

1

00:00:00,000 --> 00:00:13,480

Every year on one special night, people all over the world find the fun in fear.

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00:00:13,480 --> 00:00:18,200

For most of us, Halloween is the night for fright.

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00:00:18,200 --> 00:00:23,080

Complete with costumes, trick or treating, and more candy than you can ever eat.

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00:00:23,520 --> 00:00:27,960

But did you ever wonder where all of these different traditions come from?

5

00:00:31,640 --> 00:00:36,680

Find out when Tritherscare rips the mask off of Halloween.

6

00:00:53,080 --> 00:01:18,440

For most of us, Halloween isn't all that scary, right?

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00:01:18,440 --> 00:01:22,640

Which is flying around on brooms, who actually believes in that.

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00:01:22,640 --> 00:01:27,280

And if you ever run into a demon, it's probably just your little brother in a rubber mask.

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00:01:27,280 --> 00:01:32,680

But the true origins of Halloween go back thousands of years, to a time when some people

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00:01:32,680 --> 00:01:41,120

say dark magic and evil spirits were very real.

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00:01:41,120 --> 00:01:46,960

Over 2,000 years ago, people known as the Celts lived in ancient Europe, the British

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00:01:46,960 --> 00:01:49,920

Isles, and Ireland.

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00:01:49,920 --> 00:01:55,240

They had their own languages, customs and religion, and handed them down from generation

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00:01:55,240 --> 00:01:58,200

to generation.

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00:01:58,200 --> 00:02:03,600

Each year they would honor their gods and goddesses on eight different festival days.

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00:02:03,600 --> 00:02:08,520

Their celebrations were led by Celtic priests, known as druids.

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00:02:08,520 --> 00:02:14,080

Some thought these mysterious men could actually control the forces of nature, and even cast

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00:02:14,080 --> 00:02:17,800

magic spells.

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00:02:17,800 --> 00:02:21,320

The Celts' biggest celebration of the year was called Sauen.

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00:02:21,320 --> 00:02:29,320

It was on October 31st, the day we know as Halloween.

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00:02:29,320 --> 00:02:33,960

Sauen marked the end of the summer harvest, and the beginning of winter.

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00:02:33,960 --> 00:02:38,760

Since most people in ancient times were farmers, finishing the hard work of the harvest was

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00:02:38,760 --> 00:02:42,160

a huge reason to celebrate.

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00:02:42,160 --> 00:02:44,840

But it wasn't the only one.

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00:02:44,880 --> 00:02:49,400

They also wanted to make sure that they paid proper respect to their gods, who they believed

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00:02:49,400 --> 00:02:54,000

would watch over them during the long, cold, brutal months ahead.

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00:02:54,000 --> 00:03:00,120

Today, we don't celebrate Halloween for the same reasons, but a lot of our traditions

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00:03:00,120 --> 00:03:02,040

started with the Celts.

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00:03:02,040 --> 00:03:06,480

Bobbing for apples, carving pumpkins, and even trick-or-treating can be traced all the

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00:03:06,480 --> 00:03:09,440

way back to those ancient times.

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00:03:09,520 --> 00:03:15,840

For some, the connection to the past even determines how they live today.

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00:03:15,840 --> 00:03:18,560

Fiona Horn is a witch from Australia.

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00:03:18,560 --> 00:03:23,280

She says that modern witches like her follow the same traditions as the druids, and that

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00:03:23,280 --> 00:03:27,760

Halloween, or Sauen, is a very important celebration.

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00:03:27,760 --> 00:03:32,560

Halloween, or Sauen, as we call it, is considered the time that we can best communicate with

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00:03:32,560 --> 00:03:36,320

those that we love who have departed, those who have gone and who are in the spirit world,

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00:03:36,320 --> 00:03:40,160

because we think the veils between the worlds have lifted and it's the best time to communicate

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00:03:40,160 --> 00:03:42,000

with them.

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00:03:42,000 --> 00:03:47,560

Some might find that just a bit creepy, but Fiona believes there's nothing to be afraid

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00:03:47,560 --> 00:03:48,560

of.

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00:03:48,560 --> 00:03:56,400

To her, the spirits of the next world are fascinating, not frightening.

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00:03:56,400 --> 00:03:59,080

But the ancient Celts didn't think so.

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00:03:59,080 --> 00:04:04,480

They thought that dark spirits could come out on Sauen, and if they did, no one knew

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00:04:04,480 --> 00:04:06,120

what would happen.

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00:04:06,120 --> 00:04:07,840

But they did know this.

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00:04:07,840 --> 00:04:12,880

The legend said these unfriendly ghosts would be afraid of fire, so they would light torches

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00:04:12,880 --> 00:04:18,840

and bonfires, hoping to keep the dark spirits away from the ancient Sauen celebrations.

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00:04:18,840 --> 00:04:23,520

According to the stories, they would dance around the fires and even wear masks, all

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00:04:23,520 --> 00:04:29,600

to give the sinister Spooks a major fright.

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00:04:29,600 --> 00:04:33,880

Other theories claim that the Sauen celebrations were all about impressing the ancient Celtic

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00:04:33,960 --> 00:04:35,200

gods.

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00:04:35,200 --> 00:04:39,840

Because they believed if the gods were pleased, they would make sure that the crops grew again

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00:04:39,840 --> 00:04:42,120

next year.

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00:04:42,120 --> 00:04:45,520

And just what did it take to impress a Celtic god?

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00:04:45,520 --> 00:04:50,280

Some say it's possible that ancient Druids might have sacrificed live animals in their

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00:04:50,280 --> 00:04:51,840

ceremonies.

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00:04:51,840 --> 00:05:00,840

But others claim that the victims of some druid rituals weren't just animals, but humans.

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00:05:00,840 --> 00:05:06,120

Even though most witches today don't believe the hideous rumors, back in the Druids' time,

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00:05:06,120 --> 00:05:10,200

some people did.

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00:05:10,200 --> 00:05:14,920

In the 7th century, Christian missionaries tried to get rid of the traditional Sauen

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00:05:14,920 --> 00:05:20,200

festival because they thought the Celtic celebration might be evil.

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00:05:20,200 --> 00:05:22,360

There was just one problem.

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00:05:22,360 --> 00:05:27,000

Most people in Europe and the British Isles liked their holidays, believing that Sauen

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00:05:27,000 --> 00:05:30,240

honored the dead and kept evil away.

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00:05:30,240 --> 00:05:34,000

They weren't about to stop celebrating on October 31st.

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00:05:34,000 --> 00:05:39,440

So the Christian leaders decided, if you can't beat them, join them.

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00:05:39,440 --> 00:05:44,560

They declared November 1st all Saints' Day, a day to worship all their own holy people,

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00:05:44,560 --> 00:05:47,960

who were known back then as Hallows.

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00:05:47,960 --> 00:05:54,280

Then, the night before was set aside to remember the souls of all the people who had passed

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00:05:54,280 --> 00:05:55,360

away.

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00:05:55,360 --> 00:06:02,200

It was called All Hallows Eve, a Christian version of the Druid celebration.

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00:06:02,200 --> 00:06:09,200

And since then, the name of this day to honor the den has been shortened to Halloween.

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00:06:09,200 --> 00:06:20,400

Vampires, black cats, and the terrifying history behind Trick or Treat.

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00:06:20,400 --> 00:06:28,680

Next, on Truth or Scare.

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00:06:28,680 --> 00:06:34,040

The gaggle is back on Discovery Kids.

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00:06:34,040 --> 00:06:40,080

The ancient legends say the Druids were some of the first people to celebrate on Halloween.

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00:06:40,080 --> 00:06:46,640

Could they have ever imagined that one day, Halloween would be celebrated by millions?

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00:06:47,640 --> 00:06:53,000

Today, modern witches carry on ancient traditions that were begun centuries ago.

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00:06:53,000 --> 00:06:59,040

But if you think communicating with the dead is scary these days, in medieval times, it

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00:06:59,040 --> 00:07:02,640

was positively terrifying.

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00:07:02,640 --> 00:07:07,200

Back then, people believed that witches were extremely powerful and had a direct link to

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00:07:07,200 --> 00:07:09,200

the spirit world.

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00:07:09,200 --> 00:07:12,200

Some even thought they could fly.

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00:07:12,200 --> 00:07:17,200

It started when a man in medieval England claimed he'd seen a woman on a broomstick

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00:07:17,200 --> 00:07:20,080

soaring past the full moon.

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00:07:20,080 --> 00:07:25,960

Ever since then, witches haven't been able to shake their reputation as high flyers.

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00:07:25,960 --> 00:07:29,840

But it wasn't just about flying.

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00:07:29,840 --> 00:07:36,400

Many people believed witches had other remarkable powers, just as frightening.

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00:07:36,400 --> 00:07:43,520

Like if a witch just felt like it, she could turn herself into a black cat.

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00:07:43,520 --> 00:07:48,280

Legend says that one day, a medieval man was watching a peasant woman, a woman he thought

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00:07:48,280 --> 00:07:50,200

might just be a witch.

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00:07:50,200 --> 00:07:59,440

He claimed that he saw her walk into an alley, and then, a few seconds later, a black cat

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00:07:59,440 --> 00:08:00,440

ran out.

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00:08:00,440 --> 00:08:06,040

The man looked everywhere for the woman, but she was gone.

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00:08:06,040 --> 00:08:11,520

Many people were so terrified of black cats, they did a lot more than steer clear.

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00:08:11,520 --> 00:08:13,720

They'd try to get rid of that.

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00:08:13,720 --> 00:08:15,720

Sounds terrible, right?

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00:08:15,720 --> 00:08:20,800

But cats weren't the only ones being persecuted.

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00:08:20,800 --> 00:08:28,160

If you were accused of being a witch and practicing the mystical arts, the penalty could be death.

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00:08:28,160 --> 00:08:33,440

Witches in Halloween go together like trick and treat, but some say they're not the only

101

00:08:33,440 --> 00:08:36,200

ones who come out that night.

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00:08:36,200 --> 00:08:37,200

Think about it.

103

00:08:37,200 --> 00:08:42,520

Halloween is a night for remembering the dead, so it only makes sense that vampires would

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00:08:42,520 --> 00:08:44,280

show up for the party.

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00:08:44,280 --> 00:08:50,360

And trust me, vampires is one subject I know a little something about.

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00:08:50,360 --> 00:08:57,160

The legend of the vampire comes from old European folktales, a half-human, half-monster, who

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00:08:57,160 --> 00:09:02,480

sleeps all day and then comes out at night to hunt for victims.

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00:09:02,840 --> 00:09:08,440

According to the stories, vampires, just like witches, could change themselves into animals,

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00:09:08,440 --> 00:09:12,520

like wolves and, of course, bats.

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00:09:12,520 --> 00:09:18,040

Like vampires, bats only come out at night, and some species are even known to actually

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00:09:18,040 --> 00:09:19,040

suck blood.

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00:09:19,040 --> 00:09:24,000

So you can imagine how that story got started.

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00:09:24,000 --> 00:09:29,200

In fact, it seems like a lot of the history behind Halloween comes in the form of some

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00:09:29,200 --> 00:09:32,160

pretty strange tales.

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00:09:32,160 --> 00:09:37,480

But the most important part of Halloween today might just be based on true facts.

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00:09:37,480 --> 00:09:39,880

And it's one of the most chilling stories of all.

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00:09:39,880 --> 00:09:47,320

I'm talking about the true origin of trick or treating.

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00:09:47,320 --> 00:09:53,120

There are a few different theories about how candy collecting got its start.

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00:09:53,120 --> 00:09:57,600

One tradition came from around 1000 A.D. in England.

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00:09:57,600 --> 00:10:03,720

And poor people reportedly visited neighbors' houses, begging for small homemade cakes.

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00:10:03,720 --> 00:10:07,800

In exchange for the cake, they agreed to say a prayer for the souls of the neighbors'

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00:10:07,800 --> 00:10:09,840

departed relatives.

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00:10:09,840 --> 00:10:13,640

This was called, Soling.

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00:10:13,640 --> 00:10:20,480

But others think trick or treating comes from another, much older tradition.

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00:10:20,480 --> 00:10:25,120

According to the ancient Celtic legend, everyone in the village would make a special dish to

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00:10:25,120 --> 00:10:27,080

share with their neighbors.

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00:10:27,560 --> 00:10:32,560

Then everyone would go from house to house and try each other's delicious treats.

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00:10:32,560 --> 00:10:36,240

It was almost like a giant potluck dinner.

129

00:10:36,240 --> 00:10:37,400

Sounds innocent enough.

130

00:10:37,400 --> 00:10:42,720

But according to Fiona, the modern day witch, there was a dark side to this tradition.

131

00:10:42,720 --> 00:10:47,080

If you didn't give generously, then you were a bad person and you got a trick.

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00:10:47,080 --> 00:10:52,760

And it was kind of a way of weighing up how good or bad you were.

133

00:10:52,760 --> 00:10:57,520

Think then getting a trick was something to avoid at all costs.

134

00:10:57,520 --> 00:11:02,520

Because sometimes it could actually cost you your life.

135

00:11:06,520 --> 00:11:13,520

The sacred secrets of the witch's apple and the chilling tale of the first jack-o-lantern.

136

00:11:16,280 --> 00:11:19,280

Next on Truth or Scare.

137

00:11:20,280 --> 00:11:23,280

The gaggle.

138

00:11:23,280 --> 00:11:26,280

The gaggle is back on Discovery Kids.

139

00:11:31,280 --> 00:11:35,280

Is there anything more innocent than bobbing for apples?

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00:11:35,280 --> 00:11:37,280

How about carving a jack-o-lantern?

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00:11:37,280 --> 00:11:39,280

Messy, sure.

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00:11:39,280 --> 00:11:42,280

But it's about the most harmless fun you can have.

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00:11:42,280 --> 00:11:44,280

Or is it?

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00:11:45,280 --> 00:11:50,280

Could apples possibly have something to do with witches?

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00:11:50,280 --> 00:11:53,280

Fiona Horne says, yes.

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00:11:53,280 --> 00:11:58,280

Modern witches like her believe that apples contain something sacred.

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00:11:58,280 --> 00:12:01,280

The apple is considered a symbol of love and fertility.

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00:12:01,280 --> 00:12:06,280

But it wasn't just witches who believed that apples had mystical properties.

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00:12:06,280 --> 00:12:11,280

Today, bobbing for apples is a game where getting wet is the only concern.

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00:12:11,280 --> 00:12:18,280

But in the Middle Ages, you might bob for apples on Halloween to see what your future might hold.

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00:12:18,280 --> 00:12:24,280

All the young people who weren't married would try to buy an apple that was tied to a string or floating in water.

152

00:12:24,280 --> 00:12:29,280

According to legend, the first person who bit the apple would be the next to get married.

153

00:12:29,280 --> 00:12:33,280

Just like the person who catches the bouquet at a wedding today.

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00:12:33,280 --> 00:12:37,280

Now that's some seriously powerful fruit.

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00:12:41,280 --> 00:12:47,280

But the legend behind a certain Halloween vegetable may just be a little more frightening.

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00:12:47,280 --> 00:12:52,280

Take a pumpkin, carve it, you've got yourself a jack-o-lantern.

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00:12:52,280 --> 00:12:57,280

The best ones can make for a pretty scary sight.

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00:12:57,280 --> 00:13:03,280

But that's nothing compared to the terrifying legends of how the tradition started.

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00:13:03,280 --> 00:13:07,280

Some say it all began in the days of the Celts.

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00:13:07,280 --> 00:13:11,280

The Celts didn't use pumpkins in their Samhain celebration.

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00:13:11,280 --> 00:13:15,280

They used actual human skulls.

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00:13:15,280 --> 00:13:20,280

They'd place them on an altar, their hollow eyes staring back at the villagers.

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00:13:20,280 --> 00:13:24,280

It sounds awful, but it wasn't meant to scare them.

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00:13:24,280 --> 00:13:28,280

It was to remember the people who had passed from this life to the next.

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00:13:28,280 --> 00:13:35,280

According to Fiona, today's pumpkin faces are just our modern version of the ritual skulls.

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00:13:35,280 --> 00:13:40,280

They would reflect that tradition and then carving the face into the pumpkin

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00:13:40,280 --> 00:13:44,280

is to represent the skull, the ancestral skull.

168

00:13:44,280 --> 00:13:49,280

But some say that jack-o-lanterns have nothing to do with honoring the dead

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00:13:49,280 --> 00:13:52,280

and everything to do with staying alive.

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00:13:52,280 --> 00:13:56,280

One legend says that when the Celts needed protection in the dark woods,

171

00:13:56,280 --> 00:14:02,280

they would carve skull faces into turnips and make them into terrifying torches.

172

00:14:02,280 --> 00:14:06,280

But there's one more theory on how jack-o-lanterns began.

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00:14:06,280 --> 00:14:10,280

And many say it's the creepiest.

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00:14:10,280 --> 00:14:18,280

It comes from an old Irish folk tale that says jack-o-lanterns might just have demonic connections.

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00:14:18,280 --> 00:14:25,280

The legend says that Jack was a real person, famous for playing nasty practical jokes.

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00:14:25,280 --> 00:14:30,280

But one day, he tried playing a joke on the devil.

177

00:14:31,280 --> 00:14:38,280

Jack tricked the devil into climbing up a tree, where the devil got stuck and was unable to climb down.

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00:14:38,280 --> 00:14:44,280

Jack had fooled his victim that day, but the devil got the last laugh.

179

00:14:50,280 --> 00:14:57,280

According to legend, when Jack died, his spirit was forced to wander alone through the darkness forever.

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00:14:57,280 --> 00:15:03,280

And to light his way, all he had was a little turnip lantern.

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00:15:04,280 --> 00:15:10,280

Some say that when Irish immigrants came to the United States, they brought this legend with them.

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00:15:10,280 --> 00:15:17,280

And since pumpkins were much more plentiful in the U.S., they replaced turnips as the jack-o-lantern of choice.

183

00:15:17,280 --> 00:15:21,280

And the rest is Halloween history.

184

00:15:22,280 --> 00:15:32,280

What started with some druids dancing around a bonfire has turned into the biggest party of the year.

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00:15:35,280 --> 00:15:38,280

Next on Truth or Scare.

186

00:15:39,280 --> 00:15:45,280

The gaggle is back on Discovery Kids.

187

00:15:47,280 --> 00:15:52,280

Despite its ancient roots, Halloween is pretty much a new thing in North America.

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00:15:52,280 --> 00:15:56,280

Irish immigrants brought it to the New World only a few hundred years ago.

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00:15:56,280 --> 00:16:01,280

Since then, it's become one of America's most popular holidays.

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00:16:01,280 --> 00:16:06,280

But if you think the fear factor's gone, think again.

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00:16:09,280 --> 00:16:16,280

Halloween is the one night a year that a lot of us go out of our way to get a good fright.

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00:16:16,280 --> 00:16:23,280

We tell ghost stories, dress in ghoulish costumes, maybe even check out the local haunted house.

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00:16:23,280 --> 00:16:26,280

It's usually all just for fun.

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00:16:26,280 --> 00:16:33,280

But when they're alone in the darkness, many people still feel that ancient fear creeping in.

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00:16:34,280 --> 00:16:41,280

Dr. Robert Butterworth is an expert in the things we fear, and the dark is right at the top of the list.

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00:16:41,280 --> 00:16:51,280

Why are we afraid of the dark? Because the dark is associated with the unknown, mysterious things that come out in the night.

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00:16:51,280 --> 00:16:56,280

And a lot of people, things that come out of the night, they don't want to be around.

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00:16:56,280 --> 00:16:59,280

Except on one night of the year, that is.

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00:16:59,280 --> 00:17:09,280

And in practically every country on earth, different cultures celebrate spooky holidays, their own local versions of Halloween.

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00:17:09,280 --> 00:17:15,280

It's the one night when the things that would usually frighten us become the reason to throw a party.

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00:17:18,280 --> 00:17:21,280

Mexico has one of the biggest of these celebrations.

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00:17:21,280 --> 00:17:25,280

It's the Dia de los Muertos, the Day of the Dead.

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00:17:25,280 --> 00:17:33,280

Just like the name says, on this day Mexicans take time to remember their family members who have passed away.

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00:17:33,280 --> 00:17:38,280

They visit the graves of their ancestors and decorate them with skulls and skeletons.

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00:17:38,280 --> 00:17:42,280

They also light candles and say special prayers.

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00:17:42,280 --> 00:17:47,280

It looks different than what the ancient Celts did, but the basic idea is the same.

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00:17:48,280 --> 00:17:55,280

Here in Mexico, the Day of the Dead is a happy time, a traditional way to remember loved ones who are gone.

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00:17:57,280 --> 00:18:02,280

In the US, the focus is more on the spirits who are still hanging around.

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00:18:02,280 --> 00:18:07,280

But the only contact most Americans have with them is the pretend kind.

210

00:18:07,280 --> 00:18:11,280

Haunted houses are a fun way to be totally terrified.

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00:18:12,280 --> 00:18:15,280

And it's not just houses.

212

00:18:15,280 --> 00:18:22,280

The Queen Mary is one of the biggest cruise ships in the world, docked on the coast of Southern California in Long Beach.

213

00:18:22,280 --> 00:18:30,280

Every year for Halloween, it's set up to scare with seven different mazes that lead visitors

through every corner of the ship.

214

00:18:33,280 --> 00:18:38,280

But get this, the Queen Mary's nickname is the Gray Ghost.

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00:18:39,280 --> 00:18:44,280

Many people swear that it's truly haunted all year round.

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00:18:44,280 --> 00:18:47,280

Could one of these ghouls be the real thing?

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00:18:47,280 --> 00:18:54,280

No one knows for sure, but with hundreds of rooms, it would be the perfect place to hide.

218

00:18:57,280 --> 00:19:02,280

If you're seeing hundreds of ghosts, then you're probably at Nautz very far.

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00:19:03,280 --> 00:19:05,280

Well, sort of.

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00:19:05,280 --> 00:19:16,280

Because for Halloween, this world-famous amusement park in California transforms itself into Nautz's scary farm, the scariest place in the West.

221

00:19:17,280 --> 00:19:23,280

After 27 years of practice, the people at Nautz know how to put on a first class night of fright.

222

00:19:23,280 --> 00:19:29,280

On Halloween, more people come here for fear than any place in the world.

223

00:19:33,280 --> 00:19:42,280

They've got it all. Spooks, specters, monsters, demons, even a lunatic or two. What more could you ask for?

224

00:19:43,280 --> 00:19:51,280

Even though we know this is an amusement park and that this is just some guy in a mask, the fear still feels real.

225

00:19:53,280 --> 00:20:01,280

But is that all it is? A feeling? Or could there possibly be something to truly fear on Halloween?

226

00:20:01,280 --> 00:20:07,280

Dr. Butterworth says no way. Well, almost no way.

227

00:20:07,280 --> 00:20:13,280

I'll tell you, if on Halloween you see a spirit, 99.99%, it's not.

228

00:20:13,280 --> 00:20:18,280

But guess what? Fiona is positive there's nothing to fear.

229

00:20:18,280 --> 00:20:23,280

I don't think there's anything to be afraid of on Halloween except if you go trick or treating and you don't get any treats.

230

00:20:24,280 --> 00:20:28,280

And there you have it, straight from a real witch's mouth.

231

00:20:31,280 --> 00:20:37,280

But even though there's probably nothing to be afraid of on Halloween, now that you know the history,

232

00:20:37,280 --> 00:20:45,280

all it could take is one look into the darkness to make us wonder if we're wrong.

233

00:20:48,280 --> 00:20:52,280

Over the centuries, Halloween has gone through more than a few changes.

234

00:20:52,280 --> 00:20:59,280

But should we really be scared on Halloween night? Could the mysterious legends and creepy stories be true?

235

00:20:59,280 --> 00:21:07,280

Or are those strange visions and ghostly creatures in the shadows really just trick or treat us after all?