

NO KIDDING!

For boys and girls aged 7 to 11

Number 8 ● January/February 1998

**Witches are old, ugly
and have warts all
over their faces...
or are they?**



**PLUS: SNAKES, GAS IN YOUR GUTS, EL NIÑO, HAIR FACTS, COUNTDOWN TO THE 21ST CENTURY
WIN A TRIP TO FUTUROSCOPE IN FRANCE**

Tell us if anything new or different is happening at your school! If you would like us to come to your classroom, get your teacher to ring us on 0171 354 5040.



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Jonaid Mirza
was the winner
of the baseball
competition!
He won a
Franklin bat,
ball, glove and
batting tee as
well as a Starter
baseball jacket
and cap –
and enough
baseball caps
for every
member of
his class at
Orchard School
in Hackney,
east London.



**If you would like to be in
No Kidding!, write to us at
PO Box 10427
London N8 8UP**

Emine Halabi and Sidal, who goes
to Sir Thomas Abney Primary
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Winners of all
competitions
will be notified
by post and
their names
may be used
in future issues
of No Kidding!
Competitions
are not
open to
children
of directors
of GOS
or contributors
to No Kidding!



EVERYONE, FROM THE SPICE GAS IN THE

The only way the gas can get out of your body is through your bottom – and because the hole is so small, the gas sometimes makes a funny noise as it escapes!

The Big Friendly Giant in Roald Dahl's book *The BFG* calls this whizzpopping. His friend Sophie says where she comes from, it's not polite to talk about it. Most people think it's even less polite to do it in public.

That doesn't stop doctors finding out about it! **Flatulence** is the name doctors give to gas in the guts – and some have tried to work out how many times people get rid of the gas from their bodies, or pass wind, as it is commonly called, each day. A doctor in California in the USA says each human being passes wind about 13 times in 24 hours. And an Australian doctor says that men pass wind up to 38 times a day, letting out enough gas to blow up a small balloon! Some doctors

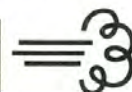
say women pass wind less often, on average only 7 times a day!

So what is this gas inside us, and where does it come from? The gas is a mixture which can include nitrogen, carbon dioxide, hydrogen and methane. These gases are made in your **bowel** or **intestine**, the long tube inside your body which joins your stomach to your bottom.

After the food you eat has been churned up in your stomach, it is squeezed into your intestine. It is here that the food is broken down so that it can pass through the walls of the intestine and be carried around your body by your blood. Tiny creatures called bacteria live in your intestine and help break down the food – but as they set to work on the food, they make gas. Different

foods make different sorts of gases as the bacteria break them down – and different foods make different amounts of gas. Some of the gases smell!

Some types of sugar and fibre – the stuff in beans, vegetables and fruit which is good for you – make more gas than other food. One scientist reckons someone who eats half a can of baked beans a day can make up to 10 times the amount of gas than people who don't eat any fibre. But passing wind is nothing to worry about: it's quite natural and everyone, even your teacher, does it!

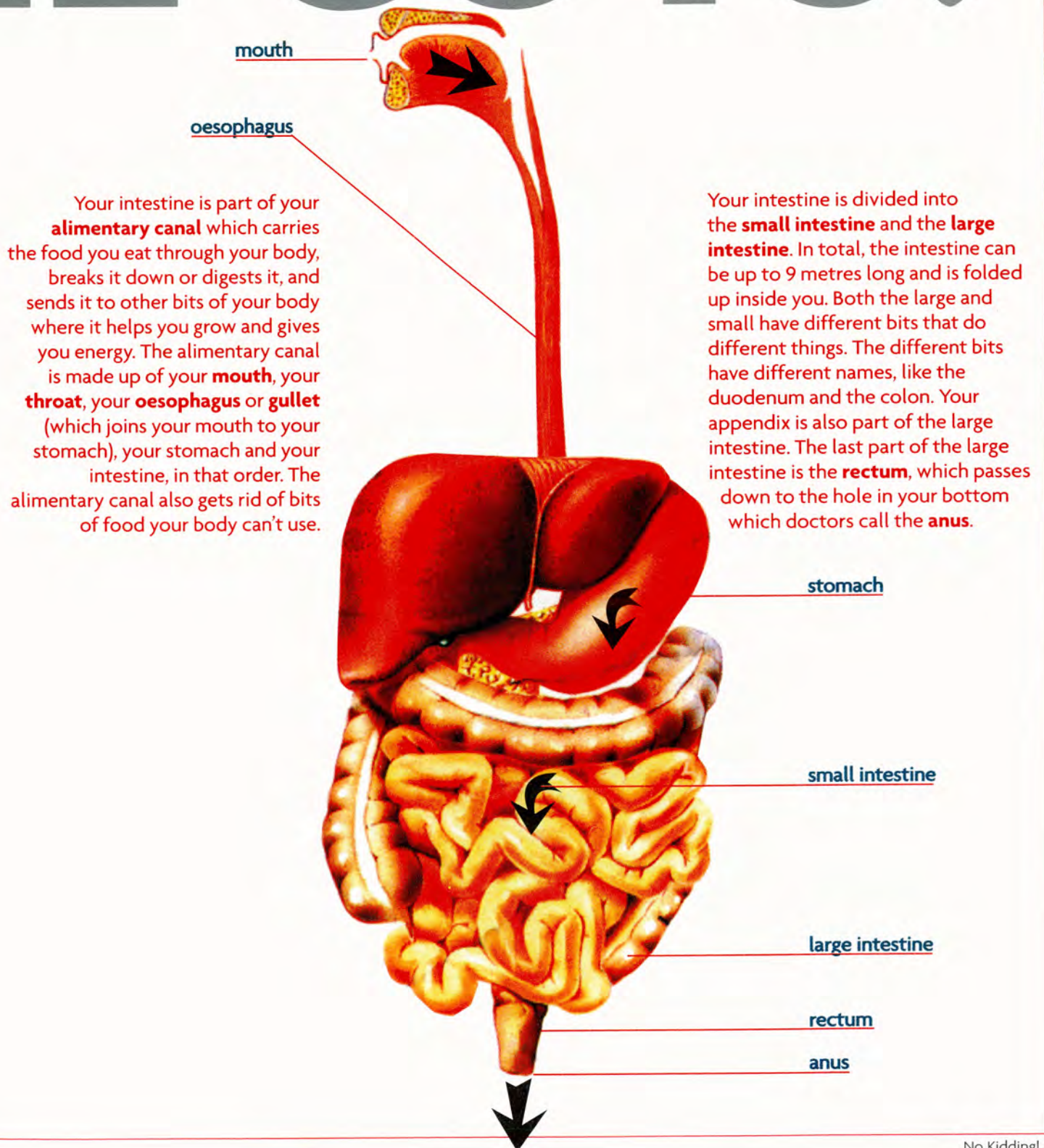


Breaking wind in public made Joseph Pujol a star! He delighted audiences in Paris earlier this century by making music with the noises that came from his bottom.



When you burp or belch, you are letting air out of your stomach! Some people swallow air when they eat or drink, or gulp air when they are nervous. The air comes back up from the stomach as a burp. Another word for burping is **eructation**.

GIRLS TO THE QUEEN, HAS THE GUTS!



DESCRIBE A W



Probably most of you will say they are old, ugly, have warts on their faces, own a black cat and can fly through the sky on a broom. That's certainly how most books, plays and films describe them. But why do we think of witches like this?

From the 1400s to the 1700s, there were many people in Europe who were very frightened of witches and the magic they were supposed to be able to do. People in charge of different countries in Europe paid "witch-hunters" to go and find witches and punish them or kill them. They often tortured people to test if they were witches, or make them say that they were. In those days, if you didn't like someone or were a bit frightened of them, you could say they were a witch and get them into terrible trouble.

So who were these awful witches that everyone feared? They were often elderly women living by themselves, with a pet cat or other animal, who used plants and herbs to make medicines for their neighbours before the days of hospitals and operations. They might help other women have babies. They were the sort of women who might give you an amulet to keep evil away, or a talisman to bring you happiness and good fortune. They would make

People were only frightened of witches in Christian countries. In other parts of the world, magic was part of everyday life and people who made magic were respected. Witchdoctors in African villages made people better, as did medicine men in native American tribes. They said magic words and made potions, just as the witches in Europe did.

potions and say magic words. You could pay them to make someone fall in love with you or to put a bad spell on someone you didn't like.

This sort of woman had been making this sort of magic for hundreds and hundreds of years, since ancient Egyptian, Greek and Roman times.

But when Christianity became the main religion in Europe, the powerful church leaders didn't like the way ordinary people continued to believe in this magic. Even in the 10th century, there was a law against witches in Britain. In those days, you had to prove a witch had done something nasty – like making your crops grow badly – before she was punished.

But things got very bad for so-called witches at the end of the

Anne Boleyn, King Henry VIII's second wife, was supposed to be a witch! Henry said she was a witch when he wanted to get rid of her and marry someone else.

He said she had put a spell on him and made him get a divorce from his first wife, Catherine of Aragon. He said she had the mark of a witch – a sixth finger on one hand.



HEVER CASTLE LTD

WITCH



15th century when the Pope, the then head of the Christian church, said witches could turn themselves into animals, could fly broomsticks and were friends with the devil. He said they were bad because they did not believe the same things as the people who ran the Christian church. Church leaders and kings decided to get rid of these witches and organised a witch-hunt – look this word up in the dictionary and see what it means today. In Europe, thousands of people were tortured and killed just because they were supposed to be witches.

King Henry VIII made a law against witches, and so did his daughter Queen Elizabeth I. In England and in America, where English people were making their homes, witches were hung. In Scotland and the rest of Europe, witches were burnt at the stake with crowds of people

watching.

Sometimes witches were put in prison, sometimes they were put in a pillory, a wooden frame with holes for head and hands.

Witch-hunters said witches were ugly, could talk to animals and had marks on their body – like warts. A very famous witch-hunter, Matthew Hopkins, was called Witchfinder General and was paid a lot of money in the early 1600s in Britain to travel around the country to find out if women who had been accused of witchcraft really were witches. People believed witches couldn't drown – so to test if women really were witches, they would tie them up and throw them in a pond. If they sank, they weren't a witch – but they probably drowned. If they floated, then it proved they were a witch. Matthew Hopkins also made sure suspected witches had no food,

no sleep,

and he often made them walk up and down a prison cell for hours. When these women were exhausted and hungry, they often agreed they were witches. Other witch-hunters pricked women with pins – if the pins didn't hurt, that proved they were witches. Or they left them in prison wearing a witches' bridle, an iron helmet with sharp prongs that fitted into the mouth. Many people said these women were witches: many were frightened that if they didn't agree that someone was a witch, others would think they were a witch too!

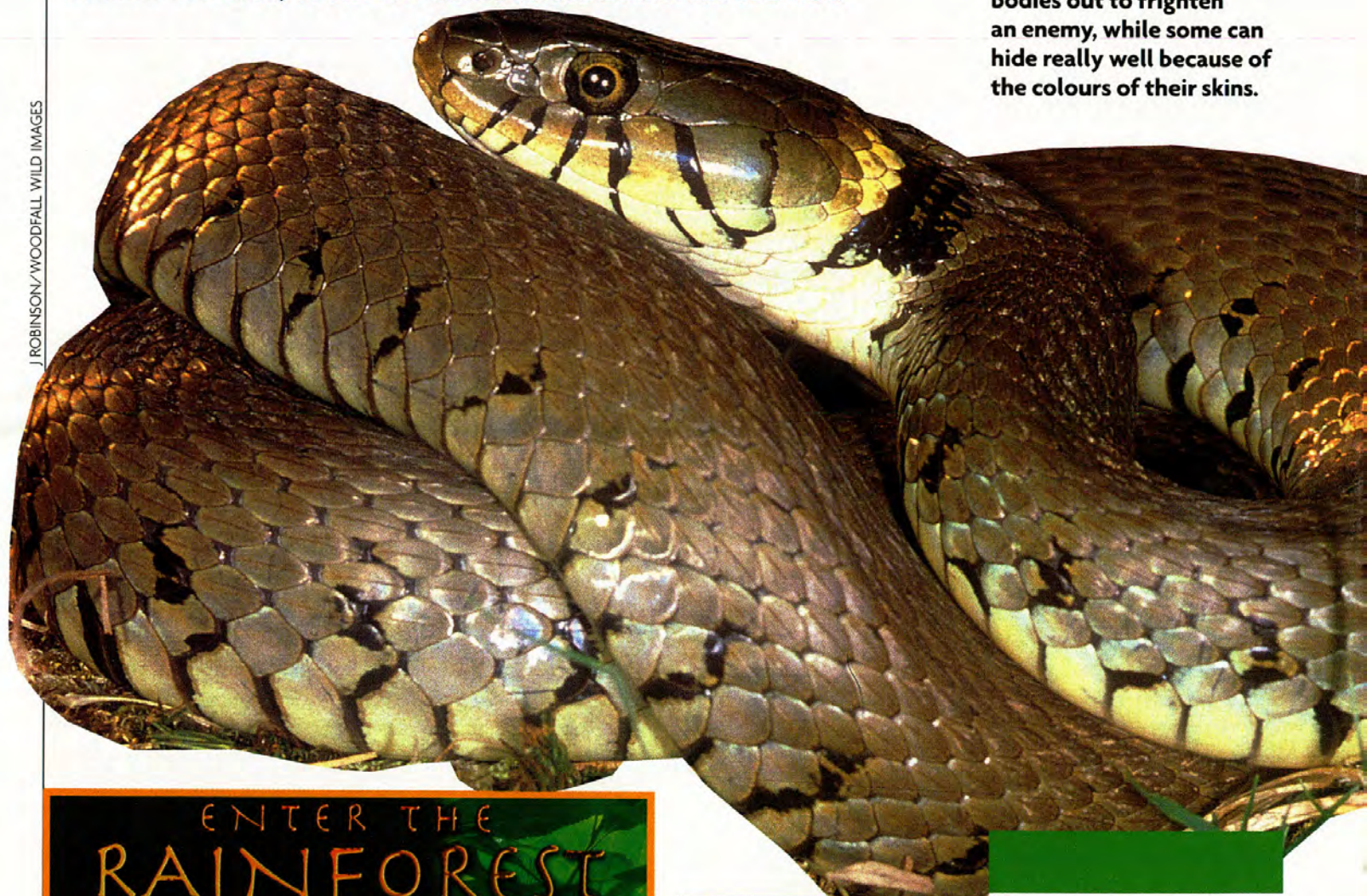
When Henry VIII was king, you could be hung for telling someone's fortune – telling them what you thought would happen to them during the next week or year.

How many people do you know who read their horoscopes each week?

THERE ARE ABOUT 2,500 DIFFERENT TYPES OF SNAKE BUT ONLY 3 TYPES CHOOS

Snakes live in most countries unless the weather is very, very cold. The creatures are reptiles, like lizards, crocodiles, turtles and tortoises, and are not very good at keeping themselves warm. They are cold-blooded – their body temperature changes with the temperature outside and they need to lie in the sun to get warm if it's cold, or shelter somewhere cool if it's too hot.

Snakes have many enemies! When under threat, some snakes pretend to be dead. Others hiss and puff their bodies out to frighten an enemy, while some can hide really well because of the colours of their skins.



J. ROBINSON/WOODFALL WILD IMAGES

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FOR INFORMATION OR TO BOOK YOUR PARTY PLEASE RING: 0181 847 4730
THE AQUATIC EXPERIENCE, SYON PARK, BRENTFORD, MIDDLESEX TW8 8JF

The largest snake in the world is the green anaconda which lives in swamps in South America and sometimes eats alligators!

Most snakes lay eggs – the babies hatch out by cutting a hole in the shell with a special sharp tooth. Some snakes, however, give birth to their babies. Baby snakes are just like tiny grown-ups and are able to feed and look after themselves straight away.

ES IN THE WORLD – E TO LIVE IN BRITAIN!

There are all sorts of different snakes: some live in water, some live in trees, some live in deserts, some live in forests. Some are tiny (10 to 15cm) – some are huge (about 10 metres!). All snakes eat meat, but some eat other animals which are still alive and others kill their dinners first, either by suffocating them by squeezing or constricting them, or by poisoning them with venom from their teeth.

Some sort of snakes just eat eggs while others eat other snakes!

In Britain, there are 3 types of snakes. The smooth snake is very rare, grows to about 70cm long and squeezes the breath out of smaller animals before it eats

them. The adder eats rats and other small animals after it has poisoned them. This snake grows to about 70cm long. The grass snake lives in most countries in Europe and likes to be near streams and canals. It eats frogs and fish.

Some snakes have amazingly flexible jaws which open very wide, long stretchy stomachs and elastic-like skin which means they can swallow animals bigger than themselves completely whole. Snakes that eat live animals often swallow the head of their dinner first so the animal they are eating cannot fight back!

Lots of people are frightened of snakes – yet only a couple of hundred are dangerous to humans! In many other parts of the world, people kill snakes to make bags and shoes out of their skins.

Snakes can't see or hear very well and they smell with the help of their tongues. They wave their forked tongues around in the air and "taste" the smell, then put each tip of their tongues into little holes in the top of their mouths. These holes are part of the Jacobson's organ which goes straight to the snake's brain and helps them smell. Some snakes can "sense" other animals, even in the dark, by feeling their warmth.

Elsewhere, humans are destroying areas where snakes live and thousands of snakes are killed each year by cars. Many types of snake are now protected by governments because they are becoming so rare.

Snakes shed or "slough" their skins as they grow. They rub the skin away from their heads and then literally crawl out of it.

Snakes from other countries can be bought in pet shops but you should think very carefully before deciding to look after a snake as a pet. They are expensive to keep because they need the right sort of home and right sort of food. It is against the law to feed pet snakes animals which are alive, so most snake owners feed their pets frozen mice.



Sea snakes are the most poisonous snakes in the world. They live in the Indian and Pacific Oceans.



WOULD YOU LIKE TO SEE LAMBS BEING BORN?

If you visit Bowmans Open Farm in St Albans between 14 February and 1 March, you may be lucky enough to see one of the 50 ewes that live there giving birth. You may also have the chance to help the shepherd bottle-feed some lambs – and you can meet and hold all sorts

of other farm animals.

Bowmans are giving away 30 Family Day Passes to

No Kidding! readers. Just send your name and address to No Kidding! Lamb Bowmans Open Farm Coursers Road, London Colney St Albans AL2 1BB by Friday 6 February.



The first 30 names drawn out of the hat on that day will be sent a Day Pass which admits 2 children and 2 adults to the Farm in Coursers Road, London Colney, St Albans AL2 1BB, just off Junction 22 of the M25. The Farm is open every day from 9am to 5.30pm.

Terms and conditions: 1. Closing date 6 February 1998. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post.

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E	K	E	A	F	X	B	E	K	A	N	S	R	E	G	I	T	V	I	P	E	S

Find these snakes from all over the world! The snake names run vertically, diagonally or horizontally from right to left or from left to right!

ADDER
 AFRICAN CORAL SNAKE
 AMERICAN RACER
 ASIAN SLUG-EATING SNAKE
 BANANA BOA
 BLOOD PYTHON
 BOOMSLANG
 COTTONMOUTH
 DEATH ADDER

DICE SNAKE
 FER-DE-LANCE
 FISHING SNAKE
 GLOSSY SNAKE
 GREEN ANACONDA
 GREEN MAMBA
 HISSING SAND SNAKE
 KING COBRA
 LADDER SNAKE

LONG-NOSED TREE SNAKE
 MUSSURANA
 PARROT SNAKE
 PUFF ADDER
 RED-BELLIED SNAKE
 RHINOCEROS VIPER
 ROSALIA RATSNAKE
 ROYAL PYTHON
 RUBBER BOA

RUSSIAN RATSNAKE
 SEA KRAIT
 SIDEWINDER
 SPITTING COBRA
 SUNBEAM SNAKE
 TAIPAN
 TIGER SNAKE
 TWIG SNAKE
 WHITE-LIPPED PYTHON



But across the world, the weather has been topsy-turvy for most of the past 10 months – and is likely to remain abnormal until next summer. There were droughts and forest fires in Indonesia during August and September when it normally pours down with rain. And there was so much unusual rain for the time of year in parts of Africa during November, that there were serious floods in Somalia, Ethiopia and Kenya. Even in Britain, the autumn and beginning of the winter was much milder than normal.

It's all different because of El Niño, something that happens far, far away in the Pacific Ocean. Warmer than usual ocean waters in the Pacific along the coast of South America lead to changes in normal weather patterns all over the world.

So what makes the ocean waters warmer? Normally, water in the Pacific is pushed westwards away from the South American coastline towards Indonesia by strong winds which blow all year round. These are the trade winds that used to carry sailors and goods across the ocean on sailing ships. As the warmer water



is pushed towards Asia, colder water from the bottom of the ocean, and from the Antarctic, streams in along the coast of South America.

But every 3 to 4 years, the trade winds stop blowing, the water in the Pacific doesn't move westwards and the temperature in the eastern part of the ocean shoots up because there is no room for the colder stream of water.

This current El Niño started in April last year

Meteorologists who try to predict the weather are now trying to work out on the computer why El Niño happens!

Meteorologist James Buxton helped No Kidding! write this article. He works for The Weather Channel, the only 24 hour television channel which gives information about the weather in Britain and in other parts of the world all through the day and night, 365 days a year.

To learn more about the weather, ask your teachers to get a free copy of the pack **WEATHER WISE** from Annabel Carlton at The Weather Channel 64 Newman Street London W1P 3PG.



– since then, water temperatures in the eastern Pacific have been up to 4°C higher than normal.

So why does just 4°C make it rain so much in Somalia and stop the rain in Indonesia? The temperature of the oceans around the world have an enormous effect on the weather. Warm waters heat the air above them and warm air can soak up more water than cooler air.

The ocean temperatures and amount of water in the air just above the earth change what is happening in the top layers of the atmosphere where strong winds carry heat and air around the planet and help make the seasons we are used to. Since April, the temperatures in the eastern Pacific Ocean have stayed at least 28°C, bringing unseasonal heavy rain to countries like Chile, Ecuador, Peru and Colombia in south America as well as Africa – and unusual weather patterns all over the world.

So why does El Niño happen? Meteorologists, the people who study the weather, don't fully understand why El Niño happens. They do know it happens on average every

3 to 4 years and lasts for about 18 months. The unusually warm water in the Pacific Ocean was first called El Niño by fishermen in Chile who found that every few years they didn't catch as many anchovies as normal. The little fish didn't like the warmer water. They noticed fewer anchovies around Christmas-time and so called the "strange-for-the-time-of-the-year" water "El Niño" which means "little one" and is often used to refer to Jesus.

El Niño doesn't just spoil local fishing. The changes in water temperature and climate affect many animals around the world who may be confused by the unseasonal weather. Seabirds and sea creatures have been spotted in all sorts of places where they don't normally go because of warmer water. It seems too that El Niño stops hurricanes happening in the Atlantic Ocean – and may have caused huge amounts of snow in Colorado in the USA where 1.25 metres of snow were reported in the Rocky Mountains in October. Beaches in Rio de Janeiro in Brazil have been washed away by larger than normal waves made by winds blowing in different directions to normal. The countries most affected by El Niño are those nearest the equator – but some scientists blame the unseasonally mild autumn and lead-up to Christmas in England on El Niño too.

**THERE ARE
ABOUT
100,000
HAIRS
GROWING
ON YOUR
HEAD!**



You notice the hair on your head every time you look in the mirror. But there is hair growing just about everywhere else on our body too – the palms of our hands, soles of our feet and lips are the only parts of our skin which are hairless!

Millions of years ago, humans had a lot more hair all over them than we do now. As humans developed, we got a layer of fat under our skin to help keep us warm instead of the hair. Many other mammals have lots more hair than we do, though humans are hairier than whales – they have got a really thick layer of fat under their skin and just a few bristles on the outside!

Babies are born covered with very fine hair which is replaced as a child grows older with **vellus hair**. Rub your hand over your arms and legs to feel it. Some of the different types of hair on our body protect us – eyelashes and eyebrows protect our eyes, and hair growing up our noses helps stop some of the dust in the air from getting in!

The hair we notice most on our heads helps keep the sun off, but is seen more as a decoration than something vital. For thousands of years, people have cut their hair in different styles and decorated it.

Rich women who lived in England in the 1700s wore their hair high on their heads, glued up with grease. They slept propped up so their hair stayed in place! They might also have kept a mousetrap by their bed because mice often made their nests in their hair!

Wigs have been popular for a long time – the ancient Egyptians wore them, and Elizabeth I of England

owned at least 80 of them. Even children wore wigs in those days.

There are lots of different types of hair: wavy, curly, straight, blonde, brown, red, black. Hair on your head grows about one centimetre a month, or 12 centimetres each year. Your hair doesn't normally grow longer than 1 metre.



Hairs fall out all the time and are replaced by new hairs. But some men, and some women, lose their hair completely – they go bald when new hair stops growing. Sometimes hair falls out because of medicines used to make people better. Normally, the hair grows again later.



Today, you are more likely to find a hairdressers in your high street than any other type of shop.

Blood-sucking visitors

Whatever type of hair you've got, you may at some time get a visit from a head louse. This tiny insect clings to your hair with its legs and sticks its eggs near your head. The louse – and its family – sucks blood from your head to stay alive.

Children your age are most likely to get head lice because you put your heads together more often when you work or play, giving the insect the chance to climb from one head to another. People used to think head lice only moved in to dirty hair, but now scientists believe they like clean hair just as much. Anyone can get lice – and if you get them, your head may itch terribly.

It's important to get rid of head lice to stop them spreading to other people. One way of helping to keep head lice away is to use a comb with fine teeth on your hair every time you wash it. If you put conditioner on your hair and comb it through, the lice find it hard to cling on!





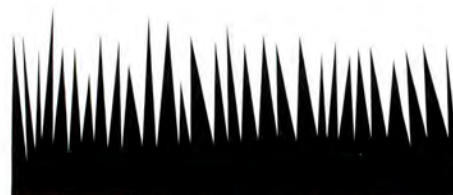
Every one of your hairs grows out of a little **follicle** on your skin. All your follicles are made in the first 22 weeks of life in your mother's womb and the shape of the follicle makes the shape of your hair. The bit of the hair you can see is called the **shaft**. Underneath your skin there is a **root** which is fed by blood to make your hair grow. When a hair falls out, the follicle rests for a while before growing a new hair.

Your hair is made of dead cells and contains something called **keratin** which makes it strong. There are three layers in a hair – the middle bit is called the **medulla**, then there is a layer called the **cortex** and the outside is called the **cuticle**. In the cortex, there are little bits of **melanin** which gives your hair its colour. Melanin is made by special cells called **melanocytes** at the bottom of the hair follicle. As you get older, the colour in the

The hair in men's beards is called **terminal hair**. It is much thicker than head hair and more like eyebrow and nose hair.

melanin fades and your hair becomes white or grey.

As each new hair grows, it is coated in an oil called **sebum** made by the **sebaceous glands** around the hair follicle. Sebum helps keep our skin soft and flexible. As the hair grows, the sebum spreads out on our heads and picks up dust and dirt, making our hair feel dirty or greasy. People didn't used to wash their hair as much as we do now – modern shampoos were only invented in the 1930s. Before then, if people washed their hair, they used just water or soap.



Ever read or seen something so frightening that your hair stands on end? There is a tiny muscle, called the **erector muscle**, at the side of each hair follicle which lifts the hair when you are scared or cold – it causes "goose pimples"!

How shampoos get rid of dirt and dust

Dirt and dust in the air has a small positive electric charge which is attracted to the natural small negative electric charge in our hair – a bit like a magnet.

Shampoos are made with a small negative charge too so when you rub them in your hair, they attract the dirt and dust. Both the dirt and the sebum, the bits of oil in your hair, become part of the soapy lather on your head. When you rinse out the shampoo, you also rinse out the dirt and the sebum. You'll only get really clean hair if you rinse it really properly!



People who are Sikhs do not cut their hair and Sikh men wear their hair wound up under a turban. "We believe in the way God created us and that hair is a natural thing and should not be shorn from any part of the body," explained Dr Sadhu Singh.

COUNTDOWN TO THE 21ST CENTURY

The end of this century
is nearly here!

On the **31 December 1999**,
the 20th century will be over.
In the next 10 issues,
No Kidding! will look at
what happened during each
decade of the 20th century,
starting at the beginning –
1900-1909...



PRIME MINISTERS IN ENGLAND

Lord Salisbury had been Conservative prime minister 4 times. He retired in 1902 when his nephew Arthur Balfour became prime minister. Lord Salisbury died in 1903, aged 73.

The Conservatives lost a general election in 1906 and the Liberals began to run the country.

Sir Henry Campbell-Bannerman was in charge until he quit because of his ill health and Herbert Asquith then became prime minister.

EARTHQUAKES

There were 3 terrible earthquakes during this decade. In 1906, much of San Francisco in America was destroyed and some 1,000 people were killed in an earthquake.

A year later, thousands were made homeless and parts of the city flattened when an earthquake hit Kingston in Jamaica. And in 1908, some 200,000 people were dead after an earthquake shook Messina in Sicily.

WOMEN FIGHT

The Women's Social and Political Union was set up in 1903 to fight to give women the power to choose a government of Britain by voting at general elections. The Union's leader was Emmeline Pankhurst. In Finland, women were allowed to vote in 1906, and the first women joined parliament there in 1907, long before they did in England.

NEW FLYING MACHINES

American inventors Wilbur and Orville Wright flew an amazing machine over a beach at Kitty Hawk in 1903. The aircraft was called The Flyer and went into the sky 4 times. The longest flight lasted for a minute.

ROLLS ROYCE START

In 1904, Charles Rolls who sold and repaired cars in London did a deal with Henry Royce who made cars in Manchester. Rolls sold cars made by Royce. These cars were called Rolls-Royces. In those days, the speed limit for cars was 20mph (32 km an hour).

MANY POOR PEOPLE IN BRITAIN

In 1904, more people than ever before were claiming "poor relief" – money to help them live – because they did not have jobs.

Many poor people had to live in workhouses where they were given a bed and food in return for working really hard.

By 1909, the government and organisations set up to help the poor started thinking about ways of helping the unemployed and ways of stopping children from going into workhouses.

DIFFERENT SORTS OF COUNTRIES

In the first decade of this century, the world looked very different. Countries had different names and were different sizes.

Powerful countries like Britain were in charge of lots of parts of the world. All the parts of the world ruled by Britain were called the British Empire, and in 1906, the government said the British Empire covered 1/5th of the land around the globe.

Britain claimed to be in charge of 400 million people – some 300 million of them in India.

The British Empire was bigger than ever before because Britain had claimed many parts of Africa at the end of the previous century.

IDEA FOR TUNNEL UNDER THE CHANNEL

In 1907, an idea to build a railway tunnel under the Channel to link England and France was thrown out by the government because it thought it would make England less safe.

FIRST BOY SCOUTS GO CAMPING

20 boys went camping in 1907. They were the first boy scouts and came from different sorts of homes. They were taught how to make fires and live in the woods as well as first aid. This camp was the idea of Robert Baden-Powell who had been a hero in the Boer War.

PENSIONS FOR OVER 70 YEAR OLDS

In 1909, thousands of people aged over 70 went to post offices in Britain for the first time to get a once a week pension of 5 shillings (there were 20 shillings in an old pound).

REACHING THE NORTH POLE

Commander Robert E Peary was the first man to reach the North Pole in 1909. His claim to be the first had been challenged by another adventurer, Dr Frederick Cook, who was found to be fibbing when he said he was there first!



HORACE DODGE WILL BE 97 IN FEBRUARY 1998



We asked him to tell us what his life was like when he was your age, in the first decade of this century.

“There were 2 sorts of people in those days, those that were rich and could have maids, and those that weren't and couldn't. The rich children went to different schools and we never mixed with them. You wouldn't treat them as a friend if you met them.

I went to a school at 6 where there were other little children, a bit like a nursery school now, and then I went to a different school in Ealing when I was 7. My elder brother had been there and my mum had paid 2d (2 old pennies) a week, but when I went in 1908, it was free.

There were 2 lady teachers and 4 men teachers. 2 of the men were a bit soft but the other 2 gave you a good clout if you played them up. All the teachers had canes. The headteacher used to carry his about and make boys bend over the desk and bang them on their behinds or on their hands in front of everyone. No-one complained about it, your parents were pleased they did it because they thought it did you good.

I used to get full marks for arithmetic, geography and history. I was alright at writing and reading too. But I had no interest in poetry and scripture, which we did every morning, learning stories from the Bible. Once a year, we had tests and I used to get 0 out of 10 for poetry and scripture. You could only move up a year if you passed the tests – they would add all the marks together. There were 7 years at school, and everyone left when they were 14 unless they got high marks in the exams. Then they could go on to another school until they were 16.

There were about 50 in my class, half boys and half girls. The girls didn't do science lessons, only boys did. We sat 2 at a desk in rows, and each desk had 2 inkwells which the teachers filled with ink for your pen. It was very cold. There

was an open fire in the classroom, near the teacher, but we never felt it. Some of them were very poor and were starving and had no proper clothing. There was no-one there to give them anything.

We had 10 minutes break in the morning and in the afternoon and we used to run around in the playground. It was all concrete and if you slipped over, you had to stick a piece of newspaper on your knee to stop it bleeding. The girls had a different playground. We didn't play with girls anyway because if we did we argued with them.

Outside school, we used to play football or cricket in the street until we broke a window and we all had to scatter. Marbles was a particular game we played too, we made holes in the street because there was no tarmac on the road. There were only horse and carts in those days, but I did get knocked down by a horse once when I ran in front of it. We didn't do much visiting, we always met outside and we walked everywhere. All round Ealing were fields and there were thousands of birds.

We used to play in the park, especially in the summer. There were no swings or anything and there was a keeper in the park who stopped you from doing naughty things. You didn't drop litter because you had no paper. Sweets were weighed up and poured into your hand, or you held out your hat to be filled with apples.

Everyone wore hats in those days and I remember bringing a hat home full of baby frogs from the park once. My mother wasn't very pleased.

Sundays used to be dead as a dormouse. No shops were open and you had to stay indoors. You couldn't play out or someone would tell you off. Everyone went to church and I had to go to Sunday school. I didn't like it and

took acorns to throw at the teachers.

At school, we had 2 hours for lunch, but when I was 11, I started working for the greengrocers in my lunch time. The grocer used to send errand boys out to take orders from the houses and I would deliver the food, carrying it in a big basket. I would go back and work for him at 4.30pm when school finished. I also worked in the morning before school for the milkman. I used to meet him at 5.30am and push a barrow full of cans to different houses. At 6am the lights went out in the street so it was pitch dark in the winter. There were lots of big houses about then, with plenty of maids all up early to get the house ready and I would take the milk to them. I would finish at 8.30am and be at school by 9am. I earned 1 shilling and sixpence a week at the greengrocers and 1 shilling and sixpence a week from the milkman, as well as a pint of milk each morning which was worth 1d. I gave the money to my mum. All my friends worked because our fathers didn't earn much then, even though they worked about 60 hours a week. My dad made kettles, saucepans and bins for a man who ran a shop.

The girls had to work too, but in the house helping their mothers. In our house, there were 2 bedrooms and no bathroom. We had a tin bath and used to have a bath once a week. You had to boil the water up to fill it and then empty it down the sink.

By the time I was 11, I didn't have much time for playing, except in the holidays. We used to get 4 weeks in August, 2 weeks at Easter, 2 weeks at Christmas and 1 week at Whitsun.

There were no books at home, we had no time for that either. But I did join the Band of Hope – it was a group of women who used to stop children in the streets and tell them about the dangers of drinking alcohol. Lots of people drank a lot of alcohol in those days and these women were trying to stop the children from starting. For 1d, I joined and signed a card promising never to drink alcohol in my life. I kept the promise because they frightened me so much. I used to go to meetings where they told us about how terrible it was. My mother was pleased I joined. ”

AROUND THE WORLD



7-year-old Tomas can't play his accordion, but he carries it around the main square in Krakow in Poland every afternoon.

He pulls and squeezes and makes a terrible noise – and if there is a group of holidaymakers feeding the pigeons or looking at the old buildings, he puts his tin on the ground, smiles sweetly and makes an even louder noise.

If he is lucky, someone will drop a few groszy, or even a zloty in his tin – that's about 25p (there are 100 groszy in a zloty).

Tomas is not the only one looking for a zloty. 10-year-old Jan also has a tin and an accordion.

So does 9-year-old Marek, but he has learnt a little tune. It's only 20 notes long and he plays it over and over again, sitting on a chair outside a shop, near to where his father sells bread rolls from a stall.

Many people struggle to find enough money to live. Before 1989, Poland was a communist country. The communist system was supposed to get rid of rich people and poor people – everyone was supposed to be able to earn the same sort of money and afford to live the same way. But the Polish people got rid of their communist government because they didn't think the system was

working very well – some people were still better off than others and there was little choice about what you did.

In the past few years, Poland has changed a lot. Changes in the way the country is run means there are many new shops and new businesses in the narrow cobbled streets in the centre of Krakow and some people have become rich and can afford to eat in restaurants.

But others have

to think of ways of finding money to top up the small amount of money they get paid. In the evenings, elderly women, dressed neatly in coats and head scarves, sit on upturned wooden crates at street corners selling flowers. Street musicians play guitars, flutes, violins – and of course, accordions – trying to earn a bit extra.



FILMWATCH



COLUMBIA TRISTAR HOME VIDEO

ARE ANIMALS EVER HURT IN FILMS?

If you watch old cowboy and indian films which were made before 1937, you might see a horse fall over on its neck during a chase. Film makers used to put down trip wires to make horses fall in this way: it was a very cruel thing to do and often meant that the horse was badly hurt.

In 1937, the government in this country made a law to try to stop animals being hurt when films were being made. The Cinematograph Films (Animals) Act 1937 made it against the law to show animals in a film if they were really being hurt.

This law still works today. If an animal is really being hurt, injured or frightened in a film, the examiners at the BBFC (the British Board of Film Classification) must ask the film makers to cut that scene because

showing it to people would break the law.

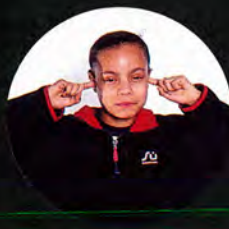
During the making of one film in the 1970s, rats were actually being killed. The man who owned the rats rang the RSPCA (Royal Society for the Prevention of Cruelty to Animals) who came and stopped the filming with the backing of a different law, The Protection of Animals Act. The scene was then filmed in a different country, but when the film came before the BBFC, the examiners said the scenes where the rats were killed had to be cut before it could be given a certificate and shown at cinemas in Britain.

Nowadays of course, there are many ways of pretending to show an animal in danger. There are all sorts of animals which are trained

to act in films and videos – and clever photography can make an animal look like it is acting, like the brave polar bear in the adventure film *Alaska* (above). In some films too, computers are used to make pictures of animals. These special effects are called animatronics and are used, for example, in *Free Willy* and in *Jumanji*.

Today, people are very concerned about the way animals are treated. If a film maker were to treat an animal badly while making a film, people would complain and no-one would want to go and see it, so the film would not make any money.

The RSPCA does get complaints about films and does look into them to make sure animals were not hurt. There are more complaints about the way goldfish are used in films,



**The address is:
FilmWatch
No Kidding!
PO Box 10427
London N8 8UP**

on television and in adverts than any other animal!

Film makers can ask the RSPCA for advice when using animals in this country. Sometimes, the RSPCA will send an inspector or say a local vet should be present when scenes using animals are being filmed. The RSPCA says film makers should make sure animals have enough food, water and can get enough rest during filming. Film makers should make sure animals are not hurt, frightened or tired out. Animals should not stay under hot lights for a long time and they should never be given drugs to put them to sleep or make them look doxy.

If the RSPCA has been involved in

making a film which uses animals, you will see their name in the credits, the list that comes up on the screen at the end of the film.

If you are worried when you watch a film and think that an animal may have been hurt or frightened, watch the credits, just like the BBFC examiners do. You will probably see a notice which tells you that no animals were hurt during the making of the film. If the film was made in America, the notice will tell you that an organisation called the American Humane Association (AHA) watched over the animals when the film was being made.

But because today's special effects are so life-like, sometimes examiners

at the BBFC have to ask the AHA to tell them how the animals were treated when the film was being made. If no animal was hurt, the scene can stay in the film.

Do you think scenes showing animals being treated badly should be cut even if they are made on a computer or are not real? Why not ask your friends what they think?

FilmWatch is written by Deborah Courtneil who is one of the BBFC's examiners. If you want to know why a film has been given a certain certificate, you can write to her at No Kidding! You can also ask her about other areas of her work with films at the address above.

When pet tortoises go to sleep for the coldest months of the year, their owners should put them inside 2 boxes and tuck them up with straw to keep out draughts and frost. Very cold temperatures can hurt sleeping tortoises – they can't control how hot or cold their own bodies become.



Keeping draughts away from sleeping tortoises helps keep them healthy – keeping draughts out of your home helps save energy! Make sure you shut doors and windows to stop cold air coming in.

There are 3 good reasons why you should save electricity:

- 1. Most electricity is made by burning coal, oil and gas. These are fossil fuels found in the earth and when they are used up, they will be gone for ever.**
- 2. When fossil fuels are burnt, carbon dioxide is let out into the air. Carbon dioxide is one of the greenhouse gases which sits on top of the atmosphere and stops heat getting out into space.**
- 3. Saving energy will save your mum and dad and your school money!**

I'm Learning with Ellie



If you want to find out more about electricity, get your teacher to ring London Electricity's education advisers on 0171 725 3040 and arrange a visit to your school.

LONDON ELECTRICITY

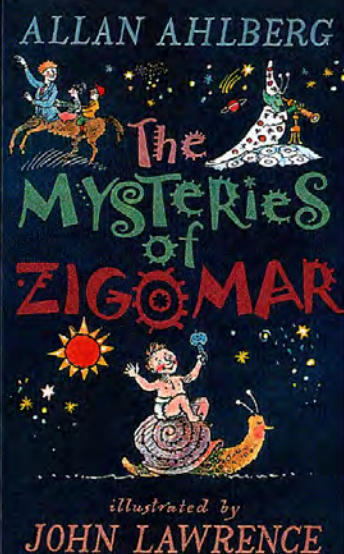
SHelfie

The Mysteries of Zigomar

by Allan Ahlberg

A mixture of poems and short stories which are based on fairy tales but have strange twists at the end. Everyone will enjoy reading them!

Published by Walker



The Complete Borrowers

by Mary Norton

You've seen the film – now read the books! This collection has all the stories about the tiny people who own nothing and borrow everything from us humans, secretly when we're not looking. Pod, Homily and Arrietty have all sorts of adventures...

Published by Puffin



In-line Skating

by Ben Roberts

This is a clear and well-illustrated book which will tell you everything you need to know about basic moves, equipment and incredible tricks. If you're a keen in-line skater, it's a must!

Published by Franklin Watts

Bad Cats

by Roger McGough

This is a good book to read aloud with a friend. It is full of wonderful poems not just about cats, but also about cycling, the weather and other animals.

Published by Viking

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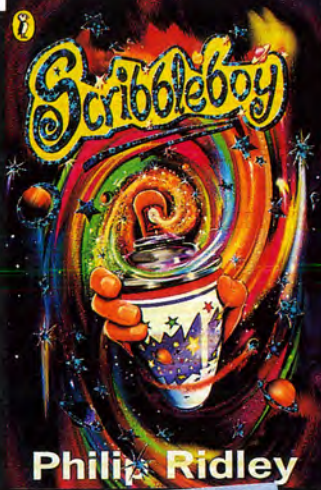


Peter and the Ghost

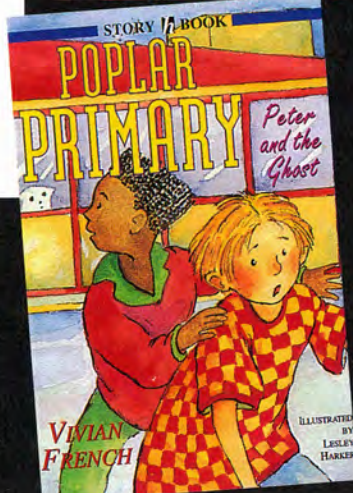
by Vivian French

Peter's mother is the school caretaker, so when everyone else goes home at the end of school, he and his friend Jason can go wherever they like. But one day, they think they see a strange and mysterious ghost roaming the school corridors. Have they been reading too many horror comics – or is the school haunted?

Published by Hodder



Philip Ridley



Scribbleboy

by Philip Ridley

This is a crazy storybook about what happens when Bailey Silk gets an invitation to join the Scribbleboy Fan Club from the only other member, Ziggy Fuzz. You meet Pa Punkrock, Ma Glamrock and Tiffany with the spinning ponytail in this funny story with really good illustrations.

Published by Puffin

You can find all these books at your local library!

It's free to join and you can borrow hundreds of books. All you have to do to join is to ask your parent or your carer to come with you to sign a form.

If you can't find the book you want to read on your local library shelves, ask a librarian for help. If someone else has borrowed the book, ask the librarian to reserve the book for you.

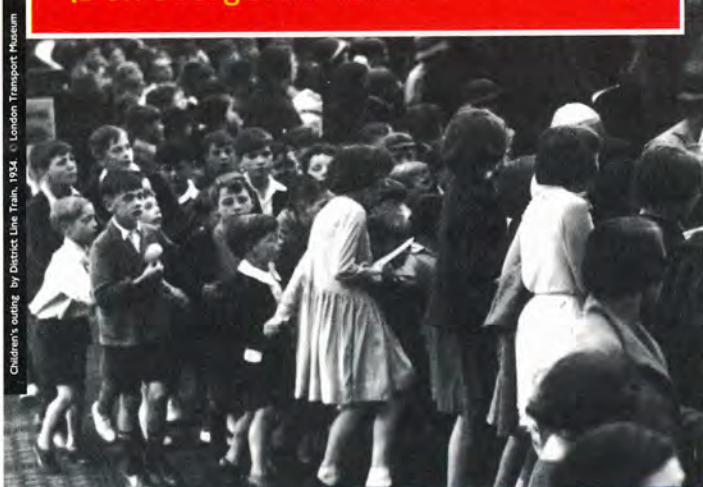
They will let you know when it's returned.

Most libraries also have music and stories on tape. Some libraries have videos for loan too, but you may have to ask your parent or carer to borrow them for you.



Get in line for KidZones.
(Don't forget to take Mum and Dad).

Children's eating by District Line Train, 1934. © London Transport Museum



London Transport Museum



Covent Garden Piazza

KidZones

Lights ♦ Buttons ♦ Buzzers ♦ Wheels ♦ Whizzers ♦ Magnifiers

And lots of jolly interesting info. Open daily.

London FUNharmonics: A Rough Guide to Music



the Family Concerts of the London Philharmonic Orchestra at the Royal Festival Hall

Nicholas Kok conductor Tony Robinson presenter

Why not make a day of it?

Present your concert ticket at the London Aquarium to claim a free entry for one child with every full paying adult (maximum four free children in a group).

(Offer runs until 31 May 1998, excluding Bank Holidays.)

A Rough Guide to Music Volume II (1828-1880)

Sunday 8 March 1998 at 11.30am

Open Heart Surgery for Music ... In danger of being suffocated by the formality of the classical era, composers open up their musical hearts and souls. Including music by Berlioz, Mendelssohn and Wagner.

A Rough Guide to Music Volume III (1880 to 1930)

Sunday 24 May 1998 at 11.30am

Towards the end of the 19th century, new ideas and sounds emerge, and then ...music's equivalent of the Big Bang ...the 20th century arrives. Including music by Strauss, Schoenberg and Stravinsky.



London Philharmonic Orchestra

LPO Box Office
0171 546 1666
RFH Box Office
0171 960 4242

Resident at the Royal Festival Hall and Glyndebourne Festival Opera

Barry hated it when Christmas was over. Everything seemed so flat and boring. Throughout December, there were so many exciting things to do – chats with your mates about presents you wanted, parties at school, Christmas plays, shopping trips. Then your mum would decorate the tree and start buying little treats to eat, and brightly wrapped parcels would start appearing underneath the tree. Barry loved Christmas Eve best of all: everything in December had led up to this day. His mum was always in a really good mood and great fun to be with.

They would visit her friends and his friends together. But then, just as you were having a really nice time, suddenly it was Christmas Day, time to open the presents and everything was over.

When the end of December came, Barry was really looking forward to going back to school. All his friends were either away or doing things with their families. And there was New Year's Eve which he didn't like at all. As far as he was concerned, New Year's Eve was just another day. He couldn't understand why his mum got a bit tearful in front of the television and why every adult he knew talked about "resolutions." Each year, his mum talked about starting something new or different or stopping doing something to make life "better." It was all a waste of time, he thought, because none of these resolutions ever seemed to make much difference to them.

On this 31 December, his mum asked him as usual if he was going to make any resolutions. They were eating tea together, the flat tidy and back to normal with just the tree reminding him of the fun of the previous weeks.

"I don't see the point of making resolutions," he said.

"What do you mean Barry?" asked his mum. "It's a new year, the old year is over and behind us, so it's a good time to make a new start."

Barry thought about Christmas being over and felt miserable. He didn't like the idea of starting again, he wanted Christmas to go on and on.

"Oh yeah, and how long does that new start last?" shouted Barry. He could feel the anger welling up in his tummy. "Everything always goes back to normal by the end of January. Every year you say it will be different, you say you will be happier because you're going to go to evening classes and learn to do something new, and then I have to have a stupid baby-sitter for a few weeks, and then you stop whatever you're doing. Or you say you'll spend more time with me, or go out with me more, and we do about 2 special things together and that's it. I mean why bother mum? Why bother? You're so stupid!"

Barry's mum was really cross. He could tell she was mad because she didn't shout. She leant across the table and sort of hissed at him. "How dare you call me stupid. Go to your room now."

So that's how Barry ended up in his bedroom all alone on New Year's Eve, tearful and angry.

He wished he hadn't shouted at his mum but he felt cross and disappointed. The more he thought, the more sorry he felt for himself. They never had quite enough money for him to do all the things his friends did, or for him to have the clothes with sports labels on them. What's more, his mum didn't care about those things. She didn't understand how important they were. She said crass things like "it's what's inside you that counts, not what you wear or where you go," and "you've got to learn not to care about what other people say."

When Barry woke up, it was completely dark in his room. The flat was quiet but he thought he could feel someone there. He was a bit scared and strained his ears, but could hear no breathing. Then a very quiet voice said: "So you think your mother is stupid." Then he started seeing pictures of his mother before his eyes, on his bedroom wall, just like on the big screen at the cinema. There she was, shouting at him for making a huge mess in his bedroom just because she had cleaned it, screaming at him for running across the road without looking first, slapping his bottom after he had kicked her in the shins because he had got cross with her for saying he had to do his homework instead of go out with his friends.

"Why not make your New Year's resolution to do without her," said the voice next to his head. "Do without her?" thought Barry. "Yeah," said the voice, "she's stupid, you said so yourself. Think how unfair she is. All she does is stop you doing what you want. She doesn't get you stuff you like, she stops you eating sweets, she stops you going where you want. Just think, if she wasn't here, you'd be able to stay up as late as you like, eat chips when you like, have whoever you want round whenever you like and watch anything you want on television."

"It's certainly tempting," thought Barry. "But then who would do my washing?"

"Don't need clean clothes."

"Who would cook?"

"Eat sweets and biscuits all the time."

"Who would be there when I get home from school?" Barry felt a cold feeling spreading from his tummy.

"You don't need anyone," said the voice.

"Who would I talk to when I'm worried, who would fix my cuts? Who would look after me when I got ill?"

"Cry-baby," said the voice.

"I'm not," said Barry loudly. "Go away, go away, I need my mum."

Suddenly the door opened and his mum was there, cuddling him tightly. "It's alright Barry, you're just having a bad dream," she said. She stroked his hair and began to hum softly.

"I'm sorry mum," said Barry.

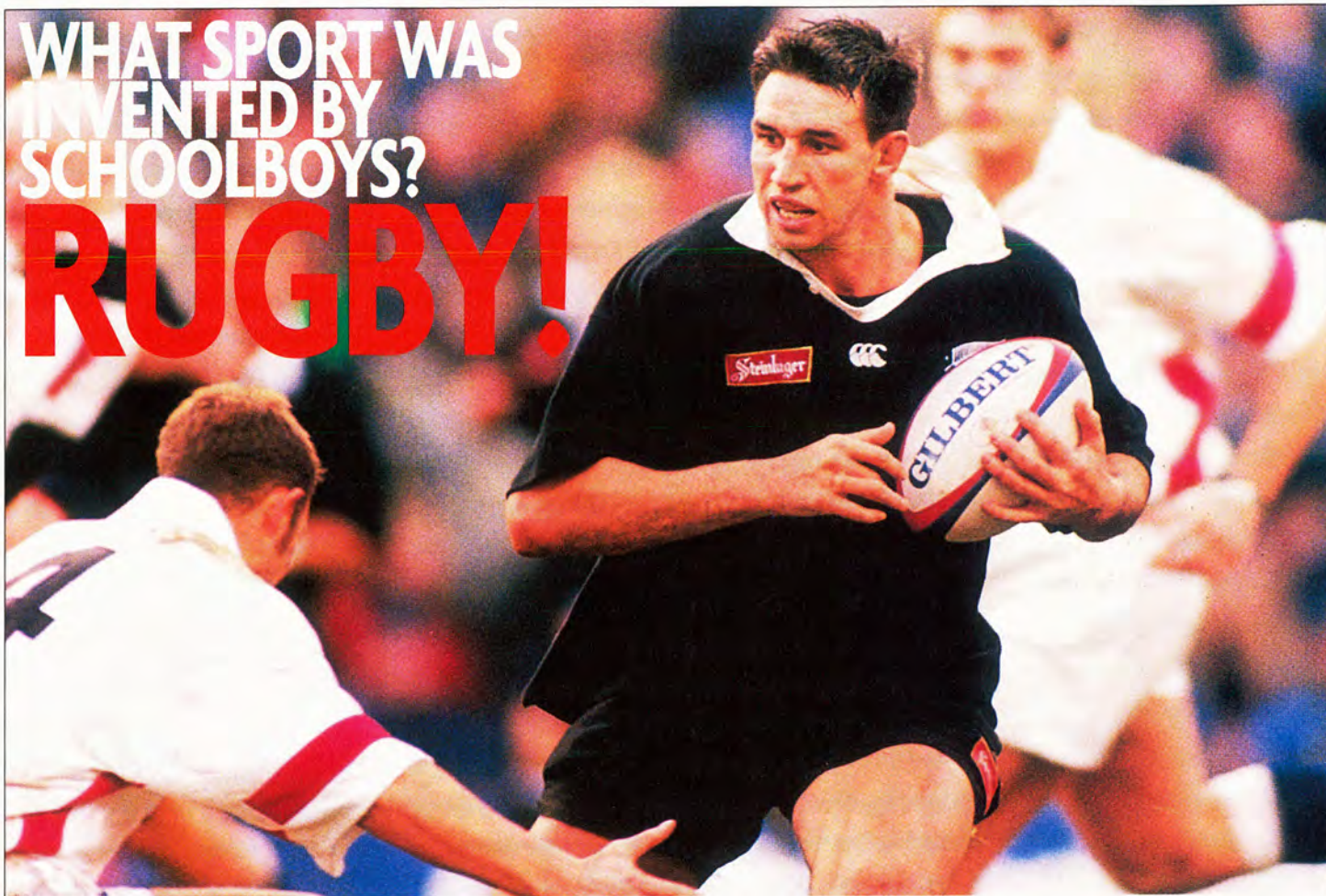
"Let's be friends again," said his mum.

"Don't make any New Year's resolutions this year mum," said Barry. "I don't really want anything to change." ■

RESOLUTIONS



WHAT SPORT WAS INVENTED BY SCHOOLBOYS? **RUGBY!**



COLORSPORT

The game was first played at school by kids, not adults, and Rugby School pupil William Webb Ellis is said to be the first person to run with the ball in his hands, one of the things about the game that sets it apart from modern football. William did that in 1823 and in 1845, 3 other pupils at Rugby wrote down the rules of the football-type game played at their school.

Nowadays, the action-packed game is played all over the world by teams who follow the rules written by Rugby Football Union. The RFU was set up in 1871 to make sure all

teams played the game using the same set of rules.

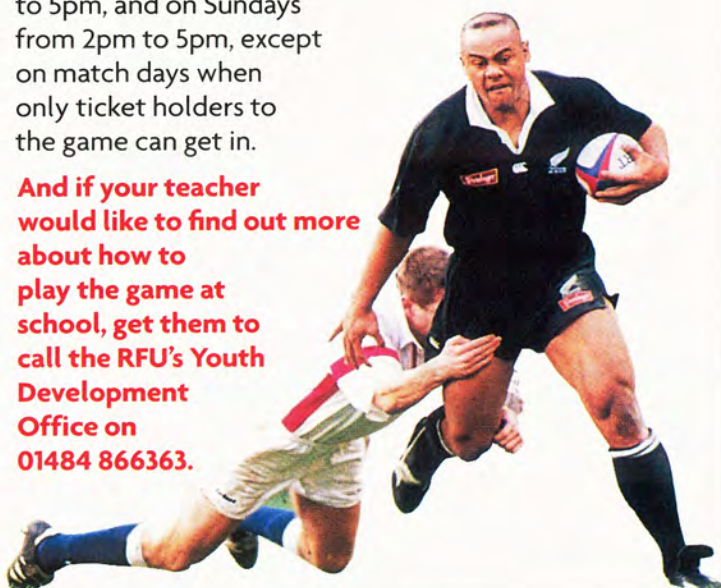
Today, girls and women play rugby too, and the RFU helps schools all over the country teach and play the game. "New Image", non-contact rugby, can be played on grass or on concrete playgrounds, and there's even "Mini Rugby" for under-7-year-olds.

The RFU is based at Twickenham Stadium where 75,000 people can watch a rugby match – Twickenham is also the home of the English rugby team.

You can find out all about rugby, its history and its star players by visiting

The Museum of Rugby beneath the east stand at the Stadium. The Museum is open Tuesdays to Saturdays, 10.30am to 5pm, and on Sundays from 2pm to 5pm, except on match days when only ticket holders to the game can get in.

And if your teacher would like to find out more about how to play the game at school, get them to call the RFU's Youth Development Office on 01484 866363.



COMPETITION

The first rugby balls were made from pigs' bladders which were blown up and covered with leather. If you would like to win tickets to The Museum

of Rugby for your family, get out a piece of paper and a pen and see how many words you can make from:

PIGS BLADDERS

The 10 entries with the most words, all correctly spelt, will win a family ticket to the museum.

Send your word lists to No Kidding! Rugby PO Box 10427 London N8 8UP by Friday 27 February 1998.

Terms and conditions:
Closing date 27 February 1998.
2. There are no cash alternatives.
3. Only 1 entry per child.
4. Winners will be sent their prize by post.
5. For a full list of winners, send an SAE to No Kidding! Rugby, PO Box 10427, London N8 8UP.

A PROBLEM SH

Thank you for sending so much advice to the 2 readers whose problems we printed last time. Here are some of the things you said.

Special thanks to children at All Saints CE Primary School in Whetstone, north London, and to children at Mayville Junior School in Leytonstone, east London.

“

I am the tallest person in my class and people call me lanky. Because I'm so tall, I have to get the biggest size clothes. They are baggy and people call me fat and ugly.

”

“Be proud of what you are and just ignore what they say.”

Sonia, age 10.

“You should just ignore the people in your class because they are the ones who have the problem.”

Michelle, age 10.

“You are tall because you are healthy! I suggest you talk to the teacher and to the headteacher. Try to talk to your parents too. The boys are just jealous and stupid.”

Dale, age 10.

“Have confidence in yourself. Tell them they are a bunch of bullies. Good luck.”

Jade, age 9.

“When you are outside in the playground, stay next to a friend. If they call you lanky or ugly, say ‘thank you’ and walk away. They are very silly to call you ugly, because it’s what you are like inside that counts. I think you’re lucky to be tall. Those kids are a bunch of bullies and just want to look good in front of their friends. Don’t be bullied by a bunch of cowards and don’t be afraid to tell a teacher.”

Andrew, age 10.

“I am the tallest in my class and sometimes it’s hard for me to buy clothes too, but I have friends who understand my feelings. I just ignore people who call me names.”

Yatna, age 11.

“If you have a close friend, maybe you should talk about your problems. If they call you ugly, just say how you look has nothing to do with them.”

Shaini, age 8.

“If you are the tallest in your class, it means you are better at a lot of things like basketball and netball. These bullies have no right to tease you in this way and are probably jealous. You should just ignore them and talk to your teachers and parents. I hope things work out for you.”

Kevin, age 10.

“There are lots of advantages to being tall. Get your group of friends to stand up to the people who are bullying you and tell them size and shape doesn’t matter.”

John, age 10.

“I think the people that tease you are jealous of you. Not many people are tall. Go and shop at places where there are a selection of clothes that fit any size of girl. Try to avoid baggy clothes and make the most of being tall.”

Nina, age 10.

Send your advice to
No Kidding!
Freepost
London 6868
PO Box 10427
London N8 8BR.

If you've got a problem to share, write to us at the same address.

Can you help?

“My mum has a computer but I never get to play any games on it because she is always working on it. I don’t think that’s fair.”

“My mum and dad have split up and I hardly ever see my dad now. I want him to come home but my mum hates him.”

ARED

“There are a whole gang of boys in my class that make fun of my height because I am so short. Sometimes I don't want to go to school. I tried telling my teacher and my parents are too busy to listen properly. I try ignoring these boys but then they come up to me and push me.”

“You have to stand up for yourself and don't let them make fun of you. Don't let anyone push you around.”

Rachael, age 10.

“You could ask your headteacher to ring your parents and ask them to come into school, and you could also ask your headteacher to talk about this in assembly so the boys feel ashamed.”

Daniel, age 9.

“I am also the shortest person in my class. When the boys come up to you and make fun of you, say ‘Go away!’ If they still push you, go to your friends. Remember: size is not important, it's how nice a person you are that counts. Good luck.”

Eddie, age 10.

“I think you ought not to show that you are bothered. Whenever you are bullied, tell a teacher. If that doesn't work, talk to the head who will try to find a solution to your problem.”

Lucy, age 9.

“When I was in the first class of the school, all the people said I was short and left me out of their games. I decided I would do something about it and I just started playing with them. I told them I would be big when I'm older.”

Andreas, age 10.

“Try talking to someone else in your family. If the bullies push you, stick up for yourself and push them back. Find friends who will help you through this.”

Rochelle, age 11.

“I know how you feel. The best thing is to try and ignore them and do what you are supposed to do at school – get on with your work. If you tell your parents how serious this is for you, they will listen and you can ask them to go to school and talk to your teacher to sort this problem out.”

Abed, age 10.

“It doesn't matter what height you are. Try talking to the boys and ask why they make fun out of you.”

Rebecca, age 8.

“The smaller, the smarter! My nickname is Midget! It's nothing to be ashamed of – tease the boys for being lanky if they tease you. Just give them the impression that you don't mind and they will probably just leave you alone.”

Pablo, age 10.

“I suggest you find a time when your parents are not busy, maybe while you are having dinner together, and explain to them that you have a very serious problem and you need their help. I'm sure they will understand.”

Kimberley, age 9.

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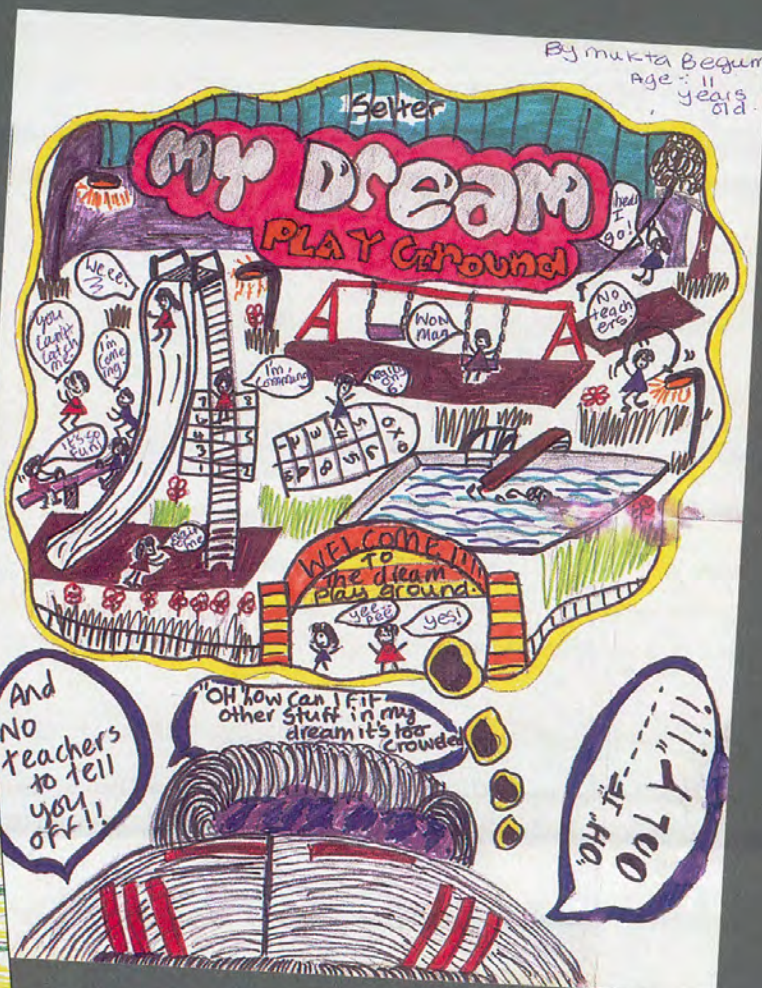
YOUR DREAM PLAYGROUND

We asked you what you would really like to see in your school playground. Here are the 5 winning playground ideas: each wins a family ticket to London Zoo.

London Electricity is giving money to schools in London to help make playgrounds better. Ask your teacher to contact Learning through Landscapes on 0181 850 3112 to find out more about the School Grounds Awards Scheme.



by Hafsa Munshi, who lives in Stratford, east London.



by Mukta Begum, age 11, who lives in east London.

Leanne Mulligan, who is in year 5 at Avondale Primary School in Kensington and Chelsea, wrote a list of ideas for a dream playground:

"Basketball, tennis, netball and badminton equipment, football pitches with proper goals, a pond, swimming pools with electronic waves, a quiet area with books, a television area, toilets outside with air fresheners, snakes and ladders, water fountains, hide and seek areas, skipping and hopscotch areas.

"If I had my own playground, I would make it like a funfair!"

GOAL!



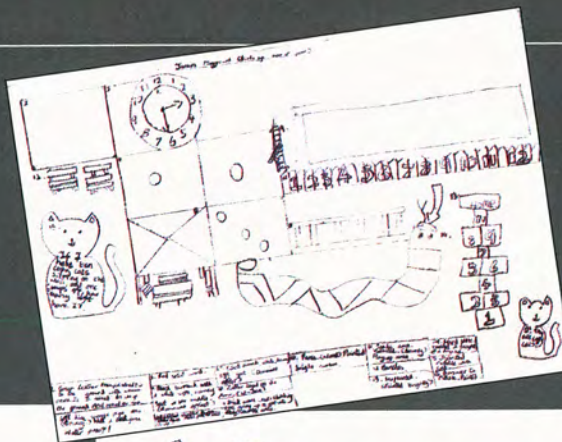
Football
in Barnet
borough

14 February - 26 April

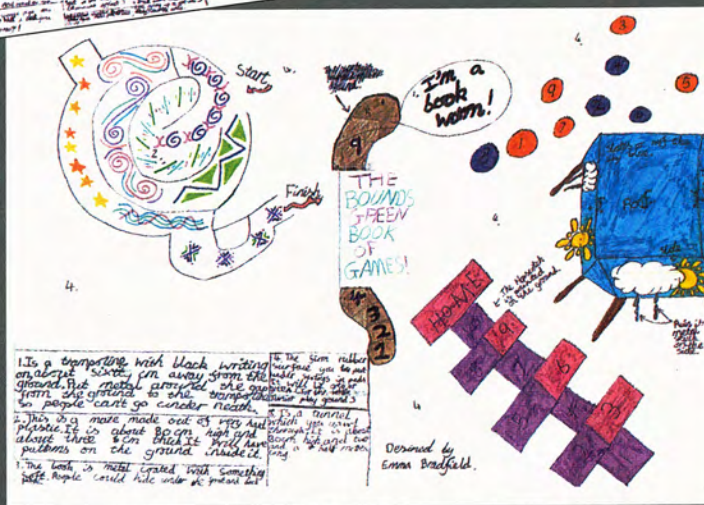
Church Farmhouse Museum
Greyhound Hill Hendon NW4 4JR
Tel: 0181 203 0130 Admission free

BARNET

LONDON
ELECTRICITY



by Georgina, who lives in Chingford, east London.



by Katy and Emma Bradfield who go to Bounds Green Junior School in north London.

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"Next Door"
and come to
"At Home"
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Play, sing and dance with members of the
Royal Philharmonic Orchestra. Bring lots of
energy (and an instrument if you have one)

Suitable for children aged 5 – 12 (Must be accompanied by an adult)
No previous music experience necessary

Prices: £5 kids, £8 adults, £18 family (4) Call 0171 838 3106 to Book Now

Box Office open from 9am to 9pm. An administration charge of £2.50 is made on all postal and telephone bookings

Ideal for children who can't sit still

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TESTER TRIP

We took our tester team on The Body Shop Tour

We found out what goes into The Body Shop bottles when we visited the seaside town of Littlehampton in West Sussex and saw behind the scenes at the factory where potions and lotions for hair and skin are made before being sold all over the world.

We took the train from Victoria to Littlehampton then had a ride in a cut-

price taxi (50p per person) to The Body Shop Tour. Our journey from north London took about 2 hours.

A special "buggy" – a sort of car with carriages – took us from building to building and we learnt how The Body Shop started and how it tests products on people rather than animals.

We saw where the ingredients are stored – strawberries, sesame seed oil, olives, real cocoa butter, brazil nuts, blue corn, beeswax and honey. The Body Shop uses 100 tonnes

of bananas each year, all peeled by hand! The skins aren't used, so they're dried and put on flower beds. 1,000 different ingredients are used each year and we looked at the laboratory where people experiment with different ingredients to make new things.

The next stop was the place where juices are made from fruit, flowers and cucumber! Chemical preservatives are added to make sure the fresh juice doesn't go mouldy. In the kitchen, we saw machinery

which weighs ingredients and then mixes them and we learnt how the mixtures are bottled and sent to countries around the globe. We also saw the machines which make the plastic bottles and watched them being filled, capped and labelled before going to the warehouse where they are stored.

At the end of the tour, we looked around the shop at the things on sale that we had just seen being made! We also had drinks and a snack in the restaurant.

Here are some of the things our tester team said:

"The buggy that takes you round is really good fun, especially when it goes over bumps. I liked seeing people working in the warehouse. I didn't understand everything the lady said but I thought it looked really fun mixing things up in the kitchen. I would like to work there." (age 7)

"We played a game to show us how things are put in a bottle and I liked that. The machinery was interesting and I liked touching things that go into the bottles." (age 7)



"I thought The Body Shop was just a shop, so it was interesting to find out how it started. I really liked seeing the conveyor belt and finding out about recycling, and how the small business grew. How they make things is a bit like science and I think it would be really good for a school trip. I liked holding a solid lump of cocoa butter." (age 11)

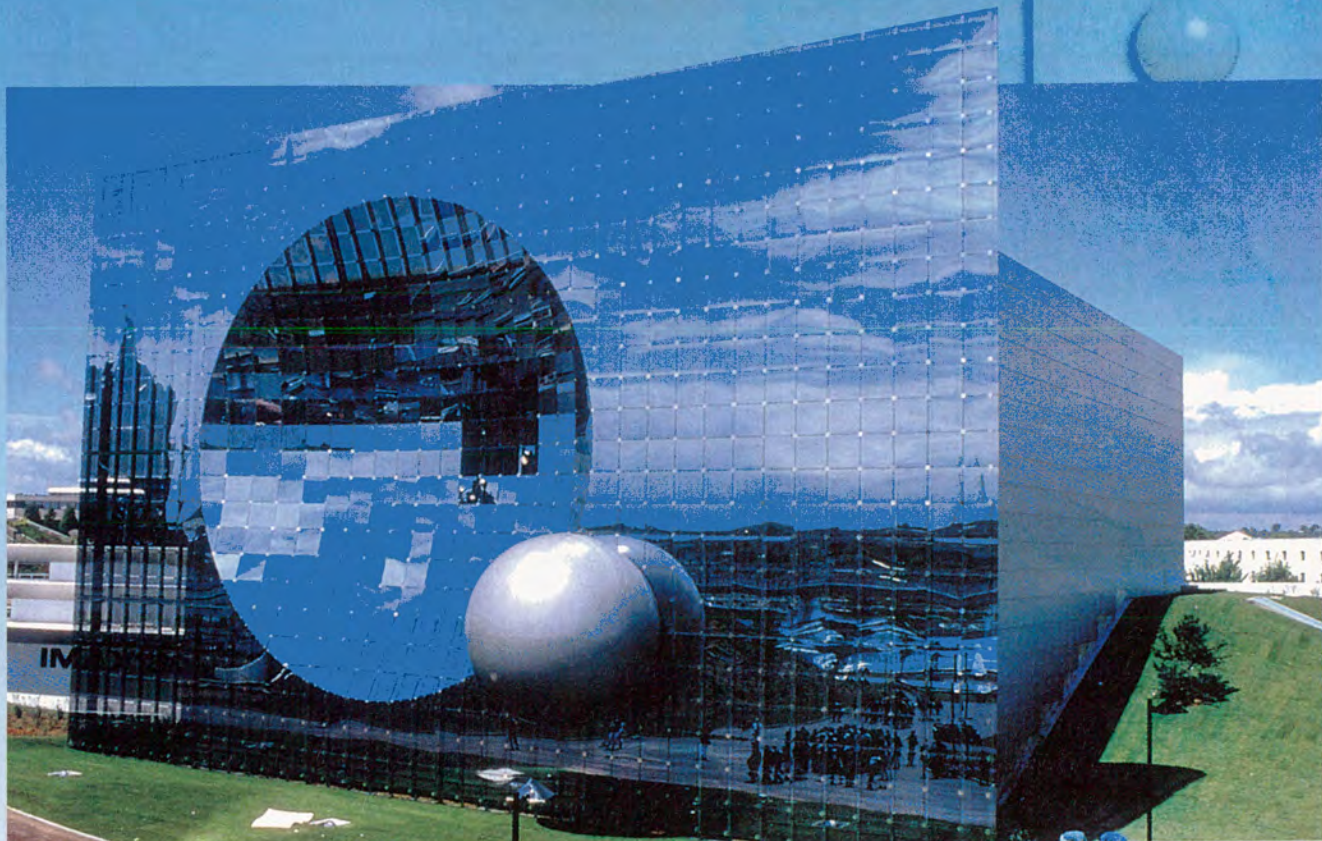
"I like using The Body Shop stuff and I never knew there was real fruit in it. I thought the history of the business was interesting and it's amazing to think something that small could grow into something that large. Getting there is a bit boring because the journey is so long, but it's really worth it when you get there." (age 11)

"I thought it was good to see how nothing is tested on animals and it was interesting to see how they use humans to test the stuff." (age 10)

"It was good to see how they mix everything up and what they use. I thought peeling bananas was an interesting job – I would definitely like to work there when I am older, mixing different things together and experimenting with different potions. I liked touching the ingredients. I didn't know that a brazil nut is like segments of an orange before." (age 9)

FactFile

- The Body Shop Tour Watersmead Business Park Littlehampton West Sussex is open all year round, Monday to Saturday. If you visit at the weekend, you may not be able to see people at work.
- You should book tours in advance on 01903 844044.
- The tour lasts about 1 hour and 20 minutes.
- **Cost**
- £2.95 children, £3.95 adults, discounts for school visits and groups of 20 people or more.
- **Travel**
- By train from Victoria to Littlehampton, Arundel or Angmering. Ask for details of discounted taxi fares from the station when you book your tour.
- By car, off the A259.



WIN A TRIP FOR YOUR FAMILY TO FUTUROSCOPE IN FRANCE!

Would you like to visit Futuroscope, the European Park of the Moving Image near Poitiers in Western France? Float on a Magic Carpet Ride with a screen in front of you and a screen under your feet? See images all around you when you watch a 360 degree film? Visit a 3D cinema with images so real that you will try to touch them? Have a go at virtual games and be thrilled by exciting rides?

Just send your name, address, age and school name to No Kidding! Futuroscope
PO Box 10427, London N8 8UP
by **Friday 27 February**.

The first name drawn out of the hat on that day will win 2 full day passes for the amazing Futuroscope for a family of 4 (2 adults and 2 children aged under 16). The prize includes travel to and from France on one of SeaFrance's 3 ships which ferry holiday-makers on the short crossing from Dover to Calais, and one night's bed and breakfast accommodation in a family room at the Hotel du Futuroscope.



FUTUROSCOPE

SEA FRANCE
DOVER - CALAIS FERRIES

Terms and conditions:

1. There are no cash alternatives. 2. The winner will be notified by post. 3. Only 1 entry per child. 4. Prize must be taken by 31 December 1998 and is subject to availability. 5. Prize includes 2 full day passes to Futuroscope, one night accommodation and breakfast, return travel from Dover to Calais by ferry for 2 adults and 2 children aged under 16, plus car. 6. Winners will have to make their own travel arrangements from Calais to Poitiers. 7. The name of the winner may be used in future issues of No Kidding!

EVERY YEAR, THOUSANDS OF CHILDREN ARE HURT IN ACCIDENTS BECAUSE THEY DON'T PLAY SAFELY

Nine-year-old Lauren was really excited when she was given a brand new pair of roller blades for Christmas last year. She practised indoors – but just a few days later, she crashed into one of her younger brother's toys which he had left lying on the floor. Lauren ended up in hospital, found out she had fractured a bone in her arm and had to wear heavy plaster for 6 weeks.

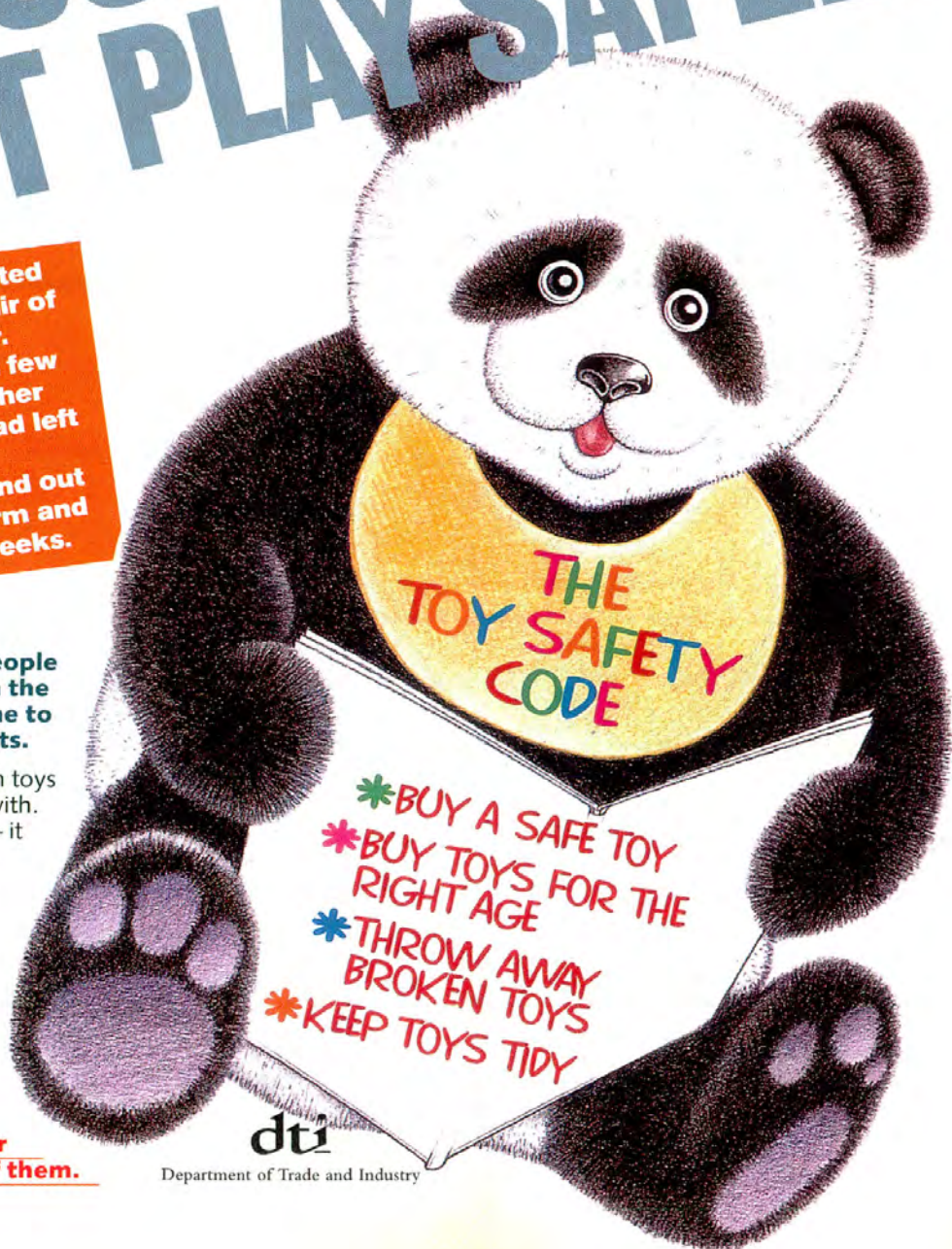
Lots of nasty accidents happen when people fall or trip over toys left lying around on the floor or on the stairs. Just taking the time to tidy toys away could stop those accidents.

Toys can hurt people in other ways too. Broken toys or second-hand toys may not be safe to play with.

It's best to buy toys from shops you know – it can be dangerous to buy cut-price or second-hand toys from car boot sales or jumble sales. And you should always throw away broken toys: if you give them to someone else, their new owner might have an accident.

Even safe toys may become dangerous when your younger brothers and sisters play with them. Little children can choke on small bits of toys. They can choke on marbles – and even balloons.

Play safe! Make sure you don't leave your toys where younger kids can get hold of them.



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Department of Trade and Industry