Nil *Desperandum*

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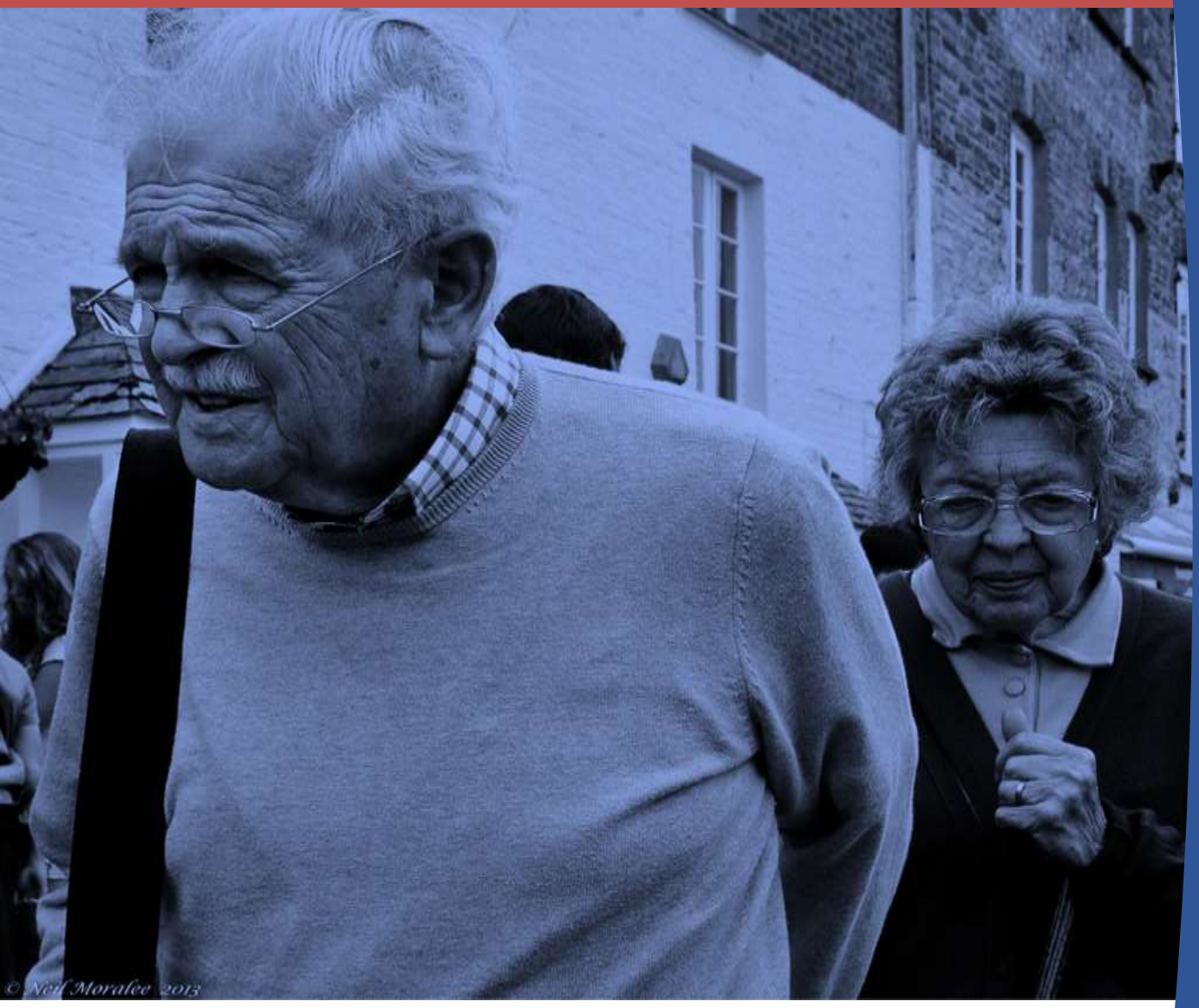

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A sight to enjoy: The best beaches in Sussex

Excerpted from: https://www.sussexlife.co.uk/out-about/places/sussexs-best-beaches-1-6799490

Across the coastal areas of East Sussex and West Sussex, numerous beautiful beaches are offering more hours of sunlight than anywhere else in Britain. Sussex Life put together a list of favourite beach sp[illegible] excluding the bigger, busier town beaches like Eastbourne, Brighton and Worthing. Get the thermos out, put on your sun cream and bathing suits and get ready to enjoy them:

West and East Wittering: Perched on the edge of the Chichester Harbour, this pair of sandy beaches are incredibly popular spots served by a large car park managed by the West Wittering Estate. If you're hungry, there is an ice cream hut at the rear of West Wittering Beach, but you'll need to head inland for a greater range of options. There's the Old House at Home in West Wittering, The Shore Inn in East Wittering, or Billy's on the Beach at Bracklesham Bay.

Selsey: This seaside town is renowned for its fishing heritage, and on either side of the Selsey Bill - the headland that creates the area's fishermen-friendly conditions - you'll find beaches mostly made up of shingle. The views looking out onto the English Channel remain one of Sussex's highlights. Hungry? Waves Cafe and Sandwich Bar is ideal for simple yet perfectly executed food, while Potters specialises in the internationally-renowned Selsey crab and lobster.

Pagham: Located on the outskirts of Bognor Regis, this shingle beach is backed by Pagham Lagoon and Pagham Harbour, an ancient port that is now a nature reserve managed by the RSPB, providing a welcome spot of calm. Food & drink nearby include: Pagham Beach Cafe while chippie from Smallfry is one of the best around.

Camber Sands: This beach (see picture below) stands out as one of the few with beautiful golden sands. Its dune system is the only of its type in East Sussex, and this unique environment has often been used as a filming location. The beach is popular with kitesurfers and windsurfers when the wind conditions are favourable. For sustenance nearby, there's The Owl Pub behind the dunes on Old Lydd Road or towards Rye; there's Rye Waterworks Micropub and Avocet Tea Room & Gallery.

Picture Credit: "Camber Sands" by diamond geezer is licensed under CC BY-NC-ND 2.0

Cuckmere Haven: What scenery! Looking down onto Cuckmere Haven from Seaford Head with the Coastguard Cottages in the foreground and the Seven Sisters Cliffs in the background is a view that everyone from Sussex should experience at least a few times in their life. Food & drink nearby: The tearoom at Saltmarsh Farmhouse is ideally placed if you've ended up inland, but if you want to stay coastal, you'll need to head to nearby Seaford. Frankie's Beach Cafe is right on the Esplanade, or you could nip into town for fish and chips from Osborne's.

Winchelsea Beach: Not too far from Cuckmere Haven and the Seven Sisters, you'll find Winchelsea Beach, another of Sussex's quieter beaches, looking out onto Rye Bay. Mud and sand will only be revealed at low tide, with the rest of the area being made up of shingle. Winchelsea, a former medieval port that's now reportedly the smallest town in England to have its own mayor, is a little inland from the beach and will be an excellent spot to include in your day out in the area. Food & drink nearby: Winchelsea Beach Cafe is just metres away from the shingle, while The Ship Pub is just a few minutes from the beach. For more options, you'll need to drive to Rye.

Goring-by-Sea: This suburb of Worthing is a couple of miles away from the town's centre, and its beach is particularly notable for its vibrant green background where countryside runs right up to the shingle at the Goring Greensward. For stunning views back down on the coast at Goring, head up to Highdown Hill, a former fort. Food and drink nearby: The Bluebird Cafe gives you a cracking view of the water, or get a taste of Spain with tapas at Andalucia or go for a pub lunch in the garden of the Henty Arms.

Climping Beach: Wedged between Elmer Beach and Littlehampton's West Beach, Climping's sand dunes and vegetated shingle distinguish it from nearby beaches close to built-up areas. Similar to Goring, the countryside runs right up to the beach, producing incredible vistas with rural and coastal mixing and meeting. Food & drink nearby: There is plenty of parking available in the area surrounding the Climping Beach Cafe, a spot near the beach where you'll get ice cream etc., at great prices. For something other than what's on offer at the beach cafe, you'll need to visit The Cabin Pub in Elmer, The Boathouse in the Marina at Littlehampton or 47 Mussel Row for seafood by the River Arun.

Cooden Beach: Step off the train at Cooden Beach Station, and you'll be just minutes away from this traditional shingle beach on the outskirts of Bexhill-on-Sea. Cooden Beach Golf Club is set directly behind the beach, with the 18-hole course providing stunning views over the beach and this part of the coast. Golf isn't the only popular sport in the area; you'll often see kitesurfers and windsurfers out on the water. Food etc: The Brasserie on the Beach at the Cooden Beach Hotel is - as the name would suggest, right on the beach. In Bexhill, you could try Latin American fare at Sobremesa or have one of the town's best curries at The Chilli Tree.

East Preston Beach: Not too far away from Climping Beach, there's East Preston Beach. The shingle beach is open to dogs throughout the year, and your four-legged friend will enjoy a stroll here just as much as you. If you stroll further along to Kingston Beach, there's another Greensward that you can take your dog for a walk. Food & drink nearby: The Clockhouse Bar describes itself as the heart and soul of East Preston, The Lamb is a family-owned gastropub in Angmering or go to Turner's Pies in Rustington.

One we've added of our own: Birling Gap

The beach at Birling Gap is set at the base of the imposing, sheer chalk cliffs known as the Seven Sisters. Despite being set between the well-known seaside resorts of Eastbourne and Brighton, this is one of the longest stretches of undeveloped coastline on England's south coast. The beach is a mix of mostly pebbles which give way to the occasional patch of sand. As the tide goes out rocky platforms are revealed which provide an array of rock pools to explore. Birling Gap's cliffs are also of some geological interest and are a fine example of sedimentary layers. The beach is also a good place for fossil hunting. Watch out: certain areas of Birling Gap beach are used by nudists.

Mrs Mapp, the Bone-Setter

Picture Credit: "File:Sally Mapp, 1819.jpg" is licensed under CC BY 4.0

In the 1700s, if no surgeon or physician were living within the locality, the local blacksmith would, for a fee, set bones in humans and animals. Some bonesetters became celebrated for their dexterity. One such person at the time was Mrs Mapp, *nee* Wallin (or perhaps Wallen, or Wallis), whose skill was legendary, and she was to become famous as *Mrs Mapp, the bone-setter of Epsom.*

Sarah Wallin lived originally in Wiltshire. Little is known about Sarah's early life though it is thought she was born around 1706, probably in poverty. Her father John was himself a bone-setter – knowledge that he passed on to his daughter. According to Epsom and Ewell History Explorer, Sarah called herself "Crazy Sally" and was also known as "Cross-eyed Sally". These nicknames are apt as she had a reputation for being bulky, very strong but ugly, with slovenly ways, and an eccentric, quarrelsome nature who was frequently drunk and whose speech was often vulgar. She was regularly seen reeling from side to side from the effects of gin, screaming obscenities at full volume.

Bonesetters were readily found in America, the United Kingdom, and France, where they were called by various names. Most were male. Geri Walton (here) says that Mrs Mapp was not the only female bonesetter in the 18th century - another female bonesetter operated in Nièvre, located in the region of Bourgogne-Franche-Comté in the centre of France. She was Madame Thevenet and *"said to have set to her work like 'the boldest of men' (setting broken or dislocated bones before anaesthesia and x-rays)."*

The Bone & Joint Association (here)

Bone-setting or joint manipulation has been practiced in different cultures for millennia. ***Hippocrates*** (460-370/385 BC) was the first physician to record joint manipulation techniques. The history of bone setting, involving the treatment of fractures and reduction of joints, and the 'bonesetters' who performed these techniques, appears to originate deep in antiquity. The Edwin Smith papyrus of 1552 BC (named after the dealer who bought it in 1862), is the earliest known medical text, describing the Ancient Egyptian treatment of fractures and dislocations. The early bonesetters treated fractures of the limb by applying a wooden splint wrapped in bandages, or a type of plaster made from cows' milk, barley or acacia leaves held with gum and water, to surround the limb. Evidence of this has been found amongst the skeletal remains of workers on the pyramids of Ancient Egypt. It is unclear, however, whether they performed amputations, and little is known of the type of instruments which were used.

The Kalmyk deportations of 1943

Sources: https://en.wikipedia.org/wiki/Deportation_of_the_Kalmyks
https://www.opendemocracy.net/en/odr/kalmykia-s-long-goodbye/
http://133.50.171.227/coe21/publish/no14_ses/07_guchinova.pdf
https://www.rferl.org/a/kalmyks-in-russia-mark-75th-anniversary-of-deadly-stalin-era-deportation/29681307.html

Picture Credit: "File:Stalin-repressions-kalmyk-Tomsk.jpg" by Kakaru is licensed under CC BY-SA 3.0

Memorial "*To the victims of Stalinist repression*" *from* the Kalmyk people, in Tomsk

On 28th December each year, Kalmyk families light lamps to commemorate victims of the mass deportation of their people in 1943. Here's the background to the story:

In the 1630s, several Oirat tribes from the western Mongolia and Dzungaria regions migrated further west, settling along the Volga River and eventually becoming a differentiated ethnic group called the Kalmyks. They spoke a Mongolian dialect and practised Tibetan Buddhism.

The Kalmyk deportations of 1943, codenamed *Operation Ulusy* was the Soviet deportation of more than 93,000 people of Kalmyk nationality, and non-Kalmyk women with Kalmyk husbands, between 28th and 31st December 1943, from the Republic of Kalmukkie. Families and individuals were forcibly relocated in cattle wagons to special settlements for forced labour in Siberia or Central Asia. Kalmyk women married to non-Kalmyk men were exempted from the deportations.

The Soviet government's official reason for the deportation was the accusation of their Axis collaboration during World War II based on the approximately 5,000 Kalmyks who fought in the Nazi-affiliated Kalmykian Cavalry Corps. The government refused to acknowledge that more than 23,000 Kalmyks served in the Red Army and fought against Axis forces at the same time. The forced relocation came on direct orders from Soviet Premier Joseph Stalin. Up to 10,000 servicemen from the NKVD-NKGB troops took part in the deportation. It was part of the Soviet forced settlement programme and population transfers that affected several million Soviet ethnic minorities between the 1930s and the 1950s. The specific targeting of Kalmyks was based on several reasons, including the group's alleged anti-communist sentiment and Buddhist culture. The Kalmyks were among the fourteen ethnic groups punished by Stalin through deportation, beginning in 1943. Some of these deportations were timed to coincide with state festivals: the Balkar people were exiled on 8th March (International Women's Day) and the Chechen and Ingush on 23rd February 23 (the Day of the Soviet Army and Navy).

Sadly, the deportation contributed to more than 16,000 deaths, resulting in a 17% mortality rate for the deported population. The Kalmyks were rehabilitated in 1956 after Nikita Khrushchev became the new Soviet Premier and undertook a process of de-Stalinisation. In 1957, the Kalmyks were released from special settlements and allowed to return to their home region, which was formalised as the Kalmyk Autonomous Soviet Socialist Republic.

The Kalmyks survived Stalin's deportation to Siberia — later recognised as a crime against humanity. Some real faces and their stories can be found at: https://www.rbth.com/multimedia/history/2017/07/12/real-life-horror-stories-of-the-kalmyks-who-survived-genocide_801192

Who was Ada Lovelace?

Sources: https://en.wikipedia.org/wiki/Ada_Lovelace
https://findingada.com/about/who-was-ada/
https://www.newyorker.com/tech/annals-of-technology/ada-lovelace-the-first-tech-visionary

Picture Credit: [Cropped] "Ada Lovelace" by susannadahlgren is marked with CC PDM 1.0

Augusta Ada King, Countess of Lovelace (*née* Byron/Gordon; 10th December 1815 – 27th November 1852), was an English mathematician and writer and the only legitimate child of the poet Lord and Lady Byron. Her parents were George Gordon (who became Lord Byron, the errant poet), and his mathematics-loving wife, Annabella Milbanke.

As a teenager, Ada (as she became known) displayed prodigious mathematical talents, which led her to a long working relationship and friendship with fellow British mathematician Charles Babbage, "the father of computers". She was chiefly known for her work on Charles Babbage's proposed mechanical general-purpose computer, the Analytical Engine. Some believe that she was the first to recognise that the machine had applications beyond pure calculation, as well as having published the first algorithm intended to be carried out by such a machine. But other historians reject this perspective and point out that Babbage's personal notes from the years 1836/1837 contain the first programs for the engine

The Finding Ada website records that, in 1833, while still a teenager, Lovelace's mentor, the scientist and polymath Mary Sommerville, introduced her to Charles Babbage, the Lucasian Professor of Mathematics who had already attained considerable celebrity for his visionary and perpetually unfinished plans for gigantic clockwork calculating machines.

Although never built, Babbage's design had all the essential elements of a modern computer. The Analytical Engine remained a vision, until Lovelace's notes became one of the critical documents to inspire Alan Turing's work on the first modern computers in the 1940s at Bletchley Park.

Her educational and social exploits brought her into contact with scientists such as Andrew Crosse, Charles Babbage, Sir David Brewster, Charles Wheatstone, Michael Faraday and the author Charles Dickens, contacts which she used to further her education.

At age 19, she married William King in 1835. When King was made Earl of Lovelace in 1838, Ada became Countess of Lovelace.

When the Vikings Ruled: The History of the Rurik Dynasty

Source: Excerpted from an article by Aleksa Vučković (*When Vikings Come to Rule: The History of the Rurik Dynasty*) at https://www.ancient-origins.net/ancient-places-europe/rurik-dynasty-0014668 and https://en.wikipedia.org/wiki/Rurik

Rurik. Prince of Ladoga and Novgorod, on the Millennium of Russia. It was erected in 1862 to celebrate the millennium of Rurik's arrival to Novgorod, an event traditionally taken as a starting point of the history of Russian statehood.

During World War II, the Nazis dismantled the monument and prepared for it to be transported to Germany. However, the Red Army regained control of Novgorod, and the monument was restored to public view in 1944.

Introduction

Rurik (also Riurik; Old Church Slavonic: Rjurikŭ, from Old Norse HrøríkR; Russian, Ukrainian: Рюрик; c. 830 – 879), according to the 12th century Primary Chronicle, was a Varangian chieftain of the Rus' who in the year 862 gained control of Ladoga and built Novgorod in the same year. This legendary figure was considered by later rulers to be the founder of the Rurik dynasty, which ruled the Kievan Rus' and its successor states, including the Kingdom of Ruthenia, the Principality of Tver, Grand Duchy of Vladimir, the Grand Duchy of Moscow, the Novgorod Republic and the Tsardom of Russia, until the 17th century.

The History Extra website tells us that The Rus became both very powerful and very rich. They established a ruling dynasty under their ruler Rurik and, from AD 879, formed the Kievan Rus state, based in Kiev. This dynasty controlled a vast trade network and would go on to last seven centuries. Rurik would be succeeded by Prince Oleg the Prophet

The era of the Vikings is one of the most interesting periods of European history and greatly popularised in recent times through media and entertainment. The Vikings were skilled sailors and navigators from Scandinavian lands who used their naval skills to explore new lands and trade across the seas and oceans and wage war and vicious raiding and plundering.

Dominating the early medieval period, known as the Viking Age, the Vikings were directly responsible for some of the key developments in that period, shaping the world as we know it today. From England and Ireland to Normandy, Iceland, and Greenland too, these fierce Norsemen sailed the seas and waged war. But unknown to most people, they also sailed to the lands of the Slavs, creating an early medieval state from which Russia, Ukraine, and Belarus would form in the modern age. That important Slavic state was the Rurik dynasty, born of Viking origin.

Arriving in their characteristic longships, the Norsemen were in contact with the many Slavic and Baltic tribes that dwelt on the Baltic coast and along the many rivers of the east from early on. For the Vikings, this realm was known as *Garðaríki* or *Garðaveldi*, translated as the "Realm of Towns," "Kingdom of Cities," or "Realm of Forts." This name stems from the many Slavic *gords* - fortified towns - that dotted the riverbanks of the Slavic world.

This article is well worth reading. Excellent.

Speaking and Writing properly

Excerpted from article on at: https://www.dictionary.com/e/that-vs-which/

To understand when to use ***that*** and when to use ***which***, it's essential to keep in mind the difference between *restrictive* and *nonrestrictive* clauses. In formal American and British English, ***that*** is used in restrictive clauses and in nonrestrictive clauses.

How do you use *that*?
A *restrictive* clause contains information that limits the meaning of a noun and is necessary within a sentence.

For example, in the sentence ***Any book that you like must be good***, the clause ***that you like*** is restrictive because it identifies which book: the one ***that you like***. Look at the meaning of the sentence if the clause is removed: ***any book must be good***. Without the clause, the meaning of the sentence is altered, and therefore, the clause is needed.

In restrictive clauses, sometimes ***that*** can be omitted. ***Any book you like must be good*** is also often used, especially in informal settings.

Examples of *that* in use
In the following sentences, the precise meaning is altered if each restrictive clause is removed:

- The song ***that you performed right before intermission*** is my favourite.
- I think I finally caught a glimpse of the bird ***that is building a nest in the window***.
- Do you remember the name of the book ***that Carla recommended to us*****?**

How do you use *which*?
A *nonrestrictive* clause, on the other hand, is used to supply additional information that is not essential to understanding the main point of the sentence. Consider this example: ***The book, which I found at a dusty used bookstore, was a real page-turner.*** The clause ***which I found at a dusty used bookstore*** is nonrestrictive because it adds extra information. You could delete the details about the bookstore, and the sentence would still make sense. In this example, ***which*** is preceded by a comma; nonrestrictive clauses tend to follow punctuation like a comma, a dash, or parenthesis. ***Which*** is only used in restrictive clauses if it is preceded by a preposition.

Examples of *which* in use
In these examples, the information provided by each nonrestrictive clause is not essential.

- This sandwich, ***which has my favourite pickles***, is delicious!
- Juan's birthday party, ***which was going to be held at the park***, has been postponed.
- These pairs of pants, ***which no longer fit me***, should be given away.

So now you know.

Culling the World: The Catastrophic Conquests of the Black Death

Excerpted from an article by Aleksa Vučković at: https://www.ancient-origins.net/history-important-events/black-death-0013083

Picture Credit: "Xenopsylla cheopis (Oriental rat flea)" by Leo Reynolds is licensed under CC BY-NC-SA 2.0

Medieval history shows that it was a miserable time in which happiness and prosperity were rare and almost unknown for the lower classes, and the commoner's future looked *'about as bright as a bottom of a barrel'*.

If that setting were not enough, the 14th century brought a devastating disease, a vermin-borne plague that swept from the windswept steppes and trade routes of the East, a microscopic death that rode on the backs of rats to destroy vast swathes of humankind.

This plague, called variously *the Pestilence*, the bubonic plague, or the *Black Death*, ravaged Europe from roughly 1347 to 1351, taking around 200 million lives in its triumphant march of human destruction. Other reports put the death toll higher – after four years, perhaps 75 million people, somewhere from 30-60% of the entire European population was dead. The disease took both the rich and the poor, the nobles and the paupers all dying in the same violent manner.

The article explains how medieval society dealt with this uncompromising illness, at a time when available medicine was crude and superstitious and often non-existent.

The Black Death is widely regarded as one of the most debilitating, disastrous, and catastrophic pandemics of recent human history. The sheer magnitude of this pestilence, and the inability of the populations of Eurasia to resist its merciless onslaught, meant that millions upon millions perished in violent, agonizing death.

At its simplest, the Black Death was a bubonic plague, one of the three types of highly infectious diseases known simply as a *plague*. The bubonic plague was mostly spread by fleas.

The plague that decimated Europe originated from Asia, probably somewhere in China and Mongolia. During that period, the Mongols waged war on China, causing widespread economic decline and poverty in the region. This, in turn, started a widespread famine, from which the plague was born.

What Does "Amen" Mean?

Source: https://www.dictionary.com/e/amen/

Time and again, in moments of remembrance or in a solemn moment in our lives, we repeat the same word: *amen*. But what does the word mean - and why do people say it?

The origins of *amen*

Amen is commonly used after a prayer, creed, or other formal statement. It is spoken to express solemn ratification or agreement. It is used adverbially to mean *"certainly," "it is so,"* or *"so it be."*

The word can be used in formal prayers within a prescribed script. But it is also used to punctuate personal prayers as well. It can also be used as an affirmation outside of religious settings.

The word can also be used in a lighthearted, playful way: *"Dinner is finally ready—amen!"*

From where does the word amen come?

Amen is derived from the Hebrew *āmēn*, which means "certainty," "truth," and "verily." It is found in the Hebrew Bible and in both the Old and New Testament. In English, the word has two primary pronunciations: [ah-men] or [ey-men]. But it can be expressed in endless ways, from a soft whisper to a joyous shout. Either way, it has nothing to do with the words *man* or *men*—or their origins.

Who says *amen*?

Modern worshippers of Christianity, Islam, and Judaism all use a version of the word, and records indicate that it has been used as an expression of concurrence after prayer for centuries.

In Judaism, congregants say *amen* in response to the words of the rabbi or spiritual leader. The term appears as part of several Jewish prayers.

In Christianity, ***amen*** occupies a central but often spontaneous position at the end of prayers or as a personal expression of affirmation for another's words during a sermon or other religious discourse.

Islam, like Judaism, incorporates a more formal use of the word into ritual and deems it an appropriate way to end any sort of prayer. Rather than *amen*, Muslims generally says *āmīn*.

Amen, or Amon, was a deity represented by a ram, the god of life and reproduction in Egyptian mythology. It's just a coincidence that the word ***amen*** resembles this deity's name. The ancient Egyptian god has no relationship to the Hebrew declaration of affirmation.

"*So mote it be*" is a ritual phrase used by the Freemasons, in Rosicrucianism, and more recently by Neopagans, meaning "*so may it be*", "*so it is required*", or "*so must it be*", and may be said at the end of a prayer in a similar way to "*amen*".

Dark Times

Picture Credit: "One Dark Night ... Long , Long ago ..." by Nick Kenrick.. is licensed under CC BY-NC-SA 2.0

Following on from the Black Plague story on the previous page, there are some who refer to the ninth plague of Egypt when there was complete darkness that lasted for three days (*Then the LORD said to Moses, stretch out your hand toward the sky so that darkness will spread over Egypt—darkness that can be felt. So, Moses stretched out his hand toward the sky, and total darkness covered all Egypt for three days. No one could see anyone else or leave his place for three days.* — Exodus 10:21–23.)

But forget about only three days of darkness. In 536 A.D., much of the world went dark – not for three days, or a week but for a full 18 months, as a mysterious fog rolled over Europe, the Middle East as well as parts of Asia.

The fog blocked the sun during the day, causing temperatures to drop, crops to fail and people to die. It was, you might say, the literal Dark Age. (Source: https://www.quora.com/What-happened-in-the-year-536-1)

Researchers have discovered one of the main sources of that fog. The team reported in *Antiquity* that a volcanic eruption in Iceland in early 536 helped spread ash across the Northern Hemisphere, creating the fog. Like the 1815 Mount Tambora eruption—the deadliest volcanic eruption on record—this eruption was big enough to alter global climate patterns, causing years of famine.

Maybe we should all hasten to Mars via one of Elon Musk's SpaceX rocketships (see below) before the light goes out forever?

Picture Credit: "Unveiling ceremony of SpaceX Dragon V2" by NASAKennedy is licensed under CC BY-NC-ND 2.0

The Times Newspaper

Excerpted from:
https://www.historic-newspapers.co.uk/blog/the-times-newspaper-history/
https://www.britannica.com/topic/The-Times


THE Universal DAILY Register

NUMB. 1.] SATURDAY, JANUARY 1, 1785. [Price Two-pence Halfpenny.

SHIP-PING ADVERTISEMENTS

To the Public.

Picture Credit: "1st January 1785 - The Daily Universal Register - Issue 1" by Bradford Timeline is licensed under CC BY-NC 2.0

History of the Times

The Times newspaper is published in London and is one of Britain's oldest and most influential newspapers. The Times was initially founded as *The Daily Universal Register* on Saturday, 1st January 1785 by John Walter. It began as a 2½ penny broadsheet newspaper with the main aim of publicising a system of typography that interested Walter. In his opening editorial, Walter declared that a newspaper:

"ought to be the register of the times and faithful recorder of every species of intelligence; it ought not to be engrossed by any particular object; but like a well-covered table, it should contain something suited to every palate: observations on the dispositions of our own and of foreign courts should be provided for the political reader; debates should be reported for the amusement or information of those who may be particularly fond of them; and a due attention should be paid to the interests of trade, which are so greatly promoted by advertisements."

Becoming The Times

On 1st January 1788, John Walter changed the newspaper's name to *The Times*, which is a newspaper title recognised worldwide today as a newspaper of record. After the change, the newspaper began publishing commercial news, as well as some scandals.

In 1803, the founder's son, John Walter II, took over the newspaper and expanded it from four to 12 large pages. The reputation of the Times as Britain's leading national news publication and historical record had been firmly established when John Walter III took over the newspaper in 1848. Its first liberal editor, Thomas Barnes, was in charge when the newspaper became popularly known as the "Thunderer" and emerged as a strong independent newspaper.

Late in the 19th century, overspending and the inadvertent publication of a forgery against the Irish hero *Charles Stewart Parnell* brought *The Times*' finances, reputation, and circulation to a serious low. As part of a recovery effort, *The Times* entered into an agreement with the publishers of *Encyclopædia Britannica* for advertising and selling the 9th and 10th editions. It was not until 1908—when the sensationalist press lord Alfred Harmsworth, 1st Viscount Northcliffe, purchased the paper—that *The Times* was financially secure, but its editorial reputation continued to deteriorate until Lord Northcliffe died in 1922.

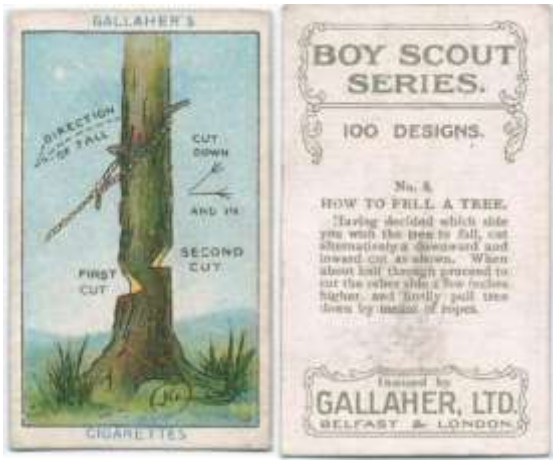
Remember Cigarette Cards?

Excerpted from a story at: https://www.quora.com/q/travancorelines/And-you-thought-life-hacks-were-something-new

In the latter part of the 1880s, cigarette companies began to put stiffening cards into cigarette packs to strengthen them. Before long, someone got the enterprising idea to put images on these cards: artwork, celebrities, trivia, and "how-to" advice were all popular ideas at the time. The cards continued to be placed into cigarette packets until the 1940s. Today, they are highly collectable. How highly collectable, you might ask? In 2007, one of these cards, featuring an image of anti-smoking baseball player Honus Wagner, was sold for $2.8 million.

In the early 1900s, Gallaher Ltd of Belfast & London and Ogden's Branch of the Imperial Tobacco Co printed the "*How-To*" series onto the cards, providing clever hints on handling many of life's problems - from steaming out a splinter to making an emergency water filter.

As a boy (non-smoking until much later), I particularly liked the cards with pictures of famous footballers and cricketers. Denis Compton (who I think played cricket for Middlesex and football for Arsenal) seemed to pop up all the time. When he wasn't posing for cigarette cards, he was a frequent 'model' for Brylcreem – in fact, he was known as 'The original Brylcreem boy'.



The British Newspaper Archive

As readers will know, I subscribe to *The British Newspaper Archive* - a partnership between the British Library and Findmypast to digitise the British Library's vast collection of newspapers. They scan millions of pages of historical newspapers and make them available online. You can now search hundreds of millions of articles by keyword, name, location, date or title and watch your results appear in an instant.

When writing this (January 2021), the resource had nearly 41 million pages of newspapers going back to the 1700s. New pages are added all the time. For example, on 14th January 2021, they added the *Bromsgrove Gleaner*, or to give it its full title, the *Bromsgrove Gleaner, Monthly Advertiser and Miscellany of Amusing and Instructive Knowledge.* First published in 1854 by John Harris Scroxton, it was the Worcestershire town of Bromsgrove's first-ever newspaper.

Amongst other things, Scroxton was a poet, amateur artist, stationer and bookseller, as well as the editor and publisher of the *Bromsgrove Gleaner*. In the first edition of his newspaper, which appeared on 1 January 1854 (priced at one penny), he described how his 'little periodical' will be 'enriched with gems of a miscellaneous, but instructive and entertaining character.'

It sounds a little bit like Nil *Desperandum*, doesn't it?

Scroxton could not produce the newspaper all by himself. Computers, spellcheckers and Google weren't around then to help him. Indeed, the newspaper publisher called for assistance for contributions from what he called ***'the Literati of Bromsgrove'*** to fill his new periodical's pages: this is what he said:

> *"The editor of 'The Gleaner' will be happy to receive from his literary friends either original or selected contributions, in prose or verse, at as early a period in each month as their convenience will allow. He thanks those considerate friends, who have already promised him use of their brains. Anything calculated to make a man happier, wiser or better, to raise his tastes, extend his intellectual vision, or purify his heart, to make him a better citizen of the world and a better subject of the world's great Creator, less sympathetic less an animal – stupid, sensuous, selfish, grovelling: add more a man - intelligent, spiritual, sympathetic and aspiring; anything that will exhibit in a striking point of view the evils that disorganise society - especially that monster evil, intemperance, which, with its infernal brood, is preying upon the vitals of human happiness, sapping the foundations of morality, clogging the chariot-wheels of the gospel, destroying domestic peace, ruining characters, intellects, bodies, and dragging immortal multitudes...*
>
> *"Anything calculated to make men disgusted with vice and in love with virtue, just satisfy breath ignorance and determined to be wise, anything which thus promises advantage and happiness to the Brotherhood of man, the editor will be glad to see all the unfolding and unfolded geniuses of Bromsgrove exercising their wits open and promises then a small space in the gleaner shoot their compositions be sufficiently matured to meet the public eye call my pop believing there to be already 1000 fold too much injurious trash published in the shape of sickly love tales and sensors novels, illustrating nothing that ever did live does live, will live or could live, in such a world as this, right English which, ministering only two and unhealthy excitement and fetch the mind for the sobriety's of truth he trusts no such compositions as these will ever disfigure the pages of the Bromsgrove gleaner."*

A sticky situation: The 1952 Christmas pudding palaver

https://blog.nationalarchives.gov.uk/a-sticky-situation-the-christmas-pudding-palaver-of-1952

Picture Credit: "Christmas Pudding" by Matito is licensed under CC BY-SA 2.0

The origins of the Christmas pudding can be traced back to medieval times, but it wasn't until the Victorian era that the Christmas pudding we know and love, took on the recognisable form we see today. In a festive blog, Rebecca Simpson explains that in the 1940s and 1950s, the Christmas pudding was a hot debate. Committees and policy on Christmas Pudding Labelling was brought in after the war to ensure that Christmas puddings did not go below the net weight of 17oz and contained the right ingredients - one being no less than 15% added sugar! You can view the list of ingredients here.

New regulations in 1952 required all imported Christmas puddings to list and label their weight and ingredients. The pudding problem was taken seriously, and unlabelled puddings could not be sold and could potentially result in prosecution. It was amid growing concerns about the correct licensing and labelling of the famous pudding that a country-wide survey was undertaken in 1952.

Discover who was at the top and who was at the bottom of the Christmas pudding league table in the National Archives' blog.

Religions – What, Why and When?

Excerpts and Credits: https://en.wikipedia.org/wiki/History_of_religion
https://en.wikipedia.org/wiki/Timeline_of_religion

The history of religion refers to the written record of human religious feelings, thoughts, and ideas. The earliest archaeological evidence of religious ideas dates back several hundred thousand years to the Middle and Lower Paleolithic periods. Archaeologists take apparent intentional burials of early Homo sapiens from as early as 300,000 years ago as evidence of religious ideas. Other evidence of religious ideas includes symbolic artefacts from Middle Stone Age sites in Africa. However, the interpretation of early palaeolithic artefacts about how they relate to religious ideas remains controversial. Archaeological evidence from more recent periods is less controversial.

TIMELINE (from 200,000 BC to 2014 AD)

Middle Palaeolithic (200,000–50,000 BCE)

Despite claims by some researchers of bear worship, belief in an afterlife, and other rituals, the archaeological evidence does not support the presence of religious practices by modern humans or Neanderthals during this period.

- **100,000 BCE:** *Earliest known human burial in the Middle East.*
- **70,000–35,000 BCE:** *Neanderthal burials take place in areas of Europe and the Middle East.*
- **40,000 BCE:** *The cremated remains of one of the earliest known anatomically modern humans to be discovered was buried near Lake Mungo.*
- **38,000 BCE:** *The Aurignacian Löwenmensch figurine, the oldest known animal-shaped sculpture globally and one of the oldest known sculptures, in general, was made.*
- **35,000–26,000 BCE:** *Neanderthal burials are absent from the archaeological record. This roughly coincides with the appearance of Homo sapiens in Europe*
- *and decline of the Neanderthals. Individual skulls and long bones began appearing, heavily stained with red ochre and separately buried. This practice may be the origin of sacred relics. The oldest discovered "Venus figurines" appeared in graves.*
- **25,000–21,000 BCE:** *Clear examples of burials are present in Iberia, Wales, and eastern Europe. These, too, incorporate the heavy use of red ochre.*
- **13,000–8,000 BCE:** *Noticeable burial activity resumed. Prior mortuary activity had either taken a less obvious form or contemporaries retained some of their burial knowledge without such activity. Dozens of men, women, and children were being buried in the same caves which were used for burials 10,000 years beforehand. All these graves are delineated by the cave walls and large limestone blocks. The burials share several characteristics (such as the use of ochre and shell and mammoth ivory jewellery) that go back thousands of years.*

10th to 6th Millennium BCE

- **9130–7370 BCE:** *This was the apparent period of use of Göbekli Tepe, one of the oldest human-made sites of worship yet discovered; evidence of similar usage has also been found in another nearby site, Nevalı Çori.*
- **7500–5700 BCE:** *The settlements of Catalhoyuk developed as a likely spiritual centre of Anatolia. Possibly practising worship in communal shrines, its inhabitants left behind numerous clay figurines and impressions of phallic, feminine, and hunting scenes.*

Ancient Era

- **c.3750 BCE:** *The Proto-Semitic people emerged from a generally accepted urheimat in the Arabian Peninsula and Levant. The Proto-Semitic people would migrate throughout the Near East into Mesopotamia, Egypt, Ethiopia, and the eastern shore of the Mediterranean.*
- **3300–1300 BCE:** *Extent and major sites of the Indus Valley Civilization. The shaded area does not include recent excavations. The Indus Valley Civilization (IVC) was a Bronze Age civilization (3300–1300 BCE; mature period 2600–1900 BCE) in the north-western region of the Indian subcontinent, noted for its cities built of brick, roadside drainage system and multi-storeyed houses.*
- **3200–3100 BCE:** *Newgrange, the 250,000-ton passage tomb aligned to the winter solstice in Ireland, was built.* **3100 BCE:** *The initial form of Stonehenge was completed.*
- **3000 BCE:** *Sumerian Cuneiform emerged from the proto-literate Uruk period, allowing the codification of beliefs and creation of detailed historical religious records. The second phase of Stonehenge was completed and appeared to function as the first enclosed cremation cemetery in Britain.*
- **2635–2610 BCE:** *The oldest surviving Egyptian Pyramid was commissioned.*
- **2600 BCE:** *Stonehenge began to take on its final form.*
- **2560 BCE:** *This is the approximate time accepted as the completion of the Great Pyramid of Giza, the oldest pyramid of the Giza Plateau.*
- **2494–2345 BCE:** *The first of the oldest surviving religious texts, the Pyramid Texts, was composed in Ancient Egypt.*
- **2200 BCE:** *The Minoan Civilization developed in Crete. Citizens worshipped a variety of goddesses.*
- **2150–2000 BCE:** *The earliest surviving versions of the Sumerian Epic of Gilgamesh were written.*
- **1700–1100 BCE:** *The oldest of the Hindu Vedas (scriptures), the Rig Veda, was composed. This is the first mention of Rudra, a fearsome form of Shiva as the supreme god.*
- **1600 BCE:** *The ancient development of Stonehenge came to an end.*
- **1500 BCE:** *The Vedic Age began in India after the collapse of the Indus Valley Civilisation.*
- **1300–1000 BCE:** *The "standard" Akkadian version of the Epic of Gilgamesh was edited by Sin-liqe-unninni.*
- **1250–600 BCE:** *The Upanishads (Vedic texts) were composed, containing the earliest emergence of some of the central religious concepts of Hinduism. Buddhism and Jainism.*
- **1200 BCE:** *The Olmecs built the earliest pyramids/temples in Central America.*
- **8th to 6th centuries BCE:** *The Chandogya Upanishad is compiled, significant for containing the earliest to date mention of Krishna. Verse 3.17.6 mentions Krishna Devakiputra as a student of the sage Ghora Angirasa.*
- **6th to 5th centuries BCE:** *The first five books of the Jewish Tanakh, the Torah, are probably compiled.*
- **6th century BCE:** *Possible start of Zoroastrianism. However, some date Zarathustra closer to 1000 BCE. Zoroastrianism flourished under the Persian emperors known as the Achaemenids. The emperors Darius (ruled 522–486 B.C.E.) and Xerxes (ruled 486–465 B.C.E.) made it the official religion of their empire.*
- **600–500 BCE:** *The earliest Confucian writing, Shu-Ching, incorporates ideas of harmony and heaven.*
- **599–527 BCE:** *The life of Mahavira, 24th and last Tirthankara of Jainism.*
- **c.563/480–c.483/400 BCE:** *Gautama Buddha, the founder of Buddhism, was born.*
- **551 BCE:** *Confucius was born.*
- **399 BCE:** *Socrates was tried for impiety.*
- **369–372 BCE:** *Birth of Mencius and Zhuang Zhou*
- **300 BCE:** *The oldest known version of the Tao Te Ching was written on bamboo tablets.*
- **300 BCE:** *Theravada Buddhism was introduced to Sri Lanka by the Venerable Mahinda.*
- **c.250 BCE:** *The Third Buddhist council was convened by Ashoka. Ashoka sends Buddhist missionaries to faraway countries, such as China, mainland Southeast Asia, Malay kingdoms, and Hellenistic kingdoms.*
- **100 BCE–500 CE:** *The Yoga Sūtras of Patañjali, constituting the foundational texts of Yoga, were composed.*

Common Era

- **c.4 BCE–c.30/33 CE:** *The lifetime of Jesus of Nazareth, the central figure of Christianity.*
- **50–62:** *The first Christian Council was convened in Jerusalem.*
- **70:** *The Siege of Jerusalem, the Destruction of the Temple, and the rise of Rabbinic Judaism.*
- **220:** *Manichaean Gnosticism was formed by the prophet Mani.*
- **250:** *Some of the oldest parts of the Ginza Rba, a core text of Mandaen Gnosticism, were written.*
- **250–900:** *Classic Mayan step pyramids were constructed.*
- **313:** *The Edict of Milan decreed religious toleration in the Roman empire.*
- **325:** *The first ecumenical council (the Council of Nicaea) was convened to attain a consensus on doctrine through an assembly representing all Christendom. It established the original Nicene Creed (a statement of belief widely used in Christian liturgy and fixed the date of Easter). It also confirmed the primacy of the Sees of Rome, Alexandria and Antioch, and granted the See of Jerusalem a position of honour.*
- **c.350:** *The oldest record of the complete biblical texts (the Codex Sinaiticus) survives in a Greek translation called the Septuagint, dating to the 4th century CE.*
- **380:** *Theodosius I declared Nicene Christianity the state religion of the Roman Empire.*

- **381:** *The 2nd ecumenical council (the First Council of Constantinople) reaffirmed and revised the Nicene Creed, repudiating Arianism and Pneumatomachi.*
- **381–391:** *Theodosius proscribed paganism within the Roman Empire.*
- **393:** *A council of early Christian bishops listed and approved a biblical canon for the first time at the Synod of Hippo.*

Middle Ages (5th to 15th centuries)

- **405:** *St. Jerome completed the Vulgate, the first Latin translation of the Bible.*
- **410:** *The Western Roman Empire began to decline, signalling the onset of the Dark Ages.*
- **424:** *The Church of the East in the Sassanian Empire (Persia) formally separated from the See of Antioch and proclaimed full ecclesiastical independence.*
- **431:** *The third ecumenical council (the First Council of Ephesus) was convened as a result of the controversial teachings of Nestorius of Constantinople. It repudiated Nestorianism, proclaimed the Virgin Mary as the Theotokos (the God-bearer or Mother of God). It also repudiated Pelagianism and again reaffirmed the Nicene Creed.*
- **449:** *The Second Council of Ephesus declared support for Eutyches and attacked his opponents. Convened initially as an ecumenical council, its ecumenical nature was rejected by the Chalcedonians, who denounced the council as latrocinium.*
- **451:** *The fourth ecumenical council (the Council of Chalcedon) rejected the Eutychian doctrine of monophysitism, adopting the Chalcedonian Creed instead. It reinstated those deposed in 449, deposed Dioscorus of Alexandria and elevated the bishoprics of Constantinople and Jerusalem to the status of patriarchates.*
- **451:** *The Oriental Orthodox Church rejected the Christological view of the Council of Chalcedon and was excommunicated.*
- **480–547:** *Benedict of Nursia wrote his Rule, laying the foundation of Western Christian monasticism.*
- **553:** *The fifth ecumenical council (the Second Council of Constantinople) repudiated the Three Chapters as Nestorian and condemned Origen of Alexandria.*
- **632–661:** *The Rashidun Caliphate heralded the Arab conquest of Persia, Egypt and Iraq, bringing Islam to those regions.*
- **650:** *The verses of the Qur'an were compiled in the form of a book in the era of Uthman, the third Caliph of Islam.*
- **661–750:** *The Umayyad Caliphate brought the Arab conquest of North Africa, Spain and Central Asia, marking the greatest extent of the Arab conquests and bringing Islam to those regions.*
- **680–681:** *The sixth ecumenical council (the Third Council of Constantinople) rejected Monothelitism and Monoenergism.*
- **c.680:** *The division between Sunni and Shiites Muslims developed.*
- **692:** *The Quinisext Council (also known as the Council in Trullo), an amendment to the 5th and 6th ecumenical councils, established the Pentarchy.*
- **712:** *Kojiki, the oldest Shinto text, was written.*
- **716–936:** *The migration of Zoroastrian (Parsi) communities from Persia to India was caused by the Muslim conquest of their lands and the ensuing persecution.*
- **754:** *The latrocinium Council of Hieria supported iconoclasm.*
- **787:** *The seventh ecumenical council (the Second Council of Nicaea) restored the veneration of icons and denounced iconoclasm.*
- **788–820:** *The life of Hindu philosopher Adi Shankara, who consolidated the doctrine of Advaita Vedānta.*
- **c.850:** *The oldest extant manuscripts of the vocalized Masoretic text, upon which modern editions are based, date to the 9th century CE.*
- ***c.1052–c.1135:*** *The life of Milarepa, one of the most famous yogis and poets of Tibetan Buddhism.*
- **1054:** *The Great Schism between the Roman Catholic and Eastern Orthodox churches was formalised.*
- **1095–1099:** *The First Crusade led to the capture of Jerusalem.*
- **1107–1110:** *Sigurd I of Norway led the Norwegian Crusade against Muslims in Spain, the Balearic Islands, and Palestine.*
- **1147–1149:** *The Second Crusade was waged in response to the fall of the County of Edessa.*
- **1189–1192:** *In the Third Crusade, European leaders attempted to reconquer the Holy Land from Saladin.*
- **1202–1204:** *The Fourth Crusade, originally intended to recapture Jerusalem, instead led to the sack of Constantinople, capital of the Byzantine Empire.*
- **1206:** *The Delhi Sultanate was established.*
- **1209–1229:** *The Albigensian Crusade was conducted to eliminate Catharism in Occitania, Europe.*
- **1217–1221:** *With the Fifth Crusade, Christian leaders again attempted (but failed) to recapture Jerusalem.*
- **1222–1282:** *The life of Nichiren Daishonin, the Buddha of the Latter Day of the Law and founder of Nichiren Buddhism. This branch of Buddhism teaches the importance of chanting the mantra Nam Myōhō Renge Kyō.*
- **1228–1229:** *The Sixth Crusade won control of large areas of the Holy Land for Christian rulers, more through diplomacy than through fighting.*
- **1229:** *The Codex Gigas was completed by Herman the Recluse in the Benedictine*
- *monastery of Podlažice near Chrudim.*
- **1244:** *Jerusalem was sacked again, instigating the Seventh Crusade.*
- **1270:** *The Eighth Crusade was launched by Louis IX of France but largely petered out when Louis died shortly after reaching Tunis.*
- **1271–1272:** *The Ninth Crusade failed.*
- **1320:** *Pope John XXII laid the groundwork for future witch-hunts with the formalisation of the persecution of witchcraft.*
- **1378–1417:** *The Roman Catholic Church split during the Western Schism.*
- **1415:** *The death of Jan Hus who is considered as the first reformer of Western Christianity. This event is often viewed as the beginning of the Reformation.*
- **1484:** *Pope Innocent VIII marked the beginning of the classical European*
- *witch-hunts with his papal bull Summis desiderantes.*
- **1486–1534:** *Chaitanya Mahaprabhu popularised the chanting of the Hare Krishna and composed the Siksastakam (eight devotional prayers) in Sanskrit. His followers, Gaudiya Vaishnavas, revere him as a spiritual reformer, a Hindu revivalist and an avatar of Krishna.*

Early modern and modern eras

- **1500:** *In the Spanish Empire, Catholicism was spread and encouraged through such institutions as the missions and the Inquisition.*
- **1517:** *Martin Luther posted The Ninety-Five Theses on the door of All Saints' Church, Wittenberg, launching the Protestant Reformation.*
- **1526:** *African religious systems were introduced to the Americas, with the commencement of the trans-Atlantic slave trade.*
- **1534:** *Henry VIII separated the English Church from Rome and made himself Supreme Head of the Church of England.*
- **1562:** *The Massacre of Vassy sparked the first of a series of French Wars of Religion.*
- **1699:** *Guru Gobind Singh Ji created the Khalsa in Sikhism.*
- **1708:** *Guru Gobind Singh Ji, the last Sikh guru, died after instituting the Sikh holy book, the Guru Granth Sahib Ji, as the eternal Guru.*
- **1770:** *Baron d'Holbach published The System of Nature, said to be the first positive, unambiguous statement of atheism in the West.*
- **1781:** *Ghanshyam, later known as Sahajanand Swami/Swaminarayan, was born in Chhapaiya at the house of Dharmadev and Bhaktimata.*
- **1789–1799:** *In the Dechristianisation of France, the Revolutionary Government confiscated Church properties, banned monastic vows and, with the passage of the Civil Constitution of the Clergy, removed control of the Church from the Pope and subordinated it as a department of the Government. The Republic also replaced the traditional Gregorian Calendar and abolished Christian holidays.*
- **c.1790–1840:** *The Second Great Awakening, a Protestant religious revival in the United States.*
- **1791:** *Freedom of religion, enshrined in the Bill of Rights, was added as an amendment to the US Constitution forming an early and influential secular government.*
- **1801:** *The French Revolutionary Government and Pope Pius VII entered into the Concordat of 1801. While Roman Catholicism regained some powers and became recognized as "the religion of the great majority of the French", it was not afforded the latitude it had enjoyed before the Revolution and was not re-established as the official state religion. The Church relinquished all claims to estate seized after 1790; the clergy was state salaried and was obliged to swear allegiance to the State. Religious freedom was restored.*
- **1819–1850:** *The life of Siyyid 'Alí Muḥammad Shírází better known as the Báb. the founder of Bábism.*
- **1817–1892:** *The life of Bahá'u'lláh, founder of the Bahá'í Faith.*
- **1823:** *The Mormon Prophet Joseph Smith claimed to see the Angel Moroni and prophesied of what is now the Book of Mormon.*
- **1830s:** *Adventism was started by William Miller in the United States.*
- **1830:** *The Church of Christ was founded by Joseph Smith on 6 April – initiating the Latter Day Saint restorationist movement.*
- **1835–1908:** *The life span of Mirza Ghulam Ahmad, the founder of the messianic Ahmadiyya Movement in Islam.*

- **1836–1886:** *The life span of Ramakrishna, saint and mystic of Bengal.*
- **1844:** *Joseph Smith was murdered, reportedly by John C. Elliott, on 27th June, resulting in a succession crisis in the Latter-Day Saint movement.*
- **1875:** *The Theosophical Society was formed in New York City by Helena Blavatsky, Henry Steel Olcott, William Quan Judge and others.*
- **1879:** *Christian Science was granted its charter in Boston, Massachusetts.*
- **1881:** *Zion's Watch Tower Tract Society was formed by Charles Taze Russell, initiating the Bible Student movement.*
- **1889:** *The Ahmadiyya Muslim Community was established.*
- **1893:** *Swami Vivekananda's first speech at The Parliament of World Religions, Chicago, brought the ancient philosophies of Vedanta and Yoga to the western world.*
- **1899:** *Aradia (aka The Gospel of the Witches), one of the earliest books describing post witch hunt European religious Witchcraft, was published by Charles Godfrey Leland.*
- **1901:** *The incorporation of the Spiritualists' National Union legally representing Spiritualism in the United Kingdom.*
- **1904:** *Thelema was founded by Aleister Crowley.*
- **1905:** *In France, the law on the Separation of the Churches and the State was passed, officially establishing state secularism and putting an end to the funding of religious groups by the state.*
- **1907:** *Formation of BAPS (Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha). A major sect in the Swaminarayan Sampradaya by Shastriji Maharaj.*
- **1908:** *The Khalifatul Masih was established in the Ahmadiyya Muslim Community as the "Second Manifestation of God's Power".*
- **1913:** *The Moorish Science Temple of America was founded in Newark, New Jersey.*
- **1917:** *The October Revolution in Russia led to the annexation of all church properties and subsequent religious suppression.*
- **1920:** *The Self Realization Fellowship Church of all Religions with its headquarters in Los Angeles, CA, was founded by Paramahansa Yogananda.*
- **1922-1991:** *Persecution of Christians in the Soviet Union. The total number of Christian victims under the Soviet regime has been estimated to range from around 12 to 20 million.*
- **1926:** *Cao Dai (a new religious movement in Vietnam) was founded.*
- **1929:** *The Cristero War ended between the secular government and religious Christian rebels in Mexico.*
- **1930:** *The Rastafari movement began following the coronation of Haile Selassie I as Emperor of Ethiopia.*
- *After previously failing to claim the leadership of the Moorish Science Temple of America, Wallace Fard Muhammad creates the Nation of Islam in Detroit, Michigan.*
- **1932:** *A neo-Hindu religious movement, the Brahma Kumaris or "Daughters of Brahma", started. Its origin can be traced to the group "Om Mandali", founded by Lekhraj Kripalani (1884–1969).*
- **1931:** *Jehovah's Witnesses emerged from the Bible Student movement under the influence of Joseph Franklin Rutherford.*
- **1947:** *The first nation in the name of Islam was created called Pakistan. British India was partitioned into the Islamic nation of Pakistan and the secular nation of India with a Hindu majority.*
- **1948:** *The modern state of Israel was established as a homeland for the Jews.*
- **1954:** *The Church of Scientology was founded by L. Ron Hubbard. Wicca (also termed Pagan Witchcraft), a modern Pagan religion, was publicised by Gerald Gardner.*
- **1956:** *Navayana Buddhism (Neo-Buddhism) was founded by B. R. Ambedkar, initially attracting some 380,000 Dalit converts from Hinduism.*
- **1959:** *The 14th Dalai Lama fled Tibet amidst unrest and established an exile community in India.*
- **1960s:** *Various Neopagan and New Age movements gained momentum.*
- **1961:** *Unitarian Universalism was formed from the merger of Unitarianism and Universalism. It is a liberal religion characterized by a "free and responsible search for truth and meaning" but asserts no creed.*
- **1962:** *The Church of All Worlds, the first American neo-pagan church, was formed by a group including Oberon Zell-Ravenheart, Morning Glory Zell-Ravenheart, and Richard Lance Christie.*
- **1965:** *Srila Prabhupada established the International Society for Krishna Consciousness and introduced translations of the Bhagavad-Gita and Vedic Scriptures in mass production all over the world.*
- **1966:** *The Church of Satan was founded by Anton LaVey on Walpurgisnacht (the eve of the Christian feast day of Saint Walpurga).*
- **1972–2004:** *Germanic Neopaganism (aka Heathenism, Heathenry, Ásatrú, Odinism, Forn Siðr, Vor Siðr, and Theodism) began to experience a second wave of revival.*
- **1973:** *Claude Vorilhon (a French journalist) established the Raëlian Movement and changed his name to Raël following a purported extra-terrestrial encounter in December 1973.*
- ***1975:*** *The Temple of Set was founded in Santa Barbara, California.*
- **1979:** *The Iranian Revolution resulted in the establishment of the Islamic Republic in Iran.*
- **1981:** *The Stregherian revival continued. "The Book of the Holy Strega" and "The Book of Ways" Volumes I & II were published.*
- **1984:** *Operation Blue Star in the holiest site of the Sikhs, the Golden Temple in Amritsar (India), led to Anti-Sikh riots in Delhi and adjoining regions, following the assassination of Prime Minister Indira Gandhi.*
- **1989:** *Following the revolutions of 1989, the overthrow of many Soviet-style states allowed a resurgence in open religious practice in many Eastern European countries.*
- **1990s:** *Reconstructionist Pagan movements, (Celtic, Hellenic, Roman, Slavic, Baltic, Finnish, etc.) increased throughout Europe.*
- **1993:** *The European Council convened in Copenhagen, Denmark, agreed to the Copenhagen Criteria, requiring religious freedom within all members and prospective members of the European Union.*
- **1995:** *First Traditional Hindu Mandir outside of India created in London by Pramukh Swami Maharaj (1921-2016) Guru of BAPS.*
- **1998:** *The Strega Arician Tradition was founded. It is a form of witchcraft with Southern European roots but also includes Italian American witchcraft.*
- **2006:** *Sectarian rivalries exploded in Iraq between Sunni and Shia Muslims, with each side targeting the other in terrorist acts, and bombings of mosques and shrines.*
- **2008:** *Nepal, the world's only Hindu Kingdom, was declared a secular state by its Constituent Assembly after declaring the state a Republic on 28th May 2008.*
- **2009:** *The Church of Scientology in France was fined €600,000 and several of its leaders were fined and imprisoned for defrauding new recruits of their savings. The state failed to disband the church owing to legal changes occurring over the same time period.*
- **2011:** *Civil war broke out in Syria over domestic political issues. The country soon split along sectarian lines between Sunni, Alawite and Shiite Muslims. War crimes and acts of genocide were committed by both parties as religious leaders on each side condemned the other as heretics. The Syrian civil war soon became a battleground for regional sectarian unrest, as fighters joined the fight from as far away as North America and Europe, as well as Iran and the Arab states.*
- **2013:** *The Satanic Temple was founded by Lucien Greaves and Malcolm Jarry (pseudonyms).*
- **2014:** *A supposed Islamic Caliphate was established by the self-proclaimed Islamic State of Iraq and the Levant in regions of war-torn Syria and Iraq, drawing global support from radical Sunni Muslims. This was a modern-day attempt to re-establish Islamic self-rule in accordance with strict adherence to Shariah-Islamic religious law. In the wake of the Syrian civil war, Islamic extremists targeted the indigenous Arab Christian communities. In acts of genocide, numerous ancient Christian and Yazidi (Yazidism is a monotheistic faith based on belief in one God, who created the world and entrusted it into the care of a Heptad of seven Holy Beings, often known as Angels), communities were evicted and threatened with death by various Muslim Sunni fighter groups. After ISIS terrorist forces infiltrated and took over large parts of northern Iraq from Syria, many ancient Christian and Yazidi enclaves were destroyed.*

LARGEST RELIGIONS OF THE WORLD'S POPULATION (8 billion)

Religion	Followers	% of the total
Christianity	2.382 billion	31.1%
Islam	1.907 billion	24.9%
Secular, Non-Religious/Agnostic/Atheist	1.193 billion	15.69%
Hinduism	1.161 billion	15.2%
Buddhism	506 million	6.6%
Chinese Traditional Religion	394 million	5%
Judaism	15 million	0.19%

Source: https://en.wikipedia.org/wiki/List_of_religious_populations

All about Tuesday

Source: Dictionary.com

To make a long story short, it seems that Tiw used to be a big shot, up there with Odin and Thor in Norse mythology. He may even have been chief of the gods. But culture can be fickle and cruel.

Nowadays, it's not clear who he was exactly or how to pronounce his name. We just have hints.

But, there's a lot to like about Tiw: He's a war god, associated with courage and combat. He may have had a female companion named Zisa. And listen to how he lost his hand: There was a huge wolf named Fenrir, also called *Fenris-wolf*, who was prophesized to kill Odin, king of the gods. Understandably, the gods decided to restrain the beast while he was still growing. Fenrir kept breaking his tethers, so the gods asked the dwarves to use their magic to craft a super leash called Gleipnir. "It was made of six things: the noise a cat makes in foot-fall, the beard of a woman, the roots of a rock, the sinews of a bear, the breath of a fish, and the spittle of a bird. And though thou understand not these matters already, yet now thou mayest speedily find certain proof herein, that no lie is told thee: thou must have seen that a woman has no beard, and no sound comes from the leap of a cat, and there are no roots under a rock." (From the *Prose Edda*.)

Fenrir wouldn't let the gods bind him with Gleipnir unless one of them stuck their hand in the wolf's mouth. Only Tiw was brave enough to do it.

Snap! That's how Tiw lost his hand. At least it earned him a day of the week, and you can think of that every time you're wolfing down tacos on a Tuesday.

A naughty story by Dave Allen

Click >>> HERE to listen and watch.

Have a laugh with Les Dawson

Here's Les Dawson's stand-up routine (The Royal Variety Performance, 1987). Click >>> HERE to enjoy the old times.

What was very large, crawled and ruled in prehistoric Colombia?

Excerpted from: https://www.ancient-origins.net/unexplained-phenomena/titanoboa-monster-snake-ruled-prehistoric-colombia-009963

Picture Credit: "Titanoboa" by Ryan Somma is licensed under CC BY 2.0

The answer is the Titanoboa. If you met one, it would frighten the living daylights out of you. Your next question might be: what was it? A word or two of caution - you may not want to read about this frightening creature if you suffer to any degree from ophidiophobia, nor would you have gone on a camping trip to La Guajira in north-eastern Colombia where this creature 'owned the territory'. The largest snake that ever lived ruled the area a long time ago – around 60 million years ago - so you are safe from its bone-crushing grip now, but the image of the huge prehistoric snake slithering around South America is still a terrifying one.

A Titanic Boa

Titanoboa simply means 'titanic boa' and is an appropriate name for this monster, a prehistoric snake. Titanoboa fossils show it was the largest snake in the world. The South American country of Colombia has the only known fossils of the enormous serpent. Through these few fossils, palaeontologists estimated the size of this prehistoric creature - it could have grown to a length of between 42 feet and 49 feet and weighed up to a massive 2500 pounds (1134 kg). As a comparison, the anaconda, one of the largest snakes living today, is known to reach lengths of over 20 feet (6.1 metres) and weigh more than 500 pounds (227 kg).

Ravel's Bolero in the Mall

Click >>> HERE to listen and watch.

What ordering a Pizza in the future will be like

CALLER: Hello, is this Pizza Hut?

GOOGLE: No sir, it's Google Pizza.

CALLER: Oh dear, I must have dialled a wrong number, sorry.

GOOGLE: No sir, Google bought Pizza Hut last month.

CALLER: OK then, I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: What, my usual? You know me?

GOOGLE: According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.

CALLER: Crikey. Super! That's what I'll have.

GOOGLE: May I suggest that this time you have a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

CALLER: What? Ugh. I don't want a vegetarian pizza!

GOOGLE: But your cholesterol is not good, sir, it's far too high.

CALLER: How the hell do you know that?

GOOGLE: Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last 7 years.

CALLER: Okay, but I don't want your rotten vegetarian pizza! I already take medication for my cholesterol.

GOOGLE: Excuse me sir, but you have not taken your medication regularly. According to our database, you purchased only a box of 30 cholesterol tablets once at Lloyds Pharmacy, 4 months ago.

CALLER: I bought more from another Chemist, in Haywards Heath.

GOOGLE: That doesn't show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you didn't withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE: That doesn't show on your latest tax returns, unless you bought them using an undeclared income source, which is against the law!

CALLER: WHAT THE HELL!

GOOGLE: I'm sorry sir, we use such information only with the sole intention of helping you.

CALLER: Enough already! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without the internet, TV, where there is no phone service and no one to watch me or spy on me.

GOOGLE: I understand sir, but you need to renew your passport first. It expired 6 weeks ago...

Welcome to the future

Joseph Rudyard Kipling

Sources: https://www.biography.com/writer/rudyard-kipling
https://learnodo-newtonic.com/rudyard-kipling-famous-poems

Joseph Rudyard Kipling was born in Bombay (now Mumbai), Maharashtra, India, on 30th December 1865 during the 'British Raj', when India was part of the British Empire. Educated in England, he was famous as an author of many works like *'Just So Stories,' 'If',* and *'The Jungle Book.'*

At six, Kipling was sent to Southsea, England, where he attended school and lived with a foster family. In 1882, Kipling returned to India, making his home with his parents in Lahore and, with his father's help, found a job with a local newspaper. Kipling's experiences during this time formed the backbone for a series of stories he began to write and publish. They were eventually assembled into a collection of 40 short stories called *Plain Tales From the Hills*, which gained wide popularity in England. In 1889, seven years after leaving England, Kipling returned hoping to leverage the modest amount of celebrity his book of short stories had earned him. In London, he met Wolcott Balestier, an American agent and publisher who quickly became one of Kipling's great friends and supporters.

Poems by Kipling
As well as being a prolific author of fiction, Rudyard Kipling was also a hugely popular poet. His clarity of style, use of colloquial language, and the way in which he used rhythm and rhyme are considered by many to be major innovations in poetry and influenced following generations of poets. If you're the slightest bit interested in poetry, you must read some or all of Kipling's poems. An excellent place to start is: https://www.poetryloverspage.com/poets/kipling/kipling_ind.html (poetryloverspage.com)

Films based on Kipling's Stories
The films made from Kipling's books are numerous, to say the least (see here). My favourites are *The Jungle Book*, *Kim*, *Gunga Din,* and at the top of my list is the 1975 film *The Man Who Would Be King*, adapted and directed by John Huston and starred Sean Connery, Michael Caine, Saeed Jaffrey, and Christopher Plummer. The film is about two rogue ex-non-commissioned officers (Connery and Caine) of the British Indian Army who exited British India in the 19th century searching for adventure. Their journey transports them to Kafiristan, which they end up ruling. You can watch a promotional video by clicking here: https://youtu.be/gjAi5ER5FOU

Nobel Prize Winner
Kipling was offered the honour of a knighthood in 1899 and again in 1903 but refused both times. He did accept the Nobel Prize for Literature in 1907 at the age of 42, making him the youngest person to receive the award and the first English-language writer to receive the prize.

Freemasonry
Wikipedia records (here) that, according to the English magazine *Masonic Illustrated*, Kipling became a Freemason in about 1885, before the usual minimum age of 21, being initiated into *Hope and Perseverance Lodge No. 782* in Lahore.

> *"Six honest serving-men taught me all I know. Their names are* ***What*** *and* ***Why*** *and* ***When*** *and* ***How*** *and* ***Where*** *and* ***Who.****"*
> ***Rudyard Kipling***

Kipling later wrote to The Times: *"I was Secretary for some years of the Lodge... which included Brethren of at least four creeds. I was entered [as an Apprentice] by a member from Brahmo Somaj, a Hindu, passed [to the degree of Fellow Craft] by a Mohammedan, and raised [to the degree of Master Mason] by an Englishman. Our Tyler was an Indian Jew."* Kipling received not only the three degrees of Craft Masonry but also the side degrees of Mark Master Mason and Royal Ark Mariner.

Connections with British Intelligence
During WWI, British intelligence enlisted Kipling to counter German propaganda by rewriting Indian soldiers' letters back to their families using pro-empire propaganda designed to temper the threat of an insurrection among soldiers fighting in France (see the story in The Guardian here).

Connections with Sussex
Kipling and his family lived at The Elms, in Rottingdean, near Brighton, between 1897 and 1902. Bateman's, a 17th century house located in Burwash, East Sussex, was Kipling's home from 1902 until he died in 1936. Kipling's widow Caroline gifted the house to the National Trust on her death in 1939.

Tea from India

The British can claim credit for creating India's vast tea empire. We discovered tea in India and cultivated and consumed it in enormous quantities between the early 1800s and India's independence from Great Britain in 1947.

The Indian Tea Association (here) say this about the story of Indian tea:

- *Around 1774, Warren Hastings sent a selection of China seeds to George Bogle, the then British emissary in Bhutan, for planting. But nothing seems to have come of this experiment.*
- *In 1776, Sir Joseph Banks, the great English botanist, was asked to prepare a series of notes - and it was his recommendation that tea cultivation be undertaken in India.*
- *In 1780, Robert Kyd experimented with tea cultivation in India with seeds from a consignment said to have arrived from China. A few decades later. Robert Bruce discovered tea plants growing wild in the Upper Brahmaputra Valley. In May 1823, the first Indian tea from Assam was sent to England.*
- *Ironically, the native plants flourished while the Chinese seedlings struggled to survive in the intense Assam heat, and it was eventually decided to make subsequent plantings with seedlings from the native tea bush. The first twelve chests of manufactured tea to be made from indigenous Assam leaf were shipped to London in 1838 and were sold at the London auctions. This paved the way for the formation of the 'Bengal Tea Association' in Calcutta and the first joint stock Tea Company, the 'Assam Company' in London. On witnessing its success, other companies were formed to take up the cultivation of tea. Some of the other pioneer companies include George Williamson and the Jorehaut Tea Company*
- *Having established a successful industry in Assam's Brahmaputra valley, the feasibility of growing tea in the entire range of foothills of the Himalayas and other parts of India was explored. By 1863, 78 plantations were established in Kumaon, Dehra Dun, Garhwal, Kangra Valley and Kulu. After the transfer of the present Darjeeling district to the East India Company in 1835 and initial trials in the 1840s, commercial plantations were started in Darjeeling in the 1850s, and by 1874, 113 gardens covering 18,888 acres of tea were opened and production touched 3.9 million pounds. In order to surmount the problems, the industry was facing labour and law and order issues, communication, the need to expand markets and the packaging of tea. the* ***Indian Tea Association*** *was formed in 1881.*
- *In 1853, India exported 183.4 tons of tea. By 1870, that figure had increased to 6,700 tons and by 1885, it was 35,274 tons. Today, India is one of the world's largest tea producers, with 13,000 gardens and a workforce of more than 2 million people involved in its production.*

Çatalhöyük Mural: What is it?

Çatalhöyük?
Çatalhöyük was a very large Neolithic and Chalcolithic proto-city settlement in southern Anatolia, which existed from approximately 7,100 BC to 5,700 BC, and flourished around 7,000 BC. In July 2012, it was inscribed as a UNESCO World Heritage Site. Çatalhöyük is located overlooking the Konya Plain, southeast of the present-day city of Konya (ancient Iconium) in Turkey, approximately 87 miles from the twin-coned volcano of Mount Hasan.

Mount Hasan has two summits: the 3,069 metres (10,069 ft) high eastern *Small Hasan Dagi* and the 3,253 metres (10,673 ft) high *Big Hasan Dagi* and rises about 1 kilometre (0.62 mi) above the surrounding terrain. It consists of various volcanic deposits. Its activity has been related to the presence of several rock fractures in the area and regional tectonics. Activity began in the Miocene and continued into the Holocene; a mural found in the archaeological site of Çatalhöyük has been controversially interpreted as showing a volcanic eruption and even a primitive map.

Explanations
It sounds like a foreign language. You don't encounter words like Tectonics, Miocene, Holocene, Neolithic, Chalcolithic, Proto-city or Anatolia every day. A word or two of explanation:

- **Tectonics** (from Latin *tectonicus*; from Ancient Greek (*tektonikos*) which mean 'pertaining to building') are the processes that control the structure and properties of the Earth's crust and its evolution through time.
- The **Miocene** period (23 million to 5.3 million years ago) is probably the most fruitful for the study of ancient primates. During this time, dramatic changes in geomorphology, climate, and vegetation took place. The period was one of volcanism and mountain building, during which the topography of the modern world was becoming established. Of particular relevance to the story of primate evolution are the vegetational changes resulting from the formation of mountain ranges.
- The **Holocene** period is the name given to the last 11,700 years of the Earth's history — the time since the end of the last major glacial epoch, or "ice age." Since then, there have been small-scale climate shifts — notably the "Little Ice Age" between about 1200 and 1700 A.D. In general, the Holocene has been a relatively warm period between the ice ages.
- The **Neolithic** period is the final division of the Stone Age, began about 12,000 years ago (from 10,000 to 4,500 BC) when the first developments of farming appeared in the Epipalaeolithic (see below) Near East and later in other parts of the world. The Neolithic period lasted until the transitional period of the Chalcolithic from about 6,500 years ago, marked by the development of metallurgy, leading up to the Bronze Age and Iron Age. In other places, the Neolithic lasted longer. In Northern Europe, the Neolithic lasted until about 1700 BC, while in China, it extended until 1200 BC. Other parts of the world remained broadly in the Neolithic stage of development until European contact.
- The **Chalcolithic** period of human culture is preliminary to the Bronze Age and is characterised by the use of copper and stone tools. The period is generally recognised only for Europe and central and western Asia.
- A **Proto-city** is a large village or town of the Neolithic, such as Jericho and Çatalhöyük, and any prehistoric settlement with rural and urban features. A proto-city is distinguished from a true city in that it lacks planning and centralized rule. For example, Jericho evidently had a class system, but no roads, while Çatalhöyük apparently lacked social stratification. This is what distinguishes them from the first city-states of the early Mesopotamian cities in the 4th millennium B.C.F
- In archaeology, the **Epipalaeolithic** or **Epipaleolithic** is a term for a period occurring between the Upper Paleolithic and Neolithic during the Stone Age. Mesolithic also falls between these two periods, and the two are sometimes confused or used as synonyms. More often, they are distinct, referring to approximately the same period in different geographic areas. Epipaleolithic always includes this period in the Levant and, often, the rest of the Near East. It sometimes includes parts of Southeast Europe, where Mesolithic is much more commonly used. Mesolithic very rarely includes the Levant or the Near East; in Europe, Epipalaeolithic is used, though not very often, to refer to the early Mesolithic.
- **Anatolia** is a large peninsula in Western Asia and the westernmost protrusion of the Asian continent. It makes up the majority of modern-day Turkey. The region is bounded by the Turkish Straits to the northwest, the Black Sea to the north, the Armenian Highlands to the east, the Mediterranean Sea to the south, and the Aegean Sea to the west.

Discovery of the Çatalhöyük Mural
In the early 1960s, an archaeologist named James Mellaart uncovered a mural at Çatalhöyük, the world's largest and best-preserved Neolithic site, which he interpreted to represent a volcanic eruption. Fifty years later, scientific tests done on pumice at the nearby volcano Hasan Dağ confirmed that there was, in fact, an eruption between 9,500 and 8,400 years ago—a timespan including the era in which the mural was likely painted.

After James Mellaart discovered the Çatalhöyük mound in central Turkey in 1958, his excavations revealed an extensive Neolithic village featuring dozens of wall paintings and statuettes showing hunting scenes, giant bulls, leopards, vultures, female breasts and so-called "goddesses."

The ancient settlement was built around 7500 BC, flourished around 7000 BC, and was inhabited for more than two millennia. It was discovered in the early 1960s by British archaeologist James Mellaart from the University of Istanbul. From 1961 to 1965, excavations at the site produced many artefacts and ancient structures including a 10-foot-wide wall painting of the town and two peaks, sometimes referred to as the world's oldest map. Some scientists question this interpretation and argue that the mural, dating to around 6600 BC, is more likely to be a decorative geometric design instead of a map and a painting of a leopard skin instead of two peaks.

WATCH A VIDEO
See *3-D Digging at Çatalhöyük* on the Biblical Archaeology Society website at: https://www.biblicalarchaeology.org/daily/archaeology-today/video-3-d-digging-at-catalhoyuk/

FURTHER READING
- Read the published article by Axel K. Schmitt, Martin Danišík, Erkan Aydar, Erdal Şen, İnan Ulusoy, and Oscar M. Lovera, "Identifying the Volcanic Eruption Depicted in a Neolithic Painting at Çatalhöyük, Central Anatolia, Turkey," *PLoS ONE* (2014).
- More on Neolithic Çatalhöyük in the Biblical Archaeology Society Library:
  - Shahina Farid, "Excavating Catalhoyuk," *Archaeology Odyssey*, May/Jun 2005.
  - Michael Balter, "Discovering Catalhoyuk," *Archaeology Odyssey*, May/Jun 2005.

Credit
Picture at top: "File:Restored copy of Çatalhöyük mural showing a boar and a deer surrounded by hunters..jpg" by Omar Hoftun is licensed under CC BY-SA 3.0
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What you may not know about the 1940 Coventry Blitz

Excerpted from:
https://www.historyextra.com/period/second-world-war/coventry-blitz-ww2-facts-why-targeted-how-many-died-churchill-conspiracy/
https://en.wikipedia.org/wiki/Coventry_Blitz
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Picture Credit: "Coventry Cathedral Ruins" by 70023venus2009 is licensed under CC BY-ND 2.0

At the start of World War II, Coventry was an industrial city of around 238,000 people, which, like much of the industrial West Midlands, contained metal and wood-working industries. In Coventry's case, these included cars, bicycles, aeroplane engines and, since 1900, munitions factories.

During the night of 14th/15th November 1940, German bombers inflicted devastation on the industrial city of Coventry. More than 500 German bombers from *Luftflotte 3* and from the pathfinders of Kampfgruppe 100 took part in the overnight raid in a bid to destroy the city factories in Coventry that were churning out the machines of war. Hundreds of people died as high explosives, and incendiaries obliterated the face of the medieval city, including the majestic cathedral of St Michael. The 11-hour raid represented a radical departure in the air war that would mark (and mar) how bomber fleets were used during the rest of the conflict. Historian Frederick Taylor explains on HistoryExtra what happened and why Coventry was targeted – and whether Churchill was forewarned of the attack…

Acknowledgement: Frederick Taylor is the author of a number of books on World War II, including the bombing of Coventry and Dresden. His latest work, *1939: A People's History*, was published in paperback by Picador in June 2019. Available at Amazon, here.

Why was Coventry targeted?

From early September 1940, Adolf Hitler had given priority to nightly attacks on London, hoping to force the British to make peace. By November, however, despite this relentless Blitz against eight million Londoners, Britain still held firm. Hitler decided to broaden Germany's bombing effort with large-scale attacks on Britain's industrial towns, especially those involved in aircraft production. Coventry was like a jewel in Britain's military-industrial crown. German intelligence was well-informed about the city's industries and key infrastructure – exactly where in the city aero engines were manufactured; radar sets; military vehicles and navigation aids, and so on.

Fact about the Coventry Blitz

- The air raid on Coventry on the night of 14 November 1940 was the single most concentrated attack on a British city in the World War II.
- Following the raid, Nazi propagandists coined a new word in German - *coventrieren* - to raze a city to the ground.
- Codenamed 'Moonlight Sonata', the raid lasted for 11 hours and involved nearly 500 Luftwaffe bombers, gathered from airfields all over Nazi-occupied Europe.
- The aim was to eliminate Coventry as a major centre for war production. It was said that Hitler ordered the raid as revenge for an RAF attack on Munich.
- 14 November was a brilliant moonlit night, so bright that the traffic could move around on the road without light.
- The Luftwaffe dropped 500 tons of high explosive, 30,000 incendiaries and 50 landmines. It was also trying out a new weapon, the exploding incendiary.
- Coventry lost not only its great mediaeval church of St Michael's, the only English Cathedral to be destroyed in the war, but its central library and market hall, hundreds of shops and public building and 16th century Palace Yard, where James II had once held court.
- The smell and heat of the burning city reached into the cockpits of the German bombers, 6,000 feet above.
- More than 43,000 homes, just over half the city's housing stock, were damaged or destroyed in the raid and around two-thirds of the city's buildings were damaged.
- The fire at the city's huge Daimler works was one of the biggest of the war in Britain. Up to 150 high explosive bombs and 3,000 incendiaries turned 15 acres of factory buildings into a raging inferno.
- At noon the next day in Coventry, it was as warm as spring and almost dark because of the effects of the firestorms.
- King George VI is said to have wept as he stood in the ruins of the burned-out Cathedral, surveying the destruction.
- The people of the city were traumatised. Hundreds wandered to the streets in a daze and little children were seen trying to burrow their way through solid brick walls to escape the terrifying noise.
- The official death toll from the night was 554, but the real figure could have been much higher with many people unaccounted for.

Industry aside, however, there were further reasons for Berlin's interest in the 'Heart of England'. The Luftwaffe's so-called 'England Committee', composed of Foreign Office officials and specialist academics, had advised the planners that the Midlands was a bastion of "conservative, stubborn-dour Englishness". If such people's morale might be broken, perhaps Britain could, after all, be bombed into surrender.

What happened?

In fact, a succession of comparatively short – but in some cases lethally sharp – German raids against Coventry had already killed 176 civilians from late August onward. But the scale of the operation planned for mid-November – codenamed Operation *Mondscheinsonate* (Moonlight Sonata) because of the expected full moon – foresaw a brutal step-change. The city's population of about a quarter of a million people would suffer an aerial attack of unprecedented duration and concentration, its accuracy enhanced by a revolutionary new guidance system known as the X-Gerät (X-Apparatus). A pattern of radio 'beams', transmitted from stations along the French channel coast, met just before and over the target.

Tracking devices aboard an elite group of pathfinder aircraft enabled them to follow the beams and recognise where they intersected, in the final instance precisely over the pre-planned aiming point. There they would drop bombs, creating fires and so guiding the mass of following bombers to the target

Every aspect was calculated to maximise destruction and inspire terror. The carnage began at around 7 pm on 14th November in the city centre. Coventry's gas and electricity supplies, telephone exchange, and its water and sewage networks were laid waste.

>>>>> Continued

>>>>> Continued

Historic buildings came under attack, including the cathedral, plus large centrally located factories such as the Triumph Works, which was next to the cathedral. Later waves of bombers sowed further destruction on the centre, killing and injuring repair and rescue teams now working there. Other aircraft fanned out towards the suburbs, targeting more factories and adjacent residential developments. A Luftwaffe briefing recommended incendiary bombs for such areas, stating: *"The effects on industry [in Coventry] would be especially amplified due to the fact that the workforce, which lives in immediate proximity to the factories, would suffer along with them."* And so it proved. When dawn broke over the shattered, still-burning city, 568 of its inhabitants were dead. Local historians have recorded the names of almost all the casualties and where they perished. Entire families died together, often in rudimentary neighbourhood shelters. Hundreds more civilians were gravely injured.

What were the consequences?

The result was a shocking collapse of social order that caused thousands to flee and challenged notions of Britain's "Blitz spirit". As dawn broke over a ruined city, a horrific scene of destruction greeted the survivors. Homes and factories were flattened, and many buildings were consumed by flames so intense, the city's sandstone brickwork glowed red.

The Luftwaffe could celebrate and did so unashamedly. The word "Coventrated" ("conventriert" in German) was coined by Nazi propagandists to celebrate this new level of annihilation. However, while morale in Coventry and elsewhere in Britain wavered, it did not break. Abroad, the raid soon came to exemplify German barbarism. From a purely operational viewpoint, therefore, Coventry could be counted as a German success, but the ensuing propaganda battle resulted in a crucial victory for Winston Churchill's beleaguered government.

Meanwhile, senior figures within the British Air Ministry, such as Air Vice-Marshal Arthur Harris, a hard-nosed technocrat who had long chafed against restraints on the RAF's bombing of civilian targets, could argue that Coventry freed Britain to strike back with equal ruthlessness. In February 1942, Harris took charge of RAF Bomber Command. It began by systematically bombing German cities, with the Luftwaffe's attack on Coventry as something of a blueprint – over time aided by improved navigation and bomb-aiming technology, and pursued with ever more apocalyptic efficiency. The three-year campaign saw the near-obliteration of Hamburg, Kassel, Berlin, and other German population centres – including, most notoriously, the historic city of Dresden in 1945.

Some have speculated that Winston Churchill had advance warning of the aerial attack on Coventry. Countermeasures were undertaken, including air attacks on the X-Gerät (X-beam) transmitters, whose locations were known to the British. Pre-planned retaliatory raids by Bomber Command against Berlin and other German cities were also underway even as the Luftwaffe sowed destruction on Coventry. Fighter Command was ordered into action. But the British night-fighters, most still lacking onboard radar, could not find the enemy bombers, and the local anti-aircraft artillery likewise proved ineffectual.

Scientist Reginald Victor Jones, who led the British side in the Battle of the Beams, wrote that "*Enigma signals to the X-beam stations were not broken in time*", and he was unaware that Coventry was the intended target. Furthermore, a technical mistake caused jamming countermeasures to be ineffective. Jones also noted that Churchill returned to London that afternoon, which indicated that Churchill believed that London was the likely target for the raid.

Coventry Cathedral was left as a ruin after the War, and remains the principal reminder of the bombing. A new cathedral was constructed alongside the ruin in the 1950s, designed by the architect Basil Spence. Spence (later knighted for this work) insisted that instead of re-building the old cathedral, it should be kept in ruins as a garden of remembrance and that the new cathedral should be built alongside - the two buildings together now symbolically forming one church.

400 years is a long time

The main story excerpted from an article by Katie Carman on 3rd November 2020 at: https://animals.howstuffworks.com/fish/sharks/greenland-shark.htm

In August 1620, a ship named the *Mayflower* left Southampton with a smaller vessel (the Speedwell), but the latter proved unseaworthy and twice was forced to return to port. On 16th September 1620, the Mayflower left for America alone from Plymouth. It transported a group of English families known today as *the Pilgrims* to the New World. And the rest, as they say, is history.

Why does this story mention the *Pilgrims?* Well, the connection is not them so much as the year they embarked on their epic journey, 1620. That was 401 years ago. At that time, in waters around Greenland, it's possible that a massive Greenland shark (*Somniosus microcephalus*) may have been out for a lazy swim, looking for its next meal – a seal or two, plus a reindeer or polar bear that had fallen through the ice. The incredible thing is this: That same shark may still be alive today and probably on the same diet.

The Greenland shark is believed to live for around 400 years. Imagine it - a Greenland shark, still alive today, could have been swimming in the deep in the 1600s. It might have seen the Mayflower en route to America.

Scientists have been stumped for centuries about how to gauge the age of this monster shark – they grow to a length of 24 feet and weigh up to 1,200 kilograms, but they grow slowly, at only about one centimetre a year. And they only reach sexual maturity at 150 years of age! The Greenland shark lacks hard tissue, making age measurement nearly impossible — that is, until the recent intersection of Danish scientists, human corpses and a dash of a murder mystery.

You read about how the scientists achieved their breakthrough at the link above.

The nub of the matter is this: How does the Greenland shark manage to live for so long. One theory is that extreme cold produces anti-ageing qualities, and lucky for these sharks, they hang out in water that hovers around 29 degrees Fahrenheit (-1.6 degrees Celsius). A low metabolism is also thought to be at play. But scientists don't have the complete answer — yet that is. Studies are currently underway to examine the sharks' genes, heart and immune system to help solve the age-old age puzzle. And there may be a bonus — they're hoping to be able to use what they find to create immune-boosting therapies for us humans.

Sussex Castles

Dotted around the county, there are numerous fortifications that have played a crucial role in protecting Sussex and the rest of our nation from invasion. In August 2020, Sussex Life ran an article (by Steven Roberts) about Sussex castles (at https://www.sussexlife.co.uk/out-about/places/castles-in-sussex-1-6793459) in which they took a closer look at nine of these historic locations. Here's an excerpted summary, to which I have added Amberley Castle:

Amberley Castle
Amberley Castle stands in the village of Amberley, West Sussex. It was erected as a 12th century manor house and fortified in 1377, giving it a rhomboid-shaped stonework enclosure with high curtain walls, internal towers in each corner, a hall and a gateway. In the English Civil War, the Royalist tenant caused Oliver Cromwell to order General William Waller to attack the castle, which resulted in the loss of 20 feet from the height of the walls and the destruction of the Great Hall. The walls, gateway, and two of the towers remain a Grade I listed building and are now used as a privately owned hotel.

Arundel: Arundel is not as ancient as it might first appear. Three times besieged (the last time in the English Civil War), the castle had become ruinous until the 8th Duke of Norfolk began restoring it in the early 18th century. In all its guises, the castle has been home to the Dukes of Norfolk for almost 1,000 years, although most of what we see today is Victorian Gothic.

Bodiam: Bodiam is the National Trust's finest ruined castle, a 14th century creation of the flamboyantly named Sir Edward Dalyngrigge, who had made a fortune out of the wars in France. In 1483, Bodiam was held for claimant Henry Tudor (later Henry VII) against the crowned king, Richard III.

Cowdray: Near the centre of Midhurst lies Cowdray, which has a particularly fascinating history. Cowdray is one of England's most important early Tudor houses, albeit it was partially destroyed by fire in 1793, hence today's ruins within Cowdray Park.

Hastings: Brought over from Normandy by William's invaders as a prefabricated wooden castle, the original structure was replaced by stone not long after, with today's ruins being mainly of the 13th century, when violent storms took much of the castle into the sea. During WW2, the Luftwaffe inflicted further damage on the castle.

Herstmonceux: This remarkable castle is tucked away in a valley between Lewes and Battle. It was built by Sir Roger de Fiennes, an Agincourt veteran, in the mid-15th century. De Fiennes became Lord Dacre and Henry VI's Treasurer of the Household, but the Dacre family appeared to hit upon hard times, leading to the castle's sale and eventually decay. Thomas, Lord Dacre, was implicated in the murder of a neighbour's gamekeeper and was executed by Henry VIII.

Knepp: Knepp Castle's keep still stands 30-foot high on its motte. It is a ruin, but two windows remain, and a modern Gothic 'castle' stands nearby, built by John Nash and once the home of Sussex historian Sir William Burrell. If you are not familiar with *motte:* A motte-and-bailey castle is a fortification with a wooden or stone keep situated on a raised area of ground called a motte, accompanied by a walled courtyard, or bailey, surrounded by a protective ditch and palisade.

Lewes: This is a remarkable castle with two mounds, plus a shell keep and a tower keep. Two polygonal towers remain, as well as a fine barbican (outer gatehouse). The castle grounds have contained such antiquities as railings made in Sussex for St Paul's Cathedral, an Armada cannon, a Russian gun captured in the Crimea and even two prehistoric canoes.

Pevensey: The Normans landed near here in 1066, but the castle which once stood beside the sea is now a mile inland due to gradual alteration of the coastline. The castle was besieged several times during its history, including by the forces of William Rufus, King Stephen, Simon de Montfort and Richard II. Having become ruinous from the late 18th century, it found a new lease of life in World War II when it housed machine gun positions and anti-tank weapons.

Rye: An attractive town today, Rye was attacked more than once by the French, which explains its mighty fortifications. Ypres Tower was built on the orders of Henry III as part of the town's defence. In 1377 it was burnt to the ground, but today looks impressive and commanding, albeit on the small side. It was used as a prison in the 19th century, has also served as a mortuary. Today it is a museum.

That's not all: Castles were also built at Bramber, Chichester, Crowhurst, Ewhurst, Hartfield, Petworth, Rudgwick and Verdley.

Gibraltar

Recently, Peter Nilsson kindly drew my attention to a short film about the recent history of Gibraltar. The film gives a flavour of what Gibraltarians have been forced to endure, in particular by Spain.

Peter worked on the Rock for four years, and he says the film captures the mood of the place. I hope you find it interesting. Watch it at:
https://www.youtube.com/watch?v=LKM_mpVZ344

Picture Credit: "The Rock of Gibraltar" by GI_Joshi is licensed under CC BY-NC-ND 2.0

History of Gibraltar

Source: From
https://en.wikipedia.org/wiki/History_of_Gibraltar

Gibraltar is a small peninsula on the southern Iberian coast near the entrance of the Mediterranean Sea. The peninsula has evolved from a place of reverence in ancient times into *one of the most densely fortified and fought-over places in Europe*, as one historian has put it*. Gibraltar's location has given it an outsized significance in the history of Europe, and its fortified town, established in the Middle Ages, has hosted garrisons that sustained numerous sieges and battles over the centuries.

* Rose, Edward P. F. (2001). *"Military Engineering on the Rock of Gibraltar and its Geoenvironmental Legacy".*

Gibraltar was first inhabited over 50,000 years ago by Neanderthals and may have been one of their last places of habitation before they died out around 24,000 years ago. Gibraltar's recorded history began around 950 BC with the Phoenicians, who lived nearby. The Carthaginians and Romans later worshipped Hercules in shrines said to have been built on the Rock of Gibraltar, which they called *Mons Calpe*, the "Hollow Mountain", which they regarded as one of the twin Pillars of Hercules.

Gibraltar became part of the Visigothic Kingdom of Hispania following the collapse of the Roman Empire and came under Muslim Moorish rule in 711 AD. It was permanently settled for the first time by the Moors and was renamed *Jebel Tariq* – the Mount of Tariq, later corrupted into *Gibraltar*. The Christian Crown of Castile annexed it in 1309, lost it again to the Moors in 1333 and finally regained it in 1462. Gibraltar became part of the unified Kingdom of Spain and remained under Spanish rule until 1704. It was captured during the War of the Spanish Succession by an Anglo-Dutch fleet in the name of Charles VI of Austria, the Habsburg contender to the Spanish throne. At the war's end, Spain ceded the territory to Britain under the terms of the Treaty of Utrecht of 1713.

Spain tried to regain control of Gibraltar, which Britain had declared a Crown colony, through military, diplomatic and economic pressure. Gibraltar was besieged and heavily bombarded during three wars between Britain and Spain, but the attacks were repulsed on each occasion. By the end of the last siege in the late 18th century, Gibraltar had faced fourteen sieges in 500 years. In the years after Trafalgar, Gibraltar became a major base in the Peninsular War. The colony grew rapidly during the 19th and early 20th centuries, becoming a key British possession in the Mediterranean. It was a key stopping point for vessels *en route* to India via the Suez Canal. A large British naval base was constructed at great expense at the end of the 19th century and became the backbone of Gibraltar's economy.

British control of Gibraltar enabled the Allies to control the entrance to the Mediterranean during the Second World War. It was attacked on several occasions by German, Italian and Vichy French forces, though without causing much damage.

The Spanish dictator General Francisco Franco declined to join a Nazi plan to occupy Gibraltar but revived Spain's claim to the territory after the war. As the territorial dispute intensified, Spain closed its border with Gibraltar between 1969 and 1985, severed communications links. Spain's position was supported by Latin American countries but rejected Britain and the Gibraltarians themselves, who vigorously asserted their right to self-determination. Discussions of Gibraltar's status have continued between Britain and Spain but have not reached any conclusion.

Since 1985, Gibraltar has undergone major changes because of reductions in Britain's overseas defence commitments. Most British forces have left the territory, which is no longer seen as being of major military importance. Its economy is now based on tourism, financial services, shipping and Internet gambling. Gibraltar is largely self-governed, with its own parliament and government, though the UK maintains responsibility for defence and foreign policy. Its economic success had made it one of the wealthiest areas of the European Union.

How Gibraltar was officially ceded to Great Britain

A good starting point is in 1704, when the Spanish King took his final breath, kicking off what became known as the War of Spanish Succession. France wanted all of the Spanish territories, and while most of the Spanish population was fine with this it simply wasn't an option, at least according to the other European powers, namely Great Britain and the Dutch Republic. Portugal sided with the Alliance and was thus invaded by Spain, leading to British and Dutch ships sailing off to defend it.

These ships sailed all the way to the very bottom of Spain and the port of Gibraltar, ostensibly to create another front against the weaker Spanish army. It worked, and the British quickly took control of the strategically important Gibraltar, a moment still remembered on the Gibraltar 50p coin. The Spanish fled but tried to recapture the plot of land, only to realise just how strategically cosy it was. The British stood firm, and Gibraltar was officially ceded to Great Britain in the Treaty of Utrecht in 1713-15.

Source: https://www.inyourpocket.com/gibraltar/the-weird-history-of-why-gibraltar-is-british_76263f

Amazing Science Facts you probably didn't know

Source: Article on Quora.com by Chamath Malintha, based on the original text on Interesting Engineering, by Megan Ray Nichols, here

We all had the same science classes in school. We learned how to dissect a frog and that mitochondria is the powerhouse of the cell, but they did not teach us everything. Whether you're feeling a bit nostalgic for your high school science class or need some new random facts for your next conversation, here are some science facts that will absolutely blow your mind.

Go to the article for a full treatise on the facts, but here is a summary for some of the Amazing Facts:

Antigravity Helium
We all know that helium in its gaseous form is lighter than air — it fills our balloons and makes our voices squeak. Did you know that it has anti-gravitational properties when it's in liquid form too? Supercooled helium has two different liquid forms.

Fireproof DNA
DNA isn't the sort of substance you usually associate with being fireproof, but researchers have found that treating cotton fabric with DNA made it more flame retardant. This is due to the DNA itself. DNA molecules contain phosphate.

Not Enough Blood
The average human body contains between 1.2 and 1.5 gallons of blood. But when newborns enter the world, they only have .007 gallons of blood in their bodies, assuming the baby is eight pounds at birth. That's less than a single ounce of blood!

A Pythagorean Mess
Remember the Pythagorean Theorem? A squared plus B squared equals C squared - to find the hypotenuse of a triangle. It's probably one of the few things that you remember from your algebra class because your teacher spent so much time drilling it into your head. But instead of doing the maths, you can prove the theorem with some water.

Dance in the Rain
We all try to eat a healthy diet and take supplements daily to ensure that we're getting all the vitamins and minerals we need to stay healthy. Instead of taking that Vitamin B12 supplement, why not just dance in the rain? Rain is the last part of the water cycle. It gets absorbed into the ground, where it picks up natural vitamins and minerals, then evaporates by heat and sunlight before it becomes rain again.

Scientists have found that microorganisms in the air and on surfaces such as rooftops can create Vitamin B12 as a metabolic by-product.

Radioactive Sunflowers
Sunflowers are beautiful. Their bright yellow flowers reach five feet or more in the air, and their seeds make some of the tastiest snack foods. These beautiful plants can, and are, also being used to clean up radiation. Sunflowers are known as hyperaccumulators in the science community. They take in high amounts of toxic chemicals or materials and store them in their tissues. These chemicals get stored in the stems and leaves of the plants. They grow so quickly that a field contaminated by radioactive material can get cleaned up in three to four years.

A man with a long stick

At the Olympics, a man with a long stick passes by.

A bystander asks: *'Are you a pole vaulter?'*, to which the guy replies:

'No, I'm German, but how did you know my name was Walter?'

Did You Know?

The Statue of Liberty's full name is *"Liberty Enlightening the World"* (French: *La Liberté éclairant le monde*). It's a colossal neoclassical sculpture on Liberty Island in New York Harbor within New York City, in the United States. The copper statue was a gift from the people of France to the people of the United States. French sculptor Frédéric Auguste Bartholdi designed it, and its metal framework was built by Gustave Eiffel. The statue was dedicated on 28th October 1886.

The statue is a figure of Libertas, a robed Roman liberty goddess. She holds a torch above her head with her right hand, and in her left hand carries a *tabula ansata* inscribed JULY IV MDCCLXXVI (4th July 1776 in Roman numerals), the date of the U.S. Declaration of Independence. A broken shackle and chain lie at her feet as she walks forward, commemorating the abolition of slavery at that time. After its dedication, the statue became an icon of freedom and of the United States, seen as a symbol of welcome to immigrants arriving by sea.

American Bonds: How Credit Shaped a Nation

Extracted from a book of that title written by Sarah L. Quinn, First published: 16 Jul 2019 - by Princeton University Press, © Copyright 2019, page(s): 54

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American real estate booms leading to busts have been around as long as the United States itself, starting with the land boom and bust of 1796, which sent the great financier Robert Morris into debt prison. In the late 1880s and early 1890s, it was farm mortgages and house mortgages in the Western U.S., fuelled in large part by the vast appetite for high yield debt among investors on the East Coast. The story reads almost as if written in the 1920s, 1980s, or 2000s:

"As the 'farm mortgage craze' mounted, mortgage companies found that they could sell [these high-yielding] mortgage bonds faster than they could find homeowners in need of loans. Soon the mortgage companies found that the best borrowers already had mortgages.

"As with other credit bubbles, lending standards declined as more money flowed into the market. The records of the Mercantile Trust show that the company was selling bonds in Europe faster than its agents could find safe mortgages in the West. In response, the company loosened its loan approval process in an attempt to keep up. Across the market, the quality of mortgages dipped. Agents who were paid on commission found that they could earn bigger fees if they cooperated with appraisers who overvalued the land. Even the more responsible and reputable agents had a tendency to save the best mortgages for the brokerage business and to shunt their most unusual mortgages into pools that investors tended not to examine closely.

"After the 1873 crash, state examiners reviewed the pools and found that many were under collateralized. Around 1887, agents at J. B. Watkins in Colorado reported that competition from lenders was creating pressure to ease credit terms: 'The great trouble is the competition all over the state, not only in rates but in the amounts which other companies are willing to lend and also the various privileges that they give or profess to give.' By 1888, Watkins had written off the entire state of Kansas. After it concluded that Kansas 'is about played out,' the company moved on to Texas and Louisiana. Some regulators in eastern states seem to have kept an eye on the market, but it is unclear if or how their efforts affected its trajectory. When drought and depression hit in the 1890s, the highly leveraged and overextended farm mortgage business collapsed."

Comment from Martin Pollins

Delanceyplace is a FREE brief daily email with an excerpt or quote they view as interesting or noteworthy, offered with commentary to provide context. There is no theme, except that most excerpts will come from a non-fiction work, mainly works of history, and they hope will have a more universal relevance than simply the subject of the book from which they came. And there is not necessarily an endorsement, and in some cases an excerpt may be particularly controversial, and Delanceyplace may disagree with some or all of it, but nevertheless deem it worth noting.

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The sweet disease: Diabetes

Excerpted from: https://www.everydayhealth.com/diabetes/understanding/diabetes-mellitus-through-time.aspx https://www.diabetes.co.uk/insulin/history-of-insulin.html https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms

The first known mention of diabetes symptoms was in 1552 B.C., when Hesy-Ra, an Egyptian physician, documented frequent urination as a symptom of a mysterious disease that also caused emaciation. It was also around this time, that ancient healers noted ants seemed to be attracted to the urine of people who had the disease. Centuries later, people known as "water tasters" diagnosed diabetes by tasting the urine of people suspected to have it. If urine tasted sweet, diabetes was diagnosed. To acknowledge this feature, in 1675, the word "mellitus," meaning honey, was added to the name "diabetes," meaning siphon.

In the 1700s and 1800s, physicians began to realise that dietary changes could help manage diabetes, and they advised their patients to do things like eat only the fat and meat of animals or consume large amounts of sugar. During the Franco-Prussian War of the early 1870s, the French physician Apollinaire Bouchardat noted that his diabetic patients' symptoms improved due to war-related food rationing, and he developed individualised diets as diabetes treatments. By the early 1920s, many researchers strongly suspected that diabetes was caused by a malfunction in the digestive system related to the pancreas gland.

Insulin was discovered by Sir Frederick G Banting, Charles H Best and JJR Macleod at the University of Toronto in 1921, and it was subsequently purified by James B Collip. Before 1921, it was exceptional for people with Type 1 diabetes to live more than a year or two. One of the 20th century's greatest medical discoveries, it remains the only effective treatment for people with Type 1 diabetes today.

On 23rd January 1922, in Toronto, 14-year-old Leonard Thompson became the first person to receive an insulin injection as treatment for diabetes. The following year, Banting and Macleod were awarded the Nobel Prize for their work. Banting and Macleod, however, felt that Best and Collip were equally eligible and shared their prize money with their two colleagues.

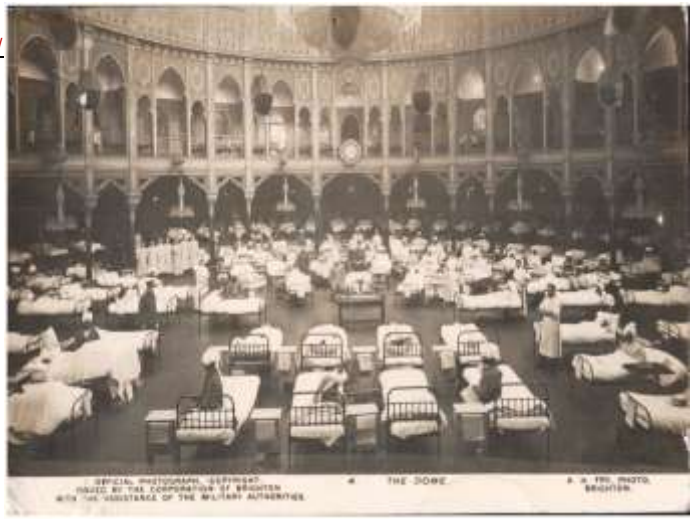
The symptoms of diabetes (excess urinating, feeling tired and thirsty etc.) occur because some or all of the glucose stays in the blood and isn't being used as fuel for energy. The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine. But not everyone gets symptoms. Six out of ten people have no symptoms when they're diagnosed with type 2 diabetes, also called *adult-onset diabetes.* Although the majority of people with **type 1 diabetes** are diagnosed in childhood and early adulthood, the symptoms are the same at any age. Adults with type 1 diabetes may not recognise their symptoms as quickly as children, which could mean their diagnosis and treatment may be delayed. **Type 2 diabetes** can be easier to miss as it develops more slowly, especially in the early stages when it can be harder to spot the symptoms. But untreated diabetes affects many major organs, including your heart, blood vessels, nerves, eyes and kidneys. Being diagnosed early and controlling your blood sugar levels can help prevent these complications.

Picture Credit: "Photograph of C.H. Best and F.G. Banting ca. 1924" by Thomas Fisher Rare Book Library, UofT is licensed under CC BY 2.0

The Royal Pavilion Hospital

Sources: http://www.sikhmuseum.com/brighton/
http://www.eastsussexww1.org.uk/indian-soldiers-east-sussex/index.html
https://www.exploringsurreyspast.org.uk/themes/subjects/military/india-woking/indian-soldiers-in-britain/

Picture Credit: "Postcard: Indian WW1 hospital inside The Dome of the Royal Pavilion, Brighton, sent May 1915" by whatsthatpicture is marked with CC PDM 1.0



Background
The Royal Pavilion, also known as the Brighton Pavilion, is a Grade I listed former royal residence. It was started in 1787 and was built in three stages as a seaside retreat for George, Prince of Wales, who became the Prince Regent in 1811, and King George IV in 1820.

During World War I, the former Royal Palace in Brighton, Sussex was converted into a hospital for soldiers of the British Indian Army, injured in the battlefields of France and Flanders. There were further hospitals in Brighton – in York Place and the Old Workhouse.

From 1914 to 1916, wounded Indian soldiers from the Western Front were brought to Britain for treatment. Special hospitals were set up along the South Coast in Brighton, Bournemouth and Brockenhurst. There were also convalescent camps at Milford on Sea and Barton.

In the hospitals, great care was taken to accommodate the various religious requirements of the soldiers. In the Royal Pavilion and Dome Hospital there were nine separate kitchens to cater for different dietary needs. Tents were put up in the grounds for religious worship.

Opportunities for recreational pursuits were provided including outings to London to see the sights. King George V and Queen Mary visited the Pavilion on several occasions, presenting soldier with bravery awards, including six Victoria Crosses. For those soldiers who died, there were crematoria for Hindus and Sikhs, and a burial ground in Woking for Muslim soldiers.

There are some wonderful newsreels on the Pathé News website featuring Indian Army soldiers who were wounded and treated at Brighton Pavilion: see http://www.britishpathe.com/ (search using the term 'Indian Army').

The Indian Army and connection with Brighton
When war with Germany was declared in 1914, Britain relied heavily on soldiers from the Empire and colonies. Men from around the world would arrive in East Sussex to fight for Britain. At the start, the Indian Army numbered 240,000 men; by 1918 its ranks had swelled to nearly 550,000 with most recruits coming from the north of India, especially the Punjab. The Indian army at the time was made up of numerous religions. Battalions of Punjabi Muslims served in Mesopotamia and, after the war, the 92nd Battalion were made 'Prince of Wales Own' in recognition of their bravery and gallantry. Sikhs made up 20% of the British Indian Army at the outbreak of the war. By its conclusion around 130,000 Sikh soldiers had served.

The Guardian (here) records that:
'in total,more than 1.5 million Indian army soldiers saw active service alongside British troops. Some 12,000 Indian soldiers who were wounded on the western front were hospitalised at sites around Brighton. These included York Place school, the Dome, the Corn Exchange and the Royal Pavilion. The 53 Hindu and Sikh soldiers who died in Brighton were taken to a peaceful resting place on the Sussex Downs near Patcham for cremation, after which their ashes were scattered in the sea, in accordance with their religious rites.'

Virtual Tour
Step back in time and take a tour of a hospital ward at the Royal Pavilion as it appeared in 1915 (see here)

Short Story
A visit to the Royal Pavilion Hospital provides a haunting glimpse of wounded Indian soldiers far from home (see here)

Doctor Brighton
The term 'Doctor Brighton' was coined by the Maharaja of Patiala, Bhupinder Singh who humorously mentioned that from many of those that had returned home after the war he had heard expressions of fervent gratitude for the medical attention and care they had received from 'Doctor Brighton' in England. The Maharaja declared that the fame of the skill of this great doctor had spread to many hundreds of remote Indian villages. Read the Maharaja's speech

Wounded Indian soldiers in Brighton
'It was one of the happy ideas of the war - due, it is said, to the suggestion of the King - to house the wounded Indian soldiers in the Brighton Pavilion. That product of the bizarre imagination of King George the Fourth, after the interval of a century, played a really useful part in making our eastern soldiers feel at home. No one who ever visited the pavilion while it was an Indian hospital will forget the strange look of those huge saloons, with their faded oriental decorations in gilt, crimson and looking-glass, full of dark men from all the Indian races recovering from their wounds got on the fields of France. It was the most eerily foreign scene to be found in England.'
Source: Manchester Guardian, 28th September 1916 (here).

Punch Magazine images from the past

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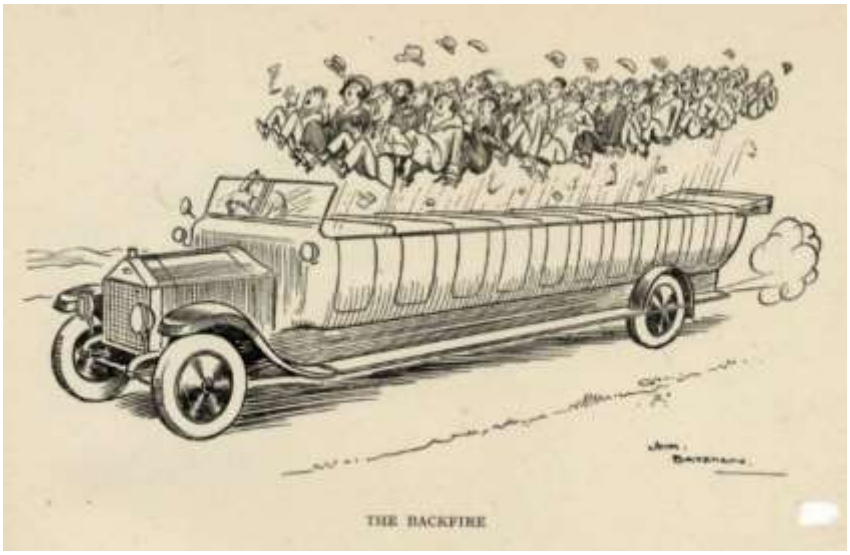
Picture Credit: "Mr. Punch wrapped up in blankets in front of the fire, eating gruel and suffering from influenza. Wood engraving after J. Leech." is licensed under CC BY 4.0



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