

The Big Smoke

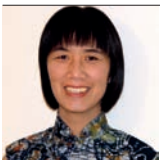
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Where London is the star



Showcase 'Pigeons' by Seng Ho

Seng Ho's pictures aim 'to trigger and therefore share with the audience mnemonic experiences and question our accustomed ideas about memory'. See more of her work at www.freewebs.com/sengho. Email your pictures to showcase@timeout.com.



24-hour city The acupuncturist Dr Feng Zhi Chao, 53, Wimbledon

7am I try not to use an alarm clock; it's not very civilised! I wake up with nature. Breakfast is important in Chinese medicine. Between 7am and 9am is the time for the stomach. This is the time when the body gets 30-40 per cent of its energy so it is bad if you miss breakfast.

10am Office hours. Many people come to me for cosmetic problems which are usually signs of health trouble. Everything is connected. Chinese medicine is based on ancient thinking about the natural

balance of things. Even too much happiness can be bad. In China we say you should visit your parents often because if they don't see you for a long time, they will be too happy when you visit and might have a stroke.

2pm I have lunch in Chinatown then go home. I work mostly when my daughter is at school but I sometimes see people at evenings or weekends because of their jobs. I like to work but I like being a mother, too. I always talk to people

about their lifestyles. No one else can look after you. Even the most brilliant doctors can't do anything if you don't look after yourself.

7pm I make dinner using food from the season we are in. I find it strange to eat a watermelon in the middle of winter.

10.30pm I go to bed before 10.30pm as after 11pm your body gets an increase in energy and will not be able to sleep before 1am.
Interview: Kimberley Smith
www.chineseacupunctureuk.com.

STALL STORIES

The legends behind London's lavs

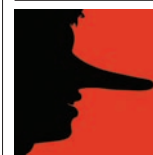


Baker Street, W1

Recently discovered papers reveal that Sir Arthur Conan Doyle originally planned to have Sherlock Holmes pondering cases while sitting on this Baker Street lav rather than smoking the pipe that became his trademark. It was not until friends suggested the public would not take to a character who spent too much of his time on the toilet that Conan Doyle reluctantly rewrote Holmes's MO.

The nearby public toilets do, however, appear in two Holmes tales: in one, Holmes is pursuing Professor Moriarty only for him to vanish into thin air. Puzzled, Holmes gives up the chase, unaware that his nemesis is hiding in the toilets, crouched between the hand dryer and the condom machine. In the second, Dr Watson is caught short as he and Holmes are on their way to Scotland Yard and has to use the toilet as Holmes waits outside complaining that Watson should have gone before they left, saying: 'It's alimentary, my dear Watson.' The toilets have been a favourite with Holmes fans ever since. *Paul Herringshaw*

Lies to tell tourists



According to experts, the penguins at London Zoo now squawk with a cockney accent.