

NO KIDDING!

For boys and girls aged 7 to 11

Number 10 ● May/June 1998



ARE THERE
REALLY
HOLES IN
SPACE?



BLACK HOLES **FOOTBALL PENGUINS** COUNTDOWN TO THE 21ST CENTURY PART 3
COLLECTIONS AND MUSEUMS **HAYFEVER** A PROBLEM SHARED

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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!**

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The names of the children whose pictures appear on the pages – and the cover – of this No Kidding! are:

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Siaba Tumoe (Portway Juniors, Stratford, east London)



If you would like to be in **No Kidding!**, write to us at **PO Box 10427, London N8 8UP.** Make sure you write your address – some of you have forgotten to tell us where you live so we can't write to you to ask you to have your picture taken!

FRIDAY 12 JUNE is Anne Frank's birthday
and national Anne Frank Day.

Anne died when she was 15 but the diary she kept during the Second World War has made her name famous. She would have been 69 years old this year. On Anne Frank Day, schools and families are being asked to plant a tree to remember not just Anne, but all the children who have died in wars this century. Anne Frank Day is being organised by the Anne Frank Educational Trust UK and you can ask your teacher to ring them on 0181 340 9077 to find out more.



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Setting a good example

CHILDREN AT HONEYWELL JUNIORS IN BATTERSEA, SOUTH LONDON

are getting ready for a fashion show in May which they are organising with the help of parents and teachers to raise money for their school and for charity. Tell us if anything new or different is happening at your school! And if you would like us to come to your classroom, get your teacher to ring us on 0171 354 5040.



A black hole is made from a dead star which pulls everything nearby towards it – even the space around it! **Gravity**, the force that pulls, is so strong that even light cannot escape from it – this means the dead star is invisible.

The earth's gravity keeps our feet on the planet and stops us floating up into space by pulling us downwards. When you throw a ball in the air, the earth's gravity makes it come back down. The only way to beat gravity is to go very quickly – rockets have to travel faster than 11km a second – 40,000 km an hour – to escape the pull of earth's gravity and get into space.

Gravity is all around us, pulling everything together, and different



size things have different strengths of gravity. But a small object with lots of material squashed inside it has a much more powerful pull on things nearby than a larger object which contains the same amount of material.

If you could squeeze the earth, for example, and make it 4 times smaller, crushing everything inside it tightly together, the gravity which pulls things towards its surface would become twice as strong. That means rockets would need to go twice as fast to be able to win the battle against gravity and escape into space instead of being pulled back to earth. Scientists call the speed needed to beat gravity the escape velocity.

The dead star at the centre of a black hole was once massive – probably at least 10 times bigger than our sun. But it has been squashed together so tightly that its gravity has become an

incredibly powerful force. Even light, which travels faster than anything else, cannot travel fast enough to get away from it. For earth to become a black hole and be able to trap light, the planet would have to be squeezed into a ball that measured just 2cm across!

Stars are made of gases – mainly hydrogen and helium – and live for billions of years before they start to die. At the centre of each star, there is a core so hot that it burns and makes light. Towards the end of their lives, stars swell up, puff out, and become red giants. As their fuel runs out, most stars then shrink and become white dwarves, cooling down until all that's left is a cold cinder in space.



Really massive stars however sometimes explode when they become red giants.

These stars are much, much bigger than our sun and when they run out of fuel, gravity squeezes so hard that their cores are crushed. The outer layers of the huge red giant fall in, bounce against the core and explode. When they explode, these huge stars are called **supernovae**.

The core is then squeezed together tighter and tighter to make a black hole.

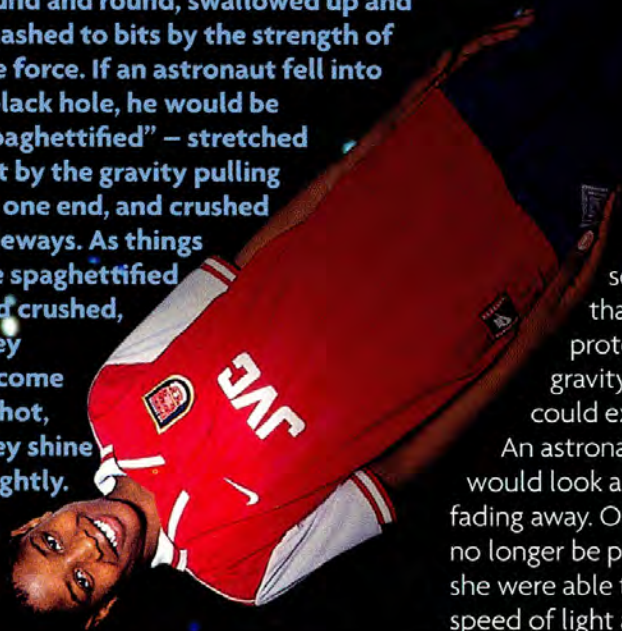
Light cannot escape and anything else nearby is sucked in towards it. Anything that goes too near a black hole is caught by its pull, twirled round and round, swallowed up and smashed to bits by the strength of the force. If an astronaut fell into a black hole, he would be "spaghettified" – stretched out by the gravity pulling on one end, and crushed sideways. As things are spaghettified and crushed, they become so hot, they shine brightly.

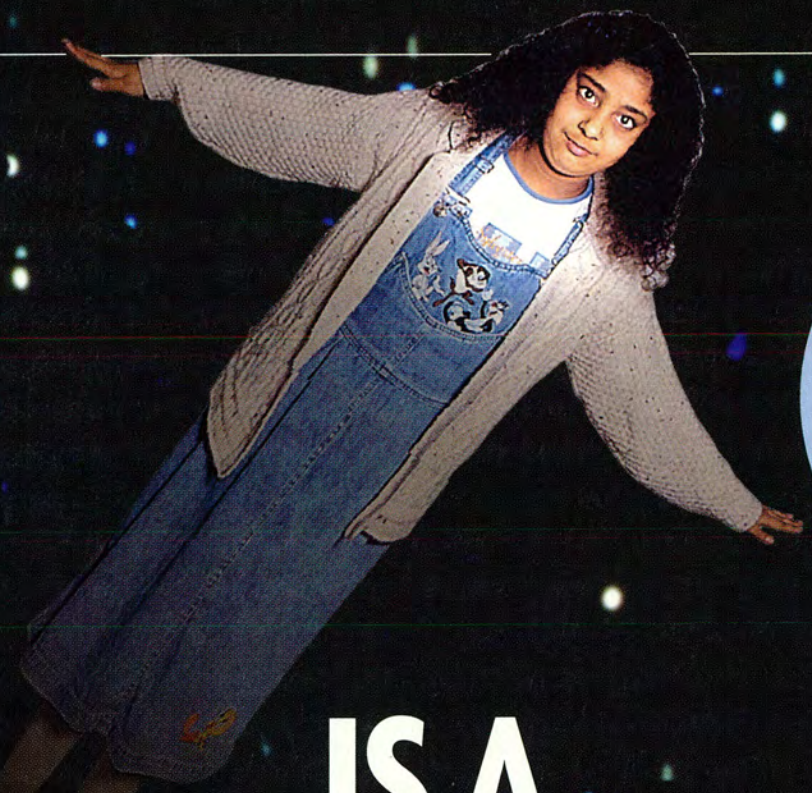


Some scientists wonder if the strong pull of a black hole could pull you into another universe or into another time!

Black holes are mysterious and no-one fully understands them, but the gravity around them is so strong it bends space and time. In future, if someone made a material that were so tough it could protect against the force of gravity, perhaps astronauts could explore black holes.

An astronaut entering a black hole would look as though she were simply fading away. Once inside, she would no longer be part of our universe unless she were able to travel faster than the speed of light and escape!

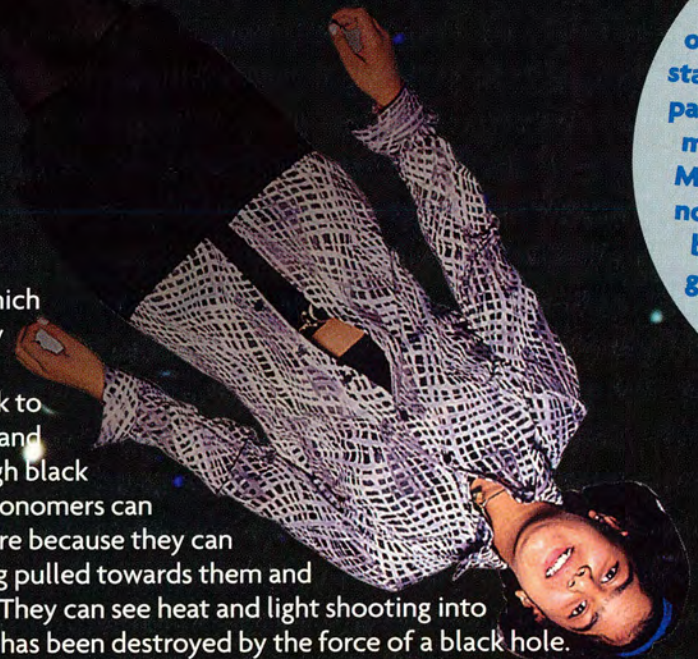




★ The universe is everything. Within the universe, astronomers think there are about 100 billion galaxies. A galaxy is a collection of stars, held together by gravity. From far away, a galaxy looks like a small fuzzy patch in space, but each contains about 100 thousand million stars.

IS A BLACK HOLE REALLY A HOLE IN SPACE?

★ **Scientists** who study the stars and planets are called astronomers. People talked about black holes as long ago as the late 1700s but they have only recently been discovered because of modern equipment which lets astronomers study far off space. Pictures are taken and sent back to earth by space probes and telescopes. Even though black holes are invisible, astronomers can work out where they are because they can see other objects being pulled towards them and whirling around them. They can see heat and light shooting into space after something has been destroyed by the force of a black hole.



★ The galaxy which contains earth and the other planets that travel around our sun is called the Milky Way. The stars you see in the sky at night are all part of the Milky Way – and there are many many more that you can't see. Most galaxies are known by numbers, not names. Scientists think there are black holes at the centre of some galaxies – even one at the centre of our Milky Way galaxy.

WHAT BIRD CAN'T FLY BUT CAN SWIM?

Many penguins live in the coldest place on earth – in the seas around Antarctica at the bottom of the world. The Antarctic continent lies over and around the South Pole and is covered by a thick layer of ice, at least 1.6 km deep. The seas around Antarctica are freezing cold and full of icebergs, large lumps of ice, and ice floes, sheets of ice that float in the water.



As we get ready for summer, it's the beginning of winter in Antarctica and the penguins that live there will spend the next few months living in the icy seas, resting when they're tired on the ice floes.

These penguins have a thick warm coat of feathers which doesn't let in the cold or the water. Under their skin, they have a layer of fat which helps keep them snug, dry and warm.

And once a year, they grow a new coat

of feathers to keep the cold out. At the end of the winter months, their coats are worn out by all the swimming and diving in the salt water, and because of the wind, rain and snow beating down on them.

During the Antarctic summer, which starts in December, their old feathers fall out and a new coat grows underneath. These penguins spend their summer out of the water – they don't go diving in the water until their new coats have grown because they would freeze to death if they did.

The Antarctic penguins first leave the seas in the

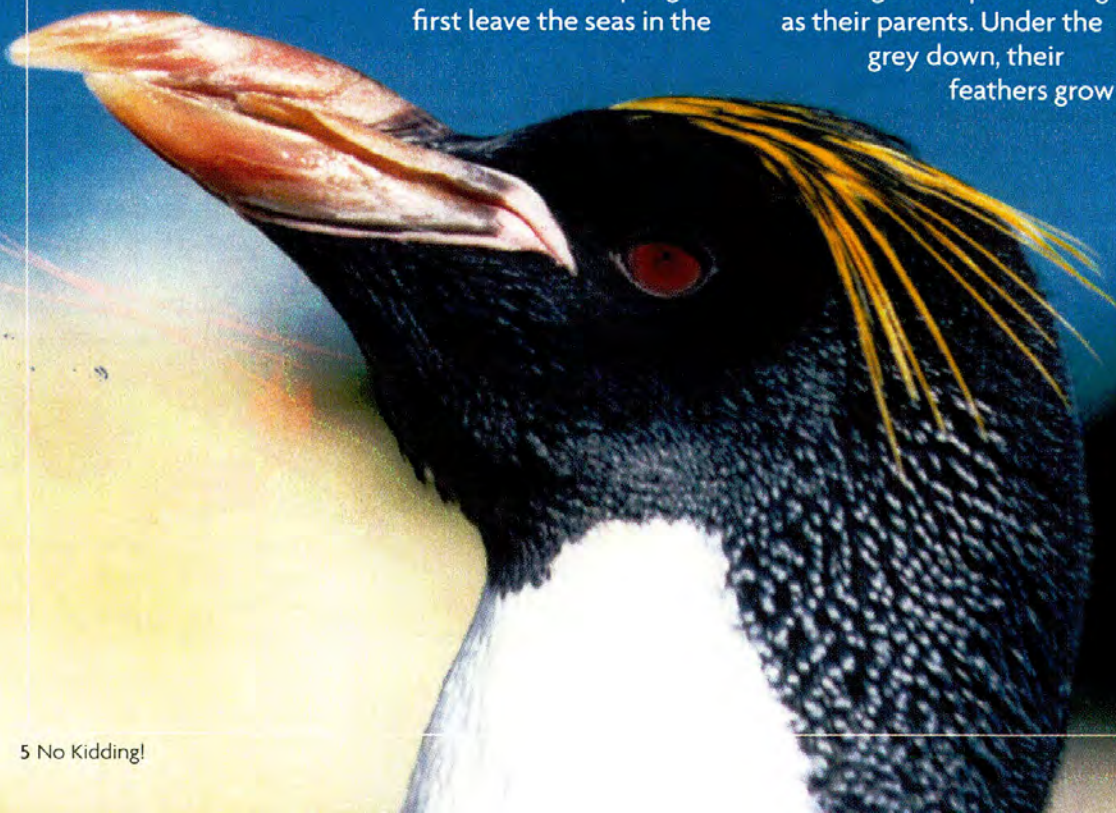
spring (our autumn) and find somewhere dry to have their babies. In Antarctica, thousands of penguins build their nests together on one of the small islands where the snow has melted. Mums and dads take it in turns to sit on one or 2 eggs for about 6 weeks until the summer begins and the babies hatch.

The babies are covered in a soft woolly down which looks more like fur than feathers. During the summer months, the chicks get larger and larger and by February, they are almost grown up and as big as their parents. Under the grey down, their feathers grow

and soon the down begins to fall out.

While they are growing, their mums and dads take it in turns to look after the chicks while the other goes to get them food. Penguins in Antarctica eat krill, millions of tiny creatures which live in the sea. The parents catch the krill, fill up their stomachs and come back to the nests. Here they bring the krill back up out of their stomachs so the chicks can eat. They also eat small fish like anchovies and other sea creatures like shrimps.

By the time March comes – the beginning of the autumn in the Antarctic, the baby penguins have grown up and are wearing their thick waterproof coats. Their mums and dads have grown their new winter coats too. As rain and storms come and snow covers everything, the Antarctic penguins return to the sea.





Penguin facts

* There are 18 types of penguin and they all live in the southern hemisphere, the part of the world below the equator, the imaginary line drawn around the planet's fattest part. The largest penguin is the Emperor penguin which is 1.2 metres tall and lives in the seas around Antarctica.

* Many other types of penguins live in hot countries in the southern hemisphere – like Australia or countries in Africa and south America.

* The Rockhopper penguin lives around the Falkland Islands in the middle of the south Atlantic Ocean, off the bottom coast of south America. In the 1930s, there were about 3 million of these penguins living in and around the islands. Now there are only about 300,000. A Falklands Island Penguin Appeal is raising money to find out why there are so few Rockhoppers – and to find out what's happening to the other 4 types of penguins that live around the Islands. The Appeal is part of Falklands Conservation, a charity which wants to protect wildlife on the Islands. In the next few years, people are going to begin to look for oil in the seas around the Falklands which could mean that areas where penguins live are threatened.

MARWELL

Marwell Zoological Park
Colden Common, Winchester, Hampshire SO21 1JH

Penguin Week
Monday 25 May
to Sunday 31 May

Win a family ticket

to see the penguins

We've got 6 family tickets to give away to **No Kidding!** readers. Just send your name, age and address to **No Kidding! Penguins PO Box 10427 London N8 8UP** by Friday 22 May 1998.

The first 6 names drawn out of the hat on that day will be sent a family ticket – for 2 adults and 2 children – in time for Penguin Week.



There will be all sorts of activities, displays and competitions at Marwell's Penguin World during the week.

Penguins are fed each day at 3pm and you can watch them through an underwater viewing window or from around the edge of their big pool. The park opens every day (except Christmas Day) at 10am and it's easy to find from the M3 or M27.

Terms & conditions 1. Closing date Friday 22 May 1998. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post.

GATWICK ZOO

Russ Hill Charlwood
Surrey RH6 OEG

Tel: (01293) 862312



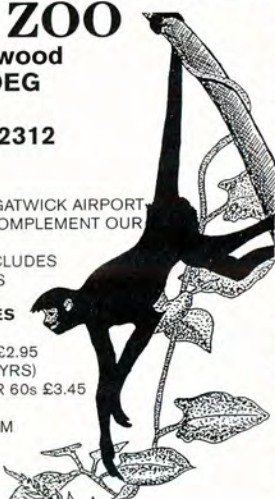
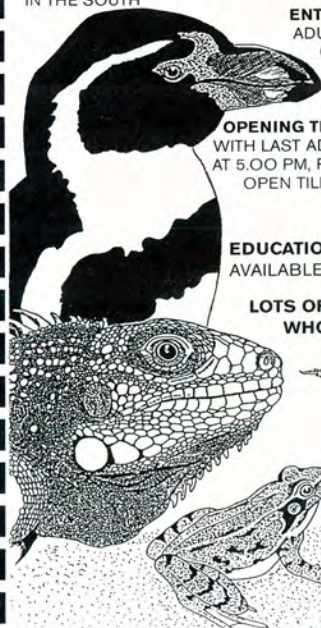
- SIGNS OFF THE A23 BETWEEN HORLEY AND GATWICK AIRPORT
- LARGE PICNIC AREA WITH BURGER BAR TO COMPLEMENT OUR LIGHT MEALS RESTAURANT
- LARGE ADVENTURE PLAYGROUND WHICH INCLUDES A FORT AND TWO OF THE LONGEST CABLEWAYS IN THE SOUTH

ENTRANCE FEES
ADULTS £3.95
CHILDREN £2.95
(3-14YRS)
OVER 60s £3.45

OPENING TIME 10.30 AM
WITH LAST ADMISSION
AT 5.00 PM, PARK STAYS
OPEN TILL 6.00 PM

EDUCATION PACKS
AVAILABLE FOR SCHOOLS

LOTS OF FUN FOR THE WHOLE FAMILY



FREE CHILD ADMISSION WITH TWO PAYING ADULTS ON REDEMPTION OF THIS ADVERT VALID UNTIL 31/8/98

THE WORLD UP

People all over the world will be glued to their televisions in June and July. They will be watching teams of men from 32 countries play football in France. The teams will be trying to become World Champions and win the World Cup trophy.

This is the 16th World Cup competition organised by FIFA which stands for Fédération Internationale de Football Association. FIFA was set up in Paris in 1904 and sets out the rules for competitions between countries.

The first World Cup was held in 1930 in Uruguay in South America. Uruguay had been the football champions in the 1928 Olympic Games. Until the World Cup started, the Olympics were the top football competition.

Only 13 teams took part in the 1930 World Cup, and most of them were from South America. Quite a few teams from Europe didn't belong to FIFA then. Uruguay won the first competition, beating Argentina 4-2 in the Final. The winning team was given the Jules Rimet trophy, named after the FIFA president who had had the idea to start the World Cup. This trophy was given to Brazil to keep for ever when they won the

World Cup for the third time in 1970.

Since 1930, the World Cup has been held every 4 years, except in 1942 and 1946 because of World War 2.

England first played in the World Cup in 1950, but didn't get anywhere near the Final game. And the England team have only ever become World Champions once – in 1966 when the competition was held in this country. How well do you think England will do this year?

172 countries entered the 1998 World Cup competition.

Over the past 2 years, hundreds of games have been played, knocking out all but 30 of the teams who now go forward to the final 64 games. Another 2 teams qualified without having to play any matches. They are the team from the country that won the last World Cup – Brazil – and the team from the country where all the final games will be held – France.

The 32 countries have been put into 8 groups. There are 4 teams in each group, and each team will play 3 games, one against each member of their group. England is in a group with Romania, Colombia and Tunisia. Each team gets 3 points if they win, 1 point if they draw and no points if they lose. The 2 teams with the most points in each group then go forward to the next round which means there will then be only 16 teams left in the competition.

These 16 teams then play 8 matches against each other. The 8 winners play in the 4 quarter final games. The 4 winners of the quarter finals go forward to the 2 semi-finals, and the 2 winners of the semi-finals play in the Final on 12 July at the Stade de France in Paris.

The games leading up to the Final will be played at 10 grounds all over France – in Nantes, Bordeaux, Toulouse, Lens, Lyon, Saint-Etienne, Marseilles, Montpellier and, of course, Paris.

See if you can find these places on a map!

Football is big business! Many of the professional football clubs in this country make lots of money and some tickets to matches have become so expensive that fans can't afford to buy them. Some people are worried that the football clubs are more interested in making money than they are in the game!

The government has set up a special Football Task Force to look at the

game in this country. All the football organisations like the Football Association, the Football League, the Professional Footballers Association and the Football Spectators Association are part of the Task Force, set up in July 1997. The Task Force will look at ways of making sure all fans can afford to buy tickets to games – and at ways of making sure people with disabilities can get into stadiums. It will look at whether the cost

of things like your favourite team's strip is fair, and at ways of getting top footballers involved in games played by people like you.



Girls who love playing football

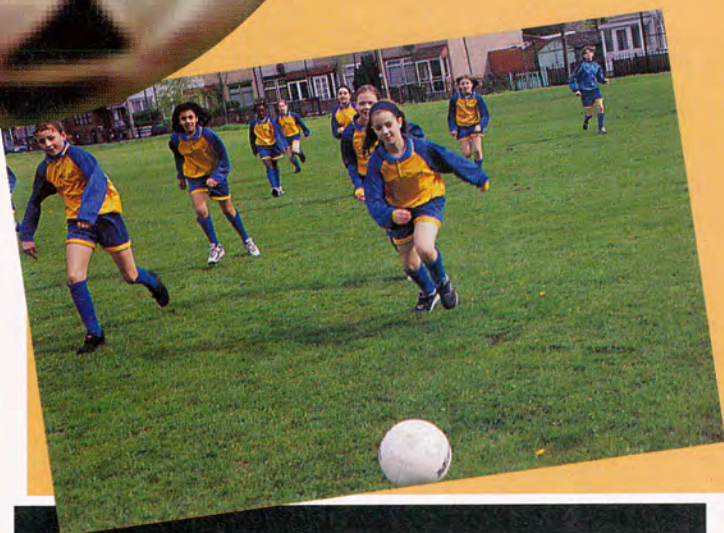
at Barclay Juniors have helped set up their own league for all girls teams at other junior schools in Waltham Forest, east London. The girls wanted their own school team, started training twice a week at lunchtimes and then asked their teacher to fix matches against other schools. The Barclay school girls team has players from years 3 to 6.

There are already 8 schools playing in the league and matches take place either at schools or on nearby pitches



because some schools don't have anywhere to play.

Now Leyton Orient FC have been asked to help find pitches for the games.



Croydon Clocktower ■ Katharine Street ■ Croydon 0181 253 1030

FANTASY FOOTBALL ART LEAGUE

opens on 18 June

19 of Britain's top artists – all football fanatics – in an exhibition about how they feel about the game and its heroes. Loads to see and do for all the family!

Don't miss our Father's Day Party on Sunday 21 June – ring 0181 253 1030 for details of this and other special family events.



Tickets £2, £1 concessions, family ticket £4.50 admits 2 adults and up to 4 children

Wimbledon FC Football in the community



Winner of F.A. Award for Best Overall Football Development Scheme

Football coaching courses

• Football coaching courses during the school holidays and after school • Plus Mini-soccer • Opportunity to progress to Wimbledon F.C.'s Advanced Soccer Programme

• May Courses still available or join us for summer sessions

Call 0181 771 1772

WANT TO PLAY FOOTBALL LIKE ALAN SHEARER?

Find out how by watching *How to Fill Shearer's Boots...*

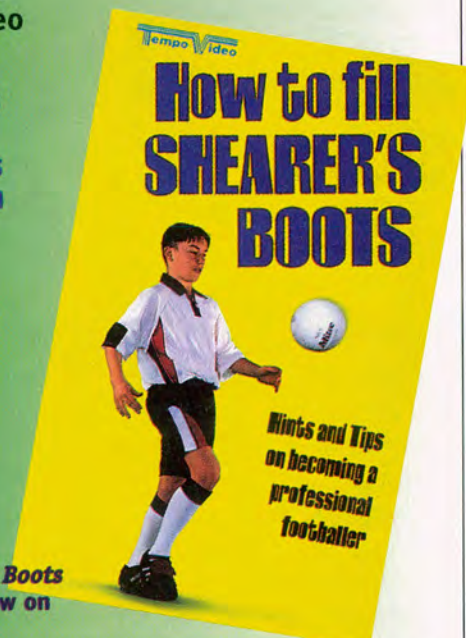
We've got 10 copies of the new video from Vision Video to give away.

Just answer this question:
How many times has England won the World Cup?

Send your answer on a postcard to
No Kidding! Football
PO Box 10427
London N8 SUP
by Friday 12 June

The winners will be the first 10 correct answers drawn out of the hat on that day.

How to Fill Shearer's Boots costs £9.99 and is now on sale in the shops.



Terms and conditions: 1. Closing date Friday 12 June 1998. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post.



Year 6 children at Grafton Primary in Holloway, north London, found out all about the life of Arthur Wharton, the first black professional footballer in England and made a book about him during their lunchtimes. Arthur was born in West Africa in 1865 and came to school in England where he started playing football. He turned professional in 1889, playing in goal for different teams in the north of England,

including Sheffield United and Darlington. Grafton children wrote to his great niece Sheila Leeson to find out about his life and how difficult it was being the only black player at that time. "I think it took a lot of courage to get where he was and in his time, hearing abusive language," says one of the team who made it (pictured above). Another says: "I wish that racism would stop in all areas of life, not just in football."

Have you heard of Kick It Out?

Kick It Out is the organisation that runs *Let's Kick Racism Out of Football* which was started in 1993 by the Commission for Racial Equality and Professional Footballers Association. It's about getting rid of all racism in football – amongst fans, on the pitch in professional games, in local clubs and even in parks. All the football







organisations support *Let's Kick Racism Out of Football* and the Football Task Force has just suggested all sorts of ways to get rid of racism in the game.

One of the things Kick It Out is doing is looking at why there are no professional Asian players in this country – even though there are thousands of Asian players and more than 300 Asian football teams.

SCORE
with Greenwich Leisure

Greenwich Leisure Services (GLS) Propose that any sporting individual and clubs who wish to use any of the sporting venues, pitches and facilities provided by GLS follow the Sports Charter on Racial Equality, SCORE.

To SCORE in Greenwich you must:

-  Be committed to combating racism in sport
-  Believe all the sports people in the Borough should be able to play and enjoy their sport environment free from the threat of intimidation, harassment and abuse.
-  Believe all sports grounds should oppose racism and promote quality of opportunity.
-  Want to play your sport in a Borough where all communities are valued and respected.

Greenwich Leisure Services is committed to providing responsive services which are relevant to the needs of all sections of the community



 Leisure Services

These are the 32 teams that are trying to become World Champions in the World Cup in France. See if you can find their names – they run vertically, diagonally or horizontally from right to left or from left to right!

ARGENTINA
AUSTRIA
BELGIUM
BRAZIL
BULGARIA
CAMEROON
CHILE
COLOMBIA

CROATIA
DENMARK
ENGLAND
FRANCE
GERMANY
HOLLAND
IRAN
ITALY

JAMAICA
JAPAN
MEXICO
MOROCCO
NIGERIA
NORWAY
PARAGUAY
ROMANIA

SAUDI ARABIA
SCOTLAND
SOUTH AFRICA
SOUTH KOREA
SPAIN
TUNISIA
USA
YUGOSLAVIA

B	U	C	C	H	B	N	I	G	E	E	R	N	A	P	A	J	I
S	C	R	O	T	R	L	A	N	L	C	O	O	G	E	R	M	A
A	I	O	K	M	A	O	R	I	R	O	C	R	M	O	L	O	C
S	P	A	R	A	Z	A	H	I	R	L	N	W	B	E	L	G	I
Z	I	T	A	S	I	C	P	E	O	O	N	A	I	G	L	E	B
B	R	I	M	U	L	B	M	A	Z	M	L	Y	I	Y	U	G	D
E	A	A	N	A	I	A	A	V	A	B	O	L	L	S	O	N	N
K	O	R	E	R	C	S	O	R	U	I	T	R	H	A	A	A	A
K	A	Z	D	G	O	I	G	U	A	A	Y	Z	O	A	T	R	L
J	A	M	A	E	A	I	R	E	G	I	N	Z	O	C	A	I	G
D	D	E	N	N	M	R	O	F	M	A	D	I	D	R	C	A	N
X	N	A	Y	T	Z	E	C	N	A	R	F	U	N	A	I	O	E
S	A	I	S	I	N	U	T	A	C	H	O	T	A	L	A	N	E
F	L	R	O	N	N	C	E	S	I	C	T	O	L	S	M	T	C
R	L	A	U	A	A	C	N	O	O	V	R	U	T	E	A	M	A
A	O	G	T	S	Y	A	U	G	A	R	A	P	O	S	J	B	G
S	H	L	H	N	S	I	X	Y	B	R	A	L	C	S	Z	E	E
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C	H	B	O	C	H	A	U	S	T	R	I	A	A	O	E	G	M
I	L	E	R	I	L	M	P	X	S	T	U	V	R	E	G	I	A
U	A	R	E	S	U	O	L	S	U	Y	Y	N	A	M	R	U	N
S	A	I	A	T	A	R	A	S	G	O	O	C	I	X	E	M	Y

World Search



IF YOU DIDN'T AGREE WITH YOUR HEAD TEACHER, WOULD YOU EXPECT TO END UP IN PRISON?

Unbelievable? In some countries in the world, people get sent to prison for a very long time just for saying they don't agree with the way their country is being run.

People who are sent to prison for saying what they believe are called **prisoners of conscience**.



U Pa Pa Lay and U Lu Zaw are in prison in Myanmar (once called Burma) just for telling a joke about the people who run their country. The two comedians were making about 2,000 people laugh by telling jokes about the government. That's like prime minister Tony Blair sending Cilla Black to prison just because she

made a joke about him on *Blind Date*.

Just as you have the right to tell your head teacher what you think (without being rude), every human being has the right to say what they think without being punished. This right is in the Universal Declaration of Human Rights which says how human beings should be treated by each other.

The Universal Declaration of Human Rights was made by the United Nations in 1948, just after the Second World War. Most countries belong to the United Nations which works to keep peace in the world and make it a better place.

Everybody has the same rights, no matter what colour their skin is, what religion they believe in, what language they speak or whether they are a man, woman or child. The Universal Declaration of Human

Rights says we all have the right to live safely and none of us should be arrested or held in prison without a good reason. We all have a right to think what we like and tell others what we think without getting into trouble. We all have the right to learn how to read and write and the right to have a home.

Countries around the world sometimes take no notice of these rights. People are thrown out of their homes or even killed because of their religion, thrown into prison and hurt simply because they speak their mind.



**YOU CAN
SOMETHING**

**MAK
YOU
MAR**
FOR HUMAN R

WHAT'S THE BODY SHOP GOT TO DO WITH PRISONERS IN OTHER COUNTRIES?

We asked Anita Roddick, who started The Body Shop.



"A large number of countries got together and agreed a set of rules to help stop anything like the Holocaust ever happening again. This set of rules was called the Universal Declaration of Human Rights.

"The day I read that book was the day I started fighting for human rights. I became someone who was prepared to speak out against unfair people and unfair decisions. I drove my mother mad, but I knew I would never be able to accept a world that didn't listen to the pain of others.

"Human rights run through every part of The Body Shop. We trade fairly with native tribes in many countries and we make sure the people who work for The Body Shop are treated fairly.

"We also want to help those people like U Pa Pa Lay and U Lu Zaw who stand up for fairness in other countries. We have been working with Amnesty International for 10 years, fighting for the human rights of people all over the world.

"Make Your Mark is about helping many brave people around the world who speak out and don't turn their back on unfair treatment, even if it is dangerous for them.

"I hope you will join The Body Shop and Make Your Mark."

"When I was 10, I picked up a book about the Holocaust. This word describes what happened during the Second World War (1939-1945) when 6 million Jewish people were killed just because they were Jewish. After the War, the world was shocked by what had happened.

In this country, you wouldn't be scared to say what you think.

Will you Make Your Mark to help other people who aren't scared to say what they think, even if it means they end up in prison?



DO
NG!

E
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K
GHTS

The Body Shop wants people all over Britain to go into their branches and leave their thumbprint to help get U Pa Pa Lay and U Lu Zaw out of prison. Branches of The Body Shop in more than 30 other countries are collecting thumbprints to send to the government in Myanmar and governments in other countries to show them how many people around the world think they are acting unfairly when they put people in prison for saying what they think. The Body Shop is working with Amnesty International which has been helping people like U Pa Pa Lay and U Lu Zaw get out of prison for nearly 40 years.

When you Make Your Mark at The Body Shop, you can find out more about the Universal Declaration of Human Rights and the work of Amnesty International too. You can also find out about The Right Idea, a competition with fabulous prizes about the Universal Declaration of Human Rights.



TESTER TRIP



We took our tester team on the train to Paradise Wildlife Park.

When we visited Paradise Wildlife Park in Hertfordshire, we held a Burmese python, fed some zebras, zoomed down a helter skelter in a sack and took some snake skin home.

The team took the train to Broxbourne station – it's just half an hour from Liverpool Street and there are stops at Tottenham Hale, Brimsdown, Enfield Lock and Waltham Cross. At Broxbourne, all visitors to Paradise Wildlife Park can get a free ride to the Park. Just ask at the ticket office at the train station, and the Park sends the bus to pick you up.

At Paradise Wildlife Park, there are all sorts of animals to stroke and feed with a mixture of carrots, lettuce and other vegetables that you can buy as you go in. There are animals that you can't stroke or feed but can see really clearly – like the tigers and their cubs and the lions.

In the reptile house,

we stroked giant tortoises, saw a tarantula spider and took a good look at an iguana lying high up out of the reach of visitors' hands. Harry, the huge Burmese python, was taken from behind the glass so we could touch him. We felt some of the old skin that the pythons had shed and were allowed to take some with us to show to our friends.

On the Farmyard Walk, we saw baby sheep, turkeys, rabbits, goats and sheep and then the younger kids in our team rode on the back of a pony. There are shows and events going on throughout the day which let you get really close to birds of prey, parrots, camels and other animals.

But there aren't just animals at Paradise Park – there are all sorts of amazing playgrounds, a huge paddling pool to help you cool off on hot days, an indoor play area just for under-5 year olds, rides for older children, a train ride, crazy golf and a woodland walk.

There's plenty of space to have a picnic, or you can buy lunch at a cafe or snack shop.

Here are some of the things our tester team said:

"It's a really good place. The playgrounds are brilliant, especially the adventure play area. I was a bit scared about feeding the animals but it was good that you could get so close and see them really clearly. I really liked the reptile house and held a snake for the first time ever." (age 11)

"My favourite was the big fat snake but I liked all the animals. I liked the pony ride. The helter skelter was really good because you went really fast." (age 6)

"The zebras were the best because bits of their mouth were very soft on my hands as I fed them. The snake felt dry and soft and warm when I stroked it. The adventure playground was excellent and the rides were very funny. I would really like to go back again." (age 9)

"I loved the lions and tigers and we watched some people who work at the Park playing with them. The rides were really good, especially the free 'roller carts'. I didn't like the train very much but little kids would love it." (age 8)

"It was really brilliant. I loved seeing the animals and feeding the camels. I loved the rides too, and the playgrounds. I think it's a great place for big kids and little kids because there is so much to do." (age 7)

"The man in the reptile house told us loads of things about the snakes. I saw a fox really clearly and I had never seen a fox before. I would have liked to have gone on a pony but I was too big and the ponies too small. All the playgrounds and the rides were brilliant." (age 10)

FactFile

Paradise Wildlife Park, White Stubbs Lane, Broxbourne, Hertfordshire is open every day of the year, 10am to 6pm from March to October, 10am to dusk, November to February.

Cost

£4 children, £6 adults plus extras inside like the pony ride (50p) and the rides (50p each).

Travel

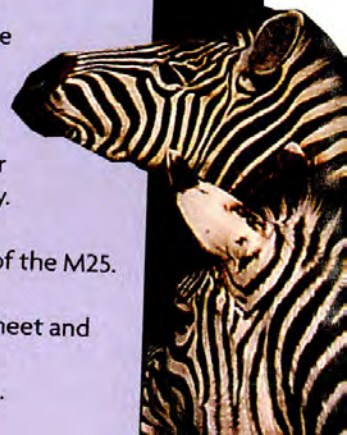
By train with West Anglia Great Northern Railway from Liverpool Street and Tottenham Hale, four trains an hour on weekdays and Saturday, one train an hour on a Sunday. Ring **0345 48 49 50** to find out train times and fares.

By car, signposted off the A10, 6 miles from junction 25 of the M25.

School visits

Paradise Wildlife Park can give your class the chance to meet and touch animals during your visit.

Your teacher should ring **01992 470 490** to find out more.



COUNTDOWN TO THE 21ST CENTURY

Part 3

What happened during the third decade of the 20th century – 1920-1929...

NEW COUNTRIES

The end of the First World War had changed how Europe looked. Germany, Austria-Hungary, Russia and Turkey had all given up lots of land they had ruled before the War. Hungary became a quarter of its old size and new countries included Czechoslovakia and Yugoslavia.

SKIRTS TOO SHORT

During the 1920s, the clothes women wore changed a lot. Instead of wearing long dresses down to the ground, women began to wear shorter dresses – thousands of women were now showing the calves of their legs! They also cut their hair very short and started to wear make-up. In some parts of America, women who wore “too short” skirts could be put in prison!

Fashionable women were called flappers. They knew dances with names like the *Black Bottom* and the *Charleston*.

One of the most famous people who helped to change the way women dressed was the French Gabrielle “Coco” Chanel who designed clothes. She also made a famous perfume – Chanel No 5.

NO ALCOHOL

For the whole of this decade, people who lived in America were not allowed to drink any alcohol. In January 1920, a law was passed to ban the sale of alcohol. This was called “Prohibition”. Not only was it against the law to sell alcohol, it was also against the law to buy it or drink it. Many people started to meet in secret places which sold alcohol.

“Gangsters” set up some of these places. They were criminals, broke the law, carried guns and went around in gangs. One of the most famous gangsters was Al Capone.

DANCE TILL YOU DROP

In the early 1920s, lots of people in America tried to win money by “marathon dancing”. People danced for as long as they could without stopping and often made themselves ill. In 1923, one couple fell to the floor after dancing for 45 hours without stopping! Police stopped another marathon after 53 hours.

OLYMPIC GAMES

In 1920, the first Olympic Games since World War I were held in Antwerp in Belgium. In 1924, the Olympic Games were held in Paris in France, and in

1928, they took place in Amsterdam in The Netherlands. The first Olympic Winter Sports took place in the French Alps in January 1924. 18 countries took part.

CHARLIE CHAPLIN VISITS

In 1921, film star Charlie Chaplin visited London, where he had been born. Thousands of people went to Waterloo to meet him, and the traffic was held up in central London as crowds stood around his hotel.

FIRST TALK IN FILMS

In October 1927, people saw the first film with sound – *The Jazz Singer*. Some people said “talking pictures” wouldn’t last. In 1928, people who went to the cinema saw the first cartoon with sound. It was called *Steamboat Willie* and starred Mickey Mouse.



IN GERMANY

Adolf Hitler became leader of The National Socialist German Workers' Party, or Nazi party, in 1921. After the War, things weren't too good in Germany. German money – the Deutsche Mark – became worthless, people stole from shops and were not very happy. The Nazis spoke about a plan to make Germany bigger and better.

Hitler was sent to prison in 1924 for trying to take control of the country. During the 6 months he was in prison, he wrote a book called *Mein Kampf* which called on all Germans to join the Nazis.

IN RUSSIA

In Russia, the people in charge – the Russian Communist Party – were having all sorts of problems. In 1921, 18 million people in the country were starving because there was not enough food to eat and people kept fighting.

The leader of the Party was Vladimir Lenin and he died in 1924. His body was put in a special place in the middle of Moscow so that people could go and see him, and Petrograd was renamed Leningrad to remember him.

Other powerful people in the Communist Party then started fighting for control. Joseph Stalin got the most power and got rid of Leon Trotsky who had helped to organise the 1917 revolution when the

Communists, then called the Bolsheviks, had taken over and got rid of the Royal family. In 1928, Stalin had hundreds of people arrested just because they supported Trotsky. Stalin ordered Trotsky to leave Russia in 1929.

A RUSSIAN PRINCESS?

In 1927, a young woman calling herself Anastasia Chaikovsky arrived in America. She said she was the youngest daughter of Czar Nicholas II who had been killed with his family during the 1917 Russian revolution. Anastasia said she had managed to escape with the help of a soldier. Some thought she was making up the story.

IN ITALY

The National Fascist Party was backed by businessmen who were frightened of the Italian Communist party. Members of the Fascist Party wore black shirts and broke up meetings of communists. Benito Mussolini became leader of the party in 1921 – he was called Il Duce.

IN INDIA

People were fighting about the best way to rule India which was part of the British Empire. Indian people were sharing power with people from Britain. Mahatma Gandhi, leader of the India National Congress, said there should be no fighting but was sent to jail for speaking out

against the British. He said the people of India should have nothing to do with the British and be allowed to rule their own country.

IN IRELAND

Irish people who wanted to run Ireland themselves fought against the British government. The people who wanted "Home Rule" were called Nationalists and some of them belonged to a group called Sinn Fein. Another group of people joined the Irish Republican Army (IRA) which had been formed in 1919 to fight British soldiers.

Then the British government sent over special police to Ireland called the Black and Tans (because of the colour of their uniform). They were soldiers who had left the army after the First World War and had no job.

Terrible things happened – on 21 November 1920, for example, 14 British soldiers were killed in their beds. They had come to Ireland to find out more about the IRA which was led by Michael Collins. Later that day, Black and Tans and British soldiers fired guns into the middle of a football match. By December, the British government said the army was in charge of most of Ireland – this is called martial law. The British army then destroyed many villages trying to catch the IRA gunmen.

There were another

group of people in Ireland who wanted Britain to stay in charge. They were called Ulster Loyalists. At the end of 1921, after months of savage fighting, Britain and Ireland agreed that 26 counties in the south would become the "Irish Free State" – the people living there would have their own government and be in charge of themselves. The northern part of Ireland would stay part of Britain and send people to join the British government.

IN CHINA

People in different parts of China fought during much of this decade about who should run the country. In 1921, a Communist Party started in China. The first meeting was held in a girls' school in Shanghai. One of the people there was a young school teacher called Mao Tse-Tung who went on to become leader of China 30 years later.

TUTANKHAMEN'S TOMB

Archaeologist Howard Carter found the tomb of ancient Egyptian pharaoh Tutankhamen in the Valley of the Kings near Luxor in Egypt in 1922. Mr Carter and the Earl of Carnarvon, the man who was paying for the dig, made a hole in the door of the tomb and held up a candle to look inside. The lid of the young pharaoh's sarcophagus was taken off in 1924, and in 1925, the bandages were removed from his mummy.



BRITISH PRIME MINISTERS

There were lots of prime ministers in this decade. David Lloyd George had run the country since the middle of the First World War. In 1922, Andrew Bonar Law became prime minister, leading the Tories. But a year later, in 1923, he stepped down because he wasn't very well and Tory Stanley Baldwin became prime minister. After a general election in 1924, Labour and Liberals teamed up to chuck the Tories out of power and Ramsay MacDonald became the first ever Labour Party prime minister. Then Labour fell out with the Liberals and the Tories took control again, with Stanley Baldwin in charge from 1924 to 1929. In 1929, Labour won a general election and Ramsay MacDonald was prime minister again.

WOMEN VOTE

In 1928, the government agreed that all women aged over 21 could have a say in who was in charge of the country by voting at general elections.

GENERAL STRIKE

In 1926, the miners who dug out coal in Britain went on strike because their bosses wanted to cut their pay and make them work longer hours. People all over the country stopped work to support the miners – it was the first “General Strike”. But other people did their

jobs to make sure buses and trains ran and lorries carried food. People who were against the strike became special policemen. Everyone went back to work and the miners agreed to work the longer hours.

ROADS BECOME BUSIER

Many more people began to own cars and there were more accidents. In 1925, the government decided to paint white lines on some roads to make them safer. London's first traffic lights were put up at Piccadilly Circus in 1926. By 1927, one in every 26 people had a motor car.

FIRST RADIO NEWS

In November 1922, at 6pm, the first regular news was broadcast on radio in Britain. Most listeners had headphones, though a few had loudspeakers so whole families could listen. During the decade, more and more people got radios at home.

FANS AT WEMBLEY FINAL

Football fans went on the pitch at Wembley Stadium at the FA Cup Final between Bolton Wanderers and West Ham United in 1923. The new stadium had been built for 100,000 people, but 126,000 fans were allowed in and another 75,000 climbed over the walls! PC George Storey on a white horse went on the pitch and persuaded fans to move back so the game could start. Bolton won 2:1.

AMERICAN PRESIDENTS

Warren Harding became president of the USA in 1921. He died in 1923. The next president was Calvin Coolidge until 1929 when Herbert Hoover took over.

INSULIN SAVES LIVES

In 1921, 2 Canadians, Frederick Banting and Charles Best, made a dog who had diabetes better with insulin. Their work has since helped save thousands of people's lives. Insulin is made in our bodies by the pancreas and helps turn the sugar in our blood into energy. People with diabetes don't make any insulin and need to add it to their bodies to make them work properly. Until this time, people with diabetes used to die.

PENICILLIN DISCOVERED

In 1928, Professor Alexander Fleming of St Mary's Hospital in London found out that a mould which often grows on stale bread attacks many different kinds of harmful germs. He said that he hoped the mould “Penicillium” could be made into a medicine to be used to fight human illness. Has your doctor ever given penicillin to anyone in your family?

EARTHQUAKE IN JAPAN

There was a huge earthquake in Japan in 1923 which destroyed much of Tokyo and Yokohama and killed thousands of people.

HOUDINI DIES

Harry Houdini, the world famous escapologist, died at the age of 52 in 1926. He was showing how strong his stomach muscles were, was punched in the stomach and damaged his insides.

ACROSS THE OCEAN

American Charles Lindbergh flew across the Atlantic Ocean for the first time in 1927. He flew by himself from New York to Paris in a plane called *The Spirit of St Louis*. It took him 33 hours and 39 minutes to fly 3,600 miles.

WALL STREET CRASH

In 1929, many people in America lost lots of money. They had borrowed money from banks to buy bits of companies, called shares, to try and make money. If a company does well, the value of its shares goes up. But the value of shares started to go down and banks which had lent money asked for it back. People started to sell shares really quickly so they could pay back the money, or because they were scared by the value of their shares going down. The more they sold, the more the value of the shares went down. Wall Street is the place in New York where people buy and sell shares.



IN 1928, TONY GRUNER WAS 7.

He will be 77 later this year. We asked him to tell us what his life was like when he was your age, in the third decade of this century.

“One of the first things I remember is the General Strike of 1926.

There were no buses running – everything stopped. I saw a strange man with what looked like a rocket on his head, and I was so scared I burst into tears. It turned out to be my father wearing a policeman's uniform and it took him some time to get his helmet off. He was a volunteer policeman, so he must have been against the strike, but my parents didn't speak about what they thought of it in front of me.

“We lived in Stamford Hill, at first above a men's clothes shop, and later we moved to a ground floor flat. I lived with my mum and dad, my sister who was 18 months younger, and our maid Ellen. It was not unusual to have a maid in those days, although most of my friends' families did not have one. I was a bit ashamed when I brought friends home because I didn't want them to know we had a maid.

“At first I went to a council-run school by the



River Lee. It was about a mile away and I walked there by myself although I was only about 5 or 6. We had to drink hot milk at school and I didn't like it. When I was 7 or 8, I went to a private school which was nearer. A dreadful lady with ginger hair and a large ruler was in charge. She used to hit people if they said or did anything wrong. Sometimes we were hit on the bottom, but mostly on the hands. I got hit many times – I seemed to be rather stupid at lessons and I think it was because I was so scared of the teacher.

“It was a very happy time for kids in the 1920s because you could go where you liked and be safe. The grown-ups were so busy trying to enjoy themselves that they were not always telling young



kids what to do. My father was a journalist and my mother managed a sweet shop at the cinema. They used to go to parties and dances, and my mother sometimes went with her aunt to Nice in the south of France.

“We played Cowboys and Indians and Hide and Seek around our block of flats. There were lots of cellars so it could be quite scary. And we took fishing nets to the pond on Clapton Common and caught tiddlers which we put in jam jars to bring home.

“On Saturday mornings, the cinema used to rehearse the films it was going to show later in the day, and I would creep in and watch, although it was not open to the public. Other kids started to join me, and we would be chased off. It was the early days of sound in films and I loved musicals and westerns.

“It was a great treat when my sister and I went with our parents to the pantomime once a year. My dad would take me to horse races and dog races

and we went to fairs. Once a year, we went on holiday to Cliftonville near Margate. We always stayed at the same boarding house and it was a real treat to have both egg and bacon – people didn't eat as much then. My idea of a nice meal was sausages and beans or egg on toast. I remember being taken to a Lyons corner house, a sort of tea shop, where a waitress – who was called a nippy – brought egg on toast. A band was playing and I thought it was really lovely.

“We loved the radio, or wireless as it was called, and on a cold night would sit and listen to marvellous programmes. We also had a gramophone and I liked to listen to popular songs and comedy records.

“In the 1920s, it was a golden age for kids. There was a lot of freedom and after the end of the First World War there as a great hope for a better life. People lived well and could not imagine a time when Britain wouldn't be in charge of most of the world. There was plenty to eat and drink and there were no problems for us kids because our parents seemed to have no problems. Then in 1929 things began to change. The cinema where my mother ran the shop closed down and lots of people didn't have a job. Suddenly there was a lot less money.”

FANCY PUTTING ON YOUR OWN VERSION OF A PLAY BY WILLIAM SHAKESPEARE?

That's what children at an after-school drama club at St Joseph's School in Rotherhithe, south London are doing.

The hour long version of *A Midsummer Night's Dream* will be performed twice in May for parents and friends. There are only a few lines of Shakespeare's old-fashioned English – most of the play is written in the way that we speak

today and there are lots of songs and dances.

Everyone is really enjoying it – they all say it's a really good story and changing the old-fashioned English has helped them know what's happening.

10-year-old Elijah Rhone read the real Shakespeare play:

"I didn't understand it all that well and I prefer it in this language."



Elijah Rhone

The drama club, Kids Mania, is run by year 6 teacher Vera Jajechnyk. She asked local charities to help them put on the play – they had to pay for the script, and real actors and a dance teacher have helped them get the play ready.

There are about 30 children from years 4, 5 and 6 in the play. Anyone in the juniors can join Kids Mania and it's so popular that pupils used to come back to the club – even after they had left St Joseph's!



Zoë Harris



Zoë Harris, who is 11, plays Puck and is really enjoying the play:

"Oberon says most of the words in old-fashioned English and there's a little bit of Greek in the play because it is set in Athens. I've got lots of lines to learn – I read them to myself and then my mum tests me."

A Midsummer Night's Dream is a comedy. People think William Shakespeare wrote it in the 1590s.

The play is about Hermia who loves Lysander but has been told by her father to marry Demetrius. Hermia's friend Helena loves Demetrius and they all live in Athens in Greece.

Hermia and Lysander decide to leave Athens secretly and get married. They meet in woods outside the city where fairies live. Helena and Demetrius go to the wood too. But in the wood, the king of the fairies Oberon has had an argument with the queen of the fairies, Titania. Oberon tells Puck, a naughty fairy, to get him a magic flower to rub on Titania's eyes while she is asleep to make her fall in love with whatever she sees when she wakes up. Puck also rubs it on Lysander's eyes – when Lysander wakes up, he sees Helena and falls in love with her instead of Hermia. Oberon rubs the flower on Demetrius' eyes – when he wakes up, he sees Helena and falls in love with her too!

A group of men from Athens are also in the woods because they are practising a play. For a laugh, naughty Puck has put a donkey's head on one of the men called Bottom. When Titania wakes, the first thing she sees is Bottom and the magic flower makes her fall in love with him, despite his donkey's head!

Puck and Oberon put things right – Lysander ends up marrying Hermia and Demetrius ends up marrying Helena.

A Midsummer Night's Dream ends with the funny play performed by Bottom and his friends.

WILLIAM SHAKESPEARE'S
A MIDSUMMER NIGHT'S
DREAM

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A problem SHARED

"I come from Poland and I have lived in London for a long time. Now my parents want to back to Poland and I have to go back with them. I don't want to go because I don't know anyone there anymore."

"I'm sure you will find other friends in Poland."
Nazira, age 10.

"Don't worry, try talking about how you feel. That usually works for me. My neighbours came from Brazil, then after 10 years in England their parents wanted to go back. At first the children were sad to go but now they are happy in Rio."
Isabel, age 7.

"Tell your parents that you have lots of friends and how much you love it in London. Tell them you would be very disappointed if you went back to Poland and left all your friends behind. They might understand your feelings."
Graciela, Ashley, Nicole and Daniel, age 10.

"Sit with your mother and revise with her all your relatives' names and ages in Poland. You might have some your own age and you can make friends with them when you go there."
Sally, age 9.

"If you go, you will be able to write to your friends. Whatever you do, never lose contact with your friends."
Yemisis, age 10.

"I think you should have a say. Talk to your parents and make them see things from your point of view. I hope everything works out for you."
Shazna, age 10.

"Why don't your organise a night when you can sit down and tell your parents how you feel about going back to Poland and how upset you are. Hopefully they will change their minds."
Gemma, age 9

"You may have to accept that you have to go back to Poland. If you do I'm sure you will make new friends like you did when you came to London."
Monique, age 9

"I have moved three times from country to country and now I have friends in different countries and I am very proud of them. If you go to Poland it isn't the end of the world because you will make new friends."
Aisha, age 12.

"Talk to your mum and dad properly and tell them how you feel. If that doesn't work, talk to another grown-up you know. They might go and talk to your parents. You never know, your parents might change their minds."
Shipa, age 11.

"If you go to Poland, you can write to friends and family here and your mum and dad might let you go to England for holidays."
Sophie, age 9.

"Don't worry because you will meet new friends at your new school. Also you will meet your relatives and can keep in touch with your old friends here in England."
Zahra, age 10.

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.

"My teacher is always shouting and it seems to me that she has favourites. I am not cheeky but she shouts at me a lot. I wish I could move school."

"I had the same problem last year and felt the same way. You could ask your mum to speak to your teacher or do what I did – just get on with your work and share your problem with your friends."
Natasha, age 11.

"It's wrong for teachers to have favourites. Talk to your mum and get her to come with you to talk to the teacher to sort it out. If that doesn't work, you and your mum should see the headteacher."
Mohammed, age 8.

"Ask your friends if they think you're cheeky or naughty or if there is good reason for the teacher to shout. If they say no, then your teacher is unfair and you should get your mum to speak to her."
Elizabeth, age 8.

A problem SHARED
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.

Special thanks to pupils at Godwin School in Newham, east London, and Penwortham Primary School in Streatham, south west London.

“Maybe your teacher is only shouting at you because you are not doing what you are supposed to. I suggest you talk to her and tell her how you feel.”
Bavithra, age 10.

“Moving school is a bit extreme. You seem depressed and this could affect the standard of your work. Try talking to friends and see what they say.”
Sharlene, age 11.

“I think you should try talking to your parents. They might talk to your teacher, or to your headteacher. Ask your parents to tell them you are very unhappy. I don’t think you should move schools, but if you are really unhappy, ask about moving classes. If nobody believes you, take some friends along to back you up.”
Katy, age 11.

“Tell the teacher you get upset.”
Daniel, age 8.

“You might not be cheeky but the teacher might find you annoying because you might be fiddling with things or might not be listening when she is talking.”
Amanda, age 11.

“My teacher shouted a lot too. I think you should say ‘Why are you always shouting at me?’ Then she might stop. That’s what I did.”
Farhana, age 10.

“You should talk to your teacher, tell her how you feel and think of a way of sorting it out without her shouting.”
Patrick, age 9.

“Cheer up. Talk to your mum about your teacher and ask her to come in to talk to the teacher.”
Kate, age 7.

“Talk to your teacher and tell her how you feel and maybe she will start treating you better than she does now.”
Kerry, age 10.

Can you help these readers?

“I have got a 12 year old brother who is always hitting me. When I hit him back he tells my mum and then she tells me off really badly. She never tells my brother off.”

“My mum won’t let me get some platform shoes. I really want them because all my friends have them. My mum always gets what she wants and I don’t think it’s fair.”

ADVERTISEMENT

Ever heard of Charles Dickens?

Not only was he a father of 10 children, he also wrote *Oliver Twist*, *Great Expectations*, *A Tale of Two Cities*, *David Copperfield*, *A Christmas Carol* and other books you may have heard of or seen made into films, plays or television programmes.

The Victorian author – and the new play for children at The Tricycle Theatre in Kilburn, north west London, is based on one of his stories, *Dr Marigold’s Prescriptions*. Many of Dickens’ stories tell of miserable life in Victorian times.

But *The Little Violin* has 10 songs, live music, a tap-dancing baby elephant, juggling and acrobatics...!

Because Dr Marigold rescues Sophy, a little girl from the circus who cannot hear and cannot speak, they “talk” using music, sign language, mime and pictures.

You can see *The Little Violin* at The Tricycle on Wednesday 27 May, 2pm and 5pm, Thursday 28 May, 11.30am and 3pm, Friday 29 May, 2pm and 5pm, Saturday 30 May, 11.30am and 2pm, Wednesday 3 June, 10.30am and 2pm, Thursday 4 June, 10.30am and 2pm, Friday 5 June, 10.30am and 2pm and Saturday 6 June, 11.30am and 2pm.

Tickets cost £3.50 (£2.50 reductions).

Ring 0171 328 1000 to book tickets.

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KILBURN HIGH ROAD NW6

HAY FEVER

HAS NOTHING TO DO WITH HAY OR CAUSING A FEVER

Hay fever is the everyday word for what doctors call “seasonal allergic rhinitis.” It’s “seasonal” because people only get hayfever at certain times of the year – in certain seasons. “Rhinitis” is the name for a swelling inside your nose. When you get hay fever, this swelling is caused by an “allergic” reaction to pollen from trees and grasses.

During the spring and summer months, the air is full of pollen, tiny grains carried by the wind from one plant to another to help make new plants.

If you are allergic to pollen grains, it means your body thinks they are bad

Pollen counts

If you watch the weather forecast, you may have heard about “pollen counts”. This tells you how much pollen is in the air. In cities like London, the pollen count is normally highest at about 7.30pm. On a sunny day, warm air carries the pollen high up in the air during the afternoon. It sinks back down again as the air cools during the evening. At the seaside, the pollen count is also higher in the evening because during the day, the wind often blows the pollen out to sea.

for you. We all have an immune system inside us which protects us from harmful things like germs. Sometimes the immune system goes a bit crazy and starts fighting things which, if left alone, wouldn’t hurt us at all. The things which make the immune system go crazy are called allergens.

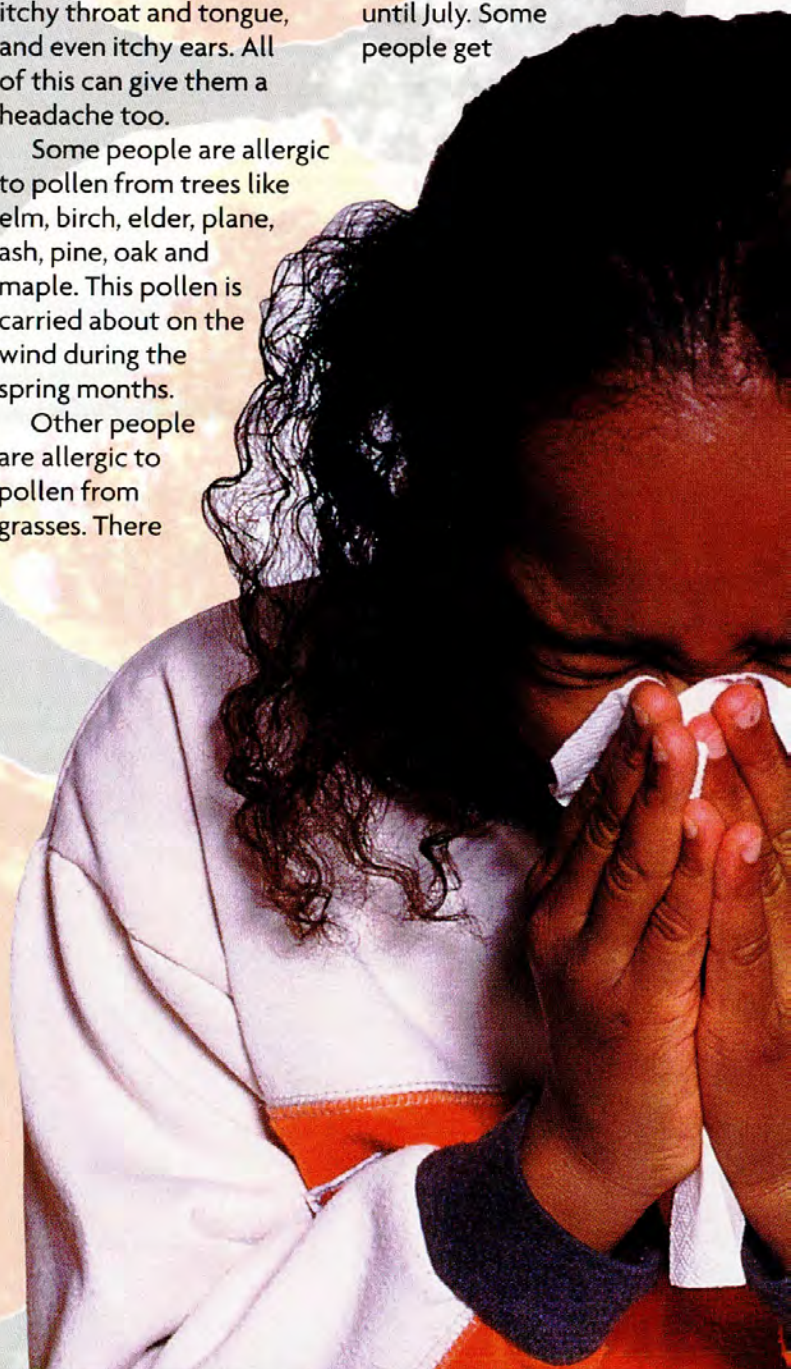
Pollen is an allergen for people who get hay fever. When they breathe in the grains of pollen through their nose or mouth, their immune system sends an army of “antibodies” to fight them. As part of the fight against the allergen, cells just under the skin called “mast cells” let loose a chemical called histamine. The histamine makes the inside of their nose swell up. It can make lots of liquid in their nose and eyes. Sometimes it touches the ends of the nerves under their skin and makes them itch.

People who get hay fever can have itchy, runny noses and eyes and they sneeze a lot because of the swelling. They can also get a blocked nose, dry itchy throat and tongue, and even itchy ears. All of this can give them a headache too.

Some people are allergic to pollen from trees like elm, birch, elder, plane, ash, pine, oak and maple. This pollen is carried about on the wind during the spring months.

Other people are allergic to pollen from grasses. There

are about 150 different types of grasses in Britain, but pollen from only about a dozen is thought to cause allergic reactions, from mid-May right through until July. Some people get



Sometimes the immune system goes a bit crazy and starts fighting things which if left alone wouldn't hurt us

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hay fever because of tiny spores from fungus which are carried by the wind to make new plants during August and September.

Pollen made in brightly coloured flowers doesn't cause hay fever. That's because it's much heavier and stickier than pollen from trees and grasses and is usually carried from flower

to flower by insects like bees and not blown about in the wind.

■ More people than ever before are getting hay fever. Some doctors think that's because people are healthier than they used to be! Everyone is much cleaner nowadays too and wash away lots of germs that in the past would have made them ill. Our immune systems don't have as much practice at fighting bad things so might get confused and attack allergens.

■ Some scientists think pollution from cars damages the inside of our noses and makes it harder for us to get rid of pollen grains.

■ People who have hay fever sometimes take medicine called antihistamine which is meant to stop the mast cells sending out histamine.

Royal Festival Hall
Queen Elizabeth Hall
Purcell Room

SAT 30 MAY 2.30PM

KRONOS FOR CHILDREN

A chance for children to play with the Kronos Quartet



This concert for children was a massive hit when it premiered in New York.

Every child will be given a free 'Drumpet' to make and keep - which they can bang and blow - and after Kronos play some of their music, the children join-in for a fantastic finale. For children 7 years and up.

Royal Festival Hall. All Tickets £5
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Valid from 11 May to 5 July 1998

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DO YOU COLLECT ANYTHING?

CHARLES ROACH SMITH'S COLLECTION OF OLD ROMAN THINGS FOUND IN BRITAIN BECAME PART OF THE BRITISH MUSEUM (PIC COURTESY BRITISH MUSEUM)



If you do, all sorts of people might want to see your collection one day!

Lots of museums started because one person collected things. The British Museum, for example, grew out of the collection of rich London doctor Sir Hans Sloane who was born in 1660. He liked to collect all sorts of things – books, stuffed animals, fossils, coins, books and things from ancient civilisations. Sir Hans Sloane travelled all over the world as a doctor

and collected things which he brought back to England. His house in Great Russell Street became so full of things he had collected that he had to find more room to keep them.

People used to visit his home to look at his collections before they became part of the British Museum in 1753 when he died. The government bought his collection of

more than 80,000 things for £20,000.

There are about 2,500 museums and galleries in this country. Some of them are very big and well known, but there are also loads of interesting small places where you can look at all sorts of weird and wonderful collections and find out about all sorts of things.

So what is a museum?

GUNNERSBURY PARK MUSEUM

KNOW YOUR PLACE!

A great way to end half term & Museums Week...Lords and ladies, butlers and boot boys – all brought to life in this fun filled Victorian family day. Children can dress up and behave like Victorian servants to impress the butler and her Ladyship. **SUNDAY 31 MAY 1-6PM FREE**

Magical storytelling journey – for the young at heart. **25, 26, 31 MAY FREE**

FOR MORE INFORMATION
TELEPHONE 0181 992 1612

It's a place that collects and looks after anything that people might be interested in looking at. A place that collects paintings and other works of art and puts them on show is called a gallery. Some museums keep their collections under glass because the things they are putting on show are very old or very precious.

People who work there are called curators and they know how to look after the things in the collection to make sure they don't get

museums and galleries when he dies.

Sir Denis says it's easy to make your own art collection – just collect postcards of paintings. "You can then find out why one artist's work was different from another and find out why they painted like that."

You could even write down some of the information you find out and make your own gallery – at your school or at home.

spoilt. They also find out all sorts of information which they can tell visitors who come to learn or just to look! Seeing old things, for

Vestry House Museum

Vestry Road, London E17
five minutes from Walthamstow Central tube ■ Admission free

Find out about the past – Victorian life, toys and games, See an old-fashioned police cell and one of the first cars built in Britain!
The museum is in Walthamstow's old workhouse, built in 1730 for poor people.

Open Monday to Friday 10am to 1pm, 2pm to 5.30pm, Saturday 10am to 1pm, 2pm to 5pm
0181 509 1917



example, can make the past much more real than just reading about it.

Lots of museums do special things for families to make visits more interesting, especially in the school holidays. There will be all sorts of special events too during Museums Week from 16 May to 24 May.



Time travellers wanted...

Join the **Young Friends of the British Museum**

– for children aged 8 to 15 –



- take part in **sleepovers**
- join **Sunday Club**
- get the colour **Magazine** with its competitions and events



Yes. I would like to be a **Young Friend of the British Museum.** Please send me further information and joining details.

Name _____

Address _____

Postcode _____

Tel .no . _____ Age _____

Please return this form to: YFBM
British Museum Society, The British Museum,
Great Russell Street, London WC1B 3DG
or telephone 0171-323 8602

Join up and join in the Egyptian sleepover on 5 - 6 June

CUTTY SARK



Treat your parents!

Bring them to see the only clipper ship in the world at Greenwich in London.

For details call
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VERULAMIUM

The Museum of everyday life in ROMAN BRITAIN

EXPLORE A ROMAN CITY
IN ST ALBANS

2 FOR 1

WITH THIS ADVERTISEMENT VALID UNTIL DECEMBER 1998

Open: Mon-Sat 10-5.30 Sun 2-5
Verulamium Museum, St Michaels, St Albans Tel: 01727 819339

People collect dolls, stamps, hats, biscuit tins, pebbles, train tickets, marbles, carrier bags, conkers...

Clive Evenden is now a grown-up but was about 8 when he started playing the board game Monopoly. Over the years, he has collected more than 60 sets of the game, including a set with pieces made of chocolate and another with pieces plated with gold and silver. Clive still plays the game a couple of times each month!

Quite ordinary things can become worth quite a lot of money over time. A man who found a pair of glasses on a bomb-site in 1946 went on to collect more than 1,000 pairs, some of

them very old. 40 pairs from his collection were sold in 1996 for nearly £13,000! And a collection of 200 glass eyes in different colours and sizes were sold for £1,200!

Danielle Papouchado is 9 and collects gem stones. She goes to Cromer Road Juniors in Barnet and has won her Brownies collectors badge thanks to her collection which she has labelled and shown to other Brownies. "I think they look lovely and I've learnt a lot about them."

Croydon Clocktower
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Croydon CR9 1ET

"MAD FUN FOR ALL THE FAMILY"

(Big Issue)
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For more information call 0181 253 1030

If you collect things, write and tell us about your collection.



Tell us about your favourite museum...
Have you visited a museum with your school or your family that you really like? Write to us and tell us about where you went and why you liked it. And don't forget to fill in the questionnaire opposite!

Visit HEVER CASTLE & GARDENS

The ins and outs of having a great day



Romantic 13th century moated castle, the childhood home of Anne Boleyn • Award winning gardens including the Italian and Rose gardens, topiary and lake • New water maze (open April-Oct.) • Yew maze (open May-Oct.)

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- Licensed self-service restaurants, gift, book and garden shops and adventure playground.

Open daily 1 March to 30 November 1998.
Gardens open 11am. Castle opens 12 noon. Last admission 5pm. Grounds close 6pm. 30 miles from London. 30 minutes from Gatwick. Leave M25 junctions 5 or 6. Group discounts and family tickets available.

HEVER CASTLE & GARDENS
An historic day out
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Blitz Experience



For a dramatic day out, why not visit the Blitz Experience at the Imperial War Museum

Open daily: 10.00am to 6.00pm
Imperial War Museum, Lambeth Road, London SE1 6HZ
Telephone: 0171 416 5392
Nearest Underground: Lambeth North

We'll print what you say in the July issue of No Kidding!

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16 May to 16 August 1998

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Church Farmhouse Museum
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London NW4 4JR

Mon-Thurs 10-12.30/1.30-5.00
Fri. Closed
Sat. 10-1/2-5.30
Sun. 2-5.30



Admission Free

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



Children's outing 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.

Tell us about good places to go during the school holidays! – and win a mystery prize



1 Please write down the names of places you have visited that you think other families would enjoy.

.....

.....

.....

2 Please write down the the names of places you have visited that you think are boring or didn't like.

.....

.....

.....

3 Tell us the name of any place you have been that you would really like to visit again.

.....

.....

.....

4 Is there anywhere you would really like to go which you haven't already visited?

.....

.....

.....

Name

Address

Age

School

Send your answers to: No Kidding!
Places to Go, FREEPOST LON6868,
PO Box 10427, London N8 8BR
by Friday 12 June.

The first name drawn out of the hat on that day will win a mystery prize!!!

SHELVE

The Amazon

by Michael Pollard

One of a series of books called *Great Rivers* which take you on a journey along some of the world's greatest rivers, telling you about towns and villages on the way, tourism and environmental issues.

Published by Evans

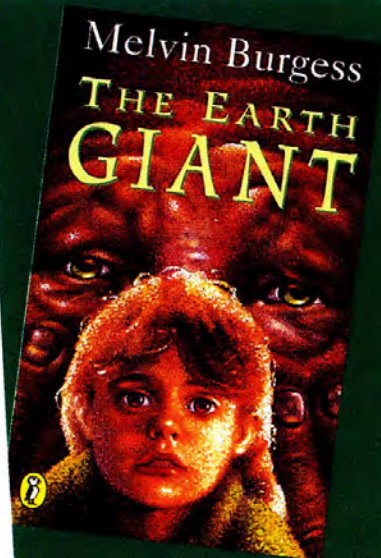


The Earth Giant

by Melvin Burgess

After a terrible storm, Amy finds an ancient oak tree destroyed and a giant, come back to life. Amy can talk to the giant, but this makes her brother Peter jealous. Will he tell other people about the giant to make himself important? This story is so magical, it keeps you hooked right until the end.

Published by Puffin



Japan: its festivals and traditions

by Susie Dawson

Easy recipes, things to make and stories which show how festivals and traditions are celebrated in Japan. Colourful illustrations make this a great book to "dip into". There are many other countries in the *Fiesta!* series.

Published by Watts

Roald Dahl

by Andrea Shavick

A short, easy-to-read account of the life of popular author Roald Dahl. It is well illustrated and tells of his interesting life and some of the things that inspired his much-loved books.

Published by Oxford University Press

You can find 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.

The books on this page were chosen by librarians who work in children's libraries.

Michael Rosen's Book of Nonsense

by Michael Rosen illustrated by Clare Mackie

Rhymes, poems and limericks along with funny illustrations to make you smile.

Published by Macdonald



Mountain Biking

by Steve Behr

Ready to try something different? This magazine-style book tells you what you need and how to get started on this thrilling sport. It is part of a series called *Extreme Sports* and other titles include In-Line Skating and Snowboarding. There are lots of photographs of dare-devil stunts.

Published by Watts

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WHEN YOU FEEL REALLY POORLY, WHERE DO YOU GO?

To the doctor of course! Some of you may even have been in hospital.

Your doctor and many hospitals are part of the NHS – that stands for the National Health Service. Before the NHS was set up 50 years ago, people had to pay to see a doctor and if they didn't have enough money, they couldn't afford to get help when they were sick. In some countries, people still have to pay for the doctor and for hospital treatment.

The NHS was started by Aneurin (known as Nye) Bevan who was a member of the government in 1948. On July 5 in that year, the first patient was treated by the new health service, free for everyone.

Today, 1 million people work for the NHS. As well as **doctors** and **nurses**, there are **dentists** who look after our teeth, **pharmacists** who know about medicines and drugs, **optometrists** who check our eyes, **health visitors** who call on people at home to make sure they are well, **physiotherapists** who help our muscles and joints work properly,

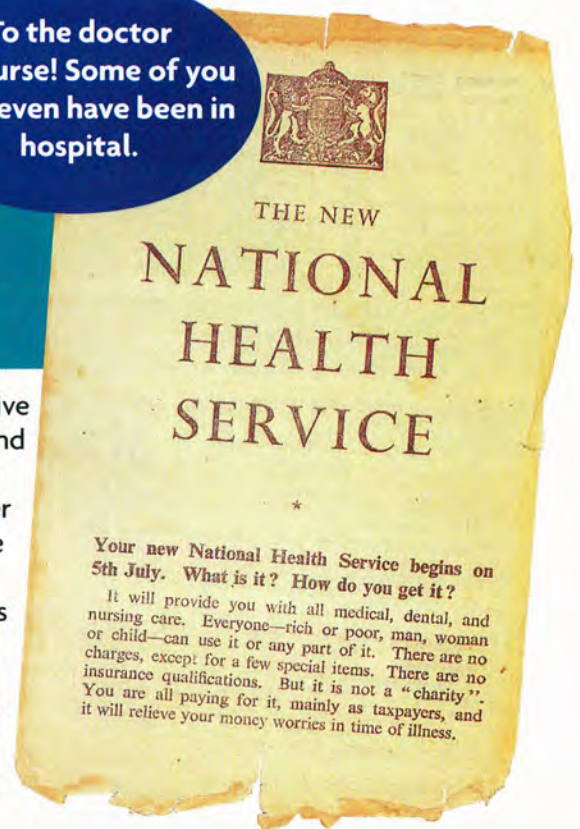
podiatrists who look after our feet, **speech and language therapists** who help people who have difficulty speaking and many, many more specially trained people. They care for us in hospitals, in health centres, in schools, in our doctors' surgeries and in our homes.

Ambulances which you call in an emergency are part of the NHS and there are other people who keep hospitals running 24 hours a day, like cooks and cleaners.

We all live longer and are much healthier than we were 50 years ago when the NHS started. That's not just because of the NHS – it's also because we know more about our

bodies now and know how to keep healthy. Scientists

also know much more about illness and every year doctors find better ways of curing them. But these cures all cost money.



So where does all the money come from and who decides how to spend it?

The NHS is paid for by the grown-ups in your family who pay tax to the government – it costs £40 billion a year to run.

The NHS Executive is in charge and gives money to health

authorities who decide how best to spend money in different areas of the country – how much money to give to hospitals, to your doctor and to other services. Sometimes they decide to close services.

Even though everyone can be cared for by the NHS for free, some people choose to pay. This is called “private” health care.

Ever heard of your Community Health Council?

Your local CHC gives help and advice about the NHS to patients. The CHC also tells health authorities what it thinks of their plans to spend money.



What does G.P. stand for?

Your local doctor is also called a G.P. which stands for General Practitioner.



FILMWATCH

WHY FILMS SHOULD SET A GOOD EXAMPLE

Have you seen the film *E.T. The Extra Terrestrial*? Remember the funny scene when E.T. is left alone at Elliott's home? He opens the fridge and drinks all Elliott's dad's cans of beer which make him drunk. Elliott feels everything that E.T. does – so he also feels drunk. He is at school, gets the hiccups and sets free all the frogs being used in the science lesson.

Beer and wine and other grown-up drinks are made with a chemical called alcohol. When the examiners at the British Board of Film Classification (BBFC) give a film a certificate, they have to look at the way alcohol is shown because they do not want children to think it is good to drink alcohol. It is against the law to sell alcohol to children – in real life, it can make them very ill. Alcohol can seriously damage things inside your bodies which are still growing. The BBFC wasn't worried about the scene in *E.T.* because it shows an alien, not a child, drinking the beer. E.T. is from outer space and does not understand human life. It is a funny scene in a science fiction fantasy film, not a story about real life. They would give a film which had scenes that might make children think it is okay to drink alcohol a much higher certificate.

Alcohol can make grown-ups ill too. It can make them sick and dizzy and make them behave in a silly way. No-one is allowed to drive a car after drinking a lot of alcohol because they may not be able to think clearly and could crash. Some people cannot stop drinking alcohol – they want more and more which is why alcohol is a kind of drug.

Drugs contain chemicals which people drink, eat or smoke. These chemicals are bad for you and they are also addictive, which means some people cannot stop themselves from taking them.

Cigarettes are also a kind of drug – they are bad for your health and they are addictive. Before doctors realised how much harm cigarettes

can do, nearly everyone used to smoke in films.

Nowadays, people who make films for

children try to show that smoking is bad for your health. Often only the villains are seen smoking, not the heroes. In the film *Men in Black*, aliens are shown smoking – they do not know how bad cigarettes are because they come from different planets.

Medicines given by doctors are also called drugs. These must only be taken in small amounts or they too could be dangerous. A film which showed people taking too much medicine would probably be given a 12 or even a 15 certificate in case children copied what was shown.

There are other drugs that are so harmful they are banned – that means it is against the law in this country to use or to sell them. If people do take them or sell them, they can be arrested and sent to prison. These drugs are illegal because they can seriously damage our bodies and people who take them can become so addicted to them they will do anything to get some more. People who are addicted



COLUMBIA TRISTAR HOME VIDEO



will even steal from their friends and families to get enough money to buy more drugs.

Grown-ups want to teach children how dangerous drugs are: at school, you will be given information about harmful drugs and told the best thing to do is "Just say No".

Because these drugs are illegal and dangerous, films which show people taking them will never be given a U, PG or even a 12 certificate. These scenes might frighten or shock children, or set a bad example. You may hear characters in a PG film talking about illegal drugs, or even see characters finding drugs. But you will never see anyone using

them unless it is a very old-fashioned film with the kind of drug that people do not use today. Sometimes a film that shows someone trying illegal drugs for the first time may be given a 12 certificate, but only if the story shows clearly just how bad and harmful these drugs are.

FilmWatch is written by Deborah Courtnell who is one of the BBFC's examiners. You can write to her at No Kidding! to ask about her work with films.

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

Do your friends and family think about what they see in films and videos?

See if you can write a questionnaire to find out how much they know about film classification. Write a list of questions to ask them – what's their favourite film? Do they know if it is a U, a PG or a 12? Do they know what PG means? Have they seen the advice from the BBFC on the back of video boxes? Do they know why children are not allowed to watch certain films?

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Those bananas make sure he has lots of energy when he plays. They also help keep him healthy. Being fit and healthy is good for everyone – not just professional sports people.

Tim says the younger you are when you start keeping fit and healthy, the better.

Being fit and healthy isn't just about the food you eat – it's also about making sure you have enough regular exercise. Running about in the park or rollerblading is just as good as playing a sport!

If you would like to find out how Tim keeps fit and healthy, send off for a **free** copy of Tim's Tips for Fit Bananas. Send a large stamped addressed envelope to:

Tim's Tips for Fit Bananas/No Kidding!
PO Box 21
Farnham
Surrey GU10 2YB

Tim's Tips for Fit Bananas is printed by The Banana Group.