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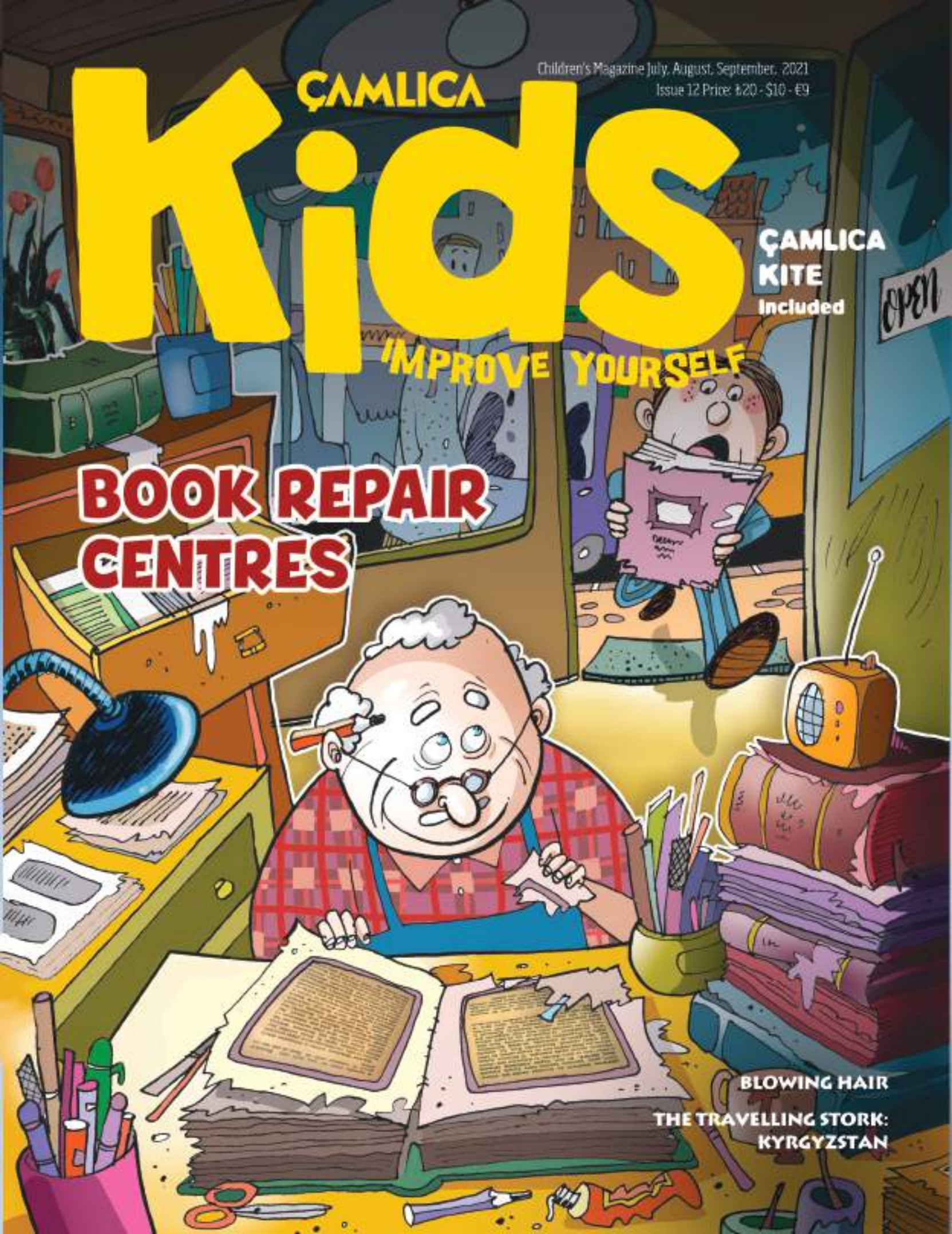
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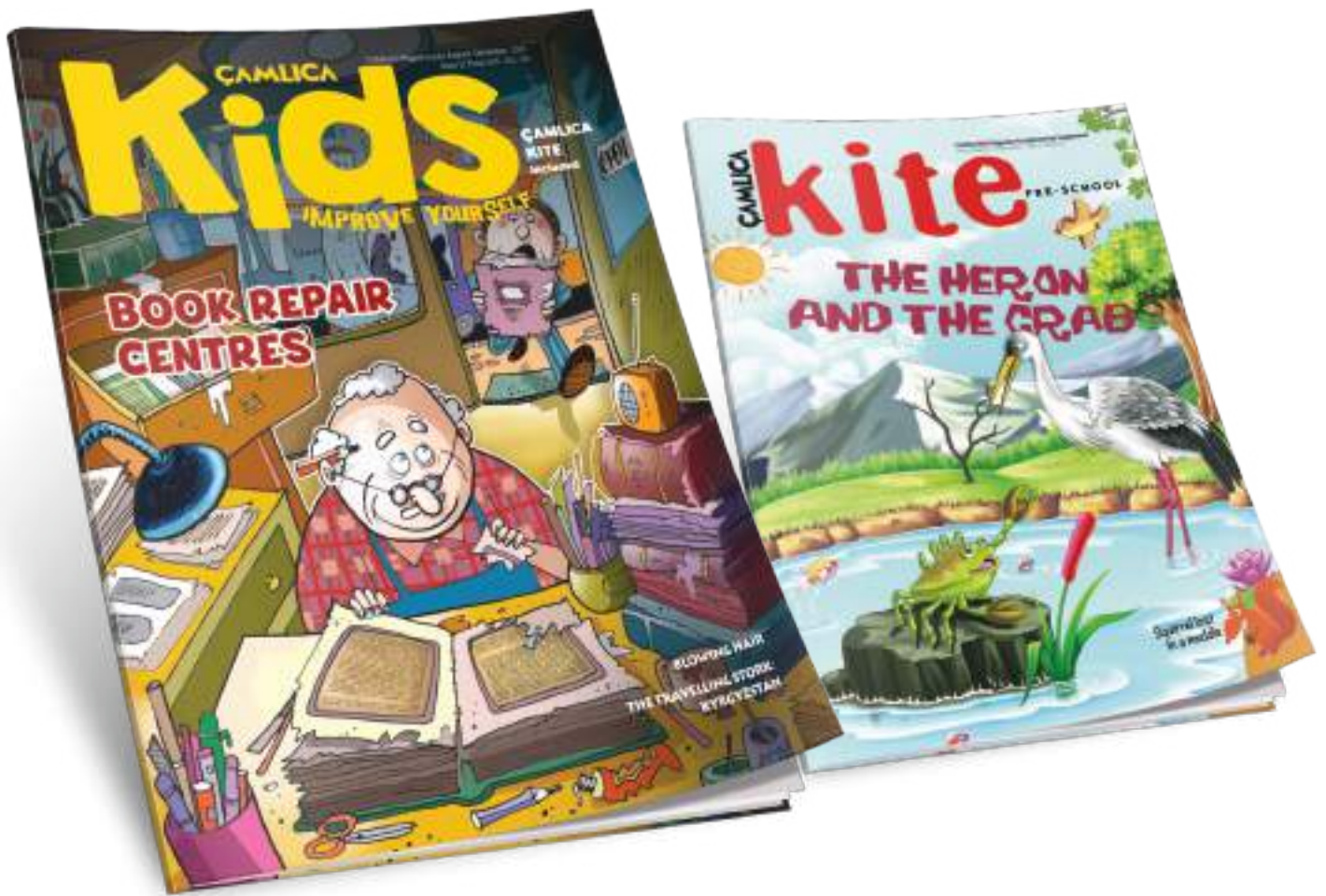
IMPROVE YOURSELF

**BOOK REPAIR
CENTRES**



BLOWING HAIR

THE TRAVELLING STORK:
KYRGYZSTAN



Hello, dear Friend!

Do you like reading? Of course, you do! If you did not like it, you wouldn't pick up this magazine, and reading these words right now. As most book lovers know, a book is one of the greatest treasures. Since books are so precious, in this issue we will look at how books should be cared for and stored. Books are like human beings in many ways.

When we approach a person with love and care, they respond to you in a similar way. The same applies to books.

If we handle them with the utmost care and respect, we will benefit from the knowledge they contain for years to come. Therefore, when using books, we need to handle them carefully and not damage them. Books should be neatly stored on bookshelves to ensure they remain in good condition and last for a long time. Books are like our friends. Just like we choose our friends, we should also be selective about which books to read.



Imagine living in a city that you designed and managed yourself. How would you do it? What ideas could you come up with? Students

in New Zealand spent some time

pondering these questions and designed their dream city. During the project, students emphasised the importance of order and environmental cleanliness in city planning. To make the project look more realistic, their drawings were inspired

from the map of their hometown. While working on the project, they thought about how they could make a city, even a country, more liveable.

They considered many aspects and included as much detail as possible, including cars that do not pollute the environment, animal wellbeing and safety, and a recycling program.

A City Run by Children



Less Homework More Play

According to a study conducted in Australia, anxiety levels have been found to be much higher in children who spend additional time doing homework. The study also discovered that the high anxiety and stress levels leads to a lower rate of academic success amongst children. Spending the whole day doing homework and studying negatively affects comprehension and cognitive abilities in children. On the other hand, children assigned with less homework and more mind-developing games were more productive and showed better cognitive functioning.



A cartoon book character with a smiling face, large eyes, and a red bookmark sticking out of its top. It has small arms and legs.

Book Repair Centres

A red stethoscope icon, symbolizing medical care or repair.

Books are our closest friends, filled with interesting information. It is always good to remember that all books are fragile, just like a living thing. They may get damaged over time. It is best to store books away from pests, water, and fire as exposure to these elements will cause damage to them. When they get damaged, they need to be repaired again. There are special places which offer several book services, such as book repairs and restorations.

‘Book Doctors’

People who repair books are called bookbinders. A bookbinder is a qualified person who binds books and protects them to minimise future damage. Just as our clothes protect us from getting cold and sick, a cover protects a book and lowers the risk of damage. Unbound books (books that no longer have a binding) can easily get damaged and their pages become loose more quickly. That is why bookbinders are sort of ‘book doctors’.





How to Repair a Damaged Book?

The process of repairing damaged pages and restoring a book to its original condition, is called restoration. Preventing the repaired books from sustaining further damage is called conservation. Specially trained craftsmen performs the process of restoration and conservation. Now, let's have a look at how a damaged book is repaired:

A Damaged Book



- First, the old and worn cover of the book is removed.
- The book is dismantled in signatures. Missing or misplaced pages are checked with the page numbers.
- If the pages are damaged by fungi or mould, they are cleaned with special chemicals.
- If there are any damaged parts on the pages, they are sealed with Washi (special Japanese paper). During this process, the parts eaten by mice or the holes made by the worms are repaired.
- The book will be left for a few days for the adhesive to dry. When it dries, the sheets are ironed to flatten them.
- The final step is to put the book back together and then bind it securely again.





METIN AND HIS TEAM IN PURSUIT OF ADVENTURE

"SCHOOL
HOLIDAYS"

WRITTEN BY: MUSTAFA DEDELER
ILLUSTRATED BY: EDA ERTEKİN

METIN AND HIS FRIENDS VISITED HIS GRANDMOTHER, WHO LIVED ON A PLATEAU IN THE TOROS MOUNTAINS, TURKEY. MERT, ARIF AND CEYDA STAYED OVER A WEEK AT METIN'S GRANDMOTHER. AFTER THEY GREETED AND SOCIALISED FOR A BIT, IT WAS TIME FOR ADVENTURE AND DISCOVERY.



GUYS, THIS IS MY COUSIN MELIH. HE WILL GUIDE US ON THE HIKE UP THE MOUNTAIN.

HI, MELIH!



HALF AN HOUR LATER



HI, GUYS!

THIS IS OUR LOCAL SHEPHERD, ASIM. I'D BETTER HELP HIM NOW, LET ME DROP THE MILK CONTAINER AT HIS HOME, AND I WILL BE BACK SOON. YOU CLIMB UP TO THE BASE AND WAIT FOR ME THERE.



CLIMB AND CLIMB... IT'S NEVER ENDING. I'VE BEEN SUFFERING FOR AN HOUR AND WE STILL AREN'T THERE.

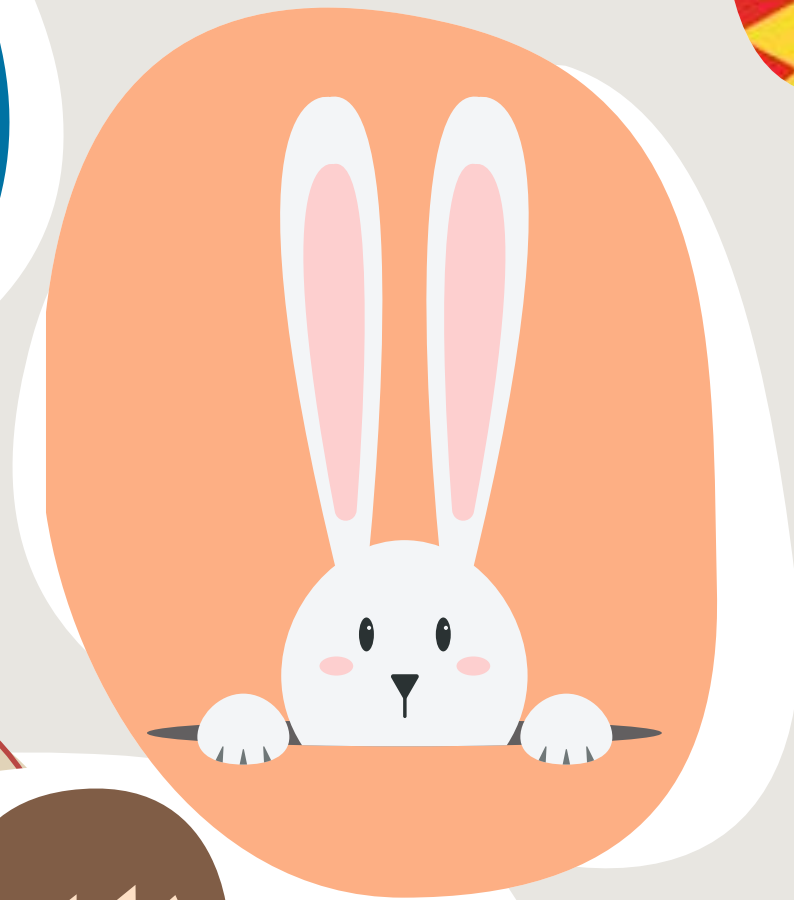
EVEN THE CELL PHONE DOESN'T PICK UP ANY SIGNAL HERE.



DO YOU KNOW THESE FACTS?

Rabbits are really sensitive animals. If they are frightened or startled by something, they may die.

Mosquito repellent sprays and creams do not actually repel mosquitoes. They disable a mosquito's heat detectors, which makes us invisible to them.



A TRAVELLER WHO EARNED INTERCESSION

AWLIYĀ CHALABĪ

Written by: Erhan Göçmez
Illustrated by: Volkan Akmeşe

Little Selim was sitting in front of Ulu Jami (Grand Mosque) in Bursa. Suddenly, someone in a strange outfit, who had just come out of the mosque, caught his attention. He felt an urge to talk to him straight away.

Selim: Hello, uncle. How strange is your outfit! Do you mind if I took a photo with you?

A.C: Hello dear boy. Of course, you can. But be quick. I've come a long way. I'm exhausted.

Selim: Please, take a rest if you want.

A.C: Thank you. Let me rest for a few minutes over there.

Selim: My name is Selim. I was reading a book in the shade. When I saw you, your outfit caught my attention.

A.C: I come from ancient times. They call me Awliyā Chalabī. By the way, which book are you reading?

Selim: I am reading a travel book. I love travelling and discovering new places. Do you read books too?

A.C: Of course, I do. However, I travel more.

Selim: Really?

A.C: I am a traveller. I wander through lands, meet new people, collect information. And I have recorded all the information I gathered on my travels.

Selim: Is that so? Where did you travel?

A.C: I travelled to many places, from Austria to Syria. I even wrote a book about them.

Selim: Really? What is the name of your book?

A.C: It is a book called Sayahatnama consisting of ten volumes.

Selim: How nice! I wonder what you wrote in your book.

A.C: I wrote about many cities of Anatolia beginning at Istanbul; their people, cultures and interesting facts and observations about them. I also wrote about Egypt, Damascus, Baghdad and the Holy Islamic lands and many other countries.





Crossword



Write down the names of the air transport vehicles below in the boxes according to their numbers.



Why do we have red eyes in photos?

Our eyes have three layers. The first is the outer layer, an opaque membrane, or the white part of the eye. The second layer protects the retina and closes when there is excessive light and opens in dim light. The third is the retina. When the camera flashes, this layer in the eye cannot close quickly. Thus, cameras capture the retina layer where the blood capillaries are located in the eye. And that is why we have a red eye reflection.



Why was the Umbrella Invented?

Contrary to popular belief, umbrellas were not invented to protect ourselves against the rain. Rather, it was invented to protect us from the sun.



What happens to helium balloons when you release them?

Everyone wonders what happens to helium balloons after they float away into the sky. Some may think they float to space, while others may think they float until being burst by birds or planes. However, this is not the case. Atmospheric pressure is dramatically reduced at high altitudes, so a helium balloon expands as it rises until the density of the surrounding air is equal to the density of the helium inside the balloon and eventually the balloon pops.





Protective Fortresses of our Body: Vitamins

What does the word “vitamin” remind you of? Vitamin tablets? Vitamin deficiency? It reminds me of delicious fruits, vegetables, and other healthy foods. Do you know why? Because these foods are packed with vitamins. Let’s take a look at which vitamins are found in which foods and what their benefits are!

Vitamin A

Foods such as green leafy vegetables, carrots, cucumbers, spinach, parsley, lettuce, plums, milk, butter, eggs, chicken are wonderful sources of Vitamin A.

Benefits: It protects us against germs, improves our bones and strengthens teeth. It is also quite beneficial for eye health.



Vitamin B12

It is abundant in red meat, liver, eggs, milk, cheese, fish, lentils and beans.

Benefits: It helps the growth and development of the body by strengthening the immune system. It also regenerates cells and strengthens the nervous system. It is a vital vitamin for the body.

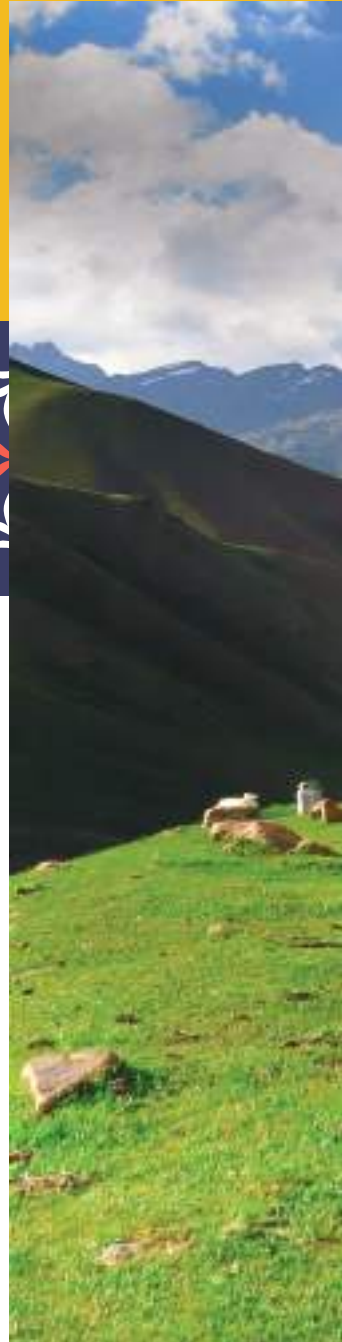




A CORNER OF PARADISE
IN CENTRAL ASIA

KYRGYZSTAN

Hello, dear friend! How have you been? I am here again, excited as usual. This time, I greet you from afar. I'm in Central Asia, in a country on the historical Silk Road. It's a country with no coastal lines but has thousands of lakes. Mountainous geography, historical landmarks and people living a nomadic lifestyle that attract people's attention... Do you want to know which country it is? The paradise of Central Asia, Kyrgyzstan.







JUST GUESS

What is it?

According to official measurements, it is the world's highest waterfall. It is located in Venezuela with a height of 979 m and a plunge depth of 807 m. It was first discovered in 1933 by explorers searching for precious stones. Write down your three guesses about the picture and check your answer on page 28.

1. 2. 3.

