

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 74 (2008)
Heft: [7]

Rubrik: Children

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

Download PDF: 12.12.2025

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

ANIMALS IN SWITZERLAND

Squirrels

Unlike rabbits or deer, squirrels cannot digest cellulose and must rely on foods rich in protein, carbohydrates and fat. In temperate regions early spring is the hardest time of year for squirrels, since buried nuts begin to sprout and are no longer available for the squirrel to eat, and new food sources have not become available yet. During these times squirrels rely heavily on the buds of trees.

Squirrels are omnivores; they eat a wide variety of plant food, including nuts, seeds, conifer cones, fruits, fungi, green vegetation and insects. Ground and tree squirrels are typically diurnal.

Squirrels are generally clever and persistent animals. In residential neighborhoods, they are notorious for eating out of bird feeders, digging in planting pots and flower beds to pull out bulbs which they chew on or to either bury or recover seeds and nuts and for inhabiting sheltered areas including attics and basements. Squirrels use

their keen sense of smell to locate buried nuts and can dig extensive holes in the process. Birds, especially crows, will watch a squirrel bury a nut and will dig it up as soon as the squirrel leaves. Although expert climbers and arboreal (living in trees), squirrels also thrive in urban environments that are largely free of trees.

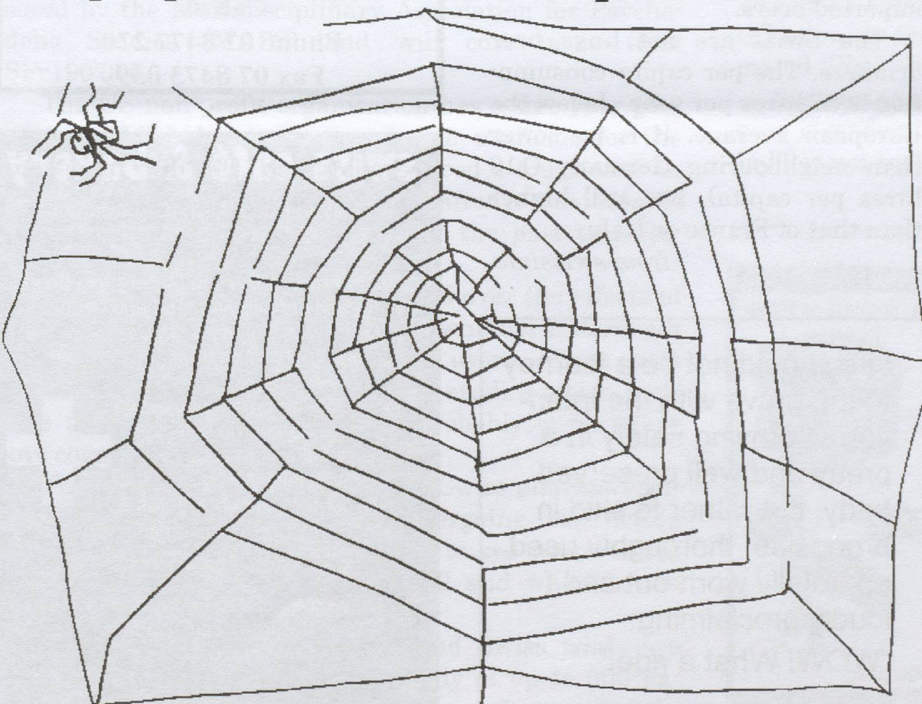


Squirrels are sometimes considered pests because of their propensity to chew on various edible and inedible objects. This characteristic trait aids in maintaining sharp

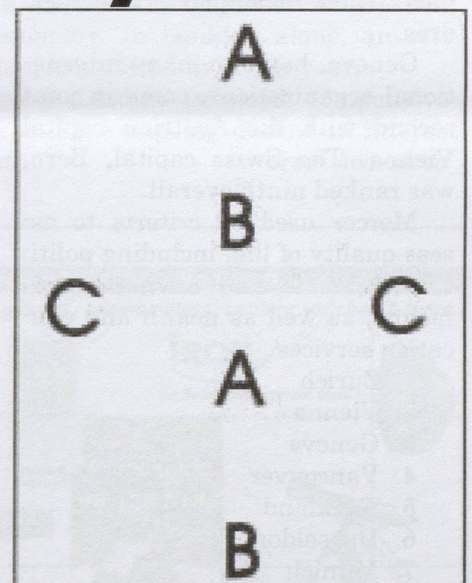
teeth, and because their teeth grow continuously, prevents overgrowth. Homeowners in areas with a heavy squirrel population must keep attics and basements carefully sealed to prevent property damage caused by nesting squirrels. Some homeowners resort to more interesting ways of dealing with this problem, such as collecting and planting fur from pets such as domestic cats and dogs in attics. This fur will indicate to nesting squirrels that a potential predator roams and will encourage evacuation. Fake owls and scarecrows are generally ignored by the animals, and the best way to prevent chewing on an object is to coat it with something to make it undesirable: for instance chili pepper.

Squirrels can be trained to be hand-fed. Because they are able to cache surplus food, they will take as much food as is available. Squirrels living in parks in cities have learned that humans are typically a ready source of food. Hand feeding is not recommended, however, because squirrels may carry diseases. Even if they do not carry diseases, they often have a hard time telling fingertips from food, and bites are painful.

Help spider find his way home...



Try this!



Draw a line from A to A

B to B

C to C

- without crossing a line

Scientists unlock sleep mysteries

A Lausanne University research team under Professor Mehdi Tafti has taken a step closer to answering a question that has baffled scientists for centuries – why do humans need to sleep?

Studying sleep deprivation in mice, the team has managed to determine what happens in the brain at the molecular level when asleep, and to isolate a gene that regulates sleep activity.

Mehdi Tafti, an expert in sleep disorders, has spent the past 20 years trying to work out why humans spend a third of their lives in bed. His research team recently published their findings in the *Proceedings of the National Academy of Science* journal, identifying a gene – Homer 1a – that controls levels of calcium in neurons in the brain.

Mice, like humans, need calcium to function when awake, but the longer they are up and about, the more calcium builds up, and when the levels get too high, the neurons get over-stimulated. Sleep, therefore, is nature's way of reducing these excessive calcium levels in the brain, and Homer 1a plays a key role. It regulates the levels of calcium to protect against hyperactivity of the brain. The more you stay awake, the more the gene Homer 1a is activated. It rings an alarm bell in your head and tries to counterbalance the build-up, warning: Be careful, calcium is trying to get in – you have to regulate it; otherwise it's going to be toxic.

In animal models, sleep deprivation is lethal; sleep deprived rats or mice die after two or three weeks. It has never been tested in humans but long-term sleep deprivation would probably lead to death.

Whether you are able to snooze until midday or wake up at the crack of dawn is all down to your genes, say experts. But what's the minimum amount of shut-eye we can get by on each night? The hypothesis is that there is a core amount of sleep that everybody needs, probably about five to six

hours. It's like food intake. You need a certain amount of food, but you know that everybody eats more than what we need.

Research shows that sleep-deprived individuals often have difficulty in responding to rapidly changing situations and making rational judgements. In real life situations, the consequences are grave. Lack of sleep is said to have been a contributory factor in a number of international disasters such as Exxon Valdez, Chernobyl, Three Mile Island and the Challenger shuttle explosion.

Sleep deprivation not only has a major impact on cognitive functioning but also on emotional and physical health. Disorders such as sleep apnoea which result in excessive daytime sleepiness have been linked to stress and high blood pressure. Research has also suggested that sleep loss may increase the risk of obesity because chemicals and hormones that play a key role in controlling appetite and weight gain are released during sleep. Lack of sleep has serious effects on our brain's ability to function. With continued lack of sufficient sleep, the part of the brain that controls language, memory, planning and sense of time is severely affected, practically shutting down.

There are also possible uses for treating people suffering from depression or schizophrenia. The scientists believe that there is a high chance the newly identified gene has an important influence on the sleeping disorders of people suffering from depression.

Contrary to what might first be imagined, sleep deprivation is an extremely potent anti-depressant. The problem is that it doesn't last long. When the patients go back to sleep they wake up depressed.

If this gene is removed in mice, they may have a depressive-like behaviour and if it is over-expressed you can treat the depression. Tests using humans are expected to start within the next four to five years.

Bird rules ruffle environmentalists' feathers

The Federal Environment Office has eased protection of the cormorant (called shag in New Zealand), a mid-sized bird that has been accused of plundering the catches of Swiss fishermen.



Cantons will be given greater freedom to control their shag populations, and some unhatched eggs may now be destroyed. The authorities said they had made the decision in consultation with all stakeholders, but the organisation BirdLife Switzerland argued that its concerns were ignored. It said valuable bird protection areas would now be threatened.

The shag – which feasts on only fish and small eels – has been breaking nets in search of food. As a result, fishermen have racked up considerable losses – SFr200'000 around Lake Neuchâtel alone – due to the thefts. *from swissinfo*

Answer to puzzle on page 9

