



Under the age of 40...you won't understand this but this is how we lived and we are still here to talk about it.



My Mum used to cut chicken, chop eggs and spread mayonnaise on the same cutting board with the same knife and no bleach (sometimes she even licked the knife too) but we didn't seem to get food poisoning.

My Mum used to defrost mince on the counter AND we used to eat it raw sometimes. We even licked the bowl after making cakes – and that had uncooked eggs in and everything!

Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice-pack coolers and thermally insulated lunchboxes.

Then there were those little bottles of school milk left in the sun for us to drink each day. Good wasn't it?



But funny enough - I can't ever remember getting sick!

Almost all of us would have rather gone swimming in the river instead of our public pool (talk about boring!) and if we got a dirty face, mum would spit on a handkerchief and wipe us clean. It was acceptable to play with dirt.



We all took PE and risked permanent injury with a pair of hand-me-down slip-on black plimsolls instead of having cross-training athletic shoes with air cushion soles and built in light reflectors. We played British Bulldog and regularly stepped in dog-poo. I can't recall any injuries and we didn't go blind, but this must have happened because they tell us how much safer we are now.

Speaking of school, we all said prayers, sang hymns, and staying in detention after school caught all sorts of negative attention.

What an archaic health system we had then. Do you remember school nurses? Ours wore a paper hat, made us strip to our pants and vest, checked our head for lice then gave us a lollipop. Then the school dentist pulled out our teeth and gave us a cuddle on his knee when we cried. To top it all, the school optician fitted us with those awful blue-rimmed glasses. We must have had horribly damaged psyches.



I just can't recall if we were bored without computers, Play Station, Nintendo, X-box or 34 digital TV cable stations?

We didn't need a Wii Fit for exercise – we just went out to play.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself. I didn't want to marry a footballer, I wore huge flares, clumpy platforms and got my hair permed and still thought I looked great. The only label on my clothes was Ladybird.

Nobody batted an eyelid when an eight year old walked down the street with a lolly cigarette hanging out his mouth.

Stubbing your toe whilst running across the road in summer barefoot, trying not to burn your feet raw was an annual experience.



Oh yeah - and where was the Benadryl and sterilisation kit when I got a bee sting? I could have been killed!

We played 'king of the castle' on piles of gravel left on vacant building sites and when we got hurt, Mum pulled out a bottle of TCP and then we got our bum smacked. Now it's a trip to A&E, followed by a 10-day dose of antibiotics and then Mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

We didn't act up at the neighbour's house either - because if we did, we got our bum smacked there and then we got smacked again when we got home.

Funny how the kid with a pool was everyone's best friend!

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family.

Perhaps we all needed to get into family therapy and anger management classes? We were obviously so duped by so many societal ills that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?



LOVE TO ALL OF US WHO SHARED THIS ERA AND TO ALL WHO DIDN'T - SORRY FOR WHAT YOU MISSED.

I WOULDN'T TRADE IT FOR ANYTHING.

