

Few of us can escape the dictates of time - it rules our daily lives. But through the British Timekeepers Exhibition at the Goldsmiths' Hall, London, we can, at least, look back over five centuries of clock and watch history.

Some of the exhibits are used for personal adornment. Of course, the fair sex can never have too many reminders of time. Besides, a jewelled movement is often a girl's chief asset ...

Over 150 years old and still going strong is this rolling ball clock. Another exhibit is the silver skull watch of Mary Queen of Scots. "Anne Boleyn's Clock" given to her by Henry the Eighth, in 1533, has been loaned by the Queen - together with a watch of ultra-modern design. Yet, for nearly twenty years, time has been at our finger-tips through the Post Office Telephone Clock SOUND

The service, with its intricate mechanism, is called upon by Londoners over 700,000 times each week. REMEMBER HER MESSAGE

The golden voice belongs to Jane Cain MESSASE FWEATH YEA WHEN SHE WON THE TITLE 20 YEARS AGO!