

PICK OF THE DAYSTAR RATINGS ★★★★★ Brilliant ★★★★★ Very good
★★★★ Good ★★ Average ★ Rubbish**Natural World**

8PM, BBC2 ★★★★★

Rob Brydon's narration adds to the humorous tone of this charming film about an intriguing, meerkat-like creature that lives on the prairies of North America. The prairie dog is a little animal with a big voice – its repertoire of barks, squeaks and chirps is designed to communicate, usually to warn of impending danger from one of its many predators. Professor Con Slobodchikoff believes these understandably anxious critters are using the 'most complex natural language decoded so far', no less, and has devised a series of experiments to find out what they are saying. Could these cute fluffballs really be using a language second only to our own in complexity?

**Horizon: Don't Grow Old**

9PM, BBC2 ★★★★★

If mankind could single out a Holy Grail to pursue above all others, it would surely be the elixir of youth. The eternal battle against ageing is fervent and persistent – but are we any nearer to finding the magic formula? This documentary talks to the scientists who are trying to understand why we age.

Embarrassing Bodies

9PM, CH4 ★★★★★

The medical team returns, looking to help those reluctant to visit a doctor. Dr. Pixie McKenna and Dr. Dawn Harper take the clinic to Cardiff, where they offer advice on flatulence and, with half of the Welsh population failing to visit the dentist, they are also joined by Dr. James Russell and his dental clinic.

Other Voices

11.25PM, RTÉ TWO ★★★★★

Hands up who's jealous of Annie Mac! Let's face it, if you're a music fan, you've got to envy her position as host of this show. Each edition is packed full of top names performing live at St James's Church in Dingle. Expect to see the likes of Snow Patrol, Richard Hawley and Speech Debelle, among others.

