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SERVING THE COMMUNITY
SINCE 1870

Enjoy the summer sun, but remember to protect your skin

It was Noel Coward who wrote that mad dogs and English men go out in the midday sun.

And it appears our love affair with the sun is linked to a deadly rise in the number of skin cancer cases reported in Norfolk, Suffolk and Cambridgeshire.

Cancer Research UK says the number of malignant melanoma cases has doubled in the region over the past 20 years due to a desire to get the perfect tan and holidays to European resorts to enjoy the sun.

Of course, another reason attributed to the dramatic rise in diagnosis of malignant melanoma is the advances in medical science that make it easier for doctors to detect the tumours.

And due to the same medical advances people diagnosed with skin cancer have an 80pc chance of surviving the disease, which claims the lives of more than 2,000 people a year.

But despite medical advances, it is down to each and every one of us to take responsibility in ensuring our skin is protected from the sun's rays and from UV rays from sunbeds.

By taking simple steps such as staying in the shade, covering up, wearing a hat and applying the right sunscreen, holiday makers and sun seekers can do their bit in the fight against skin cancer.

And if you are on beach or in a park and see someone is getting sunburnt it may be worth going over and telling them to be careful. By taking sensible precautions we can all enjoy the summer sun as we take in the region's beaches and attractions.

The battle after the war

A total of 448 members of the British Armed Forces have lost their lives in Afghanistan since conflict began in 2001.

Troops are being withdrawn from the country this year, and senior figures have said the progress made will hold Afghanistan in good stead for the future.

But for the young British men and women returning home, of whom many will have lost close friends, the conflict is far from finished.

In the words of General the Lord Richard Dannatt, former head of the British Army: "For those injured and recovering servicemen and women the battle on the battlefield may be over but the battle for them is there for life."

Help For Heroes does vital work in Norfolk to help our servicemen and women, and needs the public's support.

The war may soon be over, but we must not forget its casualties.

It's a happy Bard-day!

Shakespeare's birthday is a perfect opportunity to celebrate our nation's most famed wordsmith.

No writer in history has coined such memorable phrases, inspired so many theatrical legends or confounded so many school literature students.

But while his plays still resonate across the world, it's also intriguing to learn that Norfolk's links to the great Bard extend much further than Gwyneth Paltrow's cinematic appearance on Holkham beach.

READER'S PICTURE OF THE DAY

iwitness24



■ St Benet's Abbey was captured on camera at dawn by Dinah Goom.. If you would like to submit a picture for possible publication in the EDP, visit www.iwitness24.co.uk

Thetford shares a lot in common with the Germans



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Have you ever wondered what the connection is between Thetford and the Germans? You probably haven't. But there is one.

It's obvious that Thetford is called Thetford because there was a ford there across the River Thet. It's obvious, but it's totally wrong. The naming was the other way round. The River Thet is called the River Thet because there was a ford across it which was in Thetford.

This way of forming river names is called "back-formation". The name of the River Glaven has the same sort of origin. The Glaven is called after the village of Glandford which it flows through, not vice versa. The oldest recorded forms of the village name are Glamford and Glanford. Experts think that the original form was probably Gleam-ford, where gleam was an Old English word for merriment – so it was a "ford where sports were held".

Exactly the same thing is true of the River Nar. Narford is not named after the river, the river is named after Narford. The "nar" part of the name meant narrow – so it was a ford in a pass or a narrow place.



■ Thetford has a lot in common with the Germans.

The River Thurne and the River Stiffkey are also named after villages on their banks.

But then the question arises: where does the "Thet" bit of Thetford come from? The answer is that the original Anglo-Saxon name for the settlement was Theodford. Theod was an Old English word which meant people, so Theodford was the people's ford. Theod went back to an ancient Proto-Germanic word, thiud, which also had a related form thiudiskaz meaning of the people. That word came down into Old English as theodisc, which

no longer exists in the modern language.

But the corresponding word in Old High German took the form of diutisc, which has made it into modern German as Deutsch. This now refers, not just to people generally, but to the German people specifically, and to their language. In English we use the same word, but in the form of Dutch.

So the Thet in Thetford, the Dut in Dutch, and the Deut in Deutsch were all originally the same word. Strange but true.

And that's the connection.

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Do not be amazed; you are looking for Jesus of Nazareth who was crucified... He has risen.
Mark 16:6

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