Here is a partial solution (just the hard bits) of Lecture 18 Exercise 5.8 (from Hilton & stammbach p. 106).

Throughout A is an abelian group (not necessarily f.g.) and $m \in \mathbb{Z}_{>0}$. We unite

$$mA = \{ma \mid a \in A\}$$

$$mA = \{a \in A \mid ma = 0\}$$

$$Am = A/mA.$$

The easy part is to produce exact sequences

$$0 \longrightarrow \operatorname{Ext}(\mathsf{m} \mathsf{A}, \mathbb{Z}) \longrightarrow \operatorname{Ext}(\mathsf{A}, \mathbb{Z}) \longrightarrow \operatorname{Ext}(\mathsf{m} \mathsf{A}, \mathbb{Z}) \longrightarrow \mathcal{O} \qquad (\texttt{I})$$

$$0 \longrightarrow H_{0m}(A, \mathbb{Z}) \longrightarrow H_{0m}(mA, \mathbb{Z}) \longrightarrow Ext(A_m, \mathbb{Z}) \longrightarrow Ext(A, \mathbb{Z})$$

$$\downarrow$$

$$E_{sc}t(mA, \mathbb{Z}) \longrightarrow O$$

and an iso $Hom(A, \mathbb{Z}) \cong Hom(mA, \mathbb{Z})$.

(i)
$$_{m}A = 0 \iff \operatorname{Ext}(A, \mathbb{Z})_{m} = 0$$

Proof If
$$mA = O$$
 then $A \xrightarrow{m} A$ is mono and thus

$$\mathcal{O} \longrightarrow \mathcal{A} \xrightarrow{\sim} \mathcal{A} \longrightarrow \mathcal{A}_{m} \longrightarrow \mathcal{O}$$

is exact. The long exact Ext sequence includes $\longrightarrow \operatorname{Ext}(A,\mathbb{Z}) \xrightarrow{m} \operatorname{Ext}(A,\mathbb{Z}) \longrightarrow \operatorname{Ext}^{2}(Am,\mathbb{Z})$

 (\bar{l})

But this says
$$m \operatorname{Ext}(A, \mathbb{Z}) = \operatorname{Ext}(A, \mathbb{Z})$$
 so $\operatorname{Ext}(A, \mathbb{Z})_m = O$.

For the conveve suppose $Ext(A_1Z)_m = 0$ but $mA \neq 0$, that is, that there exists $0 \neq a \in A$ with ma = 0. Let $B \subseteq A$ be the cyclic subgroup generated by this a, i.e. $B = \langle a \rangle$. Clearly $B \cong \mathbb{Z}_n$ for some $n \mid m$. From

we deduce a long exact sequence

$$\downarrow^{*}$$

 $\longrightarrow \operatorname{Ext}(A/B,\mathbb{Z}) \longrightarrow \operatorname{Ext}(A,\mathbb{Z}) \longrightarrow \operatorname{Ext}(B,\mathbb{Z}) \longrightarrow O$
 $(=\operatorname{Ext}^{2}(A/B,\mathbb{Z}))$

Now for any abelian group C, we have $C_m \cong C \otimes \mathbb{Z}^{\mathbb{Z}/m\mathbb{Z}}$. The point of this observation is simply that the functor $(-)_m \cong (-) \otimes \mathbb{Z}^{\mathbb{Z}/m\mathbb{Z}}$ is night exact. Hence we have a surjection

 $\operatorname{Ext}(A,\mathbb{Z})_{m} \longrightarrow \operatorname{Ext}(B,\mathbb{Z})_{m},$

but by hypothesis $Ext(A, \mathbb{Z})_m = O$, whence $Ext(B, \mathbb{Z})_m = O$. But now, observe

and therefore $Ext(B, \mathbb{Z})_m \cong (\mathbb{Z}_n)_m = \mathbb{Z}_n$. This contradiction shows mA = 0 as claimed.

 $\left(2\right)$

(i)
$$A_{m} = 0 \Rightarrow {}_{m} E_{n} t (A, \mathbb{Z}) = 0.$$

We can do this directly: choose a pojective presentation of A ,
 $0 \rightarrow R \xrightarrow{i} P \rightarrow A \rightarrow 0$
so that
 $E_{n} t (A, \mathbb{Z}) = (cher(Hom(P_{n}\mathbb{Z}) \xrightarrow{i^{*}} Hom(R, \mathbb{Z})).$
Suppose $A_{m} = 0.$ Then from the exact sequence
 $R_{m} \rightarrow P_{m} \rightarrow A_{m} \rightarrow 0$
we deduce that $R_{m} \rightarrow R_{m}$ is surjective. Thus, for every $p \in P$ are may curite
 $p = mp' + r$ $p' \in P, r \in R.$ (*)
Now let $\mathcal{Y} \in m E_{n} t (A, \mathbb{Z})$ be given, really $[\mathcal{Y}]$ where $\mathcal{Y} : R \rightarrow \mathbb{Z}$. Then $m[\mathcal{Y}] = 0$
means that there is $\mathcal{Y} : P \rightarrow \mathbb{Z}$ and a commutative diagram
 $R \xrightarrow{i} P$
 $m^{*} \downarrow$
 \mathcal{Z}
We claim $[\mathcal{Y}] = 0$, that is, that we may find $\mathcal{Y}' : P \rightarrow \mathbb{Z}$ with $\mathcal{Y} \circ \mathcal{L} = \mathcal{Y}.$

We define, using (a),

$$y'(p) = -\Psi(p') + P(r)$$
is the fun part
To check this is well-clefined, suppore

$$mp' + r_{1} = p - mp'_{2} + r_{2}$$
Then $m(p'_{2} - p') = r_{1} - r_{2} \in \mathbb{R}$, so

$$\Psi(mp'_{2}) - \Psi(mp'_{1}) = \Psi(m(p'_{2} - p'_{1}))$$

$$= \Psi(r_{1} - r_{2})$$

$$= (m\Psi)(r_{1} - r_{2})$$
Hence

$$m\left[\left(-\Psi(p_{1}) + \Psi(r_{1})\right) - \left(-\Psi(p_{2}) + \Psi(r_{2})\right)\right]$$

$$= \Psi(m(p'_{2} - p'_{1}) + m\Psi(r_{1} - r_{2})$$

$$= 0$$
But Z is torsion-free, so this implies the term inside the bracket is zero,

and thus that \mathcal{G}' is well-defined. It is easy to check it is a homomorphism and $\mathcal{G}' \circ \mathcal{L} = \mathcal{G}_s$ which shows $(\mathcal{G}) = \mathcal{O}$ and thus

$$_{m}$$
 Ext(A, \mathbb{Z}) = 0.

(i)
(ii) if
$$m \operatorname{Ext}(A, \mathbb{Z}) = 0 = \operatorname{Hom}(A_{1}\mathbb{Z})$$
 then $A_{1m} = 0$.
We know \mathbb{Q}/\mathbb{Z} is an injective cogenerator for $\underline{Ab}_{2,10}$
 $A_{1m} = 0 \iff \operatorname{Hom}(A_{m}, \mathbb{Q}/\mathbb{Z}) = 0$.
But applying $\operatorname{Hom}(A_{m}, \mathbb{Q}/\mathbb{Z})$ to the requerie $0 \to \mathbb{Z} \to \mathbb{Q} \to \mathbb{Q}/\mathbb{Z} \to 0$
yields an exact requerie
 $\operatorname{Hom}(A_{m}, \mathbb{Q}) \to \operatorname{Hom}(A_{m}, \mathbb{Q}/\mathbb{Z}) \to \operatorname{Ext}(A_{m}, \mathbb{Z}) \to \operatorname{Ext}(A_{m}, \mathbb{Q})$
 $\stackrel{I}{\longrightarrow}$
 $(A_{1m}, \mathbb{Q}) \to \operatorname{Hom}(A_{m}, \mathbb{Q}/\mathbb{Z}) \to \operatorname{Ext}(A_{m}, \mathbb{Z}) \to \operatorname{Ext}(A_{m}, \mathbb{Q})$
 $\stackrel{I}{\longrightarrow}$
 $(A_{1m}, \mathbb{Q}) \to \operatorname{Hom}(A_{m}, \mathbb{Q}/\mathbb{Z}) \cong \operatorname{Ext}(A_{m}, \mathbb{Z})$. Nocursing the long exact
 $\operatorname{Hom}(A_{m}, \mathbb{Q}/\mathbb{Z}) \cong \operatorname{Ouv}$ have exact
 $0 \to \operatorname{Hom}(\operatorname{Im}A_{1}\mathbb{Z}) \cong \operatorname{Ouv}$ have exact
 $0 \to \operatorname{Hom}(\operatorname{Im}A_{1}\mathbb{Z}) \to \operatorname{Ext}(A_{m}, \mathbb{Z}) \to \operatorname{Ext}(A_{1}\mathbb{Z})$.
Now, two observations:
 $A_{m} \to A_{m}$ is zero, hence to is $\operatorname{Ext}(A_{m}, \mathbb{Z}) \to \operatorname{Ext}(A_{m}, \mathbb{Z})$,
 $(a_{1m}, \mathbb{Z}) \cong \operatorname{Ext}(A_{m}, \mathbb{Z})$.

so we actually have an exact requence

 $0 \longrightarrow \mathsf{mHom}(A, \mathbb{Z}) \longrightarrow \mathsf{Ext}(A_m, \mathbb{Z}) \longrightarrow \mathsf{mExt}(A, \mathbb{Z})$

By hypothesis the first and third terms are zero. Hence $Ext(Am, \mathbb{Z}) = O$ and we have already agreed this forces Am = O.