

THE HARROVIAN

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SPEECH DAY

The Head Master's Address, Saturday, 25 May

We celebrate this morning a delightful conceit in the bicentennial year of Byron's death, to recreate Speeches in part from 220 years ago when Byron performed as Latinus with Robert Peel (his moral foil and conscience) as Turnus. We have added some of his own words, extracts from his own times and more to bring us into the 21st century. This makes the Speeches entertaining and intelligent renditions in themselves, and a well-turned metaphor by declamation of what Speech Day really is: an index finger balancing a 12-inch ruler in a moment of reverie in the Form Room, the tipping point, Speech Day as the fulcrum of the year: looking back, we celebrate the achievements, glories and progress of the academic year gone and looking forward with eagerness and anticipation to the changes in responsibilities, roles and appointments and the bounding gains of aspiration in the generations upcoming in the School. In looking backwards, we should recognise the service of beaks as they move on from the Hill.



I would like to mention a few beaks who are leaving us this year. Old Harrovian Sam Ackroyd has been with us only since 2021. He is a favourite in the form room for Economics and is also involved with cross country, soccer, and Shaftesbury Enterprise. He moves on to KCS Wimbledon. Starting with us in 2017, a lynchpin of teaching in PE and Sports Science, Mr Furber has been a prodigiously successful coach of many high-performing teams, and a firm and fondly respected Assistant House Master of Elmfield. He goes on to be a housemaster at Millfield with his wife Natalie, a beak in her own right in our Learning Skills Department.

Mr Pollitt came to us as Head of Economics and Assistant House Master of Bradbys, in the same year as I joined as Deputy Head Master. He has been a soccer coach and long-suffering Leeds fan, moved on to Assistant House Master of Newlands, all the while noted for his outstanding work as a form room beak, unstinting, intelligent, kindly and generous with his time, if not his marks. He has been House Master of Head Master's since September 2019, and we will lament his passing from that role where his thoroughgoing schoolmasterly instincts have been exercised to a boundless extent; he manages arduous compliance flawlessly and he radiates spirit, inspiration and understanding in a fashion that can't be forgotten. He will

be succeeded by Mark Tremlett, with his wife Rima, who are returning to the sunny uplands of housemastering.

Teacher of Economics from September 2001, Mr Tolman joined us having taken a 1st in PPE from Christ Church, Oxford. A superb and rigorous form room practitioner and intellect, he was soon in charge of Oxbridge, and subsequently Head of Economics. He has been an external examiner and has guided and developed the musical life of many boys through his work with the Byron Consort; indeed his CV mentions proficiency in five instruments (including the flute, clarinet, saxophone, piano and organ), something I hope he will have time for in the years to come. He was Assistant House Master of West Acre, and has been House Master of The Grove since 2012 and most recently a careful and assiduous Senior House Master. He will be succeeded by Alastair Cook and his wife Ruth.

Coming from Repton, where he was, man and boy, Mr Ridgway became Head of Biology at Harrow in 1997, fully involved in everything from the beginning, including being in charge of three rugby teams at the same time. He has led expeditions overseas, shooting, DofE, and is a fondly remembered House Master of Druries 2009–19 and has recently been champion of our work with prep schools. Externally, he is a great supporter of ZSL and other conservation causes, he retires to Somerset with our best wishes.

Mrs Moseley joined us in 1995. Nick Bomford, Head Master of the day, wrote in his marginal notes on her CV during her interview "seems to have quite a lot of personality"; GDPR 2024 wouldn't allow that now. Blue blood is in her veins – her great-grandfather and great-grand-uncles were OHs. She has been in the vanguard of Spanish teaching; she knew what Modern Languages looked like before MLS, alongside in steadfast fashion growing our Community Service programme, being beak in charge of Speech Room, socials, debating, Friends of Harrow, and turning out for athletics and cross-country marshalling every year on the Hill.



Abingdon in Lane 1, Cooper's Coburn Lane 2, Hampton Lane 3, Harrow Lane 4, Radley Lane 5, St Edward's Lane 6, St Benedict's Lane 7: as many people over the years will have heard the unmistakable voice of Father James on a Saturday afternoon marshalling athletics as may have heard him speak in Chapel and St Mary's. Father James's capacity to direct, control, exhort and inspire with that voice in the form room, in the House, as we worship, on Long Ducker and more is a

wonder. He was the actual voice of God in *Noye's Fludde* on Community Day in 2022, and to have had our very own local *Metatron* pronouncing the blessing from the high altar for more than a third of a century has been an enduring benediction that now translates to the parishes of Templebreedy in the Diocese of Cork. He spans such a period of Harrow's modern history it's nearly impossible to give it credence here. It started, arguably with his being Nick Bomford's Head Boy at Monmouth School, his first degree in Chemistry and two further degrees in Theology, Vicar of St Mary's, where he leaves a second void, present at the birth of Shaftesbury Enterprise, his tireless insistence gave us the forerunners of PSHE – Health Education and Way of Life, and more than a thousand *confirmati*. He has, as a true Christian, championed in his time the religious life of Jewish and Muslim boys. Beyond the Hill: Lord Mayor's Chaplain and Master of the Haberdashers, showing he gave much in the world outside wondrous wide. He is lovingly and wonderfully supported by Fiona, OH son Huw now serving in the Army on operations overseas, and daughter Kitty who is enabling youth work at the Harrow Club. Father James, 35 years a Chaplain; so strong in the spirit that you caused Mr Barry to come into Chapel voluntarily on Pentecost last Sunday – his ministry is showing no signs of diminishing as it moves shores. Father James should retire more often if he can produce such miracles.



More boys are going to global top 10 and top 100 universities than ever before and to a greater range of universities than ever before; an inspection report that, while incredibly positive, was also an authentic validation of the work of beaks and non-teaching colleagues, and specifically lionised the Super-Curriculum and with titles such as 'Newstead: The Black History of Byron's Nottingham Estate', 'Insect Farming: Sustainable Solutions for the Future of Food Production' and '12 Angry Men: The Perfect Moral Drama', I share their delight. Then add in national rugby champions, national swimming champions and the same top-level achievement in skiing and fencing, with judo very close behind – and further our cricketers giving us a win at Lord's, third in a row, to close a sporting year. Could all this lead you to suggest that at Harrow School success is fitted as standard? No, really no. Being exceptional is not every day, if it is assumed it stops being excellent and becomes presumptive and complacent, and, indeed, success stops happening. For all our vaunted headlines this year, we will retain the humility of crafting every achievement and every win from the ground up.

These achievements are signifiers, not end-states.

We will always counsel Harrovians away from that slightly too long CV or personal testimonial, that smacks of an unsavoury reprise of Toni Morrison's grab-bag candy game. It's not about the litany of what I have done but the reality of whom I have become and where I am going. Our boys rightly frame their striving about what's next, to whom are they giving back, and for whom their light shines brightly as a beacon of enabling encouragement in the world. And what a world it is out there: inconstant leadership, craven decision-making, disturbing movements in geopolitics, uncertain identity, populism and

rejection of the rational and the humane, and the gathering pace of climate change. It is an unprepossessing prospect as we look out into the world from the special vantage point we have on our hilltop. So is there anything positive about this context that we look upon?

Yes, and emphatically yes.

The positive is the determination of Harrow School and the entire global Harrow family of schools, to use and build on our triumphs, make them work for us rather than leaving them as ornaments on the mantelpiece. These success engines are there to prepare the next generation (sitting right there represented by our prize winners) to face, to best and to despatch these massive challenges and build a better future than the one they have been left.

As a non-trivial aside, none of the spectacular accomplishments that we celebrate in these prizes or more generally today were made better, more likely or given more potent educational lessons because of smartphones. Instead, dare I argue, they were made more likely, richer, stronger and more potent by a life on the Hill that is social and collaborative, as well as competitive, adventurous, has a failure in equal significance with success, is serious fun, fully in fellowship. Whether watching a select band of Harrovians being watched by all the Harrow community at Twickenham and at Lord's, or listening in St Mary's on a Tuesday lunchtime to a full Tchaikovsky concerto, or when a Shell comes to collect his first Head Master's Send Up, in all these, and more besides, we sense palpably all our Values and an equal appreciation for the outstanding. And, none of it happened through looking down at a screen but rather by looking up, talking and endeavouring together.



So, we are not resting on our laurels; we are seeking keenly and restlessly for new ones. I am a rigorous heraldry enthusiast, as Ms Copin knows to her chagrin, so I am elated by our armorials that ennoble and enable us every day. Our lion, homophone for our Founder, symbolises on coats of arms courage and honour. It is rampant, rigorously reaching, exceeding its grasp, facing the future, looking to tomorrow and eternally seeking the next laurels.

So how do the yearning, the striving and the aspiring take shape? Is it about the horizon – scanning for optimal opportunities and adopting all the Machiavellian machinations to make them yours? I think it should be more grounded, and show more humility. It's all about a straightforward track record, doing the normal stuff well, with care and flair, getting it done where you are working, and solving the problems and tasks that are in front of you, rather than seeking the eye-catching promotion job. No one is Churchill, whose 150th is this year, instantly. He failed to get in here three times, and he was such a duffer on leaving he had to join the cavalry because the infantry and artillery wouldn't have him. But he didn't repose on his heritage, he got on with life. In his first adventure, he was captured by the Boers in South Africa, escaped, evaded capture across the veldt, didn't put his feet up, rejoined the cavalry, and liberated the very POW camp in which he had been incarcerated. Later, he commanded a battalion in the trenches in WWI. Daring do. There were wilderness years too; he knew the inside of despair

and dejection, he had stroked the black dog as he called the darker places in our minds, on the back of the neck. Churchill, as just one example of our Giants of Old, had been through a lot to make him Churchill, doing and taking on the prospects in front of him, not waiting with a sense of entitlement for the plum job to be presented to him. And so it is for us, the inheritors in the Harrow of today.

Of course, as we tip into the second quarter of the 21st century, we will seek to provide the best facilities and technology – we will open some later – to ensure that boys are as fully conversant with AI as they are with PSHE and whatever comes after them. Avowedly, though, not seeking to produce ever more compliant neurotic test-takers: instead inculcating the qualities to cause the thriving of whole human beings, equipped to work and enjoy challenges alongside their fellow global travellers, whomsoever they may be, prepared by an unparalleled holistic education in a deliberate synergy of body, mind and soul.

CHAMBER MUSIC CONCERT & SMOUHA CHAMBER MUSIC COMPETITION

*Adjudicator Mr Garfield Jackson, Professor of
Chamber Music, Royal Academy of Music, 19 May*

On Sunday 19 May, eight chamber groups participated in the annual Smouha Chamber Music Competition held at the music schools. The School was honoured to host Mr Garfield Jackson, Professor of Viola and Chamber Music at the Royal Academy of Music, as our adjudicator.

Kicking off the event, a clarinet quintet comprised of Aidan So, *Newlands*, Alex Sheng, *Elmfield* Kevin Zhu, *Bradlys*, Brian Ching, *The Grove*, and Daniel Zhou, *Druries*, played ‘*Bach Goes to Town*’ – a prelude and fugue in swing by Alec Templeton. This piece showcased a distinct and unconventional arrangement, with its musical style standing out from the classical repertoire chosen by other groups. The fusion of Baroque elements inspired by J S Bach with modern jazz influences was captured and balanced well, instantly grabbing the audience’s attention and setting a high standard for the concert.

Following that, we had a piano quartet presenting the beautifully textured Andante from Brahms’ *Piano Quartet in C minor, Op. 60, No 3*. It began with a stunning cello solo delivered by John Chow, *Elmfield*, who managed to captivate the audience with his deft control over the instrument. As Puna Anantaprakorn, *Lyon’s*, on piano, John Kwong, *Lyon’s*, on violin and Arun Mattu, *The Head Master’s*, on viola, joined in, the music developed and explored modulations, which they masterfully performed. The communication between musicians was subtle, and it was evident that the musicians enjoyed playing the piece, as did the audience who listened so attentively.

Up next was a piano quintet featuring Julian Chan, *The Head Master’s*, on violin, Spencer Chan, *The Knoll*, on violin, Nicholas Tam, *Lyon’s*, on viola, Brian Chang, *Druries*, on cello and Yuk-Chiu Lai, *Newlands*, on piano, delivering a lively performance of the Scherzo from *Piano Quintet in A major Op. 81* by Dvorak. Their playing was characterised by intricate interplay between instruments and a vibrant energy, which captured the piece’s dance-like qualities, engaging the audience.

Next on the program was Adagio-allegro con brio from *Septet in E flat major Op. 20* by Beethoven, featuring a septet with John Pedersen, *West Acre*, – violin, Spencer Chan, *The*

Knoll, – viola, Peter Yang, *Bradlys*, – cello, Andrew Arthur, *Newlands*, – double bass, Aiden So, *Newlands*, – clarinet, Hans Patel, *Newlands*, – bassoon, Marchus Chau, *Lyon’s*, – horn. Despite being the largest group on stage, the interplay between the instrumentalists was seamless and delightful, with particular recognition given to the often-understated bass section, who delivered their parts with meticulous detail and remarkable cohesion, contributing significantly to the unified and expressive sound lauded by the adjudicator.

To follow, we had a performance of *Serenade for Cello Quartet* by Paul Sudlow from a cello quartet of Larry Jang, *The Park*, Nabhan Chowdhury, *Lyon’s*, James Woolley, *The Grove*, Derek Lee, *West Acre*. The quartet’s rich, harmonious sound brought out the lyrical beauty and emotional depth of the piece, with the cellists forming a cohesive blend as they passed the melody to each other.

Due to changes to the programme, the next group to perform was the clarinet trio with John Chow, *Elmfield*, – cello, Brian Ching, *The Grove*, – clarinet and Anson Ching, *The Grove*, – piano, playing Beethoven’s Allegro from *Clarinet Trio in B flat major Op. 1*. Despite having some ‘rough edges’, the group amazingly captured the essence of the piece. Their exciting interpretation of the piece highlighted the intricate dialogues between the instruments. There was a great sense of synergy between the Ching brothers and Chow, leaving a strong impression on the adjudicator.

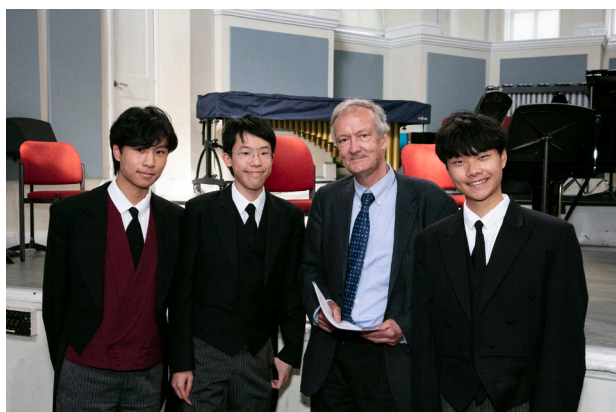
Next, Mark Liu, *Druries*, – piano, Julian Chan, *The Head Master’s*, – violin, and Brian Chang, *Druries*, – cello played Anton Arensky’s *Piano Trio No. 1 in D minor I. Allegro moderato*. Liu’s delicate yet powerful touch on the piano was combined with Chan’s expressive and precise violin play and complemented by Chang’s rich and resonant cello tones. Their enchanting and harmonious musical blend and emotional depth brought Arensky’s composition to life.

After Li ran from his previous commitment, the audience eagerly anticipated the quartet’s performance as they regrouped to begin playing (we were moments away from a special featuring of DNB on the violin!). Matias Santa-Cruz Mortimer, *The Grove*, – violin, Angus Li, *Moretons*, – violin, Evan Song, *Rendalls*, – viola, and Larry Jang, *The Park*, – cello played Mozart’s Allegro vivace assai from *String Quartet in G major, KV 387, No. 14*. The performance was praiseworthy, showcasing technical precision and expressive musicianship, and Li’s dedication to making it to the stage highlighted their seamless teamwork.



After all the performances concluded, Professor Jackson expressed his admiration for the wonderful hour of music. He highlighted the importance of stagecraft and the effective use of time and rests in musical performances to enhance phrasing and create contrasts. He also stressed the need for ensemble co-ordination, emphasising the importance of synergy and communication among musicians. He also taught that, along with our own interpretation, we should strive to deeply understand the piece to accurately convey its character. After some brief comments for each group, Professor Jackson awarded a joint

third prize to the Dvorak piano quintet and Beethoven septet, second prize to the Arensky piano trio, and first prize to the Beethoven clarinet trio.



Overall, the concert was highly enjoyable, and it's safe to say that both the performers and the audience had a fantastic time. Many congratulations to everyone involved, and sincere thanks go to the music beaks for coaching the chamber groups, as well as to DNW, DNB, and the Music Department for their steadfast support of all the boys throughout the year.

EDI TALK

Mr Ben Smith, 'Sexual Orientation', 14 May

On 14 May, Harrow was fortunate to welcome talented entrepreneur, marathon runner, fundraiser, author and inspirational speaker Mr Ben Smith to deliver a talk as part of the term's Equity, Diversity and Inclusion awareness theme of sexual orientation. Mr Smith wasted no time, taking an open and conversational approach, immediately capturing the boys' attention. He began his story reminiscing on his early childhood, during which he frequently moved around the world as a result of his parents' work (his father was a highly ranked RAF officer), gaining valuable cultural experiences in the process. He stated the gratitude he felt for these early moments of his life, building part of his personality and character.

However, at the young age of 11, he faced a very different environment. His family had moved to America for work, but he was sent away on his own to the UK to study in a boarding school. He vividly recalled the feelings of anxiety he felt while flying and taking a taxi to his school on his own. During his time at school, he found that, rather than valuing pursuing one's passions, his peers valued material wealth, and his contrasting values with his peers set him apart, causing him to become ostracised. During this period, he started to discover his own sexuality, and following a long period of bullying, he attempted to take his own life. Even after this failed attempt and subsequent hospitalisation, he did not feel cared for. After graduating from university, he got a successful job, yet underneath his people-pleasing facade he was unhappy with his life. A heavy smoker and drinker, Ben was unfulfilled, and it was when he suffered a severe stroke at the age of 29, which left him paralysed on the left side of his body, that he knew it was time to make a change.

A pivotal moment in his life came when his friend told him to join a running club. Ben was reluctant at first – he had never been the most athletic boy at school, and turning up to his first session was daunting as he recalled seeing other members who seemed to be in the fittest of forms. Yet he persevered, and

through running he found a valuable outlet for managing his mental wellbeing.

In 2014, Ben decided to create something positive even after the experiences he had been through. He embarked on a gruelling mission – 401 marathons in 401 days across the UK to raise £250,000 for anti-bullying charities and ensure no child suffers what he did. His incredible journey continues to inspire hundreds of thousands worldwide to confront their past and redefine what is possible for them..

FRENCH SOCIETY

Wilfred Kent, Bradbys, and Victor Sevaux, The Park, La Révolution Française, 20 May

On 20 May, Wilfred Kent, Bradbys, and Victor Sevaux, The Park, gave a smashing lecture to the French Society on the topic of the French Revolution, one of the most defining eras in French history. After a comedic technical issue prelude, they started to describe what sparked the first embers of the revolution.

With a feudal system and economic hardship, Sevaux described how the French peasants were struggling greatly. The rich were blind to this strife, and poor harvests and rising grain prices exacerbated tensions. Protests broke out throughout France, in demand for cheaper grain.

He went on to show that the elites of France were perfectly content with their privilege and power. They paid meagre taxes, and the running of the country largely relied on the Third Estate: the non-nobles and clergymen.

Pre-Revolution, the government were absolutists, with King Louis XVI holding absolute power. Assured by his seeming 'divine right' to rule, he paid little heed to the voice of the people, and suppressed reform efforts.

Sevaux then explained that the Enlightenment movement also moved the French Revolution forward, advocating for 'Rationalism, Individualism, Pursuit of Liberty, and Equality.' Thinkers such as Rousseau and Voltaire questioned the ideals of divine authority and monarchy, hacking away at the foundations of the old institution and supporting the Revolution. Merit rather than birth started to become the path to success.

France's efforts in supporting the American Revolution would ironically be its downfall, as the Americans were slow in their efforts to repay France, meaning the state treasury was empty. This caused the government to bring in higher taxes, and meant that the price of grain could not be reduced, sowing the seeds of dissent.

Sevaux then described Queen Marie Antoinette as the epitome of the excesses of the monarchy, with lavish spending and extravagant indulgence. She was seen by the public as the figurehead of this old and rotten institution, and her lifestyle was one of the factors that contributed to the Revolution.

Switching speakers, Kent stated the Tennis Court Oath in 1798 was drafted after members of the Third Estate were locked out of their meeting hall, and swore to never separate and to endeavour to create the French Constitution. This oath was historic as it embodied the ideals of the Revolution: the commitment to constitutionalism as well as Liberty, Equality and Fraternity.

He described how many violent revolutionary activities occurred in the same year, with the storming of the Bastille (the official beginning of the Revolution), as well as the Women's March on Versailles taking place. Civilians captured the Bastille, seizing the gunpowder stores and killing its governor, symbolising the overthrow of the old despotic institution. The Women's March was fuelled by the success of the storming of the Bastille, with 6,000 armed women marching on the palace

and demanding to see the queen, humiliating the monarchy and spurring unrest.

The speakers moved onto the topic of Maximilien Robespierre, a lawyer from Arras, who was the chief architect of the Reign of Terror. Initially a pacifist, he was wary of counter-revolutionaries and brought in one of the bloodiest periods in French history. Anyone suspected of harbouring anti-Revolution sentiments was be guillotined, and around 50,000 people were executed during his time. These events transpired from the end of 1793 to the middle of 1794, and Robespierre himself was executed soon after.

They finished by describing the Directory – the new governing body established after the Revolution. However, as it was weak, General Napoleon was able to seize power, and led a coup that established him as the head of state in France, marking the end of the French Revolution and the beginning of the Napoleonic era.

All in all, it was a wonderful talk delivered by Kent and Sevaux. There was a good turnout, and it wouldn't be an exaggeration to say it was the best-attended Shell lecture this year. If you have any interest to give a talk to the French Society, please contact MMA.

SCIENTIFIC SOCIETY

Jackie Guo, *The Grove*, 'Sleep: The key to achieving success in any endeavour', 14 May

Jackie Guo, *The Grove*, started the lecture by listing some of the negative side effects of not sleeping enough, which include increased risk of diabetes and cancer, injury in sport, and heart-related diseases. He then questioned why every species that we know of sleeps, since it presents such an evolutionary disadvantage, leaving one open to predation and unable to hunt or mate.

Guo included detailed diagrams of neural activity during the five types of sleep (four stages of NREM sleep and REM sleep). He explained that during fourth stage, non-rapid eye movement sleep, the information previously stored in the short-term memory, which one has learned or accumulated during the day, is transferred into long-term memory, and he gave the example of sleep being the integration of new information into our consciousness. He further talked about how sleep positively influences musical and sporting activities, and gave a plethora of real-life examples: Usain Bolt naps before his races, and an NBA player is 35% more likely to score a point if they have slept for over eight hours the previous night. He then talked about driving while sleep deprived and introduced the fact that a person who has not slept in 19 hours has the reaction time of a legally drunk person.

When asked about adenosine and melatonin functions, Guo explained that adenosine builds up indefinitely without sleep, as it is a product of metabolic reactions in the brain. Meanwhile, melatonin increases and decreases with the circadian rhythms of the individual (which tend to be around 24 hours 15 minutes per cycle). The difference in hormonal levels is what is known as sleep pressure.

Guo then talked at length about the mystery of dreams, stating that while the concept is still scientifically mysterious, sleep scientists believe that it is through dreaming that the brain attempts to process new information. This is achieved by forming life-like scenarios while limiting the ability of the body to move to prevent injury. Dreams occur in the rapid eye movement stage of sleep, sandwiched between sleep cycles of NREM sleep (each cycle lasting approximately 90 minutes).

MEDICAL SOCIETY

Benjamin Wu, *The Head Master's*, and Julian Chan, *The Head Master's*, 'A comprehensive overview of rabies in modern medicine', 13 May

On 13 May, the Medical Society was graced with a wonderful and incredibly educational presentation delivered by Ben Wu and Julian Chan, both *The Head Master's*. These two gave a comprehensive talk about rabies, "the most lethal disease in history". Chan's introduction discussed how rabies is a zoonotic disease, an RNA virus that is transmitted mainly through mammals, and how there have been no local rabies in the past century in the UK.

Wu gave a good insight into what exactly rabies is, how it affects our nervous system, and how it is transmitted. Rabies can be transmitted by an individual who has been infected by a bite or a scratch through the peripheral nervous system until it reaches the brain. The most common animals that transmit rabies are dogs and bats. Rabies takes weeks or months to reach the brain and the CNS (central nervous system), depending on where the person was bitten or scratched. The rabies virus will affect the autonomic nervous system, which can lead to uncontrolled salivation and tear production. These effects help cause the classical foaming of the mouth portrayed in movies. Since the virus travels in the nervous system, the immune system cannot do anything about it, which allows the virus to multiply unchecked until it reaches the brain. After it finishes multiplying in the CNS, the virus moves out into other parts of the body, including the salivary glands, which can lead to further transmission of the virus.

After Wu briefly touched on the effects of rabies, Julian expanded on it, explaining how there are five stages of rabies and how the effects change depending on the stage. The first stage is incubation; in this stage, no symptoms are shown while the virus develops through the body. This stage can last from a few days to two years, but it is usually one month. Then there is the prodrome stage. When someone is in this stage, mild symptoms start to appear, including fever, anxiety and anorexia. This is commonly regarded as the point of no return for rabies. The next stage is excitement. This is the stage that produces the worst psychological symptoms, and also worsens previous symptoms. There are three different ways that this stage can affect a person, but most of the time it causes people to become uncontrolled and furious, and causes hydrophobia, which means that they cannot drink water because it hurts too much and their body instinctively throws it back out. This is how rabies makes sure it doesn't get diluted. Finally, there are the coma and death stages. If the person has not already died of their symptoms or dehydration, then they go into a coma, where all their symptoms go away but they are in a paralytic state and will eventually die after a week or so.

This was extremely distressing, but, luckily, rabies has not been seen in the UK for more than a century. On top of that, the tests for rabies have continued to advance, and that is what Wu talked about next. He described the several tests needed to diagnose rabies properly. These tests are crucial, especially after symptoms start to appear. They mostly use the DFA test (direct fluorescent antibody) as this is the most reliable method to test for rabies. For these tests, they may take brain tissue from a deceased animal to see if the scratch or bite contained rabies, or they can take a skin biopsy where they check hair follicles at the back of the neck for the rabies antigens. If the test is positive, a fluorescent green dye shows, but if is negative, there is no fluorescence under a microscope. The way you treat a potential infection is to wash the bite or scratch with soap and water for at least 15 minutes to remove as much saliva or fur as possible. This can reduce the amount of virus in the system. Then, according to Wu, you can administer PEP (post-exposure prophylaxis). This is a series of injections that include rabies immunoglobulin, and this provides immediate antibodies to

neutralise the virus before it enters the nervous system. This is administered on the third, seventh, and 14th days after the scratch or bite. To manage the hydrophobia, you should drink a great deal of water. Although there are only around 20 cases where someone has survived rabies, with our current technology, these actions can be very helpful.

The next slide was presented by Chan, who reiterated how to treat rabies, but also talked about ways of preventing it: viral vaccines; oral vaccines for dogs and foxes (although bats are a viral transmitter, it is very hard to capture them); euthanasia of rabid animals (although this sounds disgusting, it does offer a painless death, but a dead dog is nonetheless saddening); and compulsory quarantine for imported animals. These all help manage and prevent rabies from spreading, and it has worked very well, as they both stress how there have been zero cases of rabies in the past century.

Wu concluded that it is important to recognise the severity of the disease as well as the strides we are making in treating the it, and even though it is one of the oldest known viral diseases, it continues to pose challenges globally.

BALFOUR SOCIETY

Leung Leung, Lyon's, *'The Fire-Coloured Cat: The Endangered Journey of Red Pandas'*, 22 May

Leung Leung, Lyon's, delivered an excellent lecture to the Balfour Society concerning red pandas and their highly endangered state. Leung proceeded to give us insight on the red pandas' diet, mentioning that they are omnivores, as they feed on fruit and bamboo as well as birds, their appearance, their adaptations that allow them to survive, and their habitat, where Leung elaborated on the panda's preferred living conditions in high, mountainous regions. He went on to describe how red pandas are an endangered species and how communities as well as individuals can help to prevent poaching. Charities such as Red Panda Network, who operate mainly in Nepal, ensure no poaching or selling of fur can take place. They also provide eco-friendly jobs for people to help recover the population of red pandas in Nepal as well as abroad. Red pandas are also being placed in government-protected national parks to secure the species. Furthermore, he explained that deforestation is a leading factor in the decrease of the red panda population, and most of it is due to humans. The projects on roads and farming have a damaging effect on red pandas' habitat. Climate change has also brought its fair share of difficulty, preventing bamboo from growing at its natural pace. This could ultimately lead to less food for the panda, further reducing the population. His presentation was clear and showed a promising start to the Balfour Society.

The opening event for the Balfour Society attracted many boys, who showed dedicated attention to Leung during his lecture. Leung was asked many interesting questions that tested his understanding of the red panda. However, he answered the questions thoroughly and aided our understanding of red pandas with a challenging quiz at the end.

ORIENTAL SOCIETY

Jaden Lim, *The Head Master's*, and Garrick Tan, Rendalls, *'If it is alive, it can be prescribed: traditional Chinese medicine'*, 15 May

The talk started with Jaden Lim, *The Head Master's*, giving a brief introduction to what Chi is: the vital life force that

animates all living beings. Lim further explained that Daoism, a prominent philosophical and spiritual tradition in China, helped play a pivotal role in shaping the understanding of Chi. Daoist philosophy emphasised the interconnectedness of all things and recognised Chi as the animating force that flows through the universe, connecting the microcosm of the individual to the macrocosm of the cosmos.

Lim moved on to articulate that the foundation of Chi theory is intricately tied to the concept of meridians. Ancient practitioners observed that their specific energy pathways or meridians allowed Chi to flow through the body. These meridians were associated with the body's organs and were believed to regulate the flow of Chi to maintain health and balance.

Lim explained that Chi is about the idea of balance and harmony, specifically Yin and Yang. Yin is associated with downwards. It is wet, it is chill and subdued; it is female. Yang is the opposite of Yin. Balance in Chi (Yin and Yang) is essential for overall health. Lim further explained that there are many different parts of Chi, such as nutritional and immunity Chi.

Heatiness is a unique traditional Chinese medicine concept that is used to describe the body being in a state of excessive heat, when the person may experience symptoms such as increase in body temperature, feeling feverish, having a dry mouth or a sore throat.

Garrick Tan, Rendalls, talked about cupping, a technique in which a vacuum is created within a cup using heat or suction, and the cup is placed on a patient's skin, breaking up adhesions that are blocking the flow of Chi and nutrients to different parts of the body. Garrick explained that cupping can stimulate lymphatic and blood flow to an area to remove toxins and facilitate healing. While cupping has been popular in Egypt, China and Middle Eastern cultures that go back thousands of years, an increasing number of people have been adopting it. Athletes like Michael Phelps have popularised it in recent years.

Lim showed a picture of Po from *Kung Fu Panda*. He then explained that, like Po's training regimen, acupuncture can help target one's weakness and vulnerabilities, aiming to strengthen the body and mind and achieve physical and spiritual harmony. Acupuncturists believe the human body has more than 2,000 acupuncture points that are linked through various meridians. The use of acupuncture on certain points on the meridians are believed to improve the flow of blocked or stagnant Chi.

The next method is Gua Sha. 'Gua' meaning scrape and 'Sha' meaning rash. Tan explains that it is a firm, unidirectional pressure stroke to an area on the body using a blunt tool. Gua Sha has been used to treat many different types of medical problems such as pain, nausea, coughing, limited range of motion and fever. However, there is not a lot of evidence to suggest it works – it may be placebo effect.

The next method is a very unique and quirky method – the onion in a sock method. It is believed that putting a sliced onion in your sock while you sleep will absorb all the evil and badness from your body through important meridian channels in your feet. The sulphur content in the onion suggest that this strange method may genuinely help.

Moxibustion involves burning yourself with herbs. It is meant to introduce and stimulate flow of Chi around the body.

Tan explained that poison was very commonly used in medicine. In fact, it made up 20% of drugs in Chinese medicine. Doctors believe you can use poison to fight poison. In their eyes, you can use these powerful substances to target and eliminate specific disease entities. They believe the strong sensations induced by poison mark a process of purifying the body of its harmful burdens.

The context in which a drug is used matters. Doctors consider the effect of each drug malleable. Nothing has one specific use or purpose. If you mix something, it gives it a different use.

Disgusting ingredients are used in other forms of medicine. For example, the extract of cockroaches is used to treat aches and pains, such as oral and gastric ulcers, inflammation and even chronic heart failure.

Medicine is used to treat a wide range of conditions including erectile dysfunction. There is a wide range of ingredients such as seahorses, tiger penis, ginseng, ginkgo biloba leaves and acupuncture that are used to treat erectile dysfunction. Tiger penis is used and believed to be beneficial due to tigers being powerful symbols. Horny goat weed is a plant used that contains a compound that has the same effect as Viagra.

Another rather weird method of treatment is urine therapy. It is believed to have lots of nutrients because it comes from your body. Apparently, it treats heatstroke and helps to balance Yin and Yang.

Finally, the last method of treatment that was explained in the lecture was the virgin boy egg. Its tradition dates back centuries. Eggs are preserved in schoolboy urine. There is no evidence to suggest it has any benefits, however the eggs continue to be consumed.

Overall, the talk was very entertaining and informative, and a lot was learnt about traditional Chinese medicine.

METROPOLITAN

LA TULIPE

Winner, Oxford French Flash Fiction Competition, by Tony Shi, The Grove

La pluie ne peut me blesser. Le soleil ne peut me brûler. Je ne meurs jamais. Quand les doigts doux de printemps glissent avec les vents parfumés, je me réveille. Je m'épanouis aux mélodies de l'été. Bien que tout le monde puisse cueillir mes cheveux, personne ne peut me détruire. Autrefois aux Pays-Bas, mon corps valait son pesant d'or. Maintenant, je pousse sur le bas-côté de la route, abandonnée. Quand le filet d'automne m'enchevêtre dans le froid, je me flétris. Mais j'attends toujours le réveil de printemps : ma beauté s'évapore dans l'air, mais ma vie perdure sous terre...

The Tulip

The rain cannot hurt me. The sun cannot burn me. I never die. When the soft fingers of spring glide with the sweet winds, I awake. I grow to the melodies of summer. Though everyone may gather my hair, no one can destroy me. Long ago in the Netherlands, my body was worth its weight in gold. Now, I grow on the side of a road, abandoned. When the net of autumn entangles me in the cold, I wither. But I am always waiting for the call of spring: my beauty evaporates into the air, but my life endures under the ground...

A NEW MUSIC GUIDE

As a Harrovian who is an unashamed purveyor of culture, I have recently stumbled upon a frightful reality: many of my comrades appear to listen to the blandest music available on streaming platforms in either a wilful rejection of artistry

and intent or a simple lack of discerning capacity to reach out beyond their comfort zones and listen to different artists. Indeed, one of my compatriots has amassed a bewildering 10,000 minutes listening to Taylor Swift's latest album, despite it being released only a month ago. (For legal purposes, I respect that art is subjective and that people have individual opinions.) I have therefore taken it upon myself to establish what I hope to be a weekly instalment of music recommendations, seeking to diversify Harrovian listening habits. Taking inspiration from Pitchfork's 'Best New ...' series, I shall attempt to offer a counter-cultural and alternative take on albums from different genres (including a surprise record at the end of the list) each week.

Indie/Folk Music of the Week *Sun Kil Moon – Benji*

Sun Kil Moon's musical trajectory has certainly been varied and unpredictable. Yet, *Benji* (the provocateur's 2014 effort) stands above the rest as a tortured portrait of artistry; seeking to affirm its life through wallowing griefs of death, the record brings about a new birth, as if washed with the vitalism of life. The lyrics read like a merger between Kerouac and Burroughs, while the instrumentation is delectably soft yet precise. A stunning album for quite introspection.

Rock Music of the Week *Nirvana – Nevermind*

Alright, maybe this isn't that alternative, but is there anyone cooler and more anti-establishment than Kurt Cobain? Also, does anyone else remember when he graffitied 'GOD IS GAY' on a wall? Anyway, what else is there to say about *Nevermind*? The riffs are brilliant, the vocals violent yet restrained, the concepts sprawling yet concise. Brilliance.

Pop Music of the Week *Blur – Modern Life is Rubbish*

Britpop may have ruled the '90s but it is surprising how little modern Brits know about their saviours. *Parklife* may be the magnum opus, but *Modern Life is Rubbish* must not be overlooked. From its brash opening through its delirious anti-media, anti-advert musings, the album is just as arresting as its brilliant cover.

P.S. If you're not listening to Britpop, at least listen to Portishead. Please.

Electronic Music of the Week *Air – Moon Safari*

Air (billed as Air French Band) were a fascinating counter to Daft Punk's renowned electronic sound. In the early days of French house music, Air's delicious, light synthesisers appeared to be a likely alternative to Daft Punk's tight, scratching whirs of looped drums and samples. Although Air's sound may not be commonly associated with the genre they helped to pioneer, *Moon Safari* remains a fascinating and stunningly produced vision of the expansive scope of true artistry.

Surprise Music of the Week *Chet Baker – Chet (Mono)*

Chet Baker may be renowned for his vocal cool jazz (*Chet Baker Sings* remains a lucrative welcome to the jazz world), his trumpeting is what will take your breath away. Across the space of nine tracks, Chet transports the listener through joy and heartache, settling somewhere in the eternal groove of the blues. The best mix of the album remains the mono mix, as stereo was in its infancy at the time and did not work well with this record.

Well, then. There you have it; I do hope that this inspires some Harrovians to go out and explore the wide world of music. Until next week!

YOUNG PROPHETESS OF FATES

This is the ceremonial poem attributed to the goddess who controls childbirth and family. The Stars of Broom is the Chinese name for comets with long tails.

Autumnal orchids oh! and flowers sweet,
Shall thrive beneath oh! the divines' feet,
Green leaves with flower oh! in untainted white,
Their beauty and fragrance oh! assail the sight.
Men of the world oh! have children of grace,
Why do you worry oh! in their place.

Autumn orchids oh! and luscious shoots,
Leaves so green oh! with purple roots.
The fair ones oh! cast their sight,
Amorous looks fall oh! left and right.
Without speech you come oh! without letter you leave
On whirlwinds fast oh! and clouds with glow.
Great is grief oh! when lives depart,
Great is joy oh! to find friends of heart.

In lotus dress oh! and lavender belt
You hair dried in the valley oh! where the sun was smelt.
For the one to arrive oh! I wait and long,
In the wind I sing oh! disheartened songs.

Peacock canopy oh! and banner plumed,
I ascend heaven oh! and hold the Stars of Broom.
Wielding a long sword oh! and holding the young,
You alone are fit oh! to judge right from wrong.

SCENES FROM MY EXEAT

Scenes from my exeat, when gazing upon the first good breakfast I've had in three weeks, Nick Arnison, Moretons

Before the lark ascends, the cuckoo cries.
The dawn of the birds, the sunlit dawn.
The field becomes a cherry.
The wind, she sighs, and shows there in, the pastry folds of the sky.
The bowl of the earth, looked over by the child,
Gleams brightly, China white.
The cuckoo sings, and the hot ears of the earth awake.
A high, a low, a soothing note.
And all the birds, in morning bliss, awake from dreams.
The great yolk rises, and the yellow cracks.
The idiot wanders down the path,
Humming a tune, a fine tune,
As the funeral procession of Egyptian Geese flies by.
The baser animals of the land,
The sheep, the cows and the lamb
Sleep idly by, the blanket of night o'er top.
The childish eye sees them there,
Bright, round and terrifying.
The crumbs of crust dance about,
Smoking o'er delightful swirls of
Smoking, conservatively salted bliss.

The thought of day, in those moments:
The rat race of school,
The Shibboleth his brawl,
The brass bell's call:
All was but a sausage,
A garnish of caramelised onions,
A fried tomato,
A crank of black pepper,
A flurry of basil,
And a fest of mushrooms.
And it was delicious.

HERE AND THERE

News from around the Hill

Some Old Harrovian news as we have another International from The 2023 1st XV. Tito Edjua, Lyon's 20193 played and scored a key try for the USA U20s rugby team vs. Canada on Saturday in their Rugby World Trophy qualifier.

This is great news and effort for Tito who is combining his rugby playing with studying at Brown University as well.

OPINION

CORRESPONDENCE

Letters to the Editors

DEAR SIRs,

The purpose of your editing is to "prune the edges of the wild and untamed drabbles" and tidy up the scrawls we submit to you in writing. However, it is not your place to hack at our writing and reduce our credibility! I understand if articles come in with typos, and then you do not catch them all, after all: no one is perfect. And we're all grateful for the efforts and exertions you put into these journalistic activities.

However, I have submitted a number of articles and they have been – to the best of my knowledge – at the pinnacle of grammar and spelling. So how is it that when I grab my tobacco pipe and take a seat in my wicker-chair, keen on reading the next edition of *The Harrovian*, I see ghastly little black-ink crumbs splattered over my articles in the form of typos?!

No typos were present when I submitted my articles to SMK, how then have they snuck in the process of publication? I see only one possible reason – were they inserted by you, yes you, the editors? I have therefore formulated three reasons this might happen: you drifted off into dreamland and your head smashed against the keyboard. Or your House Master's pet decided that it was an opportune time to jump onto your keyboard? Or a spider roamed onto the keyboard, and in your state of petrification used your slippers to murder the poor arachnid? Surely it can't be for the reason that you can make mistakes?

Whatever the case, please stop dozing off while you edit, keep the door closed when any small furry animal is present, and use bug spray next time. I look forward to your unmarred editing work in the future.

With unbridled hope and optimism,
ISAAC WONG, *THE PARK*

DEAR SIRs,

In the week before Speech Day, only a lovely sunny afternoon, I remembered the Sabbath, and decided not to prepare for Trials or do any work. Indeed, the sun, like the flowers and their soothing scents, came out from their seemingly eternal slumber. After a pleasant cream tea, I found myself walking aimlessly across the School grounds. In fact, from 4 to 6pm, I waded through the warm rays from above. Alas, my legs tired near Sheepcote and there was nowhere to rest. My brief escape from hectic Harrow was ruined by the lack of benches across the Hill.

I have not monitored or found every bench; however, to my knowledge, there are only veins of benches near the Chapel terrace and northeast of the pond beside the Sunley. Indeed,

I found only one bench in the shade I so craved. Around the farm and largely unexplored fields (through which I hope I was allowed to promenade) there is no suitable place to perch in the sun. This reminds me of Fr Stuart sitting in his foldable chair and DFC on his buggy during cross country. Indeed, the former case shows that even the elderly are affected. Harrow is rarely appreciated for its land, yet it is goes unappreciated due to the impossibility of traversing it without tiring. There must be benches.

Boys at Harrow are subjected to unwritable stresses which result in receding hairlines and wills to live; however, the solution is not the inevitable therapy or drug abuse. The rush of the wind between every blade of green grass, which waves across fields, is a calming force stronger than any expensive intervention. Harrovians no longer reside in country estates, having swapped fresh air for city smells. Thus, if cows were to spawn in some fields, it would become beneficial for the average boy to enjoy the passivity of those gentle giants. Bryon lay, lazily lay, upon a peachy stone; perhaps, if there were a bench, he could have written even greater poetry without disrespecting a poor ghost. Indeed, creativity is found in the magnificence of nature, which remains. The canvas and page can be filled almost unconsciously when sitting among all things wise and wonderful. The laddish boy, who certainly won't be reading this, would be grateful to observe whatever sports occur on various pitches, such as Sheepcote, rather than standing or sitting in the mud.

Of course, Harrow is a charity that benefits the community at large. It is my understanding that our grounds are generously open for civilian strolling. This is an activity unfortunately only enjoyed by the elderly; however, with the steep Hill and thick grass which grow increasingly daunting with age, fewer people are able to enjoy God's creation. Perhaps Old Harrovians can visit more, meeting the oaks they once knew when each were mere saplings.

Must we wait for more deaths such that commemorative benches appear? They would likely only appear beside other unused sitting spaces. I know Harrow needs every penny to rip the wisteria's roots from the ground and to remove the grass beyond the chapel terrace. Shells are very aimless during DT, without any government sanctioned project; thus, I contend that an excellent activity would be the construction of benches. Artistic pieces, from which Harrovians can take pride, could populate The Hill. Any skill can be learned while building benches, even teamwork if it were a group project. If pewter key chains are to be prioritised, there are other ways we can go about it. If any benevolent boy, beak, or philanthropist were reading, he would donate to The School with the purpose of bench bequest. If I have enough support for the cause, I shall campaign further with a Go Fund Me page.

Yours between aches,
R.T.M.Y

DEAR SIRs,

As the we settle into our Summer term routines, there is only one thing which is on the mind of both Shell and Upper Sixth, that being of course House Sales. Shells come strolling around the landings, looking for a bargain or a new statement piece, whilst Upper Sixth look for the most oblivious Shell to fleece of their pocket money. This cycle has continued for as long as I have been at Harrow, and probably for much longer. With old Long Ducker shirts helping us to gauge the value of some Upper Sixth collections, I wonder, what is the average Harrovian's obsession with these retro items of clothing?

Whilst some might dive into these piles of 'vintage' clothing, looking for an old pair of Maro Itoje's boxers, or Winston Churchill's old pen and quill, nobody is oblivious enough

to fall for scams such as a 2020 Long Ducker Shirt with M. Itoje written on it in green sharpie. So then why do these sales always have such a large crowd? Whilst some Harrovians use this as an opportunity to catch a glimpse of Harrow School's past, the current Upper Sixth should thank GameStop, and r/WallStreetBets. Now, every naïve Shell seeking his first foray into the world of investing, seeks to buy low and sell high not in the stock market, but rather in the illustrious trading halls of the Park's corridors after prep times. For bankers markets open at 9.30am, for jaded Upper Sixth, markets open at 9pm after prep.

These wannabe Jordan Belforts perpetuates a cycle of scamming and justification, urging Shells to 'invest' in this £200 jacket, never mind how the moths will guarantee it becomes a depreciating asset. When Upper Sixth rolls around, they will then prowl the landings and repeat the whole story again. This market, a tradition based in sensibility, a place where boys could get cheap replacements to hoodies and shirts instead of going to the outfitters, now has houses in a strangle holds as corridors become flea markets for two or so nights a year. This cycle is unhealthy and eventually, when someone, does eventually put a stop to it and the bubble bursts, count on the Lower Sixth and Fifth Formers to be left clutching rags with faded Harrow colours, their resale plans dashed, and profits squandered.

So how can you make the most of these sales? The simple answer is that it is down to the luck of the draw. In my best David Attenborough voice: "The Harrow Garms ecosystem is drying out, with less and less of the Upper Sixth returning their Garms into circulation, we as a school stand to lose part of our identity as it fades with each generation".

No one is going to wear their Harrow Skiing jacket to university, so might as well make a few pounds off it anyways, right? If the Upper Sixth learn to price their clothing appropriately, then we can come back to the golden path of preserving Harrow tradition, deviating away from the path of extortionate profit seeking and coercion of Shells. And maybe now I can get a decent price on that 1st XI rugby top I've been eyeing up...

Yours stingily,
ETHAN SOONG

DEAR SIRs,

Do strawberries grow on trees? How many miles does the average banana travel? Can you tell the difference between a potato and a Humpty Dumpty?

At Harrow, we have spent five years refurbishing the SCH (I remember seeing the boarded-up windows during an Open Morning in Year 6). At Harrow, most of us spend more time eating than doing Prep. However, we know surprisingly little about the food we eat, the meat, cereals, fruits, and vegetables which fuel and build our bodies. If we take the old saying, "You are what you eat" and combine it with a pertinacious philosopher's older saying, "Know thyself", we finally understand Socrates' true wisdom: "Know thy food!"

Understanding our diet is the crux of a healthy lifestyle. Scientific studies have linked our consumption of ultra-processed foods (such as sausages, bacon, and frozen pizzas) to an increased risk of cancer. Meanwhile, a varied diet rich in grains, fruits, and vegetables, like that of our nomadic hunter-gatherer ancestors, significantly reduces the risk of obesity and coronary heart disease. After all, do you personally know any obese Neanderthals?

Perhaps it may be time for the SCH to axe the rind-rich bacon on Friday mornings and postpone the parsimonious pizzas-pies on Saturday evenings. Instead of investing in a grandiloquent elevator, we should invest in the quality of SCH food. Admittedly, the School has already made an admirable effort: the HCl-infused lamb kofta has gone for good, and the exploding Frankfurters are now a rarity.

However, we are still sailing on the stormy seas of sebaceous sausages; the land of salubrious ailment has yet to be in sight. The salad bar is still an esoteric affair, seldom matching with the Harrovian's tastes. Indeed, the SCH food seems to be transforming boys into devout carnivores. Many of my friends confessed that they have not eaten vegetables since their first day in Shell. With servings of mysterious mucilaginous "mushrooms" and surreptitious "slug in salad", this is hardly surprising.

However, vegetables are the essence of life. Leafy greens such as spinach and kale provide key minerals and vitamins, including magnesium, calcium, potassium, vitamin A, vitamin C, and vitamin K. By cooking vegetables properly, the School can encourage more people to adopt a nutritious diet; a simple sauté with olive oil and salt provides a delectable alternative to soft-boiled broccoli. A healthy diet can significantly improve Harrovian's sporting success and academic attainment; iron maintains energy levels, while vitamin C supports the body's immune system. Ultimately, how can a healthy mind thrive in an unhealthy body?

Due to recent nationwide food shortages caused by COVID-19 and extreme weather events, it is all the more important to understand where our food comes from. Our global food supply is constantly threatened by droughts, floods, diseases and pests. The gargantuan amount of global food waste is also a major issue (well-known to those who sat this year's IGCSE English Language Paper). Therefore, we must support our farmers, eat locally, and reduce our food miles from farm to fork.

Last year, a green oasis appeared in the red-brick desert of Harrow. Since then, the green-fingered tendrils of the Grove Gardening Club have slowly transformed swathes of barren heathland into a flourishing metropolis of fruits, vegetables, and herbs. When I was a Remove, I thought there was no better place to establish a gardening club than in the verdurous Grove. Despite the plague of rubble and the prospect of finding archaeological remains in the soil, our vegetable beds were dug out last term. Now, they are overflowing with lettuce, salad leaves, and herbs.



However, gardening is never a smooth journey; the capricious challenges of nature make it all the more interesting. A month ago, I accidentally planted sunflowers in the most shaded part of the garden. Last weekend, all the ripe strawberries were gobbled up by the squirrels. To this date, I do not know whether the weeds growing in our vegetable beds are poison hemlock or cow parsley!

Nevertheless, the benefits of gardening certainly make its difficulties worthwhile; nothing has a deeper connection with Mother Nature. In the garden, we can embrace the elements,

smell the fresh, fragrant air, and taste the fruits of the earth. After 5 hours of GCSE examinations in a day, the peace and serenity of an hour in the garden flushed away all my stress.



Sowing and weeding also develop our fine motor skills and have been shown to reduce the risk of stroke, CHD, and Alzheimer's. According to a Harvard study, 30 minutes of gardening burns more calories than weightlifting or golfing. Most importantly, freshly harvested produce from the garden is unrivalled in succulent deliciousness, as any gardener will tell you. As plants turn their sugars into starch as soon as they are picked, fresh fruits and vegetables are far sweeter than those on supermarket shelves.

Therefore, I encourage you to pick up a trowel and start gardening. Your stress levels will plummet like bungee-jumping lemmings, and your health will shoot up like a bamboo cane. When you start gardening, you will understand what Socrates was supposed to have said, "Know thy food!"

Finally, I thank all those who have helped and supported the GGC; you are most welcome to pick some of our fruit and vegetables when the time is ripe!

Yours viridescently,
TONY SHI, *THE GROVE*

P.S. If you would like to know more about the GGC, or if you are interested in our organic produce, please contact me at: 21Shi@harrowschool.org.uk

SPORT

SPEECH DAY CROQUET

This year's croquet finals took place on a Speech Day Chapel Terrace, while most people were consuming excessive alcohol in the marquees and touring the wonderful new science building. The teams were almost the same as last year, with Harry Burt, *Moretons*, replacing Victor Grant, paired with the resident professional WJC, and on the other side Oscar Wickham and Atticus Malley, both *The Head Master's*, defending as the winners of last year. Burt won the toss for *Moretons*, and WJC proudly walked up to take the first shot, which did not go through the first hoop, possibly due to the tricky lawn with its long grass. Unsurprisingly, Malley and Burt both subsequently suffered the same fate. It was not until Wickham stood on the boundary that, with a crisp hit, his ball was sent flying through the first hoop. Despite the unsuccessful beginning, WJC turned the game by playing a series of successful roquets which dispersed the CTP balls, but failed again to run the first hoop. Malley tried to bring his team's balls together, but from the

perspective of the audience it seems that his ball was moving further and further away from the hoop in question. This was quickly attributed to the challenging contour of the lawn, while the writer suspected shaky hands due to alcoholism. After a few more turns, Wickham ran his second ball through the first hoop (at last), making the strategic decision that he had to plan for missing the target as well as hitting it.



WJC then made a long roquet that dispersed the recently gathered CTP balls, and Burt ran both their balls through the second hoop. Malley quickly followed with his, but soon had his ball sent off again by another genius roquet from WJC. After some attempts to gather their balls again, the CTP pair were faced with the pair that was two points ahead with only 10 minutes left on the clock. Wickham then took his custom mallet and ran both his balls through the third hoop, followed by Burt who ran his ball through the fourth, putting both Moretonian balls at the penultimate hoop. Wickham then played an excellent roquet to take revenge, sending one of the opponent balls flying across the lawn. WJC clearly struggled with the tricky situation. The Head Master's pair quickly caught up, making a drawl when the one-hour time ran out.

The game entered an exciting sudden-death phase where the next pair to score a point wins. CTP was placed in a disadvantageous position by WJC's merciless roquets, but Malley made a miraculous roquet from one side of the lawn to the other, rescuing their position. Wickham's ball got stuck in the hoop and would have ended the game had it gone through. WJC then sabotaged the ball which was stuck in the hoop, taking it out of its advantageous position. Burt then suffered the same fate as Wickham, narrowly missing a winning shot. However, Wickham, possibly after one too many drinks in the marquees, did not make the miracle that his partner did, allowing the Moretons pair to play a swift stroke to end the game. It was an intensive and dramatic match, with both sides struggling with the difficult lawn, but WJC and Burt managed to come out victorious, allowing WJC to take revenge on the same pair who broke his record of never having lost a game of croquet in 14 years.

ATHLETICS

Saturday 18 May

On Saturday, Harrow hosted its final home athletics competition. Invited schools were Abingdon, Coopers' Coborn, Hampton, Radley, RGS Guilford, St Benedict's and St Edward's. The afternoon was filled with exceptional athletic events, where every competitor gave their all, delivering remarkable performances both on the track and in the field. The atmosphere around Sunley was electric, with team spirit reaching an all-time high.

Results

Under-15

3rd RGS Guilford – 151 points

2nd Coopers' Coborn – 192

1st Harrow – 226

Under-17

3rd Radley – 155 points

2nd Coopers' Coborn – 192

1st Harrow – 232

Under-20

3rd Radley – 174 points

2nd Coopers' Coborn – 189

1st Harrow – 219

Overall Result

3rd Hampton – 450 points

2nd Coopers' Coborn – 573

1st Harrow – 677

All competitors are to be congratulated on a superb performance. Particular mention goes to the following boys on winning their event: Tobi Amusan, *Moretons*, Fikunmi Olutunbi, *Lyon's*, Tommy Mackay, *Newlands*, Henry Dargan, *Druries*, Zak Banton, *Newlands*, Jonah Esposito, *Newlands*, Edward Latham, *Bradlys*, Reggie Hammick, *The Knoll*, Elliott O'Sullivan, *Newlands*, Otis Farrer-Brown, *Newlands*, Lase Akindele, *Newlands*, Tito Odunaike, *Elmfield*, Tom Dargan, *Druries*, Emile Majed, *Rendalls*, Teddy Tarbotton, *West Acre*, Henry Barker, *The Park*, Ayobami Akindele, *West Acre*, Nathan Kasonga, *The Park*, Israel Olaigbe, *Moretons*, Tosin Oyegade, *Moretons*, Hendrik Willett, *Druries*, Murray Runacres, *Lyon's*, Cayden Debrah, *Moretons*, Berkley Barnicoat, *Moretons*, Jesse Aidoo, *Bradlys*, Evan Song, *Rendalls*, and Ethan Francois, *Rendalls*.

There were four standout performances on the day – all personal bests: Tommy Mackay Under-20 discus – 44.07m (new school record), Zak Banton Under-20 200m –23.25s, Otis Farrer-Brown Under-17 1500m – 4:10:00 and Henry Barker Under-17 800m – 2:00:85.

POLO

Polo v Eton: A team, Guards Polo Club, 1 June

On a chilly first day of June, Harrow rode onto the pristine ground at the Guards Polo Club to face Eton in the annual match for the Jenny Walton Masters polo trophy. Excitement charged the air as spectators eagerly awaited the start of the highly-anticipated showdown, which promised a high standard of polo from two teams equal in handicap.





From the opening chukka, it was evident that both teams were fiercely determined to secure victory. Harrow's 1st team looked splendid in their La Martina team shirts and Ulysses Hu, *The Head Master's*, wasted no time in scoring the first goal for Harrow. Shortly afterwards, Captain Hector Rogberg, *Druries*, pleased the crowd with a beautifully placed 25-yard penalty. Eton quickly responded with a skilful goal. However,

Harrow were on top form. Hu scored an exquisite goal at full speed, with the ball flying high through the air to the delight of the crowd. This was followed by two more goals from Huan Yan, *The Knoll*, and Rogberg. Harrow finished the first chukka with an impressive 5:1 lead.

In the second chukka, Harrow strengthened their lead with two more goals from Rogberg and Hu. Despite valiant efforts from both teams, the third chukka saw the scores remaining the same. Harrow exhibited remarkable composure and adaptability, relentlessly seeking opportunities to extend their lead. Defensive play from both Arthur Porter, *Druries*, and Ibrahim Faisal, *Druries* stopped Eton from scoring on many occasions. The final chukka brought a flurry of adrenaline-fuelled action. Harrow's determination and unwavering spirit shone through as they unleashed a series of powerful strikes. It was Huan Yan who stunned the crowd with a beautiful, long run down the field to score the eighth goal.

As the final whistle blew, the scoreboard displayed a well-deserved 8-1 victory for the Harrow team – the seventh time in a row! The crowd erupted with cheers and applause, commending the players on their impressive display of skill, sportsmanship, and sheer tenacity. The team had showed great teamwork and strategic prowess throughout the match, a real inspiration for aspiring polo players, and a testament to the many afternoons of dedicated training.

Ways to contact *The Harrovian*

Articles, opinions and letters are always appreciated.

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