

February 5th

**Memory verse:**

Take heed therefore that the light which is in thee be not darkness.

Luke 11:35

See the lesson for 30<sup>th</sup> January for information about this memory verse.

**The first part of a story from ancient history<sup>1</sup>**



The people who lived in Pompeii in southern Italy were happy and prosperous. For over a hundred years they had been at peace, and on the sunny morning of February 5<sup>th</sup> in the year AD 62, the future must have seemed bright to the young people playing in the streets or out shopping with their parents.

Suddenly, at noon, a loud rumbling noise sounded through the streets. It seemed to come from the sea and some of the people thought the sea god, Neptune, must be angry. Nobody turned towards the heights of Vesuvius overlooking the town for the volcano had remained quiet for hundreds of years.

Then the rumbling sounded again, this time from under their feet, and the earth itself began to move. Great cracks appeared in the pavements, walls tottered and collapsed in clouds of dust and the fine columns of the temples swayed like reeds in the wind before crashing to the ground.

Panic took hold of the people as they rushed from their houses when the walls began to bulge. The picture above shows an image that was found afterwards showing what happened to one of the temples. Some people ran through the gates of the city into the open country but the earth continued to shake and open in immense clefts across the roads, fields and orchards. One eye witness account tells of a flock of six hundred sheep swallowed up in an instant.

To add to the dangers a large reservoir burst its banks and a flood of water swept through the ruined city.

The earthquake continued with intervals between shocks, until darkness fell over a ruined waste that only a few hours earlier had been a beautifully constructed Roman city.

Next day the volcano was silent. The earthquake led the Roman philosopher, statesman and dramatist Seneca the Younger to devote the sixth book of his *Naturales Quaestiones* to the subject of earthquakes, describing the event of 5<sup>th</sup> February and giving the cause of earthquakes as the movement of air.



<sup>1</sup> Adapted from Owen, Evan, *What Happened Today?* Book 1 available on the *Mothers' Companion* flashdrive <https://motherscompanion.weebly.com/> Image of Seneca By I, Calidius, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=2456052> Image of tilted temple By Lalupa - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=46001247>

For seventeen years the people of Pompeii worked to build their houses and their temples once again and to reconstruct the system of water pipes that carried the mountain streams into the city. There was no hint of the troubles that were to come...

For the next part of the story you will have to wait until 20<sup>th</sup> August!<sup>2</sup> Meanwhile...

The lesson for May 19<sup>th</sup> gives you instructions for making your own volcano. If you did this last year and enjoyed it you could repeat it now. If you have not done the experiment yet you could do it today and repeat it on May 19<sup>th</sup>!

What causes volcanoes to erupt and was Seneca right about earthquakes?

Volcanoes occur where there is an opening in the ground that leads deep into the earth to a pocket of rock so hot that it is liquid. Some of this rock may be squeezed up through the opening by the weight of the rock on top of it. Some of it may be forced up by steam and other gasses formed underground. These gasses may blow the hot rock to bits and shoot it high into the air so that the volcano eruption acts as a safety valve for the high pressure below. The hardened lava and ashes pile up around the opening through which they were forced up. This forms the cone shaped mountain.<sup>3</sup> More information on volcanos is coming up in the lesson for 11<sup>th</sup> April.

Both volcanoes and earthquakes occur due to movement of the Earth's tectonic plates. They are both caused by the heat and energy releasing from the Earth's core. Earthquakes can trigger volcanic eruptions through severe movement of tectonic plates. More about earthquakes in a few days time.<sup>4</sup>

### Something to read from history<sup>5</sup>

On 5<sup>th</sup> February 1811 King George III had been on the throne for fifty one years. Sadly, the thing that most people remember from history lessons about George III is that he was “mad”. This is not quite true. For almost all of his long reign he was perfectly sane. He suffered from a physical illness, porphyria, in which the process in the body which produces the red colouring of blood is affected. When too much of this colouring is produced in a person suffering from this illness, a poisoning of the body including the brain occurs, causing horrible mental symptoms.



George III had one bout of this illness in 1787–1788. It returned in the last ten years of his life which were spent suffering from the disease which made him blind and caused him much pain. Since the illness affected his reason, his son was made Prince Regent on 5<sup>th</sup> February 1811.

The king's suffering was made far worse by the dreadful treatment he received at the hands of his doctors. Although they had no understanding of the disease, they gave him painful and inhumane treatments which made him worse. Dr Francis Willis, for instance, proposed to cure the king using methods for “breaking in wild horses”. All this also slowed down or prevented any natural recovery. In spite of this, for the greater part of his reign George III was definitely not “mad”. Popular with his subjects for his homely ways he was often called “Farmer George” because of his interest in agriculture.

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2 See the lesson for 20<sup>th</sup> August (yet to come)

3 Information from *The Junior World Encyclopedia* Book 15 1960.

4 See the lesson for 8<sup>th</sup> February.

5 Adapted from *The Story of God's Dealings with our Nation* Volume 2 which is available here: <https://www.creationresearchstore.com/s/search?q=Dealings>.

At this time the courts of most of the kings of Europe were immoral and extravagant. George III's royal household was a complete contrast. In simplicity and morality, he aimed to make it an example to the whole nation. George III also kept a close eye on those whose public behaviour was supposed to be a good example. He was not even afraid to rebuke a bishop if he felt his conduct extravagant or a bad example.

It was a terrible thing for the country therefore when, with the king unable to reign, the Prince of Wales became Prince Regent. This was because the young Prince was nothing like his father in character. He was an alcoholic and also addicted to laudanum, an opiate widely used in medicines of the time. Hugely fat, he could not mount a horse since he weighed over 25 stone (nearly 160kg) and his waist measured over 147 cm. He must have looked rather ball-like as his height was reportedly only 5ft 2 in (1.57m).



An immoral scoundrel addicted to luxury and pleasure, the Prince was a dandy who wasted public money on extravagant food, entertainment and buildings. The monument to his foolish way of life, the Royal Pavilion at Brighton still stands today. Here the prince, away from his father's court, indulged his fantasies, plunged into debt by his exorbitant lifestyle.



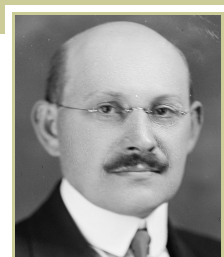
The Prince was a sad contrast to his godly father who in his own copy of the Church of England Prayer Book, had crossed out the opening words of the prayer for the royal household beginning "Our most religious and gracious King ..." and instead wrote "Pray for George, a most miserable sinner."

But there was worse to come. When George III died the Prince Regent became king himself, and ruled for ten years. When he died in 1830 the Times Newspaper wrote:

There never was an individual less regretted by his fellow-creatures than this deceased king. What eye has wept for him? What heart has heaved one throb of unmercenary sorrow? ... If he ever had a friend – a devoted friend in any rank of life – we protest that the name of him or her never reached us.

#### A scientific discovery and something to make

Lafayette Benedict Mendel (1872 – 1935) was an American Jewish scientist, born on 5<sup>th</sup> February. He was the discoverer of substances which we now call vitamin A and vitamin B. Vitamins are organic compounds that are essential to



health. Generally we obtain them from the food we eat, although in the case of vitamin D, most is absorbed by the body from sunlight.

Long before vitamins were discovered it was found that eating certain foods would prevent certain illnesses. The classic case was the use by sailors of lime juice (which is high in vitamin C) to prevent the scurvy that was caused by the lack of fresh meat and vegetables on long voyages. Mendel's contribution was to isolate the vitamins A and B (although they were not called vitamins until 1912) and demonstrate that illness resulted from a lack of these substances. Once it was realised that deficiencies in certain substances were directly linked to diseases, the diseases became preventable.

The best way to ensure you have a good intake of the vitamins you need is to eat a balanced diet. Do some research into what foods provide which vitamins. Then you can produce a poster or chart of foods needed for each vitamin. You can use your chart to evaluate your own diet. Is there anything missing? Do you think you could plan a lunch menu that included *every* vitamin somewhere?