



ROCKY

Rocky issue No 018 – December 2025

"Rocky" is a newsletter for residents of Cove Rock Country Estate. The aim of the newsletter is to: * Inform residents of happenings around the estate * Share advice and general information * Talk about the wonders of the environment. If you have some input or would like the newsletter emailed to other residents or family, simply send an email to Werner Illgner at werner.illgner@gmail.com or call him on 083 6020296

Focus on the Eastern Cape

Inqawe is the Xhosa term for the traditional smoking pipe used among the Xhosa people.

The pipes come in many variations but are mostly made from *Acacia caffra* or 'mnyamanzi' wood which is taken from the hook thorn tree commonly found in the Eastern Cape. Xhosa men and women (including non-smokers) carry a pipe in a beaded tobacco bag called 'inxili' as part of their traditional attire when they attend rituals and traditional functions.

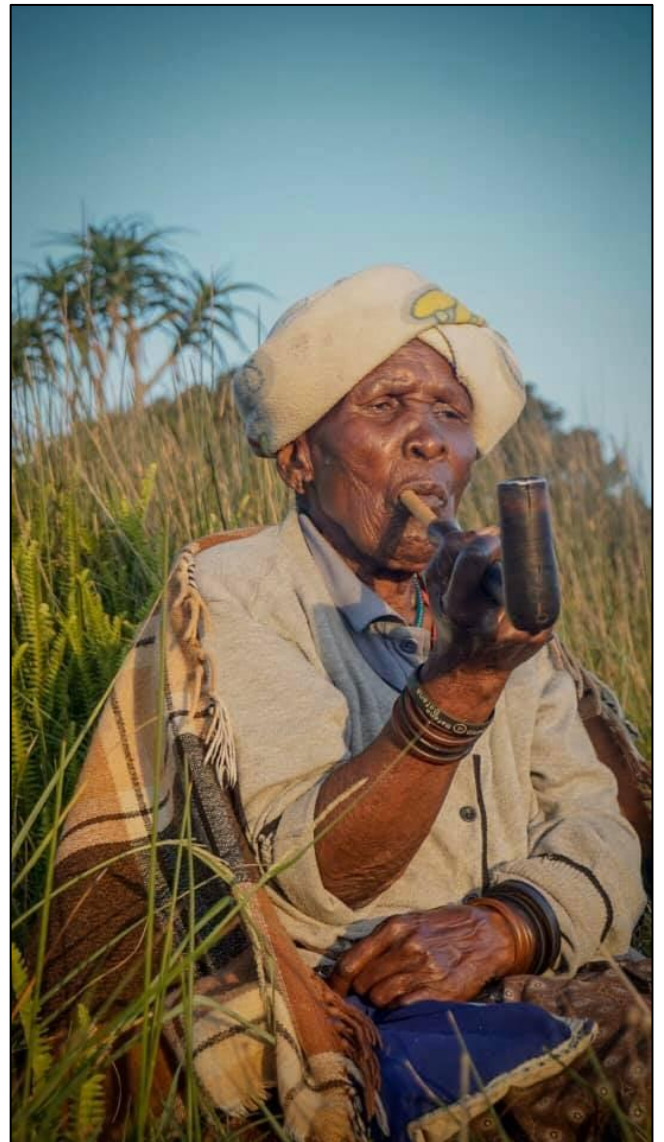
The longer smoking pipes are used by senior Xhosa women. These long pipes are called 'uzalipholile' meaning 'it arrives cooled' which refers to the cooling effect that drawing the smoke through a long stem has. The higher the status of the woman in the community, the longer the stem of her smoking pipe. Xhosa women can have pipes with stems that are up to 30 cm in length. Younger people of both sexes usually use a slim pipe of medium length. The shorter pipes are smoked by men.

Women and smoking

Xhosa women are allowed to smoke a pipe once they have a child. With each child she bears, the pipe stem is lengthened. It is also believed that the pipe used by women is longer so that when the woman breastfeeds, the smoke from the pipe does not go near the baby's face. However, this is not the only reason as already explained above (which many have always thought).

Traditional Pipe Uses

Pipes in daily use are generally unbeaded while those for rituals and celebrations are beaded. Traditionally when Xhosa people are gathered in groups, it is customary to pass a pipe around for everyone present to have a draw. The tobacco is shared and everyone contributes to the supply. The custom of each person using their own mouthpiece when sharing a pipe is not so much for reasons of hygiene but to prevent witchcraft since it is believed that a person can be bewitched through access to their body substances such as spittle and nail parings.



Pipe styles

Long stemmed pipes: Long stemmed pipes are called 'inqawe ende' (meaning long pipe), 'umngcongo' (meaning beautiful object) or 'umlolombela' (meaning a long speech) in isiXhosa. The pipe has a removable mouthpiece. Diviners always use this pipe as a symbol of their profession, regardless of their age.

Modern Xhosa Pipe: This pipe is known as 'umbhekaphesheya', which means 'travelling across the ocean', is a hybrid between the Xhosa traditional pipe and a European store-bought pipe. This pipe has a permanent mouthpiece and no spur. The bowl of the 'umbhekaphesheya' pipe points away from the stem at an angle of 45 degrees, hence the reference to pointing at the sea as the pipes opening is directed towards the sea and its alternative design is influenced by Europeans who travelled across the ocean to reach Africa. This pipe is only used by men.

Tobacco Bags

Tobacco is also called 'icuba' by the Xhosa people. The most commonly used tobacco amongst Xhosa people comes from the wild tobacco plant known as *Nicotiana glauca*. The tobacco is placed in tobacco bags or 'inxili' that are worn as a necklace. These bags are part of traditional Xhosa daily dress. Women's bags are made of cotton sheeting decorated with beadwork and braid and a few wool tassels. Those used by men are made from either cotton sheeting or the skin of a goat removed in such a way as to retain its shape. Previously, skins of wild animals such as the hyrax/dassie were also used. Many cloth bags may be carried over a man's stick as a form of ornamentation

Pipe makers

Pipe making among amaXhosa is a specialised craft traditionally practised by men only. Even though the demand for pipes has decreased in the 21st century as smoking is becoming less popular, there are still craftsmen who make these pipes. Pipe makers now supplement their income by making wooden spoons and yokes for oxen. Non-smokers also purchase these pipes to put in their homes as ornaments but also as a symbolic link to tradition. Some pipe makers also sell their pipes to curio shops in towns as well as holiday resorts where there is a small demand for traditional Xhosa crafts.

Symbolism

The smoking of the 'Inqawe' is a symbol of having a relationship with the ancestors. Therefore, traditional diviners often use it in order to appease the ancestors. Smoking this pipe is used in a number of Xhosa rituals such as the 'umhlwayelelo' ritual which is a propitiatory rite for the 'river people'. During this ritual a small amount of home-grown traditional tobacco is presented to the ancestors by placing it in the water of a river bank. A portion of the same tobacco is kept and smoked symbolically by all the participants, even non-smokers, after the gift giving ceremony at the river.



All about Nature and the Environment

A fantastic journey!!

A female European Honey Buzzard Bird was fitted with a satellite tracking system in Finland recently and was of particular interest to locals because it spent the most recent austral summer around the town of Reitz in the Free State in South Africa.

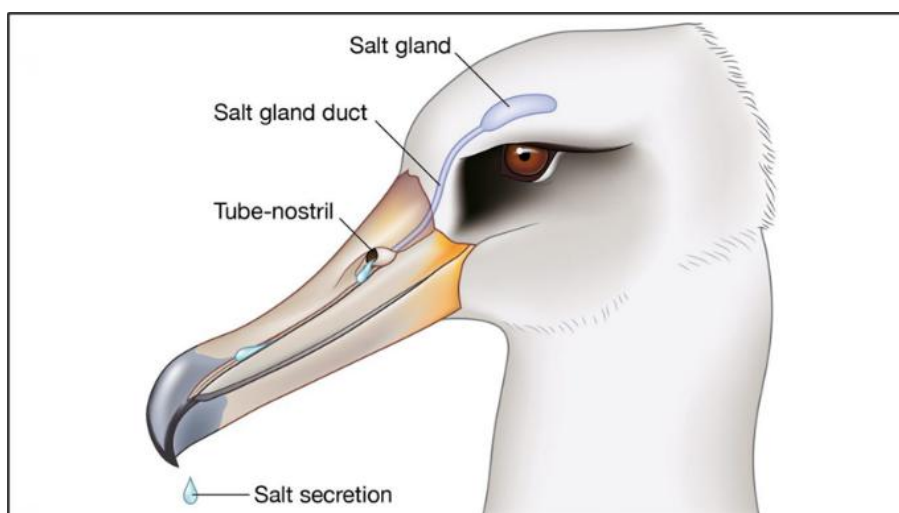


Here is an image showing the data received from the tracker which plots out the route that she took to head north... so, in just 42 days, she covered over 10 000 km at an average of more than 230 km every single day! Isn't that just amazing...?!"

Apparently, she turned right at the source of the Nile and followed it. It is still fascinating that after that deviation she returned to the same longitudinal line she started on and continued until she reached her destination. Mother nature at its most fascinating best!



A human stranded at sea has a big problem. There is plenty of water around, but none to drink. Saltwater worsens dehydration. But many marine birds—such as penguins, gulls, albatrosses, and pelicans—have built-in water desalination filters. With salt glands and ducts connected to their bills that rid their bodies of excess salts, these birds can drink seawater straight up or eat prey, such as squid and c



Comparative physiologist Knut Schmidt-Nielsen studied the functions of salt glands in Great Black-backed Gulls more than 50 years ago. In one experiment, a gull ingested about 1/10 of its body mass in seawater (the equivalent of a 150-pound human drinking about 2 gallons of seawater, more than a lethal amount). After three hours, the bird had totally eliminated the salt load, mostly via excretions from its salt glands (which were 10 times higher than salt elimination from its kidneys).

The Beauty of Nature



Welcome to the World – and the Cove Rock community



The Social Scene

A Fun Run took place on the 30th of November 2025 from Cove Rock to Winterstrand. Young and old participated and a good time was had by all.



COVE ROCK TO WINTERSTRAND

FUN RUN

SUNDAY, 30 NOVEMBER 2025
10:00 AM

FREE ENTRY	COVE ROCK BEACH ENTRANCE TO WINTERSTRAND CLUB WHERE	MARINA 076 951 4682 JUANITA 078 824 9737 CONTACT
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CASH BAR
BOERWORS ROLLS AVAILABLE
LUCKY DRAW PRIZES - R10 PER TICKET
DRAW WILL TAKE PLACE AT 3 PM
PLEASE ARRANGE OWN TRANSPORT



The Cove Rocky community celebrated "Fathers and Mother's Day 2025" in honour of the many special parents who rightly chose our beloved Estate to raise their children.



Don't forget to post your letter to Santa these little guys made sure their letters were in first



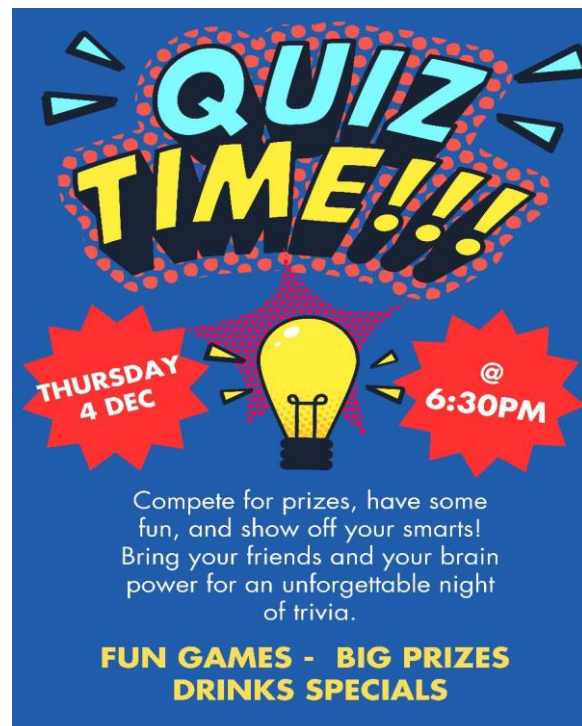
Well done to the winner and second place winner 🏆 of the pool competition.



Year-end golf Cup winners



Plenty activities happening and planned over the festive season with the Clubhouse really humming!!!.....



Of course, our onsite restaurant the “Cove Rock Eatery” continues to amaze and delight all its patrons. Great food, excellent service and a very special atmosphere.



DECEMBER / JANUARY – Holiday Season Information

Cove Rock Office

- Closed from MONDAY 22 December 2025
- Open on MONDAY 05 January 2026



For emergencies please contact:

Harry Fourie - General Manager: 066 0967235 - WhatsApp 082 5781827

Mark Adams - Estate Maintenance: 082 8703793

Tim Pautz - Estate Security Manager: 066 506983

Security Gate: 087 1950338

Clubhouse Activities during the Festive Season

SATURDAY 13 December 2025 to WEDNESDAY 01 January 2026 -

Open every day from 12h00 except the days specified below:

Club Closed

Club will close on WEDNESDAY 24 December 2025 at 20h00

CHRISTMAS DAY – THURSDAY 25 December 2025

Boxing Day/Family Day: FRIDAY 26 DECEMBER 2025

FUN DAY AND COLOUR RUN:

Clubhouse – TUESDAY 16 December, 2025

Colour Run: Starts at 10h00 from the Clubhouse.

Prizes for the first three places ages 0-12 and 12+. Ice

Lollies and water provided.

Family Braai at the Clubhouse.

Braai packs @ R30 for Meat and R 20-00 for Chicken will be available or you can bring your own meat and drinks.

Fires will be provided at the Braai area.



**SANTA will be visiting Cove Rock
SATURDAY 20 DECEMBER**

Kids must be on the lookout for **SANTA** in the afternoon, as he will be doing his rounds around Cove Rock to invite them to Sandy Close for a surprise in the evening.

Santa will make an appearance after Carols with a little surprise for the kids.

Carols by Candle light start at 7:30 pm in Sandy Close



**Please Note: No Fireworks in
the festive season**

Refuse Collection Dates over the holiday season:

Refuse collection will take place on Mondays and Fridays as is normal.

Garden Refuse will be collected on Mondays, Wednesdays, and Fridays only during this period. Garden refuse of a minor nature shall be collected by the Estate Garden waste collection service. If the amount of Garden waste is very large, then the homeowner will have to contract to have it removed and must liaise with the Estate Manager in this regard.

Security on the Beach – please be reminded that we will NOT have a Security Guard patrolling the beach over the festive season. However, Security will patrol the area around the beaches.

Access to visiting dogs during the holiday period: Visitors to the Estate are NOT allowed to bring pets into the Estate (new clause added as approved at the AGM 25 June 2013). This will be controlled by our Security Staff at the Access Control.

Builders Annual Shutdown Notice :

TUESDAY 16 December 2025 – MONDAY 5 January 2026

No Contractor access will be allowed during this period.

The Executive Committee would like to take this opportunity to wish all residents a most joyous, safe holiday season and a prosperous 2026.

We would also like to thank all those involved in the management and maintenance of our Estate for their support and dedication over the past year.

If you require any further information or would like to discuss anything relating to this Bulletin/Notice, please feel free to contact us before 15 December 2025 or

Email : manager@cove-rock.co.za - Telephone 043 7361120.



Interesting and informative

How young South Africans spend their money

Young South Africans are managing a difficult economic environment through various measures, including juggling side hustles, saving despite low incomes, avoiding debt, and spending intentionally on identity-driven purchases.

Youth specialists Student Village, in partnership with Futurist, Economist and Business Trends Analyst, Bronwyn Williams of Flux Trends, recently released The Gen Z Economy Report: Cash, Culture and Clout.



This survey's results are based on responses from over 900 South Africans aged 18 to 30. The report examined how young people in South Africa earn, spend, save, and think about money.

"This generation isn't broke, they're building," said Student Village CEO Ronen Aires. "Despite limited income, Gen Z is navigating the financial system on their own terms."

"They're side hustling, saving, skipping the debt trap and making intentional, values-led purchases. They're redefining what it means to be a consumer, a customer and a contributor to the economy."

The survey found that 16.6% of respondents identified as unemployed, a significant deviation from the official youth unemployment data. Stats SA recently reported that 4.8 million (46.1%) youths aged 15 to 34 were unemployed in Q1 2025.

The Gen Z Economy Report results showed that while many young people are unemployed, many are juggling studies and side hustles to stay afloat.

The report also found that the youth are saving almost a third of their income, despite earning an average of R5,000.

In addition, it found that Gen Z is avoiding credit transactions, with 80% of the survey's respondents using cash and debit cards regularly to avoid fees and falling into a debt trap.

Debit cards also dominate online transactions, while credit cards remain rare and feared. This trend has also been noted by financial institutions.

Standard Bank's Youth Barometer revealed that young South Africans are engaging with credit more cautiously and selectively than older generations.

Spending and saving

Customers under 35 accounted for just 16% of Standard Bank's credit card base, with the youngest segment (18-24) making up only 1%. This starts to change for South Africans in the 25 to 29 age bracket, as credit card penetration increases.

Incomes

Just over a third (36%) of youth with Standard Bank credit cards earn less than R5,000 monthly gross income.

Another 43% earn R10,000 or less, meaning that nearly 8 in 10 earn R10,000 or less. This limits both their eligibility for traditional credit and their ability to afford repayments comfortably.

The top spending categories for those under 35 include daily essentials like groceries and personal care, transport and dining out.

Despite making up nearly 60% of South Africa's population, people under 35 account for just 17% of the country's outstanding credit by value. Their credit portfolios are primarily composed of unsecured products like retail accounts, personal loans, and entry-level credit cards, unlike older generations, who tend to have broader access to secured credit and high-value facilities.

Even when using unsecured credit, South Africa's youth are more measured. They generally hold fewer credit cards, make smaller purchases, and repay balances more frequently.

While this suggests a responsible mindset, Standard Bank said it may also reflect constrained incomes rather than deliberate financial planning.

The Gen Z Economy report found that young South Africans' spending priorities were skewed towards clothing, food and cosmetics. However, the report said their reasons for these purchases were based on value and identity, not vanity.

"Self-image translates to social capital, influence and even job opportunities. Gen Z spends as much on clothing as they do on rent – image is currency," the report said.

According to Standard Bank, youth spend proportionately less on insurance, loans, transport, and savings and more on clothing, groceries, dining out, entertainment, digital and connectivity, fitness, and self-care.

The Student Village report revealed that 90.52% of respondents are saving regularly. The two biggest savings categories were savings for emergencies (25.75%) and for education (19.83%). Only 5.5% were saving for their retirement.

However, even though most Gen Zs earn less than R5,000 a month, they save over a third. Nearly 30% were also dabbling in crypto.

Could we ever regrow our adult teeth?

If you're an adult human, odds are you already know a thing or two about tooth regeneration. Around age six, most of us begin to lose baby teeth in a process called eruption, exchanging our delicate, first set for more burly, permanent teeth. The phenomenon calls to mind the critters that continuously regrow their chompers — for example, sandbar sharks, which sprout tens of thousands of serrated teeth over time; and rabbits, whose incisors grow continuously as they're worn down by roughage. If fish, bunnies, and kiddos do it in their sleep, then why don't adults naturally expel their aging molars with shiny, new replacements? And on that note, just how close is science to making such a feat a reality? Please, I feel a toothache coming on...



Off the bat, why don't we do this already? To better understand what we're up against in this toothy quest, Dr. Ophir Klein — a professor of orofacial sciences and pediatrics at the University of California, San Francisco — offered Popular Science a brief history lesson.

Long ago, before celebrity veneers, bleach kits, or even dental floss, "animals diverged into invertebrates and vertebrates," explained Klein. At the time, hundreds of millions of years ago, "the earliest vertebrates [were] sort of reptile-like creatures," and "mammals came out of that, as did dinosaurs and birds and amphibians."

As fate would have it, Klein explained, "teeth became an integral part of the vertebrate mouth," but it's "not exactly clear where they originated," he added — "whether they started inside the mouth or whether they started as scales, like fish have, that migrated from outside to inside." Okay, gross! We know these early teeth were simple, and they might've been somewhat like the teeth we see in fish today. "If you open a salmon's mouth, all the teeth are the same and they're continuously replacing," explained Klein. "That's a stem-cell driven process."

Teeth got more complicated with the emergence of mammals, and eventually, humans. "Rather than having all the teeth within a species being the same, which is called homodont dentition, we have heterodont dentition," said Klein. With the development of roots, "we have molars and premolars and canines and incisors," each with specific jobs to do. Although plenty of mammals evolved teeth and tusks that grow continuously, a defensive strategy against wear and tear, humans did not. When our adult teeth arrive, the hard, outer part (enamel) "is permanent and we don't have the cells anymore to make that." In other words, somewhere in the evolutionary process, we lost some special progenitor cells necessary to continuously replace teeth.

So, maybe our perma-teeth represent a sort of ancestral tradeoff, in which we exchanged replicability for complexity. In any case, just how close are experts to undermining (or augmenting) this evolutionary development?

An "intermediate step" towards regrowing permanent human teeth could involve a mash-up of synthetic materials and stem cells.

"We're pretty good at making artificial enamel," said Klein. "We could, perhaps, use the stem cells that exist inside the tooth to regrow the living part of the tooth and then make a crown — just like we do now for a root canal — to bio-engineer a new tooth." Later on, Klein added, "if we can learn how other animals are able to regrow their teeth from stem cells, we could actually really grow a full, new tooth in vitro." This isn't something Klein thinks we'll see in the next five years, but he said he "would not be shocked if it happened during the next couple of decades, just because things are moving so fast."

It might sound like sci-fi on first blush, but there's a whole lot to chew on here.

"The tooth, by itself, is one challenge — getting it to become part of bone, integrating into your jaw, is another aspect of regeneration," explained Dr. Salvador Nares, a professor in the periodontics department at the University of Illinois, Chicago's College of Dentistry. Nares spoke to Popular Science on a call along with Dr. Afsar Naqvi, an associate professor in the same department.

"Ultimately, the vision would be to seed, if you will, some sort of capsule or something within the gum tissue, and then let it grow out into a tooth," said Nares. "However, there are challenges with that, because you have to have a certain morphology [that's] accurate and complete." The tooth must be durable and the right shape, plus it has to stay in place and work well with the rest of the body. On top of all that, "it has to stop growing, because if it keeps growing, then that's called cancer," said Nares. As for where things stand today, the professor pointed to research on stem cells in erupted baby teeth, which "certain laboratories have been able to utilize to actually manufacture parts of teeth."

Fields such as scaffolds (structures in which we can seed cells), and bio-printing, have likewise progressed, as have gene-editing techniques à la CRISPR.

Naqvi explained, "Gene editing could be one very promising avenue of avoiding the rejection of the organoids, using patients' own cell types, guiding them into the desired cell type, and using it for the purpose of repair and regeneration."

There's also research towards an antibody drug that might, theoretically, spur human tooth growth some day. However, Naqvi — who was not involved in the research — raised concerns about the possible treatment, which would target a gene (USAG-1) that "is not specific to the dental tissues."

"This gene is expressed in different tissues, including kidneys, where it is expressed at a very high level." Naqvi added, "What if, beyond tooth [growth], it affects our bone growth in a positive, negative or whatever manner? It has to be controlled."

Popular Science emailed lead author Dr. Katsu Takahashi and Kyoto University Hospital for comment on their USAG-1 research, but neither responded.

Anyhow, given the scope of inquiry into tooth regeneration, surely something will work someday, right? Twice-annual cleanings be damned?

"If you were to ask this question five, ten years ago, you'd probably get a different answer in terms of how far we are in the whole process," said Nares. "But with AI being able to rapidly make calculations and see patterns and things that we don't see, we would envision that this is going to accelerate discovery and bring this notion of growing teeth or growing other tissues to bear." Still, Nares cautioned that he doesn't expect to see it all realized in the next decade; "I think we're still quite a ways off," he said, citing safety concerns, trials, regulatory rules, and generally "a lot of work to be done."

In the meantime, Nares spoke of the adult teeth we do have with reverence. "The natural dentition that we were born with is one-of-a-kind," he explained.

To function through adulthood, permanent teeth need ongoing care, including brushing, flossing, and cleanings. Plus, dental health isn't limited to teeth and gums; the state of your mouth is an indicator of overall health. Researchers have linked gum disease to Alzheimer's, diabetes, and other conditions.

"I would caution readers not to give up on their oral hygiene," Nares said. "All the microbes that cause cavities and more so gum disease, which loosen teeth and cause them to fall out, disseminate into other parts of the body and can really create effects away from the mouth."

He added, "So, definitely keep the mouth clean."

What's the difference between X-Ray, CT scan, and MRI?

X-rays use electromagnetic radiation to create images of bones and dense structures within the body. It is commonly used to detect fractures, infections, tumors, and other abnormalities. X-rays are quick, relatively inexpensive, and readily available.

CT scans use X-rays and advanced computer processing to create cross-sectional images of the body. They provide more detailed information than traditional X-rays and can show bones, organs, blood vessels, and soft tissues. CT scans are useful in diagnosing conditions such as internal injuries, tumors, infections, and blood clots.



MRI uses a strong magnetic field and radio waves to create detailed images of soft tissues, organs, and structures inside the body. It provides excellent contrast between different types of soft tissues and is particularly useful for imaging the brain, spinal cord, joints and muscles.

MRI does not involve ionizing radiation, making it a safer option for imaging, especially for pregnant women and children.

However, MRI scans take longer to perform, are more expensive, and may not be suitable for individuals with certain medical implants or metal objects in their bodies.

A brief history of the black cast-iron potjie pot!!!

There is some magic to the potjie pot, so it is not surprising that its history goes back to the time of witches and druids.

Cast iron existed as cookware in Europe since the iron age, but the three-legged pot is believed to have arrived in Africa in the 17th century with the early explorers.



Potjiekos emerged in the Netherlands and Spain, when communities would cook together during wartime. The pots are likely to have arrived in SA from the Netherlands with Jan van Riebeeck. The early settlers would shoot wild game and add it to the existing pot, daily.

It was adopted by the indigenous people, who replaced their clay pots with the iron potjie. The first local manufacturer of the potjie pot was the now-defunct Falkirk company.

Distributor Lionel Leethem said Chinese-made potjie pots are in abundance now, but Falkirk was the only supplier for nearly 70 years.

"It was a superb pot. It was thick and heavy, so you would need only a little coal to heat it and it would retain that heat to slow-cook food. It had health benefits, especially for children, because of the iron that was transferred from the pot. It tenderised even the poorer cuts of meat."

The Falkirk pots travelled all over Africa and were so popular that there was an 18-month wait for them.

"The Durban Falkirk Iron Company (now Defy) moved the foundry from Jacobs to Newcastle around 1987. In early 1992, it went into liquidation. A Zimbabwean company bought and moved the plant to Gweru. About three years ago that went into liquidation, so you will not find a Falkirk pot for sale anymore," said Leethem.



Ivan Kapotis, an accounts manager at Saint-Gobain Pipelines SA, says his company owns the only foundry that produces potjie pots locally.

"Some components are manufactured overseas according to Saint-Gobain specifications. We sell them under the Best Duty brand."

Kapotis says the pots are made from 95% iron, 3.5% carbon and 1.5% silicone. The slow-cooking process means nutrients are retained. The round belly keeps liquid at the bottom of the pot and evenly distributes heat, allowing for even cooking.

Kapotis says a potjie pot should be cleaned with a sponge, dried over a heat source and oiled with vegetable or olive oil. Leave a paper towel inside to absorb any moisture.

Shhhhh – or Oh Schweppes – the secret is out

While natural mineral water dates back to Roman times or earlier, it was in 1767 that the world's carbonated soft drink industry was established by Jacob Schweppe, a jeweller living in Geneva, Switzerland.

Schweppe was born in Witzenhausen, Germany in 1749, but at the age of 12 his parents decided that he was too fragile for hard farming work so he was placed with a travelling tinker.



Jacob Schweppe



The tinker, realising that he was talented with his hands, persuaded his parents to apprentice him to a silversmith and later to a jeweller in Geneva for a number of years. He became a Swiss citizen and married and he described himself as an amateur scientist.

When the popularity of locally bottled natural sparkling spa water was noticed by Schweppe, he decided to give up his trade as a jeweller and, with his accumulated funds, set out to improve on earlier experiments by Joseph Priestly, an English clergyman and amateur scientist, who had experimented with carbonating water by impregnating spring water with what he called "fixed air" – carbon dioxide derived from vats in which beer was fermenting. He had discovered that the secret lay in excluding air from the containers by using agitating carbon dioxide under pressure, exclude the air, and which then dissolved in the water.

Since the Romans encouraged "taking the waters" at spa resorts, the activity became popular in the belief that by immersing themselves in the spa water, it would cure a multitude of ailments including indigestion.

By 1783 what had initially been an experimental hobby of Scheweppe became a commercial undertaking after he had perfected a means to carbonate water to a greater degree than naturally occurring water and given bottles of his "mineralised water" to doctor friends who, in turn, used it to treat patients.

A friend of Scheweppe's who had been assisting him approached an engineer Nicholas Paul to open up in competition to Scheweppe but upon hearing this, Scheweppe formed a partnership with Paul to prevent a competitor intruding into the marketplace.


In 1791 Scheweppe left Geneva for London to attempt to market the product there, against other poor-quality products which had sprung up, and when his partner Paul wanted him to return to Geneva, Scheweppe dissolved the partnership and set up on his own business in London on 20 February 1796.

In October 1794, Matthew Bolton, the industrialist, who made Watt's first steam engine, wrote to Dr Erasmus Darwin, grandfather of Charles Darwin. "Mr J. Scheweppe, preparer of Mineral Waters, is the person whom you have heard me speak of and who impregnates it so highly with flexible air to exceed Champagne and all other Bottled Liquors. He prepares it of 3 sorts. No. 1 is for common drinking with your dinner. No. 2 is for Nephritic [kidney disease] patients, and No. 3 contains the most alkali and given only to more violent cases, but I know not the quantity of alkali in either. It is contained in Strong Stone Bottles and sold for 6s.6d per doz. Including the Bottles."

The name "Soda Water" first appeared in a Scheweppe's advertisement in 1798 called Acidulous Soda Water although the concept had been around earlier. It was in America during 1830 that soda stopped being an ingredient but this only found favour in Europe in 1900. Scheweppe founded J Scheweppe and Company but later sold portions to William Evill and John Kemp-Welch, whose descendants would remain associated with the company until 1950, and also to his daughter, before he died a wealthy man on 18 November 1821.

Upon Queen Victoria ascending the throne she granted a Royal Warrant to Schewepes enabling them to advertise on the labels "By Royal Warrant to Her Majesty the Queen". In 1835 the new owners introduced Schewepes Aerated Lemonade, thus marking their entry into flavoured fizzy drinks as before then lemonade was a very popular, but still, drink.

In 1870 they commenced producing Ginger Ale, both dry and sweet, but Tonic Water became an instant success in the Colonies, with the addition of quinine. In early 19th century India and other tropical posts of the British Empire, medicinal quinine was recommended to British officials and soldiers, where it was mixed with soda and sugar to mask its bitter taste, creating Indian Tonic Water. The mixed drink gin and tonic also originated in British colonial India, when the British expatriates mixed their medicinal quinine tonic with gin.



J. SCHWEPPE & Co.,
LONDON,
BY ROYAL APPOINTMENT,
MANUFACTURERS OF SODA AND OTHER MINERAL WATERS.

Having been appointed by the EXHIBITION COMMISSIONERS with the Contract for the supply of
REFRESHMENTS AT THE GREAT EXHIBITION,
they respectfully inform the Public that the THREE DEPARTMENTS in the Exhibition, allotted to that purpose, consisting of the CENTRAL Aisle of the EASTERN and WESTERN Wings, have been transferred to the able management of parties long familiar with the discharge of similar duties.

Messrs. YOUNGHUSBAND & SON, Gerrard's Hall, the centre,
and
Messrs. MASTERS & Co., Oxford Street,
Purveyors to the Zoological and Botanical Gardens, Regent's Park, the other Aisles,
as either and all of which, Visitors may be supplied with great exactness and refreshment
permitted by the Commission.

As some apprehension may be entertained that Refreshments provided at so large an establishment and on so extensive an occasion, would be charged proportionably high, 5s. 6d. 1/2. Any particulars as to the Public, that in accordance with the wishes of the Commission, they have arranged with the Sub-Commissioners to provide every thing of the most excellent and as
VERY MODERATE CHARGES.
Priced lists of which will be exhibited in each department, and will be found, in no case, higher than the usual charges.

The Refreshments will be supplied direct from the Manufactory of
SCHWEPPE & Co.,
Consisting of—SODA and other Mineral Waters and AERATED LEMONADE, German Beviere Waters, in quarts and pints, imported direct from the Springs; and as a novelty, they beg to announce their
MALVERN SODA WATER,

In the decades after WW2 catchy slogans were coined such as “Thirsty – take the necessary Schweppes” and “Schwepping is assessing your liquid assets”.

In 1953 at the time of the coronation of Queen Elizabeth II the shop windows in London were full of the “Schwepping of the Colours” campaign posters. Schweppes also launched its Bitter Lemon and Bitter Orange lines which were an instant success.

Schweppes was merged with Cadbury in England 1969 to form Cadbury Schweppes PLC. At the time many soft drink brands were taken over by competitors but the Schweppes brand endured and in 1999 the Coca Cola Company bought the Schweppes Brand in England.

In 2009 Nicole Kidman became brand ambassador for Schweppes in Europe and Uma Thurman followed on in 2011.

So Schhh – the secret is out and Schweppes' famous slogan says it all.

Schhh! You know who!

Are eggs really good for curbing hunger?

Chicken eggs are a common item on our shopping lists, and while they form part of numerous dishes, we mostly associate them with breakfast.

Nutrient- and energy-dense, eggs pack quite a punch when it comes to macronutrients, nutrients your body needs in large amounts for optimal health.

Eggs contain significant amounts of protein and fat, along with vitamins and other nutrients, and are a nutritious way to kick off your day.



Different proteins

Research was recently conducted on whether the protein in eggs is superior to cereal protein.

A study published in the International Journal of Environmental Research and Public Health looked at the amount of high-quality protein in a breakfast that included eggs versus a breakfast that did not.

In the study, predominantly sedentary volunteers ate breakfast either with or without eggs for a week. The meals contained similar energy and macronutrient density, but the proteins differed – one had egg protein, whereas the other contained wheat protein.

Data was recorded and analysed, and researchers concluded that a breakfast including eggs was actually superior in protein content and left volunteers satiated for longer, and also reduced what the researchers called "lunchtime energy intake".

The ghrelin gremlin

The controversy around eating eggs lies in their cholesterol content – they are naturally high in cholesterol – but studies claim that moderate egg consumption does not necessarily raise your risk of heart disease. A study published in the journal *Nutrients* investigated whether consuming two eggs a day for breakfast instead of oatmeal would decrease ghrelin (also known as the hunger hormone because it stimulates appetite) and maintain good levels of cholesterol.

In the study, 50 young, healthy participants ate either two eggs or a packet of oatmeal for breakfast for four weeks.

After data had been collected and analysed, researchers concluded that eating two eggs a day did not increase one's risk of cardiovascular disease and negatively affect cholesterol levels, but that it did increase satiety levels throughout the day.

Eggs and weight loss

People with high cholesterol and heart disease should of course continue to practise caution with their egg intake, especially egg yolks.



But when it comes to weight loss and eggs, it's said that even though eggs are high in cholesterol, they are low in calories and have a substantial protein content, along with other nutrients.

They also boost metabolic activity and help curb hunger, which means that people who have egg-based breakfasts may end up consuming fewer calories throughout the day.

"When battling hunger pangs associated with weight loss diets, high-protein foods or meals are known to reduce appetite and increase fullness (satiety) when compared to food or meals containing no protein, or less protein.

"Several studies have indicated that eggs, because they are protein-rich, can suppress hunger and this can be important for those struggling with weight loss or maintenance to manage hunger," said North West University expert in nutrition, Professor Cornelia Nienaber-Rousseau.

More benefits of eggs

Besides the fact that eggs are an inexpensive source of protein (a macronutrient everyone needs), they are also packed with other nutrients, like choline, selenium and lutein, to name just a few.

Choline is a nutrient that plays an important part in brain and nervous system functionality. It's needed to regulate muscle control, mood and memory. The body creates very little choline and we need the nutrient in our diet.

Selenium is important to protect our bodies against infection and elements that damage the cells. It's also important for thyroid gland functionality, DNA production and reproduction.

Lutein, also known as "the eye vitamin", is a type of vitamin known as a carotenoid. It is related to beta-carotene and vitamin A and is best absorbed when consumed with a high-fat meal, which means that whole eggs are important for effective lutein absorption.

5 battery myths that are still ruining your phone's battery life

We all love our phones, which makes the idea of running out of battery in the middle of your workday a true nightmare. A lot of us try our best to extract the most out of our phone's batteries, but there's a ton of outdated advice on the internet that might be doing your battery more harm than good. On the flip side, a single setting can stretch your phone's battery way further than you think.



Modern smartphones come in various battery types, capacities, charging speeds and capabilities. They're also incredibly hard to kill quickly, unless you're following myths that might be ruining your phone's battery life.

Don't let your battery die before charging

Letting your phone die first isn't doing your battery any favors. This one is a classic myth that I've personally corrected for dozens of people I know. There's a common misconception that running your battery down to 1% before plugging your phone in for charging is a good practice. In reality, it's terrible advice.



The myth comes from a time when phones had nickel-cadmium batteries that suffered from something called memory effect. This phenomenon occurs when repeated, partial discharges and subsequent recharges result in a temporary, reversible reduction in the battery's overall capacity.

Modern smartphones use lithium-ion batteries that are immune to this. In fact, they hate being completely drained. Consistently letting your battery drain completely can harm it over time. These batteries work best when kept between 20% and 80% charge. However, you can still charge your devices to 100% with no worries.

Charging overnight destroys your battery

They're called "smart" phones for a reason.

If you've been waking up in the middle of the night to unplug your phone, you can comfortably go back to sleep. No, your phone won't "overcharge" just because you left it plugged in overnight.

Modern smartphones have built-in protection that stops the charging process once the battery reaches 100% capacity. Additionally, a lot of phones also include charging optimization features that learn your charging routine and vary the charging time to ensure you wake up with a 100% charge without disturbing your sleep.

Usually, these settings slow down the charging on your phone to reach 80% capacity just before your usual wake-up time. Then, they speed up charging so you wake up with close to 100% battery ready to go.

This stands true for pretty much every modern device, including wearables and laptops. There's no such thing as overcharging in modern electronics. If there were, a lot of tech would be blowing up around the world. Your device has a built-in protection mechanism that knows what to do when your battery is fully charged and you haven't unplugged the charger.



Fast charging will destroy your battery

Your phone can manage quick power-ups without frying itself.

Honestly, I fell for this one in the beginning as well. It makes sense, as you pump in more and more power into the battery, it's bound to get hotter. Overheating isn't a great thing for any electronic component, let alone batteries.

Just like your phone has systems built in to protect itself from overnight charging, it has systems to protect the battery while charging it as fast as possible. As the charging rate increases, so does the battery temperature. Your phone and charger are constantly communicating with each other and adjusting the charging speed to ensure your battery doesn't reach critical temperatures.

This is why your phone refuses to charge quickly when it gets too hot. The charging protection circuitry in your phone and a compatible charger are constantly monitoring parameters like temperature, voltage, and current, and making adjustments in real-time to give you the best possible charging speed without damaging the battery.

Overall, the pros of fast charging far outweigh any potential cons. This is why I prioritize fast charging over battery capacity every time I'm considering a phone, whether as a purchase or a recommendation.

Closing background apps saves battery life

Your habit of swiping apps away might be hurting performance instead.

This is another one of those logical precautions that should be saving battery life. More apps running in the background mean your phone is consuming more power and, hence, more battery drain. Turns out you might be wasting battery by actively closing background apps.

Your phone's memory management automatically loads and unloads apps from the memory as and when you need them. When you manually close apps, your phone has to load them into memory from scratch, which not only results in a longer loading period but also a spike in energy consumption.

These are minuscule changes, but they add up over time and can cause your phone to feel sluggish or even heat up. Of course, as your phone consumes more energy to keep everything running, you'll also be running out of battery faster.

So let your phone deal with inactive apps the way it knows best. There's no reason for you to be force-closing apps, thinking it'll save memory or power—it won't.

Wireless charging ruins battery life

Going cable-free is safe for your battery.

This is one of the newest myths on the block, and it's a popular one, too. If you see your phone getting warm on a wireless charger and think that might be harming your battery, I won't blame you. However, just like with fast charging, your phone knows how to handle that heat.

Your phone is bound to get a little hot when charging wirelessly, as some energy gets lost during the wireless transfer. While heat isn't the best thing for your battery, your phone knows when it gets too hot and either slows down or stops charging the battery.

The real culprit here isn't wireless charging. Excessive heating during wireless charging might happen due to a number of reasons, including using cheap, uncertified chargers, using a thick case that traps heat, or the coils in the charger not lining up with the charging coils in your phone.

The overheating and slow charging issues were the reason why I went back to cables after trying wireless charging for a year. However, newer phones, especially with Qi2 or MagSafe support, fix a lot of these issues by ensuring your phone lines up with the wireless charger's coils as accurately as possible. This is one of the reasons why Pixel 10's Pixelsnap is a bigger deal than you might think and why I was finally able to go all-in on wireless charging.

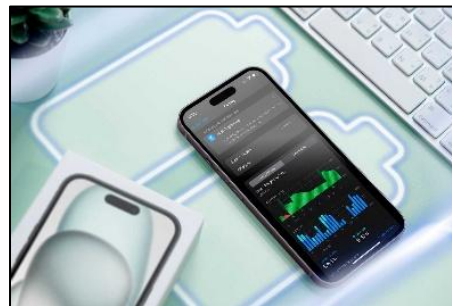
Honestly, the more worried you are about protecting your phone's battery, the more advice you'll find on the internet. However, a lot of what you'd end up doing to protect the battery actually goes against your phone's internal systems that make sure your battery remains healthy as long as possible.



Smartphone batteries only have a limited charge cycle, which means they'll eventually run out and degrade.

The degradation can take years to kick in, and you'll be well due for an upgrade by the time the battery starts acting up — assuming your phone's manufacturer doesn't roll out an update degrading the battery's performance on purpose.

You don't need to do anything to protect your phone's battery. Your phone is smart enough to take care of itself. Use and charge it the way you like. It's going to take a lot more than overnight charging or unused background apps to ruin your phone's battery life.



Even your sea salt is almost certainly contaminated with plastic

What goes around, comes around, eventually. The latest is how likely you now are to find plastic particles, from packaging you might have once used, in your sea salt.

Each year, humans dump 13 million metric tons of plastic into the ocean. Some of that plastic begins its life as tiny particles, such as microbeads in face scrubs and toothpaste; others as larger pieces that get broken down through mechanical or chemical means.



Estimates vary, but there's no doubt the amount of plastic now in the oceans is substantial: one 2014 study found that there are more than 5 trillion plastic pieces sharing the seas with marine life, 92% of which are microplastics less than five millimetres (0.2 inches) in size.

Of the many ways that microplastics make their way back to us, the simplest one is through the food cycle. Tiny marine organisms like krill ingest microplastics, which are about the same size as the zooplankton they feed on. The krill then get eaten by salmon, which eventually are served in restaurants around the world. Just in case mercury concentrations weren't enough to show us the consequences of a fish-eat-fish world, persistent plastics are a painful reminder.

Now, a new study published in Scientific Reports shows us the reach of plastic contamination beyond fish. Researchers tested 16 sea-salt brands from eight countries to see if they could identify any foreign particles in their makeup.

They dissolved the salt in water and examined what remained: a total of 72 particles. Of those, 30 were confirmed as plastic, 17 as pigment that once belonged to plastic, four as dust. Twenty-one particles could not be identified.

The variety of plastics identified in the chemical analysis meant that the particles were almost certainly contaminants from the sea, and not just contamination from the salt's production.

The 16 salt brands came from Australia, France, Iran, Japan, Malaysia, New Zealand, Portugal, and South Africa. Only the one from France wasn't found to be contaminated with plastic. The concentration of the particles found in sea salt and sea food today is low enough that it likely won't affect your health. But that may not be the case as we continue to dump more plastic in the ocean.

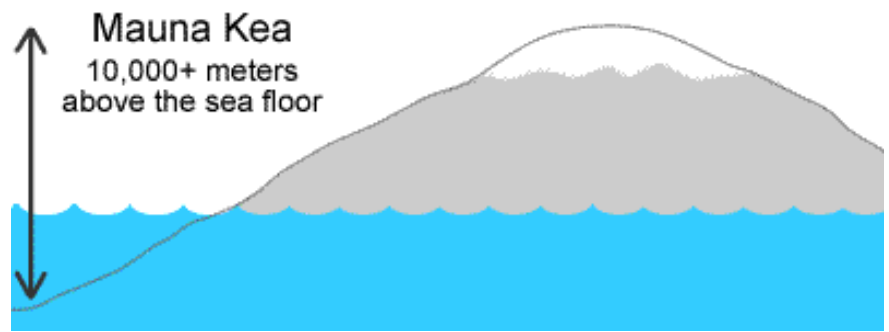
Erik van Sebille, an oceanographer at Utrecht University who studies ocean circulation and plastic pollution, told Hakai the findings, while shocking, weren't unexpected. "Plastic in the ocean is an atrocity; a testament to humanity's filthy habits," he said.

What's the highest point on Earth?

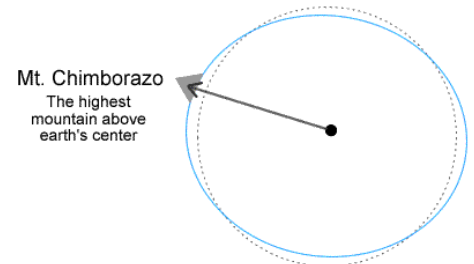
Many of us have learnt that Mount Everest is the tallest mountain on Earth. Well, that is partially true.

Everest rises 8,848m above sea level. But what is sea level? Well, sea level refers to an "average" of mountains and valleys altitude.

But the Earth is not completely round, it is an oblate spheroid. So, we forgot to take this into consideration when we invented sea level.



Mount [Chimborazo \(volcano\)](#) is located in Ecuador and very near the equator. And, because of the shape of the Earth, it is the furthest point from the center of the planet still on ground, even if its altitude is 6,310 m.



One more interesting fact: the tallest mountain measured from bottom to top is Mauna Kea, a dormant volcano in Hawaii. Its altitude is 4,205m, but if you measure it as described it is more than 10,000m tall.

What are some of the most mind-blowing facts about death?

A dark question, so if you don't like dark answers, don't read.

- 80% of Soviet males born in 1923 were killed in World War II
- 35 million of *your* body cells are dying, every single minute.
- This one shocked me. Only about 93.5% of the human population has died so far!
- 108 billion humans is the predicted number of humans to ever have walked the earth, and 7 billion of those are alive right now!
- The Zoroastrian Parsi, a community in India, instead of burying their dead, feed them to an endangered species of Vultures.
- 7,000 people die every year because of a doctor's sloppy handwriting, usually prescribing them the wrong dosage of a medicine, which proceeds to overdose them.
- The Death Rattle is phenomena that occurs moments before death when fluids from the body all retreat towards the lungs and chest.
- Cockroaches can live up to *9 days* without a head!
- More lives are claimed by suicide than murder in New York City



5MB Storage 1956.

This storage was leased by IBM for \$3,000 a month - that is equivalent to \$30,000 today.

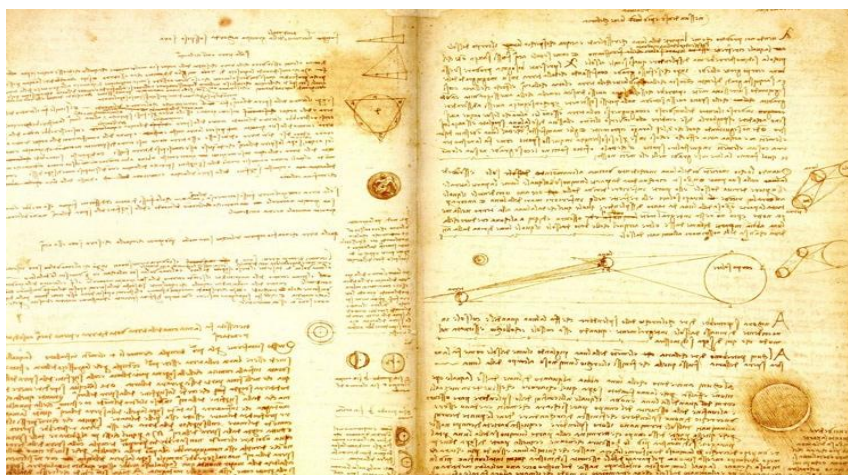
To put it into perspective: 5 MB of storage can only hold about 2 pictures, which is not very helpful in the present generation of unlimited selfies and pictures.



Dutch trains run entirely on wind energy. One windmill running for an hour can power a train for 120 miles, and around 5,500 trips are facilitated every day. The system allows around 600,000 passengers to commute daily without any emissions.

unbelievable-facts.com

The average crow of a rooster is about 130 decibels which is equivalent to the volume you would experience when standing 15 meters from a jet taking off. So, to prevent deafness from their own crowing, roosters evolved soft tissues that cover half of their eardrums while crowing.



In 1994, Bill Gates purchased The Codex Leicester, a collection of scientific writings by Leonardo da Vinci, for US\$30,802,500. He had all the pages scanned and turned into digital image files, some of which were released as part of Microsoft Plus! for Windows 95 desktop.

Nothing serious

Meanwhile – Back in Brakpan it's all still happening

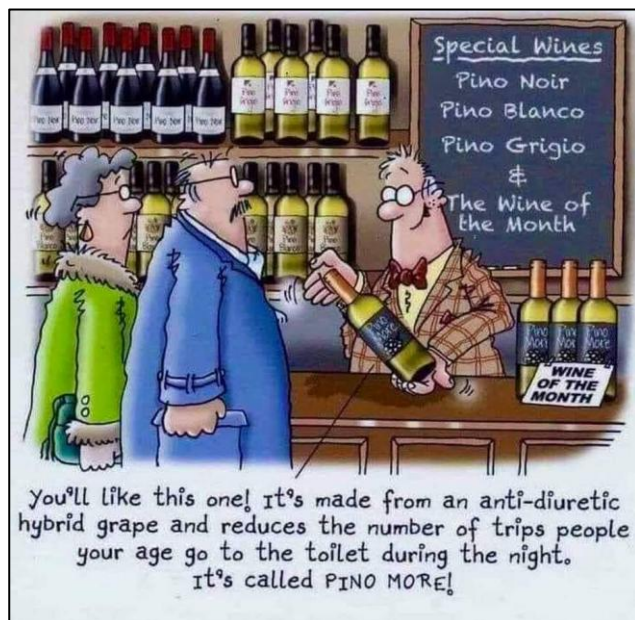


A man walks into a bar with a paper bag. He sits down and places the bag on the counter. The bartender walks up and asks what's in the bag.

The man reaches into the bag and pulls out a little man, of about 12 inches height, and sets him on the counter. He reaches back into the bag and pulls out a small piano, setting it on the counter as well. He reaches into the bag once again and pulls out a tiny piano bench. The little man sits down at the piano and starts playing a beautiful piece by Mozart.

"Where on earth did you get that???" asked the surprised bartender.

The man responds by reaching into the paper bag. This time he pulls out a magic lamp. He hands it to the bartender and says: "Here. Rub it."



So the bartender rubs the lamp, and suddenly there's a gust of smoke and a beautiful genie is standing before him. "I will grant you one wish – just one."

The bartender gets really excited. Without hesitating he says, "I want a million bucks!"

A few moments later, a duck walks into the bar. Another duck, then another soon follows it. Pretty soon, the entire bar is filled with ducks and they keep coming!

The bartender turns to the man and says, "You know, I think your genie's a little deaf. I asked for a million bucks, not a million ducks."

The man replies, "Do you really think I asked for a 12-inch pianist???"

Paddy had been drinking at his local Dublin pub all day and most of the night celebrating St Patrick's Day.

At one point, Mick the bartender says, 'You'll not be drinking anymore tonight, Paddy'. Paddy replies, 'OK Mick, I'll be on my way then'. Paddy spins around on his stool and steps off. He falls flat on his face.



'Damn,' he says and pulls himself up by the stool and dusts himself off. He takes a step towards the door and falls flat on his face again.

'Damn, damn!'

He looks to the doorway and thinks to himself that if he can just get to the door and some fresh air, he'll be fine. He belly crawls to the door and shimmies up to the door frame. He sticks his head outside and takes a deep breath of fresh air, feels much better and takes a step out onto the sidewalk and falls flat on his face.

'By Jeebers... I'm a little crocked,' he says.

He can see his house just a few doors down, and crawls to the door, hauls himself up the door frame, opens the door and shimmies inside.



He takes a look up the stairs and says, 'No damn' way'. He crawls up the stairs to his bedroom door and says 'I can make it to the bed!' He takes a step into the room and falls flat on his face.

He says 'Damn it!' and falls into bed.

The next morning, his wife, Jess, comes into the room carrying a cup of coffee and says, 'Get up Paddy. Did you have a bit to drink last night?'

Paddy says, 'No Jess, what makes you say that?'

'Mick phoned... you left your wheelchair at the pub.

I saw an audiologist today, but I think I'll get a second opinion. Why on earth would I need a heron egg?

The Power of Prepositions

On his 65th birthday, a man was given a gift voucher from his wife for a consultation with an Indian medicine man living on a nearby reservation who was rumoured to have an effective cure for an ailment which afflicts men of his age.

The husband went to the reservation and saw the medicine man. The old Indian gave him a potion and with a grip on his shoulder warned, 'This is a powerful medicine. You take only a teaspoonful, and then you say '1-2-3.' As you say it you will become more of a man than you have ever been in your life, and you can perform for as long as you want."

The man thanked the old Indian and as he walked away, turned and asked, "How do I stop the medicine from working?"

"When your partner is fully satisfied, she must say '1-2-3-4," he responded. "When she does, the medicine will not work again until the next full moon."

He was very eager to see if it worked so he went home, showered, shaved, took a spoonful of the medicine, and then invited his wife to join him in the bedroom. When she came in, he took off his clothes and said, "1-2-3!"

Immediately, he was the manliest of men. His wife was very excited and began throwing off her clothes but before they could do anything, she asked, "What was the 1-2-3 for?"

And that, boys and girls, is why we should never end our sentences with a preposition.

Doctor Bloom, who was known for miraculous cures for arthritis, had a waiting-room full of people when a little old lady, completely bent over in half, shuffled in slowly, leaning on her cane. When her turn came, she went into the doctor's office, and emerged within half an hour walking completely erect, with her head held high.

**THIS is my
Step Ladder.**

**I never knew
my REAL ladder.**



**BENEFITS OF A GOOD VOCABULARY!
I RECENTLY CALLED AN OLD ENGINEERING
BUDDY OF MINE AND ASKED WHAT HE
WAS WORKING ON THESE DAYS.
HE REPLIED THAT HE WAS WORKING ON
"AQUA-THERMAL TREATMENT OF
CERAMICS, ALUMINUM AND STEEL UNDER
A CONSTRAINED ENVIRONMENT."
I WAS IMPRESSED UNTIL, UPON FURTHER
INQUIRY, I LEARNED THAT HE WAS
WASHING DISHES WITH HOT WATER UNDER
HIS WIFE'S SUPERVISION.**

A woman in the waiting room who had seen all this walked up to the little old lady and said, "It's a miracle! You walked in bent in half and now you're walking erect. What did that doctor do?"

She answered, "Miracle, shmiraclle. . . he gave me a longer cane."

The importance of correct punctuation

Dear John:

I want a man who knows what love is all about. You are generous, kind, thoughtful. People who are not like you admit to being useless and inferior. You have ruined me for other men. I yearn for you. I have no feelings whatsoever when we're apart. I can be forever happy – will you let me be yours?

Jane

Dear John,

I want a man who knows what love is. All about you are generous, kind, thoughtful people, who are not like you. Admit to being useless and inferior. You have ruined me. For other men, I yearn. For you, I have no feelings whatsoever. When we're apart, I can be forever happy. Will you let me be?

Yours,

Jane

Three friends married women from different parts of the country.

The first man married a woman from Bloemfontein. He told her that she was to do the dishes and house cleaning. It took a couple of days, but on the third day, he came home to see a clean house and dishes washed and put away.

The second man married a woman from Durban. He gave his wife orders that she was to do all the cleaning, dishes and cook the curry. The first day he didn't see any results, but the next day he saw it was better. By the third day, he saw his house was clean, the dishes were done, and there was a huge Biryani on the table.

The third man married a girl from Brakpan. He ordered her to keep the house clean, dishes washed, lawn mowed, laundry washed, and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything but by the third day, some of the swelling had gone down and he could see a little out of his left eye, and his arm was healed enough that he could fix himself a sandwich and load the dishwasher. He still has some difficulty when he pees.

