RECORDING 1 (177 words)

In the future, many people will live in big cities. But where will the food come from? There is not enough space in cities for farms. A new idea is to grow food in tall buildings. These buildings are called vertical farms. In vertical farms, food is grown inside. The plants do not need the sun. They get light from special lamps. People control the temperature and water. This helps the plants grow all year. Vertical farms are good for many reasons. They use less land and water. They do not need tractors or trucks because the food is close to the people. They also do not need many chemicals. This means the food is healthier and better for the environment. But there are also problems. The lights and machines need a lot of electricity. These farms can be expensive to build. Still, scientists are working to make them cheaper. Vertical farming may help feed people in the future. It is a smart way to grow food in cities where land is small but buildings are tall.

RECORDING 2 (175 words)

The Falkirk Wheel is a special boat lift in Scotland. It is the only one in the world that can turn around. It opened in 2002 and helps boats move between two canals: the Forth & Clyde Canal and the Union Canal. These two canals are not at the same level. The Union Canal is 35 meters higher. In the past, there were many locks to move boats between the canals. But they were removed in 1933. The Falkirk Wheel was built to fix this. The Wheel is very big and has two arms. Boats go into special containers called "gondolas." The Wheel turns and lifts the boats up or down. It uses little energy and takes only 5 minutes to turn. The shape of the Wheel is like an axe or a circle. It was made in parts and then moved to Falkirk. Big cranes helped put the parts together. Today, the Falkirk Wheel is not only useful but also a popular place for tourists. People come from many places to see this amazing machine.

RECORDING 3 (177 words)

Many scientists are worried about climate change. The Earth is getting warmer. This happens because of too much pollution in the air. Cars, factories, and power stations create gases that trap heat. These gases come from using oil, coal, and gas — also called fossil fuels. One way to stop this is to use clean energy, like wind or solar power. But some scientists are also thinking of new ideas to help the Earth. These ideas are called geo-engineering. Geo-engineering means changing nature in big ways to help the planet. For example, some scientists want to make clouds brighter, so they reflect sunlight. Others want to put special materials into the air or the sea to cool the Earth. There are also plans to plant more trees or make ice grow in cold places. These ideas could help slow down global warming. But not everyone agrees. Some people think these plans are too risky. They say we should use less energy instead. Still, many believe we need to think about all the ways we can protect our planet.

RECORDING 4 (173 words)

The Mary Rose was a warship from England. It sank in the sea in 1545 during a battle with the French. The ship was part of King Henry VIII's navy. It sank near Portsmouth with over 500 men on board. For many years, the ship stayed under the sea. In 1836, some fishermen found wood in the water. A diver named John Deane went down and saw old guns and wood. He found the Mary Rose, but the ship stayed underwater. In 1965, a man named Alexander McKee wanted to find the ship again. He used special machines and found a large object under the mud. In 1971, they found a part of the ship's frame. They were sure it was the Mary Rose. Lifting the ship was not easy. They used cranes, wires, and big bags to help. The work was slow and careful. Finally, in 1982, the Mary Rose was lifted from the sea. Millions of people watched on TV. Today, people can see the ship in a museum in Portsmouth.

RECORDING 5 (179 words)

Easter Island is a small island in the Pacific Ocean. Long ago, a group of people called the Rapa Nui lived there. They made big stone statues called moai. The statues were very heavy and stood all around the island. At first, Easter Island had many trees and plants. The people used the trees for building homes, cooking food, and making boats. But over time, they cut down too many trees. The land became dry and hard. Without trees, the soil got worse, and they could not grow food. They also could not make canoes to fish. Many people became hungry. Some people say the islanders started to fight each other. They even knocked down some of the statues. Later, when Europeans came, they brought new diseases. Many Rapa Nui died because they had no medicine or protection. Today, Easter Island is quiet. The big statues are still there. Scientists are still studying what really happened. Some say the people destroyed their own land. Others think they were unlucky. We can all learn an important lesson from their story.

RECORDING 6 (177 words)

Scientists are now studying how our brain reacts to art. This new science is called neuroaesthetics. It tries to understand why we like some paintings more than others. One part of the brain called the amygdala helps us feel emotions. Some paintings, like the soft and blurry ones from Impressionist artists, make this part of the brain more active. That may be why people feel moved when they look at these paintings. In one study, people looked at art by famous artists and art made by animals or children. They did not always know which was which. Still, many said they liked the art more when they thought it was by a famous artist. Other studies showed that we like art more if we take time to look at it. If a picture is a bit hard to understand, our brain works harder. When we finally understand it, we feel good. Scientists believe that our brain likes patterns, movement, and meaning. This may help us know why we enjoy some art — even if we can't explain why.

RECORDING 7 (175 words)

Silk is a soft, shiny fabric made from the cocoons of silkworms. A Chinese legend says that silk was first discovered around 3000 BC by a woman named Lei Tzu. She was drinking tea when a cocoon fell into her cup. It started to open, and she saw a long thread. This was the beginning of silk. Silk was very special in ancient China. At first, only royal people were allowed to wear it. Later, more people could use it. Silk was also used as money. People paid for things using silk. It was also given as a gift to other countries. Silk became so important that China kept it a secret. But over time, other countries learned how to make it. Silk was sent from China to the West on a road called the Silk Road. This road connected China to the Middle East and Europe. Today, silk is made in many places. But China is still the world's biggest silk producer. Every year, it makes about two-thirds of the silk in the world.

RECORDING 8 (183 words)

Many animals move from one place to another. This is called migration. Some animals travel very far, and they do it every year. They move to find food, to have babies, or to stay warm. Birds like the arctic tern fly from South America to the Arctic. It is a very long trip, but they don't stop for snacks. They are focused on getting to their goal. They fly because their body tells them it is time. Some animals, like pronghorn in the USA, move between mountains and flat lands. They need to eat fresh plants in summer. But new buildings and roads can block their way. If they can't move, they may not survive. Even tiny animals like zooplankton in the sea move. They go up at night to eat and down in the day to stay safe. Scientists want to help animals keep moving. Parks and forests protect some of the land, but not all. Experts say we must work

together to protect animals and their paths. Migration helps animals live and grow. It is important to save these amazing journeys.

RECORDING 9 (184 words)

Scientists study twins to learn how genes and the environment affect people. Identical twins come from the same egg. They have the same DNA, so they are very alike. If they look different, it may be because of things like sunlight or food. These are changes from the environment. Fraternal twins are not the same. They come from different eggs and only share some of the same DNA. Scientists compare identical and fraternal twins to see how much genes matter in health, behavior, or personality. One big study took place in the United States. It looked at twins who were separated at birth and met again as adults. The scientists asked many questions and found that some traits come from genes, while others come from the environment. Now, scientists also study something called epigenetics. This is how the environment can change how our genes work. Things like stress, food, and habits can change how the body uses genes. Today, twin studies help us understand how we grow, think, and stay healthy. Both genes and the environment are important in making us who we are.

RECORDING 10 (177 words)

When we watch a movie, we mostly look at the pictures. But sound is also very important. Good films use sound to make the story better. There are three main types of sound in films: dialogue, sound effects, and music. Dialogue is when people in the film talk. It helps us understand the story and how characters feel. Some movies use a lot of talking. Others use only a little. The actor's voice can make the character seem more real. Sound effects are sounds like doors closing or cars driving. If we see someone play the piano, we also hear the piano. These sounds match the picture and help make the movie feel real. Sometimes we hear sounds without seeing them. These can add emotion or make the story more exciting. Music helps show feeling. It can be happy, scary, or sad. Fast music can make us feel excited. Slow music can make us feel calm. Music can also help us know when something big is going to happen. Film sound makes movies more fun and interesting.

RECORDING 11 (169 words)

Language is one of the most important things humans have. It helps us talk, share ideas, and understand each other. Without language, we could not work together, tell stories, or learn new things. Language is made up of only a few sounds, like a, b, c, d, and e. But these small sounds can form many words. These words let us say big and important things. That is why language is so amazing. People use language every day without thinking about it. We use it at home, at school, and at work. We can use language to say "I love you," ask questions, or tell someone about our day. It helps us express our thoughts and feelings. Some languages have very long or very short words. For example, in Turkish or Sumerian, one word can say what we need many words for in English. This shows how smart people are at making languages. Language is like a special tool. It makes life easier, more fun, and full of meaning.

RECORDING 12 (174 words)

Cork comes from the bark of a tree called the cork oak. This tree grows in warm countries like Portugal, Spain, Italy, and Morocco. Cork is strong, soft, and doesn't catch fire easily. People have used cork for many years. Long ago, Egyptians used it for boxes, and Greeks used it for shoes and other things. The cork oak tree is special. Its bark grows very thick and keeps the inside of the tree cool. The tree's bark has millions of tiny cells full of air, so cork is light and bouncy. It can

be pressed down and return to its shape. Cork is often used to make bottle stoppers. Workers cut the bark by hand and dry it. After a few months, the cork goes to factories. Some cork is also used to make tiles and even concrete. Today, cork is still very popular. It is natural, easy to recycle, and helps the planet. Even though plastic and metal are used more now, many people still like using cork for bottles and floors.

RECORDING 13 (175 words)

Many people around the world like collecting things. They collect coins, stamps, toys, books, postcards, or even dolls. Some people collect to make money. For example, they buy old or rare things at a low price and sell them at a higher price. Other people collect for fun. It is a hobby that helps them relax. Collecting can also help people make friends. They meet others who enjoy the same hobby. They can talk about their collections and learn new things. Some people collect to learn. Stamp collectors, for example, can learn about other countries, animals, plants, and famous people. In the past, people also collected things like fossils and shells to study nature. Collecting can give people a feeling of control or make them feel special. Some like to organize their collections very neatly. Others collect unique things to show their personality. All hobbies bring joy, but collecting is special. It helps people feel happy, excited, and proud. Even if it seems strange to others, for collectors, it is a fun and meaningful activity.

RECORDING 14 (177 words)

People go to university to learn many different subjects. Some want to be doctors or teachers. Others want to study music or business. There are even courses like "Fire Science" to help students learn how to stop fires. But sometimes, people can use knowledge in the wrong way. For example, someone might learn about fire to help stop it. But another person might use the same knowledge to start fires. This is not good. A teacher once asked students, "Is marketing good or bad?" Marketing helps people sell things. But it can also be used in a bad way to trick others. So, learning is not just about what we learn — it's also about how we use that knowledge. A famous thinker named Kant said we should always use knowledge for a good reason. If a doctor uses science to help people, it is good. But if someone uses it to hurt people, it is bad. So, the purpose of learning is important. We should ask, "Why am I learning this?" and "How will I use it?"

RECORDING 15 (178 words)

Farming is very important. Everyone needs food every day. But farming is not easy, especially in developing countries. Farmers face many problems. There are big storms, less rain, hot weather, and climate change. Prices of seeds and food also change a lot. These things make farming risky. Small farmers in poor countries have more problems. Their soil is not good, and they don't have enough water. They also lack roads, money, and machines. Many small farmers are hungry, even though they grow food. Some people say governments should help more. They can build roads and water systems. They can also help store food to stop it from going bad. Others think the government should buy and save food, so prices don't change too fast. Some experts say markets must be more fair. Big companies must also help and not hurt small farmers. Some say farmers should grow stronger crops that can live in bad weather. These changes can help farmers grow more food and earn money. Farming is hard, but with help, farmers can have a better future.

RECORDING 16 (176 words)

In 1911, an American explorer named Hiram Bingham went to South America. He wanted to find an old Inca city in the mountains of Peru. He started his journey near Cusco, a city 3,000 meters above sea level. His plan was to follow the Urubamba River into the jungle. After a few days, Bingham and his team reached a small village. A local farmer told him about some ruins on a hill nearby. Bingham decided to climb the hill. It was wet and cloudy, but he wanted to see the ruins. He did not expect to find anything important. At the top, Bingham saw stone steps, buildings, and beautiful views. He found the lost city of Machu Picchu. He wrote in his book that it looked like a dream. Later, he told the world about his discovery. Some people thought it was the last city of the Incas. But this idea was wrong. Still, Machu Picchu became very famous. Today, many people visit it. Historians now think it was a country home for an Inca king.

RECORDING 17 (178 words)

Many people in the world speak two or more languages. This is called being bilingual. In the past, some people thought it was bad to speak more than one language. But today, studies show that being bilingual is good for the brain. When bilingual people hear a word, both languages in their brain become active. This means their brains work harder to understand words. It also helps them remember better and focus more. Bilingual people are also good at solving problems. In one test, people had to say the color of a word. Bilingual people did this better because they could control their thinking more quickly. Studies also show that bilingual people's brains work better in noisy places. They hear sounds more clearly than people who speak only one language. Being bilingual can help older people too. Bilingual people with Alzheimer's get sick later than others. Even babies in bilingual homes learn better. They change rules more easily when playing games. So, speaking two languages is not just useful for talking—it also helps your brain in many ways.

RECORDING 18 (181 words)

The Galapagos Islands are in the Pacific Ocean. Long ago, giant tortoises arrived there from South America. They lived on different islands and changed over time. There were once 14 kinds of Galapagos tortoises. These animals are very big. Some are over 1.8 meters long and can live more than 100 years. Many years ago, people took thousands of tortoises from the islands. Pirates and whalers used them for food. Later, people brought animals like goats, rats, and dogs that hurt the tortoises or their eggs. Because of this, many tortoises died. Only 11 types of tortoises are still alive today. In 1989, people started a special center to help tortoises. They raised baby tortoises until they were big and strong. Then, in 2010, they used a helicopter to take the young tortoises back to their island homes. Workers cleared safe places for the tortoises to live. Now the tortoises walk and eat plants in their old homes. One young tortoise even met a very old giant who had lived alone for 100 years. It was a beautiful moment of hope.

RECORDING 19 (175 words)

Health geography is a subject that looks at where people live and how it affects their health. Some places in the world have more people with certain illnesses. Health geographers want to understand why this happens. They look at maps and study the areas where people often get sick. Then they try to find a connection between the illness and the place. For example, in some places with bad air, many people have asthma. Health geographers ask, "Is the air causing this problem?" They also study what people do and how they live. Sometimes, people get sick because of the environment around them, like dirty water, pollution, or too much smoke in the air. Health geographers try to stop the spread of sickness. They make maps to show where illnesses are growing. They look at both local areas and the whole world.

This helps doctors and governments make better plans to keep people healthy. Health geography is important. It helps us understand how to prevent illness and keep people safe, no matter where they live.

RECORDING 20 (181 words)

Music is special. Even though it has no words, it can make us feel strong emotions. When we hear a song we like, our body reacts. Our heart beats faster, our skin feels different, and our brain becomes active. A group of scientists in Canada did a study to understand this better. They asked people who feel "chills" while listening to music to bring their favorite songs. The scientists played these songs while looking at the people's brains using special machines. They found that music makes the brain produce dopamine. Dopamine is a chemical that makes us feel happy. What was surprising is that dopamine is highest before the best part of the song. It happens when the music is building up. Our brain is waiting for the good part, and this waiting makes us feel excited. Another expert, Leonard Meyer, said that music makes us feel good because it surprises us. We think we know what will happen next in a song, but when it changes, we feel something powerful. This feeling of waiting and surprise is what makes music so emotional.

RECORDING 21 (177 words)

People have used glass for a very long time. Long ago, they used natural glass called obsidian to make tools. Later, they learned how to make glass from melted sand. Around 1500 BC, people made the first glass bottles. In the first century BC, glass blowing was invented. This made it easier to shape glass into bottles and other objects. At first, the glass had color because of the materials used. Later, people learned how to make clear glass by removing the color. The Romans helped spread glass-making skills across Europe. In the 1600s, an English man named George Ravenscroft added lead to glass. This made it brighter and better for using in things like telescopes and glasses. In the 1800s, machines helped make glass bottles faster. In 1907, the first fully automatic machine was made in the USA. This changed glass production forever. Today, glass is made in factories. It is used in homes, cars, and food containers. Glass can be recycled, which helps the environment. Glass is now an important part of our everyday lives.

RECORDING 22 (179 words)

A long time ago, there was a big wild cat in Britain called the lynx. It had short tails and furry ears. People thought the lynx died out more than 6,000 years ago. But in 2006, scientists found bones in a cave in England. These bones showed that the lynx lived in Britain only 1,500 years ago. This was a big surprise. The lynx is now part of a new idea called "rewilding." Rewilding means bringing back wild animals and plants to nature. People want to bring back the lynx to help nature. Lynx do not hurt people. They eat deer, which helps trees and plants grow better. The lynx can also help the forest and other animals stay healthy. Other countries in Europe have already brought back the lynx. These wild cats live in the mountains and forests again. People are now talking about doing the same in Britain. Some people think it is a good idea. Tourists may come to see the lynx. This could help local towns. Rewilding gives people hope for nature and the future.

RECORDING 23 (184 words)

After the 2008 financial crisis, many people began to look at how companies are managed. People asked if company directors were doing their jobs well. The role of board members became a big topic. Directors now have more work and more responsibility. Before, directors only met a few times each year. Now, they meet more often and must read a lot before meetings. This makes it harder to discuss things deeply. Often, small groups or committees do the work, but this can mean important topics are missed. Some big companies have full-time directors. These directors can focus more, but they must be careful not to do the daily

work of the company. Full-time boards can help large companies, like banks, where good decisions are very important. One big problem is that directors often focus on short-term profits instead of long-term success. They must report results every few months, which can lead to quick decisions and less planning. Another issue is high pay for top bosses. Some people think it is unfair. Shareholders can now vote on pay, which has started debates in many companies.

RECORDING 24 (178 words)

New Zealand is a small country with beautiful nature and friendly people. In 1999, Tourism New Zealand started a new campaign to show the world how special the country is. The campaign showed New Zealand's amazing landscapes, fun outdoor activities, and unique Maori culture. A big part of the campaign was the website www.newzealand.com. It helped visitors learn about places to see and things to do in New Zealand. The website had a list of tourism businesses. Even small bed and breakfasts could join. Businesses could update their information anytime. This helped keep the website correct and useful. The website also had interviews with famous people, such as a rugby player, and information about movies filmed in New Zealand. Visitors could make travel plans and read blog posts from others. Thanks to the website, more people visited New Zealand. The number of tourists from Britain grew quickly. The website won awards and was easy to use. New Zealand showed that even a small country can attract many visitors with a strong online presence and a clear, exciting message.

RECORDING 25 (186 words)

Boredom is a feeling we all know. Time feels slow, and we don't know what to do. Scientists have tried to study boredom, but it is not easy to define. It can feel like sadness, tiredness, or even frustration. Some say it is like the feeling of disgust, which helps us avoid bad situations. Researchers in Germany studied boredom and found five types: indifferent, calibrating, searching, reactant, and apathetic. One type, called "indifferent boredom," is when a person feels calm but doesn't want to do anything. Another type, "reactant boredom," is stronger, and people feel upset and want to escape the situation. Sandi Mann, a psychologist in the UK, says boredom can help us be more creative. In her tests, people who were bored thought of more creative ideas than others. She says our brains need time to wander and rest. Other scientists believe that boredom helps us think and understand life better. They suggest that we should spend less time on phones and try to do something meaningful when we feel bored. Boredom may help us grow if we use it in the right way.

RECORDING 26 (184 words)

Today, computers can do many amazing things. Some can paint pictures, write music, and even act like real artists. One example is a program called The Painting Fool. It was created to make art using its own ideas. It does not need much help from people. It can look online, find pictures, and create its own artwork. Another computer artist is Aaron. It is a robot that paints by itself. It can even show its art in famous museums. But it still needs some help from a person to start painting. Some people worry that computers are doing things only humans could do before. They ask, "Can computers be creative?" A scientist named Simon Colton says yes. He says if a child painted a picture from their imagination, we would say it was creative. So if a computer does the same, why not call it creative too? Some people don't like art made by computers. But others are excited about the new ideas they bring. Maybe in the future, computer art will be more common. It will still be special—just in a different way.

RECORDING 27 (184 words)

Cinnamon is a sweet spice that comes from the bark of a tree. The tree grows in India and nearby places. Long ago, people used cinnamon to make food taste better. They also used it in perfumes and for health. In Europe, rich people used cinnamon to make their food special. They showed their wealth by using many spices. Cinnamon was expensive because it came from far away. In the Middle Ages, traders brought cinnamon to Europe. They carried it from India by camel. It was taken to Venice, Italy, and sold to other parts of Europe. Because the journey was hard, the spice became very costly. Later, the Portuguese went to the island of Ceylon (now Sri Lanka) to get cinnamon. They made local people work for them. After some time, the Dutch took control, then the English. They all wanted to sell more cinnamon to Europe. Over time, people grew cinnamon in other countries like Brazil and Guyana. Cinnamon became less important when coffee, tea, and sugar became more popular. Today, cinnamon is a common spice used in cooking around the world.

RECORDING 28 (172 words)

Oxytocin is a hormone made in the brain. It helps people feel close to each other. Scientists first saw how it worked in animals. For example, it helped mother sheep care for their babies. Oxytocin is sometimes called the "love hormone." It may make people feel kinder and friendlier. In 2005, a study in Germany tested oxytocin in humans. People who took oxytocin were more likely to trust others and give money in a game. Later studies showed that oxytocin helped people understand feelings and be kind. But some studies showed different results. In one study, people who took oxytocin felt better when they won a game but worse when they lost. Other research showed oxytocin made people more friendly to those like them but not to strangers. It may even make some people feel worse. Scientists now say oxytocin does not work the same for everyone. It can help or hurt, depending on the person and the situation.

RECORDING 29 (172 words)

Many companies try to follow big market trends. But they often miss smaller, important changes in what people want. These small changes can be a big chance for companies to grow. One strategy is called "infuse and augment." It means adding new ideas to old products. For example, after the 2008 crisis, Coach made cheaper, colorful bags called Poppy. They looked fun and young, helping the brand stay strong. Another strategy is "combine and transcend." It means mixing your product with new trends. For example, Nike worked with Apple to make a sports kit that connects shoes to a music player. It helped Nike reach tech lovers, not just athletes. A third strategy is "counteract and reaffirm." This means creating products that go against a trend. For example, ME2 was a video game for kids that included exercise. It helped fight the trend of kids sitting too much. By using these strategies, companies can grow, even when trends change. The best companies watch what people want and find smart ways to respond.

RECORDING 30 (185 words)

The coconut palm is a tall tree that grows in tropical places. People in Asia and the Pacific Islands have used coconuts for many years. In the past, European travelers thought coconuts were strange and special. Today, coconuts are common, and people use them in food, drinks, and decorations. The coconut palm can grow up to 30 meters tall. Its trunk is used for building houses. The leaves can be used as brushes or for roofing. The flowers grow near the top of the tree. People can get sweet juice from the flowers or make sugar from the sap. Each tree can grow about 70 coconuts every year. The coconut has three layers: the outside shell, the middle fibre called "coir", and the hard inside with the white meat. The shell is also used to make bowls and charcoal. The white meat is used for food and oil. Coconut water inside the fruit is a sweet drink. Coconuts also float in water. This helps them travel to new places and grow. People are

still discussing where coconuts came from — maybe Asia or the Pacific Islands.

RECORDING 31 (180 words)

When adults talk to babies, their voice sounds high and happy. This way of speaking is called baby talk. Scientists are studying baby talk to see how it helps babies learn language. Some babies can hear sounds while still inside the mother's tummy. That's why some parents play music or talk to the baby before birth. Studies show that babies who hear more language early grow up with stronger language skills. For example, babies in homes with two languages learn to think and listen better. A study showed that mothers use baby talk more than fathers, but both are important. Fathers often use normal speech, which helps babies hear different kinds of words. This helps babies learn better. Other scientists found that more baby talk means babies babble more and later say more words. Babies also like to hear baby sounds more than adult sounds. One study showed that even 7-month-old babies are already trying to learn how to talk. Their brains start working early to copy speech sounds. This shows that baby talk helps babies learn to speak faster.

RECORDING 32 (185 words)

The Harappan Civilization was an ancient society in what is now Pakistan and India. It started about 5,000 years ago and was very advanced. People in this civilization built big cities and traded goods with other places. Their cities had baths, workshops, and streets. Many houses had wells and good drainage systems. Around 2100 BC, something changed. Streets were no longer cleaned, buildings were left empty, and important places were not used. After this time, big cities did not appear again for many years. Some scientists think the civilization ended because rivers changed their path, causing less water. Others think the cities had too many people or were attacked. Some believe a big climate change caused problems with food and water. A research team looked at climate changes using shells from a lake. They found that around 4,100 years ago, there was a long drought. The rains became weaker, and the land dried up. Archaeologists now study old farms, pots, and tools to learn how people lived. They hope to learn how people in the past survived and what we can learn for our future.

RECORDING 33 (177 words)

The Cutty Sark is a very famous old ship. It was built in 1869 in Scotland. The ship was made for fast travel and trade. It was mainly used to bring tea from China to Britain. The ship's name comes from a poem. In the poem, a witch wears a short dress called a "cutty sark." The Cutty Sark was built for speed. It could sail faster than many other ships. On its first trip, it carried tea from China. But bad weather and problems made it slower than hoped. Later, it carried wool from Australia and became very successful. The ship had many captains. One of them, Richard Woodget, was very skilled. He helped the ship become the fastest in the wool trade. Later, steam ships became more popular. The Cutty Sark was sold and used for other jobs. In 1922, a retired captain bought the ship and saved it. He fixed it and brought it back to Britain. Today, the Cutty Sark is a museum ship in Greenwich, London. Many people visit it every year.

RECORDING 34 (184 words)

More than one-third of the world's soil is in danger. If we do not stop the damage, good soil could be gone in 60 years. Soil is very important because it grows 95% of our food. Peter Groffman, a scientist, says that soil helps humans in many ways. Healthy soil has bacteria and tiny living things like fungi. These help plants grow and clean the earth. Soil also helps with health. It can stop diseases and help fight climate change. Soil holds carbon and water. This helps stop floods and keeps the air clean. In the UK, bad soil causes £233 million in flood damage every year. If the soil loses these powers, it will take many years to fix. The biggest danger is farming. When plants grow, they

take food from the soil. If people don't return food to the soil, it becomes weak. People use chemical fertilisers to help, but too much can hurt the soil. Some scientists are trying new ways to fix soil, like using helpful bacteria. To protect the soil, we must act now before it is too late.

RECORDING 35 (174 words)

Many people say happiness is the most important goal in life. An economist named Richard Layard believes that governments should help people be happy. He supports something called "positive psychology." This is the study of what makes people happy. If we understand happiness, we can try to make more people happy. But not everyone agrees. Some people think this idea is too simple. In the past, many philosophers talked about happiness. For example, a man named Jeremy Bentham said people are happy when they feel pleasure and no pain. Another philosopher, Aristotle, believed true happiness comes from living a good life and growing as a person. A writer named William Davies wrote a book called The Happiness Industry. He says that today, people try to measure happiness with things like money or heart rate. But he worries that this turns happiness into a tool to control people. In the end, some people think it's good for governments to help people be happy. Others think we should think more deeply about what happiness really means.

RECORDING 36 (181 words)

Alice is a six-year-old girl who likes to imagine magical places. She plays games with her brother and acts as a teacher. When she plays, she learns how to share, follow rules, and understand feelings. These are important life skills. Dr David Whitebread from Cambridge University says that play helps us learn and grow. It helps us solve problems, control our feelings, and become smart adults. Many experts believe play is very important for children's development. In the past, children played outside a lot. But now, many children live in cities, and parents are afraid of dangers like traffic. So, children play less than before. This is a problem because play helps children do better in school and in life. New studies show that children who play more have better self-control and are better at solving problems. Play also helps children who have health or learning problems, like autism. Teachers now try using play in schools to help children write better and feel more happy. Experts say we should make sure all children have time and space to play every day.

RECORDING 37 (181 words)

In 1965, a group in Amsterdam started a special idea. They painted some bikes white and left them around the city. People could use them for free. This was called the "White Bike Plan." The group wanted to stop car pollution and help people travel in a clean way. One man, Luud Schimmelpennink, helped start the plan. At first, the police removed the bikes. But two years later, Luud joined the city council and tried again. He wanted the city to give out 10,000 white bikes, but the plan was rejected. In the 1990s, Luud tried again with better bikes and locks. People paid with a special card. But some bikes were stolen, and the plan was stopped. Later, Luud helped start bike-sharing in other cities like Vienna and Paris. Paris had great success with many bikes. This inspired other cities to start their own bike-sharing systems. Today, Amsterdam is still full of bikes, but it doesn't have a shared bike system like other big cities. However, many people ride bikes, and the dream of a bike-friendly city has come true.

RECORDING 38 (178 words)

Hotels want their workers to do a good job. To make this happen, hotels must take care of their workers. This is called Human Resource Management (HRM). It means giving workers good working conditions, fair pay, and support. In many hotels, working conditions are not very good. Workers may not get enough money or breaks. This makes them tired and unhappy. When workers feel bad, they may leave the job. So, hotels need to help their workers more. If managers thank workers and give them help, workers feel better and want to stay longer.

When workers are happy, they work harder. This helps the hotel do better. Managers should understand what workers want and need. Some workers need fun and rest at work. Studies show that giving time for fun or family can help workers feel good. Workers also like when they can grow and learn new skills. If hotels give these things, workers will be happy and will stay in their jobs. Hotels should help their staff balance work and life. This makes work better for everyone.

RECORDING 39 (184 words)

Alexander Henderson was born in Scotland in 1831. His family was rich and owned a lot of land. As a child, he liked to play on the beach and fish. He studied in Edinburgh and later trained to be an accountant, but he didn't like it. In 1855, he moved to Canada with his wife and lived in Montreal. In Canada, Henderson learned photography and became serious about it. He met another photographer, William Notman. They worked together and became good friends. They both joined a photography club in Montreal. Henderson liked to take photos of nature. He stopped working as an accountant and opened a photo studio. He became popular for his pictures of forests, rivers, and small towns. People bought his photos as gifts or souvenirs. He traveled to many places in Canada to take pictures. He also showed his photos in Canada, the US, and Europe. In 1892, he started working for the Canadian Pacific Railway, taking photos of train stations and tracks. He stopped working in 1897. Henderson died in 1913. Many of his photos are now in Canadian museums.

RECORDING 40 (195 words)

Professor Alan Short studied building design for 30 years. He wants people to change how we design big buildings like skyscrapers and hospitals. Today, many buildings use air conditioning to stay cool. But this uses too much energy and adds to climate problems. Short says we don't need to depend on air conditioning. In the past, buildings stayed cool using natural air and good design. He believes we can do this again. Short looked at old buildings from the 1800s and early 1900s. He studied special hospitals designed to keep air moving inside. These buildings used clever designs to help people stay healthy and cool. One example is the Johns Hopkins Hospital in the U.S., built between 1873–1889. He found that these hospitals could change the air many times in one hour – like modern systems do now, but with less energy. He says buildings today could work the same way. Short has already built buildings using these ideas. One example is the Queen's Building at De Montfort University. It stays cool using natural air, without using much electricity. He says if we change how we design buildings, we can save energy and help the planet.

RECORDING 41 (187 words)

Today, many people are trying to be more organised. We have many tools to manage time, work, and life. There are books, classes, and workshops that teach people how to organise their lives better. Many companies also believe that better organisation will help their workers and make their businesses more successful. But something strange is happening. Even though there is more focus on organisation, more businesses are failing. Workers are also feeling more stress. Many people say they don't like how their work is planned and managed. So, why is this happening? A long time ago, a man named Frederick Taylor said that better planning and order could help people work better. Many companies still follow this idea. But new research says this idea might be wrong. The problem is not about how we organise but about how we think about work. Too much planning can hurt creativity and slow down work. Some companies now try less strict ways of working. This gives workers more freedom and makes them more productive. In the end, both order and disorder can help—but only when used in the right way.

RECORDING 42 (177 words)

Many people talk about intelligence, but it is not easy to explain. Some people think they know what it means, but they all have different ideas. These ideas are called "implicit theories." People use these ideas to understand themselves and others, even if the ideas are not always correct. Parents and teachers often use their own ideas to decide how smart a child is. For example, parents decide when their children can do harder tasks, and teachers help students based on what they believe about intelligence. Scientists also start with simple ideas before they study something deeply. Knowing what people believe helps scientists ask better questions and create better theories. When we know people's ideas, we can check if they are true or not. If they are wrong, we can help them change their thinking. This is useful in learning and teaching. Different cultures and countries have different beliefs about learning. Understanding these beliefs helps teachers and students work better together. In short, knowing what people think about intelligence helps us in school, work, and everyday life.

RECORDING 43 (189 words)

Many medicines come from nature. Long ago, people used plants and animals to help with sickness. Even today, some monkeys and other animals use things from nature to stay healthy. This shows that nature is a good place to find medicine. Scientists started to study natural products. They learned how to take useful parts from plants and test them. But later, they began to make new medicines in the lab. Still, it is very hard to find and use natural chemicals. We need many plants or animals to get enough. That is why scientists now want to study nature again. Insects are small animals that live everywhere. Some insects can make strong chemicals to fight bacteria. These chemicals can help people too. But many insects are hard to catch. Also, they make only a little bit of these helpful chemicals. New science can help by reading insect DNA to make more medicine. Studying insects is not easy, but it is important. Even small bugs can help people stay healthy. If we protect nature and study insects, we can find new medicine and learn more about the world around us.

RECORDING 44 (190 words)

Almost every child in the world likes to play. Children play even when they have no toys. They run, pretend, and build things for fun. Play helps children grow. It is good for their body, mind, and feelings. The United Nations says play is a right for every child. But today, children play less than before. They have more school work and test practice. Parents think study toys are better than play. This causes a problem between play and learning. Play is very important for children. When children play, they learn how to control their actions, solve problems, and get along with others. They also learn science, math, and how to talk with people. Play helps them become smart and strong. Experts say play can happen in many ways. It can be building with blocks, acting with toys, or playing games. Some play is free, and some is with adults. Adults can help children play and learn at the same time. This is called "guided play." Both free play and guided play help children learn and enjoy. Play must be fun. It should help children grow in a happy way.

RECORDING 45 (190 words)

Some animals live a long time and stay strong as they get older. One ant, called Pheidole dentata, does not get weak with age. Older ants can still do all the jobs young ants do. Their brains work just as well too. A scientist, Yasbel Giraldo, studied these ants at Boston University. Most animals get slower and weaker as they age, but not these ants. They live in large groups and help each other. This makes them good for studying aging. In the lab, the ants live for about 140 days. Giraldo looked at ants of four different ages and tested how well they worked. She checked how the ants cared for babies, followed trails, walked in light, and found food. The old ants did just as well as the

young ones. They could follow trails, find fruit, and take care of other ants. Giraldo also looked inside the ants' brains. She found no big changes with age. The brain stayed healthy. This means the ants age well. Scientists want to study other insects too, to see if they are the same. Maybe one day, this can help people too.

RECORDING 46 (181 words)

Many people think animals in zoos do not have a good life. But animals in good zoos can live a happy and healthy life. They get good food, clean water, and help when they are sick. They do not have to worry about danger from other animals. In the wild, animals may get hurt or sick and may not get help. In zoos, animals are safe and live longer lives. Zoos help animals in other ways too. Many animals are in danger because of habitat loss or hunting. Some animals only live in zoos now. Zoos work to protect them and help them have babies. Later, they try to put some animals back into the wild. Zoos also teach people. Many children and adults can learn about animals when they visit zoos. They can see animals up close and learn how to protect them. Zoos help with science too. Scientists in zoos study animals to understand them better. This helps wild animals too. In the future, zoos can help save many animals. Without zoos, the world would lose many animal species.

RECORDING 47 (181 words)

Chelsea Rochman is a scientist. She studies ocean trash. She wants to know: is ocean trash really as dangerous as people say? She and her team read over 100 science papers about ocean trash. They found 366 different dangers that scientists had written about. They checked if those dangers were true. In 83% of cases, the dangers were real. But in other cases, the studies were weak. Some studies had no control group. Some used bad data. Only one strong study looked at mussels eating plastic. It found the plastic moved through the mussels' bodies, but didn't hurt them. Still, the study showed how plastic can move inside animals. Most of the dangers came from big plastic, like bags or ropes. These can trap or hurt animals. But most ocean plastic is very small, called "microplastic." Rochman says we need to ask better questions. For example, how do oil spills hurt the ocean? How does trash harm whole animal groups? Good questions help scientists and leaders take better action. We must fix the real problems—not just the ones that look scary.

RECORDING 48 (184 words)

Nutmeg comes from a tree called Myristica fragrans. This tree grows in Southeast Asia. Long ago, nutmeg only grew on some small islands in Indonesia. The fruit of the tree has a hard seed inside. From this seed, people make two spices: nutmeg and mace. In the past, nutmeg was very important in Europe. People used it to add flavor to food and to help with health problems. At first, Arab traders sold nutmeg to Europe, but they didn't say where it came from. Later, in 1512, the Portuguese found the islands and started taking nutmeg. After that, the Dutch and British wanted to control the nutmeg trade. The Dutch made a company to sell nutmeg. They became very rich. Nutmeg was so important that it was worth a lot of money. The Dutch fought to control the islands where nutmeg grew. In one deal, they gave the British the island of Manhattan in return for a small nutmeg island. Today, nutmeg grows in many places, including Indonesia, the Caribbean, and India. About 10,000–12,000 tons of nutmeg are made each year around the world.

RECORDING 49 (179 words)

Today, cars are starting to drive themselves. This is called automation. In the past, machines helped make cars. Now, cars can help people drive or even drive by themselves. This can make travel safer and easier. Most road accidents happen because of human mistakes. If cars drive themselves, these accidents may happen less. Also, people can relax, work, or talk with others while the car drives. This is helpful for people who can't drive, like older or disabled people.

Self-driving cars may also help the environment. People might share cars more. This means fewer cars will be needed. It can also save time and reduce traffic in busy cities. But there are still problems. These cars must work well in all kinds of weather and traffic. Also, we need to know who is responsible if something goes wrong. People need to trust these new cars. In the future, people may not own a car. Instead, they may use a car when they need one. Technology is changing fast, and self-driving cars may become normal in the next 10 years.

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RECORDING 51 (180 words)

Cities are busy places. Many people move around cities every day. Cars, buses, and trains use a lot of energy. This makes the air dirty and harms our health. Engineers try to make transport systems better. They want to make travel easier and cleaner. But they often only think about speed and size. Some experts think engineers can learn from dance. Dancers use their whole body to move and feel the space around them. This idea can help engineers design streets and cities that feel better to move through. In the past, builders worked with their hands and knew the places well. Today, engineers use computers. They may forget how people feel when walking or driving. For example, roads with big fences can feel scary and hard to cross. Choreographers (dance creators) test their ideas by moving. Engineers can do the same to learn how people really feel in city spaces. This can help make cities that are not only fast and clean, but also happy and healthy. Using dance ideas in city planning may bring better design for all.

RECORDING 52 (193 words)

A long time ago, many passenger pigeons flew across North America. They were beautiful birds. But they all died, and the last one died in 1914. Now, scientists want to bring these birds back to life. This is called "de-extinction." Scientists use DNA from dead birds and mix it with the DNA of living birds that are similar. Another animal scientists want to bring back is the Tasmanian tiger. This animal lived in Australia. It died many years ago. Since then, some diseases hurt other animals. Scientists think the Tasmanian tiger could help if it comes back. Some people think bringing back extinct animals can help nature. For example, passenger pigeons helped forests grow. If we bring them back, they can help again. Scientists are also working on bringing back the woolly mammoth. This animal lived in cold places. They want to use the DNA of elephants and make new animals that can live in the cold. These animals could help the land and the climate. Not everyone agrees. Some people think it is better to save animals that are still alive. But others think bringing back lost animals can help the Earth.

RECORDING 53 (184 words)

Babies start to laugh as early as six weeks old. All people in the world laugh, and so do some animals like rats and chimps. Laughter helps people connect and build relationships. Long ago, a man named Charley Douglass added "laugh tracks" to TV shows. These laugh sounds helped people at home feel like they were with others. Today, scientists study these laughs to learn more about human behavior. In one study, scientists recorded people laughing and asked listeners to guess: Are they friends or strangers? People from many countries listened. Most guessed correctly – about 60% of the time. Another study looked at how people with high or low status laugh. People with high status had louder and more confident laughs. People with low status laughed more quietly. Volunteers listened and could often tell who had more power just by the sound of the laugh. Humor can also help people feel better. In one study, students who watched a funny video worked harder and longer on a hard task. This shows that humor gives people energy and helps them stay strong in tough situations.

RECORDING 54 (184 words)

Henry Moore was born in 1898 in a small town in England. He went to school in Castleford. As a child, he liked art. After school, he wanted to become a sculptor. But he joined the army in World War I. After the war, he studied art in Leeds and later in London. He visited museums and saw old art from Egypt and Africa. This art gave him new ideas, and he did not follow European styles. In 1925, Moore went to France and saw a special Mayan sculpture. He liked it very much and started making his own art in a similar way. Later, he became a teacher at an art college. He also joined a modern art group. In the 1930s, Moore changed his art. He made new shapes and did not draw people clearly. During World War II, he made drawings of people in London. In the 1940s and 1950s, he made many famous sculptures. He showed them around the world. Henry Moore died in 1986. Today, people remember him as one of the most important sculptors of the 20th century.

RECORDING 55 (185 words)

William Janssen had an idea after traveling in Thailand. He saw homes using solar panels to heat water. Many years later, he created a machine called the Desolenator. This small machine uses sunlight to clean dirty water and turn it into drinking water. The Desolenator can take water from places like the sea, rivers, or rain, and clean it. It works well in places where clean water is hard to find. It only needs sunlight to work, not electricity or fuel. The machine is small and easy to move. It makes 15 liters of clean water each day – enough for a family. It has a simple filter and two tubes: one for waste water and one for clean water. A screen shows how well the machine is working. Many people in the world do not have clean water. Janssen hopes his invention can help. It is good for people in poor countries or places where tap water is not safe. The Desolenator will also be useful for camping, boats, or emergencies. The machine is being sold in places like India, Africa, Chile, and the USA.

RECORDING 56 (179 words)

Many people know the story of Little Red Riding Hood. In this story, a girl goes to visit her grandmother. On the way, she meets a wolf. The wolf runs to the grandmother's house, eats her, and then waits for the girl. In some versions, the wolf eats the girl too. In other versions, the girl is saved by a hunter. Every culture tells the story in a different way. Anthropologist Jamie Tehrani wanted to learn why people tell fairy tales like this. He studied 58 stories from many parts of the world, like Europe, Africa, and Asia. He compared the stories, like scientists do with animals, to see how they changed over time. Tehrani found that the scary parts of the story, like the wolf eating the grandmother, are told the most. These parts don't change much, even if the other parts do. People remember these parts well, even if the story is not told by a good storyteller. Other experts say the story stays popular because people enjoy scary stories. Fear helps people learn and stay safe.

RECORDING 57 (182 words)

The south coast of Peru is a very dry place. It almost never rains. The only water comes from deep underground. One special tree, called the huarango, helps bring water to the surface. Its roots go very deep, and the tree makes the land healthy. Long ago, many people in Peru used the huarango tree. They ate its fruit, used the leaves for medicine, and built houses with the wood. But now, many of these trees are gone. People cut them down to grow crops. Today, big farms have replaced the trees. Oliver Whaley from Kew Gardens is working to save the huarango tree. He wants local people to plant more trees. He teaches them to use the tree's fruit to make food like syrup, juice, and flour. He also helps them sell it in markets. Whaley hopes that planting trees will help both the people and the land. The trees can stop the land from turning into desert. They also give homes to animals and insects. If the project works in Peru, it might help dry places in other countries too.

RECORDING 58 (180 words)

La Gomera is a small island near Africa. It is part of the Canary Islands. The island has high mountains and deep valleys. People there use a special language called Silbo Gomero. It is a whistle language. Instead of talking with words, people use whistles to send messages. Silbo Gomero is useful for talking across long distances, like from one hill to another. Shepherds and farmers use it to stay in touch. They can whistle simple commands or even full sentences. Scientists studied this language. They found that when people hear Silbo, their brain works like when they hear spoken language. Even though the sounds are different, the brain understands them like words. There are other whistle languages in the world too, but Silbo is one of the best known. It is now taught in schools to help it stay alive. Not many young people use it today, so locals are trying to protect it. UNESCO may protect Silbo Gomero as an important part of culture. It shows how smart and creative people can be to talk across difficult land.

RECORDING 59 (184 words)

Many big companies try to make as much money as possible. Sometimes they do this by hurting the environment and people. For example, some companies cut trees in rainforests or fish too much from the sea. If the government is strong and people care, clean companies can do well. But if people do not care, companies that hurt the environment can win. Some people blame businesses, but it is not easy. Businesses want to make money for their owners. In some countries, it is even a law that they must do so. For example, long ago, the car maker Henry Ford paid workers more money. But the court said he should make more money for the owners, not just help workers. The public, or regular people, also have power. If people do not like what a company does, they can stop buying from them. They can ask the government to make rules to protect the environment. In the end, people's choices are very important. If we want businesses to care more about the environment, people must change their thinking and ask for better actions.

RECORDING 60 (193 words)

Polar bears live in the Arctic, where it is very cold. They have a thick layer of fat under their skin to stay warm. People with this much fat would usually get sick, but polar bears stay healthy. Scientists want to know why. In 2014, scientists compared polar bears to brown bears. They found a special gene in polar bears called APOB. This gene helps them avoid heart problems, even with a lot of fat. This may help scientists understand heart disease in humans. Another problem is weak bones, especially in older people. This is called osteoporosis. But female polar bears do not have this problem. When they are pregnant, they stay in their den without eating for many months. Even so, their bones stay strong. Scientists think this is very interesting. Polar bears can also solve problems. In

Japan, one bear used a tree branch to reach meat. In other studies, polar bears played games and showed they can think and learn. Some bears even play with dogs. If polar bears disappear because of climate change, we will lose a smart and special animal—and we may lose ideas that help people too.

RECORDING 61 (187 words)

The pyramids in Egypt are famous. They were built a long time ago for the kings of Egypt. The first big pyramid was made for King Djoser. His pyramid is called the Step Pyramid. It is in a place called Saqqara. Before Djoser, people used small buildings made from mud bricks to bury important people. Djoser wanted something bigger and better. His helper, Imhotep, had an idea. He put stone blocks on top of each other to make a tall building. The pyramid has six big steps. The Step Pyramid was built in many parts. It took a long time and many people to finish it. When it was done, it was 62 meters high. Around the pyramid, there were other buildings, like temples and rooms. Only one way led into the pyramid. Under the pyramid, there were tunnels and rooms. A special room was made for Djoser's body. In the rooms, many stone jars were found. They had names from old times written on them. Today, people think the Step Pyramid is very important. It helped others learn how to build more pyramids in the future.

RECORDING 62 (195 words)

In the future, many people will need to change their jobs. This is because computers and machines are getting smarter. These smart systems are called AI (Artificial Intelligence). They can help do work that people do today. Dr. Stella Pachidi says that many jobs will change. AI can look at a lot of information quickly and make choices. For example, AI can read legal papers or check medical scans. Some companies now use AI to help workers decide what to do. AI can do some jobs better than people. This helps companies save time and money. But there are also problems. People may not learn skills if machines do all the work. We still need to learn how people can grow and learn in this new world. Some experts say we should not worry too much. They think we will have more jobs in the future, not less. People may work many different jobs in their lives. Others say we need better laws to protect workers. The new machines are powerful. But we must use them in smart ways. The future will not be only about technology. It will also be about people and society.

RECORDING 63 (183 words)

In England, people have made big pictures on hills for over 3,000 years. These are called "geoglyphs." There are 56 of them. Most are in the south of England. They show shapes like horses, people, or other symbols. Most of these figures are from the last 300 years, but some are much older. One famous figure is the Uffington White Horse in Oxfordshire. This horse shape was made by cutting away grass to show white chalk under the ground. People had to keep cleaning the figure, or grass would grow back and hide it. That is why many old figures disappeared. Some people think the White Horse is from the Iron Age, and others think it is even older. The White Horse is on a hill and is hard to see from nearby, but you can see it clearly from far away. It may be a symbol of a group or a god, like Epona, a horse goddess. Some people think it shows a woman from stories. These big shapes tell us how people lived long ago. They are part of English history.

RECORDING 64 (185 words)

Microbes are tiny living things. Most of them are bacteria. They live everywhere – in the air, water, soil, and even on our bodies. They are so small we cannot see them without a microscope. But they are very important. Each person has about 39 trillion microbes. These microbes live in the mouth, stomach, skin, and other parts of the body. Some microbes help us stay healthy. Others can make us sick if they go to the wrong place, like the blood. We also share microbes with

other people, animals, and the food we eat. A long time ago, people did not know microbes existed. In the 1670s, a Dutch man named Anton van Leeuwenhoek used a microscope and found them in water. Later, scientists like Louis Pasteur showed that microbes can cause diseases, but also help with health. Today, scientists learn more about how microbes help us. They help us digest food, fight illness, and stay healthy. Some help protect frogs and squid. In the future, we may use microbes to protect babies in hospitals or to stop the spread of diseases like dengue fever.

RECORDING 65 (171 words)

Many people think wisdom is something only special people have. But new research says many of us can be wise if we are in the right situation. Professor Grossmann from Canada says that our experience, culture, and situation help shape our wisdom. Wisdom is not only something inside us—it can change depending on where we are and what we face. Grossmann and his team found that wise thinking includes knowing that we don't know everything, trying to understand others' ideas, being open to change, and finding a middle way between different opinions. Another way to be wise is to think like an outsider. For example, if you have a problem, imagine what advice you would give a friend. This helps you think more clearly and fairly. In one study, students and couples were asked to think about problems as if they were not part of them. These people made wiser decisions. Wisdom is not just about being smart. It is about being fair, open, and kind when solving problems in life.

RECORDING 66 (181 words)

A long time ago, the Romans built strong ships. They were not sailors like the Greeks or Egyptians, but they learned how to build ships from them. Roman shipbuilders used their hands and tools to make ships. First, they built the outside part of the ship, and later they made the frame. Later, they changed their way and started with the frame and then built the outside. This new method made shipbuilding faster. Warships were made to move quickly. They used sails and also people to row the ship. Warships were narrow and could move fast. They had sharp bronze parts at the front to hit other ships. Merchant ships were used to carry goods like grain, iron, and copper. These ships were wide and could carry a lot of things. Rowing these big ships was hard, so music helped rowers keep time. Romans didn't use compasses. They watched the stars and the land to find their way. When the sea was calm and the weather was good, they could sail far. Roman ships helped move goods all around the Empire.

RECORDING 67 (178 words)

In Norway's high mountains, the ice is melting because the Earth is getting warmer. As the ice melts, it shows things that were hidden for a long time, like old tools, skis, and clothes. These things help scientists learn about the people who lived there long ago. Some things found are very old, from the Stone Age or the Viking Age. Many of these things were lost by hunters or people walking through the mountains. Scientists need to find them quickly before they get damaged by sun or wind. A group of archaeologists worked for nine years in the mountains of Oppland, Norway. They found over 2,000 items. Many were from the time when Europe was growing and changing fast, like during the Viking Age. Some items showed that people were hunting more when farms were not doing well because of cold weather. People in the past used mountain paths to travel and trade. Today, scientists still find things in the ice. These old things tell stories about life long ago and help us understand how people lived.

RECORDING 68 (176 words)

Scientists from the University of Cambridge found something interesting about plants. They discovered that plants have a "thermometer" inside them. This helps plants know if it is warm or cold. The plants use this to know when to grow or stop growing.

Plants have special molecules called phytochromes. During the day, they help plants find sunlight. But at night, these molecules change. They help the plant know the temperature. If it is warm, the plant grows faster. If it is cold, the plant grows slowly. This discovery helps farmers. If they know how plants sense temperature, they can grow stronger plants. These plants will be better for hot or cold weather. Crops like wheat and rice do not grow well in heat. This new information can help grow better crops in the future. Some plants, like oak trees, use temperature to decide when to grow. Other trees, like ash, use the length of the day. Scientists now understand more about how plants grow and change. This will help farmers grow more food in a changing climate.

RECORDING 69 (188 words)

A long time ago, the people of Iran (Persia) built tunnels to bring water to dry areas. These tunnels were called qanats. Workers dug deep vertical shafts and connected them with a sloping tunnel. This allowed water to flow from the mountains to villages. Some of these tunnels are over 2,700 years old and still work today. The Romans learned the qanat method and used it to bring water to farms. They also built very long tunnels, like the Claudius tunnel, which took 11 years to complete. It was 5.6 kilometers long and used deep shafts to help dig the tunnel. Later, the Romans used a new method called counter-excavation. This was used when building tunnels through high mountains. Workers dug from both sides and tried to meet in the middle. They used light to guide them and made changes if needed. Tunnels were also used to mine gold and other minerals. Some were very hard to build, especially in solid rock. Roman builders worked slowly—sometimes only 30 centimeters per day. Some tunnels had names and dates carved in stone to remember the builders and when they finished.

RECORDING 70 (188 words)

Many people today use screens like tablets and phones to read. Children and adults read stories, news, and messages on screens. But reading on a screen is different from reading on paper. Scientists say that this change can affect how our brain works. Long ago, our brain learned to read slowly and deeply. We used to take time to understand the meaning of the text. This helped us think more, understand other people's feelings, and solve problems. But today, many people read quickly on screens. They often skim — that means they read only the beginning or important words and skip the rest. This makes it hard to focus and understand the full story. Some studies show that students who read on paper understand more than those who read on a screen. They remember more details and can tell the story in order. Experts are worried that digital reading can make us think less deeply. They say we need to be careful. We must keep reading in ways that help our brain grow. We can still use technology, but we should also protect the deep reading skills we need.

RECORDING 71 (175 words)

AI is being used more in our lives. It can help predict crimes, health problems, and even give advice to doctors. AI is often better than humans at making predictions. But many people still don't trust it. They prefer to listen to human experts, even if those experts are wrong. One example is Watson, an AI from IBM made to help doctors treat cancer. Doctors didn't trust it. Sometimes Watson gave advice that was the same as what doctors already knew, so they didn't see the need for it. Other times, it gave different advice, and doctors didn't understand why. This made them feel the AI was not good or safe. People trust other people more because they can understand them. But AI is new and hard to understand. Also, news stories often show when AI goes wrong, not when it works well. To help people trust AI, we can show them how it works and let them try it. If people have more experience with AI, they may trust it more in the future.

RECORDING 72 (182 words)

In the 1800s, many people moved to London. The streets became crowded and it was hard to travel. At that time, trains were not allowed into the centre of London. This made travel even harder. One man, Charles Pearson, had an idea to build an underground train to help people travel more easily. In 1854, two groups came together to build the first underground railway. It would go from Paddington to Farringdon. The project was difficult and expensive, but they did not give up. The railway opened in 1863. On the first day, 40,000 people used it. In the first year, over 9 million people used the new line. Later, more lines were added. They used special trains that did not make too much smoke. But by the 1880s, London was still crowded. A new train had to go deeper underground. In 1890, the first deep electric railway opened. It was called the City & South London Railway. In 1900, another electric railway called the Central London Railway opened. These trains helped many people. By 1907, London had a full underground train system.

RECORDING 73 (185 words)

Stadiums are big buildings where people watch sports or shows. They have existed since ancient times, starting with the Greeks and Romans. In the 1800s, many stadiums were built again. Today, building stadiums can cost a lot of money. Some are not used much after big events like the Olympics or the World Cup. But stadiums can change with time. Some old Roman amphitheatres became houses or markets. Later, they were used again for shows. In Italy and France, some stadiums were made part of the town, with shops and houses inside. Now, architects build modern stadiums that do more than host sports. Some have hotels, shops, parks, and places for families. This makes them useful every day, not just for games. Some new stadiums even help make electricity using solar panels or wind power. Today's stadiums are more than just sports buildings. They are important parts of cities. They help people come together and use less energy. Stadiums can now be good for people and the planet. In the future, more stadiums may help cities be cleaner, smarter, and more fun to live in.

RECORDING 74 (194 words)

To Catch a King is a book by Charles Spencer. It tells the true story of King Charles II after he lost a big battle in 1651. He was only 21 years old at the time. After the battle, many soldiers were looking for him. He had to hide and escape for six weeks. He finally went to France, where he stayed for nine years. Years later, after he became king again, Charles told the full story of his escape. He spoke for hours to a man named Samuel Pepys so the story would not be forgotten. He talked about how he had to hide in trees, wear disguises, and trust strangers to help him. Spencer's book shares many exciting details, like how Charles used walnut leaves to dye his hair or how he slept in the woods. It also shows some funny moments and how people helped him. Charles liked to tell this story for the rest of his life. He even made many paintings about it. The book shows how this escape changed him. It is a fun and interesting read for anyone who wants to learn about the king's great adventure.

RECORDING 75 (184 words)

Long ago, it took humans thousands of years to turn wild tomatoes into the ones we eat today. Now, scientists in Brazil and China have done it again, but much faster—only in three years. They used a special new method called CRISPR, which lets them carefully change the plant's DNA. This helps them make tomatoes that taste better and resist disease. The wild tomato is very small and hard to grow. Over time, people made tomatoes bigger and easier to farm. But the modern ones lost some good traits like taste and vitamin content. Scientists used CRISPR to bring back these good traits from wild tomatoes. They made them bigger, more colorful, and more resistant to diseases. In the US, another team used the same method to improve a different fruit called the groundcherry. This fruit is tasty but

hard to farm. The team made it easier to grow by changing its shape and size. This new way of working with plants could help us grow better crops. It might even help us deal with problems like hunger and climate change in the future.

RECORDING 76 (185 words)

In 1946 or 1947, three Bedouin boys were looking after goats near the Dead Sea when they found a cave. Inside, they saw jars with old scrolls. They took the scrolls to a town and sold them to a dealer. More caves were found later, with many more scrolls. In total, about 900 scrolls were found. This was one of the biggest discoveries in archaeology. The scrolls are about 2,000 years old, written between 150 BCE and 70 CE. Many were written in Hebrew, some in Aramaic and Greek. They may have belonged to a group called the Essenes, a Jewish group. Most scrolls are parts of the Hebrew Bible, except the Book of Esther. The scrolls also include rules and religious writings. One scroll is called the Copper Scroll. It is made of copper and lists secret places with hidden treasures. In 1948, a man bought seven scrolls and took them to the USA. In 1954, they were returned to Jerusalem. In 2017, a team in Israel put together one of the last scrolls. It talks about religious events and uses a 364-day calendar.

RECORDING 77 (192 words)

Many people think great scientists like Darwin and Einstein made discoveries all by themselves. But in fact, science usually happens slowly, step by step. It often includes small ideas, mistakes, and help from others. Even scientists who are not famous can help science move forward. One example is John Nicholson. In the early 1900s, he had an idea about tiny "proto-elements" in space. His idea was wrong, but it still helped another scientist, Niels Bohr, make an important model of the atom. This shows that even wrong ideas can help science grow. Sometimes, accidents also lead to new inventions. For example, the Post-it note was made by mistake when two people at the 3M company were trying to make a strong glue. Their weak glue became useful in a new way. A rule called the Law of Effect explains this. It says people or animals repeat actions that work and stop doing what doesn't work. So, like evolution in nature, human ideas also change and grow. Success can come from trying many times, learning from mistakes, and building on old ideas. Science is not just about genius—it's about learning, trying, and improving.

RECORDING 78 (180 words)

The thylacine, also called the Tasmanian tiger, looked like a dog but had dark stripes on its back. Male thylacines were about 162 cm long. It lived in different places but liked forests with eucalyptus trees. It ate only meat and could eat a lot at once. It was not fast and probably chased its food until the animal got tired. Thylacines hunted at night but were also seen during the day. Some liked to sit in the sun. The baby thylacine was born tiny and had no hair. It crawled into its mother's pouch and drank milk for up to three months. Then it stayed in a safe place until it was ready to live alone. The thylacine lived in Australia, New Guinea, and Tasmania. It disappeared from most places about 4,000 years ago. Wild dogs called dingoes may have caused this. In Tasmania, people hunted the thylacine to protect farm animals. The last one died in 1936 in a zoo. Many people later searched for it, but no proof was found. The thylacine was declared extinct in 1986.

RECORDING 79 (194 words)

Palm oil is made from the fruit of the African oil palm tree. It is the most used vegetable oil in the world. It is in many foods like biscuits and also in products like soap. Companies like palm oil because it stays solid at room temperature and lasts a long time. Farmers grow a lot of oil palm trees. Between 1990 and 2012, land for palm oil grew a lot. Today, about 60 million tonnes of palm oil are made each year. This number could grow even more in the future.

But many people are worried. To grow oil

palm trees, people cut down forests. This hurts animals like orangutans, elephants, and tigers. Some people say we should stop using palm oil. Others say palm oil helps many poor people who work in the industry. Some experts also say palm oil can be better than other oils because it uses less land. There is now a group called RSPO that checks if palm oil is made in a good way. It helps protect forests and checks carbon levels. Some scientists are also finding ways to help animals live in palm oil areas again.

RECORDING 80 (176 words)

Jason Barr's book Building the Skyline tells the history of New York City and how it grew. The book talks about the city's land, buildings, economy, and people. It has two parts. The first part tells the story of New York from 1609 to 1900. The second part looks at the 20th century and how New York changed. Barr explains how the city looked in 1609 and how water and rock were found underground. He also shares interesting facts about famous people and places in the city. Barr then talks about land use, immigrants, and neighborhoods in the 1800s. Later in the book, Barr writes about skyscrapers. He explains the cost of building them and how high they can go. He also explains the use of strong materials like iron and steel. One chapter clears the myth about deep bedrock and how workers reach it. The final chapters look at land prices and the building boom of the 1920s. Barr ends the book by talking about how climate change might affect New York in the future.

RECORDING 81 (180 words)

In Madagascar, many forests are being turned into rice fields. This causes animals to lose their homes. But some animals, like bats, are helping farmers. A scientist named Ricardo Rocha studied bats and found that they help farmers by eating harmful insects. These insects damage rice plants. Bats eat them, so farmers don't need to use chemicals. Madagascar has many bat species. Some bats are found only on the island. Rocha's team found that bats eat pests like grass worms and caterpillars. This helps rice farmers grow more food and protect forests. The team used special tools to listen to bat sounds and test their droppings. They found that bats eat bugs from other crops too, like coffee and citrus fruits. Bats also eat mosquitoes, which spread diseases. Some people fear bats or hunt them for food. But others believe bats are sacred and protect them. Rocha hopes people will build safe places for bats to live, like bat houses. He believes bats can help both nature and farmers. He says, "If we help nature, it can grow back faster."

RECORDING 82 (178 words)

Professor Sheilagh Ogilvie and her team studied people in German villages from 1600 to 1900. They collected data about people's lives, such as what they owned, how much tax they paid, and what jobs they did. The team looked at over one million items people owned. Ogilvie wanted to understand if education helps a country's economy grow. Many people believe education makes people richer. But Ogilvie found this is not always true. For example, England had low literacy in 1600–1900, but its economy grew fast. Germany had high literacy, but it stayed poor. Her study shows that just having schools or books does not mean the economy will grow. The team also looked at people's wealth, how much land they had, and if they joined guilds. Guilds sometimes stopped people from working freely. Ogilvie says education may help, but other things, like strong rules or poverty, can stop progress. She believes her work helps us understand how to support poor people today. If systems are unfair, even good education may not lead to better jobs or more money.

RECORDING 83 (189 words)

Timur Gareyev is a special chess player. He plays many games at the same time, and he does it blindfolded! He cannot see the board or pieces. He plays from memory. Timur has played 33 blindfold games in one day. He won

29 of them. He is called the "Blindfold King." Timur was born in Uzbekistan and started playing chess at six years old. He moved to the U.S. and became one of the best players there. He is also known for his love of skydiving and bright clothes. Scientists are interested in Timur's brain. They want to know how he can remember so many games. Tests show he is not very different from other people in memory games. But brain scans show that his brain is very well connected. His brain works fast and helps him focus. One part of his brain, used for planning and attention, works better than most people. Timur wants to play 47 blindfold games for a world record. He needs to win 80% to succeed. He says blindfold chess helps him feel happy and focused. "I miss having something to love," he says.

RECORDING 84 (187 words)

In Australia, getting clean water is very important. In places like Western Australia, there is not much rain, and more people and farms need water. This makes it hard to get enough water for everyone. To help, people in Western Australia started using desalination. This means turning salty seawater into clean drinking water. In 2006, the first big desalination plant in Australia opened in Kwinana, near Perth. It gives water to about 17% of the people in Perth. Another plant is being built near Harvey. Murdoch University in Perth has a special centre called the NCED. It studies how to make desalination better. The centre also works on projects to help remote areas get clean water. One remote place is Tjuntjuntjara, 800 km from Kalgoorlie. It has 120 people and needs better water. A new technology from Singapore, called V-MEMD, can clean water using heat. It uses lower heat than normal and is cheaper. The next step is finding power for the system. Scientists want to use solar energy. Many groups are working together to make this project work and give good water to people far away.

RECORDING 85 (180 words)

Western Australia is getting warmer. Scientists say even a small rise in temperature can change many things. If the South West becomes hotter and drier, animals and plants may not survive. Forests may disappear, and farming will be more difficult. Cities like Perth and Bunbury could get much hotter. A 2°C rise in temperature can cause dangerous weather. There could be more storms, fires, floods, and long dry periods. These changes will affect animals, people's health, farming, and city life. Some animals in Western Australia may disappear. A heatwave once killed more than 100 Carnaby's cockatoos. Other animals like quokkas may also be in danger. Forests could be lost, making it hard for animals to live or move. Hot weather can be dangerous for old or sick people. There may be more diseases, like ones spread by mosquitoes. Water may also become dirty or unsafe. Farming may move to new areas. Some places may grow less food. Coastal towns may face problems from rising sea levels. People will need to plan better to protect homes and roads in the future.

RECORDING 86 (188 words)

A small glass bottle holds a black liquid that looks like oil. But it is not oil — it can help improve batteries. If it works, it could help electric cars go farther and make oil less important. Today's electric car batteries are heavy, expensive, and take up space. Much of the battery has no power — it just holds everything together. This new black liquid could change that. A team at MIT, led by Yet-Ming Chiang, made a new type of battery called "Cambridge Crude." In normal batteries, parts move between two ends using a liquid to create power. In this new battery, they mix tiny metal particles with liquid to make a thick slurry. This slurry moves through the battery to create electricity. This new battery could be cheaper and better. It may cost only $250 for each kilowatt-hour, much less than today's batteries. It could help a car drive 300 km on one charge — double what we get today.

Drivers could refill the battery like gas or recharge it. A company is now working to make it real, with plans to build a small working version soon.

RECORDING 87 (186 words)

Turtles and tortoises are in danger. Many types may disappear in the next few decades. This is because their homes are being destroyed. People also take them for their meat, shells, or eggs. In Australia, turtles are better protected, but they still face problems like predators, drought, and climate change. Turtles and tortoises have lived for a long time. They first appeared 220 million years ago, around the time of the dinosaurs. But today, many turtle types are in danger. Almost half of all species are now at risk because people take too many and their habitats are damaged. Australia does not have land tortoises but has many freshwater turtles. Most live in rivers and lakes and are hard to study. Turtle eggs often get eaten by animals like foxes and pigs. Only a few hatchlings survive to grow up. Adult turtles face other dangers like being hit by boats or caught in fishing nets. Droughts have also killed many. Scientists are now watching turtle numbers closely. They hope that learning more about turtle life will help protect them and keep them safe in the future.

RECORDING 88 (184 words)

Iles-de-la-Madeleine is a group of islands in the Gulf of St Lawrence, near Cape Breton Island. There are 12 small islands, connected by sand dunes and a road called Route 199. These islands have high winds, salty lagoons, and strong ocean storms. About 13,000 people live there, and they are called Madelinots. Winters are warmer now, and storms are getting worse. The sea level is rising, and the land is sinking. This is making the coastline break down faster. Sea ice in the north used to stop storms from damaging the shore. But now, with less ice, the waves are stronger and break the rocks and roads. Sandstone, the rock of the islands, cracks easily in winter. As the water freezes and melts, the rock breaks and falls. Storms wash away 10–110 centimeters of coast every year. Some homes and roads have already been moved inland to stay safe. Still, many people do not want to leave. Some have lived on the islands for centuries. One resident said, "We see the problems, but this is our home. We love it and keep living here."

RECORDING 89 (180 words)

Natural disasters in 2011 caused $380 billion in damage around the world. This was more than twice the cost in 2010. It was also $115 billion more than the cost in 2005. A company from Germany called Munich Re reported this. Some people think climate change is the cause. But the company says there are other reasons too. Two of the biggest disasters in 2011 were a big earthquake and tsunami in Japan and a strong earthquake in New Zealand. These caused a lot of damage. Many disasters happen in places where more people live and where there is more wealth. This makes the damage bigger and more expensive. Most disasters in 2011 were weather-related. There were 820 weather disasters, including big floods in Thailand, tornadoes in the United States, and storms in the Mediterranean. These disasters killed at least 27,000 people. Since 1980, floods have become more common. Experts think climate change is one of the reasons for this. One expert said it is hard to believe climate change has no role in the growing number of weather disasters.

RECORDING 90 (173 words)

Some people are afraid of genetically modified (GM) food because it is new and different. But scientists say GM food can help solve big problems. GM food is made by changing the genes of plants. These changes can make plants stronger. They can grow faster, make more fruit, and resist diseases and insects. This means we can grow more food, even in places with poor weather. This can help fight hunger in the world. We may also use fewer pesticides, which are chemicals that can harm the environment. However, some people worry about GM food. They say we don't know all the risks. Some fear that it could harm people or the environment. For example, changing plant

genes might create new problems or diseases. Others worry that big companies will only care about money, not people's health. To be safe, scientists and watchdog groups should check GM food carefully. If done well, GM food can help feed the world and protect nature. But we must be careful and watch how it is used.

RECORDING 91 (178 words)

As people get older, their sleep patterns change. Many older adults find it harder to fall asleep or stay asleep. However, their sleep needs do not actually change — they still need the same amount of sleep as younger adults. Older people tend to spend more time in lighter sleep and less in deep sleep. This change in sleep structure may cause more waking during the night. Studies show that older adults often feel less satisfied with their sleep and are more tired during the day. Sleep problems also increase with age. Many of these problems are linked to physical or mental health issues or the medications used to treat them. Insomnia is common — 44% of older adults in one survey had trouble sleeping at least a few nights per week. Insomnia may last for a short or long time and is often related to health issues. Health problems, especially long-term ones, are more common with age. These problems can make sleeping more difficult. Talking to a doctor can help older people manage sleep problems and improve their rest.

RECORDING 92 (181 words)

The length of a day changes during the year. In summer, days are longer than nights. In winter, nights are longer. The longest day is around June 21, and the shortest day is around December 21. These days are called solstices. The summer solstice is the longest day. The winter solstice is the shortest. Solstices happen when the Sun is farthest north or south in the sky. When it is far north (23.5° North), it is summer in the northern hemisphere. When it is far south (23.5° South), it is summer in the southern hemisphere. There is also something called an equinox. It happens when the Sun is above the equator. This means day and night are the same length. It happens once a year in each hemisphere. If you live in the southern hemisphere, the longest day is around December 21. The shortest day is around June 21. When the Sun is far north, the North Pole has 24 hours of daylight, and the South Pole has 24 hours of night. When the Sun is far south, the opposite happens.

RECORDING 93 (187 words)

A big project is happening at Stonehenge, a famous ancient place in England. It is called the Stonehenge Hidden Landscapes Project. Scientists are using special machines to scan the land under the ground. This helps them learn more without digging. They are studying a large area of 14 square kilometers. The team is using ground-penetrating radar. This can see under the earth up to three meters deep. It is the first time Stonehenge has been studied in so much detail. The work is done carefully, so it does not bother nearby farmers. The project is run by the University of Birmingham. It includes a team of 12 people, such as archaeologists, historians, and computer experts. They also use laser scanners and other tools. Even though Stonehenge is well-known, many parts of it are still a mystery. The team wants to find hidden things around it. They will use computers to make 2D and 3D pictures of what they find. The project gets support from other universities and groups like English Heritage. The work will help us learn more about the past in a new and exciting way.

RECORDING 94 (189 words)

A long time ago, the Moon may have hit a smaller moon. This smaller moon was like a little sibling. When they crashed, the big Moon became uneven. Scientists think the Moon was formed when a Mars-sized object hit young Earth. This caused hot rock to go into space and form the Moon. Some scientists believe other small moons could have formed too, but they later crashed into the big Moon. The Moon has two sides that look different. One side has thicker rock. This is a mystery. Scientists from California tested the idea that the Moon hit a smaller moon. This moon was

about 1300 km wide. The crash was not very fast. It did not melt rock but added more rock to the Moon's surface, making one side thicker. The smaller moon broke and spread across one side of the big Moon, like spreading cream on a cake. This might explain why one side of the Moon is thicker and older. Scientists hope to study rocks from the Moon's far side to learn more about this. Some comets may have also formed by small crashes like this.

RECORDING 95 (182 words)

Some solar panels lose power over time. This problem is called "potential induced degradation" or PID. Scientists from SOLON SE studied this issue to find a solution. In 2006, people noticed that new solar panels with high power lost efficiency quickly. The reason was a special type of technology used in those panels. It caused a high voltage problem between the panel and the ground. Now we know that high voltage is the main cause of this problem. It does not just happen in special panels. It also happens in other common types of panels. When many panels are connected together, the voltage becomes very high—sometimes up to 1000 volts. To understand PID, we must look at how a solar cell works. Sunlight makes tiny particles (called electron-hole pairs) move through the cell. High voltage can stop this movement. It can also create unwanted electric currents and damage the panel. The result is lower energy from the panels. Hot weather and moisture can make the problem worse. Scientists are now working on ways to stop this issue and improve solar energy systems.

RECORDING 96 (190 words)

A car tyre has three parts: the carcass, the belts, and the tread. The carcass is made of rubber and strong threads. The belts give extra strength, and the tread touches the road. Tyres are made from rubber, steel, and other materials. They are pressed and heated to become strong. Making one car tyre uses 27 kg of material and 584 liters of water. After a tyre wears out (usually after 50,000 km), it is thrown away. Australia throws away 20 million tyres every year. Old tyres are either sent to landfills, burned, reused, or recycled. About 57% of tyres go to landfills, which is bad for the environment. Tyres take thousands of years to break down. They also take up space and can catch fire. Some tyres are burned for energy, but this also creates harmful gases. One way to reuse tyres is to retread them and use them again. Some people think this helps the environment. Others think it can waste energy. Old tyres can also be ground into small pieces and used in roads or playgrounds. Recycling tyres is good for the environment and helps reduce waste.

RECORDING 97 (182 words)

The Titanic was a big ship that sank after hitting an iceberg. Over 1,500 people died. This happened in 1912. People still talk about this disaster today. Experts say many shipwrecks have happened since then. One shipwreck in 1945 killed over 9,000 people. The Titanic taught people important lessons. The ship did not have enough lifeboats. The crew was not ready to help all passengers. Some people were afraid to get in the boats because the ship felt safe at first. One officer, Harold Lowe, helped save many lives by making sure people got into the lifeboats. But better training and more lifeboats could have saved even more people. Today, ships are safer. Technology, radios, and better rules help prevent accidents. But dangers still exist. There are now many ships on the sea. This means more chances for accidents. One ship got stuck in ice in 2011, and another ship caught fire after a crash in 1987. Experts say we can't stop all ship accidents, but we can try to make them less likely by using good training, tools, and safety rules.

RECORDING 98 (184 words)

Leona Watson is a business owner in Australia. She started to feel very tired and unwell after the 2008 financial crisis. She could not sleep well, her hair was falling out, and she felt very stressed. She later found out that she had a health problem called hypothyroidism. The thyroid is a small gland in the neck. It makes hormones that help control energy, blood sugar, body temperature, and more. If the thyroid does not make enough hormones, people can

feel tired, sad, or weak. This condition is called hypothyroidism. It affects about 7% of people. Some people, like Watson, need to take a small pill called Thyroxine every day to stay healthy. Watson said it took a long time to get the right treatment. She only felt better after taking the correct amount of medicine. Now, she has more energy and can think clearly. She feels good again and can work on her business. This condition is more common in women over 50. It is important to check health problems early and not think they are just from stress or working too much.

RECORDING 99 (179 words)

Many Australian films, poems, and books show how people feel about the outback. Most of these works were made by people who came from other countries. They used the outback to show what it means to belong in Australia. The outback covers most of Australia and has very few people. Much of the rest of the land is called "the bush." In the 1800s and 1890s, writers and painters used the outback to tell stories about what it means to be Australian. From the 1890s, Australian films also told these stories. Before white settlers came, Aboriginal people lived in Australia for about 50,000 years. They lived in many small groups with their own languages and beliefs. When white settlers arrived in 1788, they took the land and most Aboriginal people were pushed away. In 1967, Aboriginal people were first officially recognized as Australian citizens. Since then, more Aboriginal people have told their own stories in films. Today, many Aboriginal filmmakers talk about their history, beliefs, and connection to the land. These stories help others understand and respect Aboriginal culture.

RECORDING 100 (183 words)

Many people love riding motorcycles. For some, it feels like freedom and fun. Harley-Davidson, a famous motorcycle brand, has used this idea to grow its business. Their bikes are big, powerful, and exciting. People think of them as symbols of adventure and rebellion. A famous movie from 1969, Easy Rider, helped make this image popular. Motorcycles are now more popular than ever in Australia. Since 2004, the number of motorcycles has grown a lot. People enjoy riding because it's cheap, fast, and fun. Not only young people or bike gangs buy motorcycles. Many people use them to go to work. Harley-Davidson wants to attract more people. They say some people already want to ride but just need a small push. The company calls this the "Harley gene." Their goal is to get more people to try a bike and enjoy the feeling. Some people worry about crime connected to bike gangs, but most motorcycle riders are normal people. The company says only 1–2% of their customers are in bike gangs. Most riders enjoy the ride, the freedom, and meeting others who love motorcycles.

RECORDING 101 (179 words)

In the 1980s, a researcher found something interesting. People who wrote about their painful memories became healthier. It was not only what they wrote, but how they wrote it. He found that using fewer words like "I" and more words like "you" or "we" helped people feel better. In writing, there are two main types of words. One type is content words like "table," "run," or "blue." These give meaning. The other type is function words like "I," "and," "the," and "but." These connect content words. We don't often notice them, but they are very important. Function words are used a lot and tell us about a person's thinking and feelings. They are small and hard to see, but our brains use them in special ways. People with brain injuries sometimes can't use function words, even if they can say content words. How we use function words can show our social skills. It can also show if we are honest, friendly, or like to tell stories. These small words can even help researchers learn more about who we are.

RECORDING 102 (185 words)

In the US, two big health groups started a new cancer project called The Cancer Genome Atlas (TCGA). They will spend $100 million over three years. The goal is to study the genes that cause cancer. Scientists already mapped the human genome, and now they want to learn how changes in genes turn healthy cells into cancer cells. The project will use 250 samples from each of 250

tumor types. This will help scientists build a list of cancer-causing gene changes. Dr. Francis Collins, one of the leaders, said this is a big step in the fight against cancer. The team hopes the project will help make cancer easier to treat in the future. Some scientists worry about the cost. The leaders say they do not know the final price yet, but they believe the project will inspire new research and better tools for cancer study. Even if money is tight, they want to keep supporting new ideas that can help people with cancer. The project may grow over time to study more types of cancer. Many people hope this work will help save lives.

RECORDING 103 (189 words)

Today, many people use social media and online services. These companies need to build trust with users. But some companies have collected users' private data without asking. This has made people worried. Between 2006 and 2010, Google worked on a project called Google Streetview. They took pictures of streets in many cities. But they also collected data from public Wi-Fi networks. This included emails and websites people visited. Many people were upset and said Google went too far. Germany investigated Google. Google then said they didn't know their cars were collecting this private data. Other companies, like Apple and Twitter, also had problems. Apple had to explain what user data it collected. Twitter was attacked by hackers who got users' personal data and sent fake tweets. Facebook also had trouble. Its privacy settings were confusing. People didn't know their data was shared. Now Facebook is changing its rules to help protect user information better. These problems show that big tech companies must be careful. If they don't respect users' privacy, people may stop trusting them. Companies like Google, Apple, and Facebook need to protect data and build trust again.

RECORDING 104 (187 words)

Taser International is the company that makes electric-shock stun guns. Some people have died after being shocked by these guns. In one case, a man named Darryl Turner died after a police officer shocked him for 37 seconds. This happened in Charlotte, North Carolina. A court said the company did not train the officer well and ordered it to pay $10 million to Turner's family. Amnesty International says that 450 people in the US have died after being tased since 2001. They say tasers are dangerous and should be used only in serious situations. In Turner's case, the taser was used for too long and hit near the heart, which is risky. Normally, tasers are used for a quick shock, less than one second. But some officers use longer shocks, which can be dangerous. The company later changed its training to warn officers about using the taser near the heart. Tests showed Turner had no drugs in his body and his heart was healthy. The court said the officer should have been trained better. The company plans to appeal, but taser use is still a big concern.

RECORDING 105 (181 words)

In Australia, people use a lot of paint, especially for home projects. In 2003, about 124 million litres of paint were made. But what is in paint, and how does it affect the environment? Paint is made from different things. It includes pigments (for colour), solvents, resins (to help the paint stick), and other chemicals. The colour comes from pigments, which are often from minerals or special chemicals. The solvent can be water or oil. The resin helps hold the paint together. Some paint ingredients come from oil or are mined from the earth. Others are made from natural things like vegetable oil or milk. Making paint is complex, but mixing it is simple. Factories mix the right parts and send it in cans to stores. Paint helps protect buildings and wood, but it can harm the environment. When paint dries, it can release gases that are bad for people. Some leftover paint is thrown away and pollutes the soil or water. Programs like "Paintback" help collect old paint so it can be reused. This helps reduce waste and protect nature.

RECORDING 106 (188 words)

Meteorites are space rocks that travel through space and sometimes fall to Earth. When they fall, they move very fast and often make a bright light in the sky, like a shooting star. Some even make a loud noise like thunder. These rocks come from space and can be very

old — some are older than 3,800 million years. In space, these rocks are called meteors. They travel near the Sun and can come from comets or the asteroid belt between Mars and Jupiter. When a meteor comes too close to Earth, it is pulled in by gravity. As it falls, it gets hot and bright. Some burn up in the air, but others reach the ground. Then they are called meteorites. Meteorites can be small like pebbles or very big. Scientists study them to learn about the solar system and Earth. People in many cultures have known about meteorites for a long time. Some even thought they had special powers. Today, we know meteorites are natural space rocks. There are three main types: iron, stone, and a mix of both. Most are heavy and may stick to magnets.

RECORDING 107 (176 words)

Censorship means controlling what people can see or read. Some people think it takes away freedom. Others think it helps protect good values and keeps people safe. Censorship can help, but if used too much, it can be harmful. In Australia, censorship is used by families, schools, and the government. There are rules about what kind of content is allowed. Some things are not allowed, like violent or dangerous content. But it is impossible to stop everything. Some people can still find and share banned content. The government checks movies, games, and books. It decides what is safe. Now, some people want internet companies to block content too. But others are worried this will give too much power to the government. There are already filters that help block bad content. Parents can also choose what their children can see online. Some believe families, not the government, should make these decisions. Illegal content, like child abuse material, should be removed. But we need to be careful. It is important to protect children, but also to protect freedom.

RECORDING 108 (182 words)

Sometimes people travel to other countries to help or work. But they may not understand the culture. In one story, a volunteer in Ethiopia called people using her finger. In the U.S., this is normal. But in Ethiopia, this is rude. It is how people call animals. In another story, a volunteer in Nigeria looked students in the eye. In Nigeria, this can be seen as disrespectful. Even small gestures can mean different things in different places. For example, bowing in America may look strange, but it is polite in other cultures. People can understand spoken language is different, but they forget body language is also different. Many people think their way of speaking or moving is normal. They may not know they are being rude. Hosts usually don't correct the visitors, so they don't learn the right way. That's why it's important to learn non-verbal communication. This includes eye contact, body space, touch, and facial expressions. These things are different in every culture. Learning them helps us respect others and avoid mistakes when we visit or live in a new country.

RECORDING 109 (188 words)

The earth is getting warmer. Scientists say the earth is now about 0.75°C warmer than it was in 1850. This small change can still have big effects. For example, during the last ice age, the earth was only 5°C colder than now. Many scientists agree that humans are causing this warming. We burn fuels like coal and oil, and this adds greenhouse gases into the air. These gases trap heat and make the planet warmer. Some people still say humans are not the main cause, but most experts disagree. The main greenhouse gases are carbon dioxide (CO_2), methane, nitrous oxide, and water vapor. CO_2 is the most important because we create so much of it. It stays in the air for a long time. Oceans and plants can help take in some CO_2, but not enough. Global warming can also happen because of natural changes, like the earth's orbit or volcanoes. But most scientists believe the big cause now is human activity. If we don't act, the temperature could rise by up to 5.8°C by 2100. But if we cut CO_2, we can stop some of the warming.

RECORDING 110 (181 words)

Some students in universities are copying work from the internet. This is called "cyber-cheating" or "cyber-shoplifting." It means students are taking others' work and saying it is their own. Some students copy whole essays from websites or pay people to write essays for them.

At Murdoch University, a teacher found a student who copied almost a full essay from an article online. The student only changed about 50 words. Many universities now give lessons on how to use other people's ideas correctly and how to write original work. If teachers think a student has copied, they check online to find where the text came from. Some students try to change a few words to avoid being caught. One student even copied a list of books she didn't use. One study in Victoria found that 1 in 8 students copied more than 25% of their essay. Some websites like "School Sucks" offer essays for students to download. Experts say that it's important to teach students why copying is wrong. In the future, computer tools may help check for copied work more easily.

RECORDING 111 (176 words)

In the 1970s, a scientist named Paul Berg and his team started new work in genetics. They learned how to cut DNA from different living things and put it into other cells. This was called recombinant DNA (rDNA). It helped scientists understand how genes work and how to mix genes from one living thing into another. Berg wanted to use a small virus called SV40 to carry new genes into human cells. But SV40 was known to cause tumors in animals. Some people became worried. What if this virus mixed with other genes and made people sick? One scientist, Janet Metz, asked, "Could this cause cancer?" Even though the experiment was ready, Berg stopped to think about safety. In 1974, he wrote a letter to the journal Science and asked scientists to wait before doing more rDNA experiments. The next year, scientists met to talk about the risks. They created safety rules for using rDNA. Berg's choice helped make science more open and safe. Today, thanks to this, we can study genes more carefully and responsibly.