points along a muscle fiber. For example, Mendiguchia et al.² found that the lunge and the leg curl, while both causing significant hamstring activation, led to hypertrophic signaling at completely different points along the biceps femoris muscle. So, using a variety of exercises targets more of the muscle,

leading to more possible growth.

- Varying loads and advanced overload techniques: Changing loads or using advanced techniques means challenging the body in new ways, which leads to greater muscle damage. Schoenfeld³ describes how muscle damage can help increase hypertrophy through increased levels of local growth factors and increased activation of satellite cells.

- Higher volumes: In a study (that has since been very widely quoted), Marshall⁴ found that eight sets of squats led to greater strength and hypertrophy gains than either two or four sets. The researchers were surprised, as they expected to find that four sets were ideal and that eight sets would lead to overtraining.

So there is some sound agreement between the lab rats and the muscle heads... at least when it comes to the science of hypertrophy.

It's important to note at the outset that competitive bodybuilders, and



what they go through, are not something researchers can easily study and results seen in interventions using sedentary or 'weight trained' individuals may not always apply to bodybuilders. However, there is strong support for the use of creatine and fish oil (for enhancing weight room performance and suppressing inflammation, respectively) as well as protein powders and BCAAs on one condition. Protein powders and BCAAs become valid when the diet is subpar and lacking in either of these respective nutrients. Their inclusion in levels above what is needed (e.g. taking 8g of BCAAs alongside a protein sufficient feast) is not currently supported by evidence. However, "what is needed" for

advanced bodybuilders is not explored very often in literature, so there is still a large grey area here. It is frequently suggested that glutamine can increase lean mass or preserve it, and it definitely has biological plausibility for these roles. Unfortunately, its usage in bodybuilders during a pre-contest phase has not been assessed. In turn, it isn't known whether glutamine is in fact a semi-sweet placebo or if it actually does attenuate muscle mass loss. Quite a few studies have concluded that it doesn't build muscle as a supplement, but the mechanisms that mediate protein loss during low caloric intakes are slightly different. Glutamine might have a role here given the high volumes of training and the fact that

glutamine shows some efficacy in endurance athletes.

Leucine could potentially be used in lieu of BCAAs, as it is the amino acid that exerts most of the muscle preservation and anabolic effects of the BCAAs. This simple swap could easily halve the amount of calories ingested from supplemental amino acids, which might be useful in the pre-contest phase. More importantly, however, Leucine has an alternative benefit for any bodybuilder on a ketogenic diet. While Valine and Isoleucine (the two other BCAAs) are able to convert into glucose, Leucine is ketogenic and turns into ketone bodies rather than glucose.

Consuming Leucine in isolation also spikes insulin, and the combination of spiking insulin (and glycolysis), while not contributing to a systemic glucose pool, leads to a deepening of the state of ketosis. This could provide a small edge in caloric expenditure via urinary ketone bodies (definitely small, but possibly worthwhile). Additionally, L-Carnitine could be beneficial in reducing muscle protein breakdown and subsequent soreness during periods of overreaching and excessive cardio exercise. Many studies use L-Carnitine-L-Tartrate and note reduced muscular damage, while anecdotes and some studies on Acetyl-L-Carnitine note that it can exert minor stimulatory effects. The combination could be a push in the right direction during the pre-contest phase.

It may be true that just because bodybuilders train a certain way that it still might not be the optimal way to train. However, their training methods are clearly achieving their goals, which makes them a very sound starting point. What's more, as we've shown in this article, there are many areas in which the training and supplementation practices of competitive bodybuilders have very good evidence to support them.





SNAKE RIVER CROSSFIT
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Snake River
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It's not just a
place, it's a
way of life.

Anthony of Messina

Antonello da Messina, properly Antonello di Giovanni di Antonio, but also called Antonello degli Antoni and Anglicized as Anthony of Messina (c. 1430 – February 1479), was an Italian painter from Messina, Sicily, active during the Early Italian Renaissance. His work shows strong influences from Early Netherlandish painting although there is no documentary evidence that he ever travelled beyond Italy. Giorgio Vasari credited him with the introduction of oil painting into Italy. Unusually for a south Italian artist of the Renaissance, his work proved influential on painters in northern Italy, especially in Venice.

Antonello was born at Messina around 1429–1431, to Garita (Margherita) and Giovanni de Antonio Mazonus.

According to a letter written in 1524 by the Neapolitan humanist Pietro Summonte, in about 1450 he was a pupil of the painter Niccolò Colantonio at Naples, where Netherlandish painting was then fashionable. This account of his training is accepted by most art historians.

Antonello returned to Messina from Naples during the 1450s. In around 1455, he painted the so-called Sibiu Crucifixion, inspired by Flemish treatments of the subject, which is now in the Muzeul de Artă in Bucharest. A Crucifixion in the Royal Museum of Antwerp dates from the same period. These early works shows a marked Flemish influence, which is now understood to be inspired by his master



Colantonio and from paintings by Rogier van der Weyden and Jan van Eyck that belonged to Colantonio's patron, Alfonso V of Aragon.

In his biography of the artist, Giorgio Vasari remarked that Antonello saw an oil painting by Jan Van Eyck (the Lomellini Triptych) belonging to King Alfonso V of Aragon at Naples and consequently introduced oil



painting to Italy. Recent evidence indicates that an Antonello di Sicilia (di Sicilia meaning from Sicily) was in contact with Van Eyck's most accomplished follower, Petrus Christus, in Milan in early 1456. It appears likely that Antonello di Sicilia was in fact Antonello da Messina as this would explain why Messina was one of the first Italians to master Eyckian oil painting, and Christus was the first Netherlandish painter to learn Italian linear perspective. Messina's paintings after that date show an observation of almost microscopic detail and of minute gradations of light on reflecting or light absorbent objects that is very close to the style of the Netherlandish masters, suggesting Messina had personal instruction from Christus. As well, his works' calmer expressions on peoples' faces and calmness in the works' overall composition also appears to be a Netherlandish influence.

Between the years of 1456 and 1457, Antonello proved himself to be a master painter in Messina. He also shared his home with Paolo di Ciaccio, a student from Calabria. The artist's earliest documented commission, in 1457, was for a banner for the Confraternità di San Michele dei Gerbini in Reggio Calabria, where he set up a workshop for the production of such banners and devotional images. At this date, he was already married, and his son Jacobello had been born.

In 1460, his father is mentioned leasing a brigantine to bring back

Antonello and his family from Amantea in Calabria. In that year, Antonello painted the so-called Salting Madonna, in which standard iconography and Flemish style are combined with a greater attention in the volumetric proportions of the figures, probably indicating a knowledge of works by Piero della Francesca. Also from around 1460 are two small panels depicting Abraham Served by the Angels and St. Jerome Penitent now in the Museo Nazionale della Magna Grecia in Reggio Calabria. In 1461 Antonello's younger brother Giordano entered his workshop, signing a three-year contract. In that year Antonello painted a Madonna with Child for the Messinese nobleman Giovanni Mirulla, now lost.

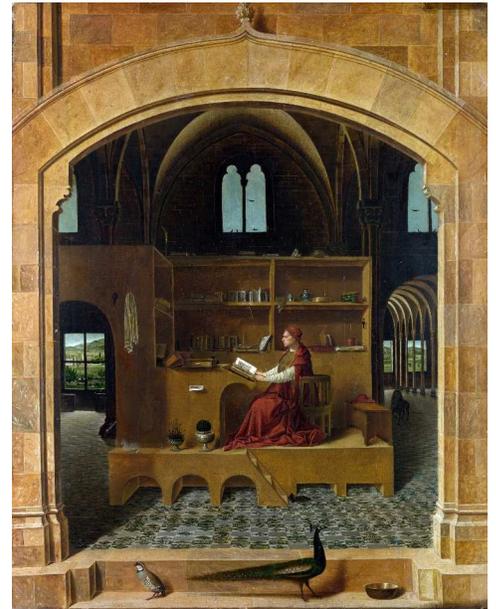
Historians believe that Antonello painted his first portraits in the late 1460s. They follow a Netherlandish model, the subject being shown bust-length, against a dark background, full face or in three-quarter view, while most previous Italian painters had adopted the medal-style profile pose for individual portraits. John Pope-Hennessy described him as "the first Italian painter for whom the individual portrait was an art form in its own right".

Although Antonello is mentioned in many documents between 1460 and 1465, establishing his presence in Messina in those years, a gap in the sources between 1465 and 1471 suggests that he may have spent these years on the mainland. In 1474, he painted the Annunciation, now in Syracuse, and the St. Jerome in His Study also dates from around this time.

Antonello went to Venice in 1475 and remained there until the fall of

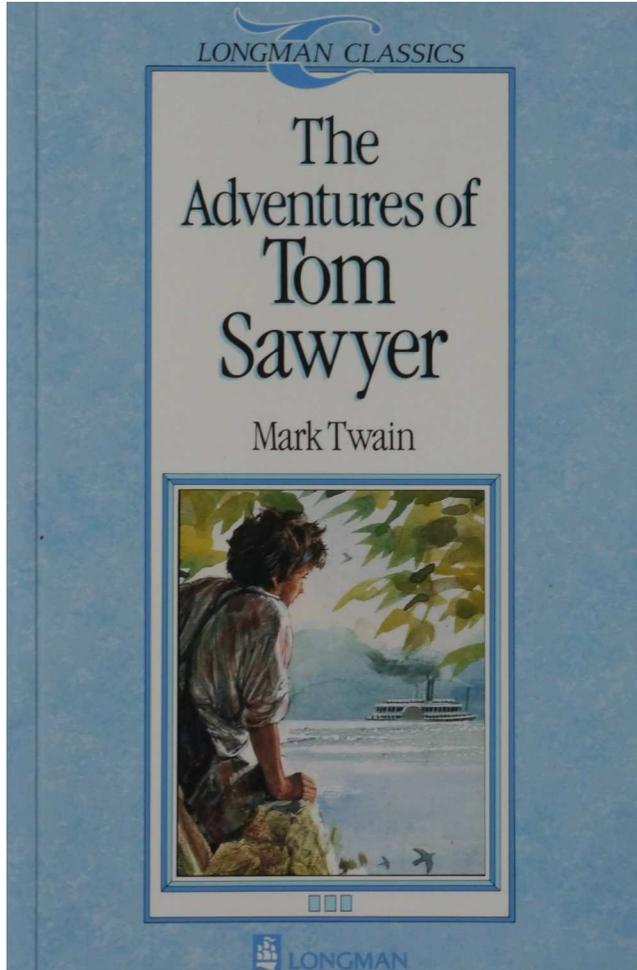
1476. His works of this period begin to show a greater attention to the human figure, regarding both anatomy and expressivity, indicating the influence of Piero della Francesca and Giovanni Bellini. His most famous pictures from this period include the Condottiero (Louvre), the San Cassiano Altarpiece and the St. Sebastian. The San Cassiano Altarpiece was especially influential on Venetian painters, as it was one of the first of the large compositions in the sacra conversazione format which was perfected by Giovanni Bellini (Antonello's surviving work in Vienna is only a fragment of a much larger original). It is also likely that Antonello passed on both the techniques of using oil paints and the principles of calmness on subjects' faces and in the composition of paintings to Giovanni Bellini and other Venetian painters during that visit. While in Venice he was offered, but did not accept, the opportunity to become the court portrait painter to the Duke of Milan.

Return to Messina and death[edit] Antonello had returned to Sicily by September 1476. Works from near the end of his life include the famous Virgin Annunciate, now in the Palazzo Abatellis in Palermo, and the San Gregorio Polyptych. He died at Messina in 1479. His testament dates from February of that year, and he is documented as no longer alive two months later. Some of his last works remained unfinished, but were completed by his son Jacobello.

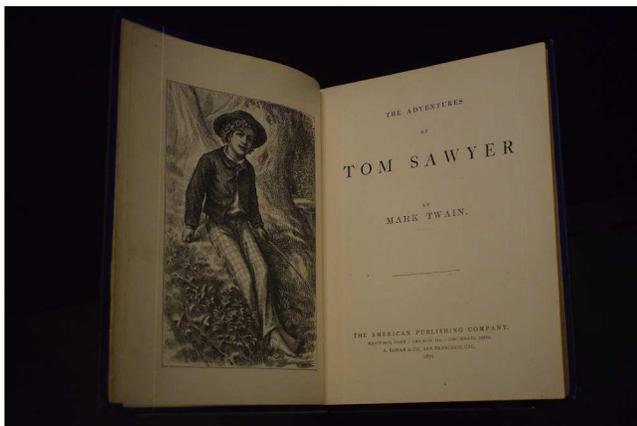


Book Shelf

The Adventures of Tom Sawyer



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The Adventures of Tom Sawyer by Mark Twain is an 1876 novel about a young boy growing up along the Mississippi River. It is set in the 1840s in the fictional town of St. Petersburg, inspired by Hannibal, Missouri, where Twain lived as a boy. In the novel Tom Sawyer has several adventures, often with his friend, Huck. One such adventure, Tom's whitewashing of a fence, has been adapted into paintings and referenced in other pieces of popular culture. Originally a commercial failure the book ended up being the best selling of any of Twain's works during his lifetime.

The novel has elements of humour, satire and social criticism; features that later made Mark Twain one of the most important authors of American literature. Mark Twain describes some autobiographical events in the book. The novel is set around Twain's actual boyhood home of Hannibal, near St. Louis, and many of the places in it are real and today support a tourist industry as a result.

In November 1875 Twain gave the manuscript to Elisha Bliss of the American Publishing Company, who sent it to True Williams for the illustrations. A little later, Twain had the text also quickly published at Chatto and Windus of London, in June 1876, but without illustration. Pirate editions appeared very quickly in Canada and Germany. The American Publishing Company finally published its edition in December 1876, which was the first illustrated edition of Tom Sawyer.

These two editions differ slightly. After completing his manuscript, Twain had a copy made of it. It is this copy which was read and annotated by his friend William Dean Howells. Twain then made his own corrections based on Howells comments which he later incorporated in the original manuscript, but some corrections escaped him. The English edition was based on this corrected copy, while the illustrated American edition was based on the original manuscript. To further complicate matters, Twain was personally concerned with the revision of the proofs of the American edition, which he did not do for the English edition. The American edition is therefore considered the authoritative edition.





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