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On 1 July 1916, at 7.30am, the shrill ring of a whistle pierced the silence of dawn. It signalled the start of what would be the bloodiest day in British military history. Its army suffered 60,000 casualties, 20,000 of whom were killed or died from their wounds. By the time the Battle of the Somme ended on 18 November, almost half a million more British soldiers had followed them to the grave.

For many of these men, the Somme was their first taste of action, having signed up to join Kitchener’s Army following his infamous poster campaign. These inexperienced soldiers, some traversing no-man’s land at walking pace, were easy prey for the German machine gunners that had survived the earlier bombardment. On page 28, we commemorate the 100th anniversary of the Somme with a special feature on the Pals Battalions.

If you want to find out more about the battle, our friends at History Of War magazine have put together an entire bookazine of features and first-hand accounts. You can get your copy by visiting www.imagineshop.co.uk.
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Page 64
The iconic Sleeping Beauty Castle at Disneyland Park, California, undergoes construction. The original idea for Disneyland was for a small park adjacent to the Walt Disney Studios, but as ambitions for it grew, a larger plot was chosen. Construction began in 1954, and cost $17 million to complete. Despite the huge investment, opening day was disastrous, with half of the guests obtaining entry illegally.
COMMUNISTS ATTEMPT A COUP

When a group of hard-line members of the Soviet Union's Communist Party attempted to seize control, Russian president Boris Yeltsin knew only drastic action would suffice. As military forces stormed the capital, he climbed up on a tank and delivered a fiery speech calling for "a return of the country to normal constitutional development." The coup collapsed two days later.

19 August 1991
Iva Ikuko Toguri D’Aquino, an English-speaking broadcaster of Japanese propaganda sometimes known as ‘Tokyo Rose’, is held after being arrested by US officials for treason. Los Angeles-born Toguri had travelled to Japan in 1941, but after being refused a war ration card, began working for Radio Tokyo, which broadcast anti-American propaganda to Allied soldiers. She was sentenced to ten years’ imprisonment.

28 October 1945
Britain weathered a Luftwaffe storm during the Battle of Britain, a huge air attack that was meant to pave the way for the Axis invasion of Britain.

A joint British and French project, Concorde was the fastest airliner of all time and could cross the Atlantic in three and a half hours.

Aircraft cockpits, or flight decks, contain all the instruments required for flight and utilise highly sophisticated technology.

Aviation

From Medieval Tower Jumpers to Modern Flight
The iconic Boeing 747 'jumbo jet' first entered service in 1970, operating across the Atlantic between New York City and London.

Attack helicopters like the AH-64 Apache are highly effective in modern warfare and a devastating anti-tank weapon.

The talented aviator Amelia Earhart was the first woman to cross the Atlantic solo and held the female world altitude record.

By 1966, 200 million people were commercially flying every year and today, more people are taking to the skies than ever.

The USS Akron, a helium filled aircraft carrier, looms over Lower Manhattan.

The Spruce Goose, constructed entirely out of wood, is the largest plane ever built but only got off the ground once.

Radar was invented in 1935 by Scottish physicist Robert Watson-Watt and is now used for detection and ranging all over the world.
Aviation across history

Discover the history of humanity’s airborne antics, from flying simple kites to achieving supersonic flight.

THE FIRST CHINESE KITES
The Chinese are credited with the creation of the first kites known as “wooden birds” – in about 500 BCE. They are first referred to in an ancient text by the Chinese philosopher Mozi.

EARLY GLIDED FLIGHT
Eilmer of Malmesbury, a monk at Malmesbury Abbey, reportedly glides 200 metres from the top of the abbey’s tower using a pair of bird-like wings he designed and built himself. He broke his legs upon landing.

DA VINCI’S FLYING MACHINES
Leonardo da Vinci – the Renaissance painter and inventor – pre-dates the creation of the first helicopter by nearly 500 years with his drawings for a human-powered “aerial screw” designed for vertical flight.

BREAKING DOWN RACIAL BARRIERS
At the age of 26, Ruth Carol Taylor becomes the first African-American flight attendant after being hired by Mohawk Airlines. She makes her first flight (between Ithaca and New York) on 11 February 1958.

BREAKING THE SOUND BARRIER
After being dropped from the bomb bay of a modified Boeing B-29 Superfortress, Captain Charles ‘Chuck’ Yeager accelerates the Bell X-1 experimental test plane to Mach 1.06, breaking the sound barrier in level flight for the first time.

FLIGHT 19 DISAPPEARS
A training flight from Fort Lauderdale of five US Navy Grumman TBF Avengers, and later a PBM Mariner flying boat, disappear without any radio contact. The incident begins the Bermuda Triangle legend.

AN INCREDIBLE YEAR OF AVIATION
The Daily Mail Transatlantic Air Race celebrates the 50th anniversary of Alcock and Brown’s flight.

2 MARCH
Darryl Greenamyer breaks the 30-YEAR-OLD world speed record for piston-engined aircraft.

HIDING FROM RADAR
The Lockheed F-117 Nighthawk enters active service with the United States Air Force becoming the first proper stealth fighter. The plane will go on to fly over 1,300 sorties during the first Gulf War.

COMPUTER-DESIGNED AIRCRAFT
Boeing takes to the skies in its new 777 airliner for the first time. The plane is the first commercial aircraft to be designed solely with computer-aided design (CAD) software.
**The World’s First Air Force**

France forms the Aerostatic Corps, consisting of a chemist to produce hydrogen and an engineer to design and build their first balloon: L’Entreprenant. It is used on 2 June 1794 for aerial reconnaissance over Austria.

**Lilienthal’s Fatal Glide**

Known as ‘The Glider King’, Otto Lilienthal plummets 15 metres to the ground during a flight, breaking his neck.

**The Montgolfiers’ Balloon Unbridled**

4 balloons were launched in 1783.

9 km

25 minutes

The distance travelled by Jean-François Pilâtre de Rozier and the marquis d’Arlandes.

**Non-Stop Across the Atlantic**

John Alcock and Arthur Brown make the first non-stop flight across the Atlantic in a converted Vickers Vimy bomber. The flight takes just over 16 hours, landing in Newfoundland having taken off in County Galway, Ireland.

**Louis Blériot’s Inaugural Channel Crossing**

£1,000

33.1 km

36 minutes 30 seconds

The distance between Calais and Dover.

**The Wright Flyer Takes Off**

On the sand dunes outside of Kitty Hawk, North Carolina, Orville Wright pilots the Wright Flyer (designed with his brother, Wilbur) for 36 metres, making the first heavier-than-air powered flight.

**The Harrier Lives On**

The RAF’s full fleet of 74 Harrier jump jets, the world’s first vertical take-off and landing (VTOL) fighter plane, are bought by the US Marines. The UK decommissioned the Harrier after a defence review in 2010.

**The World’s Busiest Airport**

More than 100 million passengers passed through Atlanta Hartsfield-Jackson airport in 2015.

**Solar-Powered Global Circumnavigation**

Having required lengthy repairs to its batteries, the solar-powered plane, Solar Impulse, takes off from Hawaii on the latest leg of its journey. It is aiming to become the first solar-powered aircraft to circumnavigate the globe.

**Solar Impulse uses 17,000 photovoltaic cells across the top of the aircraft in order to harvest the Sun’s energy.**
How to FLY AN EARLY HOT AIR BALLOON

UP, UP AND AWAY WITH THE FIRST EVER AVIATORS FRANCE, 1780S

Beating the Wright brothers by a good 120 years, the Montgolfier brothers were the first to invent a craft that achieved manned flight. Kites had been flown in the skies worldwide for centuries but these French siblings had grander ideas, launching unmanned flights before progressing to putting animals and then the most important subjects of all, humans, in the air. The innovative invention started out as a tiny model but soon developed into a larger, fully working hot air balloon. Other inventors soon took notice and followed their lead. Humankind had finally made it off the ground and the race to the skies could begin.

Inspiration
You can have all the resources in the world but every invention has to start with an idea. The eureka moment came to the brothers after they witnessed skirts wafting in the wind. They decided to try the theory out on a much larger scale, and the first demonstration of the cloth and paper balloon came on 4 June 1783.

Assemble your creation
Gather approximately 11 metres of linen to make the envelope. Attach this to taffeta fabric and hold it in place with a series of ropes. The lift for the balloon comes from a standard straw fire. At the time, it was believed that the smoke itself, not the heat, caused the balloon to rise so, quite pointlessly, a dense plume was made.

WHAT YOU’LL NEED

- Fire
- Straw
- Rope
- Silk
- Animal assistants

Envelope
The colourful and most eye-catching part of the Montgolfier balloon was where the heated air entered to give it lift.

Ropes
The Montgolfier balloon was a lighter-than-air invention, so tethering was needed to stop it drifting off.

Burner
Like modern hot air balloons, fire was used as propulsion, adhering to the then little-known idea that heat rises.

Basket
The basket was later made strong enough to carry animals and humans but the first few flights were unmanned.

Lift
The four-metre-wide balloon uses a combination of Archimedes' principle and Boyle's law to fly up into the sky.

Aviation
Undertake a test flight

At this stage, a manned flight is still too risky, so test its capabilities using animals. On 19 September 1783, the Montgolfiers demonstrated their creation to King Louis XVI with a duck, a rooster and a sheep in the basket. Thankfully, all of the animals lived to tell the tale, although the rooster broke its wing, and the balloon successfully took off and landed again.

Find your first volunteers

The basket is still quite precarious, so the best option is to have two men go up in the air on opposite sides to balance out the lift. The two passengers stand on either side while a brazier sits in the middle to add balance and provide the upwards thrust. Straw can be added to the fire to provide more power when required.

Utilise a propulsion system

Controlling the balloon in flight is tricky, but there is a knack to it. By putting wet straw as well as other flammable materials like manure and rotten meat into the fire at set times, the ascent and descent can be managed. The first Montgolfier flight was airborne for a total of eight minutes and travelled just over three kilometres.

Refine your idea

Now the first flight has been safely completed, it’s time to build on your success. Longer and further flights are the best way to impress, so look into alternative energy sources and more aerodynamic designs. When budding inventors like Jacques Charles joined the race, the Montgolfier brothers were forced to evolve or die, and the first age of human flight began.

How not to... take your first test flight

Three weeks before the Montgolfier brothers sent a sheep, a duck and a rooster into the sky, many other inventors were striving to make the best balloons possible. The hydrogen balloon was designed by Jacques Charles and the Robert brothers, and on its first flight, it managed to stay in the air for 45 minutes and landed 16 kilometres away in the Parisian suburb of Gonesse. The residents of the small village had never seen anything like it in their lives and began to strike the strange contraption with pitchforks and knives. The peasants believed it to be a being from another world and the attack was so violent that it was completely destroyed beyond repair. Charles and the Robert brothers weren’t fazed though and continued their research towards more improved and ultimately manned flights, but this episode would live long in the memory.

4 FAMOUS... BALLOONISTS

Jacques-Étienne Montgolfier
1745-99, FRANCE

Working with his brother Joseph-Michel, the French siblings’ public demonstrations captivated a host of future balloon inventors.

Sophie Blanchard
1778-1819, FRANCE

The first professional female balloonist, Blanchard was even appointed by Napoleon as the chief air minister of ballooning.

Alberto Santos-Dumont
1873-1932, BRAZIL

A pioneer of the first balloon steering systems, Santos-Dumont managed to circle the Eiffel Tower.

Jacques Charles
1746-1823, FRANCE

An academic turned inventor, Charles was the first man to ascend in a hydrogen balloon in 1783 with his collaborators the Robert brothers.
The brave RAF pilots weren’t the only ones responsible for the pivotal Allied victory in the Battle of Britain. Behind the scenes, a legion of filter plotters from the Women’s Auxiliary Air Force (WAAF) were busy tracing the movements of the skirmishes in the sky. The organisation became the eyes of Fighter Command and was located in seven fighter group headquarters, which would become the nation’s nerve centres. The plotting was invaluable in locating both Allied and Axis aircraft during the Battle of Britain and helping guide night-fighter planes to shoot down German bombers headed for Britain’s cities during the Blitz.

**AN EARLY START**
In a cramped room that was stuffy or chilly depending on the season, each plotter would pick up their croupier rake in the morning and get to work on the centre table. Their primary job was to illustrate the number of aircraft in the air while also assessing their position and whether they were friend or foe.

**INCOMING COMMUNICATIONS**
Early in the morning, the first calls would come through. The Royal Observer Corps, out in the field with binoculars, were the first port of call for sightings of incoming enemy aircraft. Their observations were relayed to the plotters, who charted the results on a gridded map that covered the south east of England, the Channel and parts of France.

**MORE NEWS FILTERS THROUGH**
The messages arriving into the room were prioritised with colour coding. This sorted the communications into most and least important. Coloured arrows on the communications matched sections of the clock on the wall, so the controller would know how the events on the table correlated with the time. Out-of-date information could put a Spitfire or Hurricane in serious trouble.
STAYING UP TO DATE
By early afternoon, the operations room would get hectic as Fighter Command constantly demanded time-sensitive information. Radar readings were presented on cathode ray tube screens but weren’t always accurate as high buildings and church spires could interfere with the way it worked. Numbers running up and down the wall showed which squadrons were flying and which were on standby.

A GRIEFLING AFTERNOON
To locate the exact positions of planes, pilots could communicate directly with the WAAF plotters over a loudspeaker in the room. There was often no respite from the work, but on occasion the plotters would spend down time casually chatting with the radar operators on the other end of the line if the weather had put paid to Luftwaffe attacks.

AN IMPORTANT VISITOR
After a dinner of raw cabbage and marmite, on a few rare occasions the plotters could be introduced to a special visitor. Winston Churchill was a leader who liked to get in the thick of it, and he would sometimes visit RAF Uxbridge. During his time there, the prime minister saw just how integral these stations were to the defence of Britain and delivered motivational words to everyone present.

INTO THE EVENING
The standard shift was eight hours long but the work didn’t end there for some. Night shifts were one of the most valuable stints of all, but by this time the air in the underground bunker had become dank and choked with cigarette smoke. However, there was always the chance for a quick nap if it was a rare quiet night.

ANOTHER DAY DONE
No matter how hard the plotters worked, the relentless Luftwaffe was always able to find a way through. On the journey home, the faint sound of air-raid sirens would be heard and the distant sound of bombing filled the air. After a much-needed kip in a shared room, the working day would begin anew seven days a week - there were no weekends in wartime.
WING-SUITED DAREDEVIL

USA, 1930s

THE ULTIMATE THRILL-SEEKER

Wing-suited daredevils often started out as 'delayed jumpers', air show skydivers who would compete to see who could delay pulling their ripcord the longest. With dreams to fly like a bird, Clem Sohn was the first to construct a wing-suit in 1935, earning him the nicknames 'the Michigan Icarus' and 'the Batman'.

TRUE TRAILBLAZERS

To help officials accurately measure their freefalling times and allow spectators on the ground to better see their path through the sky, the daredevils would rip open bags of flour or fire smoke from canisters as they fell, leaving a visible trail in the air behind them.

BE BRAVE, IT'S TIME TO SUIT UP!

Inspired by the anatomy of a flying squirrel, the adapted skydiving jumpsuit weighed about 3.5 kilograms. As the daredevil jumped out of the plane, they would spread their arms and legs so that their wings and tail fin would inflate, and the force of the air would keep them rigid.

A TAIL BETWEEN THE LEGS

A further stretch of canvas material was fixed between the legs to ensure the suit had as much horizontal surface area as possible. This helped to create plenty of lift, slowing the descent and enabling the wearer to glide horizontally through the air and even perform somersaults.

SAFETY FIRST

A leather helmet provided some protection in the event of a crash landing, and goggles helped the jumper see during freefall.

A GRACEFUL LANDING

After freefalling for just over three kilometres, the jumper would close their wings and pull on a ripcord to release their parachute just 600 metres from the ground. If it failed to open or became tangled in their wings, they could pull a second ripcord to open a back-up parachute.
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#Shakespeare
AMY JOHNSON
BRITISH 1903-41
Two years before Amelia Earhart became the first woman to fly solo across the Atlantic, Amy Johnson had already entered the record books. In 1930, she set off from London, England, in a DH Gypsy Moth aircraft, and 19 days later landed in Darwin, Australia – becoming the first woman to make this journey alone. She was awarded a CBE and continued to set aviation records until World War II, when she joined the Air Transport Auxiliary. Tragically, on 5 January 1941, her plane crashed into the Thames and her body was never recovered.

The reason for Johnson's final journey remains a secret; many speculate she was on an undercover mission.

LAWRENCE SPERRY
AMERICAN 1892-1923
As Sperry let go of the controls mid-flight and stepped out onto the aircraft's wing, the crowd at the 1914 International Airplane Safety Competition gasped. They were witnessing the first demonstration of the gyroscopic stabiliser, an automatic flight control system later dubbed an 'autopilot'. It was able to detect deviations in the aircraft's heading and altitude using a gyrocompass, a device that had been invented by Lawrence's father, and correct the controls accordingly.

CLÉMENT ADER
FRENCH 1841-1925
Although the Wright Brothers are typically credited with the first powered flight in a heavier-than-air aircraft, some believe that a French engineer beat them to it. 13 years before the Wright Flyer took off, Clément Ader had already managed to get his steam-powered Eole aircraft off the ground. Described by witnesses as more of a hop than a flight, it only got a few inches in the air and travelled just 50 metres, as its steam engine made prolonged flight impossible. Ader's claims of more successful later flights were largely disproved, and so Wilbur and Orville took the glory.

Sikorsky wanted his invention to be used as a search-and-rescue vehicle for people caught in natural disasters.

IGOR SIKORSKY
RUSSIAN 1889-1972
Ever since he made a small rubber-powered helicopter at the age of 12, Sikorsky had his heart set on inventing the first vertical take-off aircraft. Inspired by Leonardo da Vinci's designs, he proposed the concept for a horizontal rotor, but his early constructions failed to fly. It was another 30 years before he returned to the project, and in 1939, the VS-300 lifted off the ground, with Sikorsky at the controls.

While others kept their feet firmly on the ground, some of history's greatest inventors and bravest daredevils dreamed of a life in the skies.
LEONARDO DA VINCI
ITALIAN 1452-1519
Not only was da Vinci a skilled painter and sculptor, but as a keen scientist and engineer, he also designed the first flying machine. Inspired by birds and bats, his drawings featured a pair of enormous wings connected to a wooden frame. The pilot would lie face down and flap the wings by pedalling a crank attached to a pulley system. Unfortunately, the device had no method of propulsion to get it off the ground, and if it had been launched from a height, it would probably have made a very ungraceful landing.

HANNAH REITSCH
GERMAN 1912-79
Having set over 40 aviation world records, including one when she was 64, Reitsch is one of Germany's most successful aviators. She became the world's first female test pilot in 1937, and soared through the air at 800 kilometres per hour while testing the rocket-powered Messerschmitt 163. Her daring work and bravery in WWII saw Hitler award her two Iron Crosses.

JAMES SADLER
BRITISH 1753-1828
When James Sadler returned to Earth after his first hot air balloon flight in 1784, the people of his hometown of Oxford pulled his carriage around the streets for hours. He had become a national celebrity – the first Englishman to fly. Although his momentous flight wasn't the first – Frenchmen Jean-François Pilâtre de Rozier and François Laurent d'Arlandes had beaten him to it the year before – his use of coal gas and method of adjusting the fire to control altitude were groundbreaking. At the 1814 royal jubilee, tens of thousands gathered to see the pastry chef turn daredevil and ascend in his bright silk balloon.

WILLIAM BOEING
AMERICAN 1881-1956
Before his interest turned to aviation, William Boeing had already made his fortune by establishing his own timber business and then a shipyard that designed and built boats. However, after a disappointing ride in a hydroplane in 1914, he decided he could build a better one. Two years later, the first Boeing plane, the Bluebill B&W Model 1, took flight. Shortly after, the Boeing Airplane Company was born. In 12 years, the company grew from a team of less than a dozen men to the largest aircraft plant in the USA, employing 1,000 personnel.

ERIC ‘WINKLE’ BROWN
BRITISH 1919-2016
Nicknamed ‘Winkle’ due to his diminutive stature, Captain Eric Brown lived a life larger than most. During his long military career, he became the Royal Navy's most decorated pilot, broke the world record for flying the greatest number of different aircraft – an incredible 487 – and survived 11 plane crashes, as well as the sinking of HMS Audacity. A skilled test pilot, he once flew a helicopter just hours after reading the instruction manual.
All the hard work in the back room of a bicycle shop was complete; the Wright Flyer I was finally ready for takeoff. The Wright Brothers, Orville and Wilbur, had been working on their creation since 1896 and had already mastered glided flight, but on this rainy and blustery winter’s day in 1903, it was time to make history.

At 10.35am, high winds shook the rickety aircraft but there was no going back as the restraining wires were loosened. On the first trial, the Wright Flyer reached a speed of about 12km/h, before rising to a height of three metres. It may have only been 12 seconds of airtime, but Orville Wright became the first man to pilot a heavier-than-air contraption above the ground.

Already record breakers, the brothers were not finished there and eagerly set up the runway once again. 20 minutes of repairs followed until flight number two commenced, this time with Wilbur at the helm. The second flight improved on the first with a distance of 53 metres, but it wasn’t until the fourth and final flight that the record of the day was set, when Wilbur piloted a course of 260 metres and was in the air for just under a minute. A game-changing triumph.

Satisfied with the day’s work, the brothers and their crew relaxed. This lapse of concentration would prove to be pivotal, as a sudden gust of wind hit the Wright Flyer and flipped it over, damaging it beyond repair. In the ensuing panic, a man named John Daniels was almost crushed by the structure but managed to escape with his life. The day would be remembered worldwide for the first heavier-than-air flight, but for the men there that day, they could have lost a friend.

Did you know?

The Wright Flyer’s entire first flight could have taken place in the length of a modern-day jumbo jet.

Structure

The Wright Flyer I was a biplane made from a combination of wood, wire and cloth. The straight parts were made of spruce and the curved parts were carved out of ash. The surfaces were coated with muslin cloth and canvas paint, an attempt to make it more aerodynamic. The design cost $1,000 in total and the siblings made history without the help of any corporate or government subsidies.
Inspiration
The brothers were enthused to invent by a childhood filled with kite flying. Otto Lilienthal, the 'Glider King' from Germany, was their hero and they were keen to build on his ideas. Despite not even graduating from high school, their mechanical knowledge gained working in a bicycle shop helped them create the first working aircraft propellers. The launch of the Wright Flyer I came after three years of carefully testing gliders and kites.

Runway
Kill Devil Hills was covered in sand, which was far from ideal. The concern was that the modified bicycle wheel hubs, which acted as a sort of trolley, would get caught up in the ground, so to avoid this, the brothers and their team laid out an 18-metre runway. The track was a simple rail of four 4.5-metre-long two-by-fours, but it was essential to the success.

Innovative new design
Rather than shifting their body weight to steer the aircraft like glider pilots, the brothers tried something different. They warped the tips of their flyer in opposing directions on either side, and the pilot, lying face down in a padded hip cradle next to the engine, used wires with their hands to control the warping. This technique was mastered during various wind tunnel tests.

Control
The Wright Flyer I was controlled by a sophisticated system. The upwards and downwards movement, or pitch, was managed by an elevator at the front of the aircraft, while a rudder at the rear controlled the yaw or sideways movement.

Moving forward
The brothers continued to make flights after the historic day, improving their creations with every new design. They undoubtedly produced the first practical aircraft with the 1905 flyer but, sadly, very few believed their feat. Insulted by the continued cynicism, the brothers did not take to the skies again until 1908.

Propulsion
The flyer was completely homemade, right down to the 12-horsepower four-cylinder gasoline engine. The design utilised a chain and sprocket mechanism that gave it a working rate of 348 rotations per minute. The engine had just enough in it to get the aircraft airborne.
5 amazing facts about...

MANFRED VON RICHTHOFEN
THE RED BARON

WORLD WAR I FIGHTER PILOT GERMAN EMPIRE, 1892-1918

01 He commissioned his own trophies to celebrate his victories
Richthofen came from an aristocratic family who awarded themselves trophies for hunting. When he became a fighter ace, the Red Baron carried on this habit by ordering a small, engraved silver cup each time he scored a confirmed kill. He eventually owned 60 cups and only stopped when silver supplies ran low in Germany.

02 Most of his kills were scored in a biplane
Although the Red Baron is famously remembered for prowling the skies in a Fokker Dr1 triplane, he only began flying it towards the end of his career. He shot down 59 of his 80 official victories in various biplanes including different models of Albatros aircraft and the Halberstadt DII.

03 He was admired by the British too
Richthofen became famous in Germany for his airborne antics, and from early 1917 capitalised on this by painting his aircraft bright crimson. However, he was revered by the enemy too, and was buried with full military honours by the British after being shot down in 1918.

04 Hermann Goering later commanded his squadron
Although the two never met in person, Richthofen and the future head of the Luftwaffe both commanded Jagdgeschwader 1 ("The Flying Circus") during World War I. When Richthofen died, Goering was the second person to replace him and took command on 14 July 1918. Goering was also a fighter ace who reputedly scored 22 kills.

05 He was an unrivalled killer
Statistically, Richthofen's killing performance was grimly impressive. Officially he shot down 123 men, killing 79 of them. This once included four men killed in a 12-hour period. He most likely shot down and killed even more men in his unconfirmed victories, and some estimate that his killing score could be well over 100.

The most famous fighter pilot of World War I, Manfred von Richthofen shot down 80 enemy aircraft despite the fact that aerial warfare was in its infancy. He was the highest scoring ace of the war before he was killed in action in April 1918. He is known to history as the ‘Red Baron’ because he painted his aircraft bright crimson.

Brief Bio

The most famous fighter pilot of World War I, Manfred von Richthofen shot down 80 enemy aircraft despite the fact that aerial warfare was in its infancy. He was the highest scoring ace of the war before he was killed in action in April 1918. He is known to history as the ‘Red Baron’ because he painted his aircraft bright crimson.

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As the body count began to escalate on the Western Front, British men were recruited straight from the factories to the frontline.

Written by Jack Griffiths
On 1 July 1916, tens of thousands of British soldiers marched into the jaws of death. It would become the bloodiest day in the history of the British Army. Nearly 20,000 Tommies were killed for little territorial gain. Nearly 30,000 more were wounded. What was supposed to be the scintillating start of the push towards defeat of the Central Powers became a bloodbath as thousands of men walked into the crosshairs of German MG 08s.

The men who bore the brunt of the machine-gun fire were part of Herbert Kitchener's New Army, a force assembled to provide Britain with the extra military muscle that would help turn the tide of the war. Conscription wasn't popular back home, but Kitchener, the secretary of state for war, devised another way to bolster the ranks: a recruitment campaign appealing to single men between the ages of 18 and 41 to fight for king and country. The British Army only numbered 250,000 at the start of the war and, although highly trained, this was not enough for a conflict on this scale. The call to arms recruited an extra 500,000 men as the British Army, a professional force, took on a new wave of volunteers who would become the spine of a new look military.

Each volunteer signed for a three-year contract. Fired up by patriotism, for many their first major offensive would be the Somme. In the opposing trenches stood the most formidable land force in the world, a conscript army that had trained for years: the Imperial German Army. Going up against them would be these British boys, oblivious to the true horrors of war. The artillery fell silent and the officer's whistles were blown. It was time to go over the top.
The Pals Battalions
Since the outbreak of war in 1914, posters of Kitchener had adorned notice boards all over Britain and more than 20 million recruitment leaflets had been printed. The aim was to create a civic pride and even a friendly rivalry between cities to spur the men on to sign up. It seemed to work, as in Liverpool, for instance, four battalions were raised in a number of days even though only one was actually requested. The news coming out of Merseyside encouraged other cities to repeat this feat, and the ‘Pals Battalions’ were born.

Munitions shortages such as the shell crisis of 1915 had an adverse effect on the training of these new troops. Many of the drills were carried out with wooden poles and broomsticks in the place of rifles, and the men slept in makeshift barracks. As all the experienced troops were already at the front, the new recruits had to be trained by elderly and retired soldiers, who knew little of modern warfare. The training and lifestyle was quite simply a world away from facing German machine guns at the Somme. This training continued until the summer of 1916, when the British Expeditionary Force (BEF) needed support more than ever. The time had come for the men of the Pals Battalions to head for the coast and fields of Northern France. 557 battalions of fresh-faced Tommies had no idea of the storm they were heading into.

Waterloo station was awash with recruits from all across the British Isles, eager to get a piece of the action. It was so hectic that mounted police were even called in to keep the crowds in check. There were 1,000 men from the Lancashire town of Accrington and a full strength battalion from Sheffield full of stockbrokers, students, journalists and teachers. A headmaster in Grimsby had even raised a company of 250 schoolboys and offered them to the local battalion for service. East Grinstead boasted a sportsmen’s battalion that even included an England lightweight boxing champion. The full spectrum of society was present from public schoolboys to shop assistants. No British Army has ever incorporated such a high proportion of men acquired from local communities before or since.

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Why the Somme?
The Allied High Command decreed that northern France was the theatre in which the war would be won or lost. Joseph Joffre, commander in chief of the French military, called a meeting at Chantilly on 29 December 1915 to reveal his new idea. The plan was for a Franco-British offensive on an extensive front across the River Somme. The head of the French Army, General Ferdinand Foch, and British commander Henry Rawlinson weren’t keen on the idea, and even Field Marshal Douglas Haig preferred an attack with naval support. A slightly reluctant agreement was reached when Germany unleashed a devastating attack on Verdun on 21 February 1916. If successful, the new front would reduce the almost unbearable pressure on the French and punch a hole into the German resolve - a war of attrition that would grind the German war machine into the dust.

The bombardment begins
The thunder of 1,500 British howitzers lasted for an entire week as 1.738 million shells were fired at the enemy. This incredible barrage of missiles was one of the largest in history, and although it wasn’t as targeted and thorough as perhaps Haig would have
The Verdun effect

With the French focusing on the Battle of Verdun, more British divisions had to step up. The BEF had been severely depleted, so the new recruits were desperately needed for the Somme Offensive. A mighty 27 divisions were ready to ‘bash the Boche’ on day one of the Somme, with 19 of these made up of New Army recruits. These 750,000 British men faced off against 16 divisions of the German Second Army. The Somme was the first time Britain had deployed an army of this size against the core of the German military machine. Although the French were preoccupied with Verdun, they mustered 11 divisions, which were positioned on the south end of the front. Their assistance was invaluable.

liked, it was nonetheless a huge onslaught. What the British and French didn’t know, however, was that the Germans had entrenched their bombproof shelters in the chalky soil of the Somme so well that the bombardment was largely nullified. Even the barbed wire, which was notoriously thick and tangled, survived much of the shelling. However, the Allied High Command couldn’t know this, and the lack of accurate reconnaissance meant that when the barrage finally stopped, they fully expected the infantry to defeat what was left of the enemy with ease. Sadly, this was not to be the case, and when the bombing subsided, the Germans manned their machine guns knowing an infantry rush would not be far away.

The soldiers may have gleefully sung as they waited in the trenches, but on that fateful summer’s day they were a collection of individuals, not an army that would bring the main player within the Central Powers crashing down. Haig had initially wanted to delay the attack as he believed that with further training his forces would be able to unleash a more effective attack. However, France could not hold Verdun for any longer. The ill-fated assault got under way at 7.30am.

“**We beat ‘em on the Marne, we beat ‘em on the Aisne, we gave ‘em hell at Neuve Chapelle and here we are again**”

*ATOMMYSONG FROM THE WAR*

A black day for the British

The 36th (Ulster) Division is believed to have been the only unit to maintain ground for a significant period of time on the first day. Out of the 720 Accrington pals who fought, 584 were killed or wounded, and the pals from Leeds, Grimsby and Sheffield lost similar numbers. The day ended with minimal gains, but some companies had advanced into and taken Peake Trench, the German front.
A British Tommy at the Somme

**Rifle**
The long-standing weapon of choice, this model of the Lee Enfield rifle was first used in 1907 and was of a .303in short magazine design.

**Helmet**
The Brodie helmet became standard issue by summer 1916 and was cheap and easy to mass produce. Lower velocity bullets would dent the helmet but not penetrate.

**Bayonet**
When things got close and personal with the Germans, a bayonet could get a Tommy out of trouble. The 40-centimetre-long blade could do some serious damage up close.

**Uniform**
A four-pocket khaki service dress was worn along with brown leather ammunition boots. Both had to be durable to last out in the mud of the Somme.

**Equipment**
120 rifle rounds were carried by each soldier along with a two-pint water bottle to quench thirst while they were in the heat of battle.

**Biscuit tins**
The Tommies were made easier to spot by metal triangles on their back that glinted in the sun. This, however, made it easier for the Germans to latch on to their crosshairs onto them.


The British war machine rumbles forward towards the frontline prior to the first day of the Somme Offensive

On day two, the troops were again rushed into battle. As food, water and ammunition reached the new front, the 15th Battalion captured 53 prisoners including three officers. The 7th East Lancashire Regiment even managed to capture Heligoland, an area of strong German defences. The 15th Battalion position on the right flank of the front line in the Birch Tree Wood area. The first media reports emerged on 3 July, but the journalism was inaccurate to say the least. Both John Irvine’s report for the Daily Express and an article by the Daily Chronicle were immensely positive about the events and made no mention of the slaughter. The reason for this is likely down to the sources being high-ranking military officers unaware of the plight of the Volunteer Army. Away from the British media, casualty lists began to slowly reach the families of those who had given up their lives on the first few days of the Somme. Villages and neighbourhoods back home would never be the same.

The slaughter continues

Wounded German soldiers are escorted behind the lines as Tommies watch on from their trenches.

The British Tommy at the Somme

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were one of the most successful units from the first few days of the Somme but their tiny two-kilometre advance, the best of any group, had come at a terrible price, losing 18 officers and 610 soldiers. The 16th Battalion hadn’t fared much better with 12 officers and 460 soldiers dead on the battlefield.

Elsewhere, the 11th and 12th battalions had missed the first attacks but went into battle on the 2 July, attacking Bernafay Wood and capturing the retreating German soldiers’ field guns. The enemy had the last laugh, however, and began shelling the area, killing huge numbers. The battalions managed to hold their line until 8 July when they were withdrawn for a much-needed rest. It must be remembered that the first few days of the Somme weren’t without some gains as Mametz, Fricourt and Montauban were captured on the Thiepval-Morval ridge, but the loss of human life was still excruciating to bear.

One of the reasons so many perished was due to the strictness of the orders. The generals realised that this ‘army’ was not an expertly drilled force, so made their instructions as detailed as possible. The result was a distinct lack of initiative, so even if the battalions could find a potential way out of the slaughter, they would not try to seek it. Some believe that one of the motives behind the huge artillery bombardment was that both Haig and Rawlinson had doubts about the calibre of the soldiers and wanted to make the assault as easy as possible for their men.

The early days of the Somme did see some success, however. The courage shown by the Volunteer Army had put so much pressure on the German war machine that Chief of the German General Staff Erich Von Falkenhayn was forced to postpone major offensive operations at Verdun in July, relieving the burden on the battered French troops. Bazentin Ridge was taken by British forces in the same month and some of the hardest fighting of the whole battle took place at Delville Wood, with Australian and South African troops assisting the overworked Pals Battalions. There were 100,000 German casualties in a fire fight at the village of Ginchy as Kitchener’s boys began to come into their own.

The British infantry was up against it for the first few months of the Somme. The German trenches only sported insignificant scars from the artillery bombardment and the British papers spoke of the horror of corpse after corpse stacking up on the battlefield. A potential antidote to the perilous situation came in September when the Volunteer Army witnessed the first ever tanks on the world’s battlefields. 49 tanks were introduced initially, but there were problems from the start as only about 20 of the machines that eventually reached the front line were battle ready.

The landships, as they were first known, were kept in the greatest secrecy and very few men had trained with them prior to the Somme. Some even believed they were being sent water tanks to quench the infantry’s thirst, such was the scarcity of information. The 28-ton Mark I tanks lumbered towards the enemy lines in a slow and steady yet relentless advance. The tanks arrived on the field at 6.20am on 15 September. While the Tommies
watched on in awe, inside the behemoths was a frantic scene as the crew battled the heat and noise to keep the momentum of the tracks up and fire off the powerful weaponry. Gunners and loaders struggled to aim as the vibration of the tank was so violent, while the three drivers each needed did battle against a complex system of gearboxes. The Germans were visibly frightened by these mechanical monsters, however, and both Flers and Courcelette fell, with the advancement resulting in small gains of about 2,300 metres across a five kilometre front on 15 September.

Tanks were the great new hope, and eyewitnesses described their ability to flatten walls and demolish barbed wire as a whole new type of warfare, as the British soldiers used the massive machines like bullet sponges. At one point, 400 Germans waved the white flag towards two immobilised tanks - they were that unsure of this alien device with almost unreal firepower. All reports of tanks on the battlefield were censored by the German press, which did not want to report this new threat for fear of lowering morale. However, as it dawned that they were unreliable, the Germans stopped surrendering on the spot and began to devise ways of taking them out, minimising their effectiveness. The Mark I's problematic technical issues and the lack of tactics given to the Volunteer Army curtailed their influence. Some tanks got through the German defences and performed their duty admirably but ultimately the execution was rushed, and every Tommy turned back to their lines and sighed as another Mark I plummeted into the abyss of a wide enemy trench.

**The road to winter**

The gains made on 15 September were the greatest since the Battle of the Somme began. The entire month was the largest loss of life for the German Army during the battle and the Fourth Army managed to capture Morval on 28 September even without any armoured assistance. Thiepval Ridge was also taken and both sides believed it to be the most critical high point of the surrounding area. The Volunteer Army were seemingly becoming accustomed to the battle they were in but still, only minimal gains were being made and the Germans were happy to utilise a holding campaign. After the occupation of the valuable ridge, Haig was intent on pressing for more strategic gains. As the weather worsened, the Battle of Le Transloy raged on for two full days until the Germans were finally driven from the area. The Somme was turning into a rain-soaked swamp but still the British attacked as winter drew in.

The conditions at Le Transloy fast became unsustainable but fighting was still taking place on the Ancre Heights. The targets for the British battalions were the Schwaben Redoubt and the Stuff Redoubt, German defensive positions that had caused so much pain to the Volunteer Army over the last few months. Both of these key areas were stormed by the courageous troops who fought through defiantly the heavy rain and even heavier enemy fire. As the last month of the Somme dawned, what would be the final few operations were conducted alongside the River Ancre between 13 and 19 November.

The artillery bombardment began at 5.45am, and after it came the infantry, who advanced painfully through swathes of mud. The following seven days of attacks summed up the Somme as a whole - some tactical successes was achieved but with a terrible loss of life. It was hoped that this late surge could be invaluable in an eventual British and French victory, but in the torrential rain, no major gains were made except for the wounding
100 years on, remnants of the Somme still linger. Unexploded artillery shells still litter the Somme battlefield resulting in what is known as the ‘Iron Harvest’. Most are buried but are sometimes unearthed by farmers ploughing the fields of the former Western Front. The swampy marshland that appeared towards the end of the battle has made the shells sink deeper into the ground, so more and more are being found every year. These Iron Harvests happen on battlefields all over the world, not just the Somme, and showcase an era of war gone by.
Frederick Jeremiah Edwards
A fearless Irishman skilled at flushing out enemy positions with grenades
In September, the British, now bolstered by tanks, were intent on capturing Thiepval, a German stronghold located on valuable high ground. Part of the Middlesex Regiment, Edwards showed immense bravery by doing what his officers could not – using grenades to take out a machine-gun nest. The private kept fighting on until 1918 when he was captured by the Germans.
He survived the war but was sadly not forgotten and the area is being lost. At one point, Coury charged into full view of the enemy to save an injured officer. Putting his life in danger, he leapt back into the trench with his comrade while being strafed by German machine-gun fire.

David Jones
Driving back the Imperial German Army with no food or water
This young sergeant’s defining moment came on 3 September 1916 at Guillemont. After witnessing his commanding officer being gunned down by Germans, Jones took control of the platoon and managed to capture a key road, which they would go on to hold for two more days – while enduring three waves of German attacks. This heroism earned the Liverpudlian his VC, but he sadly never lived to see it as he was killed in the Battle for Transloy Ridges just a month later.

Donald Simpson Bell
The only professional footballer to be awarded a Victoria Cross
Bell enthusiastically answered Kitchener’s call, joining the West Yorkshire Regiment in November 1914. He arrived on the Somme shortly after returning from his honeymoon, and on 5 July, he was tasked with assaulting enemy lines. Under heavy fire from a German machine gun, he managed to take it out by launching an expertly placed grenade. He was sadly killed five days later, but his heroism was not forgotten and the area is now known as ‘Bell’s Redoubt’ after him.

James Youll Turnbull
A brave Liverpudlian who single-handedly defended a trench
A member of the highland light infantry, James Turnbull enlisted in the Lanarkshire Rifle Volunteers prior to the outbreak of the war. He was one of the brave men who ventured over the top when the bombardment ended on 1 July and, despite his whole squad being taken down, he managed to make his objective. Holding his position, he hopped on enemy machine guns and threw back German grenades. However, the brave Scotsman was the victim of a German sniper later that day.

Gabriel George Coury
A brave Liverpudlian who saved one of his own while putting his life in the balance
By 8 August 1916, the British were on the advance through the village of Guillemont. Second Lieutenant Gabriel George Coury of the South Lancashire Regiment was under orders to construct a new communication trench. The back-breaking task was completed but men were still being lost. At one point, Coury charged into full view of the enemy to save an injured officer. Putting his life in danger, he leapt back into the trench with his comrade while being strafed by German machine-gun fire.

of a young German corporal in the 6th Bavarian Reserve Division named Adolf Hitler.

Aftermath: the lost generation
The four and a half month-long battle ended as the downpours turned into freezing sleet. The British forces had suffered a total of 420,000 casualties. The Volunteer Army had been through hell, seizing only a strip of territory that was 32 kilometres long and 10 kilometres deep. After the Battle of the Somme, optimistic patriotism had melted away and men were less willing to sign up, and conscription took centre stage as a more effective means of army recruitment.

The Pals Battalions were a two-year experiment that was obliterated at the Battle of the Somme, but Kitchener’s New Army was no longer a group of individuals – it was a well-drilled and experienced professional force. The Somme wasn’t all tactical and strategic oversights. Out of the trenches emerged a better land army with a hardened resolve that would take the fight to the Central Powers in subsequent conflicts at Cambrai and Arras and once again at the Somme in 1918.

The battle was a major defeat for the Imperial German Army and halted the Germans at Verdun. The Germans hadn’t anticipated that the British would fight this hard and their aim of ‘bleeding France white’ was stalled as they withdrew back to the Hindenburg Line.

The heroism and stamina of Kitchener’s men had shone through and Britain’s dogged and even blind determination to succeed had finally, and only just, won out in this bloody battle of attrition. The Somme was a strategic success but ultimately a pyrrhic victory, and the graveyards of the Pals Battalions resulted in a ‘lost generation’. The men would never have a victory parade, and instead lay dead in the mud of northern France. It wasn’t just British men who had suffered though. 200,000 Frenchmen lay with them, their job done in helping their countrymen hold on at Verdun. Nearly 500,000 Germans were also killed at the Somme, a death toll the Central Powers would never quite recover from. The courage and tenacity had tipped the war in the Triple Entente’s favour and sent shockwaves to the Kaiser as he realised just how great the British mettle and resolve could be. In two years, the war was over as Germany resorted to unrestricted submarine warfare and coerced the USA into the war. Germany would be on the back foot for the remainder of the war after the Volunteer Army’s heroics at the Somme.

A German soldier sports a Stahlhelm, the replacement for the spiked Pickelhaube that came into use in 1916
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As the social issue escalates, the first act against gin distillation is passed, however, it has little effect as many distillers simply set up illegal stills.

The Spirit Duties Act is passed and slaps a £50 annual license onto gin retailers, but still fails to lower the amount of distilling. The epidemic continues.

On average, every eighth house in London sells spirits. Gin is now so widespread that it is sold in prisons, barbershops and brothels.

The gin was often flavoured with large amounts of sugar and even on occasion turpentine or sulphuric acid.

Did you know?

1720 1729 1736 1743

1720: Woeful working conditions drive London workers to the bottle, and being cheap, accessible and easy to distil, gin is consumed excessively.

1729: As the social issue escalates, the first act against gin distillation is passed, however, it has little effect as many distillers simply set up illegal stills.

1736: The Spirit Duties Act is passed and slaps a £50 annual license onto gin retailers, but still fails to lower the amount of distilling. The epidemic continues.

1743: On average, every eighth house in London sells spirits. Gin is now so widespread that it is sold in prisons, barbershops and brothels.
What was it?
For three decades in the first half of the 18th century, a wave of drunkenness swept over London. The tipple of choice was gin, brought back by soldiers who had been fighting abroad in the Thirty Years’ War. Consuming the strong spirit became a way for Londoners to remove themselves from the grim reality of workhouse life and, on average, citizens both adult and child were consuming half a pint of the booze every week.

The drink’s popularity was greatly helped by Britain’s continued rivalry with the French, whose preferred tipple was brandy. Another factor contributing to it becoming so widespread was that gin could be distilled on the cheap, which meant that it was readily available and reasonably priced for even the lowest classes. The drink also became immensely popular with women, who in the past had rarely ventured into alehouses and taverns to drink beer, which was very much seen as a male-dominated pastime. 50.9 million litres of spirits were being consumed every year in the capital, and ‘Mother Gin’ went from being a symbol of sophistication to a catalyst for social and economic disintegration.

What were the consequences?
When it became apparent there was a problem, the British government attempted to regulate the out-of-control Londoners. After the failure of the 1729 and 1731 Gin Acts, another was passed in 1736 that adjusted the liquor’s sale price to a minimum of 20 shillings per gallon (4.5 litres). The response was wholly negative, and alcohol-fuelled riots spread across London. The combination of lax policing plus parliament’s attention being focused on the War of the Austrian Succession meant the efforts were a failure. The situation was eventually remedied in 1751 when a felonies committee was set up to tackle the adverse effect that gin drinking was having on crime in the capital. Another act was ratified that was this time successful, and its firm controls on distilling had a huge effect, with gin consumption falling from 38 million litres a year in 1751 to 9.5 million in 1760.

Who was involved?

William of Orange
1650-1702
William III imported gin from the Netherlands and it became the first distilled drink to be widespread in Britain.

Henry Pelham
1694-1754
The third prime minister of Britain, Pelham led a reform-minded cabinet that ended the craze with the passing the 1751 Gin Act.

William Hogarth
1697-1764
The painter is perhaps best known for his 1751 work Gin Lane, which depicted the drunken chaos in the streets of London.
Jazz is the sound of freedom, but its roots lie in slavery. From the birth of the blues in the field songs of the American South to critical acclaim in the concert halls of Europe, jazz is the defiant, often heartbreaking story of black America's suffering and liberation.

That struggle also turned jazz into the United States of America's classical music, a melting pot of musical styles and populations. Jazz mixes African and Latin rhythms with Protestant church hymns, Viennese light opera and every kind of folk music from Ireland to Russia. We could call it the world's first world music. But jazz remains defined by its roots: by the syncopated rhythm that is the elixir of 'swing', by the 'blue notes' and blurred phrases that express the cries of the broken hearted, and, above all, by the lived experience of black Americans.

The story of jazz is also the history of the United States of America, and American blacks in particular. From the beginning, jazz was an affirmation of black dignity and a source of black pride. It was also a running social commentary, reflecting the aspirations and suffering of black Americans.

Jazz was conceived in the first years of the 20th century in New Orleans, Louisiana, a city whose easygoing, hard-partying habits rested on racial discrimination. Jazz was born in the racially divided cities of Chicago and New York in the Roaring Twenties and Depression-era Thirties. Jazz came to maturity between the 1940s and the 1960s: the age of affluence and Civil Rights, the age of riots and assassinations, the age when music expressed the political hopes of a generation, black and white.

On 28 August 1963, more than 250,000 people marched to the steps of the Lincoln Memorial in Washington, DC. Before Dr Martin Luther King Jr spoke, Mahalia Jackson sang to the crowd a gospel classic, *I've Been Baked And I've Been Scorned*. The song was King's choice. Later, as King was reading from his prepared speech, it was Jackson who encouraged him to improvise.

"Tell them about the dream, Martin," she called. "I have a dream," King began.

The rest is history - the history of music, and the history of the United States of America.
The 1920s

From the brothel to the speakeasy and the radio

The musical sources of Jazz are as diverse as the population of the USA itself. They first cohered as ‘ragtime’ in the early 1900s in one of the USA’s most diverse cities, New Orleans, Louisiana. The harmonies of European hymns and local classical composers like Jewish-Creole pianist Louis Moreau Gottschalk met the field songs of slaves and a shuffling beat, called the big four, which derived from the clave in Latin music.

We cannot know if the music had already taken shape before it became the soundtrack of New Orleans’ notorious brothels and bars. We do know these places provided employment for early jazz musicians like cornet-player Buddy Bolden, and first associated ragtime as ‘hot music’ – the soundtrack for sex, drinking and every conceivable variety of socially undesirable behaviour, including the mixing of races on the dance floor.

Bolden was the first ragtime soloist, and his band dominated New Orleans between 1900 and 1907, but we have no recording of his playing. White American musicologists did not consider jazz worthy of study. Meanwhile, the leaders of black American society viewed jazz as handicapping their efforts to prove that black people could, given a chance, match whites. Bolden was an alcoholic whose compositions included titles like Funky Butt, and who spent his last years in an insane asylum.

The first jazz musician to ‘cross over’ the colour bar was also the first to develop ragtime’s group improvisation into the classic jazz format, where one instrument leads the others. Louis Armstrong was born in New Orleans in 1901, the grandson of slaves, and was raised in the red-light district of Storyville. He learned to play the cornet at 11, and honed his playing while incarcerated in the Home for Colored Waifs. In the early 1920s, Armstrong followed his mentor Joe ‘King’ Oliver to the speakeasies of Chicago, and then New York City.

By the end of the 1920s, radio had spread Armstrong’s crisp, lyrical sound and witty, gravelly vocals across the country. In 1929, his recording of Fats Waller’s Ain’t Misbehavin’ became the biggest selling record in American history to date. Dignified and generous, Armstrong spent the rest of his life on the road, conscious of his role as jazz’s first icon.

The fight for civil rights

Fritz Pollard and Bobby Marshall join the NFL

Pollard and Marshall are the first black players in the NFL. In 1926, the NFL would expel its black players, forcing them to form their own league.

The Rosewood Massacre

After a white woman claims she has been raped and beaten by a black man, a mob of hundreds of whites destroys the black town of Rosewood, Florida, and lynch six black men.

The first black-led union

Founded in 1925 and guided by the black socialist Philip Randolph, the Brotherhood of Sleeping Car Porters is the first black-led union. In 1935, it will join the American Federation of Labor.

"He learned to play the cornet at 11, and honed his playing while incarcerated in the Home for Colored Waifs"
In the 1930s, Duke Ellington followed Louis Armstrong’s path across the colour bar. Meanwhile, Benny Goodman, a Jewish clarinettist from Chicago, launched the first mixed-race group, and jazz acquired its first protest song.

Ellington was the son of a light-skinned black butler who worked at the White House. He retained something of that background throughout his career as the greatest of jazz composers: elegant, comfortable with whites and quietly spoken. Perhaps too quietly spoken, according to blacks who hoped he would issue a political statement.

Yet this was not Ellington’s style. Like the echoes of Ravel and Debussy in his music, his elegance and success said it all. When Ellington toured the Deep South in the 1930s, he defeated Jim Crow laws not by confronting them but by bypassing them. He hired three train carriages so his orchestra could travel in the style their music merited, and in the dignity Jim Crow denied.

While Ellington made a mockery of racist legislation, Benny Goodman, a white bandleader, became the first to cross the colour bar on air as well as on stage. In 1934, NBC hired Goodman and his orchestra for Let’s Dance, a weekly swing music radio show. Instead of playing the watered-down swing of white big bands, Goodman brought arrangements from a more accomplished black bandleader and composer, Fletcher Henderson. Goodman’s band projected Henderson’s bluesy arrangements across the USA – and informed listeners exactly where this music came from.

The following year, Goodman formed the first mixed-race group by hiring pianist Teddy Wilson. In 1936, he brought black vibraphone player Lionel Hampton in to his group.

A few months later, in 1937, a New York teacher named Abel Meeropol wrote a song that expressed his disgust at the 1930 lynching of two black men. In 1939, singer Billie Holiday added the song to her repertoire for her engagement at Café Society in Greenwich Village. It became a Civil Rights anthem – in the words of the New York Post, the Marseillaise of the South – but only after Holiday had released it on Commodore Records by special arrangement, because CBS would not allow her to record it.
**The 1940s**

**Wartime, Now’s The Time, and Jazz At The Phil**

Americans fought in World War II with racially divided ranks, but the 1940s were also the decade in which the government began to acknowledge the scale of racism. The war also meant full employment, the migration of blacks to industrial cities and the advent of a larger black middle class.

In the 1920s, the Harlem Renaissance had been a local matter in New York, like Duke Ellington’s three-year residence at the Cotton Club in Harlem. In the 1940s, with radio and cinema, and improvements in sound and visual technology, black culture became a national affair. Again, it was the handsome, brilliant and unthreatening Ellington who broke the new ground.

The 1935 film *Symphony In Black*, for which Ellington wrote the score, was perhaps the first film to fully integrate the soundtrack with its screenplay. His 1941 musical *Jump For Joy* was another ambitious step, a complex and candid depiction of black American lives. Despite a successful run in Los Angeles, *Jump For Joy* did not transfer to Broadway. Undeterred, Ellington launched an even more ambitious project at Carnegie Hall in 1943. Just as Gershwin’s *Rhapsody In Blue* (1924) had caught the immigrant ferment of New York City, *Black, Brown And Beige* was a “tone parallel to the history of the Negro in America.”

A year later, in July 1944, a Jewish jazz fan and law school dropout named Norman Granz held his first concert at the Philharmonic Auditorium in Los Angeles. Granz, a staunch opponent of racism, had previously organised mixed-race jam sessions at LA’s Trouville Club. The July 1944 concert featured white musicians like Benny Goodman’s drummer Gene Krupa and guitarist Les Paul alongside black musicians like swing saxophonist Lester Young and piano virtuoso Oscar Peterson.

The format of ‘Jazz At The Philharmonic’ worked so well that Granz turned it into a tour, and then a series of record labels, and then into the vehicle through which jazz toured the world. Uncompromising in his respect for his musicians, Granz confronted Jim Crow head-on in the South. He refused to play in any concert hall that attempted to segregate the musicians on stage. He also refused to work with segregated seating.

**Executive Order 8802**

After black activist A Philip Randolph threatens a mass march on Washington to protest discrimination in the defence industry, President Roosevelt sets up the Committee on Fair Employment Practices.

**Executive Order 9981**

President Harry Truman issues this executive order banning racial discrimination in the US Armed Forces. This ruling will eventually lead to a completely desegregated military.

**Brown v Board of Education**

The US Supreme Court rules in the case of Brown v Board of Education of Topeka, Kansas, that segregated schools are unconstitutional and must be desegregated. The NAACP launches a campaign to test it.

**Death of Emmett Till**

Black teenager Emmett Till is abducted, beaten and shot dead by the husband of a white woman the 14-year-old had spoken to in Money, Mississippi. The murder prompts a national dialogue about racism in the USA.
The 1950s

Jazz goes global in the Cold War

The 1949 Civil Rights Map of America divided the USA into three regions. The states where racial discrimination was illegal were in the North. The states with legislated segregation were all in the South. The states with no race laws had very low black populations; it was as though they still had to decide which way the law should go.

In New York City, Jackie Robinson became the first black player on a major league baseball team when he played for the Dodgers in 1947. But when white trumpeter Red Rodney toured the South as the only non-black member of Charlie Parker’s group, Parker had to claim that Rodney, a redhead, was a black man with a melatonin irregularity.

The story of jazz in the 1950s, like the story of black America in the 1950s, was really two stories: ongoing rejection, and the signs of a successful struggle for acceptance. The all-black Modern Jazz Quartet carried ‘chamber jazz’ into the concert halls and college campuses. Miles Davis, the brilliant trumpeter from Saint Louis, became a cross-racial fashion icon. In 1957, Duke Ellington wrote an hour-long history of jazz for television called A Drum Is A Woman, and composed one of the great film scores, for Otto Preminger’s Anatomy Of A Murder (1959).

Yet black Americans still suffered legalised discrimination, as well as no less pernicious forms of racism at school and work. Racial bias persisted in the entertainment business, too. Chet Baker was hyped as the star of ‘cool jazz’, the sound that Miles Davis and Gil Evans had developed in 1949. This was also the decade of Jazz Goes To College – an album by white pianist Dave Brubeck.

Outside the USA, however, jazz’s respectability became a weapon in the Cold War. The Russians and the Chinese may have had the gymnasts, but the West had Louis Armstrong, Duke Ellington, and the host of black musicians who played all over the world as ‘goodwill ambassadors’ under the sponsorship of the State Department.

Meanwhile, Norman Granz took Jazz At The Phil all over the world too. By the end of the decade, jazz’s greatest stars had performed on every continent. Like rock ‘n roll and jazz’s other children, it had become the soundtrack of the world’s youth, a music of freedom and revolt. It was inevitable that this promise would be realised at home, too.

Rosa Parks keeps her seat
When she refuses to give up her seat in the ‘colored section’ of a Montgomery, Alabama, bus to a white passenger, Parks, secretary of the local NAACP chapter, becomes a symbol of resistance to Jim Crow.

The Montgomery Bus Boycott ruling
In the wake of the black boycott of Montgomery’s buses after Parks’s arrest, the Supreme Court rules that bus segregation is illegal under the 14th Amendment.

Little Rock, Arkansas
After the National Guard prevents nine black children from enrolling at a school, Louis Armstrong cancels a tour of the USSR, saying, "The way they’re treating my people in the South, the government can go to hell.”

Civil Rights Act (1957)
To support the Brown v Board of Education ruling, the Eisenhower administration confirms voting rights. At this time, only 20 per cent of black Americans are registered to vote.
The 1960s

The Struggle: Protest Songs and Afrocentric Sounds

_Freedom Suite_ was the title of Sonny Rollins’ 19-minute 1958 call for black liberation. The 1960s saw the triumph of the Civil Rights movement, but freedom was not entirely sweet. The tragedy of Dr King’s assassination, the sight of white policemen setting dogs and water cannons on marchers in Alabama, the murders of white ‘Freedom Riders’ who defied segregation on buses in Mississippi, the disproportionate presence of black conscripts in the desegregated army that fought in Vietnam, the bitter collapse of the Civil Rights movement with the rise of Black Power and the sectarian violence of the Black Panther Party, and the spectacle of riots in the ghettos of inner-city USA all testified to the human price of liberation.

The jazz of the 1960s was an explosion of protest and passion. As the Civil Rights Act of 1964 ended a century of Jim Crow, musicians like John Coltrane, Pharaoh Sanders and Charlie Haden threw aside traditional harmonies and searched for a global sound that was also, as Coltrane’s 1961 album had it, _Africa Brass_. Once again, Miles Davis was in the forefront of stylistic change. On _In A Silent Way_ (1969), he embraced the funky beats of James Brown, whose _Say It Loud, I’m Black And Proud_ (1968) became an anthem of black pride.

On 5 April 1968, the morning after Dr King’s assassination, the US army was on the streets of Washington, DC. There had been riots in the black sections of every major American city, and President Lyndon B Johnson declared a state of emergency. In Boston, where police were preparing for a second night of rioting, the city authorities wondered whether to cancel that night’s concert by James Brown at the Boston Garden. But a young black city councillor, Tom Atkins, persuaded Mayor Kevin White to televise the concert. It went ahead, with Mayor White introducing James Brown, the ‘president’ of black America; the rioting stopped.

Amid the chaos and creativity, Ellington produced two major works expressing the new mood of confident assertion. While stage show _My People_ (1963) was part of a long line of theatrical shows that placed black people on a par with white, his concept album _The Afro-Eurasian Eclipse_ (1970) might well be the first world music album.

The 1961 Freedom Rides

The Freedom Riders are mixed-race groups of civil rights activists who test the Supreme Court’s rulings against segregation on buses. The first of 60 buses leaves Washington, DC for New Orleans on 4 May 1961.

The murder of Medgar Evers

When a white racist murders black World War II veteran and civil rights activist Medgar Evers, his trial becomes a civil rights test case – and inspires Bob Dylan to write _Only A Pawn In Their Game_.

16th Street Bombing

When white supremacists murder four black children and injure 22 by bombing the African-American 16th St Baptist Church, in Birmingham, Alabama, John Coltrane writes _Alabama_.

The March on Washington

When the ‘Big Six’ civil rights organisations rally their members at the Washington Mall, Dr King, encouraged by gospel legend Mahalia Jackson, delivers his ‘I Have a Dream’ speech.
The development of African-American music

WEST AFRICAN MUSICAL ROOTS

AFRICAN-AMERICAN SACRED TRADITIONS

AFRICAN-AMERICAN SECULAR TRADITIONS (NON-JAZZ)

AFRICAN-AMERICAN SECULAR TRADITIONS (JAZZ)

Syncopated dance music

Game songs, social songs

Work songs, field calls, protest songs

Folk spirituals

Arranged spirituals

Rural blues

Folk gospel

Vaudeville blues

Boogie-woogie

Transition into big bands

Traditional gospel

Cross influences

Rhythm & blues

Urban blues

Bebop

Hard bop

Cool

Modern jazz Avant Garde

Soul

Soul jazz

Jazz fusion

Rap

Funk

Jazz fusion

Techno funk

House music

Go-Go

Contemporary gospel

Civil rights songs

Civil rights songs

Rock 'n' Roll

Rhythm & blues

Gospel-hymn

Gospel quartets

Gospel groups

Gospel choirs

1600s

1700s

1800s

1870s

1860s

1850s

1840s

1830s

1900s

1920s

1930s

1940s

1950s

1960s

1970s

1980s

1990s

2000s

Why? (The King Of Love Is Dead)

Nina Simone, 1968

"Folks you’d better stop and think / Everybody knows we’re on the brink / What will happen, now that the King is dead?"

James Brown is often referred to as the ‘godfather of soul’

After the assassination of Martin Luther King, riots erupted across the USA, only quieted by James Brown’s televised concert from Boston

The Civil Rights Act

Signed into law by Lyndon B Johnson, the act is the landmark legislation that bans racial, religious, and sex discrimination in schools, workplaces and all public spaces.

The Voting Rights Act

Designed to secure the freedoms guaranteed in the 14th and 15th Amendments, this prohibits racial discrimination in electoral registration, such as literacy tests.

'Bloody Sunday'

When Dr King and other movement leaders try to march from Montgomery to the state house at Selma, they are assaulted by mobs and police - in view of tv cameras.

The Civil Rights Act (1968)

Expanding the 1964 act, Congress prohibits racial and religious discrimination in housing, and makes hate crimes a federal offence.

The murder of Dr Martin Luther King

The King of the Civil Rights Movement is shot dead by escaped convict James Earl Ray, causing outrage across the United States.

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From the moment of his birth in 356 BCE, Alexander of Macedonia was destined for great things. He would grow up to conquer and rule one of the largest empires ever built, all through military prowess, shrewd diplomacy and sheer force of personality.

The young Alexander grew up believing his life would lead to greatness, which was partly due to his mother, Olympias, continually telling him that he was divine and his destiny lay in conquest. Macedonia at the time of Alexander's birth was growing stronger, and this kingdom would act as his springboard to greatness.

Contrary to what was being written by chroniclers at the time, Alexander's father, Philip of Macedonia, did not lead the Macedonian people to civilisation - this had happened in previous generations. But when Philip was assassinated in 336 BCE and the crown passed to the 20-year-old Alexander, his greatest legacy was the extremely well trained and professional army he left, a crucial asset for every young warlord. Fate seemed to favour Alexander, as the political climate of the time made expansion even easier. The Greek cities were in decline and ripe for conquest. Even the mighty Persian Empire was troubled; having lost control of Egypt, it was engaged in a campaign to reassert control in the Nile delta. At this point, it would have been remarkable if Alexander had not expanded Macedonian territory.

In his early life, Alexander was taught the ways of war from Leonidas of Epirus, a relative of his mother. Alexander learned hand-to-hand combat, riding and also endured forced marches, an experience that would endear him to his men in later life. While Philip of Macedonia needed his son to be tutored in warfare, he also saw the benefits of instructing Alexander in the ways of peace. For this, Philip sent for Alexander's most famous teacher, Aristotle. The Greek philosopher instilled a love of literature and reading in the young prince that would continue throughout his entire life. During this time in history, the lines between myth and history were slightly more blurred. Great heroes like Achilles, who featured in Homeric literature, were seen as avatars of heroic virtues to be emulated by readers. It is said that Alexander carried a copy of the Iliad with him on campaign, as he saw himself as having a competitive rivalry with Achilles while also claiming lineage from him. This side of Alexander was softer than that shown on his military exploits, but could never temper his violent thirst and the passion that grew within him over time. Alexander's fondness

The empire builder was as dangerous to his friends as he was to his enemies

Written by Peter Wolfgang Price
Hero or Villain?
ALEXANDER THE GREAT
for alcohol would lead to drunken mood swings, rages and even the burning of the palace and city of Persepolis. This volatile trait was only exacerbated by the death of his most trusted companion and friend, Hephaestion.

As the borders of his empire grew, Alexander became increasingly fixated with the idea that his success was divinely ordained. Constantly fed stories of this divinity from his mother, he saw himself as a descendant of Zeus and Achilles. While the stories told of Alexander's birth include a miraculous conception, the destruction of the Temple of Ephesus and a bright star lighting the night sky, other than his studies, not much is known of his early life. What we are sure of is that he would have taken part in drinking contests, which were common in Macedonian culture. It was here that he cemented friendships that would last his lifetime with his drinking partners Cassander, Ptolemy and Hephaestion, who became close companions and generals in his army.

During his conquests, Alexander never forcibly attempted to impose Hellenistic culture on those he had bested. This was a trait learned from Aristotle, and his subjects were allowed to practice their own beliefs without fear of reprisal. However, this was countered by Alexander's fierce stamping out of unrest or treachery.

While not imposing his own culture on conquered peoples, Alexander came to adopt Persian culture more and more. This upset his Macedonian men, with two - Aristotle's great-nephew Callisthenes and a man named Cleitus - being the most outspoken on the subject.

While Alexander appeared diplomatic and tactful to defeated enemies and subjugated peoples, he could not stand to be contradicted, even by close friends and advisers. Drinking exacerbated his temper, and during one drunken argument, Alexander hurled a javelin, skewering Cleitus and killing him instantly. Callisthenes's fate was a little better - he was imprisoned, dying either in captivity or by crucifixion.

Alexander's ruthless nature saw him make many uncompromising decisions during his campaigns. Perhaps the most famous was during the siege of Tyre, an island city off the coast of Phoenicia, in 332 BCE. After early attacks were repulsed, Alexander ordered the construction of a massive causeway, or mole, to enable his siege engines to reach the walls. This massive undertaking was one of the ancient world's most initiative sieges, and is now the reason that Tyre is connected to the mainland. With the mole complete, his army stormed and captured the city. Showing no mercy, the attackers crucified 2,000 defenders, slaughtered up to another 6,000 males and sold the women and children into slavery. This was the price to pay for defying Alexander.

In Persia, now modern-day Iran, Alexander came face to face with his nemesis, King Darius III. In two great battles, at Issus and Gaugamela, the Macedonian army provided by Philip was triumphant, and Darius was defeated. These battles helped to cement Alexander's military prowess, as both times he faced almost overwhelming numbers and still emerged victorious. After hearing that the Persian king had...
Hero or Villain?

ALEXANDER THE GREAT

been betrayed and murdered by one of his generals, Bessus, during his retreat, Alexander flew into yet another furious rage. He had greatly respected Darius as an opponent. After giving the deceased Persian king a fitting burial at Persepolis, Alexander hunted Bessus down and had him brutally executed.

Alexander's ambitions carried him further east until he reached the northern parts of India. While some rulers, upon hearing of his exploits, submitted without a fight, many other tribes fiercely resisted his intrusion into their land. After his defeat of King Porus of Paurava at the Battle of Hydas River in 326 BCE, Alexander again displayed how magnanimous he could be in victory. He installed the king as a ruler of a larger kingdom than he had had before – all because he fought bravely against the Macedonians.

It was in India that Alexander's army refused to go any further. Alexander had planned to cross the River Ganges, but when his troops discovered that tens of thousands of soldiers waited on the far bank, they insisted on returning home. Alexander's strict sense of justice would come to the fore again, as upon returning to his empire, he discovered that many of the satraps (governors) he had left in charge had become corrupt and abused their power. These men were executed along with the guards who had desecrated Cyrus the Great's tomb, showing Alexander's sympathy for Persian culture, as Cyrus was a great hero to them and a man Alexander admired. With his men exhausted and home sick, Alexander ordered that their debts be settled and the older or wounded men be allowed to return home. Such was their love of Alexander, the men refused, and only when the king threatened to replace their positions with Persians did they relent. A lavish banquet was held in which each senior Macedonian was married to a Persian bride. This turned out to be a failed attempt to bring the two cultures together, as many of the marriages didn't last the year.

Alexander's death at the age of 32 came suddenly in 322 BCE, after a bout of drinking. There are differing accounts of how exactly Alexander became ill and the exact cause of death - whether it was alcohol related, poison or another means - will never be known. Alexander's empire - which now encompassed a vast swath of territory including Macedonia, the Greek city states, Anatolia, the Levant, Egypt, former Persian Empire territory and parts of India - would come crashing down after his ignoble death. His closest companions, the Diadochi, divided the land between themselves, and without the commanding presence of Alexander, they soon descended into bitter feuds and conflict. New factions and states emerged with the splintering of the empire, notably the Ptolemaic dynasty in Egypt, named after the general Ptolemy. Although the empire was gone, Hellenistic culture had taken root over a great swathe of territory, ensuring Alexander's legacy would live on through the ages.

His charisma and force of personality inspired fanatical loyalty and he could be magnanimous to conquered subjects. In contrast, Alexander acted as a cruel tyrant ordering systematic slaughters and executions, and was prone to flying into drunken rages, making him dangerous to friend and foe alike.

"Alexander appeared diplomatic and tactful to defeated enemies and subjugated peoples"

Was Alexander the Great a hero or a villain?
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The Macedonian Empire stretched across 5.2 million square kilometres

324 BCE

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Through History

DELICACIES

From the wonderfully weird to downright dangerous, feast your eyes on some of the most sought-after food of the centuries gone by.

**DORMICE** C. 285-476

The Romans had a number of interesting dishes - such as ostrich ragout and garum, a mixture of fish intestines and blood. Perhaps the most famous, though, was dormice. Eaten by both the Romans and the Etruscans, the mice were fattened before eating and traditionally stuffed with minced pork, pine nuts and various herbs. They were then sown up and cooked. On removal from the oven, the dish was garnished with honey and poppy seeds and ready to serve.

**FUGU** C. 10,000 BCE

The most dangerous delicacy on the list, fugu - or pufferfish - is still an immensely popular restaurant order in Japan. The recipe dates back to the nation's Jomon Period and was briefly banned twice in both the Tokugawa Shogunate and Meiji Era due to how unsafe it is. Its first recording in Western text was from the 1774 logs of Captain Cook as some of the crew got sick eating the fish. If prepared incorrectly, the consumer will experience tetrodotoxin poisoning, which is 1,200 times deadlier than cyanide. Is it really worth the risk?

**HAGGIS** 800 BCE

While this food is closely associated with Scotland, it actually has a history far away from the country. It is believed that a very similar dish first originated in Ancient Greece and the recipe was later brought to Scotland via a Viking longship. The food itself is essentially a sheep's stomach stuffed with its heart, lungs and liver and is traditionally served with potatoes (tatties) and turnips (neeps). Today, haggis is stereotypically Scottish, and on 25 January every year, the Scottish poet Robert Burns is remembered with the Address To A Haggis: "Fair fa' your honest, sonsie face, Great chieftain o' the pudding race!"

**AMBERGRIS** EARLY MEDIEVAL

To the untrained eye, this dull, waxy substance looks just like any other piece of flotsam or jetsam you may find washed up on a beach, but those familiar with ambergris will know that stumbling across a lump of this stuff could make you rich. Ambergris, to put it bluntly, is whale faeces. Once expelled, it often floats about the ocean for years before making landfall, by which time it has lost its faecal stench and acquired a complex - some might say magical - aroma. It was first used in Medieval Arabic cuisine, and later infiltrated European cooking, eventually becoming the 'haut-gout' of Tudor court circles. At market, a pound of high-quality ambergris will fetch about $8,000.

**TURTLE SOUP** 17TH CENTURY

One of the most sought-after dishes in American history, turtle soup has been served at presidential inaugurations, on the first transcontinental trains, and probably, in some form, at the first Thanksgiving. A large snapper turtle is said to contain seven distinct types of meats, each resembling pork, chicken, beef, shrimp, veal, fish or goat. It became so popular that mock turtle soup recipes were devised so the dish could be enjoyed by all, and by the 1920s, Campbell were serving it in cans. Turtle soup is now illegal in many states, but it is still served in Minnesota and New Orleans.

**ITORO HIROBUMI** JAPANESE 1841-1909

Most famous for drafting the Meiji Constitution and helping craft modern Japan, Itō Hirobumi also had a say in the country's culinary matters. Fugu was banned in the 16th century after a group of soldiers were poisoned while invading Korea, but in 1888, the prime minister brought back the dish for the nation to enjoy once more.

Due to its poison, fugu is the only food the emperor of Japan is forbidden to eat.
**BEAVERS’ TAILS** **17TH CENTURY**

Roasted beaver tails have been enjoyed by Indigenous Americans for centuries, given the fact that they are readily available, high in calories and downright delicious. But when the Europeans arrived and converted much of the population to Catholicism, the fledgling church-goers faced a harsh reality: no beaver meat during Lent. Desperate to find a loophole, the bishop of Quebec approached his superiors and asked if beaver tail could be reclassified as fish, given its scaly appearance and fishy aroma. The church agreed, and from then on beaver tails graced the menus of many a Friday dinner.

"A large snapper turtle is said to contain seven distinct types of meats, each resembling pork, chicken, beef, shrimp, veal, fish or goat”

**GOANNA** **C. 16TH CENTURY**

The indigenous people of Australia ate a variety of dishes prior to European colonisation. Their diet consisted of, but wasn’t limited to, insects, ground vegetables, bandicoots, fish, eels, birds, possums and frogs. Another favourite was karol, a type of plant found underground that acted as a plentiful food source. However, the foodstuff considered a bush delicacy by the indigenous Australians was the yellow fat of a goanna. A species of lizard, the goanna was also part of aboriginal folklore and mythology and was known as the Dirawong, a type of spiritual creature.

**LINZER TORTE** **1653**

The delicacy of the Austrian city of Linz is the oldest cake recipe in the world. With its trademark lattice design and delicious nutty cinnamon filling with a hint of lemon zest, it has remained a regional favourite since it was first baked. Even though the Linzer Torte is linked to the Austrian city, the first recipe dates back to a 17th-century Veronese cookbook that eventually made its way to Austria, where the cake was mass produced in Linz. By 1850, it had reached the USA as its fame began to spread even further.

**KEDGEREE** **C. 18TH CENTURY**

The British Empire’s expansion saw many exotic cuisines make their way back to the country’s shores. One of these was kedgeree, introduced to Britain by the East India Company. A regular fixture on the breakfast table until the 19th century, it was a mixture of fish, eggs and boiled rice that was based on an Indian food known as khichri, which dates as far back as the 14th century. Kedgeree remained popular, and not just at breakfast - it was a recommended recipe during the rationing years of World War II. It is a stalwart of Anglo-Indian cuisine.

**CALVES’ FOOT JELLY** **C. 19TH CENTURY**

Immensely popular all around the world during the 19th century, the recipe for this peculiar delicacy was the boiled stock of the feet of baby cattle. The recipe itself was a bit bland, so it was often served with sugar and spice. In Victorian England, it was a frequently suggested cure for the sick. The cuisine is similar to a type of 14th-century Turkish soup known as Picha, which became associated with German Jewish immigrants who moved to the USA. Picha subsequently became a well-liked dish on both sides of the Atlantic, but today is not as widespread as it once was.
On the south knoll of the Horns of Hattin, the Crusader king reformed his surviving knights for a final charge. The smell and sounds of defeat filled the air. Arrows that blackened the sky rained down from Muslim archers, the wails of wounded and dying pierced the air, and Christian foot soldiers tried desperately to keep the Muslims at bay.

The Crusaders swept down from the high ground. Their objective was Saladin's yellow banner, protected by hundreds of heavily armed soldiers. The Latin knights crashed into the tightly packed Muslim ranks, which formed a protective barrier around the Ayyubid sultan. Lances shattered on impact, and the knights fought on with swords and axes. They swung and slashed as they fought their way towards the sultan's position. If his banner fell, they might still win the day. It was 4 July 1187. The final phase of the Battle of Hattin was under way.

Salah al-Din Yusuf ibn Ayyub, known to the Franks as Saladin, was 49 years old by the time of the titanic clash in northern Palestine. His rise to power had begun in 1164 when Nur ad-Din, the Zengid Turkish ruler of Syria, sent the young officer on a military expedition with his uncle, Kurdish warlord Shirkuh, to Fatimid Egypt. Shirkuh's objective was to prevent the weak Shiite caliphate in Cairo from falling to the Franks. Over the course of the next five years, Shirkuh and Saladin conducted three separate expeditions to Egypt. During the last expedition in January 1169, Shirkuh became the Fatimid caliph al-Adid's vizier, or chief minister.

Opportunities always seemed to present themselves to Saladin, but often a sixth sense was required to know how to navigate treacherous palace politics where anyone might be assassinated by the henchmen of an even more clever foe. When Shirkuh died two months after becoming vizier, Saladin succeeded his uncle in the key post. This gave him a power base, and he moved rapidly to bring the rest of his family to Egypt and hand out fiefs to them.

Saladin continued climbing the rungs of the Islamic leadership ladder. When al-Adid passed away in late summer 1171, Saladin, with ad-Din's blessing, became caliph of Egypt. Ad-Din approved of Saladin’s ascension to the high post because it would enable Saladin to replace Egypt's Fatimid Shiite government with a Sunni administration. Perhaps the greatest opportunity of Saladin's life unfolded three years later when ad-Din died. Although ad-Din’s 11-year-old son succeeded him, Saladin successfully extended his power into Syria.

But eradicating rival Zengid princes in Syria proved a protracted matter for Saladin. Over the course of the next two decades, he walked a tightrope balancing offensives against the Latin Crusader States with those against rival Zengid princes. Although Saladin secured Damascus without bloodshed in 1174, it would be nearly another decade until he could capture Aleppo in 1183. By then he had extended his control over most of Syria, as well as most of Jazira to the east, forging in the process an impressive Ayyubid Empire, which bore his family surname.

The rulers of the rival Seljuk and Ayyubid empires were in constant competition, and both reported to the Abbasid Caliph in Baghdad. Throughout the long years campaigning against...
Saladin’s Battle for Jerusalem
the rival Zengid Dynasty, Saladin had to justify to the Abbasid caliph why he saw it necessary to take up the sword against fellow Muslims instead of Christian infidels. Saladin told the caliph that he would not be strong enough to defeat the Franks until he had amassed greater power.

Saladin invaded the Latin Kingdom of Jerusalem, the largest of three Crusader States, in the autumn of 1183. Guy of Lusignan, regent of the Kingdom of Jerusalem, was determined to fight a defensive battle, and Saladin did not find favourable circumstances to attack, so he withdrew. In winter 1186-87, an incident occurred that gave Saladin good cause to re-invade the Latin kingdom. Lord Raynald of Châtillon, a sworn enemy of Saladin, pillaged a Muslim caravan travelling from Cairo to Damascus through his realm.

Saladin had entered into a two-year truce with Raynald in 1186 in which the Frankish baron had agreed to allow caravans to pass unmolested from Egypt to Syria. But Raynald had confiscated the riches and imprisoned the travellers. Saladin requested multiple times that Raynald release the prisoners and their possessions. “The Count persistently refused to comply” wrote contemporary Arab historian Ibn al-Athir. “Saladin vowed if he ever laid hands on him, he would kill him.”

In spring 1187, Saladin began assembling a large army in southern Syria. His generals, each of whom would command the equivalent of a modern corps in the upcoming campaign, were his nephew Al-Muzaffar Taqi al-Din, who would lead the right wing, and Kurdish-born Muzaffar ad-Din Gokbori, who would lead the left wing. Saladin would command the centre.

Saladin had approximately 30,000 men, half of which were veteran cavalry. The ground where the battle would unfold consisted of rolling hills with expansive plateaus blanketed with grass and bristling with rocky outcroppings. Water could be found in varying amounts at different springs. Saladin intended to block the Crusaders from reaching the Sea of Galilee, where they would have abundant water. He also intended to isolate them, if possible, away from a desert spring.

Saladin led his army across the Jordan River during the last week in June. The Ayyubids encamped at Kafr Sabt, which was ten kilometres south west of Tiberias. The Crusader army maneuvered at Sephorie, 24 kilometres from Tiberias. King Guy of Jerusalem commanded 20,000 men, of which 15,000 were infantry, 3,800 were auxiliary cavalry, and 1,200 were mounted knights. The horses were not armoured, and therefore vulnerable to arrows. Prince Raymond III of Tripoli commanded the vanguard, Guy the mainguard, and Count Balian of Ibelin led the rearguard, which included the elite Hospitallers and Templars.

To lure the Crusaders into battle, Saladin personally led a detachment on 2 June to besiege Tiberias. Guy took the bait without gathering reconnaissance on the size or location of the enemy forces. The distance to Tiberius would be too much to cover in one day should they run into serious opposition, but Guy had no idea where they would camp after the first day’s march. The Crusaders left camp at dawn and set off for the spring of Turan, where limited water was available. On the march, foot soldiers in each of the three corps formed a protective square around the mounted knights and sergeants. The Crusaders
Ayyubid Warriors

The Muslim Ayyubids blended Turkic, Persian, and Egyptian influences, and in many respects their warriors were a mirror image of their Latin Crusader foes.

**White shawl**
The white shawl served a practical purpose of furnishing protection from the sun, as well as from blowing sand.

**Yellow cap**
Yellow was the royal colour of the Ayyubids and Saladin's wardrobe consisted of items of yellow silk with gold embroidery.

**Mail coif**
The sultan wore a mail coif, which saved his life in May 1175 when an assassin tried to stab him in the neck.

**Helmet**
A silver-plated turban-style helmet was an essential piece of armoured equipment for a professional Ayyubid cavalryman.

**Cuirass**
The Ayyubids favoured flexible armour, and heavy cavalrymen wore an iron lamellar cuirass over a mail hauberk for protection from arrows and edged weapons.

**Sword**
The sultan's straight sword, which had a gold pommel and guard, featured silver inlay on its blade made possible by "Damascening," a process for which Damascus became renowned.

**Kazaghand**
The kazaghand looked like an ordinary jacket, but it was actually a light coat of armour with mail sandwiched between layers of fabric.

**Bard**
The horse's bard was made of double felt and designed to furnish some protection from enemy arrows.

**Bow**
Although his primary weapons were a lance and sword for close-quarters combat, the cavalryman was also equipped with a composite bow made from layers of horn and sinew atop a wooden frame.

**Sword**
The Turkish-style sabre was housed in an elaborately decorated sheath crafted from Damascene steel.
reached Turan at midday and some troops and horses received water. They had only covered ten kilometres. Guy decided to press on for the village of Hattin, which was situated about eight kilometres to the north east, where ample water was stored.

The Muslims soon appeared in large numbers on both flanks of the Latin army. Saladin’s strategy, for the most part, was the same as that practiced by the Mongols and Asian steppe warriors. He would encircle the enemy and weaken it with heavy fire from his archers. If the Crusaders charged the archers, they would scatter to avoid contact.

Mounted skirmishers armed with compound bows maintained steady pressure on the Crusader vanguard throughout the first day. The result was that by midday, the Crusader advance slowed to a crawl. Guy sent a messenger to get Raymond’s advice. He suggested they camp for the night. Guy took Raymond’s advice. He may have hoped the Muslims would attack, in which case the Franks would have an advantage on the defensive. But Saladin had no such intentions. The Christians, most of who were severely dehydrated, slept on their arms.

“The Muslims for their part had lost their first fear of the enemy and were in high spirits, and spent the night inciting one another to battle,” wrote al-Athir. “They could smell victory in the air.”

The Crusaders renewed their advance at dawn. Muslim archers fired a steady stream of arrows into their ranks. In addition, the Muslim skirmishers repeatedly attacked Raymond’s vanguard. The Latin infantry, which lacked the knights’ esprit de corps, became despondent. The foot soldiers began to break formation, which left the knights unprotected. The infantry wandered toward the north of the two hills that formed the Horns of Hattin. Guy begged them to stay in column, but they could not be rallied. The Crusaders’ only hope lay in reaching the village of Hattin. But the village was in Muslim hands, and Saladin’s troops had no intention of allowing the Christians to reach it.

With the situation growing increasingly desperate by mid-morning, Raymond assembled his knights for a headlong charge against Taqi al-Din’s troops. The charge was successful and Raymond, Balian, and about a dozen knights escaped. Guy was left with his household knights and those from the two military orders.

In a last-ditch effort to rally his troops, Guy instructed his squires to put up his red tent on the lower slope of the south horn. By that time, Muslim infantry was attacking the Crusader foot atop the Horns of Hattin. At mid-afternoon, Guy believed that his only hope lay in charging towards Saladin’s position. He led two headlong charges, but Saladin’s Mamluk bodyguards drove them back with heavy losses each time.

Guy and his knights took up a defensive position on the southern horn with some of the infantry. Saladin ordered an assault against the horns. Heavy cavalry armed with lances overran the Crusader position; in the process, they captured the morale-boosting relic known as the True Cross. With its loss went any last shred of morale, and Guy ordered his men to cast away their weapons and lie flat on the rocky ground, placing themselves at Saladin’s mercy.

The Franks were rounded up and paraded before Saladin. Approximately 200 Knights Templar were summarily executed. Saladin agreed to ransom Guy and the other nobles. The rank and file of the Crusader army were led away to be sold into slavery. Saladin is said to have called Guy and Raynald of Chatillon into his tent. He gave a goblet filled with...
Saladin had a chequered record fighting the Crusaders before his great victory at Hattin. His strategy varied between sieges, raids, and pitched battles.

- **25 November 1177
  Battle of Montgisard**
  During his first major raid into the Kingdom of Jerusalem in the autumn of 1171, Saladin underestimates the ability of King Baldwin IV to contest his advance. The Franks ambush the Ayyubids, inflicting a stunning defeat on them. Saladin himself is nearly captured and is said to have raced for the safety of Egypt on the back of a camel.

- **30 August 1179
  Battle of Jacob’s Ford**
  In late summer 1179, Saladin attacks the uncompleted Crusader fortress of Chastellet at Jacob’s Ford on the Upper Jordan River. Despite a tenacious defence by the Knights Templar garrison, a swift siege in which professional sappers collapse a section of the wall enables the Muslims to slay the garrison.

- **29 September – 8 October 1183
  Standoff at Ayn Jalut**
  Intent on provoking a decisive clash with the Franks, Saladin crosses the Jordan River into Galilee. Guy of Lusignan, the regent for terminally ill King Baldwin IV, leads an army to intercept him. Saladin tries to lure the Franks into making a tactical error, but Guy entrenches and Saladin withdraws.

- **1 May 1187
  Battle of Cresson**
  Saladin’s son, Al-Afdal ibn Salah ad-Din, leads a large force into Galilee to assess Crusader strength. A passing party of Knights Templar and Hospitaller rides to intercept him. Templar Master Gerard de Ridefort impetuously orders an attack against the larger force. Al-Afdal destroys the Crusader force. Ridefort escapes, but Hospitaller Master Roger de Moulins is slain.

- **October – December 1187
  Siege of Kerak**
  After failing to bring about a decisive battle in Galilee, Saladin leads his army south to besiege Kerak Castle, which still holds a Christian garrison. Although Saladin’s army has catapults and towers, they are unable to successfully bridge the castle’s dry moat.
Construction zone
While Saladin conducts a reconnaissance of the terrain surrounding Jerusalem, he orders his troops to cut tree branches and construct zaribas, which were tall screens to protect Muslim bowmen and engineers from quarrels and arrows fired from archers and crossbowmen on the battlements of Jerusalem.

Fire and stones
The Muslims bombard the city with 40 mangonels. The mangonels hurl stones, naphtha and, when the wind is blowing in the right direction, sand to temporarily blind the defenders.

Counter-battery fire
A battery of Crusader mangonels mounted atop the Herodian Tower behind David’s Gate hurl stones at Saladin’s men on the west side of the city.

Call for volunteers
Patriarch Heraclius asks for 50 volunteers to guard the newly made breach the night of 29-30 September for 5,000 bezants, but not a single soldier volunteers. Ballan surrenders the city the following day.

Wall collapse
Ayyubid specialists in siege mining dig a tunnel, pack it with wood and light it on fire to weaken the ground, and ultimately collapse the wall. Muslim infantry charges through the 90-metre-wide breach to gain a foothold inside the north wall.

Crusader sorties
Crusader cavalry sallies forth each morning to disrupt the Muslims’ progress by destroying equipment, but Saladin eventually posts heavy cavalry to protect his archers and sappers.
iced water to Guy, but when Guy sought to pass it to Raynald, Saladin stopped him. Saladin then made good on his vow to kill Raynald and cut him down with his sword.

The Ayyubid sultan rightly assumed that the barons who escaped would appeal to the Latin West for reinforcements, and he sent his troops to capture as many key towns and strongholds in the Kingdom of Jerusalem as possible before reinforcements arrived. After capturing Acre on 8 July, Saladin turned his attention to Tyre. Fortunately for the Christians, a new leader had arrived earlier that month. Marquis Conrad of Montferrat, who sought to escape problems at home by taking up the cross, organised a strong defence. Saladin, who was impatient to capture Jerusalem, turned south.

Saladin’s 20,000 troops arrived before the walls of Jerusalem more than two months later on 20 September. Balian of Ibelin commanded approximately 5,000 men. The population had swelled to 60,000 as a result of an influx of refugees. Unlike the setback at Tyre, the sultan had no intention of abandoning the siege. The Ayyubid leader “took an oath not to depart until he had honoured his word and raised his standard on her highest point, and had visited with his own feet the place where the Prophet [Muhammed] had set foot,” wrote Imad ad-Din, who was Saladin’s field secretary.

Saladin’s men deployed on the north and west side opposite St Stephen’s and David’s gates, respectively. Over the course of five days, the Ayyubids assaulted the gates and attempted to scale the walls. After such time, the Muslims could not make any headway in their attempts to storm the west wall. For that reason, Saladin ordered them to redeploy in an arc that wrapped around the north-east corner of the city. He also issued orders for professional sappers from Aleppo to mine the walls. Several teams worked tirelessly for the next four days to weaken the walls. On 29 September, they collapsed a section of the outer wall near Herod’s Gate.

Saladin spared the city. Instead of slaughtering innocents, he decided to allow them to ransom themselves. Once the ransom was paid, they would have 40 days to leave. The idea came from Saladin’s advisers, according to al-Athir. “Let us consider them as already being our prisoners, and let them ransom themselves on terms agreed between us,” Saladin’s advisers told him.

Saladin thus set a ransom of ten gold pieces for each man, five for each woman and one for each child. About two-thirds of the Christians could pay their own ransom, but the rest were too poor to make the payment. Balian gave Saladin 30,000 gold pieces from the city’s coffers to cover 7000 of the poor, but the other 13,000 were led away to be sold into slavery.

The Muslims took control of Jerusalem on 2 October. Ayyubid banners were hoisted throughout the city. A week later, Saladin attended Friday prayers in Jerusalem’s Al-Aqsa Mosque. Afterwards, the sultan ordered the mosque, which had been desecrated, be restored to its original glory with marble, gold tiling and mosaics.

Shortly afterwards, King Richard I of England and King Philip II of France both took the cross determined to recapture Jerusalem. They participated in the bloody Third Crusade against Saladin from 1189 to 1192. Although the Crusaders retook Acre and other strongholds, they were unable to recapture the Holy City. Jerusalem remained in Muslim hands as a result of Saladin’s ability to unify and mobilise previously divided Muslim groups against the Crusaders.
TAKING THE HOLY CITY
Saladin’s siege of Jerusalem lasted two long weeks, but it paid off

On 20 September 1187, the Ayyubid sultan and his armies arrived at the gates of Jerusalem. Saladin, preferring to take the city without bloodshed, offered generous terms to crusader noble Balian of Ibelin, but those inside the city refused to leave. And so the siege began, starting outside the Damascus Gate where Saladin’s archers pelted the ramparts with arrows. Siege towers were rolled up to the walls but were pushed back each time. After six days, the army moved to the Mount of Olives, where there was no major gate from which the Crusaders could launch a counterattack. It was here where they would finally breach the walls. On 2 October, Balian surrendered.

Battering ram
Large, heavy logs were encased in an arrow-proof, fire-resistant canopy mounted on wheels. The log was then swung from ropes against the city walls.

Siege tower
These were often constructed on site and built to be the same height as the walls. Archers would shoot from the top while they were rolled towards the city.

Mining the wall
Saladin’s success came from below the ground. A portion of the wall was mined and a fire was lit below, and it collapsed on 29 September.

Counter attack
The Latins tried in vain to drive away the invading army with arrows and spears, throwing down large rocks or even molten lead at the attackers.
Mangonel
Several mangonels were used during the siege, which propelled giant stones to weaken the defences. They also helped to drive defenders away from their positions.

Trebuchet
Saladin’s counterweight trebuchets could fling projectiles weighing up to 160kg at or into enemy fortifications, and were devastatingly effective.

Greek fire
The Islamic derivative of Greek fire was known as ‘naft’ and had a petroleum base with sulfur. It could be shot from catapults and would burst into flame upon impact.

Archers
Ten thousand archers were ordered to shoot at the Latin soldiers, while another ten thousand horsemen armed with lances and bows prepared to attack.
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DROP DEAD Gorgeous

13 of history’s most dangerous trends

Written by Philippa Grafton

The lengths we go to for beauty know no bounds: plastic surgery, chemical peels and tattooed make-up are all extreme measures to achieve that picture-perfect look, but at least we’ve got our doctor’s seal of approval on their safety status. Beauty addicts from years gone by weren’t so lucky. From skin regimens brimming with poisons and parasite-based diets to breathtakingly tight corsets and the hottest hairstyles, discover the 13 deadliest trends that claimed their very own fashion victims.
CORSETS

The fatal finery of choice in the 19th century, corsets already had a bad reputation in the 1800s, with doctors frowning upon them and a plethora of literature condemning the undergarment - in 1848, one doctor even suggested that wearing a corset was akin to committing suicide. To achieve the hourglass figure so popular at the time, women's corsets would be laced as tightly as possible, with the recommended waist size set to 18 inches.

Wearing their corsets, ladies often experienced headaches, breathing trouble and fainting. That was just the tip of the iceberg, however - there were widespread reports of broken ribs, and extreme lacing led to displaced internal organs, deformed rib cages and even death.

LEAD MAKE-UP

For centuries, it was deemed the height of fashion to have pale skin; tanned, freckled faces were considered improper and a sign of being a peasant. Women - as well as men - would go to extreme lengths to keep their faces as white as possible, using pastes, powders and potions. The key ingredient in many of these lotions was lead.

Using lead-based make-up led to baldness and inflamed skin, and then a vicious cycle, where disguising skin defects meant using even more lead make-up. Accidental inhalation of lead-based powders, however, proved catastrophic. Even worse than the physical side effects was the psychological damage that lead poisoning triggered, including destroying the nervous system, causing paralysis and brain damage. Lead palsy was a common symptom of poisoning, which is characterised by a drooped wrist and localised paralysis of the hands.

Worst of all, if you think the days of lead in make-up have passed, think again. A recent discovery found that hundreds of lipsticks across the world were contaminated with lead, but luckily the amount is so low that it shouldn't affect you assuming you don't buy lipsticks to eat, of course.
CRINOLINE SKIRTS

In the 19th century, the epitome of elegance for women was to dramatically distort their natural body shape by wearing a crinoline skirt – a hoop petticoat that was as large as reasonably possible. Almost two-metre-wide skirts might have been the height of fashion, but they came with a host of problems, from the dull to outright dangerous.

Perhaps the most common problem caused by the hooped skirt was the sheer amount of space it took up. Ladies could fit through doors, but that was about the extent of their usefulness. At social events, the skirts were horribly impractical - one contemporary criticised them by claiming that one woman in her skirt took up the space of three men. Sadly, that wasn’t the extent of the dangers of crinoline skirts. Being as popular among the lower classes as the wealthy, factory owners were dismayed to find that their female employees were wearing crinoline to work. Stories of women being dragged into machinery plagued 19th-century newspapers, as well as those of unsuspecting fashionistas being blown to their deaths in strong, windy conditions and caught under carriage wheels. Worst of all, however, was the disturbingly common death by fire. The skirts were highly flammable and, with the ladies unaware of their proximity to a candle or fireplace, would often go up in flames. In Chile in 1863, up to 3,000 people died in a church fire that has been blamed in part on the flammability of the skirts and the fact that they blocked the exits.

Steel cage crinolines were some of the most popular, but they could also be made from other materials including whalebone.

OWN THE DANCE FLOOR

At their most ridiculous, crinoline skirts could be more than five metres wide.

FLAMMABLE HAIRSTYLES

TOWERING UPDOS

The trend for tall tresses took off in the late-18th century, with women using hair cushions and false hair to reach dizzying heights. However, forgetful of the towering tinder atop their heads, many ladies would be set alight by chandeliers and candles. If they didn’t burn to death, they often died of exposure or shock.

COMBUSTIBLE COMBS

Imitating the look of ivory, celluloid became a popular material used for fashion accessories in the early-20th century but the danger it posed to workers and wearers alike was deadly, as it was explosive. Once ignited, it would combust in a ball of fire and release toxic gases. If the fire didn’t kill you, the fumes would.

HAIR SPRAY HORROR

With perfectly coiffed tresses being the height of fashion and the hairstyle of choice for many, the 1950s saw the invention of hair spray to help keep curls fixed in their place. However, the key ingredient in all hair sprays - vinyl chloride monomer - proved to be not only highly flammable but also toxic.
RADIOACTIVE SKIN CREAM

In their quest for a face with that youthful healthy glow, the women of the 20th century began smothering their faces in radioactive creams. For a fresh-faced, radiant complexion, many women of the interwar period turned to lotions that were made with radium—so radioactive it glows in the dark. Of all the sellers of radioactive creams, a French brand named Tho-Radia topped the charts with their radium-thorium recipe. With their range of creams, toothpastes and cosmetics, women applied radioactive make-up on a daily basis. As you’d expect, radiation poisoning and cancer figures soared.

MERCURY HATS

Women weren’t the only fashion victims in history. While different types of men’s hats came and went in and out of fashion, one element endured the test of time: mercury. It was this ingredient in the making of hats that earned haters their mad reputation. Using mercury to turn fur into felt, the process would release noxious fumes that could kill. Symptoms would start innocently enough—hands shook and trembled, teeth came loose and the hatter became unco-ordinated. The next stage was much more tragic, with symptoms such as severe memory loss, anxiety, depression and hallucinations. Poisoned by mercury, the nervous system would slowly collapse, seeing a victim fall into a coma and in extreme cases, leading to death.

By World War II, the use of mercury in hat-making was banned, though it wasn’t down to health reasons. In fact, the mercury was needed for detonators.

DEADLY NIGHTSHADE EYE DROPS

Sickly sweet and toxic to the touch, deadly nightshade could be found in most Roman women’s beauty regimens. Also known as belladonna (beautifull woman in Italian), the poisonous plant was distilled into eye drops that gave the user that classic, sexy doe-eyed look. Too strong a mix, however, and they would go blind. Accidentally ingest some, and they could expect extreme hallucinations, brain damage and death.

REVOLTING REMEDIES

If beauty wasn’t lethal, then it was sure to be repulsive. Discover some of the most questionable treatments from years gone by.

lard hair products

Dull, lifeless hair bringing you down? Try our 18th century wig! Sculpted with the finest lard. Cages to deter mice from nesting in lard-soaked wig sold separately.

mouse fur eyebrows

Do your eyebrows leave a lot to be desired? Head in store now to pick up your own fair trade, organic mouse fur eyebrows, and get a free fitting session!

beetle blood lipstick

Channel your inner Cleopatra and embrace your secret Elizabeth I with this innovative blend of crushed carmine beetles and ants for rich, red lips.

urine mouthwash

Formulated with the finest Portuguese piddle, this brand-new mouthwash is guaranteed to freshen your breath and leave him longing for more. It worked for the Romans.

crocodile dung face mask

This isn’t just any crocodile dung face mask—this is an all-natural, full-bodied, youth-preserving crocodile dung face mask, served precisely mixed with the finest mud. Based on an ancient Greek recipe.

sandpaper smoother

Take inspiration from the 40s and banish unsightly hairs with this hair exfoliator you’ll find in your hubby’s toolbox! Simply rub sandpaper following the grain for legs as smooth as marble.

* Call now *
FOOT BINDING

Feet, you either love them or you loathe them. Whether you harbour a soft spot for the sight of twinkling toes or the thought of feet makes your skin crawl, foot binding was a trend that took China by storm for more than a millennium. Those sensitive about feet, look away now.

Popular during the Song dynasty (10th-13th century), women with bound feet were considered the height of elegance. To achieve the look, the process began early for girls – between the ages of two and seven – while their feet were supple and soft, and their minds blissfully unaware of the pain they were about to experience. Next, all their toes but excluding the big toes, thankfully – would be broken and folded down into the ball of the foot. Next, the arch would be bent to its extreme, then the foot would be bound in the tightest cloth. From here, years of tight binding would ensure that the foot wouldn’t grow to an unsightly size.

The cruel practice would cut off circulation in the toes, which more often than not led to infections and gangrene. Feet would be covered in sores and often gave off a foul stench – all the better to be covered up with elegant little silk shoes, then.

STIFF COLLARS

Championed as the ‘father killer’, the detachable stiff collar for men was just as dangerous as any of its female counterparts. Popular in the 19th century, the stiff collar could be attached to a shirt with studs. Highly starched, it gripped the man’s throat in its cottony vice, with its point jutting up into the windpipe. Under normal, sober conditions, the collar could be quite constrictive but otherwise harmless. When a man fell into a post-dinner drunken stupor, however, the stiff collar would claim its victim. As a man sat in his armchair and his head dropped to his chest, the collar could block the windpipe and stop the blood flow through the carotid arteries. As he slept, he could be suffocated by his own collar.

TAPEWORM DIET

Feeling fat, but not willing to exercise or embrace a healthier diet? Tapeworms are sure to solve the problem. In the early 20th century, tapeworms and tapeworm eggs were sold in jars and as pills as a form of dieting. Simply consume your tapeworms, wait for them to absorb your food, then – once you’re down to your ideal weight – take an anti-parasitic tablet. Results were guaranteed with the tapeworm diet, but it came with a host of terrible side-effects, including cysts in the brain, spinal cord and eyes, meningitis and epilepsy. Maybe stick to the celery sticks...
TODAY’S BEAUTY HORRORS

Skinny jeans
Burn-hugging jeans come with a host of health warnings. Recently a woman in Australia was diagnosed with compartment syndrome from too-tight jeans, and they also put the wearer at risk of nerve damage, ulcers, and for men, twisted testicles.

Teeth whitening
Tempted by teeth that twinkle? Be sure to see a qualified dentist. Plenty of beauty shops sell teeth-whitening services, but with no dental professional there, it’s illegal and can result in botched jobs, damaged gums and sensitive teeth.

Laser eye treatment
If the thought of having your eye cutopen, fired with a laser and then put back together doesn’t put you off laser eye treatment, this might: dry eye syndrome, floaters and halos are all reported side effects. Blindness is also a possibility.

High heels
With heel sizes reaching upwards of 15 centimetres, the risks from high heels are immense. If they’re not breaking your ankle from toppling off them, they’re deforming your spine and causing bunions in your feet. Lovely.

Tanning
If you’re hoping to get that sun-kissed look without using fake tan, beware of the sun beds. Malignant melanoma, the most dangerous of all skin cancers, is one of the known side effects of regularly tanning using a sun bed.

ARSENIC DRESSES

Make-up might have been deadly, but the silent killer of the 19th century was the arsenic-infused dress. The discovery of Scheele’s Green dye in the late 18th century was a revelation to the fashion world - previously unattainable, this new shade turned the most bland dresses a vibrant, enduring green. The downside? It was fatally poisonous. Made from copper arsenite, the dye was found in everything - from dresses and wallpapers to sweets - with disastrous consequences.

Weavers of coveted green gowns would find themselves developing nasty rashes and wart-like growths on their skin, but the workers creating the garments suffered the most from the effects of arsenic poisoning. Inhaling the dye as it wafted around the workshop, seamstresses were the real victims. Starting with headaches, they’d soon experience cramps, convulsions, visual impairment, followed by coma and death.

Worst of all, Scheele’s Green might have earned itself a bad reputation, but in actuality arsenic could be found in many other dyes too - even the most plain dress could become a dress to die for.

LICE-INFECTED WIGS

The 18th century marked the heyday of the powdered wig, with men and women alike eschewing their natural locks for a more extravagant coiffure. Men often opted for a full wig, known as a periukle, to conceal any baldness, while women would use partial wigs to add to their natural hair in order to create excessive, ornate styles. The pros of wigs were many: as well as hiding baldness, wigs gave the illusion of youth and required next to no upkeep. On the flip side, wig-wearers had to bear the brunt of sores on the head. Lice was a serious issue for women, too - extravagant styles were not just expensive, but took hours to construct, and women would keep them for weeks on end to justify the expense. Unable to reach into their luxurious locks, lice would have to use rods to scratch their heads, or risk being eaten alive by their hair-dwelling enemies.

X-RAY HAIR REMOVAL

Upon the discovery of X-rays for hair removal, a fervour swept through beauty circles. In 1924, Albert C Geiser invented the infamous Tricho System - a method of removing hair with X-rays marketed as “harmless” and “infallible.” This cure for unwanted hair turned out to be more dangerous than anyone could have imagined. Hair loss may have been immediate, but whitening soon followed, along with motting, atrophy and ulcerations. The Tricho System was abandoned in 1932, but its side effects on former clients were by no means over. Years later, patients found themselves with cancerous tumours, with over a third of radiation-induced cancer linked back to X-ray hair removal.
The year is 878, and three of the four major kingdoms of Anglo-Saxon England have fallen to the Vikings. For decades the country has been plagued by almost constant attacks by Norse raiders, but in 865, a Great Heathen Army arrived not to raid but to invade. Conquering Northumbria, Mercia and East Anglia, the Vikings have now turned their attention to the last remaining kingdom: Wessex. Up until now, its king - Alfred - has successfully maintained peace by signing treaties with the invaders and offering monetary bribes. But he has been betrayed. A Viking army has launched a surprise attack on Chippenham, and Wessex's autonomy is under threat once more. Though their numbers are not vast, they are cunning, and will use the element of surprise to their advantage. If anything has been learned from the earlier hit-and-run raids, it's that they will kill anyone who gets in their way - even the innocent and unarmed.

WHERE TO STAY
With Viking longboats prowling the shores and the army targeting big towns, it is best to remain inland and as remote a location as possible. The Isle of Athelney is ideal: deep in the swamps of Somerset, this Iron Age fortress is protected by stockades and ditches, and is the perfect base from which to fight a guerrilla war. King Alfred himself has retreated here with a small band of followers and has strengthened the existing defences. From here, he is mounting an effective resistance movement, rallying the local militias and hiring blacksmiths to forge new weapons.

Dos & don'ts
- Be on your guard. The Vikings will strike at any time - even on religious holidays - so don't become a victim of their surprise attacks.
- Carry money with you at all times. You never know when you might need to buy yourself out of a sticky situation.
- Stay close by to food and water sources. Find yourself away from one and the Vikings will find a way to starve you into submission.
- Learn the Lord's Prayer. If one of Alfred's men tries to test your allegiance, knowing Christian texts will set you aside from the pagan enemy.
- Take shelter in a monastery. These are one of the Vikings' favourite targets, as they're always laden with treasures.
- Avoid military service. Alfred the Great is a strong believer in people upholding their 'common burdens', and dodging them risks a hefty fine.
- Break formation. If you do find yourself in the midst of battle, the shieldwall could be your most effective form of defence. The Anglo-Saxons only lost the Battle of Hastings because some of them broke formation.
- Travel unless you absolutely have to. The Roman roads have fallen into disrepair and have claimed many victims. Best to travel by water.

Did you know?
Three of Alfred the Great's brothers were King of Wessex before him.
WHO TO BEFRIEND
Odda, the ealdorman of Devon
This is a time when loyalties are constantly changing, so choose your friends wisely. If you're finding it hard to rub shoulders with King Alfred, you could befriend one of his ealdormen - a high-ranking official - but even that will not guarantee your safety. Wulfhere, the ealdorman of Wiltshire, has already swapped sides and pledged allegiance to the Vikings in exchange for a royal title. One man you know you can trust is Odda, the ealdorman of Devon. He is fiercely loyal to Alfred and has already defeated a Viking invasion party at Cynwit, possibly killing its leader - Ubba - at his own hand.

Extra tip: Though it's good to have a powerful nobleman at your side, the peasantry are renowned for their loyalty, and in numbers can be just as powerful as trained soldiers. Inexperienced peasants make up Odda's army - maybe they could make up yours.

WHO TO AVOID
Guthrum
The Danish warlord Guthrum is leading the Viking invasion force, and he cannot be trusted. He's already broken two peace treaties and slaughtered hostages despite promising their safe return, so surrender to him at your own risk. On the other hand, if he's anything like his predecessor Ivar the Boneless, then taking arms against him may have an even worse outcome. According to the sagas, after Ivar defeated King Ælla of Northumbria in battle he inflicted a blood eagle upon him: a brutal form of execution in which the ribs are hacked from the spine and then pulled outwards to create a pair of 'wings'. You could be next.

Helpful Skills
Armed with these skills, you can survive any invasion... even a Viking one

Negotiating
The Vikings aren't just out to kill. If your powers of persuasion are good enough, you can strike a peace deal with them that will avoid any further bloodshed. Of course, monetary donations are always gratefully received.

Boat building
With their expertly designed longships being one of the Vikings' greatest advantages, it's vital for the Anglo-Saxons to create a naval fleet that is just as - if not more - powerful. Shipbuilding skills will guarantee you employment throughout this tumultuous time.

Javelin throwing
If bribery doesn't work, combat may be your only option. The easiest weapon to get your hands on in Anglo-Saxon England is a spear; they're cheap and will keep your enemy at bay, even if you've got little experience of using one.
At least 61,000 German soldiers served in Napoleon’s army in 1812, mostly from satellite states allied to the emperor, and their fighting ability was of a high quality. The final capture of the Great Redoubt was thanks to two Saxon Regiments: the Garde du Corps and the Zastrow Cuirassiers.

The cramped fighting meant the position piled up with bodies. One Saxon soldier wrote, “Inside the Redoubt, horsemen and foot soldiers, gripped by a frenzy of slaughter, were butchering each other without any semblance of order.”
The 1812 Russian campaign was one of the biggest military disasters in history. The French Emperor Napoleon entered Russia with a pan-European army of nearly 700,000 men in June 1812, but when it left the country in December, it had been reduced to just 120,000. Many had died as a result of the relentless Russian winter. However, before the freezing temperatures set in, the French and Russians were engaged in the bloodiest battle of the Napoleonic Wars: Borodino. This horrendous clash exhausted both sides and helped to seal the fate of Napoleon’s army.

The battle was fought 110 kilometres west of Moscow near the River Moskva. Napoleon had been advancing eastwards towards the ancient capital in order to impose his political will on Tsar Alexander I, but the Russians had deliberately avoided battle and adopted a scorched-earth policy to deprive the invaders of supplies. Nonetheless, as Moscow loomed into view, political pressure forced the Russian commander Mikhail Kutuzov to make a stand against the “Corsican Ogre”. The Russians halted at the town of Borodino and constructed hastily built earthworks called flèches, which would help the artillery effectively bombard the French. When Napoleon arrived, he had already lost thousands of men and divided the Grande Armée across hundreds of miles. The emperor had 130,000 men and more than 500 guns, and faced off against 120,000 Russians with more than 600 guns.

The battle was not to be Napoleon’s finest hour. He feared that an attempt to outflank the Russians might enable them to escape, and so he ordered an unsophisticated frontal attack, condemning thousands of troops in the process. Borodino was fiercely fought all day on 7 September 1812 from 6am until nightfall along a five-kilometre front with the French attacking the flèches eight times. The artillery on both sides kept up a relentless bombardment all day, and by noon, the French cannons were beginning to tip the scales. However, a strategy of successive attacks was not enough to overcome dogged Russian resistance. Napoleon himself did not display the military genius that had made him feared throughout Europe. He remained distant from the battle, and at a critical moment refused to commit 30,000 reserve troops, including 20,000 soldiers of the renowned Imperial Old Guard. Had he done so, the battle might have been decisively won, as the Russians had no reserves.

Both sides became exhausted, and the fighting turned to continuous cannonade. At nightfall, Kutuzov withdrew his troops and Napoleon was technically the victor, but at a tremendous cost for both sides. The French had 30,000 casualties while the Russians had 45,000 casualties, including the second-in-command Prince Bagration. Until the Battle of the Somme in 1916, Borodino had the biggest battle casualty rate in a single day ever recorded. One modern historian likened the chaos to “a fully-loaded 747 crashing, with no survivors, every five minutes for eight hours.”

Napoleon’s pyrrhic victory at Borodino enabled him to occupy Russia soon afterwards, but it proved his undoing. The Russian Army under Kutuzov was able to survive and regroup while Napoleon rotted in a capital that was intentionally torched by its inhabitants. After a month, Napoleon decided to leave, but in the retreat that followed, the resurgent Russians and the crippling winter gnawed away at the Grand Armée until it became a frozen husk of its former self. Napoleon returned to France deeply humiliated, and by 1814 he was forced to abdicate and sent into exile. With hindsight, the 1812 campaign proved to be his undoing and Borodino sowed the seeds for an irreversible military decline.
**Greatest Battles**

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**Emperor Napoleon I**

**Leader**

As the 'Master of Europe', Napoleon had invaded Russia with a huge army to intimidate the tsar.

**Strengths**

His troops were highly trained and they were confident under his leadership.

**Weakness**

Napoleon was ill and his numbers of soldiers were severely reduced by the trials of the invasion.

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**Grand Armée**

**Troops**

126,000-134,000

**Cannons**

587

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**Musket Modèle 1777**

**Key Weapon**

This infantry musket was one of the most widespread weapons on the European continent and more than 7 million were produced.

**Strengths**

It was more accurate than a British Brown Bess musket.

**Weakness**

A low rate of fire and frequently jammed.

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**Greatest Battles**

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**01 Bombardment begins**

At 6am, the French artillery opens fire and the Russians respond in kind. Nearly 1,000 cannons shoot out cannonballs, shells and canister shot. The battlefield is relatively compact, so most men can observe the action. The French guns pound the Russian earthworks, creating huge dust clouds. The Great Redoubt fires 18 guns so quickly it looks like an erupting volcano. To the soldiers, the battle soon becomes a hell on earth.

**02 The French advance**

The Delzons division under Napoleon's stepson Prince Eugène loses half its men in occupying the village of Borodino, and also pushes back the Russian infantry over the River Kolocha. Meanwhile, Marshal Davout launches two divisions against the southern flèches and Marshal Poniatowski pushes back Tuchkov's division and occupies the village of Utitsa.

**03 Russian fight back**

The Russians counterattack to expel the French away from the southern flèches led by Prince Vorontsov, but the French retaliate in a fierce assault that retakes the flèches. By 8am, Vorontsov is wounded with his division having lost 3,700 men out of 4,000 in two hours.

**04 Bloody assaults on the flèches**

The Russian earthworks are repeatedly attacked by the French for three hours. They are stormed, captured and retaken seven times as both sides throw reinforcements at them. Kutuzov sends 30,000 Russians and 300 guns to defend the flèches. Meanwhile, the French devote 40,000 men and 200 guns to the attacks. Thousands are killed, with the bayonet becoming the principal weapon. One soldier would remember years later, “I had never seen such carnage before.”

**05 Bagration is mortally wounded**

The popular commander of the Russian left wing, Prince Bagration is struck in the left leg by shell splinters as he rallies troops to retake three flèches that have been captured by the French. He tries to continue but falls from his horse and is carried away mortally wounded. News of his wounds affects his soldiers' morale and the French capture the village of Semeonovskoi but continue to face Russian resistance.
MIKHAIL KUTUZOV

LEADER

Field Marshal Kutuzov was almost 67 years old at Borodino and had been in the Russian Army since 1759.

Strengths
Kutuzov was physically brave, experienced and popular with his men.

Weakness
Lethargic, past his prime and slow to take action at Borodino.

RUSSIAN ARTILLERYMEN

UNIT

The gunners helped to deny the French a decisive victory.

Strengths
Physically strong, dedicated and formidable opponents.

Weakness
Inured heavy casualties and had to be replaced by infantrymen.

CANNON

KEY WEAPON

The wooden parts of the cannon were painted green and kept highly polished. Artillerymen took pride in the appearance of their pieces.

Strengths
Russian artillery pieces were efficient and mobile.

Weakness
The sighting piece had to be removed before each shot, which slowed the firing rate.

THE EMPEROR’S INDECISION

Throughout the battle, Napoleon stays in one place far removed from the actual fighting. For virtually the first time in his career, he underperforms, refusing to mount his horse to get closer to the action. He drinks punch but eats no food and seems absorbed but very detached. At no point does he decipher a weak point in the Russian lines and order a decisive attack. This is probably due to the poor visibility of the battlefield, which has been obscured by the continuous bombardments.

NAPOLEON HOLDS BACK THE IMPERIAL GUARD

The French Marshals Ney, Davout and Murat repeatedly call for reinforcements from Napoleon to finally take the Great Redoubt. The emperor is advised to commit his elite Imperial Guard but he refuses as they are his last reserve. An appearance of Russian forces on his left flank also hardens his resolve, and at a critical juncture when the Russian defences are on the verge of being breached, Napoleon does nothing. For two hours, the French armies do not move.

A WEARY STALEMATE

The French occupy the Russians’ biggest flèche but are expelled by the Russians by midday. Poniatowski’s attack is halted on the extreme right wing and the Russians wreak havoc in the rear of Prince Eugène’s corps, but neither side yields significant results.

KUTUZOV PICNICS IN CHAOS

On the other side of the battlefield’s outskirts, the Russian commander Kutuzov lazily defers to his subordinates to take control of the battle. He remains holed up at Gorki and only once rides on his horse to take a look at the action. Later in the battle he retreats to his headquarters even further back and one Russian staff officer claims that Kutuzov has a picnic with aristocratic officers.

THE GREAT REDOUBT FALLS

At 3pm, the French launch a huge attack against the Great Redoubt and it is finally taken by German cavalrymen. Barclay de Tolly directs a Russian defence behind the Redoubt, which repels the advancing cavalry and the French ironically fall back to the Russian earthworks. The bombardments continue until the Russians withdraw over a kilometre away. At 6pm, the guns finally fall silent.
The Tower of London has a dark legend attached to it – a grim tale of imprisonment, execution and torture. The Tower’s forbidding reputation was born in the reign of Henry VIII, a period of unrivalled religious upheaval, bloodshed and rebellion when more than 100 of Henry’s subjects found themselves incarcerated within the Tower’s walls.

No end date was set for imprisonment in this time – prisoners were held as long as the king wished to keep them, in some cases for decades. Their departure from imprisonment might be heralded by word of royal pardon, or simply by a gruff exhortation to prepare themselves for imminent execution.

Many of Henry’s prisoners are familiar to us. Most have heard of Thomas More, and of Henry’s executed queens Anne Boleyn and Catherine Howard. But what of the other men and women who found themselves imprisoned in this foreboding fortress? As Henry’s reign progressed, prisoner numbers rose to an almost unmanageable level. Treason, heresy and political discord meant noble and commoner alike found themselves incarcerated here, facing a very uncertain future. These are the forgotten prisoners of Henry VIII.

William de la Pole: Threat to the throne

William has the unhappy distinction of being the longest serving prisoner in the Tower’s history. Jailed by Henry VIII’s father, he remained in the Tower for the majority of Henry’s reign. His crime? Yorkist blood. When the Lancastrian Henry VII emerged victorious in the Wars of the Roses – which had seen the Houses of York and Lancaster tear the country apart for 30 years – he claimed to have ended the wars. He married Elizabeth of York to reconcile their families, but he had not ended the Yorkist threat. He faced two serious invasions led by pretenders, and even at the end of his reign there were still many potential rivals for the throne. William de la Pole was one of them. As Queen Elizabeth’s cousin, he shared her royal blood. But while William’s brothers directly threatened the Tudor crown – fighting, plotting and claiming the throne for themselves – William was not much of a troublemaker. He was arrested in 1502 as part of a round up of de la Pole supporters and condemned as a traitor by parliament in 1504. Even after his brothers were all dead, William remained incarcerated, more because of what he represented – a figurehead for further Yorkist insurrection – than for any personal wrongdoing. He died still a prisoner of the Tower, after almost 38 years.
HENRY VIII'S TOWER OF TERROR

Lauren Johnson

is a historian and costumed interpreter. She is the author of So Great A Prince: England And The Accession Of Henry VIII (2016) and The Arrow Of Sherwood (2013).

Brief Bio

Lauren Johnson is a historian and costumed interpreter. She is the author of So Great A Prince: England And The Accession Of Henry VIII (2016) and The Arrow Of Sherwood (2013).
We associate the Tower of London with powerful, politically sensitive prisoners, but Alice Wolf was neither. In July 1533, she and her husband John lured two foreign merchants into a boat on the Thames where they robbed and murdered them. When the bodies were discovered, Alice and John were quickly carted off to the Tower. As the Wolfs had committed their crimes on a boat, they were convicted of piracy, the penalty for which was a drawn-out death by drowning. It was an end Alice was determined not to meet.

She was kept within the Inner Ward, the most difficult part of the Tower to reach, but by remarkable good fortune, Alice’s jailer was one John Bawde, a long-term associate of the Wolfs. He agreed to help Alice escape, and on 24 March 1534, everything was in place. Alice had appealed to the daughter of the lieutenant to free her from her shackles, enabling her to move freely around her cell. With her hands and feet unfettered, she shook the door to her cell open – it was only hauled with an old bit of bone. The outer door was opened with a key provided by Bawde. Then, disguised in men’s clothing, Alice crept to the roof of St Thomas’s Tower on the outer limits of the walls, where Bawde was waiting.

As the clock struck ten, they slid down a rope to the wharf below. From there, they boarded a little boat and rowed around to some steps outside the Tower boundaries. Freedom was in their grasp. But as Bawde and Alice walked up the hill from the river, they were spotted by two watchmen. Alice’s disguise did not fool them and both prisoner and jailer were dragged back to the Tower. The unfortunate Bawde was tortured for his betrayal and then hanged. Alice and her husband were drowned in the Thames. Alice Wolf remains the only woman to have escaped the Tower of London, if only for a short while.
Sebastian Newdigate: The meddling monk

Sebastian was born to a well-connected Middlesex family and grew up at court, where he enjoyed Henry VIII’s favour and was helped to a good marriage. After his wife’s death, Sebastian turned to religion and entered the London Charterhouse. A monk of the Charterhouse (a ‘Carthusian’), Sebastian was at the forefront of a propaganda war against the rising tide of Protestantism in England, seizing books and exposing radical sects of heretics. When Henry VIII insisted on being acknowledged as supreme head of the Church of England, he inevitably met fierce opposition from Sebastian and his brothers. The Carthusians begrudgingly accepted Henry’s divorce from his wife, but they would not deny the supremacy of the pope. Sebastian was among three Carthusians imprisoned in the Tower of London in an attempt to force their submission: for two weeks they were chained to pillars, standing in their own excrement. Allegedly the king himself visited to appeal for Newdigate to accept his supremacy, but he and his brothers would not give in.

Sebastian eventually met the same fate as his prior, one of 18 Carthusian monks that were killed by King Henry. On 19 June 1535, he was dragged on a hurdle to Tyburn and there hanged and quartered.

Margaret Douglas: Unlucky in love

Margaret’s mother was Henry VIII’s elder sister, the one-time queen of Scotland, but her royal blood was to prove a mixed blessing. Margaret grew up in comfort at the English court, becoming a leading light of the literary clique surrounding the new queen, Anne Boleyn. She exchanged poetry with other courtiers, notably with Anne’s uncle, Thomas Howard. Their relationship developed into a serious affair with the couple meeting clandestinely in friends’ chambers to exchange tokens of their love: a portrait, a ring, a diamond. Eventually, at Easter 1536, they were secretly betrothed. For members of the blood royal to get engaged without the king’s permission was a misstep under any circumstances, but Margaret and Thomas’s timing was catastrophic. The fall of Anne Boleyn in May 1536 left Henry with a sickly bastard son and two daughters he had declared illegitimate. Margaret was suddenly next in line to the throne. Her romantic entanglement now took on the dimension of a political coup. Henry VIII amended the law so that marrying into the blood royal without permission was treason and Margaret and Thomas were sent to the Tower. There they exchanged miserable poetry about their star-crossed love.

Although Margaret was restored to favour, Thomas died of sickness contracted in prison. It was a harsh punishment for falling in love.

“Alas! That ever prison strong
Should two such lovers separate
Yet though our bodies suffereth wrong
Our hearts should be of one estate”
HENRY VIII'S TOWER OF TERROR

HOW TO GET BY IN PRISON
Tudor prisons provided very little for their inmates. Here are some tips to help make your stay as pleasant as possible:

**BE RICH**
Unless you like sleeping on beds of straw and eating bread rolls every day, it pays to be rich in prison. Everything from fresh clothes and furniture to servants and pets can be brought into the Tower – for the right price.

**BE NICE TO YOUR GUARD**
Although he keeps you locked up, a guard is also your link to the outside world. From messages to food, it all comes through him. If you get on well, he might even be willing to help you escape.

**BRING SOME HOME COMFORTS**
The wealthy and important are allowed to bring their servants to the Tower – and even their families should they wish. These comforts of home can make a stay much more enjoyable.

**HAVE FRIENDS IN HIGH PLACES**
Your chances of release are much better if you have an ally who is close to the king and has a bit of influence over him. That is, as long as they don't also join you as a prisoner in the Tower of London.

**CONSIDER ESCAPE**
A surprising number of Tower prisoners successfully escaped – and if you get out, you can flee into exile or take sanctuary at a local church. Of course, if you are caught, it'll likely be the death penalty for you.

TOWER PRISONERS IN NUMBERS
Throughout Henry’s reign, the number of prisoners committed to the Tower increased – until eventually they needed executing just to make some space.

THE TOWER’S FIVE MOST INFAMOUS INMATES
Some of the most powerful and intriguing figures in history have been imprisoned in the Tower of London:

- **Anne Boleyn**
  Date of imprisonment: 1536
  The first queen of England ever to be executed, Anne was accused of treason against her husband Henry VIII. She was beheaded on Tower Green.

- **The Princes in the Tower**
  Date of imprisonment: 1483
  12-year-old Edward V and his brother were brought to the Tower by their uncle. Just days later, Uncle Richard was declared king and it is widely believed he had the boys put to death.

- **Sir Walter Raleigh**
  Dates of imprisonment: 1592-93, 1603-16, 1618
  Walter lived in the Bloody Tower with his entire family and spent his imprisonment growing tobacco and writing a history of the world. Some say that his ghost still walks the Tower walls.

- **Lady Jane Grey**
  Dates of imprisonment: 1553-54
  Protestant Jane inherited the throne from her cousin Edward VI but lost it to her Catholic rival Mary I. A year later, Jane was beheaded within the Tower.

- **Rudolf Hess**
  Dates of imprisonment: 1941
  Hitler’s deputy parachuted into Britain in 1941, hoping to end the war. He was imprisoned at the Tower for a few days, the last state prisoner kept there.
Margaret Pole, Countess of Salisbury: The mother paying for the sins of her son

Margaret had a long history with the Tower: her father George, duke of Clarence, had been drowned in a butt of malmsey wine there when she was a child. The royal blood she inherited from Clarence made her a threat to the throne throughout Henry VIII’s reign, but it was her son Reginald’s actions that doomed her. In 1526, Reginald was a cardinal in Rome and his condemnation of Henry VIII’s religious changes exacerbated already tense relations between the king and the Pole family. Margaret had been a close friend and servant of both Catherine of Aragon and her daughter Princess Mary. She was probably unhappy with Henry’s religious changes as Reginald, but astute enough not to admit it.

Margaret Bulmer: The relentless rebel

Margaret was one among tens of thousands who became embroiled in the most serious rebellion of Henry VIII’s reign: the Pilgrimage of Grace. Coming after years of upheaval that had seen Henry set himself up as the supreme head of the Church of England, the rebellion spread from Lincolnshire to Yorkshire, Lancashire and Cumbria. A rebel army of churchmen, commoners and gentry called for the reversal of the dissolution of the monasteries and an end to enclosure and unpopular new taxes. Despite its mass support, the rebellion was brutally defeated and more than 200 rebels were killed.

As the illegitimate daughter of the duke of Buckingham - beheaded for treason in 1521 - Margaret Bulmer may have had a personal axe to grind with Henry’s government. Her husband Sir Walter, Lord Hungerford: Faithful servant

Walter’s political rise and fall was closely connected with that of his patron, Thomas Cromwell. While Cromwell was Henry VIII’s chief minister, Hungerford’s star was very much in the ascendancy. He became a sheriff and a baron. But it all came crashing down when Henry divorced Anne and blamed Cromwell for the disastrous marriage. Hungerford’s fall was swift to follow. Accusations of ‘certain grave misdemeanours’ spiralled into bizarre accusations about the activities within his West Country home. Hungerford’s wife Elizabeth claimed to have been ‘continually locked up in one of the towers of his castle’ for three or four years, with keepers who had repeatedly attempted to poison her. Lady Hungerford accused her husband of wanting her dead because it was cheaper than getting a divorce. She also noticed ‘many strange things about her husband’s demeanour’: he had consulted sorcerers and a witch called Mother Roche to learn ‘how long the King should live’. He had aided and abetted a traitor who sympathised with the Pilgrimage of Grace, and he had been having sexual relations with his male servants, which was a felony. It added up to a compelling blend of heresy, sexual misconduct and treason.

After a brief imprisonment in the Tower, Hungerford joined his old master Cromwell on the scaffold at Tower Hill on 28 July 1540. Still associated even in death, the heads of Hungerford and Cromwell were exhibited together on London Bridge after their execution.
What if...
The Jacobite rising had succeeded?

BRITAIN, 1745
Written by Jack Griffiths

How would it be different?

The march to London
Prince Charlie persuades his generals to press on to the capital. He receives word from his French allies that they will put boots on the ground. December 1745

Jacobite London
French forces arrive and blaze a trail through Essex and Kent. London is caught in a devastating pincer movement. King Charles III is crowned at Westminster Abbey. January 1746

The Second English Civil War
The Jacobites initially struggle to keep order and Britain becomes a warzone. With French support, Charles III convincingly beats down the resistance as George II is executed. February 1746

Major changes in European borders
With Britain out of the war, its Dutch and Austrian allies are defeated in the War of the Austrian Succession against the might of France, Prussia and Spain. July 1746

Long term alliance
With the Royal Navy at sea and the formidable French army on land at their disposal, Britain and France become the strongest military bloc in the world and are universally feared.
If the Jacobites had reached London, they would have needed French assistance to succeed. Bonnie Prince Charlie’s forces only numbered 5,000 men, and even if they had defeated the British Army, they then had a city of 500,000 people to dominate. “However, the French were preparing to invade and planning on landing in Essex. So if Charlie gets to London and the French land, you have a potential Jacobite restoration,” says Professor Szechi.

The Jacobites would have required constant French support, but they were fully behind the Young Pretender and were hopeful that a victory in London would knock the British out of the War of the Austrian Succession. It wouldn’t have been all plain sailing for Charlie though, and King George II, who would have fled to Portsmouth, wasn’t going to let go of the throne that easily. “The Hanoverians would have set up an alternative capital in Birmingham or Bristol, and England would have become the seat of a major war. There is a range of opinion that the Hanoverian regime would have collapsed if they had lost London. Its support was intrinsic to the throne. By December, the Stuart restoration to the British throne. By December, the Jacobite army had reached as far south as Derby and faced a dilemma: press on to London or return north.”

There’s a Jacobite king on the throne and a strong Anglo-French alliance - international relations start to look a bit different. Firstly, Charlie, not being a religious man, maintains Protestantism in England and maybe would have even converted to Anglicanism himself. This accelerates religious toleration in the British Isles by about 100 years. Over in the New World, there are even bigger upshots: “The American Revolution was on the verge of collapse when the French intervened. The French saved America. No French intervention, no USA. It would just have been a brief rebellion that the British government would have crushed.” This in turn would have prevented a revolution in France as the people would have been satisfied with this new fruitful alliance with their neighbours over the Channel. This alternative timeline would have had profound effects on the rest of Europe too. “The combination of British naval power and French land power might have made for a more peaceful Europe. It would have been daunting for Prussia, Austria or Spain to take on the combination.” Conversely, would this Anglo-French alliance have had aggressive tendencies itself? “It’s possible Britain and France could have ploughed eastward, but the French didn’t have territorial ambitions against the Austrians. They just wanted to make sure they didn’t become powerful enough to threaten the eastern frontier of France.”

If the March of the Forty-Five had succeeded and held off an inevitable Hanoverian counter-attack, it would have had a profound outcome. No Napoleonic Wars and no USA are two potentially huge changes, and going into the 20th century we may have seen a very different, and potentially more peaceful, world.

**What if…**

**THE JACOBITE RISING HAD SUCCEEDED?**

*American Revolution crushed*  
France joins its British allies against the Thirteen Colonies and the patriot uprising soon subsides. The Redcoats aren’t kind to the rebels and enact even harsher constraints than before.  
*February 1776*

*No French Revolution*  
The finances of France are much healthier and a happier population means Louis XVI and Marie Antoinette rule on under an extended and rejuvenated House of Bourbon.  
*January 1793*

*Europe at peace*  
The ‘Reign of Terror’ never takes place and Napoleon remains just a revolutionary idealist. Austria, the Holy Roman Empire and Prussia never pluck up the courage to strike against the Anglo-French alliance.  
*April 1792*

*Statue of Queen Victoria commissioned*  
As a gift to celebrate their ongoing alliance, the French begin work on the Queen Victoria statue that will stand in the major British city of New York.  
*1877*

Professor Daniel Szechi.  
Daniel Szechi took his first degree at the University of Sheffield and his PhD at the University of Oxford. He is currently professor of Early Modern History at the University of Manchester. He has published extensively on the history of Jacobitism and his latest book, Britain’s Lost Revolution? (Manchester University Press) was published in 2015.
With Euro 2016 in full flow, it’s tricky to think of a better time than now to release a book all about football. In light of this, Four Lions has grabbed our attention, ostensibly focusing on the life and careers of four prominent captains of the England national football team: Billy Wright, Bobby Moore, Gary Lineker and David Beckham.

Putting to one side the identities of the chosen four (the likes of Peter Shilton, Bryan Robson, Tony Adams and John Terry would all have made for interesting subject matter, for example), Four Lions turns out to be fairly misleading. Divided into four parts, rather than simply focusing on the titular quad, it instead works as an overview of English football and the accompanying cultural zeitgeist. A lot more ground is covered as a result of this, but it seems jarring when you’re over halfway through a chapter before author Colin Shindler actually starts talking about the captain in question.

This brings us onto Shindler himself, who at times seems intent on projecting his own neuroses onto the subject matter, at one point spending an extended passage talking about how David Beckham’s tattoos alienate him from older fans, as well as making witless jibes against various football figures (Louis van Gaal and Phil Neville all have the dubious honour of being name-checked) that showcase his bias.

Moreover, there are a number of inaccuracies that have a jarring impact. At one point, Wayne Rooney is described as ‘swearing at his own fans’ after England’s 0-0 draw with Algeria during the 2010 World Cup (he didn’t), and incorrectly quoting then England manager Glenn Hoddle as saying, “He cost us the match,” in reference to Beckham’s sending off against Argentina during the 1998 World Cup. Such mistakes are avoidable, and have the effect of jarring you out of the otherwise well-written narrative. Saying that, it would have been nice to have seen it sprinkled with a few new interviews, as what is here is essentially a collection of second-hand quotes arranged differently. These quibbles are a shame though, as otherwise this is quite an interesting read. The central narrative is far more complete than the title suggests (which makes you wonder whether the title was altered to increase its relevance during the tournament), providing a wide-ranging overview of the evolution of English football and a decent enough evocation of what fans were thinking at the time. In this sense it works well, but it doesn’t really seem like it’s saying anything different to countless other similar books.

Essentially, this is the main problem: despite comprising an efficiently put together chronology of English football’s transformation into what it is today, it doesn’t provide any kind of unique insight into some of the figures who stood at the forefront at some point. It’s not bad by any stretch of the imagination, but unless you’re a hardcore football fan, there isn’t a lot to recommend here.

“It works as an overview of English football and the accompanying cultural zeitgeist”
**24 Hours On The Somme:**

**My Experiences of the First Day of the Somme 1 July 1916**

A gritty first hand account of one of the bloodiest ever days of warfare

**Author** Edward Liveing  **Publisher** Amberley  **Price** £9.99  **Released** Out now

7.30am plus 45 seconds on 1 July 1916 and young Edward Liveing is about to endure one hell of a day. Leading his platoon of 50 men over the top, the 20-year-old officer would become one of the lucky ones who survived the carnage on the opening day of the Battle of the Somme.

24 Hours On The Somme is the vivid recounting of one man caught up in one of history's most famous battles, and unlike many others, living to tell the tale. The book doesn’t touch on anything non-Somme related and is a straight-up account of what happened in the days leading up to and including the first day of the battle. The pure focus on the harrowing grind of early 20th-century warfare is most definitely a good thing, and this trimming of fat makes it a touching and engaging personal account.

It is quite amazing that Liveing can recall the experience that he and his band of brothers went through in such incredible detail. His story of witnessing a Gallipoli veteran shaking and as white as sheet just goes to show how devastating the first day of the Somme was. Other moments, such as when the author is nearly spotted by a German searchlight, ably emphasises the peril the Tommies were in to the reader. As well as the description, the imagery combines showcases the magnitude of the battle with swathes of twisted barbed wire, huge artillery batteries and flattened forests. The entire book is presented in a simple easy-to-read layout that makes it a must for anyone interested in learning about the true horrors of the Western Front. 24 Hours On The Somme is being published for the first time since 1918 and the quality of it means its re-introduction is long overdue.

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**VOICES FROM THE SECOND WORLD WAR**

Still just as poignant, more than 70 years later

**Author** First News (UK) Limited  **Publisher** Walker Books  **Price** £14.99  **Released** Out now

From our schooling, we know about the transportation of European Jews to concentration camps, the struggle to survive for much of the rest of mainland Europe as the Nazi war effort sucked up resources, and the plight of children who escaped to Britain, most of who would never see their families again. But the broad sweep of textbook histories are no substitute for the idiosyncratic stories of those who lived through World War II. We suppose that’s the concept behind Voices From The Second World War, with stories like Bernd Koschland’s experience of travelling to Southampton from Hamburg at seven years old, after his terrifying experience of Kristallnacht in 1938. Or Polish fighter pilot Franciszek Kornicki’s tale of destroying half a million Francs’ worth of French training aircraft at 19 years old. Or Takashi Tanemori’s indelible memory of playing hide-and-seek in his schoolyard in Hiroshima, then seeing all the bones in his fingers as Fat Man dropped and X-rays tore through the city, in 1945.

Whether told from first-hand accounts or via the voices of friends and family, they’re compelling stories that have real power against the backdrop of their historical context. They’ve been compiled into loose categories – like those who were children in the Kindertransport program or the first experiences of Brits doing the patriotic thing and signing up to defend their country - introduced by a brief and liberally illustrated, allowing the stories themselves to do the legwork of holding the reader’s attention. Which it does, admirably. For casual reading or as a more personal reference for any research project, Voices From The Second World War is a historical hardback of rare quality.
Reviews

PEG PLUNKETT: MEMOIRS OF A WHORE
The intriguing account of how one whore left drama in her wake between her charitable turns

Author: Julie Peakman
Publisher: Quercus
Price: £9.99
Released: Out now

The world of prostitutes and their madams isn’t something that, even today, we speak of. If we do it is generally with a taste of disdain or pity. Which is why, perhaps, it is so intriguing to read the memoirs of Peg Plunkett, who is considered the first madam to have written about her life.

Touted as the Georgian times’ most famous whore, Peg led a colourful life. From a violent upbringing to working her way through masquerade balls, Peg left a trail of flaming hot gossip of scandals and lovers in her wake. Courting well-to-do gentlemen of the times, including dukes and lieutenants, she certainly brought her life back into her own hands.

It wasn’t Peg’s aim to simply share her life with others, however, she penned her memoirs as an attempt to reveal the behaviours of those who thought themselves better than her, writing of her childhood, her ‘adventures’ as a whore and later her life running brothels full of girls and visiting men. In one account, she tells the story of a man who claims not to be a gentleman, bitterly asking her if he looks the part. The exchange shows her sharp tongue and quick wit as she insinuates he is instead a flashman. He had in fact been a rich man, but whittled away his riches with extravagance.

The book also includes portraits of a few of Peg’s clients, along with other recognisable faces from the memoirs – such as Anne Catley, a singer and actress whose life Peg attempted to bring to shambles – and places mentioned within its pages.

Peg Plunkett wasn’t simply a whore and a madam, she was a charitable soul. There are often accounts of her helping those in need: one indebted sailor who she arranged lodgings for, for example. She was a multi-faceted individual, whose life is full of intrigue and wonder.

KLEINKRIEG
An in-depth look into what German military doctrine has to say on guerrilla war

Author: Charles D. Melson
Publisher: Casemate
Price: £19.99
Released: Out now

The concept of guerrilla warfare has been around for millennia, although the term has actually only been in use since the 18th century. We take the name from the Spanish, and it usually translates to ‘little war’. Since then, there have been many strategies posited both on how to fight a guerrilla war and the best ways to fight against it, with this book focusing on the German perspective.

The author, Charles D Melson, is the chief historian for the US Marine Corps and so this book sees him take a step back from his usual topic of choice, the US army. This does not stop Melson from meticulously detailing the German philosophy of guerrilla warfare from the Napoleonic era to the Third Reich though.

The majority of the book is built around two texts, both of German origin, which Melson offers an analysis of. The first is titled Kleinkrieg, written by Arthur Ehhardt – an SS member whose work explores the effectiveness of Spanish guerillas fighting against French occupation to contemporary unrest in the Balkan states. The second is Bandenkampf or ‘Fighting the Guerrilla Bands’, a 1944 document published by the German high command offering comprehensive tactics to counter insurgent cells.

With Kleinkrieg, we get German military opinion on guerrilla warfare straight from the horse’s mouth. By utilising these studies, Melson ensures that he gives the most accurate and detailed analysis he can. ‘Fighting the Guerrilla Bands’ is an excellent addition to the work seeing as it gives a full rundown of how to deal with almost any kind of partisan activity, and is complete with illustrations that stop the text from becoming dry and monotonous.

Seeing as the subject and references used are firmly rooted in contemporary military thinking and doctrine, this book is not the most accessible and so is probably best reserved for diehard fans of military history.
ORDER, ORDER!
THE RISE AND FALL OF POLITICAL DRINKING

Be prepared to see politicians through the drinking glass

Author Ben Wright Publisher Duckworth Overlook Price £16.99 Released Out now

Since the days of Britain’s very first prime minister, politicians have used alcohol as the oil that lubricates the relationships between parties, their voters and the journalists who keep a mindful watch on their actions. Ben Wright, the BBC’s chief political correspondent, explores the highs and lows of Westminster’s spirits and ales and how all those unsociable hours and highly stressful situations have called for a stiff drink or two.

The book is fascinating to read as Wright gives a timeline of British history and how the drinking habits of politicians have affected the country of which they are in charge. Order, Order! The Rise And Fall Of Political Drinking takes you from the early days of the 18th century when the first prime minister, Robert Walpole, would smuggle wine up the Thames with the help of the navy, right through to how the expenses scandal of 2015 reflected the habits of the country’s most powerful and influential people.

At times, the content can be a little dry, with so many members of parliament to account for, a reader may find themselves lost as they struggle to wade through the facts and figures. However, Wright gives a well-researched and structured insight into the power of the bottle rather than just a rundown of the many MPs who have feverishly embarrassed themselves having consumed too much alcohol.

This is an interesting piece of research into those who have lead and influenced the country, and just how a tumbler of something strong has influenced their leadership skills better or worse.

PRIDE AND PREJUDICE AND ZOMBIES

Based on the 2009 parody novel by Seth Grahame-Smith, this lighthearted horror will raise a few smiles

Certificate PG-13 Director Burr Steers Cast Lily James, Sam Riley, Jack Huston Released Out now

O kay, so we know it’s not a period drama per se, but if like us you’re a fan of both Austen and Romero then the premise of this film will be more than a little enticing. Like the novel it parodies, Pride And Prejudice And Zombies is set in early 19th-century England. The characters are the same, as is the overall plot: neurotic mother is desperate to marry off her five daughters, rebellious daughter (Elizabeth Bennet) jumps to conclusions about an aloof suitor (Mr Darcy), charming suitor turns out to be a bit of an idiot. Except that in this version, England is beset by a mysterious plague. Elizabeth Bennet is an expert in martial arts, and Mr Darcy is a renowned zombie hunter.

With a star-spangled cast, including Matt Smith of Dr Who fame, Charles Dance and Lena Headey from Game Of Thrones, and Lily ‘Downton’ James, the film had a lot of potential, but unfortunately fell short of the mark. As a comedy-horror, it raised a few smiles, but the funniest parts were the witticisms from Austen’s own dialogue, and we didn’t so much as bat an eyelid at the zombies. It seems the director was hoping that the racy underwear would do enough to raise the pulses of his audience.

In the film’s defence, we were impressed at how true the overall concept stayed to our favourite piece of Regency-era chick lit. The costumes were generally historically accurate (minus the leather holsters and thigh slits) and the dancing was a lot better than in some adaptations. As long as you don’t take this film too seriously (and with a title like that, who would!?), then Pride And Prejudice And Zombies offers 167 minutes of light-hearted entertainment – we’re certainly not complaining.
How to make...

ROMAN HONEY BISCUITS

A NATURALLY SWEET TREAT
ANCIENT ROME

Ingredients

- 200g plain flour
- 100g butter, plus extra melted butter for brushing
- 170g honey
- 2 eggs
- 70g sesame seeds
- 1 tsp baking powder
- 1/8 tsp baking soda
- Pinch of salt

Sugar wasn’t introduced to Europe until the 11th century, when Crusaders returned not only with their war scars but also with a ‘sweet spice’ from the East. Before then, civilisations relied on other ingredients to sweeten their foods – honey being one of them. It was used extensively in Ancient Rome, both for cooking and in religious rituals, and the empire was believed to have been ‘overflowing’ with honey. Even back then, people were aware of the huge health benefits honey could offer, and beekeeping flourished as a result. These honey biscuits were a popular treat, and although some of the ingredients have been adapted for modern kitchens, they taste just as authentic as the originals.

METHOD

01 Mix the flour, salt, baking powder and baking soda together in a large mixing bowl then set aside.

02 Use an electric mixer to combine the butter, honey and eggs, then slowly stir in the flour mixture to create a dough. Cover with cling film and chill in the fridge for about an hour.

03 Preheat the oven to 190 degrees Celsius and line baking trays with greaseproof paper or butter.

04 Remove the dough from the fridge and divide it into small balls, about three centimetres in diameter. Place them on the baking trays and flatten slightly.

05 Bake the biscuits for about ten minutes or until they are golden brown. Be sure not to overcook or they will dry out.

06 While the biscuits are still warm, dip them into a bowl of melted butter and then dip them in the sesame seeds.

07 Leave to cool and then enjoy!
Who was Richard Cromwell?

Stephanie Hall

The third eldest son of Oliver Cromwell, Richard Cromwell was tasked with being lord protector of England after the death of his father on 3 September 1658. Following in the footsteps of the man who overthrew the monarchy was no easy task, and many of Richard's conniving subordinates believed that a soldier should have taken charge, which Richard was not.

The new leader had trouble convincing his subjects that he could continue his father's legacy from the start. His decision to take personal charge of the army lost him many key allies, and after plots to dispose of him, on 25 May 1659 Richard was forced to dissolve parliament and then he was put under house arrest. Once parliament was reassembled, it voted to abolish the protectorate as Richard abdicated after only eight months, leaving behind huge debts. As England went through another change at the top, the short-lived lord protector abandoned his family and fled to Paris, living incognito as John Clarke. He later moved to Geneva and was considered a potential danger to the Restoration. He would later return to England and lived a secluded life in the town of Cheshunt until his death on 12 July 1712.

Unlike his father, Richard shunned religion and instead favoured hunting and sports.

Who was king of the Macedonian Empire after Alexander died?

Peter Key

When Alexander the Great died in 323 BCE, he left in his wake a mighty power vacuum, and a number of successors claimed lands for their own in what became known as the Hellenistic era. Alexander's half-brother, Arridaeus, was considered mentally unfit to rule and Alexander's son, Alexander IV, was murdered at the age of 13 by Cassander, the general most against continuing the past legacy of the empire.

The squabble for power lasted for decades in what was known as the Wars of the Diadochi until the battle of Ipsus in 301 BCE divided the empire for good. The once unified and powerful Macedonian Empire was now a series of smaller, weaker kingdoms including the Seleucid Empire, the Ptolemaic Kingdom, the Kingdom of Lysimachus and the Kingdom of Cassander. Most of these regions buckled under the pressure of the rampaging Roman Legion.

This day in history 23 June

Battle of Bannockburn

Robert the Bruce and 6,000 Scots defeat Edward II and 16,000 English troops at a pitched battle just south of Stirling. It is a pivotal victory during the First War of Scottish Independence.

Henry and Francis peace treaty

Henry VIII's divorce from Catherine of Aragon gives the Tudor dynasty international issues. After losing the support of the Holy Roman Emperor Charles V, King Francis I of France steps in and signs a secret treaty with Henry.

Battle of Springfield

A victory for the Continental Army during the American Revolutionary War, the Battle of Springfield is a famed British attempt to invade New Jersey and the last major conflict of the war in the north.

June Days Uprising

This rebellion is initiated by Parisian workers who have been cut off from the state payroll by the Second Republic. The uprising is brutally put down and 1,500 are killed and 12,000 arrested.
Did the Romans lie down to eat?

Sadie Watkins

Reclining while eating was initially a Greek tradition, but, like many other Ancient Greek traditions, it was not adopted by the Romans. Beginning as a pastime purely enjoyed by the elite, it was soon picked up by those lower down the class system.

The practice was primarily for fashion purposes, but for a few particularly gluttonous and hedonistic Romans, lying down helped create space in the stomach for more food. This was only practiced in the minority though and was by no means a regular activity for the Romans, like it has sometimes been portrayed.
Sidnie Conway

The son of a master printer, Major Wm Hugh Ewen was born in Shanghai on 1 December 1879. He moved to Scotland at a young age and was educated at the University of Edinburgh, where he studied medicine before embarking on a career change to music. He graduated as an organist and composer. Ewen adored music, but it was his other love that he made a life out of: aviation. Taking up the hobby in 1911, he was trained by no less than the famous French aviator Louis Blériot, the first man to cross the Channel in an aeroplane.

Ewen became the fifth Scotsman to gain a pilot’s licence and later that year he completed a flight over the snow-covered Pentland Hills before what would be his claim to fame, the first ever crossing of the Firth of Forth estuary. Setting off from Portobello on 30 August, he made it to Kinghorn and back again in a Deperdussin monoplane. He made his ascent at 7pm and, buoyed by the roar of the crowd, Ewen completed his 19-kilometre journey in just ten minutes despite tricky wind conditions. All this, only months after he first took up aviation.

After his memorable trip, Ewen opened up his very own flying school in May 1911, becoming Scotland’s first ever pilot instructor in the process. His business included training for biplanes, monoplanes and hydroplanes and hit the ground running. Just a month after its opening, the Glasgow Herald proclaimed: “When the history of the progress of aviation comes to be written, Mr Wm. Ewen will undoubtedly be designated as a pioneer of the art of flying in Scotland.” The next year, ‘The Flying Scot’ managed to achieve his greatest feat: following in Blériot’s footsteps by crossing the Channel. In foggy and windy conditions, Ewen flew from Crotoy in northern France to Chatham, Kent, and he brushed off the praise stating that he just needed to get back to England and this was the quickest method available to him.

Ewen trained 350 pilots prior to the outbreak of World War I. The Royal Flying Corps undoubtedly owe him for passing on his skills and also for his service, as he made the rank of major during the conflict. He lived a quieter life after the war, dedicating himself to his love of music, and died in his Edinburgh home in November 1947. He is remembered as a true pioneer.
Despite being a talented pilot, things didn’t always go to plan as this picture from Peterborough in 1912 shows.

Ewen's School of Flying became one of the best in Britain.

The members of the flying school line up for a photo. Ewen is fourth on the left on the back row.

Louis Blériot, the renowned French aviator.

Mr. W. H. Ewen, the Scottish aviator who flew the Firth of Forth last week, as recorded above.

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Imagine Publishing Ltd
Richmond House, 33 Richmond Hill
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+44 (0) 1202 586200
Web: www.imagine-publishing.co.uk
www.greatdigitalmags.com
www.historyanswers.co.uk

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All About History is available for licensing. Contact the International department to discuss partnership opportunities.

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Subscriptions
Overseas +44 (0)1795 592 867
Email: allabouthistory@servicehelpline.co.uk

13 issue subscription (UK) – £46.25
13 issue subscription (Europe) – £56
13 issue subscription (USA) – £56
13 issue subscription (ROW) – £68

Circulation
Circulation Director Darren Pearce
01202 586200

Production
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Finance
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01202 586200

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Printing & Distribution
Wyndeham Peterborough, Storey’s Bar Rd, Peterborough, Cambridgeshire, PE1 5YS
Distributed in the UK, Eire: Marketforce, 5 Churchill Place, Canary Wharf, London, E14 5HU
0203 787 9060

Distributed in Australia by: Gordon & Gotch Australia Pty Ltd, 26 Redwood Road, Frenchs Forest NSW 2086 Australia
+61 2 9972 8800
Distributed in the Rest of the World by: Marketforce, 5 Churchill Place, Canary Wharf, London, E14 5HU
0203 787 9060

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WHAT THEY GOT WRONG...

01 It’s quite easy to tell that the film isn’t set in Vietnam. The terrain in We Were Soldiers lacks the tropical vegetation that the soldiers would have experienced at Ia Drang and the location shows open fields where in reality it was hot, humid and dense.

02 Right at the start of the film, a group of French soldiers are completely wiped out with no quarter given. This scene is meant to portray the French Group Mobile 100 on patrol in Ia Drang in 1954. While they were ambushed, they weren’t massacred.

03 Lieutenant Henry Herrick along with the 2nd Platoon recklessly charge after a lone scout in one scene. This is dramatised as they were specifically ordered to advance and actually caused the first enemy casualties, and Herrick was not killed as quickly.

04 The worst mistake of all is when the men are ordered to fix bayonets during the final battle. This did not and would not have happened, as the last recorded bayonet charge by the US Army was in the Korean War, not Vietnam. The tactic was totally outdated.

WHAT THEY GOT RIGHT...

The wildly inaccurate final scene aside, the majority of the film is considered to be a fairly factual representation of what happened to the 7th Air Cavalry Division at Ia Drang. To make the actor’s portrayals more authentic, the cast was even sent to a boot camp that included working with Vietnam-era weaponry.
Which Events Changed the History of the Middle East?

The Middle East is a critically important area of our world. And, with its current prominence in international affairs, media images of the Middle East reach us on a daily basis. Much media coverage, however, is incomplete at best, failing to take account of either the complexities or the deep historical background of this pivotal region.

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