Nothing beats the heat like a refreshing dip in a swimming pool. But **WHEN** it **COMES** to **WATER**, both **KIDS** and **ADULTS** need **TO** be **CAREFUL**.

Susan King's **DAUGHTERS** — Alison, 12, **AND** Christy, 9 — **ARE** in **THEIR** grandparents' **POOL** every **DAY**. King's **GIRLS** have **MANY** pool **RULES**, including **NOT** being **ALLOWED** in **THE** pool **AREA** without **AN** adult, **NO** jumping **IN** the **SHALLOW** end, **NO** running around the pool and no holding each other under water.

"Kids drown quickly and quietly," cautions Jen Costello of the National Safe Kids **Campaign**. Even less than an inch of water can be enough.

"Parents need to actively supervise children at all times," she says. "Don't take your eyes off them to answer the phone, to serve food or even to watch another child."

The global dominance in word processing software held by Microsoft is under threat from a new coalition. The **Silicon Valley-BASED** Google and Sun Microsystems **HAVE** announced a **FORMIDABLE** alliance. **THEY** plan **TO** make **WORD** processing **AND** spreadsheet **PROGRAMS** available **ON** the **INTERNET**, in a **DIRECT** challenge **TO** Microsoft. **INDUSTRY** observers **SAY** increased
COMPETITION in THE global SOFTWARE market WILL be GOOD for CONSUMERS. The COMPANIES could NOT say WHEN Google WOULD begin CARRYING Sun’s technology, including OpenOffice, which was launched in 2000.

There are many possible causes of insomnia. Sometimes THERE is ONE main CAUSE, but OFTEN several FACTORS interacting TOGETHER will CAUSE a SLEEP disturbance. THE causes OF insomnia INCLUDE: psychological, PHYSICAL or TEMPORARY factors. A LACK of a GOOD night’s SLEEP can LEAD to VARIOUS problems AND a VICIOUS circle COULD develop. PROFESSIONAL counselling FROM a DOCTOR, therapist OR sleep specialist can help individuals cope with these conditions.

A popular form of recreation in Britain is attendance at dog racing. The FIRST impression OF the ARENA is ATTRACTIVE. However, THE races THEMSELVES are UNINTERESTING -- a FEW dogs CHASING a tin HARE -- but THIRTY-two MILLION people ATTEND them ANNUALLY. Out OF two HOURS, barely FIVE to TEN minutes ARE usually DEVOTED to THE actual RACING. There WOULD be NO interest IN it if it were not for the betting. Many of the audience pay little attention to the racing, but have their eyes fixed on a board which gives the number of the winners.