

What a snooze fest: why boredom
could actually be good for you.

Scandi flatpack buildings
fit for the Ottoman Emperor.

New books, old books, little known
books: the summer reading list.



CAM



MARTIN
RANDALL
TRAVEL

LEADING EXPERTS IN CULTURAL TOURS

Immersive tours of the East; from temples in Varanasi to tea gardens in Kanazawa



From India's Mughal palaces to Japan's temple gardens, our itineraries across Asia celebrate the cultural achievements of some of the world's most extraordinary civilisations.

Explore the Buddhist temples of Varanasi and sail Vietnam's Perfume River. Interpret the 'art of the floating world' in Kyoto and the exquisite treasures of Ming and Qing Beijing.

In all five countries of our Asia programme our expert lecturers enliven ancient philosophies and dazzling landscapes with their erudition and enthusiasm. Expect, equally, high standards of accommodation and privileged access at key sites.

Our dozen tours in Asia include *Sacred India*, *Kingdoms of the Deccan*, *Bengal by River*, *Indian Summer*, *Ming & Qing Civilisation*, *Essential China*, *Japanese Gardens*, *Samarkand & Silk Road Cities* and *Vietnam*.

Illustration: aquatint c. 1830 after a drawing by Robert Melville Grindlay.

*'Every day we got up thinking
it couldn't possibly be as good
as the day before, and it was.
Different and wonderful.'*

Contact us:
+44 (0)20 8742 3355
martinrandall.com/asia

ATOL 3622 | ABTA Y6050 | AITO 5085



CAM

Cambridge Alumni Magazine
Issue 84 Easter 2018

Editor
Mira Katbamna

Commissioning editor
Steve McGrath

Design and art direction
Rob Flanagan

University of Cambridge
Morven Knowles

Contents



30



12

02 INBOX

Campendium

07 DON'S DIARY

Dr Andrew Grant.

08 MY ROOM, YOUR ROOM

Caroline Wilson (Downing 1989).

10 BRAINWAVES

Professor Zoe Kourtzi.

11 SOCIETY

Impronauts.

Features

12 SUMMER READING

New books, old books and little-known books: our definitive list for 2018.

20 ALWAYS ON MY MIND

Professor Giovanna Mallucci explains what her groundbreaking research means for Alzheimer's patients.

24 ON BOREDOM

Before the internet, boredom was feared. Today, experts are beginning to ask whether it might be good for us.

30 CABIN FEVER

Forget IKEA flatpack furniture. When you're the Ottoman Emperor, the height of chic is a flatpack Scandi house.

36 A STUDENT'S GUIDE

The first student guide was written in 1863 – a tradition that continues to this day.

Extracurricular

43 SHELFIE

University Librarian, Dr Jessica Gardner.

44 STUDENT LIFE

Applying to Cambridge.

45 SOUNDTRACK

Julian Gregory (St John's 2009).

47 UNIVERSITY MATTERS

Heather Topel, Project Director, North West Cambridge Development.

48 CROSSWORD

Publisher

The University of Cambridge
Development & Alumni Relations
1 Quayside, Bridge Street
Cambridge CB5 8AB
Tel +44 (0)1223 332288

Editorial enquiries

Tel +44 (0)1223 332288
cameditor@alumni.cam.ac.uk

Alumni enquiries

Tel +44 (0)1223 332288
contact@alumni.cam.ac.uk
alumni.cam.ac.uk
facebook.com/cambridgealumni
@Cambridge_Uni #camalumni

Advertising enquiries

Tel +44 (0)20 7520 9474
sharon@lps.co.uk

Services offered by advertisers are not specifically endorsed by the editor, YBM Limited or the University of Cambridge. The publisher reserves the right to decline or withdraw advertisements.

Cover

Photography by Lydia Whitmore; styling by Vicky Lees.

Copyright © 2018

The University of Cambridge. CAM is published three times a year, in the Lent, Easter and Michaelmas terms, and is sent free to Cambridge alumni. It is available to non-alumni on subscription. For further information please email contact@alumni.cam.ac.uk.

The opinions expressed in CAM are those of the contributors and not necessarily those of the University of Cambridge.

YBM

CAM is produced for the University of Cambridge by YBM Limited. ybm.co.uk





Editor's letter

Welcome to the Easter edition of CAM. Kierkegaard thought it the root of all evil. Mary Renault considered it intellectual defeat. Jean Baudrillard declared it the world's second worst crime. But where boredom might once have been something to fear, today we are never truly bored. In an era of social media, smartphones and non-stop notifications, how can we be? But could boredom actually be good for us? On page 24 we examine the evidence.

Of course, if you are an Ottoman Emperor, boredom isn't really much of a problem. Intricate diplomacy, complex politics and, of course, the small matter of running an empire keeps you fairly busy. But if that isn't quite enough, how about building a flatpack Swiss-style chalet in your back garden? On page 30 Dr Deniz Türker tells the story of how a 19th-century global craze for timber buildings would come to define the domestic architecture of Istanbul.

Elsewhere, on page 12, Cambridge alumni and academics share their summer reading lists, and on page 20 Professor Giovanna Mallucci explains why her latest research has the potential to transform care for patients with Alzheimer's disease.

Finally, we are now able to include – opposite and online – far more of your letters, emails, tweets and Facebook posts. However you choose to join the debate, we look forward to hearing from you.

Mira Katbamna (Caius 1995)



Inbox

Porters

🐦 The porters were definitely the cornerstone of our college – I remember every single one of them and everything they did for me. From stupid (sometimes drunken) problems, to enquiring about my Nana's health and counselling my work stresses, I'm forever grateful. @Cambridge_Uni
Leah Crimes
(Homerton 2004)

👍 Will never forget my bike breaking at 1am on the way back from a party. I carried it as far as Wolfson, where the night porter tried to fix it. When he couldn't, he rang the main lodge, and one of them came to rescue me (and the bike) so that I wouldn't have to walk home in the dark. Definitely above and beyond.
Sarah Reynolds
(Girton 2002)

🏠 When I came up to Cambridge in 1946, you were expected to grit your teeth and cope. It never occurred to me to go to my tutor. As for bothering the porters...! Later, as librarian of the Department of Geography, my experience prompted me to watch out for any students who did not seem to be settling in. Sometimes I provided humbugs.
Geoffrey Willett
(St Catharine's 1946)

👍 In 1984, I came back to St John's for the first time in 21 years, along with our son, then 18. We stopped at the Lodge, there to be met by Bob Fuller. "Ah, I remember you – Brown A," he said and turning to our son:



"I could tell you quite a few tales about your father if you'd like to come back and hear them..."

Andrew Brown
(*St John's* 1960)

👍 Ian at Queens' was the embodiment of what porters should aspire to. He learned my name the first day, always cheered me up, and exuded confidence and competence. I felt so at home because of him.

Graham Shea
(*Queens'* 2011)

👍 I second Ian – he was a legend.

Hamza Mirza
(*Queens'* 2015)

👍 I will never forget the amazing Trinity porter who helped to carry my 47kg suitcase across Great Court and to my second-floor room. It was my first day in the UK. How wonderful to experience British hospitality at its finest!

Karen Cheuk
(*Trinity* 1999)

👍 Brian Buncombe, Deputy Head Porter, king of my heart!

Katharine Wiggell
(*Girton* 2013)

👍 Porters do an amazing job – I'm so glad to hear they get mental health training now!

On growth

✉️ That we are running out of resources is a popular myth (CAM 82). Apart from oil, nearly

all resources can be recovered if we really need to, ie when prices rise to a level making recovery worthwhile. (Oil will be replaced with other energy sources, and that is growth.)

Stopping growth while the population is growing means increasing poverty. And if the present use of resources must decrease at the same time, then there is only one way to do it and that is by reducing the population. But taking away food from people is just as much genocide as bullets.

Jens Frederik Hansen
(*Hughes Hall* 1989)

Smash the patriarchy

🐦 #SmashThePatriarchy thought-provoking words @Cambridge_Uni Alumni Magazine. Equal Pay demonstration poster from 1944!! Seventy-four years later we're still fighting for equal pay #TimesUp #EqualPay #GenderEquality.

Kristina Lewis
(*New Hall* 2007)

✉️ Can we toss the word 'feminism' into the dustbin and replace it with 'fequality' to be matched with 'hequality'.

Let us treat both sexes equally except where gender creates natural differences.

Ian Reynolds
(*Emmanuel* 1961)

Frugal innovation

✉️ I remember the old Osokool cold cabinets: "No gas or electricity! Nothing to go wrong." Now in the UK we don't need

them, having ice on demand (which of course the Osokool couldn't produce). However there are many principles like this, which may serve when need calls, and whose value may change as energy costs continue to rise.

Charles Greenough
(*Queens'* 1972)

Campendium

✉️ I enjoyed the *Two-Minute Tripos* article but what a pity sheep cannot spell Huntington's disease. The consolation is that confusing it with Huntingdon does display some knowledge of local geography.

Roger Kellett
(*Emmanuel* 1958)

Editor's note: And evidently, neither can your editor. CAM is checked multiple times, but I am afraid this one got through. As you can imagine, I am feeling rather sheepish.

Feedback

✉️ Very impressed by both the design and content of CAM, but is there any alternative to the plastic wrapping you use, which presumably is non-recyclable and doesn't break down in landfill?

Victoria Kingston
(*New Hall* 1993)

We aim to produce the magazine as responsibly as possible: CAM is printed on paper certified by the Forest Stewardship Council using vegetable inks. The plastic wrapping can be recycled as plastic waste and we will continue

Write to us

We are always delighted to receive your emails, letters, tweets and facebook posts.

✉️ cameditor@alumni.cam.ac.uk

📍 CAM, 1 Quayside, Bridge Street, Cambridge, CB5 8AB

🐦 @Cambridge_Uni

📘 Facebook.com/cambridgealumni

Please mark your letter 'For publication'. You can read more CAM letters at alumni.cam.ac.uk/cam. Letters may be edited for length.

to review the possibility of using fully biodegradable wrapping.

✉️ I really enjoy reading CAM. Your selection of content is really engaging and has great coverage, from the humour of the porters to heavy-hitting articles on misconduct.

Loona Hazarika
(*Fitzwilliam* 1988)

Society

✉️ Cambridge Underwater Exploration Group – 62 years young! We did 'basic training' at Perse School baths – where Nick Flemming worked out survey techniques for the underwater mapping of Apollonia.

My very first dive in open water was at Arlesey Quarry, with ice floes and a good covering of snow around. The Facebook page suggests no lack of ambition today; may the Group go forward for as long again!

Alan Brown
(*Selwyn* 1955)

HOW WE USE YOUR DATA

We are committed to protecting your personal information and being transparent about what information we hold. Your data is used by us for alumni and supporter relations, and for fundraising. Please read our full data protection statement at: alumni.cam.ac.uk/data-protection. You can update your mailing preferences at any time, or stop all communications from us, by following the link in the footer of each electronic mailing or by returning the CAM flysheet.

IN NUMBERS

250

This year, Homerton celebrates its 250th anniversary. Founded in 1768, it is Cambridge's newest College – attaining College status in 2010.
homerton250.org



PHILANTHROPY

Bennett Institute for Public Policy

In a world where many feel that the economic and political odds are stacked against them, a new groundbreaking institute has been launched in Cambridge with the aim of finding solutions to some of the greatest challenges facing society in the 21st century.

Researchers at the Bennett Institute for Public Policy will investigate the ways in which scientific or technical expertise and policy choices interrelate. The Institute is led by inaugural Director Professor Michael Kenny and the Bennett Professor of Public Policy, economist Diane Coyle.

“We live in an age of unprecedented disruption. More and more people are disenchanted with politics, and many feel that the rules of the economic game are rigged. At the same time, technological

innovations and breakthroughs in scientific knowledge are gathering speed,” said Professor Kenny. “Public policy thinking needs to engage much more deeply with the challenges which these trends pose. It is time to set aside the ingrained assumption that there are technical fixes or ready-made solutions to our most intractable problems.

“We want the new Institute to become one of the primary academic venues across the world for understanding these changes and devising responses to them.”

The new Bennett Institute for Public Policy was made possible by a major gift from philanthropist Peter Bennett (Churchill 1975) and is based at the Department of Politics and International Studies.

bennettinstitute.cam.ac.uk

BOAT RACE TRIUMPH!

Conditions were cold and foggy, but that didn't stop the Light Blues triumphing across all four races – Men's, Women's, Blondie and Goldie – for the first time in 23 years. The grand tally for the men's race now stands at Cambridge with 83 wins to Oxford's 80, and for the women's, Cambridge at 43 wins to Oxford's 30: a fitting farewell to head coach Steve Trapmore, who is taking up a new role for GB Olympics Rowing.



DECONSTRUCTED

Alumni Festival 2018

Save the date

This year's Alumni Festival will take place from 21 to 23 September and booking will open on 20 July. Popular events fill up quickly, so mark your diaries now!

80 events, 2,500 attendees

Whether you want to catch up on the latest cutting-edge research, meet up with old friends or take a tour round a College garden, the Alumni Festival has something for you (and your family).



Musicals to molecules

From early cancer detection to Hollywood musicals, and from mathematics to entrepreneurship, catch up on the latest research and thinking from our leading minds.

Behind-the-scenes access

Get exclusive access and hear from experts on Festival tours. Previous tours have included the new Eddington development, the ADC Theatre and the Zoology trail.

TWO-MINUTE TRIPOS

SUBJECT RESEARCHERS DEVELOP INFRARED-BASED SYSTEM TO READ BODY LANGUAGE. DISCUSS.

Well, that was the job interview from hell.

I can tell. Your arms are crossed, your brow is furrowed, you're picking furiously at your fingernails...

Of course I am. They didn't ask me where I want to be in 10 years' time, or for examples of how I overcame a significant challenge, or what kind of biscuit I would be if I was a biscuit... If you'd stop rocking back and forth, I can tell you why.

They just put this tag round my neck and said it was invisible light, and to act as naturally as possible.

That's because that tag was using infrared light from photodiodes to record your body language. It can say a lot about you, you know. Do move out of my personal space, please.

They should have filmed me in secret if they wanted to laugh at me later.

Nope. Body language is actually a lot more complicated than just where your arms and legs are and what your face is doing. This new system, known as Protractor and developed by Professor Cecilia Mascolo and the Department of Computer Science and Technology, accurately measures body distance and relative angles, which are hugely relevant in interactions such as eye contact and hand gestures.

So in the future, I'm going to be even more worried about that weird flapping thing my hands do when I'm making a point about something.

Not at all: in fact, Protractor could be a big help by providing real-time feedback during interviews, so you stop flapping before you knock over the CEO's sparkling water, or mine – oops, too late. Or it could be used to help managers understand how teams work together, or to look at the impact of culture on body language, helping international teams.

But will it help with the biscuit question? I hate the biscuit question. No. No, it won't help with that.



SMALL GROUP TOURS



13 nights
from
£1395

INDIA

**NO SINGLE
SUPPLEMENT**
(2019 only,
ltd. dates/avail.)

HIGHLIGHTS OF NORTHERN INDIA

- Discover bustling Delhi, Agra, Karauli (2018), Bundi (2019), Udaipur, Ranthambore National Park, Jodhpur and Jaipur
- Visit famous monuments and enjoy a game drive
- 2 lunches and 12 dinners included



7 nights
from
£645

ITALY

**NO SINGLE
SUPPLEMENT**
(limited dates/
availability)

AMALFI, POMPEII & SORRENTO

- A week in Sorrento with a choice of central hotels. Tour along the 'Divine Coast' to Amalfi and by train to Pompeii
- Special Events – Discover Sorrento
- Solo Group Departure (7 Nov 2018)



7 nights
from
£995

BULGARIA

**1 LUNCH &
4 DINNERS
INCLUDED**

DISCOVER BULGARIA

- Explore the undiscovered monuments, monasteries, museums and churches of Bulgaria
- Staying in Sofia, Bansko, Plovdiv, Burgas and Kmetovtsi
- Special Event – Church Psalms in Arbanassi



11 nights
from
£2045

UZBEKISTAN

**NO SINGLE
SUPPLEMENT**
(2019 only,
ltd. dates/avail.)

THE GOLDEN ROAD TO SAMARKAND

- Travel the ancient Silk Road, staying in Tashkent, the UNESCO site of Khiva, Bukhara and historic Samarkand
- Half board included
- Special Event – Dinner in a Local Home



7 nights
from
£795

TUNISIA

**NEW
TOUR**

CARTHAGE TO KAIROUAN

- Staying in historic Tunis and Sousse
- Visit the Roman sites of Dougga, Uthina and El Djem
- All meals included, plus a Special Event
- No Single Supplement (limited availability)



4 nights
from
£625

MALTA

**SPECIAL
EVENT**

HERITAGE OF MALTA

- Visit the Island of the Grand Masters
- Staying in Sliema, St. Julian's or Valletta
- Enjoy a walking tour of Valletta, by short boat ride to historic Vittoriosa and visit Mdina, the old capital of Malta

020 3733 6853 | vjv.com/cambridge



ABTA
ABTA No.V1661



Lent Term went by in a flash as the Beast from the East brought wet socks – and cold toes

Dr Andrew Grant is a Senior University Lecturer in Microbial Pathogenesis in the Department of Veterinary Medicine and a Fellow of Jesus.



It is the Easter vacation, and I am sat in a café in Devon looking out to sea. After a very busy few weeks, it is nice to have some time to reflect on the term that has gone, plan for the next one, and to think longer and deeper about new research directions – a task that can be difficult in the business of term. I am not sure how long my mind wandered – the coffee was certainly cold – but I am brought back to the present by the sound of plates breaking as they topple off a table that is being cleaned down.

Lent Term went by in a flash. I have been supervising preclinical veterinarians and medics in biochemistry and genetics – it was great to get to know the first-years, and to observe their remarkable progression over a very short space of time. I also learned that, of all of the different options I provided, chocolate mini-rolls and brownies were by far the preferred supervision snack! Meanwhile, contending with the ‘Beast from the East’ meant enduring wet socks and cold toes through many a lecture, supervision and meeting because the paths were too slippery for cycling.

This term, I hope for better weather and to get some more time to focus on my research programme. We have just been fortunate to receive some more funding to investigate how *Campylobacter jejuni* survives in the food chain and to explore interventions that could limit its survival. *C. jejuni* is the most frequent bacterial cause of gastroenteritis in the world, but there is so much that we do not understand about this pathogen, not least why it causes infection only in humans, despite being present in the gastrointestinal tract of most animals.

“*C. jejuni* is the most frequent bacterial cause of gastroenteritis, but there is so much that we do not understand about it, not least why it causes infection only in humans

”

Perhaps if we can understand this, it might advance our understanding of how it causes infection in humans and whether this could be prevented. In reality, it will take more than one research project to address and hopefully answer these questions, followed by further funding and many years of research to design and test any intervention. Even if we are successful in advancing understanding in this area, it is probable that implementation might be towards or beyond my retirement – a scary thought for someone who still considers themselves to be at the start of their academic career!

While the progress of biomedical research takes time, and translation into clinical benefit even longer, the four years of the new grant will pass by very quickly. I hope that we are able to attract an enthusiastic and ambitious postdoc who can really get stuck in and enable us to make significant progress. Indeed, by the end of the project, the first-year vets and medics I am currently supervising will be moving into their final clinical year, and will be thinking about the next step in their own careers.

Looking out to sea in that café in Devon, I was struck again by the fact that while it is not easy combining teaching, running a research lab, applying for funding and the rest, alongside College supervisions and duties, it is the variety, challenges and opportunities that drew me to an academic career. Simply, I’d be bored if there wasn’t lots to do. But I hope that this term I will be able to keep all of the ‘plates’ spinning and that none wobble – or, if they do, that I’ll catch them before they break.

infectiousdisease.cam.ac.uk



“I will never forget him having a few puffs on his pipe, tapping it on his shoe, and then looking over the rim of his glasses”

Room 10, Kenny A, Downing

Caroline Wilson (Downing 1989) and first-year Ruth Parker discuss why getting out and about is key to making the most of Cambridge life.



With its two big sash windows looking out on to an expanse of green, and warm orange interior, Room 10 is rather lovely. But Caroline Wilson confesses that she spent very little time appreciating its charms.

“I do remember bringing posters,” she says. “Impressionists, I believe. I think I was trying to recreate the Musée d’Orsay in my room. It didn’t really succeed, but they blended nicely with the green outside!”

Perhaps that is why it is the black and pink Downing College Boat Club jacket, hanging over the desk chair, that really sparks Wilson’s memories. “I wasn’t particularly talented,” she claims, “though I did enjoy rowing.” And she agrees with the room’s current

incumbent, first-year Ruth Parker, that Downing has – indisputably – the best rowing colours. Parker is a cox, and her corkboard is festooned with her rowing numbers. “It’s been really good for my confidence,” she says. “I get to stand there and yell at people!”

In fact, for Wilson, the real memories aren’t so much of the room but of the experience. She remembers listening to talks given by politicians such as Geoffrey Howe at the time of the Soviet Union’s collapse, and a trip to Brussels (as this was pre-Eurostar, she took the ferry). “Rather poignantly, given my current job,” she says, “I think I was also a member of a European society.”

Parker agrees that experience is key. “I used to visit Cambridge when I was younger and I

remember looking at all the events posted up on the railings and thinking: there can’t possibly be this amount of stuff going on. But there is. I could be doing something every night, if I wanted to.” Seeing the late Professor Stephen Hawking speak has been her highlight so far, she says. “I know very little about the science, but I sat there going: this is amazing and I have no idea what it is about.”

For Wilson, the room also brings back clear memories of John Hopkins. “I will never forget him sitting with his pipe in supervisions, having a few puffs, tapping it on his shoe, and looking over the rim of his glasses. And the brilliant fellow students I was with. Those were the first really tough conversations I remember having. The



TWEET OF THE TERM

"Helen Williams asks in CAM for any anthem at Queens' bops. The Queens' indie night was always a huge fave and I still remember feeling sad every time Primal Scream's *Loaded* came on, always the last song of the evening." Elizabeth McWilliams (Churchill 1992)

@Cambridge_Uni



IN BRIEF

HONORARY DEGREES

A number of Honorary Degrees will be awarded at Congregation on 20 June. Former Vice-Chancellor Professor Sir Leszek Borysiewicz will become a Doctor of Law, while Professor Dame Frances Ashcroft will be awarded Doctor of Medical Science. Professor Emmanuelle Charpentier will be awarded Doctor of Science, as will Dr Venkatraman Ramakrishnan. Professor Sir Michael Edwards, Professor Robert Evans, Professor Ira Katznelson and Ms Joyce Reynolds will each become Doctor of Letters.

NEW PRO-VICE CHANCELLOR

Professor David Cardwell has been appointed Pro-Vice-Chancellor for Strategy and Planning. The role supports and strengthens the academic mission of the University through overseeing the distribution of resources, including the capital programme. His appointment follows the departure of Professor Duncan Maskell, who is leaving Cambridge to become Vice-Chancellor of the University of Melbourne.

CAMCARD

Reuniting with friends or revisiting old haunts in Cambridge this summer? Don't forget your CAMCard, issued free to all alumni. As well as allowing you and up to three guests to visit Colleges for free, it will also get you discounts on restaurants, concerts, accommodation, shopping, exhibitions and tours. To see the full range of benefits and to get a card if you don't already have one, visit: alumni.cam.ac.uk/benefits/camcard

A CAMBRIDGE GUIDE TO...

Secrets of the UL

Ever wondered exactly what they are keeping in the UL tower? A new exhibition, *Tall Tales: Secrets of the Tower* aims to shine a light on its contents. (And no, it's not Victorian pornography.) The UL is entitled to a copy of every book or journal published in the UK; those titles considered – at the point of acquisition – to be of 'secondary importance' are stored in the tower.

The collection, once shunned by historians, now forms a glorious time capsule of a reading age. It's a treasure trove of everything from the classic (original *Mr Men* and *James Bond* books) to the curious (*Indoor Games for Awkward Moments* and *How to Eat Grapefruit*). The exhibition runs until 28 October in the Library's Milstein Exhibition Centre.

To find out what happened when CAM visited the Tower, visit: cam.ac.uk/forbiddenfruit.



First-year Ruth Parker's corkboard is festooned with her rowing numbers.

supervisions only lasted an hour, but you grew a huge amount."

Reflecting on her pre-internet college years, Wilson hopes that today's students still experience the rich interpersonal relationships she remembers. She's happy to hear from Parker that students still thrive on the debate, thirst for knowledge and, sometimes, sheer silliness that being thrown together in College entails. "If you spend all day writing an essay on your laptop, the last thing you want to do afterwards is something on screen," Parker assures her. "Though we did have a day just before Christmas when the end of term rather got to four of us. Three of us are on this floor, one downstairs, but we sat in bed and FaceTimed because it was easier than meeting in someone's room..."

Caroline Wilson (Downing, Law 1989), is Europe Director at the Foreign and Commonwealth Office. She speaks German, Italian and Russian and has held posts all over the world, including Russia and China.

Ruth Parker (Education with English and Drama, first year) is a self-confessed Harry Potter fanatic. "It was the first grown-up book I'd read. I got it into my personal statement and I am determined to get it into my dissertation."





Older brains can learn new tricks

Professor Zoe Kourtzi is Head of the Adaptive Brain Lab, an Alan Turing Fellow and a Fellow of Downing.

It is a stubborn cliché that you can't teach an old brain new tricks – and one that our work at the Adaptive Brain Lab suggests simply isn't true. It is possible to acquire new skills and abilities well into old age, but the way we learn changes radically throughout our lives. To be effective, training programmes need to be geared to an individual's age and experience – and this is something that has ramifications in the way we tackle conditions of cognitive impairment such as dementia.

Different circuits in the brain develop and decline at different times. We know a lot about how this works in early life: we can easily see that the approach to learning of a six-year-old is vastly different from that of a 12-year-old. There has been less research into brain development in later life, and there is often a tendency to place all adults in the same category. In reality, cognitive development is lifelong and complex. For example, memory is a mental capacity that starts to deteriorate from a fairly young age. In critical memory centres of the brain, such as the hippocampus, grey matter irreversibly declines from our forties. But what we have discovered is that when trained, older individuals can draw upon alternate parts of the brain and use different cognitive abilities to achieve the same goals.

We see this at the Lab when we use computer puzzles to find out how people of different ages solve problems. We generally see two distinct approaches. Some people try to use their memory a lot – so if the game scenario involves navigating an unfamiliar city, they will first attempt to go around a few blocks and memorise their surroundings. Others, by contrast, will look for regular patterns in the environment that repeat over time. They may not have a complete mental map of what's around them, but will instead learn about things that are more prominent and appear more frequently in the environment. This is an ability that uses different areas of the brain from those concerned with memory – such as the

“**Memory is a mental capacity that starts to deteriorate from a fairly young age. In critical memory centres of the brain, grey matter irreversibly declines from our forties**”

Professor Kourtzi will become Director of Cambridge's new interdisciplinary Institute of Neuroscience in Michaelmas Term.

striatum, which is less often affected by dementia. Interestingly, in young age we have the capacity to exploit both of these strategies that are supported by different brain routes. In contrast, in older age – when memorising becomes harder – learning about structure in our surroundings is more helpful for our everyday interactions.

All this provides pointers for the way we approach cognitive impairment. Memory loss is a big issue, and any decline can be hugely disruptive to everyday life, so it is not surprising that a lot of effort has gone in to training programmes to enhance memory.

However, from a biological perspective, that is going against the brain. We may get better outcomes by working on parts of the brain that are still healthy, rather than declining, and have the capacity to be reutilised and repurposed to support our ability to learn. So rather than trying to train people with cognitive impairment to improve recall (“Where did I put my keys?”), it may be more beneficial to help them think about patterns of behaviour and likely events (“Where is typically a good place to leave my keys?”). By strengthening these alternate routes in the brain, they could potentially regain valuable function.

Alongside our work on individuals in the lab, we draw on large databases of clinical data from healthy individuals and patients who have developed symptoms of cognitive decline. With the help of computer scientists, we mine this data to increase our understanding of the critical factors (from genes to environment) that can predict a person's cognitive capacity across their lifespan. Marrying research strands across biological and physical sciences is at the core of work in our lab and the newly founded Institute for Neuroscience in Cambridge. This work has strong potential to steer clinicians away from a ‘one size fits all’ approach, and to help develop programmes for personalised diagnosis and treatment with the best possible outcomes for individuals.

Below, clockwise from top left: Joseph McGuchan (King's), Isabella Leandersson (Churchill) and Jack McMinn (Emmanuel).



Much improv about nothing

The Impronauts are Cambridge's oldest – and best-loved – comedy troupe. Allegedly.



Teamwork, listening skills, confidence: all important for successful improvisation. But the essential ingredient? That would be a chair, as Joseph McGuchan, second year comsci and Impronaut, points out. "You can't mime the act of sitting down," he says. "Not without severely hurting your legs! We use chairs in almost every show, as anything from sofas to ski lifts. They're our one non-dispensable prop."

In fact, Isabella Leandersson's favourite memory revolves around a chair. "We usually try to clear the stage between each scene. On this occasion, I noticed a chair left on stage and decided to use it in my next scene," she says. "As I went to sit down,

a fellow cast member also realised the chair was there and pulled it away! It was a moment of everyone trying to help, resulting in utter chaos."

Everyone has their own idea of how to resolve what's happening on stage, she points out – and these ideas are usually vastly different. "You have to try to find this middle ground. Sometimes that happens – and sometimes it really doesn't. It's one of my favourite things about improv."

Luckily, chaos and resolution are all in a day's work for the Impronauts. Founded 15 years ago as Improvised Comedy Entertainment (ICE), they're open to both students and non-students. There are no auditions, just open workshops where all abilities are welcome. Attendees work towards becoming full members allowing them to take part in shows and member-only workshops.

Both McGuchan and Leandersson had attended drama clubs before Cambridge, but they stress that experience isn't necessary. "We teach a lot of

confidence-building in open workshops," says McGuchan.

"Most people do pretty good improv talking to friends. We try to teach how to get to that confidence on demand. Then we move on to skills like listening and technical aspects, such as structuring a scene or creating interesting characters."

Performance is also a big part of being an Impronaut. They usually produce one show every term: past productions include *Much Improv About Nothing*, *Improv Actually* (you may notice a theme) and improvised musical *The Zero Hour Musical*. They run the fortnightly Quickfire at the ADC Theatre Bar, which regularly sells out, and take shows to the Edinburgh Fringe. Then there are the extra events: this term they're running shows to help students cope with exam stress, and in Freshers' Week they put on shows

to get new students involved. It is a demanding schedule, but the troupe's members throw themselves into it.

"Improv is a very social thing," says second-year English student Leandersson. "There is a huge amount of interdependence between performers and audience. And there's a feeling of community. If you're not on form, someone else comes in to save you. If your joke falls flat, someone else justifies that joke or builds on it. There are no losers and winners – it's the show that succeeds or fails." impronauts.com





I KNOW

WHAT YOU

READ LAST

SUMMER

New books, old books and little-known books:
CAM presents the definitive summer reading list.

INTERVIEWS RADHIKA HOLMSTRÖM PHOTOGRAPHY LYDIA WHITMORE STYLING VICKY LEES

Claire Tomalin (Newnham 1951)

Author and journalist

Divided Loyalties: A Scotswoman in Occupied France, by Janet Teissier du Cros (Canongate Classics) is one of the most vivid and extraordinary memoirs I've ever read. It's about the author's experiences during the second world war, living with her French in-laws and bringing up two little boys while her husband was fighting. It was first published in the 1960s, then republished in the 1990s, and deserves to be a classic.

Tim Parks's (Downing 1974) *An Italian Education* (Vintage), is a marvellous book. Each essay is full of interest, and when you come to the end you feel you have been given a very wide perspective and a wonderful overview of Italian literature and history in one highly entertaining and erudite book. And Helen Dunmore's last novel, *Birdcage Walk* (Windmill), has all the force and imaginative strength of her other books, as well as that slightly sinister feel about it. I couldn't stop reading it, and was quite upset by some of it – particularly the young wife who is fascinated by her husband but also frightened of him. It's a very clever novel, but it's much more than that. She was a remarkable novelist and poet, and it's very sad she died.

Lucy Mangan (Trinity Hall 1993)

Journalist

Sarah Perry's *The Essex Serpent* (Serpent's Tail) has got everything in it, so subtly and gently. It insinuates, like the serpent itself – it's like Jane Austen, in that you read through and can't go back and catch it in the act of greatness, but you know it is great.

I think that Anne Brontë is completely underrated. *The Tenant of Wildfell Hall* (Penguin), which I first read at Cambridge, just blew my mind; an incredibly modern, distressingly timeless portrait of what we'd now call domestic violence, and alcoholism and a woman who is powerless. And Philippa Pearce's (Girton 1939) *Tom's Midnight Garden* (OUP) remains to me perfection both as a book and as a children's story. It embodies the art of yearning – it's just beautiful.

Fiona Mozley (King's 2006)

Novelist

I'm currently reading a collection of short stories, *Her Body and Other Parties*, by Carmen Maria Machado (Serpent's Tail). I think of it as a feminist MR James; all the stories are in one way or another terrifying, not strictly speaking ghost stories but really creepy. All of them have a feminist angle or are questioning things about being a woman.

The Woman at 1,000 Degrees by Hallgrímur Helgason (Oneworld) was originally published in Icelandic about six years ago and has only just found its way into English. It's really wonderful; it's about an Icelandic woman in her 80s who is living in a garage in Reykjavik with a hand grenade she's had since the war, and reflecting on her life, including escapades in Britain. It has a very distinctive and funny voice but there's also a lot that is quite profound.

Salley Vickers (Newnham 1967)

Novelist

Penelope Fitzgerald is probably my favourite contemporary author. *The Gate of Angels* (HarperCollins), which is set in Cambridge, is about a fictitious college called Angel. It's brilliant, funny, subversive and subtle with an otherworldly dimension, which is what she excels in and I also write about.

William Maxwell, by contrast, is a rather unregarded author, but *The Chateau* (Vintage) is a genuinely happy book about an utterly delightful couple in post-war France who are baffled and confused by the reception they receive, yet utterly delighted by Europe. It's very rare to get a book about a happily married couple and I reread it when I want to be reinvigorated by the possibilities of human relationships.

Rowan Williams's (Christ's 1968) book *Dostoevsky: Language, Faith and Fiction* (Continuum) is also very good indeed. I'm keen on his theology, but he's also, I think, the greatest living expert on the work of Dostoevsky, who is one of my own favourite novelists. I worked for many years as a psychoanalyst, and Dostoevsky's psychology is both very dark and very profound. ›

It's very rare to get a book about a happily married couple and so I reread it when I want to be reinvigorated by the possibilities of human relationships





As an enjoyable way to gain some insight into your fallibilities, it's hard to beat *Mistakes Were Made, But Not by Me* by Carol Tarvis and Elliot Aronson

Professor Dame Rosalyn Higgins (Girton 1955)

Former President of the International Court of Justice

Patrick Leigh Fermor's *A Time of Gifts* (Hodder) absolutely bowled me over when I first read it. It brought me into an entirely new world. It's about an 18-year-old who walks across Europe to Constantinople. You are with him every step of the way, every day and every night – you learn all the history he learns and meet the people he meets. It's a truly astonishing book – one reviewer described it as 'walking into history'. It's also the first in a trilogy, which was finally completed by Colin Thubron and Artemis Cooper, so it introduced me to Cooper's writing too.

I also love pretty well everything by Anthony Trollope – *The Eustace Diamonds* (Penguin) and *Can You Forgive Her?* (Penguin) are particularly magnificent. For 10 years, I was the UK member on the UN Human Rights Committee and at one point I was regularly driving back to the UK from Geneva. Listening to Trollope audiobooks was what kept me awake on the journey.

Nicola Walker (New Hall 1989)

Actor

I read *The Power* by Naomi Alderman (Penguin) at Christmas, and didn't really speak to members of my family for about four days because I kept sloping upstairs to get back to it. It hit at a very good time with the ongoing conversations we're having about women, and it's a real page-turner. Then I had another book pressed on me, Shirley Jackson's *We Have Always Lived in the Castle* (Penguin), which I thought was remarkable. I went into it thinking it wasn't for me and then completely fell in love with it.

Eudora Welty's *The Optimist's Daughter* (Virago) was on my reading list for the American paper in my third year at Cambridge, but I never got round to reading it. I've literally packed and unpacked it in every flat and every house I've lived in since I left, and then for some reason I picked it up last month and it absolutely broke my heart. I think Welty really understands the strange rhythm of grief.

Professor Dame Jocelyn Bell Burnell (New Hall 1965)

Astrophysicist

Love of Country: A Hebridean Journey (Granta) by Madeleine Bunting (Corpus 1983) is a contemporary, sympathetic look at the Hebrides that avoids a lot of the romantic guff a lot of writers still fall into when dealing with the islands. Another book about Scotland is *Marjory Fleming* by Oriel Malet (Persephone), which was originally published in the 1930s; it's a biographical novel about a Scottish girl who died aged around eight or nine, but clearly would have been a great writer had she lived. She lived in the early 19th century, and her journal is now one of the treasures of the National Library of Scotland.

I bought *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by JD Vance (HarperCollins) at a US airport just after Donald Trump became US president, and it helped me understand how and why he was elected. It's the autobiography of a young man who started life in a very poor Pennsylvania town and ended up a lawyer in California. It's been very popular in the US, and it is available here too.

Professor Mary Dixon-Woods

Director of The Healthcare Improvement Studies Institute

Excellent Women by Barbara Pym (Virago) is a longstanding favourite of mine. It's a beautifully observed and very witty story of a single woman in post-war London. Another book that's delightfully humorous but also has serious intent is Marian Keyes's *Rachel's Holiday* (Penguin) – Rachel, the narrator, is in rehab, and we find out a lot about the nature of addiction.

Abraham Verghese's *Cutting for Stone* (Vintage) is very different. It's a sprawling epic – much of the action takes place in Ethiopia and centres around twin brothers whose mother dies in childbirth, but the novel takes in multiple characters and several continents. And, finally, as an enjoyable way to learn about cognitive psychology and gain some insight into yourself and your fallibilities, it's hard to beat *Mistakes Were Made, But Not by Me* by Carol Tarvis and Elliot Aronson (Mariner). ›

Dame Mary Arden (Girton 1965)

Judge

I'm particularly interested in the development of the law. *The Lion and the Throne: The Life and Times of Sir Edward Coke* by Catherine Drinker Bowen (Little, Brown) was written in 1956 and is one of the best and most readable books about Coke. He was in office during one of the most turbulent times in British history – Elizabeth I and her successor – and was a man of huge energy and rectitude who reshaped history and establish an independent judiciary.

By contrast, *The Chattering Wagtails of Mikuyu Prison* by Jack Mapanje (Heinemann) demonstrates what happens when you don't have a free judiciary. Mapanje, a professor of English at the University of Malawi, was imprisoned without trial, apparently for writing his poetry. His poems tell a lot about living a life where there is no rule of law, where people can be imprisoned at whim.

And we're still constantly invoking John Stuart Mill's 'harm principle' – *John Stuart Mill: Victorian Firebrand* by Richard Reeves (Atlantic) is a wonderful book about a man who had an extraordinary childhood and could have turned out to be the most awful nerd but, in fact, became a great moderniser. It's a very human book and an insight into someone who contributed a huge amount to modern society.

Professor Dame Ottoline Leyser

Director of the Sainsbury Laboratory

I go to bed at night with my head full of the day's work concerns, and at night I want to switch off, so my habitual reading is golden age detective fiction. One of the interesting things now is that so many of the books of the era have come back into print, and at the moment I'm working my way through ER Punshon's very long series about Bobby Owen, which starts with *Information Received* (Dean Street).

Professor Caroline van Eck

Professor of Art History

I'm looking forward to reading the collected letters by Aby Warburg (De Gruyter), one of the founding fathers of global art history. There is at last a new edition of *Les Misérables* (Pléiade). The book is a wonderful panorama of 19th-century French society, and speaks to us about social exclusion and its costs. Another new Pléiade I'm looking forward to is 1970s situationist writer Georges Perec's novella *Les Choses*, a thought-provoking sketch of the present-day obsession with design as a lifestyle.

Professor Diane Coyle

Bennett Professor of Public Policy

I read Elena Ferrante's quartet starting with *My Brilliant Friend* (Europa) as they came out and I couldn't read them fast enough. Quite apart from the compelling characters and plot, I liked the portrayal of a very working-class background and the legacy that leaves the main character with – and I don't think there's all that much fiction written from that working-class perspective.

Reinventing the Bazaar: A Natural History of Markets by John McMillan (Norton) is just fascinating. I press it on people all the time and I dip into it a lot myself. It's a book by an economist based on detailed observation of how specific markets work, and it paints a much richer picture of what economics is about than you'd usually get outside the profession.

At the moment, looking at what's going on in the world, I'd also recommend *Second-Hand Time: The Last of the Soviets* by Svetlana Alexievich (Fitzcarraldo Editions). And *Black Edge* by Sheelah Kolhatkar (Random House) is a great book about nefarious goings-on in the financial markets. It reads like a thriller and is about insider dealing by a hedge fund and how the authorities tracked down what was going on. ☺

Mapanje was imprisoned without trial, and his poems tell a lot about living a life where there is no rule of law and where people can be imprisoned at whim



ALWAYS ON MY MIND

Professor Giovanna Mallucci's latest paper almost broke the internet: her research has the potential to transform the lives of patients living with Alzheimer's disease.

WORDS LUCY JOLIN PHOTOGRAPHY ANNA HUIX

All Cambridge Neuroscience's work is, of course, worthy of attention. Yet it is probably safe to say that few pieces of research require an addendum acknowledging the sheer level of public interest they spark.

"Professor Mallucci is very thankful for your interest and support," reads the addendum to the story detailing the paper *Repurposed drugs targeting eIF2 α -P-mediated translational repression prevent neurodegeneration in mice* by Professor of Clinical Neurosciences, Giovanna Mallucci, and published in the journal *Brain* last year. "She regrets she is unable to respond personally to all the emails received during the incredible response this research has elicited. Announcements about a trial will be made in about a year, once funding and ethical approval have been secured."

Why all the excitement? Mallucci's team discovered that two repurposed drugs – trazodone hydrochloride, a licensed antidepressant, and dibenzoylmethane (DBM), a compound being trialled as an anti-cancer drug – have the potential to become frontline weapons in the battle against one of the world's biggest killers: Alzheimer's disease.

Sitting in her office in Cambridge's newly founded UK Dementia Research Institute, surrounded by piles of books she hasn't had time to put on the shelves, Mallucci is well aware of the pressures. "There are, obviously, desperate people with Alzheimer's or other dementias," she says. "I receive many, many emails and letters asking me to treat people or to include them in trials and I always try to send a response. I'm a clinician as well. I'm a dementia doctor. I see elderly people, frail sufferers, and their frail carers. They are both getting older. It's often a very difficult and distressing and tormented end to a life."

Mallucci's work is underpinned by a single question. "I wanted to go back to basic mechanism and understand, in my naivety, why neurons or brain cells die, and use that understanding to try to prevent it. And that is exactly what we've done – and here we are, 25 years later."

This passion for neuroscience began during her undergraduate medical training at Oxford, and coalesced ›



AQUILA

This advanced and philosophical children's magazine is full of fun for curious minds.

AQUILA Magazine's exciting monthly topics introduce children to a humorous and thought-provoking mix of **Science, Arts and General Knowledge**: they will enjoy exploring concepts well beyond the range of the school classroom, and build strong foundations for their future education.

JUNE ISSUE: Game Theory

Game Theory is not child's play!

Games develop the important skills of **critical thinking and strategy** and they're not just played on computer screens either, what about **courtrooms** and **chess**? Scientists study game theory to help us understand all kinds of competitive situations.

Young readers will learn about **chess grandmaster Garry Kasparov's** battle against **IBM's Deep Blue computer** and consider what kind of games our **ancient ancestors** played: how will they compare with the games

our great, great grandchildren will play - and will machines ever learn and create like we do?

AQUILA also explores **mathematical models of conflict and cooperation**, discovering what a simple game like **Rock Paper Scissors** tells us about **algorithms**: what on earth is a **decision tree**? PLUS: children can make a pinball machine (complete with pinger!), learn about the science of **musical boxes** and have a pop at AQUILA's fiendishly difficult **Brainfeeder puzzles** to boot!



The ultimate intelligent read - ideal for inquisitive 8 - 12 year olds!

- ★ AQUILA makes a brilliant Birthday gift and it can be delivered to arrive in time for the special day.
- ★ AQUILA is full of challenging ideas and experiments to stretch children's minds.
- ★ Teachers & Parents love AQUILA!

Topics coming up next:
Humankind, The Vikings, Detectives, Science of Light, Charles Dickens and Supervolcano.

New Subscriptions include an Aquila Welcome Pack.
Visit www.AQUILA.co.uk or call us on 01323 431313.



www.AQUILA.co.uk

into a desire to find a cure for dementia when she realised just how little was known about the condition at that time. “The gulf between what you could do for cancer, HIV or leukaemia, and what you can do with neurological disorders, particularly dementia, was staggering,” she remembers. “It was like being in a different century. And it’s still the same today, with a few exceptions, such as L-dopa to control movement in Parkinson’s.”

For her PhD, she chose to work on prion diseases, following the discovery that these conditions, including bovine spongiform encephalopathy (BSE, or ‘mad cow disease’) and Creutzfeldt Jakob disease (CJD), have a relatively simple cause: prions, a protein that can trigger normal proteins in the brain to fold abnormally. “I decided that if I was going to understand how brain cells died in neurodegenerative disorders such as Alzheimer’s and Parkinson’s, I had to look at the least complicated system with the least amount of variables,” she says.

It was known that the prion protein could be found in either a normally shaped (folded) form or an abnormal ‘mis-folded’ form. The abnormal misfolded form was associated with disease – but treatments aimed at it had no effect. Why not, she reasoned, target the normal form?

“And we hit gold,” Mallucci says. “I made a mouse model and removed the normal prion from brain cells during disease. This cured the mouse, completely, and reversed the earlier stages of brain pathology. I knew then that if this was true for prion disease and for prion protein, it was going to be true for the other diseases.”

The next stage was to work out exactly what was happening to the brain cells during disease – and find a drug that reversed it. Working again with mice models with prion disease, Mallucci and her team set to work. They found that when abnormal proteins built up, the brain stopped producing essential proteins: starving already-damaged brain cells and causing them to die. “It’s like a broken thermostat,” she says. “The cells were overheating. We aimed to target that process with drugs, and to turn it down. That was original: all the other treatments were aimed at getting rid of the abnormal proteins themselves. We didn’t do that. We fixed the leak rather than dealing with the thunderstorm.”

Using an experimental drug known as GSK2606414, Mallucci and her team successfully cured their prion-infected mice – and hit the headlines for the first time when the study was published in 2013. “I was sure the media wouldn’t pay much attention to this drug and prion disease in mice and whatever,” she remembers. “But it was hailed as a breakthrough in the treatment of Alzheimer’s disease. And that was because the scientific media were au fait enough to know that all of these diseases – Alzheimer’s, Parkinson’s, other dementias – had this same process going wrong in brain cells. The broken thermostat was overheating. So the applicability of what we discovered was clear.”

But GSK2606414 had serious side-effects and wasn’t suitable for use in humans. Mallucci’s team then set out to find a drug that already existed – bypassing the expensive and lengthy process of drug discovery and testing – which had the same effect, without the harmful side-effects. It took just four years for Mallucci and her team to identify trazodone hydrochloride and DBM, using a screen devised by her then PhD student, Mark Halliday.

Clinical trials are now being planned, and hope is running high. “We don’t know if this is going to be effective,” says Mallucci. “We will know if it is beneficial in a year or two, once we’ve started the trial.” However, as

We are working our way towards the perfect trial design. We are prepared for the drugs not to work. But I suspect, in some people, they may well do

she points out, clinical trials are far from straightforward. For starters, you only get one go, which means design is everything. Also, the mice they work with are all genetically identical; humans, of course, are not. Then there is the sheer scale of variability – give 100 people a drug and they will all respond to it differently. “We are working our way towards the best possible design with some pilot studies first. We are perfectly prepared for [the drugs] not to work. But I suspect, in some people, they may well do,” she says. Mallucci is also clear about what she is hoping to achieve. “The idea that you are going to put back all the brain cells and remove all the ‘plaque’ [accumulated misfolded proteins] is not feasible,” she says. “But that’s also not what we’re after.” Rather, her goal, she says, is to enable patients to manage their dementia, probably with a cocktail of drugs designed to slow the disease down. “There has been a lot of talk about how it’s always too late to treat. Not at all. Most people come to clinic relatively early when there is still some capacity and quality of life is good: all you need to do is slow the disease’s progression.” In practice, that makes it a question of shifting the mean time taken from presentation to advanced disease. If this were to be increased by just a few years, many patients would die of something else before the disease truly takes hold, retaining their quality of life and staying at home with their partners. “That is an amazingly achievable and realistic goal for dementia treatment, which would have a huge social and economic impact.”

And as Associate Director of the UK Dementia Research Institute at the University, Mallucci is perfectly placed to achieve it. Funded by the MRC, Alzheimer’s Research UK and the Alzheimer’s Society, the Institute has six centres, including Cambridge. “We each have our own identities and specialisms: my vision was to build on the strengths in chemistry, biophysics and cell biology, and the strong technology that we have here, combined with our world-leading expertise on cellular mechanisms in these disorders,” she says. “It’s a great, exciting moment. We’re bringing completely new approaches to see if we can find new mechanisms, and there is a lot of buy-in from everyone. We’re more than the sum of our parts.”

She is optimistic that in 20 years’ time, the dementia landscape will be utterly transformed. “My vision would be that the treatment of dementia would parallel what happened with HIV,” says Mallucci. “When I was training, if you had HIV, you died rapidly of an infection that shouldn’t have killed you, and it was a huge killer globally. Now, HIV is something that people live with, often without symptoms. There is a big public appetite for dealing with dementia, talking about it, curing it. It’s not hidden away any more. Everyone knows someone with Alzheimer’s disease and most people’s lives are touched by it. So let’s get on with the job.” ☺

neuroscience.cam.ac.uk

IT'S SOOOOOOOOOOO

BOOOOOOOOOOOOO

RRRIIING!!!!

Before the internet, boredom was something to be feared. Today, experts are wondering whether it might actually be good for us.

WORDS VICTORIA JAMES



Søren Kierkegaard thought it the root of all evil. Mary Renault considered it intellectual defeat. Jean Baudrillard declared it the world's second worst crime. But where boredom might once have been something to fear, a state to be guarded against both in oneself and in others, today we are never truly bored. In our era of social media, smartphones and non-stop notifications, how can we be?

In fact, according to the University Computer Lab's Device Analyser, most of us check our smartphones nine times – or more – a day. The most frequent users make 52 checks. That's almost 19,000 times a year. "Those little spaces of 'no work', like walking through a park, are disappearing," says Tom Hodgkinson (Jesus, 1986), founder of cult journal *The Idler*, which advocates a slower-paced approach to life. "You can now work while walking to work. By contrast, you have to make a special effort to create situations for idleness."

But if, as thinkers of previous centuries believed, boredom is such a crime, why should we care? Psychology writer and *Guardian* journalist Oliver Burkeman (Christ's, 1994) recently spent three hours standing in front of a painting, Edgar Degas's *Cotton Merchants in New Orleans*. "I spent the first 45 minutes regretting the choice. It's just three men in a room. There's not enough going on. It's claustrophobic. You feel jumpy at first. You feel like you've got to be doing something more productive. It gets harder and harder – and then, after a while, it's not so difficult any more. The second hour is much harder than the third."

Burkeman is not a masochist of a peculiarly artistic stripe. He was intrigued by the practise of a Harvard art history professor, Jennifer Roberts, who sends her students to stand in front of an artwork of their choosing – just one – for three hours. The goal, he explains, is to discover "whether, at the end of it, you've achieved insights that you wouldn't in a shorter period of time".

What Burkeman found was that he was discovering details in the painting that a cursory glance simply didn't reveal: "Deliberate ambiguities. Shapes that echo other shapes. Aspects that seem almost like an optical illusion, when you give it your full attention."

Fascinating in itself, the experience also furnishes an excellent metaphor for what we can do, when we stop trying to do everything. "The reason that patience and stillness are so important right now," says Burkeman, who is working on a new book about time, "is that the whole direction of culture is the opposite. You'd think we should be able to relax – we've got technology to do things and do them faster. But that is exactly nobody's experience. The faster that technology drives us, the more impatient we are."

Scientific understanding of what happens in our brain during periods when nothing – boredom – is happening has proved elusive. The technological breakthrough that enabled researchers to measure neural activity during such idle states only came in the early 1990s, in the form of functional magnetic resonance imaging (fMRI). ›

Focusing on what the brain does when it's not obviously 'doing stuff' – what's known as the resting state – researchers identified a collection of brain regions called 'the default mode network' (DMN). It refers to areas of the brain in which researchers notice high levels of coordinated activity even when subjects are just lying inside the fMRI scanners doing nothing. Since then, it's been popularly understood as a kind of 'default mode of brain function' – a state in which the brain is highly active in the background, but not carrying out any specific tasks.

What does that mean? Previous studies suggest the DMN plays a role in everything from consciousness and self-awareness (there is a marked reduction in its activity in vegetative-state patients), to cataloguing new information, to trying to project ourselves into the future by assessing past events. Dr Deniz Vatansever, lead author of a recent paper published in the *Proceedings of the National Academy of Sciences* from the University's Department of Clinical Neurosciences, explains that working out exactly what the brain is up to in these periods of boredom is still as much speculation as fact. But everything points to the idea that during these idle states "we might be trying to make sense of the world around us by using what we already know about it".

Which is why Vatansever and his Cambridge co-authors, Professor David Menon and Dr Emmanuel Stamatakis, carried out an experiment to pinpoint the exact functional role of the DMN in human cognition. Using fMRI, they observed subjects during two distinct phases of a card-matching game: first, when figuring out through trial and error the rules of the game; second, when applying those learned rules to achieve fast and effortless results.

"In the learning stage, you get more engagement from the brain's dorsal and frontoparietal attention networks," says Vatansever. "We know these are associated with tasks that require a lot of attention and perceptual judgments. But we found that when you're applying the learned rules from memory, you get more engagement from the default mode network regions."

What Vatansever and the Cambridge team discovered refines this understanding of the DMN during states of rest. "The brain is operating at a high level even when we don't give it anything to do. The extra activity when we give it a task is actually a much smaller increase than the processes carried out during idle states." In other words,

boredom – a state of inactivity – seems to take as much effort as actively doing something. It is possible that far from being uninspiring and mechanistic, the part of the brain that the Cambridge team saw kick into action as their subjects switched from learning to applying the rules of the card game is central to many valuable behaviours – including ones that drive creativity. Boredom might actually be good for you.

And as neuroscience works to reveal the unexpected extent of DMN activity, researchers in related fields are focusing on real-world applications. "Neuroscientists describe the hard-wiring," says Dr Julieta Galante, a research associate at the Department of Psychiatry. "But we don't really have a handle on how that relates to patient health. Research on meditation shows the default mode network is used less, for example, but it's hard to extrapolate what that means. Policymakers want to know 'Is mindfulness training beneficial?' not 'Which part of the brain is doing what?'. So that's what I try to measure."

University counselling services were concerned that students, after presenting a lower prevalence of anxiety and depression than the wider population at the start of their first year, then accelerate to a higher incidence in their second year. So they decided to pilot mindfulness courses, and contacted Galante and her colleagues to conduct a randomised controlled study into whether these were effective.

The findings, reported recently in *The Lancet*, were striking. "The students who did mindfulness were significantly less distressed during exam time – and that was two to six months after finishing their training," says Galante.

'Mindfulness', as taught, covers a range of behaviours, from meditation techniques drawn from diverse traditions and cultures, to exercises derived from modern psychology, to the practise of 'mindful eating'. What the students *weren't* being taught was to do nothing.

"It's the opposite of not doing anything," Galante explains. "You're never told: 'Clear your minds, stop your thoughts.' You're taught to observe what happens, to be alert to physical sensation, sounds and images, but not to lose yourself in those sensations. Instead, to be aware that you are aware." To experience, in other words, the itchy sensation of boredom – and go deeper into it, filling it with meaning.

YADL
YADL
YADL
YADL
YADL

DA YADDA
DA YADDA
DA YADDA
DA YADDA
DA!!!

As Hodgkinson points out, boredom is rarely an endpoint. “Idling is not doing nothing,” he says. “It is thinking. Reading. Sitting round and talking together. You could say the concept was invented by Socrates. The Romans called it the *vita contemplativa*, and there was much debate about which was better, the life of contemplation or the life of activity. Then, Protestant thinking was that contemplation was sinful.”

“So, things have been bad for 500 years now,” jokes Hodgkinson, “and then got *really* bad in the past decade.”

The original ‘Protestant work ethic’, much like our modern ‘always working’ culture, scorned the appearance of indolence. And, as we can all attest, there are certainly times when its censorious view of idleness – characterised by frustration and pointlessness – seems all too accurate. Yet even subscribing to this negative view of inactivity as mere aimless time-passing, an upside may still be found: the idea that periods of idleness enhance productivity during periods of activity. That original idler, Dr Johnson, was a prime example. He produced work in frenetic bursts, spurred by guilt about his protracted inactivity.

The notion of boredom fuelling productivity sparked a striking paper from Cambridge Judge Business School, authored by then-Gates scholar Marlen de la Chaux (Selwyn 2011). During fieldwork in the Dadaab refugee camp in Kenya, she witnessed the enforced inactivity endured by many displaced persons – and the untapped potential of their entrepreneurialism.

De la Chaux says that camp life imposes “immense boredom”. By contrast, when refugees are given the opportunity to establish microbusinesses (something not always encouraged, due to governmental fears about temporary settlements becoming permanent) it creates economic activity and helps people “to achieve a sense of purpose in their life and build an identity”. The ‘bad’ kind of boredom, without stimulus and not of our choosing, can ironically stir us to action.

So, from remarkably active inactivity when our brain’s default mode network is alight with processing power, to focused mindfulness that both stimulates and soothes, to downright boredom that drives us to heightened productivity, ‘just Doing Nothing’ – as Winnie-the-Pooh would have it – can take many enriching forms. Even the ultimate state of inactivity – barely conscious rest – contributes to our wellbeing, argues Burkeman. “There are straightforward benefits of rest, even if all you’re doing ›

Unique signed and numbered limited edition prints of Cambridge Colleges

Beautifully coloured and detailed contemporary architectural prints of Cambridge and the University Colleges. These prints are unique to VA Prints and are made with the finest quality archival materials.

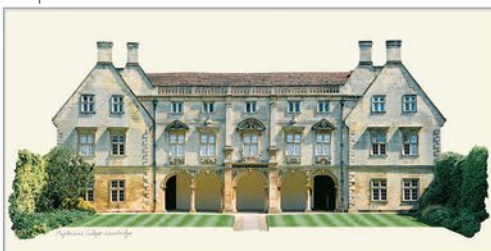
Free delivery on all orders over £200



Corpus Christi New Court



Queens' Along Queens' Lane



Magdalene The Pepys Library



St. Catharine's View from Trumpington Street



Clare Entrance to Old Court



Selwyn The Hall and Chapel



Emmanuel West Front



Trinity Great Court



Newnham Sidgwick Hall

FRAMED PRINTS BY POST - UK ONLY



Darwin The Dining Hall, Hermitage and Old Granary



Jesus The Gatehouse and Chapel Tower



St. John's View from St. John's Street

Cambridge Oxford Venice

This is a small selection of the Cambridge prints on our website. Our prints make an ideal gift for alumni and those just graduating. They are a lasting memento of the college and the timeless architecture of Cambridge.

You can buy securely online or by telephone with all major debit and credit cards. Prints sizes are 483 x 329mm or 594 x 210mm. Unframed prints cost £109 each + p&p and are posted worldwide in large diameter cardboard tubes. (UK £6-50. EU £8-00. World £12-00.)

Tel: 01865 864100

www.vaprints.co.uk

FRAMING OPTIONS

All our prints are also available framed for delivery by post to UK mainland addresses. They can be framed in a silver-gilt or gold frame with a double ivory mount for a traditional look or choose a black, white or oak frame for a more contemporary feel. Framed prints are £183 plus £16-50 p&p to UK mainland only.

Christ's
Churchill
Clare
Clare Hall
Corpus Christi
Darwin
Downing

Emmanuel
Fitzwilliam
Girton
Gonville and Caius
Homerton
Jesus
King's

Lucy Cavendish
Magdalene
Newnham
Pembroke
Peterhouse
Queens'
Ridley Hall

Selwyn
Sidney Sussex
St. Catharine's
St. John's
Trinity
Trinity Hall
Westminster

***YOU'D THINK WE SHOULD BE ABLE TO
RELAX – WE'VE GOT TECHNOLOGY TO DO
THINGS AND DO THEM FASTER. BUT THAT
IS EXACTLY NOBODY'S EXPERIENCE.
THE FASTER THAT TECHNOLOGY DRIVES
US, THE MORE IMPATIENT WE ARE.***

is recuperating. Even if you're not growing in some way, or giving a new richness to your being, you're still respecting the fact that we're rhythmic creatures," he says.

As society grows conspicuously more restless, there is increasing appreciation of the various modes of doing less. As attested to by the explosion of coffee shops, the expansion of the leisure industry, and even the opening of bespoke stores stocking only paper-printed magazines, we're realising that – as Hodgkinson says – you've got to make an effort to do nothing.

In that, we're occupying a unique historical moment. "In the past," says Burkeman, "you had to put up with unrewarding life circumstances, such as being a servant or a woman in a patriarchal society. You were expected

to be patient and accept your lot. But then the world speeds up. You no longer have to be patient because you can't control things – it's flipped so that if you want to control things, you have to be patient. It's a kind of control to stop and have deep thoughts. It's countercultural."

So the next time you find yourself absentmindedly reaching for your phone or flicking through another 100 images on Instagram, stop. Let the scratchy feeling of boredom invade your brain. It could be one of the most rewarding – and rebellious – things you'll do today. ☺

↶ WHAT A TOTAL SNOOOOOZE-FEST!!





cabin fever.

Forget IKEA flatpack furniture. When you're the Ottoman Emperor, the height of chic is a flatpack Scandi garden house.

WORDS **DR DENİZ TÜRKER**
PHOTOGRAPHY **RACHEL WARNE**

**This is
a story
about**

19th-century globalisation: of flat-pack homes sold by catalogue, of the introduction of new ideas about domesticity and home-making, and of how the suburbs of Istanbul came to be dotted with Swiss-chalet-style timber buildings. And it all started with a climb up a steep hill to the Yıldız Palace Park in the summer of 2009.

I had not visited Yıldız – the Palace of the Northern Wind – before. I knew, of course, that it had been the seat of Ottoman government and the residence of Sultan Abdülhamid II from 1876 to 1909. I knew, too, that the property was a vast complex of pavilions and gardens, designed in different styles and located within a woodland overlooking the Bosphorus. But what I wasn't expecting was the quirky beauty of the decaying timber garden pavilions studding the landscape. How had they come to be built here, on the hilltop? What were they for? And why did they look like Swiss chalets? I had to find out.

Like many Ottomanists before me, I made my way to the Başbakanlık Osmanlı Arşivi – the Ottoman Archives of the Prime Minister's Office – now kept at a mammoth repository in Istanbul's Kağıthane neighbourhood. The archives are vast, covering every aspect of Ottoman life in great detail, including a huge amount of information about the architecture and construction of 19th-century imperial palaces and gardens. However, bafflingly, I could find nothing about the garden pavilions. It was as if they didn't exist.

My next port of call was the Rare Books Collection – which includes Yıldız's library of books and manuscripts

– held at Istanbul University. The collection is not fully digitised and I didn't know exactly what I was looking for. What I eventually found was a collection of mail-order catalogues, from manufacturers as far afield as Sweden, Norway and Odessa, selling prefabricated timber chalets. The chalets of Yıldız.

Arriving in iron-reinforced crates from northern Europe, and then often customised by local craftsmen, these chalets – or *Şale* – would go on to become so popular that, by the turn of the century, publishers would be producing Mrs Beeton-style guides to the commissioning, design and building of timber prefab buildings for Istanbul's middle class.

In fact, Sultan Abdülhamid II was at the forefront of what was, in fact, a global fad, sparked by the showing of a huge number of prefabricated timber buildings – most often manufactured in Norway – at the 1867 Universal Exhibition in Paris.

Spurred by a Romantic desire to express truth, transparency and virtue in one's dwellings, the chalet craze was rooted in a pan-European idealisation of rural life, stoic peasants and philosophical theories that foregrounded hilltop and mountain settings. An early member of Abdülhamid's translation office described one of the first chalets as 'rustic' (*rustai*) and likened it to a gossamer birdcage among lofty trees and delightful meadows. Indeed, when the archivist of the Yıldız library lists the names of the catalogues, rather than making direct translation, he picks out the terms he knows will most appeal to his patron: 'rustic', 'country cottage', 'orangerie' and, of course, 'chalet'. >

The models on these pages were created by the artists and modelmakers Joshua Dean and Francesca Rausa.

Previous: Frame model inspired by the small wooden house depicted in M Thams & Cie's *Catalogue of Norwegian Houses*.

Opposite: Frame model inspired by the *Swiss Pavilion* built by Abdülhamid II in the grounds of Yıldız.

Overleaf: Frame model inspired by house 'No. 35' contained in Strömmen Trævarefabrik's prefabricated home catalogue.

They were not universally popular. To some visitors of the palace, Abdülhamid's architectural choices appeared frivolous, insubstantial or even downright ugly (the Italian journalist Giuseppe Antonio Borgese, would later describe the chalets as "shacks"). But for the Sultan, these temporary garden buildings also had a personal resonance. A skilled carpenter – some of his intricate furniture, adorned with tiers of crenellations, niches, pilasters, reliefs and columns, can still be seen today at Yıldız – Abdülhamid would surely have recognised the chalets as buildings that he himself could easily construct and decorate.

And perhaps he had another purpose in mind as he commissioned chalets for Yıldız. Having built private chalets for his personal use, Abdülhamid now began to build bijou, one-room pavilions to house intimate diplomatic encounters. The best-known example of this is his erection of a chalet in İzmit to receive the German Emperor Wilhelm II and Empress Augusta-Victoria in 1898 – but a small pavilion was also custom-built at Yıldız to receive the Qajar ruler Muzaffar al-Din Shah on the last leg of his European tour in 1900.

Before his arrival, the Shah had requested that his Istanbul visit be modelled on the highly publicised itinerary, and pomp and circumstance, of the German Emperor's most recent stay. However, for Abdülhamid, who had carefully rekindled his role as the caliph of the Sunni Muslims, hosting the Shia Shah was tricky. How was his initial encounter with a Muslim ruler of an opposing denomination to be enacted?

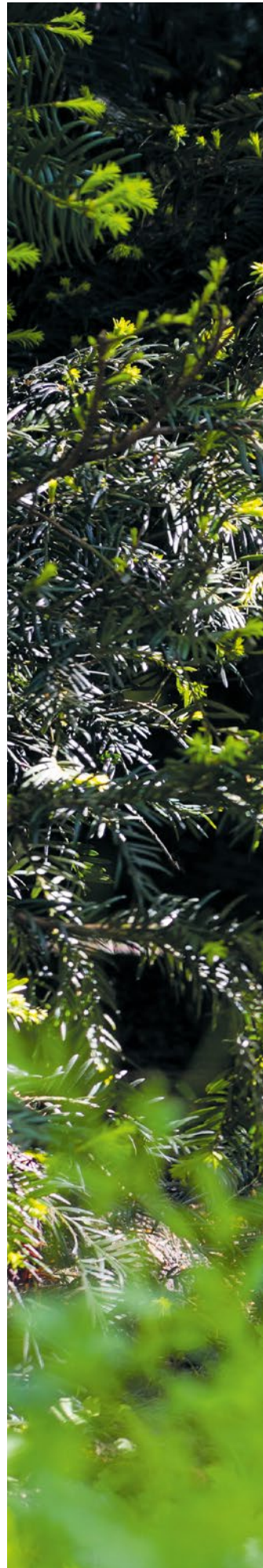
The answer was to create neutral ground. Stressing his caliphal role, rather than going in person, Abdülhamid sent his princes and viziers to greet Muzaffar al-Din on the Ortaköy dock. The Sultan himself then greeted the Shah in a boxy, single-room structure with art nouveau trimmings (called the Persian Pavilion – *Acem Köşkü*) that would serve as a makeshift, neutral stage for their complicated alliance. Recording the visit in his travelogue, the Shah remarked on the building's placement at the 'threshold' (*sar-dar*) of a garden – and, tellingly, the photograph albums commissioned by the Ottoman court gave it the impartial designation, 'the meeting spot' (*mülākāt mahalli*).

But while chalet style was beginning to dominate the gardens of Yıldız, the written record from the period on the subject remains remarkably sparse. Although the owners of these secondary structures – bureaucrats or palace officials – were first and foremost writers who spent their lives with ink and paper, they do not reveal much about their interactions with these novel, experimental buildings crafted for private use, let alone the intense planning that went into their stylistic choices. When they wrote – and they wrote a lot – they were focused on matters of state.

In fact, the best narrative sources we have come from memoirs, such as those of Ayşe Sultan, Abdülhamid's daughter, who remembers the chalets' arrival, or those of Yorgo Zarifis, grandson of Abdülhamid's banker, who recalls hiking between chalets as a particularly popular pastime for the women and children of the household.

But despite the dearth of contemporaneous discussion, there can be no doubt that the chalet craze was catching. Abdülhamid's princes lined up a multitude of small, irregularly shaped, timber-framed chalets for their private use, along the narrow, forested garden next to their official apartments. Each of these chalets was unique, and reflected the interior arrangements and decorative choices of their respective owners. Their walls were covered in murals depicting snowy landscapes, waterfalls, lakes and mountain cottages. Separated from one another by a thicket of trees and landscaped cascades, the cosy kiosks gave the young princes individualised, intimate spaces 'in nature'. Unlike their interconnected palace apartments, the chalets enabled an autonomous family life away from, and yet within, the court.

Indeed, so popular did the Swiss-style chalet prove, that Princess Djavidan, wife of Khedive Abbas II of Egypt, and a Hungarian, is the only person who is known to have thought them incongruous, declaring that the overall experience of a shaded grove with an Alpine structure on an Istanbul hilltop as one of make-believe. Time would prove her out of step with fashion. In a few short decades, the style Djavidan found out of place would become so completely acclimatised to the Bosphorus hills and shorelines that today it defines what is considered to be unassailably representative of Istanbul's 19th-century domestic vernacular. >









A member of Abdülhamid's office likened the chalet to a gossamer birdcage among lofty trees and delightful meadows

As chalet fever took hold, so local producers began to follow the trend, making prefabricated buildings available to an ever-wider circle of society. Propelled by an increase in the number of local newspapers and journals, the late-19th century saw growing numbers of men – and to some extent – women-of-letters documenting what it was like to live during the upheavals of empire at this time. The intimate interiors of the writers' workspaces gained so much public attention that photographs of their study rooms occupied the front pages of the Ottoman journal *Servet-i Fünun* in 1898. The incredibly detailed shots revealed the decorative tastes of their owners: grand and ornate Empire-style desks and carefully arranged busts and portraits, overflowing bookshelves, upturned volumes, animal skins, carpets on walls, and even photographs of loved ones pasted on to brocaded curtains.

And where the bureaucratic classes led, the rest would follow. But the burgeoning Ottoman middle classes were not mere copyists of foreign exemplar; they put great effort into making their homes appear visually distinct. An example of this domestic consumption frenzy can be seen in Halid Ziya's 1901 novel *Fractured Lives* (*Kırık Hayatlar*), in which an Istanbul doctor becomes obsessed with building a chalet. To create the perfect home for his devoted wife and daughter, and also to impress the

passersby travelling to and from Kağıthane – then the most popular outdoor promenade for the Istanbulites – the doctor consults with architects, looks through architectural catalogues, and goes to study built examples in the fashionable neighbourhoods of Moda, Tarabya and Büyükdada. Once all decisions are made, the doctor's house rises as if it were “carved out of paper like light and elegant embroidery”.

The chalet may have begun as a popular plaything among the members of the court and the bureaucratic class, but it opened up a vibrant world of home-building – a “boundlessness of design in a country free of European architectural tradition and conventions”, as architectural historian Doğan Kuban observes. While Abdülhamid's vision for Yıldız may have been the trigger, it was the growing agency and creativity of a consumer class that would go on to permanently inform Istanbul's domestic architecture. And it all started with a prefab, Swiss-style chalet. ☺

Dr Türker is an Affiliated Lecturer in the Department of History of Art. The proposed Islamic Art initiative at Cambridge will generate understanding of the richness and agency of Islamic culture, leading new ways of thinking and talking about Islam.

**I genuinely thought they
might throw me out.
It turned out that the
Mistress didn't like that
we'd said Girton was
a long bike ride away
from the city centre...**

The first *Student's Guide* to the University was written in 1863. Outrage, high jinks (and the sharing of the odd bit of useful information) has continued ever since.

WORDS WILLIAM HAM BEVAN ILLUSTRATION JAN BUCHCZIK



“There is always a certain proportion of young men [who are] utterly unable to take care of themselves, and with whom incontinence of money amounts to positive disease.” So declares the 1863 *Student’s Guide to the University of Cambridge*. The guide was written by consummate insider John Robert Seeley (a historian who would, six years later, become Regius Professor). But his intent was clear: to provide an accessible and straightforward guide to those who wanted to know what it was *really* like to study at Cambridge.

Aimed at “all persons who may contemplate entering the University ... and all, whether parents, guardians, tutors or schoolmasters, who may be interested in or responsible for such persons”, the volume advises that “Few men study between 2pm and the dinner hour”, and suggests that freshmen may prefer lodgings to living in College, as “the servant can be summoned at any time by pulling the bell-rope. In College rooms, there are no bells.”

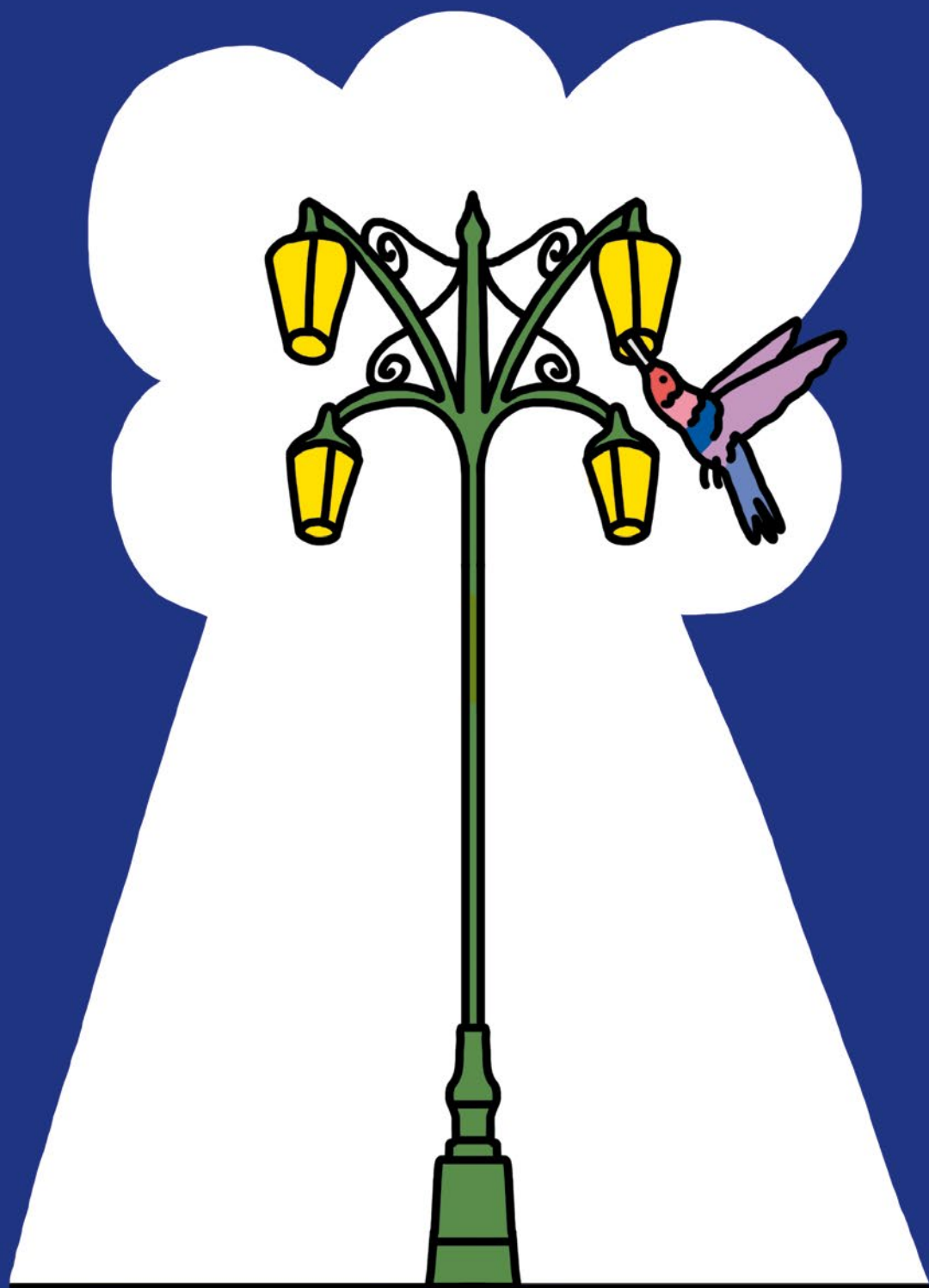
But despite its somewhat authoritarian tone, with its information about courses, profiles of Colleges and practical advice for student life, Seeley’s *Student’s Guide* is recognisably the first of what, by the second half of the 20th century, would become a hotbed of student radicalism: the alternative student guide.

Inaugurated in 1947 by the publishers of *Varsity* newspaper, the *Varsity Handbook* was the definitive student guide to Cambridge until the early 1990s. A freshers’ pamphlet published by CUSU in 1977 grudgingly admitted as much: “Had you found your way into higher education elsewhere, you would have been presented with a free students’ union handbook whose aim would be to provide a comprehensive guide to campus life. Instead you will have to pay £1.20 for the *Varsity Handbook* – despite occasional lapses into a bijou radicalism, well worth the investment.”

Michael Sheridan (Jesus 1977) was among the editors of the 1979 guide. “It fulfilled two functions,” he says. “One was to give people a handbook to Cambridge that they could use to plan their lives, check entertainment, look for restaurants they could afford to eat in, find pubs that were friendly to students and so on. But the other was to prime them about the social, cultural and political life at the University and Colleges.”

Looking at how the *Handbook* discharged both functions over 45 years provides an insight into the changing customs and fashions of University life. In the earliest editions, the articles briefing freshers are most concerned with telling them how they should behave. Injunctions in the 1955 edition include: “Don’t get too friendly with your landlady ... a ‘busy’ way of walking and talking engenders respect” and “Throw those corduroys away. This is not Nottingham University.” ›





The advice offered to female undergraduates is equally prescriptive, and not a little creepy. “Don’t be too enthusiastic and try not to giggle”, “The frigid Miss retains her dignity and her own company” and “If a man is fast, it’s up to you to control the speedometer” are among the tips of 1956. The 1959 edition is scarcely less patronising: “For heaven’s sake, be clean! Wash, wash, wash both self and clothes!”

The more information-heavy sections of the *Handbook* tackle all manner of undergraduate needs – from hiring a mobile discotheque (“Twelve guineas a night; go-go girls optional extra for £15”) to the vexed question of where to buy a toasting fork. There are some constants, such as an exhaustive list of clubs and societies, inevitably including such wacky bodies as the Guinness Appreciation Society (“We exist primarily to drink Guinness”) and the Syndicate of Paper Aeroplane Designers.

Every edition also contains a guide to eating out, which relied on restaurants treating the student reviewers to a complimentary meal. Keith Baird (St Catharine’s 1969), who co-edited the 1970 edition with Jeremy Paxman (St Catharine’s 1969), recalls this perk with fondness. “In the evening, we would meet up and eat our way round Cambridge,” he says. “We thought we were Egon Ronay. We did a lot of curry houses, but some of the restaurants were more upmarket. There was a pretentious eatery called Hotel de la Poste, and I remember Paxman described it as ‘execrable’. That certainly wasn’t the sort of language they were used to hearing about themselves.”

However, by the time Rob Beynon (Trinity 1973) took the helm in 1976, the *Varsity Handbook* had acquired an upstart competitor – the *Braingrader Handbook* – and a decision was taken to bring in some irreverence and fun. Beynon says: “There was lots of useful information, but it was done in a tongue-in-cheek way. All the headlines were from rock songs, including lots of Bob Dylan. I remember the article on College food used a quote from the Who’s *Quadrophenia*: ‘My fried egg makes me sick first thing in the morning’.”

Michael Sheridan recalls that the College profiles were the most contentious part of his *Handbook*. Robinson was described as an “eyesore ... resembling a Holiday Inn”, while Fitzwilliam’s bar was “worthy of sociological investigation”. He says: “We wrote that New Hall was full of girls who changed their clothes three times a day and that you’d see more men than women at breakfast in Girton. I think they got a bit huffy about that.”

The following year, Sophy Fisher (New Hall 1978) – now Sheridan’s wife – became one of the *Handbook* editors. One of her more onerous tasks was ensuring the pub guide was kept up to date. The job was seconded to a two-man team who took the task very seriously, visiting all licensed premises in the city. “I did spend one evening helping them,” says Fisher, “and it was the only time in my life I’ve been thrown out of a pub. There was far more town-gown friction then, and we could tell the moment we walked in that we weren’t wanted. Before we’d even tasted the beer, we got ejected for putting shopping bags on the seat rather than the floor.

“But the *Guide* did serve a serious purpose. We were the best pub guide to Cambridge at that point, and the restaurant guide was extremely useful. Students had no experience of expensive restaurants. So when your parents came up once a term, wanting to take you out,

where did you go? We had no competition from the internet and the book sold very well – not just to undergraduates, but to local residents, summer-school students and other visitors.”

For the final decade of the *Handbook*, the bus timetables, kebab-house reviews and College profiles came with an increasingly large helping of soul-searching about Cambridge and its place in the world. One edition opens with a feature titled “The Myth of Cambridge”, ending with the assertion that the University “is in decline – a decline which is probably irreversible and to be welcomed”. Another lead article simply asks: “Oxbridge – an endangered species?”

But alongside the *Handbook*, another student-led publication was beginning to make its opinions about student life heard. Originally launched as *A Prospectus by Students* in 1973, what became the *Alternative Prospectus* was aimed at students planning to apply to the University. Its mission? To “complement and sometimes combat other information about the University”. The first edition was dispatched to 1,600 schools that regularly sent applicants to Cambridge. But after initially facing criticism from radical student groups for supposedly toeing the University line (and including a foreword by the Vice-Chancellor), its Tripos and College reviews caused a storm among senior academics, with the Colleges’ Committee calling for its suppression.

In an affair well covered by national newspapers as well as the student press, the Vice-Chancellor threatened to write to all the targeted schools to tell them that the prospectus was “grossly misleading”. Co-editor Joanna Mack (Girton 1970) remembers being summoned to the Mistress of her College, who had already written to the Vice-Chancellor to tell him that “Girton owes you an apology for the behaviour of one of the editors”. “I was terrified,” Mack says. “I genuinely thought they might throw me out. But I think telling me off was more for show than anything else. It turned out that what she didn’t like was the fact we’d said Girton was a long bike ride away from the city centre, and that might put people off applying. That was the only detail I ever got!”

In 1989, it was CUSU rather than the Vice-Chancellor that insisted on a disclaimer being sent out with copies of the *Alternative Prospectus*. According to *Varsity*, the Executive Committee objected to “the negative impressions it gives of Cambridge University and its use of sexist language”. There were also complaints about an excess of in-jokes, and a cover that appeared to show a homeless man carrying a sandwich board with the caption ‘A degree does not guarantee a great job’.

At the cost of £2,000 from a contingency fund, it was decided to start afresh with a totally new prospectus the following year – a job that fell to CUSU Communications Officer Suzanne Gill (New Hall 1986). She says: “After the experience of the previous one, we had to err on the side of caution. Among the people I thanked in the acknowledgments was the legal department of the National Union of Students.”

Gill recalls a relationship with the official University prospectus that was complementary rather than confrontational. “We were there to present a consumers’ view – a student view – while they were trying to get the best applicants they could,” she says, “but we felt they should be doing more to improve diversity. I remember ›

working with lots of people from different political parties who had the same enthusiasm for this.”

Just two years later, the pendulum had swung from ecumenical to radical. The *Alternative Prospectus* of 1992 includes material that would have seemed very strong to the average group of 17-year-olds in a sixth-form lounge. They were warned: “The mythical funhouse University that you’re probably aspiring to live up to is simply a way of living down the degrading, squalid little secrets that the policing apparatus – interviews, examinations and the paternalistic ‘tutorial’ control system – forces us to lock away in our brain cells.”

Co-editor Siwan Hayward (Girton 1988) says: “I think we were the last roar of radicalism. We saw it as a duty to challenge convention and provide an alternative to the mainstream, and we did it with huge amounts of energy and a great deal of fun. It was the time of the first Gulf war, Section 28 and the end of maintenance grants. The

Prospectus was just one expression of what was a huge movement at the time.”

Above all, Hayward says, her aim was to “show schoolchildren from working-class backgrounds and ethnic minorities that there was a different Cambridge and you

could have a fantastic time there. I’m very proud of a lot of what we did – particularly the ‘No means no’ campaign against date rape – and embarrassed by some of it. I do wonder, looking back now, whether our stridency meant that we silenced some valid voices of those a bit less radical than we were.”

Today, the issue facing both freshers and prospective applicants is not a shortage of information, but a glut of it. Alongside the resources published online and in print by the University and CUSU, it’s possible to read as many student opinions as there are blogs and social media accounts – and, potentially, to quiz their authors for more information.

Nevertheless, 1994 *Alternative Prospectus* editor Chris Measures (Fitzwilliam 1990) – who admits his edition was “slightly on the worthy side”, after the radical lurch of previous years – believes it’s still a valuable exercise. “There’s a call for things like the *Prospectus* because it brings together different strands and there’s real editorial work behind it,” he says. “Hopefully, it means most of the questions that people will want to ask will be addressed in one place. It still fulfils a very real need to break down stereotypes and encourage people to apply who weren’t thinking of doing so.” ©



Urgent call for help to save the eastern black rhino issued by Fauna & Flora International

Photo: Jelena Aleksić, www.soufire.org.uk



The eastern black rhino has been pushed to the verge of extinction. Just 850 remain. Please return the coupon or visit www.protectrhinos.org to help protect them.

One of the world's most powerful and awe-inspiring creatures is teetering on the edge of extinction. A hundred years ago, experts say there were around 65,000 black rhino in Africa. Over the decades, the numbers have plummeted due to relentless hunting and poaching, to the extent that there could be as few as 850 eastern black rhino left in the wild.

Unless we act now, the eastern black rhino could be reduced to a few tiny populations in a decade, and we will be the generation responsible for its loss.

We cannot let that happen. That's why Fauna & Flora International (FFI) needs your donation today.

Photo: Gary Morrisroe/FFI



"If you value the natural world, if you believe it should be conserved for its own sake as well as for humanity's, please support FFI."

**Sir David Attenborough OM FRS
Fauna & Flora International
vice-president**

Rhino horn fetches a huge price in markets like Vietnam. Ruthless international gangs will stop at nothing to get it – they even supply poachers on the ground with equipment and rifles.

But there is a ray of hope. In 2004 Fauna & Flora International helped to purchase Ol Pejeta ranch, a substantial piece of land in Kenya, to create a safe haven for endangered animals. Now known as the Ol Pejeta Conservancy, it is home to over 100 eastern black rhino.

Specially trained rangers constantly patrol Ol Pejeta to spot and check every single one, every three days. It is gruelling work, as the rangers have to trek miles each day and risk their lives keeping the rhino safe.

By making a donation of £25, you could help recruit and train more rangers, ensuring we can cover more ground and keep the rhino safe. Your gift could help train rangers in military skills and dog handling to help them protect the rhino.

Every day rangers like Stephen Elimlim and his colleagues walk at least 20km. They urgently need trekking boots and camouflaged uniforms, as well as powerful binoculars to spot the rhino so they can protect them from the poachers. Your gift of £35 would help get this vital equipment to the rangers who need it.

So much is possible with your help. Amazingly, we have already seen the numbers of rhino rise in Ol Pejeta, and the population is growing by around 5% each year.

Yet we cannot be complacent. As the poachers grow bolder and become better equipped, the challenge becomes greater day by day.

We urgently need to raise £96,807 to train, equip and support the local rangers and help keep the rhino of Ol Pejeta safe. A gift of £100 from you today could assist us in building accommodation for rangers in the heart of the Conservancy, so they can stay one step ahead of the poachers.

Whatever amount you can spare, your gift will help us build on our successes. We know that our approach works, and with your help we can support the use of the same techniques elsewhere across Africa. Your gift really can help us save a species.

Please send a donation by 1 September in order to help ensure the safety and survival of the last few eastern black rhino in the wild. The future of a unique race of animals depends on it. Please complete the donation form now.

Photo: Ol Pejeta Conservancy

In ten years, eastern black rhino populations could be almost completely destroyed.

Around 850 remain and poaching is at an all time high.

Fauna & Flora International has launched an appeal to raise £96,807 with the help of readers of CAM to pay for the conservation of eastern black rhino in the Ol Pejeta Conservancy in Kenya. We need to raise the money urgently – time is running out to save the eastern black rhino.



Stephen, a ranger at Ol Pejeta Conservancy

How you can help rangers like Stephen to save the eastern black rhino

- £25 could help buy a pair of binoculars, essential for surveying the rhino population
- £35 could help pay for a uniform and boots for a newly trained ranger, giving them protection and camouflage
- £100 could go towards training ranger and dog teams
- One exceptional gift could make a huge difference - £1,000 could fully equip and train a ranger

Cut the coupon below and return it with your gift to FFI. Alternatively, go to www.protectrhinos.org or call 01223 749019. Thank you.

YES! I want to support rangers like Stephen with a donation of £_____ to help save the remaining eastern black rhino



Title _____ Forename _____
Surname _____
Address _____
Postcode _____

☐ I enclose a cheque payable to Fauna & Flora International OR

☐ I wish to pay by credit/debit card

Type of card: Visa ☐ Amex ☐ Mastercard ☐ Maestro ☐ CAF ☐

Card No: _____ Expiry Date: _____

Security code: _____ Issue Number (Maestro only): _____

Let's keep in touch!

To show how your support is helping, we will keep you informed of the progress on this and other important work by post. We will also send you carefully selected projects where you could help make a vital difference and invite you to events to see what your support has achieved. If you don't want these updates by post, just tick here ☐ Your personal details are kept secure and are never sold, traded or rented.

See full details at www.fauna-flora.org/privacy or call for more information.

YES! Please also keep in touch via

☐ email at: _____

☐ phone on: _____

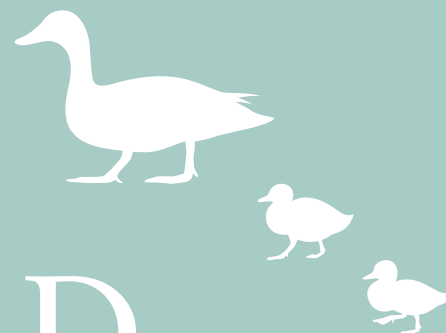
(Please tick all the boxes that apply)

**Please return to: Freepost FAUNA & FLORA INTERNATIONAL,
The David Attenborough Building, Pembroke Street, CAMBRIDGE CB2 3QZ,
call 01223 749019 or go to www.protectrhinos.org to donate online.**

Registered Charity No.1011102. Registered Company No. 2677068.

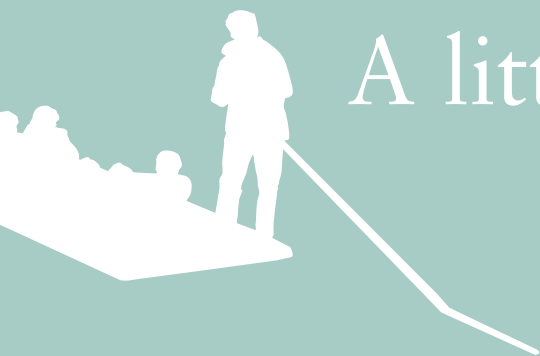
PR-RH18CAM

Fauna & Flora International, formerly the Fauna and Flora Preservation Society, is the oldest international conservation charity, working in over 50 countries worldwide. With a 94% spend on charitable activities, we use our experience to ensure that we work as effectively as possible.



CAM|CARD

A little bit of Cambridge in
your pocket.



Free entry to Colleges that are open to visitors
and discounts across the city.

Eat

Bars, restaurants
and pubs

Stay

Hotels and conference
centres

Shop

Bookshops and
independent gift shops

Enjoy

Punt hire, cycling tours,
concerts and theatre



If you're returning to Cambridge this summer, don't forget your CAM|CARD.
Find out how you can get a CAM|CARD and where you can use it at:

alumni.cam.ac.uk/camcard

Hearing Caliban's words echo through the 2012 Olympic ceremony was breathtaking.



Dr Jessica Gardner is the University Librarian.

1. WATERLAND GRAHAM SWIFT

This masterpiece of storytelling spans more than 240 years, encompassing what is hidden, what is taboo, and shot through with a devastating sense of love and loss. It also gives a wonderful sense of the landscape of East Anglia. I lived in the Fens until I was five, and there must have been something remaining in me from those years that resurfaced with this novel. Now, returning to Cambridge, I'm off to reread it again.

2. THE TEMPEST SHAKESPEARE

This is my favourite Shakespeare play. His poetry runs through our language so deeply that sometimes we don't realise how often we quote him. *This* has all the features of great poetry, great stories and great philosophies – speaking to the magic of place, this “brave new world”, the possibilities of an island nation. The 2012 London Olympics was an incredible summer to be British. Hearing Caliban's words echo through the opening ceremony was breathtaking.

3. FANTASTIC MR FOX ROALD DAHL

This is a laugh-out-loud book, and reminds me of learning to read, and of being read to, as a child. That moment of becoming immersed in the world's stories. But it's a fabulous read whatever age you are. Of course, it is a book all about food as well, and as someone who is always ravenous, who loves feasts and celebrations, I can really relate to it. Now I work in a giant story house, but really I've always been there, thanks to books like *Mr Fox*.

4. DART ALICE OSWALD

I've moved around quite a lot, and there's something about reading 'into' a place that helps to root you, I find. Alice Oswald is a contemporary poet who lives in Devon, as I did before coming to Cambridge, and here she collects the voices of those who live and work along the River Dart. I have walked, cycled and picnicked along these banks, and this collection really sings to me. You can dip into it or follow it all the way through to the end. Either way, the writing is beautiful.

5. WATERLOG ROGER DEAKIN

This non-fiction account of swimming across the British Isles was first published in 1999, but I didn't read it until last year when a friend gave it to me, as I was in the process of moving to Cambridge. Imagine my delight when the pages fell open to Deakin swimming past Grantchester, followed by this: “Next morning I had a late breakfast in one of my favourite places in the world, the University Library in Cambridge. Whatever you think of Sir Giles Gilbert Scott's heavy-duty design for the outside of the building, it is surely impossible not to be enthralled once you step inside and begin to wander about its labyrinths like Charlie in the chocolate factory.” I've got my postcard in there for all time. This book is absolutely joyous, and for me it also represents that readerly joy of serendipity.

The new exhibition Tall Tales: Secrets of the Tower will be on at the University Library until 28 October, and is free to visit. You can take a tour of the tower every Wednesday, June to September (Admission £4).

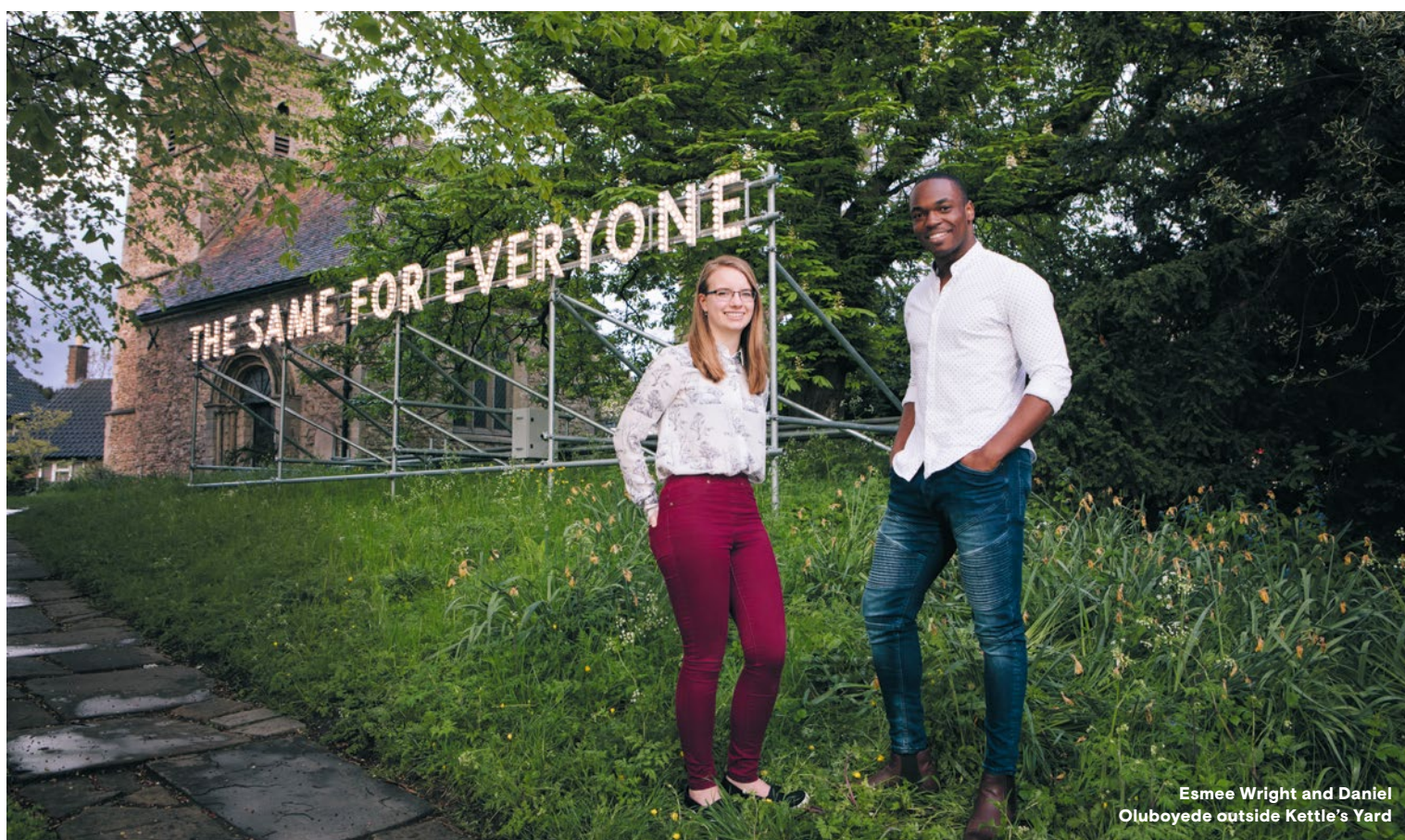
PHOTOGRAPHY: REEVE PHOTOGRAPHY





I was meant to start at another UK university. Then life happened.

What is it really like to apply to Cambridge in 2018? *Adeline Wee, Daniel Oluboyede and Esmee Wright* talk form-filling, interviews and determination.



Esmee Wright and Daniel Oluboyede outside Kettle's Yard

Applying to Cambridge is a unique experience – and there are many different paths to that final acceptance letter. For first-year Esmee Wright (Murray Edward, MML French and Russian), the application process started off as a joke.

"Nobody had ever applied to Cambridge from my school," she explains. "But then I got five As in my Highers. And Mum said I could apply anywhere I liked. So I started looking at Cambridge, and thought: why not me?"

It wasn't easy. While her teachers at Newbattle High School, near Dalkeith in Scotland, were very supportive, they didn't have any experience of the process. "We were

all aware that we had never tried this before, and it could all go very wrong," says Wright.

"Unlike other schools that do interview practise and get people in every year, I did mine with parents' friends. I also had to do a piece of work specifically to submit to Cambridge, as the Scottish system's timed essays weren't long enough or marked in a specific way. I did a lot of checking the website about how I needed to prepare."

Yet that dreaded interview ended up being hugely enjoyable, she remembers. "By the end of high school, I was the only one doing Advanced Higher French. Talking to someone about why you are interested in the subject

and why it's important was nice. Even though they're judging you!"

First-year archaeologist Adeline Wee (Newnham) also enjoyed talking about her subject at interview, which took place in her home country, Malaysia. She says: "I was really nervous, but lucky to be interviewed by Dr Sam Lucy, who is from Newnham and an archaeologist – I'd never had the chance to speak about archaeology to someone before."

Wee has overcome considerable challenges to get to Cambridge. "At first, I applied for law [elsewhere]," she says. "Many of my peers are doing law or engineering: in Malaysia, these are considered 'proper' degrees.



Talking about why you are interested in the subject and why it's important – it was nice. Even though they're judging you!



I realised Big Boi had sampled Aida on General Patton.

Julian Gregory (St John's 2009), tenor, King's Singers.

"I was meant to start at another UK university in 2016. Then, life happened. My father died. I did better than expected in my A-levels. My sister is disabled and my mum needed help at home, so I took a year off – and applied to Cambridge. I say: don't let people tell you that you can't do it. My school restricted applicants, but because I had left, I was able to apply outside the school's system. They couldn't stop me."

Determination and initiative are key to application success, agrees second year medic Daniel Oluboyede (Downing). His school had had little experience of Cambridge, so he contacted Target Oxbridge, a free programme that helps black African and Caribbean students and students of mixed race with black African and Caribbean heritage to increase their chances of winning a place.

"The year above me, two students of BAME background from my school, Ashcroft Technology Academy, got into Cambridge," he says. "That made me think Cambridge may have been doing more to increase diversity." Oluboyede was offered places at all the universities he applied to. So why did he pick Cambridge? "It's always been seen as among the best, and I want to be the best," Oluboyede says. "Although it's a lot harder to be the best at Cambridge! I've always strived for self-development and I recognised that Cambridge probably offered the greatest challenge. For me, that equalled the greatest opportunity. After figuring that out, I had no choice!"

He says that nobody from an under-represented background should be put off applying, and, to that end, he's become African-Caribbean Society Access Officer. "Cambridge is about getting the best minds, from all over the world," says Oluboyede. "People shouldn't limit themselves and stop themselves from accessing this opportunity. They'd love it as much as anyone else, as long as they have the potential and the ability." For more about Cambridge admissions: undergraduate.study.cam.ac.uk.



NUDE RADIOHEAD

When I went off to be a St John's chorister at the age of seven, my brother gave me *OK Computer* as a parting gift and I listened to it every night on my Walkman. I was struck even then by Thom Yorke's beautiful countertenor-ish voice. When I returned to St John's as an undergraduate, Radiohead had a new album out: I played *Nude* at top volume all through Freshers' Week. It's a very slow, lilting song. Radiohead creates such atmosphere – I love their sound world.



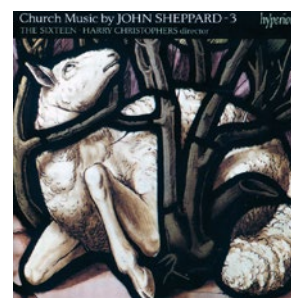
GENERAL PATTON BIG BOI

In my second year I was joint Ents Officer for the May Ball committee with my friend George Johnston, who was also a DJ. Our job was to fill six or seven stages, with different styles of entertainment, all night. But of course, the big thing is always who is going to be the headline act. We finally found Big Boi, who is one half of the duo, OutKast. Years later, just before joining the King's Singers, I went to see *Aida* in the incredible open-air Arena di Verona, and as it began I thought, "Hang on, why do I know this?" That's when I realised Big Boi had sampled *Aida* on this album.



SONATA NO.6 IN G MINOR (Z.807) HENRY PURCELL

My first ever supervision was with Tim Brown, in A1, Clare Old Court. It turned out it was my father's old room when he was the organ scholar in the 1970s! So I was sitting there, playing the piano he would have played, and this was one of the counterpoint pieces Tim gave me to study. It's a beautiful, melancholic piece, fantastic for variation. At the time, my instrument was violin rather than voice, so it really spoke to me. My ears always prick up when I hear it.



LIBERA NOS JOHN SHEPPARD

This is one of my favourite pieces. I've sung it as a boy chorister, then at Eton and again as a student, most recently in 2012 in St Thomas Church on Fifth Avenue in New York during a St John's College Choir trip to the US. We could hear the subway rumbling underneath us as we sang! It's a real supertanker piece – you've got this enormous ship but it glides along so slowly for its size. It just radiates.

The King's Singers celebrate their 50th anniversary this year. They are currently on a worldwide tour promoting their album, Gold. kingssingers.com

bluesmatch

Dating for Oxbridge and the Ivy League

"...on my third BM date, I met someone with whom I clicked almost immediately. We've been seeing each other ever since... thank you for playing your part in bringing us together!"

BluesMatch.com

Established in 2001 • Over 5,000 current members

Fine selection of genuine old maps and prints

Oxford, Cambridge,
Public Schools



UK and foreign
topography

Antique Maps & Prints
P.O.Box 5446,
Oakham, LE15 8WW

www.antiquemapsandprints.co.uk

TARN-ET-GARONNE FRANCE

Comfortable, fully equipped farmhouse
with large gardens and pool

Sleeps up to 10 (four bedrooms, three bath/shower rooms)

In a beautiful area with medieval villages,
outdoor activities and masses to explore

Ideal for two-family occupation

Available most dates this summer and autumn

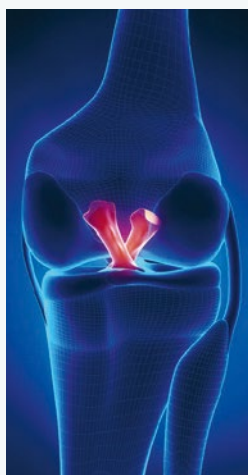
Visit: www.landouhaut.com
Contact: richard.smyth@live.co.uk

VILLA IN TUSCANY

Set in the Pisan hills, a delightful and unspoilt part of Tuscany, Villa Adelina, Chianni, is an idyllic place for a holiday or to celebrate a special occasion in style. Enjoy Tuscan hospitality in local bars and restaurants, take in magnificent views from hillside walks, or sample wines from local vineyards.

A great centre to explore the art of Tuscany: Pisa, Volterra and San Gimignano are a short drive away and Florence, Lucca and Siena can be reached in 1-2 hours. Or stay cool in our large swimming pool. The Villa accommodates parties up to 12 and from 2016, our newly restored house in the grounds will accommodate a further six.

www.adelina.org.uk • Contact Peter Stefanini (Trinity)
peterstefanini47@gmail.com • 01904 705262



The Cambridge Knee Clinic

Specialist care for knee disorders in all ages.

Arthroscopic surgery.

Ligament reconstruction.

Joint replacement and realignment.

The Clinic is run by Mr Jai Chitnavis,
Consultant Orthopaedic Surgeon.

Operations are performed by him at both
private hospitals in Cambridge.

www.CambridgeKneeClinic.com
01223 253763

COMPLIMENTARY MEMBERSHIPS



Carpe Diem, well known as the
foremost introduction agency amongst
academics, are offering several complimentary
memberships to male graduates (50+)
on behalf of their female graduates.

Please contact Sarah Howes 020 8313 0918 or email sarah@carpediemintros.com
www.carpediemintros.com

To advertise on this page
please call **Sharon Davies** at

LANDMARK

PUBLISHING SERVICES

on **020 7520 9474** or
email sharon@lps.co.uk

Our House in Tuscany

Perched on a vine and olive clad hillside near Lucca.
Less than an hour from Pisa and Florence. Peace, walks,
breathtaking views and food/wine. Enjoy being in a real
Italian hamlet. To let when we're not there. Sleeps 4/5. £590
a week. Or ask us about local friends' houses which may be
available. Similar to ours, or larger or smaller. Some with pool.

Tel 020 8965 4494 or 0039 0583 835820
Mike Wilson (Christ Church, Oxford) and
Jessica Corsi (St John's, Cambridge)
Email: to-mike@hotmail.co.uk
Web: www.tuscanycastello.com



Homes. A supermarket. A park. A school. Welcome to Eddington.

Heather Topel is Project Director, North West Cambridge Development.

It has been five years since we broke ground on the North West Cambridge development and began realising our plans to create an entirely new district of the city. Since then, the physical landscape has been transformed to such a degree that it's easy to overlook a small but vital change. Today, we no longer speak of North West Cambridge, but of Eddington – not a project, but a real place that's home to a living, breathing community.

The first phase of Eddington's development is now approaching completion. By the end of 2018, 700 of the 1,500 homes will be available for University and College staff, rented at affordable rates, with 80 per cent already completed. A total of 1,500 properties will be made available on the open market, and the first of these have gone on sale. Girton College has established a thriving graduate community, Swirles Court, with rooms for more than 300 students.

Many of the community resources are now in place for Eddington residents, including a Sainsbury's supermarket, landscaped parklands and the community centre at Storey's Field – a multipurpose space used for everything from mother-and-baby groups to jazz festivals. The University of Cambridge Primary School, which opened its doors three years ago, now has nearly 300 children on its roll.

In its plans for Eddington, the University committed itself to creating a sustainable community. Much has been written about the measures taken to minimise the environmental impact of the new district, and help its people to live more sustainably. They include a site-wide rainwater recycling system, a centralised district heating system that eliminates the need for gas boilers, and underground waste storage that removes bins from the urban landscape.

However, the impact of Eddington goes way beyond the local. It is a way of securing the University's long-term future, ensuring that we will be able to recruit and retain the most

“
Today, we no longer speak
of North West Cambridge,
but of Eddington – not
a project, but a real place
that's home to a living,
breathing community
”

able staff internationally, driving our groundbreaking research and maintaining our position as a world-leading place of learning. Without the infrastructure to support our staff, it will be impossible for the University to continue to thrive.

Since the late 1980s, we have been faced with a severe shortage of affordable homes for academics and support staff. Many end up in cramped and expensive house-shares in the city centre, or have to commute from satellite villages, which places a strain on the transport network. These issues are particularly acute for postdocs, who are often at the University for a short period of time, linked to a research grant or project. Their needs are catered for at a dedicated centre near Eddington's Market Square, run by the Office of Postdoctoral Affairs.

Even as residents move in to the homes that have been built, we are looking to the next stage of the development. This could include further accommodation for staff and students, more houses for sale on the open market and a greater set of social facilities, in conjunction with land dedicated to academic research and commercial use.

Our hope is that within a short time Eddington will be considered as much of a neighbourhood as Mill Road, North Newnham or Chesterton. Unlike a private property developer, we have a long-term interest in the prosperity of our city; the University has an 800-year history in Cambridge, and we expect to be bound up in its story for 800 years to come. Through an ambitious partnership between town and gown, we have created an entirely new district with a mixed academic and urban community, offering a high quality of life and enhancing University and city alike.

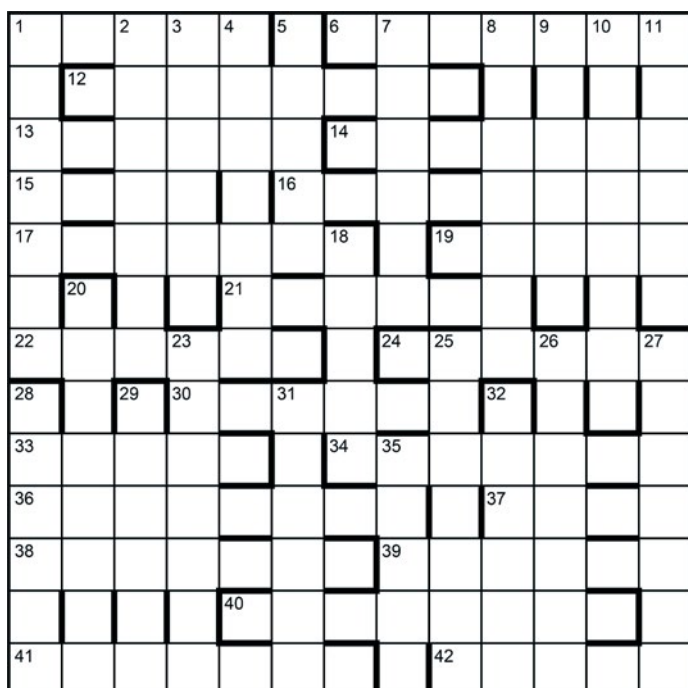
Our responsibility to developing this urban extension to Cambridge is one that we take tremendous pride in, and we hope Eddington will enable the University to thrive for generations to come.
nwc.cambridge.co.uk



CAM 84 PRIZE CROSSWORD

MEKEEKROE LEOO

by Schadenfreude

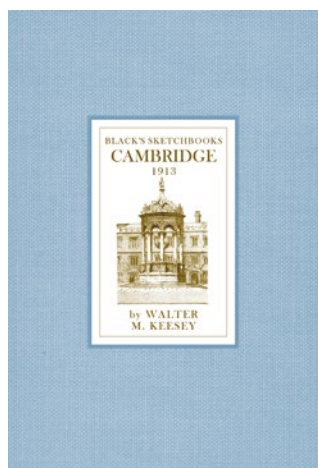


All entries to be received
by 7 September 2018. Please
send completed crosswords

- by post to:
CAM 84 Prize Crossword,
University of Cambridge,
1 Quayside, Bridge Street,
Cambridge, CB5 8AB
- online at:
alumni.cam.ac.uk/crossword
- by email to:
cameditor@alumni.cam.ac.uk

The first correct entry drawn
will receive £75 of vouchers to
spend on Cambridge University
Press publications and a copy
of *Cambridge* by Walter M Keesey
(Bloomsbury). This book is part
of the Black's Sketchbooks series
and features charming images
of Cambridge drawn in 1913. Two
runners-up will also receive £50

to spend on CUP publications.
Solutions and winners will be
printed in CAM 85 and posted
online at alumni.cam.ac.uk/
magazine on 21 September 2018.



INSTRUCTIONS

Eleven answers are to be entered
using a code in which the nth letter
of the alphabet is replaced by the nth
letter of a 26-letter phrase. The phrase
consists of eleven items (although a
twelfth is sometimes included), each
ending with a unique pair of words.

The encoded words comprise
one of each pair. Having completed
the grid, solvers must carry out
the following instruction:
IROIFROIK TRROERORTKEFE KIE
OORM EHKOE KITK ETH HE RTROEM
LRKI TH EHEEMEM THCLEO.

ACROSS

- Gas man in RAF no longer a scholar (5)
- Difficult to handle oak tree blocking
entrance to packed motorway (7)
- Tea makers belonging to female
employers (8)
- English newspaper in France is most
convenient for some (6)
- Scots scoured cranes from the east
lacking compliance (7)
- A jumper necessary in Finland (4)
- Soldiers Chinese people led astray
retreat (8)
- Artist wearing old Nancy's black
backed stole (7)
- Good smoke for old Paddy (5)
- War heroes left unlimited in strength
(6, 2 words)
- Gracious holy man in command of
the occult (6)
- Inattentive like sheltered page (6)
- Sensational chant without backing (6)
- Sail back to a line of warships (5)
- Cheat Chinese bitch maybe turning
tail (7)
- Once more enliven East London men
overcome by back end of race (8)
- Fighter with outstanding boldness (4)
- King that's returning to entrance a
Surrey community (7)
- Captain Cooker perhaps to support
the Queen (6)
- Hospital doctor wrongly tries to
restrict Dutch nurse (8)
- Slender earthy daughter out of
control (7)
- Russian girl out of Norway beginning
to sow nutritious plants (5)

DOWN

- Dishonest rector in Glasgow peeped
outside (7)
- Batting companion almost skied
seven catches (7)
- Ordinary girl with a bad girl's name (6)
- Outsiders expel the other one (7)
- Virtuoso lacks unending mad
enthusiasm (5)
- Ceremonial day in once regal
surroundings (6)
- Bird dated before November
stopping mournful cry (7, 2 words)
- Third stomach once a fourth part (6)
- Made small apertures in electronic
box turned over in eastern yard (8)
- Team working with a flank facing
forwards (6)
- Mostly finest exotic buffets can be
delivered by us (5)
- They bite - I heard half of them eating
odd bits of these (8)
- Dotterel left out refurbished vacuum
tube (7)
- Tacks made so small (7)
- Emotional bonding lifted us at the
right time before hard year (7)
- Tom's taken in by father's aged
companions (7)
- Bellow possessing the ultimate in
rough voice (6)
- Skylark perhaps rose fluttering across
a river (6)
- Third book penned by Defender of
the Faith succeeded by chance (6)
- Metal grating in Wick across back
of tunnel (6)
- Scots destroy a poet's praise (5)

SOLUTION TO CAM 83 CROSSWORD

BLUES BY SCHADENFREUDE



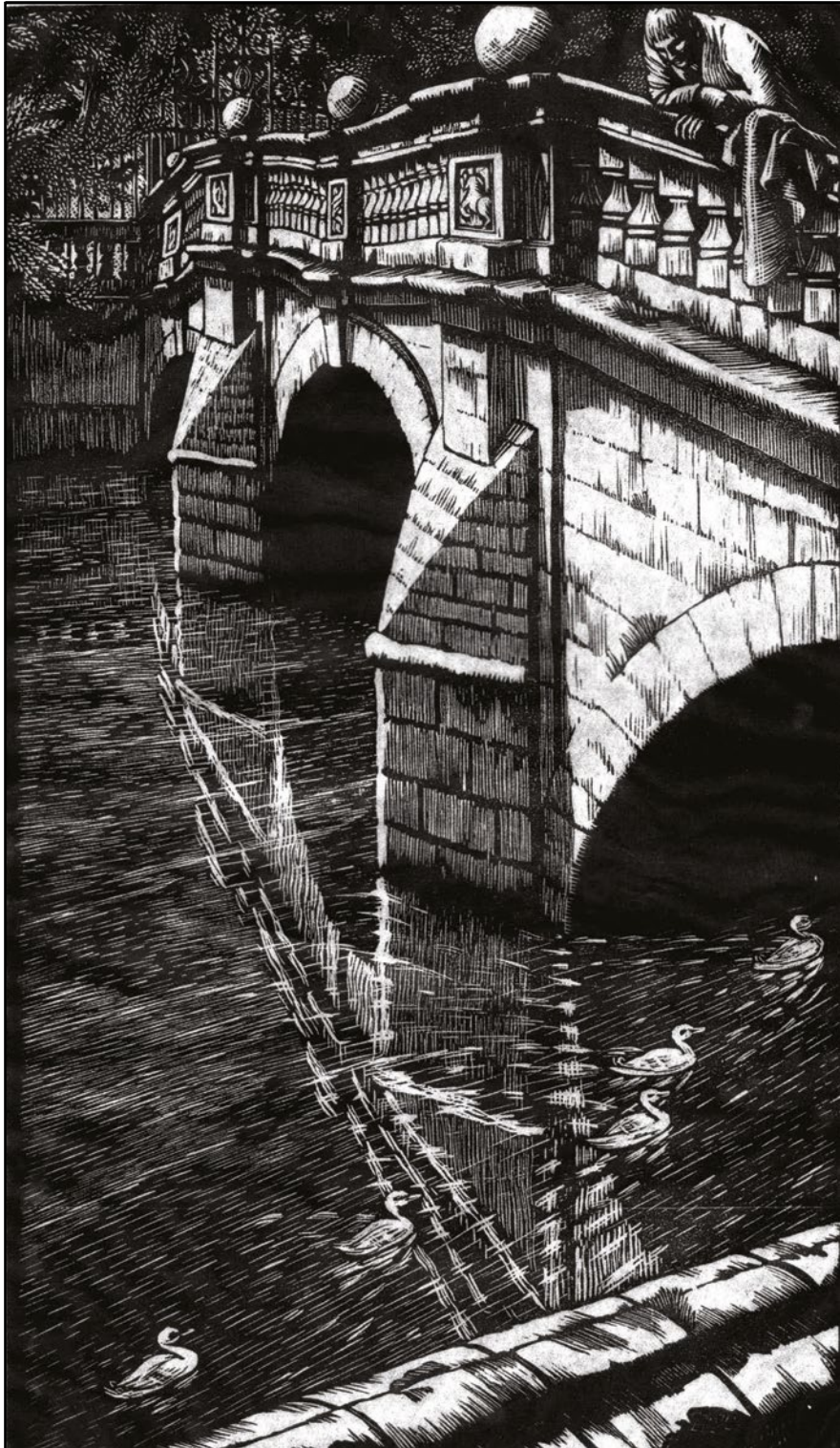
Clashes in cells give the
names of the members
of the so-called
Cambridge Mafia:
K(enneth) CLARKE,
J(ohn) GUMMER,
N(orman) LAMONT,
L(eon) BRITTAN,
N(orman) FOWLER,
P(eter) LILLEY and
M(ichael) HOWARD.

Winner: Shahina
Ghazanfar (Newnham
1978)

Runners-up: Jason
James (King's 1983)
and Paul Peters (Trinity
1968)

GWEN RAVERAT

THE **ART** OF A CAMBRIDGE LEGEND



With her international reputation as a wood-engraver firmly established, Gwen Raverat, grand-daughter of Charles Darwin and author of Cambridge classic *Period Piece*, is recognised as one of the most important pioneers of the art form.

Until the end of August 2018 CAM readers can claim a 20% discount off original prints, giclées and books (enter code CAMLENT at checkout for orders over £50).

You can buy limited edition original prints, some signed, or, where none remain for a particular image, fine-art giclée reproductions. And we have a range of suitable frames and books. Go to

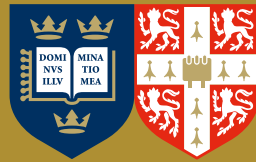
www.raverat.com

20% **DISCOUNT**
off original
prints, giclées
and books*



www.raverat.com

*Visit: www.raverat.com to browse the archive and buy prints. Enter code CAMLENT at check-out for a 20% discount on orders worth more than £50.



OXFORD AND
CAMBRIDGE
— CLUB —



Welcome to your Club

For nearly 200 years alumni have chosen to take up membership of a spacious and elegant private club in the heart of the West End. The Oxford and Cambridge Club in Pall Mall is the perfect place to meet for a drink, entertain friends and colleagues in magnificent surroundings, play squash, take a break, host a party or just find a quiet corner to prepare for a meeting. A thriving social scene, sports facilities, a lively calendar of events including talks, tastings, dinners and balls, an exceptionally well-stocked library, extensive wine cellars and more than 40 bedrooms mean our members use their club for recreation, relaxation and business - and now you can too.

For more details please visit www.oxfordandcambridgeclub.co.uk or call 020 7321 5103