

Eastern Daily Press

SERVING THE COMMUNITY
SINCE 1870

Smokers have to get the help to quit during pregnancy

The first reaction of many people to seeing a woman smoking while pregnant is disgust. After all, the medical evidence has for many years been unequivocal about the damage it can do to an unborn baby.

It seems unbelievable that anybody would put their precious child at such risk, in what seems like nothing more than selfishness.

The fact that as many as one in six women are doing it in parts of our region indicates there are plenty of people who could be labelled in this way.

Those who choose to smoke during pregnancy, making no attempt to stop, deserve all of the approbation they receive. But for many mums-to-be it is not so straightforward.

Smoking is an addiction, and the craving does not necessarily reduce because of pregnancy. Giving up the habit is more often than not incredibly difficult.

That is why it is essential women access the support that is out there – and that the health authorities make sure they flag it up vigorously at every stage of a pregnancy.

We are grateful to the women who have been courageous enough to speak to us about the struggle to quit while expecting their children. Their words are worth reading and digesting.

They would certainly say the potential of losing a baby or damaging its health far outweighs the pleasure of a cigarette.

Mercifully, numbers are reducing. But, for the sake of innocent unborn babies, the target must be zero.

The courage to cope

The death of a family member or a friend is a dreadful blow to endure. But time and again, people demonstrate remarkable resilience in coping with the trauma.

One of the ways that people deal with bereavement is by ensuring that some light emerges from the darkness.

The story of Freya Barlow's friends doing a 200-mile round-Norfolk relay and raising £15,000 for charity is a great example of this.

They honoured their much-missed friend, helped their own recovery from loss – and gave a not-insubstantial boost to leukaemia support charities. And they knew that their fantastic friend would have been cheering them on.

Theirs is the latest of so many examples that we have featured in the EDP.

They are all different – and all incredibly heartwarming.

Good signs for summer

Easter is traditionally seen as the beginning of the tourist season, with resorts and venues coming to life and visitors emerging from hibernation.

Those who run shops and attractions cross their fingers for a decent start. And, with dry weather and bustling beaches and businesses, they should be pretty chuffed.

Here's hoping that the Easter weekend is a sign of a sunny, splendid season ahead.

READER'S PICTURE OF THE DAY

iwitness24



■ The beautiful colours of a Sheringham sunset were captured in this photograph by Alan Cook. If you would like to submit a picture for possible publication on this page, you can send it to us via the website iwitness24.co.uk

The long journey of a surname to his part of the world

Peter Trudgill



email: newsdesk@archant.co.uk

Charles Napier has written to the EDP asking about the origin of his surname, which he believes has an interesting and ancient history. Well, he's certainly right about that!

In medieval England, if you had the name Napier that was because you were a naperer. This term was derived from "nape" – a word we had borrowed from Old French – which meant tablecloth. "Nape" has now been lost in English, but we do still have the related form napkin: nape plus the originally Flemish diminutive -kin.

The corresponding French diminutive form was naperon – a "little cloth". This was a borrowed into English as napron; and eventually "a napron" became 'an apron'.

So a naperer was a person whose job it was to take care of the table linen: the corresponding Old French word was napier.

The question then is: where did the Old French word nape come from? Well, everyone agrees that it goes back to Latin mappa, meaning cloth or napkin. I say "everyone agrees" because it is actually rather odd for a Latin m-sound to turn into a French n, but that is clearly what



■ The French word nape meaning tablecloth links with the Latin word mappa meaning map – maps were once drawn on cloth like the one pictured. Picture: STEVE ADAMS

happened. Mappa also meant map in Latin, because maps were originally drawn on cloth, so it was the source of our word map, too.

But where did Latin mappa come from? The Roman rhetorician Quintilian wrote that it was a word which the Romans borrowed from Punic. We have to accept what he says because we don't have any other evidence for it. But Punic was the colonial dialect of Phoenician which was spoken in ancient Carthage, in North Africa. And Phoenician was a Semitic language which was originally spoken in the area where modern Lebanon now is.

We don't know a great deal about Punic, but Professor Geoffrey Khan, Regius

Professor of Hebrew at Cambridge, tells me that Hebrew and Phoenician were very closely related languages, and that there actually was an old Hebrew word mappa which meant "cloth, napkin". So Quintilian was probably right.

We can suppose, then, that the word mappa left its original home in the Middle East some time in the 800s BC, when some Phoenicians departed to found Carthage. It then embarked on a very long journey – in different guises such as "map, nape, apron, napkin, naperer" – via North Africa to Europe where, three thousand years later, in 21st century Norfolk, it still survives in the form of Mr Napier's surname.

looking for GOD.com

We know that Christ, who was brought back to life, will never die again. Death no longer has any power over him.

Romans 6:9

tlc

tlcnorwich.com