



For a moment Peter did not understand. Then, when he saw all the other creatures start forward and heard Aslan say with a wave of his paw, 'Back! Let the Prince win his spurs,' he did understand, and set off running as hard as he could to the pavilion. And there he saw a dreadful sight. The Naiads and Dryads were scattering in every direction. Lucy was running towards him as fast as her short legs would carry her and her face was as white as paper. Then he saw Susan make a dash for a tree, and swing herself up, followed by a huge grey beast. At first Peter thought it was a bear. Then he saw that it looked like an Alsatian, though it was far too big to be a dog. Then he realised that it was a wolf – a wolf standing on its hind legs, with its front paws against the tree-trunk, snapping and snarling. All the hair on its back stood up on end. Susan had not been able to get higher than the second big branch. One of her legs hung down so that her foot was only an inch or two above the snapping teeth. Peter wondered why she did not get higher or at least take a better grip; then he realized that she was just going to faint and that if she fainted she would fall off. Peter did not feel very brave; indeed, he felt he was going to be sick. But that made no difference to what he had to do. He rushed straight up to the monster and aimed a slash of his sword at its side. That stroke never reached the Wolf. Quick as lightning it turned round, its eyes flaming, and its mouth wide open in a howl of anger. If it had not been so angry that it simply had to howl it would have got him by the throat at once. As it was – though all this happened too quickly for Peter to think at all – he had just time to duck down and plunge his sword, as hard as he could, between the brute's forelegs into its heart. Then came a horrible, confused moment like something in a nightmare. He was tugging and pulling and the Wolf seemed neither alive nor dead, and its bared teeth knocked against his forehead, and everything was blood and heat and hair. A moment later he found that the monster lay dead and he had drawn his sword out of it and was straightening his back and rubbing the sweat off his face and out of his eyes. He felt tired all over.

Time yourself – how long to highlight the words below.

snapping	nightmare	Naiads	Wolf
Aslan	Prince	Alsatian	bared
sweat	scattering	snarling	Susan

When, suddenly, on an ordinary Wednesday, it seemed to Barney that the world tilted and ran down-hill in all directions, he knew he was about to be haunted again. It had happened when he was younger but he had thought that being haunted was a babyish thing that you grew out of, like crying when you fell over, or not having a bike.

'Remember Barney's imaginary friends, Mantis, Bigbuzz and Ghost?' Claire – his stepmother – sometimes said.' The garden seems empty now that they've gone. I quite miss them.'

But she was really pleased perhaps because, being so very real to Barney, they had become too real for her to laugh over. Barney had been sorry to lose them, but he wanted Claire to feel comfortable living with him. He could not remember his own mother and Claire had come as a wonderful surprise, giving him a hug when he came home from school, asking him about his day, telling him about hers, arranging picnics and unexpected parties and helping him with hard homework. It seemed worth losing Mantis, Bigbuzz and Ghost and the other kind phantoms that had been his friends for so many days before Claire came.

Yet here it was beginning again... the faint dizzy twist in the world around him, the thin singing drone as if some tiny insect were trapped in the curling mazes of his ear. Barney looked up at the sky searching for a ghost but there was only a great blueness like a weight pressing down on him. He looked away quickly, half expecting to be crushed into a sort of rolled-out gingerbread boy in an enormous stretched-out school uniform. Then he saw his ghost on the footpath beside him. A figure was slowly forming out of the air: a child – quite a little one, only about four or five – struggling to be real. A curious pale face grew clearer against a halo of shining hair, silver gold hair that curled and crinkled, fading into the air like bright smoke. The child was smiling. It seemed to be having some difficulty in seeing Barney so that he felt that he might be the one who was not quite real. Well, he was used to feeling that. In the days before Claire he had often felt that he himself couldn't be properly heard or seen. But then Mantis had taken time to become solid and Ghost had always been dim and smoky. So Barney was not too surprised to see the ghost looking like a flat paper doll stuck against the air by some magician's glue. Then it became round and real, looking alive, but old-fashioned and strange, in its blue velvet suit and lace collar. A soft husky voice came out of it.

'Barnaby's dead!' it said.

Time yourself – how long to highlight the words below.

enormous	velvet	phantoms	crinkled
picnics	struggling	curious	dizzy
Magician's	Wednesday	gingerbread	husky

1 Be healthy – say no to TV

Television can damage your health. If you sit still for hours at a time, you use a lot less energy than if you are moving. But you don't eat less – in fact, you are likely to eat more if you watch TV. Most of us like to snack in front of the box. Not only do you eat more when you watch TV, but you also eat the WRONG foods: fatty and salty foods such as crisps, sugary sweets.

- You eat more and exercise less, so you get fatter.
- You eat unhealthy foods, so you are less healthy.
- You exercise less. This is bad for your heart and other muscles.

There are some good TV programmes – you should choose the one to watch carefully and then switch off afterwards.

2 Health threat from TV

Television is “the greatest unacknowledged health threat of our time” with 15 separate risks to couch potato children, a psychologist claimed.

Dr Aric Sigman is demanding daily viewing limits to help curb health problems ranging from obesity and short-sightedness to premature puberty. He believes youngsters under three should watch no television at all and parents should banish all TV sets from bedrooms.

In a report in a science journal, Dr Sigman lists 15 ways that exposure to TV screens can harm youngsters. These include raised risk of obesity and heart disease due to higher cholesterol and hormonal changes that disrupt sleep and even lower immunity. Among other potential hazards are short attention spans and learning problems.

Dr Sigman, an associate fellow of the British Psychological Society, told MPs yesterday that TV viewing should be rationed with a system of “recommended daily allowances”, similar to guidelines for salt intake. Children aged three to seven should be limited to 30 minutes a day while seven to 12-year-olds should watch only an hour a day.

His report claims that too many hours spent slumped in front of screens hampers brain development since TV viewing, unlike reading, fails to provide growing brains with the stimulation needed to foster analytical thinking.

Time yourself – how long to highlight the words below.

Psychological	allowances	energy	curb
premature	obesity	guidelines	banish
analytical	rationed	recommended	hazards