

Reader's digest

JULY 2017

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Take A Journey
Back In Time**

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**Brain Revolution:
10 Ways To Ward
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**Eavesdropping
With Alexander
McCall Smith**

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EDITOR'S LETTER



WHAT DOES SUMMER MEAN TO YOU? Maybe it's reading your favourite book in the garden, eating ice cream with your grandchildren, or even going on a luxury holiday.

Whatever the activity, can you capture how it makes you feel in a photograph? That's the premise of our annual photography competition, launching again this month. Get your camera or smartphone, start snapping your summer days and you could win one of our fabulous prizes. Turn to p78 for more details.

Speaking of photographs, we have some great shots of animals from around the world on p90—including a charming one of an embarrassed-looking meerkat! From animals to people, on p28 we chat to model and television star Jo Wood about life, love and touring with The Rolling Stones, while on p20 we listen to music with author Alexander McCall Smith and hear all about his love for Scotland.

There's lots more in this issue, so I'll leave you to turn the page and enjoy. We look forward to seeing your photos!

Fiona Hicks

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Get your barbecue sizzling

Nothing says British summertime like a spot of rain and a defiant barbecue. Master the grill whatever the weather with our guides to hosting the perfect summer cookout. From mouth-watering veggie burgers to temptingly tender pulled pork, there's something for every taste and occasion. Explore all our tips and recipes at readersdigest.co.uk/BBQ

Serve something special

Wimbledon kicks off on July 3—and what better excuse to whip up some strawberry delights?

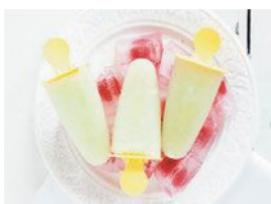
You'll find ten tasty strawberry recipes at readersdigest.co.uk/

strawberries, including these extra fruity jam tarts. Just make sure your mouth's not too full to cheer on Andy Murray! ■



ICE, ICE BABY: TREATS TO COOL YOU DOWN

These deliciously simple homemade treats are sure to keep the whole family happy.



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Over to You

LETTERS ON THE MAY ISSUE

We pay £50 for Letter of the Month and £30 for all others

★ LETTER OF THE MONTH...

Well, *Reader's Digest*, you've come a long way since I last picked up a copy. (How many years ago that was, I couldn't tell you. Maybe 20!) I bought a copy at Heathrow while waiting for a plane, bored with all the "quick read" magazines that are full of twaddle.

I've been so very impressed with its content. It's just bursting with great articles, and at the moment I'm trying the "Beat the Cartoonist" competition. My friends enjoyed it in America and I just had to bring it back—I felt I couldn't part with it. The "Brain Teasers" kept me thoroughly engrossed on the plane; the chap sitting next to me joined in and we solved the puzzles together.

I can't wait for next month's edition—I'm a convert!

JANICE REYNOLDS, Devon

TECH ADDICT

Your article "The Low-Down on High-Tech Health" made me smile, as it was very relevant to me. I had every app and gadget going for health and fitness. I also owned a fitness tracker, which I duly clipped onto my clothing every day. I kept logs and charts. All this didn't actually make me exercise

any more or eat any less. In truth, I was just addicted to tech.

I've recently weened myself away from the tracking and logging because it had become a chore. Now I enjoy running without knowing time or distance—I'm happier, fitter and feel healthier. I've even lost half a stone.

MARY SMITH, Leicestershire

PUZZLE: HONEYCOMB
Challenge yourself by solving these puzzles and brain-teasers, then check your answers on page 86.

PUZZLE FEATURES:
The larger diagram below represents a beehive. The question is: How many hexagonal cells are there in the beehive? (Note: the visible hexes are four vertical geodes and one underneath from another line.) A shaded royal jelly cell is shown in the middle of the diagram. How many other royal jelly cells are there in the beehive? (Note: the visible ones are three of their right lines, looking ahead of them as others in the top-right corner are hidden behind the royal jelly cell.) How many other bees are there in the beehive? (Note: the visible ones lying in this direction, but see the shaded cells.) Where is the queen?

PUZZLE: SHAPES
Challenge yourself by solving these puzzles and brain-teasers, then check your answers on page 86.

PUZZLE: HEIGHTS
The numbers in the diagram represent the heights of the columns in the sequence. The differences in the heights are such that you can only move horizontally between adjacent columns. You can move vertically between adjacent columns, but not from one only one level apart (e.g. from a 3 you can move to a 2 or a 4, but not a 1 or a 5). You can move up two levels, but only once. How will you get from the 1 to the 7?

PUZZLE: LETTERS
Replace each letter in the word below with a single digit or letter, so that no two digits or letters are repeated. If you make a mistake, start again. If you get stuck, take a break and come back to it later. When finished, add up all the digits in the word.

A	B	C	D
ABC	ABC	2017	

BLAND OLD BEETROOT

I agree with Roy Hudd's sentiment in "If I Ruled the World" that beetroot is a boring and tasteless vegetable.

Possibly my opinion is somewhat influenced by unpleasant memories of the Second World War, when often the only food to be bought at many railway station buffets was a beetroot sandwich—with no butter. These were generally consumed through hunger rather than through choice!

SHEILA CHISNALL, *Devon*

THE DRIVING DEBATE

I was fascinated by "Driving to the Future" and the description of the race between car manufacturers to create fully driverless vehicles. Anything that reduces accidents caused by driver error can only be a positive thing.

That said, fully driverless cars could become obsolete even before they make it into mass production. In Dubai, a drone carrying a single person will begin regular operations this summer. The passenger will select a destination from a touchscreen, and the drone—flying at 100 miles per hour—will do the rest.

Before pensioners like myself get too excited at the prospect of buzzing through the air like swarms of

geriatric wasps, it's worth remembering that, statistically, we're not very good with touchscreens. There's a very fine line between a trip to the supermarket, and a violation of Russian airspace.

Perhaps we'd better stick to rubber on tarmac! DAVID BENNETT, *Staffordshire*

The speed at which technology is developing is frightening and the ultimate aim of fully autonomous cars, described in "Driving to the Future", is very disappointing. Many motorists take pride in their driving—and depriving them of what they enjoy would be an injustice.

Surely there are other ways in which the large percentage of human-error road accidents can be avoided? Why don't the authorities introduce repeat driving tests at regular intervals for everyone licensed to drive and ban them immediately if they don't come up to scratch? Perhaps car manufacturers could include more anti-speeding equipment as standard.

I can honestly say that in almost 50 years of driving, I've never been involved in an accident. I put this down to successful driving courses and being patient and considerate towards other road-users.

PETER FITZPATRICK, *Lancashire*



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SEE THE WORLD

Turn the page ➔



PHOTOS: © BARCROFT MEDIA VIA GETTY IMAGES

...DIFFERENTLY

These South African bees were caught taking a little break. During a record drought, photographer Derek Turner discovered these otherwise very diligent workers drinking from a bird bath in his own garden.

When temperatures run high, bees apply a thin film of water to their honeycombs, which evaporates, supplying necessary cooling to their hives.



Somewhat surprisingly, tech-lover and all-round gadget guru **Olly Mann** is seeking disconnection

The Perils Of Free Roaming



Olly Mann
is a writer,
radio presenter
and serial
podcaster, with
shows including
Answer Me
This!, The
Media Podcast
and The
Modern Mann

€ ROAMING CHARGES ACROSS THE EU HAVE BEEN SCRAPPED. So whether you intend to spend your summer sailing round the Cote d'Azur, or bar-crawling in Benidorm, you won't be charged extra for boastfully texting your colleagues the video evidence.

On one level, this is wonderful news. It was patently absurd that previously, if you simply forgot to swipe off your roaming settings on the outbound flight, you could plausibly return from your package holiday with not only that souvenir paella fridge magnet and presentation pack of flavoured mustard, but also a £100-plus bill from your phone network, just because you tried (and probably failed) to download a *Star Wars* movie while enduring a hotel covers band.

But I can't help feeling a little sad about it. Yet another previously unconnected place—my summer holiday—is joining the London Underground, the BBC's basement canteen and my grandma's maisonette in the list of locales where I never expected to be able to check my Facebook, and am now a little disorientated that I can.

PLANES WILL PROBABLY BE THE NEXT FRONTIER but, as most of the airlines I fly seem to charge passengers at least seven quid for a Coke and a bag of pretzels, it seems unlikely they're going to make wi-fi affordable any time soon. Good. At least at 35,000 feet there will remain some respite.



ILLUSTRATION BY DANNY ALLISON

You may be surprised—considering I'm the technology columnist for this very publication—that I have such Luddite tendencies. But, look: my desire to be occasionally

disconnected from the constantly updating, hyper-coloured, dizzyingly infinite world wide web isn't the same as disliking the devices that deliver the drug. I cherish the curved contours of every gadget that graces

my inside pocket. I envy the screens and the sounds and the digits and the dongles. But sometimes, I just want a break from all that content. I just want to read a book. Or talk. Or look at stuff in front of me.

No doubt I'll discover many mouth-watering opportunities to make use of my discounted data as I bounce around Barcelona this summer—from seeking out the top nearby restaurants on TripAdvisor, to summoning up an Uber to take me to my hotel. But there will now also be, ever-present in my pocket, the ping-ping-ping of the social media timeline, the relentless barrage of promotional emails and attention-grabbing headlines from the 24-hour news cycle. That won't feel much like a holiday, will it?

I'm aware that, just for the duration of my fortnight in the sun, I could choose to silence my notifications, avoid certain brain-draining apps and only use the functions on my phone that I really require. But the apps I'm addicted to, I'm addicted to for a reason: they're fun. And if they're available, right in my pocket all the time, I'll want to look at them. And share photos with

them. And buy stuff with them. Even as I comprehend that while I'm doing that, I may not exactly be relaxing and benefiting from the true mental rest that a vacation can provide, it will prove hard to resist.

THIS IS WHY I don't own a smartwatch, even though, judging by my usual enthusiasm for new

technology, I should be on my fourth or fifth one by now. I've reviewed a few samples for this magazine, and can certainly see the appeal of connected wristwear for certain lifestyles—a friend of mine who cycles everywhere, for instance, says his Apple Watch is a godsend while out on the roads. But, personally, I just don't want another way of being wrapped up in the virtual world: I already have my

desktop, my laptop, my smartphone and my tablet for that.

I'm already one of those unfortunates who feels compelled to use my every moment of downtime to check in online—consulting my Twitter feed while queueing for a coffee, for instance. I really feel repelled by the concept of actually appending the internet to my body as well. (Instead, I wear my dad's trusty

“

I'm already one of those unfortunates who feels compelled to use my every moment of downtime to check in online

—

leather-and-silver Swiss timepiece. Literally the watch he died in. It makes me feel grown-up and manly and reminds me of him. It also tells me the time. Magnificently.)

The nuclear option, I guess, is to leave my phone at home. This is simply not going to happen. It's not just my phone and web portal, after all: these days, it's also my camera, my camcorder, my map, my diary, alarm clock and my in-flight entertainment system.

So, I only have two hopes for true escape. One, that in the forthcoming Brexit negotiations we Brits lose the right to free data, and start paying over-the-odds for our phone use once again—like the proud, upright global citizens that we are. Or two, which is perhaps more generous to my fellow UK travellers: I always travel long-haul in the future. In the US, for instance, data can still cost up to £190 per day. What a deterrent! Absolute heaven. ■



HIGHBROW JOKES

Do you get them all?

**What does a dyslexic, agnostic insomniac spend most of his time doing?
Staying up all night wondering if there really is a dog.**

Why did the chicken cross the Möbius strip?
To get to the same side.

**It's not easy being a self-made man...
...unless you have an Oedipus complex and a time machine.**

Helium walks into a bar and orders a beer.
The bartender says, "Sorry, we don't serve noble gases in here."
He doesn't react.

**Did you hear about the man who was cooled to absolute zero?
He's OK now.**

You're mother is so classless, she could be a Marxist utopia.

**There are two types of people in this world.
Those that can extrapolate to find missing information.**

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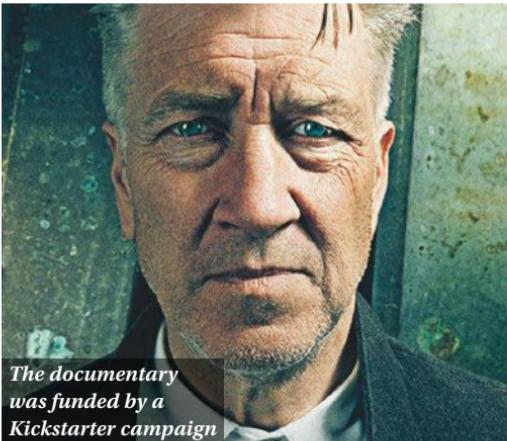
BY EVA MACKEVIC

Movie
of the
Month

■ DOCUMENTARY: **DAVID LYNCH:**

THE ART LIFE Known for his surrealism and nightmarish narratives, David Lynch is the mastermind behind such cult hits as *Blue Velvet*, *Twin Peaks* and *Mulholland Drive*, and one of the most original filmmakers working today. Yet this intimate look at his upbringing offers a completely different version of the director—one that might surprise many. A happy kid from a small suburban town who loved to hang out with friends, got along with his parents and, well... just couldn't be more normal. In a curious paradox, this workaday portrayal of his youth is the secret weapon behind *The Art Life*, as it will leave you obsessively guessing where Lynch's mad creative genius came from.

■ ACTION: **DUNKIRK** Triple-Oscar-nominated "blockbuster auteur" Christopher Nolan returns with an intense, star-studded war movie about the evacuation of Allied soldiers from the French city of Dunkirk before Nazi forces took hold. Starring Tom Hardy, Mark Rylance, Cillian Murphy and Kenneth Branagh, and featuring a stunning score by Oscar-winning composer Hans Zimmer.



The documentary was funded by a Kickstarter campaign

■ DRAMA: **THE BEGUILED**

In the midst of the Civil War, a wounded Union soldier turns up at an isolated girls' school. The women take him in and tend to his wounds but, as they become smitten with the man, rivalry and sexual tension rise to dangerous levels. It's a smouldering, seductive take on the rough-edged 1970s original, with an added layer of Sophia Coppola's dream-like aesthetic. Virtuosos Nicole Kidman and Colin Farrell are at the top of their game.





■ COMEDY: THE HOUSE How far would you go to ensure your child gets a good education? Parents Scott and Kate (played by comedy giants Will Ferrell and Amy Poehler) will stop at nothing. So much so that after losing their college fund, they open an illegal casino in the basement of their house to earn some money so their daughter can go to school. If the story sounds superficial, that's because it is—but you can expect some great gags and zany characters.

■ SCI-FI: WAR FOR THE PLANET OF THE APES

The epic third chapter of the critically acclaimed blockbuster franchise, starring Woody Harrelson and Andy Serkis. Following the events of *Dawn of the Planet of the Apes*, Caesar and the apes are in the middle of a savage war with the humans. When the apes suffer heavy losses, Caesar resolves to avenge his kind and goes head to head against the cold-blooded human leader, Colonel. The brutal battle will decide the fate of both species—and the future of the planet.



On Your Radar Janice Reynolds, retired registered nurse

WATCHING: *Border Patrol*

I know this sounds strange, but I'm amazed at what people try to bring into the country!



READING: *Always the Children* by Anne Watts

This nurse's memoir is a captivating account of working to triumph over cruelty and despair.

ONLINE: Competition sites

I enjoy these even though it's really difficult to win anything online nowadays—gone are the days of "slogan writing".

LISTENING: Classic FM

I just love classical music and I listen to it from early morning until I put the radio off at night.

Fancy appearing in this section? Send your current cultural favourites, along with short descriptions, to readersletters@readersdigest.co.uk

Music

BY EVA MACKEVIC

Every Valley by Public Service Broadcasting

What do old public-information films, pulsating electronica and Richard Burton all have in common? Why, the latest Public Service Broadcasting album, of course! The off-kilter London duo return with what might be their most politically charged, ambitious record to date, which shines a light on the industrial decline and the abandoned, disenfranchised communities across the Western world, with a special emphasis on coal mining communities in South Wales.

In typical PSB fashion, *Every Valley* is sample heaven, featuring peculiar audio morsels such as extracts from Welsh poems, kitsch recruitment ads for coal mining and various quotes, including the regal voice of the world's most famous son of a coal miner, Richard Burton. The words are set to tempestuous, rhythmically exciting soundscapes, resulting in a sophisticated, intellectually stirring listening experience. One to be remembered!

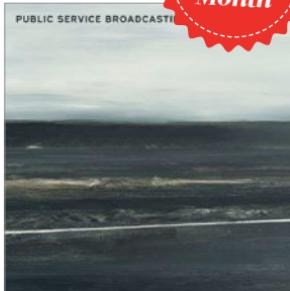
Key tracks: "All Out", "Every Valley", "You + Me"



LIKE THIS? YOU MAY ALSO LIKE...

Endtroducing..... by DJ Shadow

Speaking of sampling, DJ Shadow's seminal 1996 record is a must when tracing back the origins of the technique. Its pervasive use of sampling made it one of the most innovative albums of the 90s and influenced artists such as PSB.



Album
of the
Month



On Our Radar

Sunderland International Airshow, July

21-23. A weekend of stunning aerial acrobatics, classic aircraft and seaside fun. Visit sunderland.gov.uk for details.

Cambridge Folk Festival, July

27-30. Enjoy some of the greatest folk music on Earth in the gorgeous Cherry Hinton Hall. Visit cambridgelivetrust.co.uk for details.

Thai Festival in Bristol, July 29-30.

Explore the colourful Thai culture through food, live music, costume parades and more. Visit visitbristol.co.uk for details. ■



“It’s Very Easy to Love Scotland”



Alexander McCall Smith
speaks to **Anna Walker** about
pigs, music and Scotland's
heart-stopping beauty

CONVERSATIONS WITH ALEXANDER MCCALL SMITH COME WITH A SOUNDTRACK.

Instructions to listen to this or that composer are followed by quiet moments of reverie as the author recalls his favourite refrains. It's all so dignified you daren't interrupt.

"Do you know the piece? Oh, it's lovely! I'm going to play it on my iPad while we're talking. Just a few bars. I promise I won't inflict the whole thing on you."

He's talking about "Soave Sia Il Vento", Mozart's trio from the Italian opera, *Cosi Fan Tutte*. It's the piece, Alexander tells me, that he listens to each time he begins a new chapter in the *Sunday Philosophy Club* series. It obviously does the trick, as he's recently published the eleventh instalment.

"I think it's the most beautiful piece of music ever composed," he muses after a few moments pass, just enjoying the music.

"The words are so beautifully moving: 'May the breeze that takes you on your journey be a gentle one, and may all your desires be fulfilled.' Isn't that nice? To say that to someone about to go off on a journey is a lovely thought."

A lovely thought indeed, but a tangential one. Alexander, much like Isabel, the heroine of *A Distant View of Everything* (his latest *Sunday*

Philosophy Club novel) excels at tangents.

"I would have loved to be a pig farmer, but alas it was never given to me to be that. They're such intelligent creatures. We have a house up in the Highlands and I got involved in a little pig project in Morvern, Argyle. The difficulty is that it's impossible to keep them as a farming enterprise on such a small scale."

Pig rearing is just one of many eccentric hobbies, including a taste for Belgian shoes and his founding membership of the "Really Terrible Orchestra", in which Alexander plays the bassoon. It's a wonder that he finds the time,

amid a routine that sees him write at a formidable rate of 1,000 words an hour. Is it necessary, he ponders, to live an interesting life in order to write interesting fiction?

"I don't think you have to be Ernest Hemingway and go deep-sea fishing and bullfighting, but it's very important to be involved in the world and in people in particular."

I don't think you have to be Ernest Hemingway, but it's important to be involved in the world and in people



"Now, what I really love," his voice lowers conspiratorially, "is listening in—discreetly of course—to other people's conversations. The trouble with mobile phones is that you only hear what one side is saying. I think, instead of a silent carriage, they should have train coaches where if you're going to make a call, you have

*Playing with the
"Really Terrible
Orchestra"*

to plug your phone into the system so it broadcasts both sides of the conversation." He explodes

into a warm, full-bodied laugh.

"I think that's a very practical suggestion that should be taken up by somebody!" That last bit is spoken louder than the rest, as if imagining tiny National Rail representatives hidden in the walls.

The No. 1 Ladies' Detective Agency series has sold over 20 million copies



It's a suggestion born of experience—Alexander has spent a great deal of time travelling. Born and raised in Bulawayo, Zimbabwe (then the British colony of Southern Rhodesia), he moved to Scotland as a young man to study law, eventually gaining his PhD there. Lecturing stints in Belfast and Botswana followed, and even after settling down in Edinburgh with his wife Elizabeth in 1984, the duty to promote his (now over 80) novels still sees him fly across the world on a regular basis.

No matter how far he strays, however, it seems Scotland will always have his heart.

"Scotland is a particularly beautiful country and I think that

beauty is sometimes heart-stopping. Certainly it has difficult a history, but it's a poetic, engaging place. It's very easy to feel strongly about Scotland."

Scottish politics, however, the author won't be drawn on. "I tend not to get involved in the public discussion of political issues. I feel that my role as a writer is separate from that. I don't think another referendum would change my approach to writing about Scotland at all."

Alexander would rather talk about the way the place makes him *feel* than the rules that govern it. "If you happen to like pipe music and you hear a piece such as "Mist Covered Mountains"—which is a gorgeous pipe tune—then the spine tingles.

I do think that Scotland evokes complex emotions."

"**DO YOU HAVE SPOTIFY?**" he asks, keenly. Another tangent. "The Penguin Café Orchestra. Put that one on your list as well. Sometimes I play that when I'm writing the *Scotland Street* books. It's unbelievably beautiful, but difficult to place musically. Spotify is the most wonderful celestial jukebox isn't it?"

Generous with his time and his tastes, Alexander seems as attune to small acts of kindness as the protagonist of his latest novel. "Isobel is in a very comfortable financial position and she sometimes feels embarrassed by it, but she's got a very strong sense of duty to others," he explains.

"The question of how far one needs to go in helping other people, is a day-to-day issue for most of us. To what extent do we have a duty to our friends, for example? And what is the extent of one's moral duty to others in the world, who are worse off than oneself? What does one do about beggars in the street and so on? All of these questions are actually quite difficult," he sighs.

One suspects that the highly

successful *Sunday Philosophy Club* series is Alexander's own forum for mulling these things over. "I suppose the world has always been troubled but the last few years we've been very conscious of the fact that people are knocking on our doors, and that there are people not far away who are in desperate straits."

"What the internet and other forms of modern communication have done is brought it home that there are great differences in material good fortune. If you're living in a remote village in India, or perhaps sub-Saharan Africa, and you can get images of a life of ease and material plenty elsewhere then that's obviously going to have certain consequences."

Africa, particularly Southern Africa, has played a central role to Alexander's oeuvre. Botswana, where the author co-founded the country's first university in 1982, formed the backdrop for his most popular series, *The No. 1 Ladies' Detective Agency*.

Spanning 17 novels, the series has now sold over 20 million copies worldwide, and cemented its success with adaptations for both Radio 4 and a BBC/HBO television series, the latter of which was produced by celebrated filmmaker Richard Curtis.

“

***Scotland is a
particularly
beautiful country
and I think that
beauty is
sometimes
heart-stopping***

—

It's no understatement to say that readers love these characters. And it's not an affection that Alexander takes lightly.

"People invest in the characters and sometimes they live their lives in the company of the characters. We're often sent mail telling us that Mma Precious Ramotswe [the fictional founder of the detective agency] has been with them through difficult experiences, such as chemotherapy.

"It's very, very touching and we take it very seriously. I've had people saying things like, 'I read this book with my dying husband and it was the last thing we read together.' And you then feel a great sense of responsibility, and so you can't let anything happen to your characters that would cause undue distress in the minds of the readers. Not that one slavishly observes what the readers

want, but you have to be aware of it."

He confesses that his respect for his readers has at times caused him to lament a creative decision. "I sometimes realise that I haven't conveyed things properly, or that I've written something which, on reflection, I might wish to write differently. You become very aware of how people can get quite emotional about fictional characters."

There's another brief, quiet sigh. "You know, I sometimes feel that these interviews are a free form of psychotherapy."

He pauses, silent again, until that mischievous laugh bubbles back to the surface. "Where should I send the cheque?" ■

Alexander's *A Distant View of Everything* (Little Brown, £18.99) is out now.



HAPPY GO LUCKY

These photos prove that quokkas are the world's smelliest animal:



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Jo Wood, 62, is a model and television star and the former wife of The Rolling Stones' guitarist Ronnie Wood. She launched her award-winning cosmetics range Jo Wood Organics in 2005

Jo Wood “I Remember”

...MY GRANDMOTHER STAYED WITH US AND SHARED MY ROOM.

Once, when I was about two, I woke up in the night because I was dreaming about pigs. I got really scared, but it turned out it was just my grandmother snoring.

...MY FATHER WAS AN ARCHITECTURAL MODEL MAKER.

He worked for the council and so he was given a council house in Basildon. I lived there with my mum and dad and my brothers till I was nine and then we moved to Benfleet, a few miles down the road, to an old vicarage that my parents renovated.

I loved that house—it was such a wonderful adventure, moving from a council house into this big, castle-like house. A vicar was buried underneath the slab near the front doorstep. I used to jump over that step, as I didn't want to tread on him.

...MY MUM AND DAD DIGGING UP THE GARDEN AND COMING ACROSS THIS GREAT BIG STONE.

Dad opened it up and it was a really old well. He built a wall around it and we had a bucket that could go down in it. It was magical time in that house; I lived there till I was 16 and then moved up to London.



Jo pictured at Château de Pizay, Lyon, France in 2015; (right) she remembers a "magical" childhood

...I HATED SCHOOL.

I absolutely hated it with a passion and used to count the years until I'd be able to leave. I used to think it was never-ending. I couldn't be bothered with it as, apart from learning to read and count, I knew I didn't need it. I loved art—both my parents were artistic—but I always felt I had the wrong teacher. I just couldn't be bothered to work.





Although she had a high IQ, Jo hated school and used to play truant

My parents were very worried about me. They thought I had some mental problem, but it was just that I found it uninspiring and boring. When I was about ten, they took me to have an IQ test done and I came in the top 20 in Essex. Then they were really confused and thought, *What the hell is going on?*

...MY FRIEND DYMPNA AND I USED TO BUNK OFF SCHOOL.
We'd chat up the boys from the other school. I'm still in touch with her.

I remember us trying to open a train door on the way to school. I don't know why we did it, but it flew open and nearly pulled me and Dymps out with it because it was going so fast. We got really told off at the station but we had a lucky escape.

...SEEING TWIGGY IN A MAGAZINE.

I absolutely wanted to be a model. I remember my auntie Lily and her daughter were there—I was going on about Twiggy, Twiggy, Twiggy, and they were looking at me like I was mad.

I went up to the bathroom, got my mum's make-up and copied Twiggy's look. I was about 14. I came downstairs with these big black eyes and my Auntie Lily said, "My goodness, don't you look pretty?" And that was it—I was going to be a model.

...DRIVING MY PARENTS SO MAD

that for my birthday, they gave me a modelling course at the London Academy of Modelling. I learned how to do make-up, to work with the camera, walk on the catwalk—though I wasn't very good at that. I used to go on the train all by myself, at 14, from Benfleet to Fenchurch Street, walk to the tube stations and get to Green Park and then to the modelling school. Isn't that mad? But my parents let me do it.

I did a big modelling show at the end and I came second. My dad

“

**I went up to the bathroom,
got my mum's make-up
and copied Twiggy's look—
that was it, I was going
to be a model**

hated it—he said modelling was another name for prostitution.

**...MEETING MY FIRST HUSBAND
PETER GREENE JUST**

BEFORE I WAS 17. I met him when I did prêt-a-porter in Paris, and then bumped into him again in London. He took me for dinner. I wasn't quite 17 and he was 12 years older than me—unbelievable. Anyway, once we were engaged I moved in and then the next year we went on holiday to Vegas and we got married. We came back home and I told my mum, and she was so upset. I suppose she hoped that I was going to have a lovely wedding with a different kind of man. So, I had my son Jamie and then I left Peter when I was 20.

**...BEING AT A PARTY IN
LONDON WHERE I MET MY
NEXT HUSBAND-TO-BE.** My friend, Richard, and I went along. I thought I was going to

know everybody there, but there was everybody I *didn't* know there! And then I met Ronnie. It wasn't long—two weeks—before he took me to Paris, and we were together for 31 years.

...GOING ON TOUR. I loved that whole idea of going on an adventure. The first few tours I did, I don't recall much at all because it was so crazy. Then Mick [Jagger] and Ronnie fell out and there was a big gap, but we went on tour again in 1989. By that time, I'd settled down and everybody



She attended a modelling course in her teens



At a party in New York with Keith Richards, husband Ronnie and Mick Jagger; (below) Jo and Ronnie were married for 26 years before divorcing in 2009



was a lot better and it wasn't so crazy. They were fun times. It was like being put on a boat and going out to sea, seeing all these places.

...WHEN WE ARRIVED IN

BUENOS AIRES. The Stones had never played there but have a huge following—there were thousands and thousands of people waiting for them at the airport. We drove into Buenos Aires and the cars would just follow us. People were getting out of their windows, leaning their whole bodies out, just to try and touch the car as we were speeding along. It was very dangerous and so scary. And then, all night long—literally all night long—they stayed outside the hotel singing, "Olé, olé, olé."

...BEING ILL IN THE EARLY 1990S AND MEETING A HERBALIST CALLED GERALD GREEN.

He sat me down and said, "What do you eat?"

I thought he was mad. "What do you mean, what do I eat?"

He told me that it's what you put in your system that's so important. I understood that the chemicals in food, especially processed food,

“

I was so nervous during Strictly Come Dancing— I'd just come out of my marriage and hadn't done anything like that for years

can break down your natural immune system. Since I was misdiagnosed with Crohn's disease, I'd been on steroids. He weaned me off these and I started going mad for all things organic, preaching like a madwoman to everybody and buying all organic food.

I started to feel better but then one day I was really ill, and they rushed me to hospital. I had a perforated appendix—I'd had it the whole time and never had Crohn's disease.

They whipped that out and I've been an organic girl ever since. I think that if I hadn't cleaned out my system, I'd never have known what I was ill with.

...BEING TOLD THAT WHAT YOU EAT IS BROKEN DOWN BY YOUR DIGESTIVE SYSTEM. But what you put on your skin goes straight into your bloodstream, as it has no filter. So then I started getting obsessed with that, thinking, *Oh my God, what am I putting on my skin?*

My brother bought me a book with all sorts of recipes, so I started

making different face oils and labelling the bottles.

A girlfriend of mine said I should do it properly. Then one day everyone was out and I thought, *What am I doing? All I do is cook. I should do something for myself.* My mum always said, "It's important as you get older to have a hobby or something you're passionate about." I thought, *Right, this will be my project.*

...LOVING BEING ON STRICTLY COME DANCING IN 2009.

I absolutely loved it. It was very hard but more than that, I was so nervous. I'd just come out of my marriage and hadn't done anything like that for years. There I was, practising dance. I must have been mad.

Brendan Cole was my partner and I loved him. Even now when I hear that music it makes me nervous; it was a great experience.

...BEING IN A RUSH WITH MY LIFE WHEN MY CHILDREN WERE GROWING UP. As much as I love them, I didn't stop and take it all in like I do with my grandchildren. I've got ten grandchildren, aged from 17 to one. It's lovely because I can sit down and play with Lego, hang out and put on make-up, run round like a loony with the boys...I put my time aside just for them now. I look at their little faces and think, *Gosh they grow so quickly, I want to try and enjoy them.*

...GOING ON A PILGRIMAGE TO TIBET IN 2010. My friend Doris, who lives in LA, said, "For your birthday I've given you a three-day course with this mystic master called Sadhguru."

There are lots of people there and you get up at six o'clock in the morning, do yoga, meditate and listen to him talk. He's a fantastic man. He showed us a bit of film in which there were lots of people walking up Mount Kailash—a very spiritual mountain—and I thought, *I'd love to do that.*

So I did. At night, all the wild creatures were around the tent and there were strange lights in the sky—

it was so great. We walked and walked and saw yaks fighting. We tried yak tea. We didn't bathe or shower for three weeks. I saw people drop down because of altitude sickness but I was fine. It was an adventure and a half.

Sadhguru's philosophy in life is basically "be happy". What do you want in life? To be sad or happy? Be happy. So it's up to us to enjoy life or not enjoy life—to sort out problems and to deal with things or not. ■

As told to Joy Persaud

Jo is a brand ambassador for GOPO® Joint Health capsules. Visit gopo.co.uk for more details, including stockist information.

* * *

FOOD FAIL

Would you end a relationship over a culinary issue? These people did:

"She put the spoon into the sugar jar after stirring her coffee, leaving clumps of coffee sugar."

"She ate a chicken drumstick with a fork...and a steak with her hands."

"He pronounced the L in salmon."

"She poured her milk into the bowl first, then the cereal."

"He pronounced it 'cold slaw'."

"She always smelled like peanut butter even though she never ate it."

"He put ketchup on his chips by applying it to his hand first and then rubbing it all over the chips. Then he licked the ketchup off his hand."

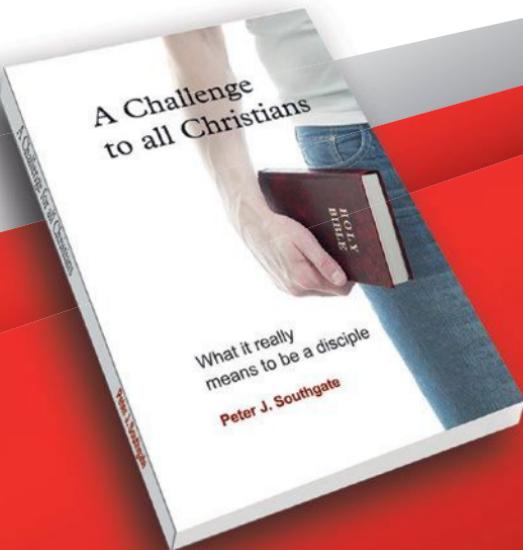
"She ate her peas one at a time. One at a time!"

SOURCE: THEPOKE.CO.UK

Christadelphians believe the Bible is the Word of God and outlines the great plan that God has for the world and individuals through the saving work of the Lord Jesus Christ.

It is sad to note, that in many areas the Bible's clear teaching has been altered in ways that render the true Christian message confusing and in some cases unintelligible.

This book *A Challenge to all Christians* asks the reader to seriously look at where they stand in relation to the message of Christianity as originally taught by the Lord Jesus. It is incumbent on all Christians to "earnestly contend for the faith which was once for all delivered to the saints" (Jude 3).



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Science now says we can power new
brain-cell connections, avoid Alzheimer's
and never lose sharpness



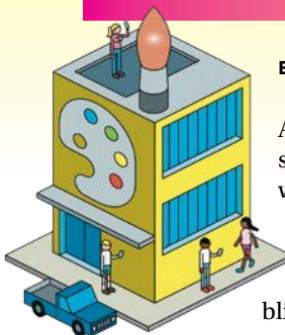
The Brain Health

Revol



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Genius Brain Habits



BY KIMBERLY HISS

A rich new area of science is analysing which healthy habits best keep your mind and memory blithely unaffected—even when a brain scan would reveal the inflammation, free-radical damage, and weakened synapse connections that often cause “senior” moments in the forties and beyond. Dr Kenneth Kosik, co-director of the Neuroscience Research Institute at the University of California, Santa Barbara, shares the most up-to-date research from these innovative labs.

Play games with your frontal lobe

Whenever you’re deliberating a chess move or bluffing at cards, you’re also giving the frontal lobe—the area of your brain that handles executive function—a workout.

“The frontal lobe is particularly vulnerable to degeneration and the effects of ageing,” says Kosik. According to a 2014 study, older adults who routinely worked on puzzles and played board games

had higher brain volume in the area responsible for cognitive functions, including memory, than those who didn’t play games.

Stay young with *saa, taa, naa and maa*

Dr Dharma Singh Khalsa, president and medical director of the Alzheimer’s Research and Prevention Foundation, has spent many years studying the meditative tradition called *Kirtan Kriya*. He’s found that daily 12-minute sessions of the practice can improve blood flow to the brain and possibly even increase levels of telomerase—an enzyme that slows cell ageing.

The practice is simple: while breathing deeply, chant the Sanskrit words *saa, taa, naa, maa* (which mean “my divine self”) while moving your thumb to touch your index, middle, ring, and pinkie fingers with each new sound. It may help to lift anxiety and fatigue.

Protect your mind from your heart

Scientists surveyed volunteers on seven familiar heart-health factors and tested their cognitive performance twice in eight years. The results found that the more heart-healthy

habits people had, the less cognitive decline they exhibited. A stronger cardiovascular system means a stronger pipeline of nutrients to the brain, says lead author Hannah Gardener. The seven heart-health ideals to strive for may be familiar (and if they seem overwhelming, Gardener points out that "each one helps"):

- *Not smoking (or quitting)*
- *Healthy body mass index (under 25)*
- *Physically active (for at least 150 minutes a week)*
- *Healthy total cholesterol (under 5 mmol/L)*
- *Healthy blood pressure (under 120/80 mmHg)*
- *Healthy blood sugar (under 6 mmol/L when fasting)*
- *Balanced diet (rich in fruits, vegetables and whole grains; low in sodium and sweets).*

Lift the quality of your white matter

As the brain ages, its white matter often develops small lesions because of disrupted blood flow, leading to impaired cognitive function and mobility. Researchers at the University of British Columbia wanted to determine whether strength training might offer protection. Women aged 65 to 75 who already had lesions were divided into three groups: once-a-week strength



trainers, twice-a-week strength trainers, and those who did other exercise. The results: women who strength trained twice a week showed significantly less progression of white matter lesions than the other two groups did. Key moves you can try at home (using soup cans for weight): bicep curls, tricep extensions, calf raises, mini squats, mini lunges and lunge walks; aim for 45 minutes a session.

Make moves directly against Alzheimer's

Exercise benefits the brain by improving vascular health—but newly published research suggests it also combats the chronic neuroinflammation observed in Alzheimer's, depression and other brain diseases. In such neurological conditions, the inflammation that normally clears tissue damage doesn't shut off and starts to interfere with communication between neurons.

Exercise has proven anti-inflammatory effects against diseases such as diabetes and rheumatoid arthritis, so that could be why it protects brain health as well, says assistant professor Jonathan Little in a review article in *Brain Research Bulletin*. "Any type of moderate-intensity exercise, such as walking, cycling and swimming, can have

anti-inflammatory effects," explains Little. Aim for about 30 minutes a day.

Get brain circuits singing

Listening to or playing music can activate the motor cortex (touching a piano key or guitar string), the auditory cortex (hearing the notes you make), and the emotional centre or limbic system (feeling moved by a beautiful passage). "Circuits and networks are stimulated by these activities, which help keep the brain healthy," says Kosik. Older adults who had at least ten years of musical experience did better on cognitive tests, according to a 2011 study.

Learn some lines

Learning lines for a production or an acting class engages the hippocampus, the temporal cortex

and the frontal lobe, says Kosik. In one study, those who went to acting classes twice a week for four weeks boosted their ability to remember words, numbers, and short stories. A follow-up study found they improved word fluency by 12 per cent and word recall by 19 per cent.

Draw out your neural connections

When you draw, paint or sculpt, you have to make spatial calculations and focus attention on details, Kosik says. Engaging in these activities helps protect octogenarians from mild cognitive impairment, according to a 2015 Mayo Clinic study.

Also, 60- and 70-year-old art-class participants boosted scores on psychological resilience tests; MRI images showed their synapses had formed new connections.

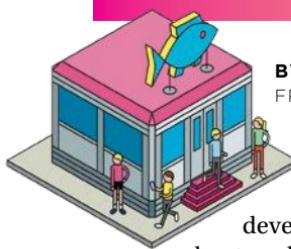
A Genius Eating Plan

BY ALEX MLYNEK
FROM BEST HEALTH

Scientific efforts to develop a new eating plan to substantially reduce Alzheimer's risk may be working. Researchers at Rush University Medical Centre in Chicago developed

the MIND diet over a two-year period. They took elements of two proven heart-healthy regimens—the Mediterranean diet and the blood-pressure-slashing DASH diet. Then they consulted the latest human and animal nutrition studies and tailored a combination designed to boost brain health.

Finally they tested the eating plan



on 960 volunteers over four and a half years. The MIND diet reduced the risk of Alzheimer's by 53 per cent among those who followed the plan strictly and by 35 per cent for those who followed it moderately well, according to research published in

Alzheimer's & Dementia: The Journal of the Alzheimer's Association.

The brain-boosting benefits come down to two general principles: limit foods that are high in saturated fats and calories but have

low nutritional value, and eat more foods that offer nutrients that help your brain, says Martha Clare Morris, the plan's chief creator and the director of nutrition and nutritional epidemiology at Rush.

"The top nutrients are vitamin E; B vitamins; omega-3s; some of the carotenoids, lutein in particular; and flavonoids," she explains. Below are the ten foods to eat and five foods to limit every week, which make up the core of the MIND diet.



Do eat ...

- Six or more servings of leafy green vegetables every week. (That's almost a salad a day.)
- At least one serving of another vegetable every day.
- More than two servings of berries every week.
- More than five servings of nuts every week. (Try them as a daily snack.)
- Extra-virgin olive oil instead of butter

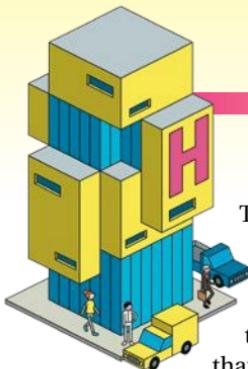
and as your primary cooking oil.

- More than three servings of whole grains every day.
- Fish that hasn't been fried for at least one meal every week.
- Beans for more than three meals every week (that is, eat beans roughly every other day).
- Poultry for more than two meals every week.
- A glass of wine every day (though Morris says there's no need to drink
- this if you choose to avoid alcohol).

Do limit ...

- Butter to one tablespoon every day.
- Cheese to less than one serving every week.
- Red meat to fewer than four meals every week.
- Fried foods and fast food to less than one serving every week.
- Sweets and pastries to fewer than five servings every week.

Genius Medical Advance Stories



BY KIMBERLY HISS

The world's most prominent brain researchers are on a quest not only to cure the scourges that steal our minds—but also to understand the very fibres of our humanity, housed in the grey matter behind the once (but no longer) impenetrable fortresses of our skulls. Here are some of their discoveries.

The Holy Grail of Alzheimer's research

Dr Andres Lozano can pinpoint the moment that he stumbled upon a therapy to potentially reverse Alzheimer's disease. In 2003, when Lozano, the chair of the division of neurosurgery at the University of Toronto, placed electrodes in the brain of an obese patient with the hope of controlling his appetite, the patient experienced a vivid memory of a trip to a park with a girlfriend decades earlier. Over the next month, the patient's memory improved tremendously as Lozano continued deep brain stimulation

(DBS) via electrodes controlled by a remote pacemaker. The odd side effect prompted Lozano to ask a game-changing question: what if this chance observation could lead to a new therapy for Alzheimer's?

Lozano is now conducting a phase-two trial in 42 adults who have a mild form of the disease. In Alzheimer's, abnormal protein deposits are thought to disable certain circuits, creating "blackout" areas that have stopped burning glucose—the fuel of the brain. The theory: stimulating the fornix, a key area for memory, will re-establish power to shut-down circuits. So far, Lozano's work indicates it's possible to get these blackout spots to use glucose again, suggesting the areas could resume their function.

"We want to find out if we can put the brakes on the progression of the illness," Lozano says. "We're getting to the very core of what the brain does. It might mean hanging on to a parent longer or not needing to send a loved one to a nursing home."

A miracle treatment for stroke

Few medical conditions strike faster and with more finality than the brain

death caused by stroke. But a new procedure has had such success that hospitals around the world are changing their protocols.

Normally, large-vessel strokes—big clots in big arteries that jeopardise blood flow to huge brain territories—are deadly. Existing blood-thinning medications aren't effective at dissolving large clots.

But this treatment vacuum was recently flooded with five major clinical trials demonstrating the effectiveness of mechanical thrombectomy, in which a catheter is threaded through an artery in the groin and up to the blockage in the brain, where a stent pulls the clot from the vessel.

"This is the penicillin era in stroke treatment," explains Dr Alexander Khalessi, vice chairman of clinical affairs in the department of neurosurgery at UC San Diego Health. The chance of a full recovery from a large-vessel stroke goes down each minute it's left untreated; with mechanical thrombectomy, that number soars to above 60 per cent if treatment is started within six hours.

"Patients go from literally dying to going home to their families," says Khalessi, adding, "it's about as miraculous a thing as you can encounter in medicine."

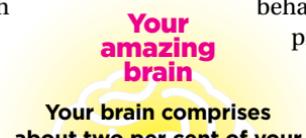
Creating calm with healthy belly bugs

When Stephen Collins received his first clue that the bacteria found naturally in our intestines might affect anxiety, he dismissed it. Lab techs reported that the mice on antibiotics were acting strangely, and Collins, the director of the Farncombe Family Digestive Health Research Institute in the US, thought nearby construction must be upsetting the animals. It was only after a repeat experiment produced the same anxious

behaviours—and animals on probiotics seemed calmer—that Collins realised he might have uncovered a key to mood disorders.

Since then, Collins's investigations have continually found that altering rodents' gut microbiota can change mood and behaviour. For example, mice raised "germ-free" showed abnormally hyperactive behaviours that calmed down after they were colonised with bacteria from healthy mice; and if the gut bacteria of normal mice were perturbed through prolonged antibiotic use, the mice became anxious.

Collins cautions that it's too early to eschew antibiotics. But research on humans has bolstered the connection, and Collins is now studying whether bacteria can soothe depression in patients with IBS. ■



Your amazing brain

Your brain comprises about two per cent of your weight but uses 20 per cent of the body's blood, oxygen and glucose

From the book *Transcend* by Ray Kurtzweil and Terry Grossman, MD (Rodale, Inc.)

Let The Silence Speak

BY SUSANNAH HICKLING



Susannah is twice winner of the Guild of Health Writers Best Consumer Magazine Health Feature

noise pollution is the scourge of our age. Not only is it hard on the ear, it can lead to problems such as high blood pressure, heart attacks, insomnia and anxiety—which is why we all need a few simple ways to find calm amid the cacophony of our everyday lives.

TAKE A BREAK FROM SOCIAL MEDIA. Phones, tablets, laptops—we're surrounded by constant interaction. It keeps us awake at night and gets us wound up. If you can't uninstall Facebook for a few weeks or come off Twitter, try turning your phone off for an hour a day and have a cup of tea instead.

LISTEN MORE. We often feel the need to chat and fill the silences. But focus instead on listening to what other people say. Give them your full attention and maintain eye contact.

TRAVEL SOLO. It can be stressful going on holiday with other people. Sometimes going somewhere on your own can be a liberating experience, because you won't be beholden to anyone else.

TURN DOWN THE VOLUME. Don't turn on the radio when you're driving. Make your car a haven of peace and quiet. It will give you a chance to reflect on anything that's on your mind.



MEDITATE. A 2005 study by Elisha Goldstein, a Los Angeles-based psychologist, found that sitting in silence and solitude for five minutes a day, five days a week for three weeks brought a significant reduction in stress.

WALK A MAZE. Believe it or not, following the single winding pathway to the centre of a labyrinth and out again can help you de-stress. It makes a great day out too. There are some amazing mazes in the UK—from Longleat in Wiltshire to Leeds Castle in Kent, via Chatsworth in Derbyshire.

GO FOR A WALK IN THE WOODS. Summer is here, so what are we waiting for? It's the perfect time to enjoy some forest therapy.

QUACK QUESTION

Q Which is better for you, bagged or loose salad?

A **Loose.** While the moist environment of a sealed bag preserves the leaves' freshness, scientists at the University of Leicester found that bacteria such as salmonella proliferated alarmingly, even in the fridge. Juice from damaged leaves caused a massive spurt in the growth of bugs, which were also nigh-on impossible to wash off. The advice is to eat ready-prepared salad on the day you buy it if you want to cut your chances of picking up a dose of food poisoning.



SAMARITANS: CAN THEY HELP YOU?

The answer is yes and they're available 24/7. You don't have to be suicidal, just in need of a non-judgemental sympathetic ear. And it's free to call. Ring the Samaritans on 116 123. You can also email or go to your local branch. Visit samaritans.org for more information.

The Ultimate Road Trip Guide

How to cope with car sickness:

STARE AT THE HORIZON. This simple strategy is also one of the best. Just fix your gaze on something static—such as a building, some hills or the horizon.

BE THE DRIVER—or if you can't, sit next to the driver. When you're up front, you can see what's ahead.

KEEP THE CAR COOL. Being too hot will make you feel worse. Open the window and get some air.

DON'T BE THE MAP READER. But if you can't avoid it, bring the map up to eye level, and look away often.

TAKE A NAP. Close your eyes and try to sleep. Using a pillow or a headrest to keep your head still should help.



STAY HYDRATED. Don't drink alcohol before or during the journey but make sure you drink plenty of water. Being dehydrated will make your nausea worse.

STOCK UP ON SNACKS. Pack mints, chewing gum, ginger tea, sweets or plain crackers. Munch on these when you begin to feel queasy.

BUSTED!

Underwired bras cause breast cancer—true or false? False! The idea that they can block lymphatic drainage and increase your chance of getting cancer has been debunked. A much bigger danger is weight gain. One study found that women who put on weight after the age of 18 had an up to 50 per cent higher risk of breast cancer than women whose weight remained stable.

Feeling tired?

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Perfect for those leading hectic lives. Wellwoman Energy makes a great tasting, refreshing drink with vitamins B6 and B12, magnesium and iron which contribute to normal energy release and help to reduce tiredness and fatigue. The easy to carry effervescent tablets also include **vitamin C** and **zinc** which contribute to normal immune system function. Plus specialist nutrients including **Guarana extract** and **L-Carnitine**.

Available from Boots, Holland and Barrett and online at www.wellwoman.com



3 Fabulous Exercises To Do On The Move

Being seated for too long can lead to cramping, back pain, poor posture and even serious health risks. Regular activity will improve circulation and prevent muscle aches (just don't do them *while driving!*).

Seated side bend

- Sit tall, with hands behind your head and fingers clasped.
- Slowly bend to the right, all the while keeping your spine straight.
- Stretch to the left and repeat.

Seated ankle flexion/extension

- Sit tall with toes pointed upwards and heels on the floor.
- Push your toes into the floor and lift your heels at the same time. Hold for three seconds and repeat the exercise for a minute.

Raise the roof

- Sit tall, spine straight, abs engaged.
- Reach above your head with both arms and push your palms into the ceiling of the car.
- Hold for three seconds and release, bringing your arms to your sides. Repeat the exercise for a minute.

MEN'S HEALTH

HIS AND HERNIA

Some hernias are much more common in men than women. Here are a few facts about the condition:

Fact 1 A hernia is a lump that appears when an organ or tissue protrudes through a weak area of muscle or surrounding tissue.

Fact 2 There are different types of hernia but they usually occur somewhere between your chest and your hips. The most common type is an inguinal hernia, where a bit of intestine pokes through into your groin.

Fact 3 Men are also more likely to have epigastric hernias. This is when tissue protrudes through your abdomen above the navel.

Fact 4 Hernias are caused by a combination of muscle weakness and strain, but you can avoid one by quitting smoking (as a smoker's cough won't help your chances), treating your hay fever if you're a sufferer and eating plenty of fibre to prevent constipation.

Fact 5 You may be able to push the lump back in, but it's not a cure. Surgery is the only way to get rid of it, though not everyone needs an operation.

Fact 6 The sooner you seek help, the easier it is to treat. 



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THE NUTRITION CONNECTION

5 Steps To Glowing Skin

BY FIONA HICKS



Fiona studies Naturopathic Nutrition at the College of Naturopathic Medicine, and is a member of the Nutrition Society

WITH YOU CAN ENHANCE YOUR SKIN AT ANY AGE. Eating fresh, minimally processed foods is a good place to start—so each month, aim to consume the following:

ONE MEAL WITH OYSTERS. They're celebrated for being an aphrodisiac, but did you know oysters are also good for your skin? They're a rich source of zinc, which assists with cell repair and renewal—thus helping to maintain an even skin tone.

TWO SMALL BARS OF DARK CHOCOLATE. Cocoa is a powerful vasodilator. This means it facilitates a good blood supply, encouraging colour in your cheeks and soft,

BEST IN SEASON: AUBERGINE

Why eat it? The dark skin of the aubergine contains a special phytonutrient called nasunin. Initial studies show that this compound can protect cells in your brain from free-radical damage, contributing to better cognitive function.

How to cook it? For an easy vegetable side dish, roast cubed aubergine with sliced peppers, courgette, onion and garlic for 30–40 minutes at 180C.





healthy-looking skin all over your body. Chocolate bars can be full of sugar, though, which can cause skin to lose its elasticity. To reap the dermal rewards without the sugary fallout, train your taste buds to like dark chocolate made with 85 per cent cocoa solids or higher.

THREE SWEET POTATOES—JUST NOT IN ONE SITTING! These are brimming with carotenoids, which are converted into vitamin A in your body. Countless studies demonstrate the beneficial effects of vitamin A on skin, from erasing age spots to smoothing out rough textures. It's easier for your body to absorb vitamin A when it's eaten with fat, so try drizzling a little olive oil on your sweet potato.

FOUR SERVINGS OF BRUSSEL SPROUTS.

These are a rich source of alpha lipoic acid—a powerful antioxidant that helps fight the free radicals that cause wrinkles. In one study, women receiving supplementation of alpha lipoic acid experienced significant improvement in skin quality in just six months. Not keen on sprouts? Broccoli is also a good source of the antioxidant.

FIVE HANDFULS OF WALNUTS.

Not only do these make a satiating snack, they also contain high levels of omega-3 fats, which help compose the lubricating layer that keeps skin moist and supple. They're delicious on salads, or can be paired with stewed apples for a healthy pudding. ■

JOAN COLLINS, A True Timeless Beauty

Renowned for her acting, novels and columns, Dame Joan Collins is an enduring Hollywood icon, hailing from an era of glamour. Following her stage debut at the age of nine, Joan trained as an actress at London's Royal Academy of Dramatic Art

Joan appeared in more than 50 films before being cast in the role of Alexis Carrington in the television series *Dynasty*, winning a Golden Globe Award for Best Actress in 1983. She received a star on the Hollywood Walk of Fame in the same year for her career achievements, among many other awards garnered during her illustrious career.

Joan Collins Timeless Beauty

A new international luxury beauty brand, Joan Collins Timeless Beauty, aims to not only inspire women, but to provide them with the tools to feel and be beautiful at any age.

Joan has earned countless successes throughout her life, including being an author, actress, mother and beauty expert. Yet arguably her most successful trait is her strength as a woman. She radiates energy, an unbeatable charisma and an effortlessly chic style, which has turned her into an international star.

Joan's rise to success

Throughout her younger days while starting to make waves in Hollywood and creating a name for herself, Joan worked with some of the most talented beauty experts in cinema and it was here that her passion for beauty was first developed. Spending time with the masters of the screen meant Joan began to learn truly invaluable beauty secrets, which normally would be retained within the industry.

Over the years she has continued to build heavily upon this knowledge with her attention to detail, gathering a host of tempting beauty techniques compiled from methods used by beauty experts and fellow celebrities alike.

A classic beauty set, for an ever-timeless look

Now, she has finally delved into her beauty knowledge to create a dazzling new line of beauty products with the aim of sharing her experience with a wider audience and allowing women everywhere to obtain that

vision that is so effortlessly embodied by Joan herself : Timeless Beauty.

The collection comprises three meticulously thought-out categories: skin care, cosmetics and fragrance, bringing you a variety of choice for all your beauty needs. In each of these groups the high-quality products are presented in striking, luxurious packaging, inspired by Hollywood glamour and Joan's love of Art Deco.

Look beyond the appealing presentation and it's clear that behind the gloss and sophistication of the luxurious collection lies the solid foundation of a serious beauty brand that exudes quality. The investment into meticulous scientific research for the development of every product and the ongoing use of cutting-edge, effective, multi-active ingredients are important cornerstones put in place to ensure that Joan Collins Timeless Beauty maintains its glamorous ethos as it moves forward in the industry.

FURTHER INFORMATION

We're exclusively offering our readers eight best-selling products from the Joan Collins Timeless Beauty range—worth over £109.

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“

Spending time with the masters of the screen meant Joan began to learn invaluable beauty secrets

”



Putasne Intelligis, Mrs Sheridan?

BY MAX PEMBERTON



Max is a hospital doctor, author and newspaper columnist

DOCTORS LOVE APPEARING CLEVER BY USING LATIN WORDS, safe in the knowledge that most people won't know what it really means. The word "surgery" derives from the Latin "*chirurgia*", which in turn comes from the Greek "*cheiros*" ("hand") and "*ergon*" ("craft"). So surgery is handicraft. Rather like basket weaving, except that it's better paid—not that I'd ever have said that to the surgeon I worked under as a junior doctor.

He was from the old school of medicine, where the consultant was the master of all. His was a world of obedience and respect—patients listened to their doctors and did what they told them. This would have been all very well, but communication wasn't his strong point and nobody seemed to be able to understand what on earth he was saying. I'd spend a good portion of every ward round trying to decipher exactly what it was that Mr Butterworth was muttering.

MRS SHERRIDAN HAD COME IN with vague stomach pains—but we couldn't find anything wrong with her. She was rather anxious, straightening herself as we approached her.

Without a word of introduction, Mr Butterworth pulls the sheets off the bed and inspects her exposed abdomen, while I desperately battle with the notes trolley to draw the curtains round and retain some of her dignity. This man has all the



social skills of a colostomy bag. He prods her belly and mutters, "Endoscopy was clear. Send home." I smile apologetically at Mrs Sheridan and race off.

A few hours later I'm asked to come up to the ward by one of the nurses: "Mrs Sheridan would like to speak to a doctor." This strikes dread into every junior doctor's heart. What this usually means is that a patient has got a string of questions and you won't know the answer to any of them.

I go up to the ward and find Mrs Sheridan near to tears.

"I don't understand what's going on, Doctor," she sobs. "What did the consultant say? What was wrong with me? Am I alright to go home?"

I refrain from replying that her guess is as good as mine. Instead, I hide behind the doctor's friend: jargon. "Gastroenteritis" sounds

better than "a tummy bug". The word "*virus*" actually translates as "poisoned liquid", but in the real world it's doctor speak for: "We don't know what it is, but it's not that bad and you'll get over it."

"We've run all our tests and haven't been able to find anything, so you likely had a viral gastroenteritis. Your body has fought it off while you've been resting in hospital and you're fine to go home now," I explain. I throw in some more medical-sounding words for good luck. She immediately cheers up. "Oh really, Doctor? Well, thank you." She packs her bags and goes on her way.

I'M BEGINNING TO REALISE that the words "junior doctor" roughly translate as: "I may not know the answer, but I do know some fancy-sounding words and I've got a stethoscope."

MEDICAL CONDITIONS—EXPLAINED

Eczema

WHAT IS IT?

Eczema (sometimes called “atopic dermatitis”) is a common skin complaint characterised by itchy, red, dry and cracked skin. The itchiness can be very uncomfortable and distressing. When it's very active, it may become moist and weep fluid. It's not catching, but it affects about ten per cent of infants at some stage.

WHAT CAUSES IT?

It's not known exactly what causes it but it's more common in people who are prone to allergies and runs in families, so it's thought there's a genetic component. It's more common in children, although it can occur for the first time in adults.

There can be certain triggers such as washing detergents, food or stress.

HOW'S IT TREATED?

There's no cure for eczema—although when it occurs in children, it'll often improve as they get older, with 75 per cent of cases clearing by their late teens. For most people it's managed by applying specialist moisturisers to the skin on a regular basis. When the



itch is troublesome, steroid creams can also be used and antihistamines are sometimes prescribed. Some people respond to ultraviolet light. For those with very severe eczema, there are some oral medications that suppress the immune system.

WHAT CAN THE PATIENT DO?

Avoiding the known triggers is helpful. Regular use of medical moisturisers can also prevent flare-ups—these should be applied at least twice daily. Try to resist the temptation to scratch; in small children wearing mittens can help with this. Many people find using a non-biological washing powder helpful. ■

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The Soil Detective

Could mud be the key to solving the country's coldest murder cases?

BY PETER WOOLRICH



*Expert forensic soil scientist
Professor Lorna Dawson*

WHEN FORENSIC SOIL SCIENTIST Professor Lorna Dawson stepped into the witness box during the trial of Christopher Halliwell, she knew her evidence could help convict the 52-year-old Swindon taxi driver as a multiple murderer. He stood accused of the rape and murder of 20-year-old Becky Godden more than a decade earlier and was already serving a life sentence for killing another young woman.

Lorna's job was to explain to the jury in a clear and unbiased way

which can be read to reveal what was at the site yesterday, last week and as far back as 200 years ago.

A few years ago, scientists might only have been able to say that someone had walked in an area the size of a square mile whereas today—thanks to Lorna's work—it's down to a few feet. In Scotland, scientists are using increasingly sophisticated technology to create virtual maps of the country's 300,000 (and counting) different soil characteristics.

As the UK's leading expert on soil analysis, Lorna nearly always visits the burial sites she works on to see

“

Sean had followed an old-fashioned policeman's hunch that if the suspect had used the tools to dig Becky's grave, then the mud on them might connect him to the scene

how a few grains of soil found on a spade in Halliwell's garden shed could link him to Becky's shallow grave in a remote Gloucestershire field. It's largely thanks to her pioneering work that soil analysis now has the same crime-fighting credibility as human DNA.

Mud can be thought of as a slice of Battenberg cake in which layers of inorganic material, including base rock minerals and organic matter such as fallen leaves, twigs and vegetation, build up in identifiable components. This information acts like signatures,

the lie of the land for herself. The lab work is meticulous because it needs to stand up to scrutiny in court. It's been used to trap killers, rapists and terrorists who claim they've never been near the crime scene, when soil evidence on their footwear, clothing or vehicles proves the opposite.

One early spring morning three years ago, an officer on the other end of the phone was working on a cold case and he sounded exasperated. Detective Superintendent Sean Memory was pursuing Becky's killer having seen



Lorna can extract information from samples the size of a grain of rice

her remains first hand, buried in Oxo Bottom field near Eastleach.

Halliwell had initially confessed to the killing and taken officers to the grave site himself but, due to a procedural technicality, the court had ruled his confession inadmissible, and Sean needed fresh evidence in order to link him to the crime. Lorna was his last hope of seeing justice done, as well as providing much-needed closure for Becky's family.

Halliwell was clearly going to be a challenge. Lorna arranged for soil samples to be taken from Becky's grave, along with those from several gardening tools found at one of

Halliwell's old addresses, and sent to her laboratory at the James Hutton Institute in Aberdeen.

"Sean had followed an old-fashioned policeman's hunch that if the suspect had used the tools to dig Becky's grave, then any mud on them might connect him to the scene," Lorna explains.

Bizarrely, Halliwell's old address, where he'd lived with his wife at the time of the murder, was just down the road from where he now lived with his current girlfriend.

Having gotten away with his crime for nearly a decade, he'd have been well aware that the net was closing

FOUR GROUNDBREAKING NEW TYPES OF EVIDENCE

Tyres tracks are now used in a host of criminal cases, ranging from hit-and-runs to murder. They're almost as individual as fingerprints and can determine the make, model and even age of a vehicle.

High definition 360-degree photographs and videos can now be used to recreate a crime scene. Not only does it allow the police to indefinitely preserve the environment in which the crime happened, but the 3D images can be manipulated to show, for example, where a gun may or may not have been fired from.

Even a phone smashed to bits with a hammer and thrown in a river can yield vital clues, so advanced is today's digital data retrieval. Similarly, information can be extracted from a photocopier if it's been used to reproduce restricted documents or photographs. And even if a criminal has deleted the route he took on his GPS, experts can still map where he's been.

Ear DNA could soon be the undoing of criminals who put their ear to a window or door to see if their victim is inside. Research is continuing to refine the process of extracting DNA from the waxes and oil left behind, as well as identifying the unique "earprints" we all have.



Soil analysis work is carried out on a shovel

in, even though he was behind bars for killing another Swindon girl, 22-year-old Sian O'Callaghan.

One of the biggest difficulties Lorna faced was that the samples from the spade, fork and pick axe were at least ten years old and most likely mixed with earth from more recent digging activity. "There was a high probability that Halliwell had used the tools after Becky's body was found and I had to identify and separate out those materials to see what remained," she says in a thick Scottish accent.

There was an encouraging start in the lab when the scientist established



that some of the soil could indeed date back to the time of Becky's death. Over the last five years there have been significant advances in soil analysis, enabling fingerprint information to be obtained from a sample the size of a grain of rice. Not so long ago they'd have required a shovelful for the same results.

THE BID TO CATCH CHRISTOPHER HALLIWELL was code-named "Operation Manilla" and Lorna was busy dissecting and examining the granules lifted from his gardening tools under a high-magnification microscope. A piece of silver tape

had also been discovered alongside Becky's body and, while checking it for soil elements, she spotted a blue fibre and brown human hair attached to it, either of which could link Halliwell to Becky's grave.

The two newly recovered items were sent for specialist testing but Lorna had been down too many blind alleys to assume success, and returned to the lab. "You have to follow every possible lead no matter how promising or how much of a red herring it may appear, because you never know which one might provide the vital piece of evidence," she says.

Lorna has to keep an open mind



Lorna's interest in soil was sparked while growing up on her father's potato farm

about the suspect, who could be perfectly innocent, as well as any events which may have altered the chemical composition of the soil, such as a tool having been washed, or shoes splashed through a puddle. Interestingly, adding water to soil can sometimes help investigators because when it dries, tiny sticky aggregates can be locked-in.

The scientist's next job was to establish if the mineralogy, colour and texture of the samples from Halliwell's tools matched those at Becky's burial site and—although the initial results once again appeared positive—further analysis revealed that the resemblances extended way beyond the grave site.

It demonstrated that Halliwell had been within the area, though nothing more. Further disappointment came when the test results on the fibre and hair proved inconclusive.

Lorna, whose interest in soil was sparked while growing up on her father's potato farm in Angus County, south of Aberdeen, pressed on. She'd spent years developing a technique capable of scrutinising a soil's minute organic content and decided to put it into practice.

"The organic aspect takes you to a much finer spatial scale of resolution," she says, "or in other words, down to within feet and inches of where a suspect has been. Getting some sort of closure for the victims' families

is really rewarding and that's what drives you on into the hard hours."

After checking and double-checking, it was the moment Lorna and Sean had been hoping for. The minuscule aggregates from the yellowy-grey earth on the spade were almost indistinguishable in colour, texture, alcohol content and alkanes to that found at the edge of Becky's grave. Both were also low in organic content and high in clay compounds—proving that in all likelihood Halliwell had dug her grave.

The taxi driver pleaded not guilty and declared that he wanted to defend himself. While in prison, he'd read every book he could get on forensic procedures and repeatedly challenged the scientist on whether she'd maintained the integrity of the exhibits, and properly wiped down benches between tests. One slip

by Lorna could have derailed the whole case, but after Halliwell was sentenced to spend the rest of his life behind bars, the judge praised her clear and effective explanation of a complicated science. Becky's mother also thanked her.

DETECTIVE SUPERINTENDENT SEAN MEMORY, who's still actively investigating whether Christopher Halliwell might be responsible for even more murders and serious sexual offences, said, "Lorna's evidence was absolutely critical in securing Christopher Halliwell's conviction—she was our last throw of the dice. Soil analysis doesn't have much of a history in British case law but, thanks to scientific advances, and hard work, that's starting to change. Justice was finally done for Becky's family." ■



DOUBLE TROUBLE

These Brazilian twins had a very special photoshoot for their 100th birthday:



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Author and performance artist **Rhyannon Styles** is a transgender columnist for national publications, and has recently written a book about her transition from male to female

If I Ruled the World

Rhyannon Styles

I'd make sure that all public changing rooms had gender-neutral spaces. As somebody who identifies as transgender, it's often quite difficult to know how inclusive a public environment will be. I can't really go in a male *or* female changing room because someone might be offended and I don't want to cause any conflict. People should feel safe regardless of their identity—and neutral areas would allow for that.

Theatres would put on a free show once a week. These would be specifically for those on low incomes or the unemployed, to give them an opportunity to engage with the arts. So many of the productions I want to see are out of my financial reach, but I believe that watching people being creative fuels further creativity and makes for a more open-minded society. And I know from experience that performers are show-offs and always want more people to watch them.



ILLUSTRATED BY JAMES SMITH

I'd have more gender-variant people on television and in the media. It was a big moment for me when Nadia Almada, a trans woman, won *Big Brother* in 2004. She was subjected to a lot of bad press but she was embraced by the viewers, which was really heartening.

Meditation would be compulsory in schools, parliament and prisons. I started practising meditation in 2012 and the benefits in reducing negative thought patterns have been great. If children are taught to meditate they might continue with a short daily practice throughout life, and wouldn't it be reassuring to know that our politicians—who are making huge decisions on our behalf—had taken time to meditate and were in a good state of mind?

Whales, dolphins and big fish would not be kept in captivity for human entertainment. When I was younger I did a lot of fund-raising for the Whale and Dolphin Conservation charity. The beauty and intelligence of orcas and dolphins make them endlessly intriguing, but no animal should have to suffer for our amusement.

I'd make bedrooms technology-free zones. I'm sometimes guilty of looking at my phone last thing at night and first thing in the morning—and that's so wrong. With all the research showing how screens cause

sleep problems—not to mention relationship issues, as people become more attached to their smartphones than to each other—we really need to remember to connect with our partners and encourage real, nurturing relationships.

Councils would make better use of abandoned buildings. They'd be used to provide shelter for the homeless—there are many people in need out there and so many buildings that, with some investment, could provide a roof over their heads. The guardian scheme could also be developed more effectively. I have friends who are currently living in a morgue that's no longer in use; they pay a small amount for the privilege of being there and protect it from vandalism.

I'd abolish the gender pay gap. When I was in the early stages of transition I read a lot of books by people, mainly Americans, about their transgender stories. Being prepared to see a change in your income was a big issue, certainly for those in the corporate sector. It's an area of feminism that we need to resolve once and for all; we must all have solidarity on something that's completely unfair and outdated. ■

As told to Caroline Hutton

Rhynannon's memoir *The New Girl* (Headline, £14.99) is out now.



Seeing Double



Over the last four decades, twin births have doubled in developed countries. To celebrate World Twin Day on July 3, **Amanda Riley-Jones** asks three sets of identical twins to tell their stories

AMY AND BECKY GLASS “WE FEEL LIKE ONE PERSON IN TWO BODIES”

The twins were adopted at two months old and raised in a loving family with two adopted brothers. Now 49, they live together and own a marketing business in Los Angeles.

“For as long as we can remember, we’ve felt like one person in two bodies,” says Becky. “Our adoptive mum says that as babies, we used to share the same dummy.”

Amy adds, “We’d climb into each other’s cribs because we wanted to be together.”

Growing up, the twins wore identical outfits and were in the same class at school. “We were very outgoing and happy to be twins. We liked all the attention. People still come up to us in the street all the time to talk to us and take photographs,” says Becky.

Following some bullying at school, there were a few years when they dressed differently. “But when we went to the same college, we went back to dressing alike,” says Amy. “We feel more like ourselves when we match each other.”

People have always had a hard time telling the twins apart. “Becky was more studious and a better writer than me, so she took an exam for me once,” confesses Amy. “And when Becky wanted to break up with a boyfriend, she got me to do it!”

Throughout their youth, boys

tended to fall for both of them and the twins double-dated brothers, friends and cousins. When they were 25, they dated the same boy for three years. Amy explains, “He was the one guy we shared because the three of us were good friends. Becky and I don’t get jealous of one another.”

Becky says, “If we call a friend, we put the phone on speaker and both speak to them. Our best friend, Lulu, has known us for over 30 years.”

When they were 23, the twins tracked down their biological mother, who revealed that she hadn’t known she was pregnant with twins. “Apparently we were on top of each other in the womb and had one simultaneous heartbeat the entire time,” explains Becky.

Amy, who was born first, says, “I’m more extroverted, although we take turns to be the boss depending on the circumstances. I’m the boss at work and Becky’s the boss at home.”

The twins share one phone, one handbag and one car. Becky is chief

WE LIKE
THE ATTENTION—
PEOPLE COME UP
TO US IN THE STREET
ALL THE TIME TO TALK
TO US AND TAKE
PHOTOGRAPHS



*Amy was born six minutes before
Becky, and the twins shared a
heartbeat in the womb*

any differences between them. "Amy is more emotional while I'm calmer," explains Becky.

"And I'm the first out on the dance floor while Becky needs a bit of coaxing," laughs Amy. "Friends say our personalities are interchangeable. We're so similar that we hardly ever argue. If we do, we try to end it as fast as possible and have a glass of wine!"

In their late thirties, the twins made the decision not to marry or have children. "We don't want to be apart.

handbag-carrier and Amy drives. They have a quick chat to consider

We're soul mates. We have such fun together; it keeps us young. We have a wonderful life, great friends and meet amazing people" explains Amy.

In the last 20 years, the longest they've been apart was 24 hours. "It felt like half my body had been cut off," remembers Amy.

"Being twins gives us confidence. It's only natural that we feel weird if we're separated," adds Becky.

They hate the thought of being separated again and even hope that they'll die at the same time. Amy says, "We have a deal with God. He's taking us exactly the same time. We came into the world together and we want to leave it together."

ROGER AND ANDREW CORKE "IT WAS PRETTY INTENSE WHEN WE WERE GROWING UP"

Roger is a documentary filmmaker, married to Lynn, and the couple live between London and Oxford.

Andrew is a vicar who lives in Dorset. He and wife Ann have two children and two grandchildren.

"Being a twin as an adult is great because you're so much closer. But we didn't always feel like that when we were young," explains Roger.

"Having another kid in the class that looks and sounds just like you makes you stand out and no kid wants that. Mum had to sew a big *A* and *R* onto our school jumpers. Even we can't tell who's who in some old photos!"

The youngsters liked the same subjects and shared the

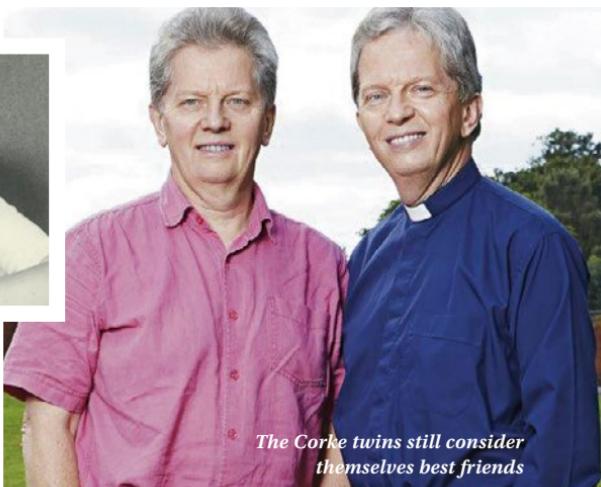


Andrew (above right) was the more bookish twin and found his feet at university; (right) Roger (wearing pink) is now a documentary filmmaker, and donated his kidney in 2013

same hobbies and interests, such as singing and swimming. After the 11-plus exam, there were tears when an official at the education authority suggested the boys went to separate schools. The decision was swiftly overturned but their extreme similarities also caused friction.

"I want to come in and say that like many twins, when we were growing up, it was pretty intense," says Andrew. "Sibling rivalry usually arises from a desire to get your parents' attention. And when you're a twin you want precisely the same attention from your parents at precisely the same time. So there were a lot of arguments."

"I also wanted to assert my individuality. So from 14 or 15, I consciously tried to make myself different—more intellectual and



The Corke twins still consider themselves best friends

MUM HAD TO SEW A BIG A AND R ONTO OUR SCHOOL JUMPERS. EVEN WE CAN'T TELL WHO'S WHO IN SOME OLD PHOTOS

studious than Rog. I became geeky, bookish and less sociable."

The twins took the same subjects at A-Level and both wanted to study for a law degree, but they decided that they had to go to different universities—and flourished. Andrew says, "I found my feet at university, without my twin."

Fast-talking Roger expands, "Andrew and I stayed close—we phoned and visited each other—but, frankly, I think it's a bit spooky for identical twins to be in each others' pockets in adult life. Time to cut the apron strings, I'd say!"

Now in middle age, the brothers email constantly, talk on the phone at least once a week, meet every couple of months. They "absolutely" regard themselves as best friends and still understand each other better than anyone else.

That doesn't preclude the occasional bust up. One fight over their respective friends saw the pair not speak for two months. "For Roger, our rows are more furious than they are for me," comments Andrew.

So who was born first? "Me, by 20 minutes," Roger replies, lightning fast. And who is the most dominant? "Me," he fires back, again.

Andrew chips in. "Rog is like me but more so. He's me cubed!"

Roger elaborates, "My wife, Lynn, says our characters and temperaments are very similar but that our worst traits are always replicated in each other!"

To this day, other people still mix them up. Andrew remembers, "At my daughter's confirmation, I was all robed up in the front and I saw the Bishop do a double take when he saw another me at the back of the church, unrobed!"

It's a testament to their deep bond that the brothers decided they only needed three kidneys between them. After hearing about the 5,000 British people desperately awaiting a transplant, Roger (as the twin who lived nearer to a hospital) donated one of his in 2013.

Roger says, "My kidney saved someone's life and Andrew has agreed to give me one of his kidneys if I ever need it."

Andrew adds, "Now we realise that Rog is very unlikely to ever need one of my kidneys, I'm considering donating one of mine too."

Learn more about organ donation at readersdigest.co.uk/organs or organdonation.nhs.uk/livingdonation

LISA AND LINSEY PAUL “WE HAD OUR OWN LANGUAGE AS TODDLERS”

Lisa and Linsey were both teachers until they decided to open a tearoom in Nottingham. Lisa lives with her partner and Linsey is currently single.

“Mum says we used to gabble to each other in our own language as toddlers. She was certain we were conversing,” says Lisa.

At 39 years old, they don’t even need words. Lindsey explains, “We only have to give a look and the other one knows what we’re thinking. It’s because we share so many experiences and attitudes.”

Linsey feels that being so connected has made them less outgoing than their sister Kerry, who is two years older. She explains, “Lisa and I have always loved being twins. We understand and rely on each other. It’s an awful lot easier to be best friends with each other, whereas other people are a bit of a minefield!”

At school in Boston, Lincolnshire, teachers were always mixing them up. A term into their GCSEs, one teacher did a double take and exclaimed, “On my goodness, there are two of you!”

Once they reached secondary school, “constant comparison” turned them into rivals. Says Lisa, “I hated feeling less clever than my twin. I was jealous and resentful.”

The teenagers deliberately chose different GCSEs and socialised

separately. It wasn’t until university (art at Lincoln for Linsey, languages at Nottingham for Lisa) that they finally discovered they’d both been feeling in competition. Linsey smiles. “Suddenly the pressure came off and we were independent. We found that we didn’t have to live in each others’ pockets to retain a strong bond.”

They both started teaching at schools in Nottinghamshire and spent weekends hand-painting crockery and cushions to sell at craft markets. “Then we decided to go into business and open a vintage tearoom and gift shop,” remembers Linsey.

Since opening Bread and Butterflies in 2015, they’re closer than ever. “Now we’re with each other every day again, we’ve come full circle! We couldn’t do this with anyone else and we can deal with any difficulties because of the support we get from each other,” says Lisa.

Linsey admits, “We do fall out over small things. As the older twin, Lisa is a neat freak while I’m more relaxed.”



WE WERE
INDEPENDENT AND
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TO RETAIN
A STRONG BOND



Separate trips abroad brought Lisa and Linsey closer together; (left) as children with their outgoing older sister, Kerry

Lisa adds, "We don't need to discuss what's upset us, though, because we know what each other is thinking. We just give each other space and wait for the cloud to lift. It never stacks up, like it might with friends, because our connection is made of stronger stuff!"

The twins say they like the same music, films, books and clothes and

even try on outfits for each other when shopping. "Linsey's as good as a mirror," laughs Lisa. "Friends find it difficult to be with us when we're together. They can't keep up with us and feel excluded."

Linsey says, "Lisa is my best friend. I'd be lost without her."

Lisa agrees, "I only feel completely myself when we're together." ■

BUCKLE YOUR SEAT BELT

If your car could drive upwards, it would only take an hour to reach space.

SOURCE: SCIENCEFOCUS.COM

Send us your summer snaps—and you could win a fabulous camera!

Photo Competition

SUMMER IS HERE, which means it's time for our annual photo competition! We're looking for photos that capture summer—whether that's sandcastles on the beach, barbecues in the garden or something else entirely. We're looking for unusual, interesting approaches, so let your imagination run wild.

The photos will be judged by the *Reader's Digest* editorial team, with the help of professional photographer James Eckersley. The winning entries will be published in our October edition.



Nikon DSLR

Prizes



Panasonic Lumix

In association with **acollette**
guided by travel



James Eckersley has work displayed in the permanent collections of The National Portrait Gallery and The Royal Collection. Here he reveals the secrets to taking a good photo—and shares some of his own snaps.

“What does summer mean to you? And how could you capture that feeling in a still image? The first step is to photograph any subject that inspires you on whatever camera you have. Simply consider the following points and see where your imagination takes you:

“A sense of perspective. It's surprising how the dynamics of your picture will change when you move your camera or subject. Experiment with shooting from above or from a very low angle.

“Use the light. Take your camera out in different weather conditions and at various times of day. The quality of light dramatically changes and so will the atmosphere of your image.

Look at the photographs on the right to see these principles in action.”



The above photograph is of my son Daniel, taken on a family holiday in Lyme Regis, Dorset, while the top one is of my daughter Lily at Ashburnham Place in East Sussex"

HOW TO ENTER

- ★ Take a high-resolution photo with either a phone or digital camera. After saving it as a jpeg no larger than 2MB, go to readersdigest.co.uk/photo-comp and use the form to upload. Entries must be submitted by 5pm on August 24.
- ★ There are two categories—one for adults and one for under-18s. The adults prize is a Nikon DSLR Camera worth £750; the under-18s prize is a Panasonic Lumix Bridge Camera worth £230.
- ★ Please mark your entry either “Adult” or “Under 18”.

RULES: Please ensure that pictures are original, not previously published and taken specifically for this competition. If you're under 16, you must ask your parent or guardian's permission to enter this competition. We may use entries in all print and electronic media. Contributions become world copyright of Vivat Direct Ltd (t/a *Reader's Digest*).

Entry is open only to residents of the UK, Channel Islands, Isle of Man and Republic of Ireland. It is not open to employees of Vivat Direct Ltd (t/a *Reader's Digest*), its subsidiary companies and all other persons associated with this competition, their immediate families and relatives living in an employee's household. The judges' decision is final. ■



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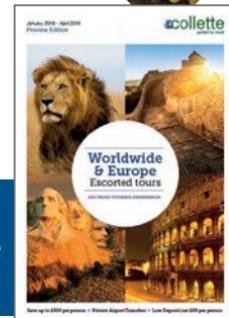
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INSPIRE



Best Of British



Prehistoric Britain

Take a trip back in time and discover the Britain our ancestors knew

BY ANNA WALKER

Visitors hunt for fossils on the beach below the crumbling cliffs at Charmouth, on the Jurassic Coast in West Dorset

*The Clock Tower Café is housed
in a 17th-century lime kiln*



Jurassic Coast

DORSET

Stretching an impressive 95 miles between Exmouth and Dorset, the Jurassic coast is frequently described as a “walk through time”—and for good reason.

Intrepid walkers can enjoy circular routes of the area, offering dramatic cliff-top vistas and close-up glimpses at the intricate, fascinating rock formations that make the area so rich in prehistory.

Jurassic coast programme manager, Guy Kerr, favours a trip to the coast's Lyme Regis port. “It's perfect for looking for fossils after a storm—you never know what you might find!”

Several beach towns along the way make for a much-needed respite and none better than picturesque Sidmouth. The clean waters are perfect for swimming and the rustic Clock Tower Café, housed in a 17th-century lime kiln right on the seafront, has beautiful views and delicious cakes.

■ Visit jurassiccoast.org for details

Cheddar Gorge

SOMERSET

There's something distinctly otherworldly about this dramatic limestone gorge, where caves carved out by an underground river were once used by our ancient ancestors for maturing cheese. It's not surprising that it provided *Lord of the Rings* author J R R Tolkien with the inspiration for the caves behind Helm's Deep in *The Twin Towers*.

Visitors to the Gorge can explore the stalactite-adorned cave where Britain's oldest human skeleton, the 9,000-year-old Cheddar Man, was first discovered back in 1903.

Archaeological evidence suggests that the first inhabitants of these caves—dubbed the Horse Hunters of Cheddar Gorge—were cannibals who killed and ate their enemies.

Says customer service administrator David Thorpe, "My favourite part of the site is the diamond chamber at the top of Gough's Cave, and the reaction of the visitors when they first set their eyes on the 90ft-high stalactite ceiling."

■ Visit cheddargorge.co.uk
for details



© NICK TOORNEND

Great Orme Copper Mines

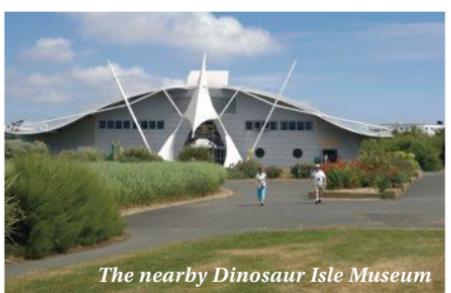
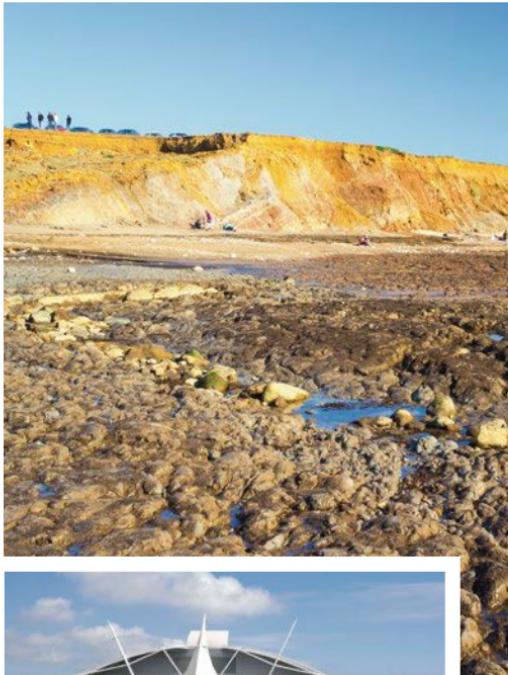
LLANDUDNO, WALES

The discovery of this copper mine changed much of what we thought we knew of our Bronze Age ancestors. It was previously believed that metalworking had come to England with the Romans, but this Welsh discovery proved that Brits were already working metals 4,000 years ago.

The mines are made up of five miles of tunnels and passageways, some so small that historians think they were dug by children as young as five years old.

Still a working excavation site, the mines are open to the public. Incredibly, archaeologists estimate that they've only uncovered three per cent of the mines, so you'll be walking on even more history than you can see before you.

■ Visit greatormemines.info
for details



The nearby Dinosaur Isle Museum

Compton Bay

ISLE OF WIGHT

Compton Bay hasn't always been a sunny surfer's paradise. Some 130 million years ago it was a subtropical lagoon roamed by dinosaurs both great and small—the perfect environment for creating fossils.

Take a walk along Compton Bay's sandy dunes at low tide, and you'll be



able to spot huge dinosaur footprint casts scattered along the coast. Don't miss the giant three-toed Iguanodon imprints at the base of the cliffs.

Trevor Price, community learning officer at the nearby Dinosaur Isle Museum says, "We still find exciting remains of dinosaurs from Compton and in the last few years the Bay has yielded a number of large bones and partial skeletons. I look forward to finding new fossil dinosaur footprints, preserved in rock, each time that I visit there."

■ Visit visitisleofwight.co.uk for details

Avebury

WILTSHIRE

Forget Stonehenge—this quaint village is the proud home of the largest stone circle in Europe, measuring over 1,000 yards around.

Constructed during the New Stone Age (around 3 million BC), archaeologists think it was used to appease the powers of nature.

The nearby Avebury Manor offers hands-on insights into how the village developed over the centuries. Unlike most historical properties, interaction is encouraged, and visitors are welcome to sit on the chairs, lie on the beds and even play snooker in the billiard room.

The Red Lion pub—the only pub in the world to be located inside a stone circle—makes for a convenient pit stop. Says bar manager Richard Bounds, "It's a very calming area. Outside the circle I can't sleep at night but in here I sleep like a log."

■ Visit nationaltrust.co.uk/avebury for details



Skara Brae

ORKNEY ISLANDS

Older than both Stonehenge and the Great Pyramid of Giza, Skara Brae is unusually well-preserved. So much so that it's been described as the most remarkable prehistoric monument in all of Europe.

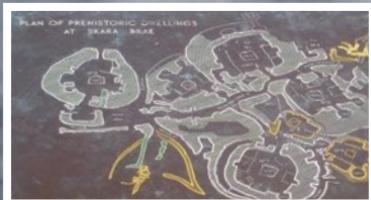
The Neolithic village—which was first occupied around 3180 BC—is made up of eight circular dwellings, connected by a series of small passages. The village was home to farmers, hunters and fishermen and

the network of homes includes a workshop and prison.

"Skara Brae dispels many myths about life in the Neolithic age being primitive: in fact it shows quite the opposite," says tourism director Stephen Duncan. "Visitors can still see the stone furniture of each house, including beds and a dresser. We've also uncovered jewellery, pottery and gaming dice."

Be sure to wrap up warm against the fierce Orkney winds.

■ Visit visitorkney.com for details



Skara Brae was uncovered by accident during a storm in the winter of 1850





Buster Ancient Farm

HAMPSHIRE

Experimental archaeologist Dr Peter J Reynolds founded Buster Ancient Farm in 1970 with a singular vision: to create a working ancient farm where fellow archaeologists could explore their theories on how people lived and worked during the Iron Age.

Nestled in South Downs National Park, the farm builds ancient houses based on real archaeological sites from around the country.

Says creative developer Tiffany Francis, "Each house is a time capsule of ancient life, with the senses filled by firelight, the aroma of wood smoke and the crackle of flames. You can really believe that



you're standing in an Iron Age roundhouse 2,000 years ago!"

Among the ancient breeds reared at the farm are Manx Loaghtan sheep, which can grow up to six horns and are always happy to see visitors, especially if they're armed with feed.

■ Visit busterancientfarm.co.uk for details

Where do you go for a taste of the past?
Email readersletters@readersdigest.co.uk and tell us about it!



Cute, candid photos of animals
from around the world

“What Was I Thinking?”

*A meerkat looks
bashful in Little
Karoo, South Africa*





PHOTOS, PREVIOUS SPREAD: © BRIGITTA MOSER
OPPOSITE PAGE: © ANUP DEODHAR (TOP), © ARTYOM KRIVOSHIEV (BOTTOM)
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➡ IT'S ONLY ROCK AND ROLL.

The aptly named fan-throated lizard.
Maharashtra state, India.

➡ A HARD DAY'S WORK for this
fox. Yellowstone National Park,
Wyoming, US.

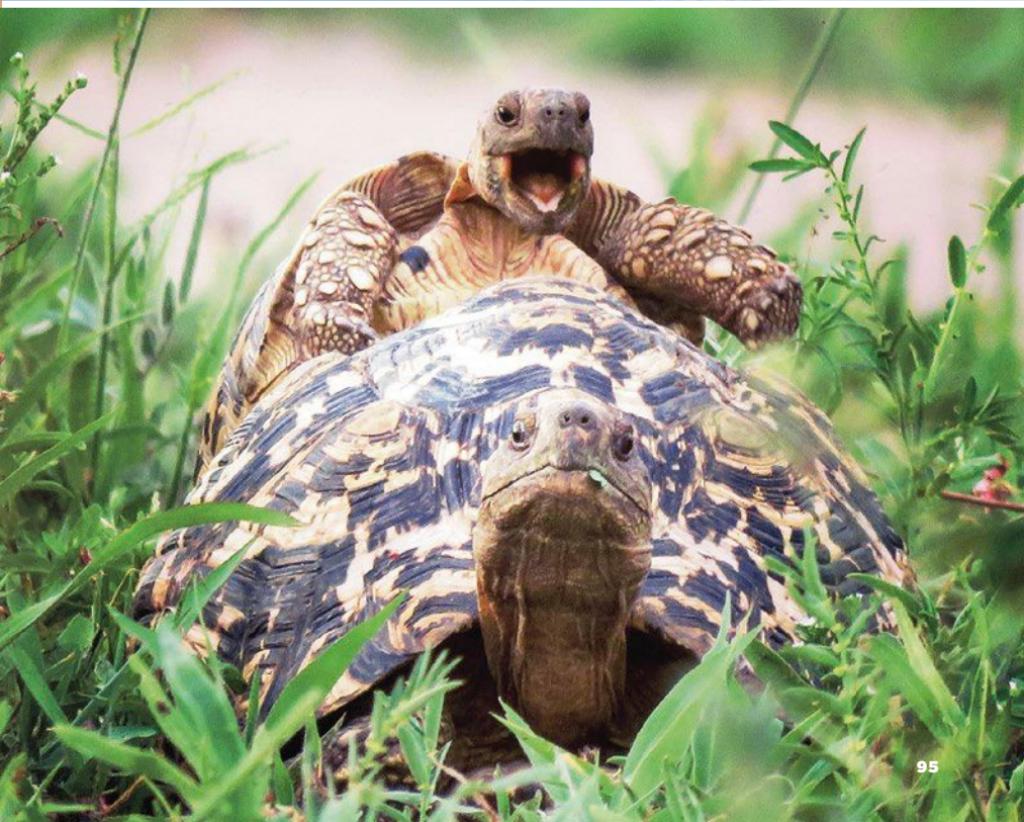
⬅ HAPPY TO BE GREEN. A frog
smiles at the camera from a pond
in Russia.



← **THEY CAN'T TICKET ME!**
A cheetah notices the posted road speed, and promptly sits down as if to ponder his next move in Hoedspruit, South Africa.

→ **NEED A PLAYMATE.** A tired mother takes a nap while her polar bear cub is wide awake and full of energy. Manitoba, Canada.

→ **I LOVE UBER RIDES.**
A young leopard tortoise looks happy about jumping on the back of another. Tarangire National park, Tanzania. ■



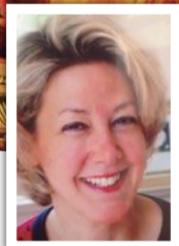
BY CATHY ADAMS

My Great Escape: Cultural Santa Fe

Gillian Hill from Glasgow reminisces about one of her favourite destinations



Cathy has danced in Rio, been microlighting in South Africa and hiked the mountains of Oman



SANTA FE, THE STATE CAPITAL OF NEW MEXICO, USA, is one of my favourite destinations. Each visit—I've been five or six times now—teaches me more about the rich history, culture and landscape of the American Southwest.

It's a beautiful place: Santa Fe sits 7,100 feet above sea level at the southern tip of the Rockies, and the Rio Grande river flows south-east on its way to the Gulf of Mexico. The area was first settled by Pueblo Indians around 1050, and the influence of indigenous people—later Spanish conquistadors, Mexicans and Anglo-Americans—is still evident in Santa Fe's architecture and arts.

My first trip, in 2003, was with a friend who introduced me to the landscape and culture. The Santa Fe Opera is a magnet for both established and up-and-coming singers, and we saw performers on a stage that was open to the desert sky, with the sunset and stars adding to the scenery. That night the air was dry, clear and scented with juniper.

The surrounding countryside offers scenic and historic treasures—the glorious mountains around Ghost Ranch to the north, which inspired artists and writers including

Georgia O'Keeffe and D H Lawrence; ski trails above Santa Fe and the valley of Taos and ancient *pueblos* in the villages of Pecos and Bandelier. Out of the city, you can watch hummingbirds by day and hear the call of coyotes at night, all the while marvelling at the vast night sky after a turquoise and pink sunset.

I find Santa Fe utterly enchanting. I'm intrigued and moved by the culture of the Native Americans of the Southwest, centred around their respect for the land and wildlife.

■ HEADING DOWN TO SANTA FE

British Airways flies to Dallas, Texas, from £646pp return. From Dallas to Santa Fe it's a two-hour connecting flight (britishairways.com). Visit newmexico.org for more details.



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TO HEAR
FROM
YOU!

Tell us about your favourite holiday (send a photo too) and if we include it on this page we'll pay you £50. Go to readersdigest.co.uk/contact-us

Postcard From... Fort Lauderdale, Florida



THE SUNSHINE STATE has long been a favourite of British holidaymakers—and while many are familiar with Orlando, Miami and the gorgeous greenery of the Everglades, Fort Lauderdale doesn't often appear on a Florida bucket list. It soon will do: this month, British Airways launches a route to the beach city. Nicknamed the Venice of America, it boasts 300 miles of weaving canals and 23 miles of gorgeous white-sand beaches. What's more, its average year-round temperature is 25 degrees.

■ FLY TO FORT LAUDERDALE

British Airways launches flights from London Gatwick to Fort Lauderdale on July 6 (britishairways.com).

Things To Do This Month



DOHA IN TWO MINUTES

SEE: NEW ARCHITECTURE The Qatari metropolis is quickly making a name for itself on the Middle Eastern cultural scene. The blocky Qatari Foundation Headquarters are worth a visit, while the Museum of Islamic Art features 1,400 years of art from across the Arab world (mia.org.qa).

SLEEP: THE MONDRIAN This boutique-style hotel is Doha's latest luxury opening on the city's West Bay Lagoon. The giant spiral staircase inside is worth a look even if you're not staying (morganshotelgroup.com).

STROLL: SOUQ WAQIF Traditional Arab life is lived out in its souqs. For a slice of local Qatari life, stroll around bustling Souq Waqif, which sells everything from spices and classic garments to souvenirs and handicrafts. Refresh in one of the many restaurants or shisha lounges (visitqatar.qa).

SHORT/LONG HAUL: INDIAN SUMMERS

SHORT: Morocco

Hang onto summer in the windy,



cosmopolitan port city of Essaouira on Morocco's coast, just three hours' flight from the UK. Soak up its laid-back artistic charm at boutique hotel Le Jardin des Douars (+212 5244 74003, jardindesdouars.com).

LONG: Grand Cayman Forget about its reputation as a tax haven—the Greater Antilles island of Grand Cayman is famed for its cuisine, turtle colony and Seven Mile Beach. British Airways Holidays offers seven nights at the Sunshine Suites Resort for £1,563pp (britishairways.com). ■



TRAVEL APP OF THE MONTH

Klook, Free, iOS and Android. This app offers discounts on a range of activities and tours in key cities across Asia, sending a booking confirmation straight to your phone.



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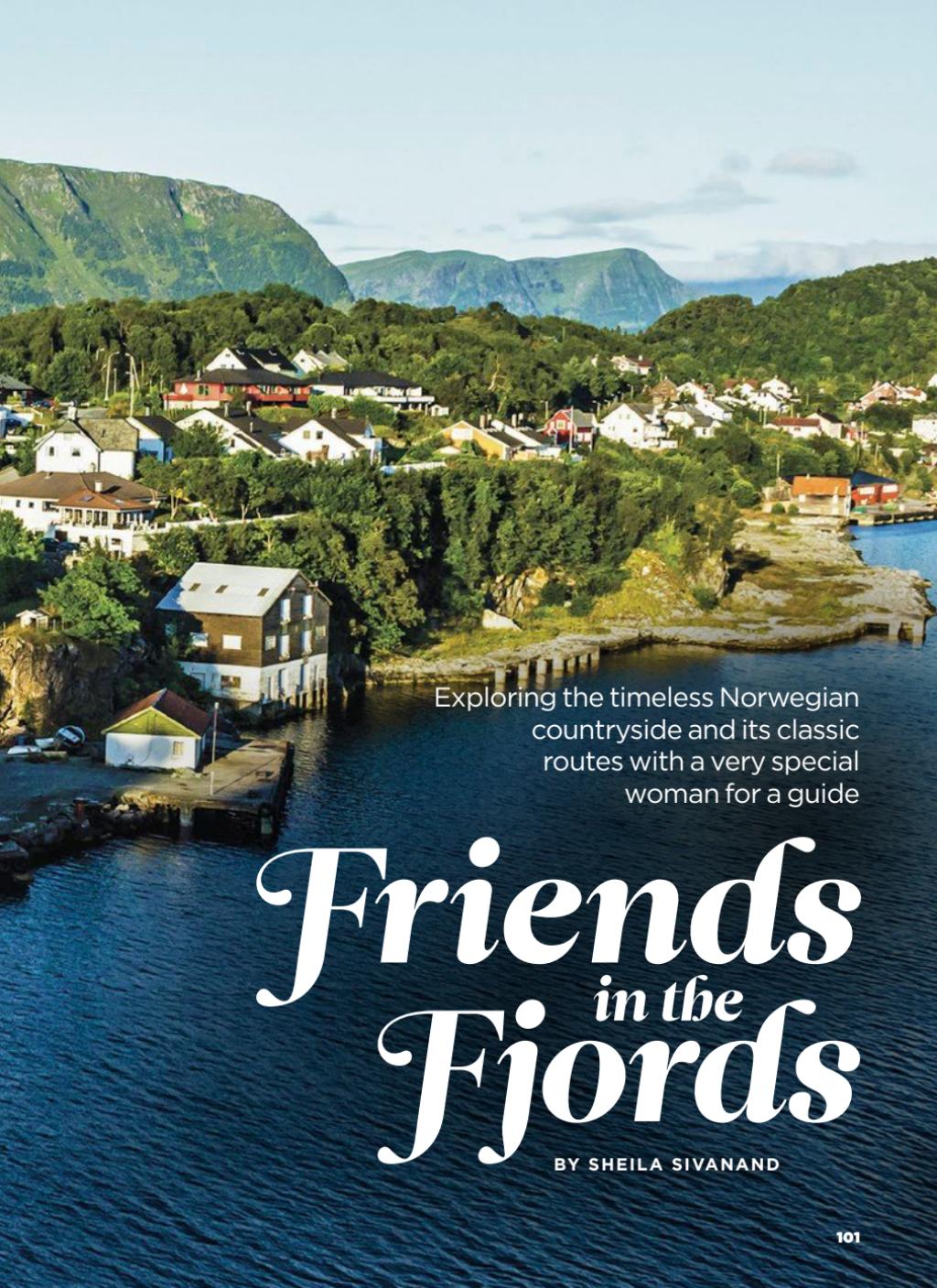
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*The picturesque town
of Alesund, on an
island in the fjords*



Exploring the timeless Norwegian
countryside and its classic
routes with a very special
woman for a guide

Friends *in the* Fjords

BY SHEILA SIVANAND

MY SCANDINAVIAN JOURNEY BEGAN when I befriended Bente Brenna online ten years ago. Bente was feisty and bright and in her 50s. Although living worlds apart, we soon became like neighbours gossiping over a virtual fence. I listened to stories from her Norwegian village and much of what Bente knew about India she learned from me.

We finally managed to meet five years ago. I was in London and Bente took the short flight across the North Sea, laden with creamed cod, smoked salmon and mussels she'd gathered from the fjord. She used to call me "little Indian lady" and I imagined her to be this tall, statuesque blonde. How we laughed when it transpired she was petite and I was the taller one.

Our children left home and our husbands neared retirement as we kept each other posted. Meanwhile, Bente's witty repartee caught the eye of a TV crew and along with husband Pål, she became the star of *Sofa*, a popular Norwegian reality show. With an empty nest, she also started taking bed-and-breakfast guests at her home in Hvitsten. She called it her "car-wreck hotel" because Pål enjoyed retrieving and restoring old camper vans that were let as rooms.

"I'll perish if the temperature goes over 25 degrees," Bente often declared. Since I couldn't guarantee that in Mumbai, I finally went over to Norway instead with Mohan, my husband, last autumn. Bente shut her B&B and we planned a road trip.

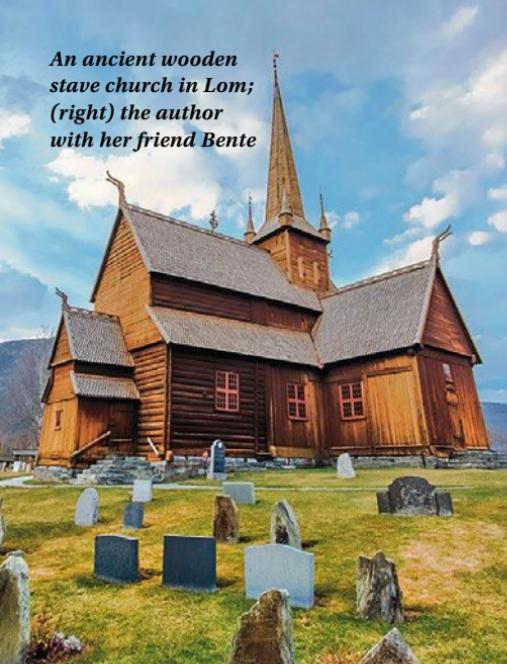
Bente and Pål live in what could be called a "millionaires' mile" just off the Oslofjord. Few houses, large gardens, expensive cars and old ships' figureheads at strategic locations characterise Hvitsten village, an hour's drive from Oslo. Bente, though, has no pretensions. Her home reflects her personality: bohemian, mismatched and charming. There are two big black cats, and moose and deer come to visit from the surrounding woods.

Pål and Bente work part-time for the Norwegian billionaire Petter Olsen, of the family that owns the famous Fred Olsen shipping line and oil companies, among other things. Olsen has a mansion amid breathtaking gardens in Hvitsten, and Bente has been catering their summer parties for years, rubbing shoulders with the cream of Norwegian society. Pål gave us a tour of the incredible property, where we helped ourselves to apples, peaches and more from the trees.

ROLLING HOME

Rullebu, or the "rolling home", Bente's camper van, was well set up

An ancient wooden stave church in Lom; (right) the author with her friend Bente



with provisions and a steady wi-fi connection. Pål also loaded up their two motorised bicycles so that he and Mohan could go off exploring. (It was a bonus that the men instantly hit it off.) When we left, Pål didn't even lock their house, a level of trust we couldn't fathom. "May we lock our room at least?" asked Mohan.

The next week was a delightful blur. Pål drove Rullebu past acres of harvested fields dotted with "tractor eggs", as he calls them—bales of hay packed in white plastic wrap. The sky stayed blue and the weather warm.

Our first night away was in Lom, surrounded by mountains. From the minerals museum there I got a rough sample of Norway's national stone, pink thulite—named after Ultima

Thule, an ancient name for the country. Bente and Pål slept in the van and we checked into a charming log cabin near an icy-blue glacial waterfall and an ancient wooden stave church. Norwegians don't seem particularly religious, but they adore their heritage. Bente, Nordic-cool in jeans, wears an heirloom *bunad*, the prettily embroidered national costume, to weddings. "I look best in our folk dress," she laughs, "like you ladies do in saris."

TROLL COUNTRY

Old Norse myths and Sami shamanic traditions still linger. Everybody half believes in trolls, whose images are everywhere, as conceived by "troll artist" Theodor Kittelsen.

These goblin-like beings have their identities on many Norwegian landmarks. There's Trolltinden (Troll Peaks) and Trollstigen (Troll's Path), a winding road up into the mountains, which we managed to fit into our drive. Norwegian roads are as smooth as silk. There are barriers and fences and plenty of room to navigate, and we looked at glacier pools from a viewing platform that Bente whispered was 700 metres high. We politely refrained from telling her



NORWEGIAN ROADS ARE AS SMOOTH AS SILK—THERE ARE BARRIERS AND FENCES AND PLENTY OF ROOM TO NAVIGATE

that the average Indian hill station is about 2,400 metres.

Rich with abundant offshore oil, Norway has polar conditions. But we found everything tamer, simpler and safer than in India. The houses are basic, like a child's drawings with clean, spare lines. "Where are the people?" we wondered, as we drove through stretches of countryside.

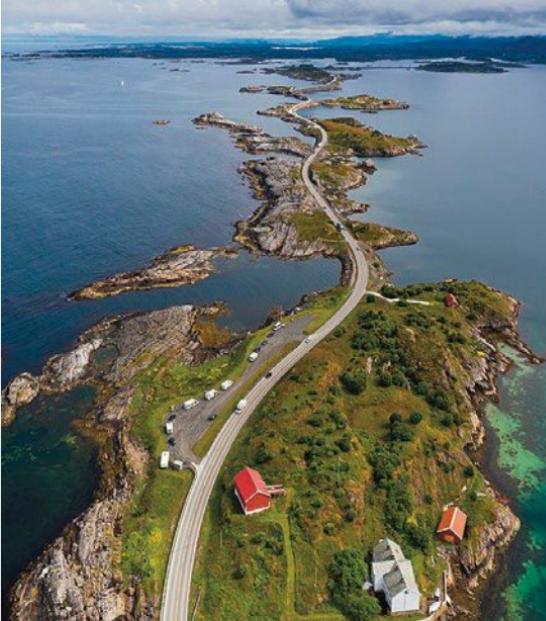
A highlight was the fabled Atlantic Road, one of the world's most spectacular routes. We stayed four days at Atlanterhavsveien,

in a luxurious seaside cabin with heather and birch growing on the roof. However, on our first night there, none of the lodge's cabins were free and we ended up sleeping on reindeer skins in the barbecue hut. We explored islands in a rented motorboat. There were Czechs and Germans who'd go into the Atlantic and return with hauls of mackerel and huge cod, which they would fillet and store in their freezer vans before heading back to their countries.

Flavours are part of any journey. We picked mushrooms, and tasted raspberries and chanterelles, cloud berries and lingonberries from the mountains. And the fish—fresh caught, smoked or dried—besides venison, moose and elk. Travellers should try everything once. We got rather addicted to mountain butter on rye bread, and Hennig-Olsen ice cream. "Its founder was my grandma's friend," said Bente smugly.

NORWAY'S WAYS

If there's one thing we could learn from the Norwegians, it's their ingrained discipline. Geiranger, a Unesco heritage spot festooned with lace-like waterfalls, is a prime tourist draw. Yet the environment is pristine. Bente has a hawk's eye for litter and would pick up the tiniest scrap of paper. "You have so many people in India. Why can't they also clean up the streets?" she asks. There's no one to watch you and



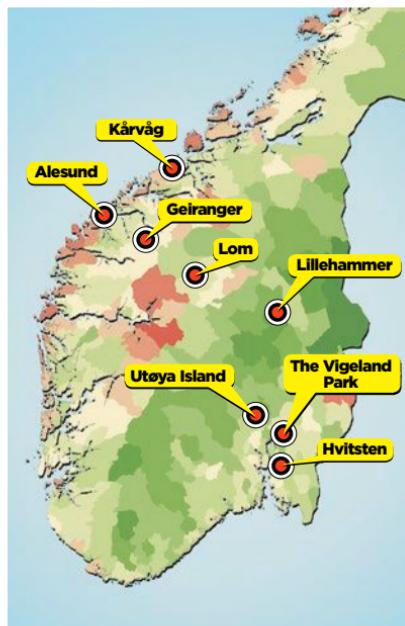
Clockwise from top: Sheila and Mohan posing with a troll statue; the fabled Atlantic Road; Trollstigen (Troll's Path), known for its hairpin turns, takes travellers up into the mountains



enforce rules. At crossroads, in the middle of nowhere, with no other vehicle in sight, Pål would still wait for a signal to turn green before driving through. And we watched children leave their bicycles at a bus stop before hopping on to their school buses, sure nobody would take them.

Waiting for ferries to take our van across the fjords, Bente and Pål were often recognised—a new season of *Sofa* was to be filmed after we left. People were instantly chatty. And while Rullebu rolled on, Bente was like a built-in guide with an entertaining commentary on anything. “In Norway, broad-shouldered women have been preferred since Viking times, because in our steep mountains, they cannot use horses,” she says. “They needed women who could pull a plow. So today all Norwegians have broad shoulders and are more athletic than the Swedes.” There has always been neighbourly one-upmanship among the Norwegians, Swedes, Finns and Danes. Bente is an encyclopedia of politically incorrect anecdotes.

We didn’t spend much time in the cities. But we walked about Alesund, a jewel box of a town, rebuilt in Art Nouveau style after a fire destroyed it in 1904. Similarly, we didn’t spend enough time at The Vigeland Park, a sculpture garden in Oslo, dedicated to Gustav Vigeland’s work: some 200 gigantic statues in granite, bronze



and wrought iron. We were also too early for the Northern Lights and too late for the roses. Sadly, our time slipped away.

Since Pål loves boats, we’d taken them a little wooden replica of a rice boat from Kerala. “The film crew put the Kerala boat on the window sill, so it will be in every programme we’re in,” Bente wrote recently. “I guess that should represent us as being more exotic than the run-of-the-mill Norwegians. LOL.”

Bente and Pål are now fired up with plans to visit India in winter. Wouldn’t that be a fun and fitting sequel to this story? ■

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A black silhouette of a pair of scissors with a dashed line above it, indicating where to cut.

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5 Money Lessons For Your Grandchildren

Spending a lot of time looking after your grandchildren?
Use it to teach them valuable money lessons

BY ANDY WEBB



Andy Webb is a personal finance journalist and runs the award-winning money blog *Be Clever With Your Cash*

Eighty per cent of English women with grandchildren under 16 are providing childcare, according to a recent report from *The Guardian*. And we aren't talking occasional babysitting shifts to give your children a night off. If you have grandkids you're no doubt like my parents, who look after my young niece and nephew most weeks.

Though there's often a lot of joy in spending more time with the little 'uns, the extra hours also mean you've got a larger role to play in the education and development of the child. So much so that the proverb, "It takes a village to raise a child", could probably be replaced in the UK with, "It takes grandparents to raise a child". Forget spoiling them rotten—you've got work to do!

One of the big responsibilities you'll be sharing with the parents is financial education. Research shows children form their money habits by the age of seven, meaning it's important to put them on track at a young age.

Here are some key lessons you should be giving to set them up for a successful relationship with their finances throughout their lives.

Don't spoil them (too much)

Yes, it's so easy (and nice) to do, but constantly giving your grandchildren the things they want doesn't help them long term. Instead, gently making them realise they need to save



consider how to spend or save the cash.

Help them spend to a set budget

If you're on a day out, give them some money to spend for the day. They might need to cover their cinema ticket but then not have enough to buy both sweets and popcorn. It helps to show you can't just get everything you want.

Lead by example

You'll probably have had

many moments in your life where times have been tight and you've had to make do or go without. Though you might be more comfortable today, show that you're able to fix things or make food go further rather than just buying something new. Maybe the kids will pick up a few tips too.

USEFUL TIP

If you're caring for grandchildren under 12 while your children are at work, you might be able to claim National Insurance (NI) credits. You need 35 years' worth of NI credits to get the full state pension so it's important to claim them. Visit gov.uk and search for "specified adult childcare credits".

for some things means they should keep that habit as they get older.

Set savings goals with them

Rather than saving for the sake of it, talk about something they'd like to save up for. Having a goal can help them think longer term and motivate them to put money away rather than spend it straight away on sweets (it's always sweets).

Teach them to work hard for their money

When they're a little older, get them to help out around your house and garden, and in return reward them with some money. They'll not only see the value in working and realise money doesn't magically appear out of nowhere, they'll also have to then

My Mum's Money

The latest consumer tips from my money-savvy mum



LOTS OF PEOPLE EXPECT THEY CAN RETURN PURCHASES they don't want and get a refund. It seems fair, doesn't it? Well, my mum knows better.

She knows shops don't have to give you a refund if you've simply changed your mind, and to know the policy at different shops she'll always check the receipt. Marks & Spencer,

It showed there had been a change for sale items. The return period had been cut from 35 days to a much shorter 14 days. To complicate matters further, "final reduction" items bought in store couldn't be returned at all unless there was a fault.

So depending on what she bought and where, there were three different returns policies.

My mum was also hot to spot that John Lewis recently cut its return period as well. They reduced it down from a massive 90 days down to only 35 days.

Of course both John Lewis and M&S still offer better policies than many other shops. But when you're used to lengthy return periods, it would be easy to assume there had been no change.



however, offer a "goodwill" returns policy, meaning as long as you've got a receipt, they'll give you your money back within a generous 35 days.

But as my mum discovered, that's not always the case. During a recent M&S sale, she shopped online to click and collect in store. Fortunately, she checked the email confirmation.

MY MUM'S MONEY TIP:

Always check the returns policy on your receipt. Even better, check before you buy.

Cats vs Dogs

With 40 per cent of households owning a pet, we're a nation that loves animals. Cats and dogs are our favourites, but which is better for your pocket when it comes to pet insurance? Here's how it breaks down:



- 8.5 million dogs in the UK
- 30% of dog owners have pet insurance
- Average premium for dogs is £213.54
- Claims in 2016: 28% of insured dogs



- 7.5 million cats in the UK
- 16% of cat owners have pet insurance
- Average premium for cats is £97.40
- Claims in 2016: 16% of insured cats

MONEY WEBSITE OF THE MONTH:

Pension Tracing Service

gov.uk/find-pension-contact-details

If you've moved jobs more often than you can remember, there's a good chance that you've mislaid a pension pot somewhere along the way.

So how do you find it again? Well, there's a handy site from the Pension Tracing Service where you can enter details of your previous employers to find out who you need to contact to uncover your missing funds.

Simply enter your former employer's name and you should be given a number to call or address to write to. Then simply get in touch to find out if you were part of a pension scheme and, if so, how much you've got saved up.

The service is completely free! What are you waiting for? If you prefer to speak to someone, you can also call 08456002537 for more information. ■



HOW TO SELL A PROPERTY IN DISREPAIR

If you are trying to sell a property that needs retouching or is in a state of disrepair, then you may be wondering whether it is still possible to get a buyer. Properties in non-ideal states can be categorised in one of two ways



The doer-upper

First, the type of property an estate agent would refer to as an “ideal DIY project” or one that “requires updating” would be a home that has become old-fashioned—for example, the kitchen and bathroom could need to be replaced and the décor need to be modernised.

These properties appeal to younger buyers keen to pick up a bargain that they can put their own stamp on. They often generate interest, but if too much work is needed, chances are there will be difficulty obtaining a mortgage, which may dissuade even the keenest buyer from going ahead with the purchase.

Unfortunately, it is difficult to predict exactly the extent of work that will cause a sale to fall through, but in general the home must have a functioning kitchen, bathroom and heating system in order to be eligible for a mortgage.



A draw for developers or cash buyers only

The second category is often referred to as “ideal for a developer” or “cash buyers only”. This is the kind of property which is uninhabitable until substantial works are completed—roof work, damp prevention, a new kitchen, wiring and heating or woodworm treatment, for example.

This type of property will be almost impossible to borrow a mortgage against—so will mostly appeal to professional buyers, whether that is a local builder, a developer or a cash-buying company.

Often properties like this receive a lot of local interest but the scale of work can be underestimated by non-experienced buyers, which makes it highly likely that the sale will fall through later down the line. Up to 30 per cent of sales in a standard situation go stale and the figure is much higher for homes in poor conditions.

How to sell a property in a state of disrepair

Auctioning an unkempt property is often a popular route for an easier sale, but sellers tend to be put off by the upfront costs or the uncertainty of the price. It’s also worth bearing in mind that up to 25 per cent of auction lots never sell.

Professional cash-buying companies are used to buying “difficult” properties and there are usually no seller costs either up-front or after the sale. A guaranteed price and sale appeals to many who find a dated property a worry to maintain.

FURTHER INFORMATION

Reader's Digest Property—a partnership between *Reader's Digest* and property-buying company House Buy Fast—offers this cash-buying service. To find out more call 0800 433 7979 or visit www.readersdigest.co.uk/property

Easy-to-prepare meals and accompanying drinks

Courgette & Mint Frittata

BY RACHEL WALKER



*Rachel Walker
is a food writer for
numerous national
publications. Visit
rachel-walker.co.uk
for more details*

A FRITTATA WILL ELEVATE LEFTOVERS from an assembly of odds and ends to the centrepiece of a picnic. The Italian dish is like a crustless quiche and, though delicious when hot and fluffy, it refrigerates well and slices best when cooled.

Don't mistake an omelette with frittata. Omelettes are cooked quickly on a high-temperature hob, while a thicker frittata needs cooking-through at a lower temperature.

Serves 4-6

- 20g butter
- 1 onion, sliced
- 450g courgettes
- 2tbsp oil
- 8 eggs
- 400g boiled new potatoes, chilled and sliced
- 125g soft goat's cheese log
- 1tbsp fresh mint leaves, finely sliced

1. Heat half of the butter in a pan, add the onion and cook them on a very low heat until they soften and start to caramelise. Allow 20 minutes.

2. Meanwhile, turn on the grill to start cooking the courgettes. Chop off the top and bottom, and cut into 2cm slices. Toss them in the olive oil, season with salt. Arrange them on a baking tray and grill for 2-3 minutes each side, or until they start to take on some colour. Leave them to rest on a wad of kitchen roll to absorb any remaining water.



3. Tip the sliced boiled new potatoes into a large mixing bowl, crumble in the goat's cheese and mint leaves and then add the softened onions and grilled courgette slices. Whisk the eggs, making sure that the yolks are all broken, and then add them to the mixing bowl.

4. Heat the remaining butter in an 8–10 inch ovenproof frying pan (I recommend the Vogue Steel Omelette Pan from nisbets.co.uk). Tip the frittata ingredients into the pan and cook on a

low-medium heat on the hob for 8–10 minutes so the base and bottom layers of the frittata are set.

Then, move it under the grill, cooking for the same amount of time, until the top layers are cooked and puffed-up.

5. Poke a knife into the centre of the frittata to make sure that it's cooked-through. Run a palette knife round the edge to loosen the frittata, and flip it out onto a plate. You can serve straight away, or cool then refrigerate.

TIP...

Pop it into some Tupperware and take the frittata on a picnic, where it's best sliced and served with lashings of mayonnaise, as well as green salad and cured meats.

Boozy Lollipops

What do you get if you cross a popsicle with a cocktail? The answer is this summer's key food trend. Anyone who knows their goji from their guava will, no doubt, have already experienced the brain freeze from a "poptail" this summer.

Last year, the concept of Frosé (yes, frozen rosé) crossed the Atlantic and had hordes of hipsters slurping pink slush through straws. This summer the marginal trend of frozen alcohol has gone mainstream. Calypso-style lollipops laced with liquor have cropped up on supermarket shelves nationwide, and are fast becoming the tipple of choice at barbecues and picnics.

Freezing alcohol is a tricky pastime, simply because alcohol is resistant to being frozen. The higher the proof, the lower the freezing temperature—which is why a bottle of vodka will



remain liquid in a home freezer, but if a bottle of rosé is poured into a tray and frozen, it will freeze into a slush.

Companies behind the new poptails use a stabiliser to bind the alcohol and mixer. They freeze solid, but beware—they still come with a kick! Lic is the real party starter. It comes in at a whopping ten per cent, and there's nothing subtle about the whack of Caribbean rum in this zingy lime popsicle. Ice Kitchen has launched a gentler take on the mojito poptail. Meanwhile, Fortnum's frozen lollies are the society choice—spotted everywhere from Wimbledon to Wilderness—though Aldi has brought out a great budget option, which hits the spot and helps keep a cool head!

COCKTAIL ON A STICK

- **Prosecco & Peach Bellini, Gianni's Alcoholic Ice Popsicles (4%), £2.99, 4 x 80ml, Aldi**
- **Mojito Poptail by Ice Kitchen (1.83%), £1.75, COOK**
- **Kir Royale Popsicle (4.3%), £5, Fortnum & Mason**
- **Lic Frozen Mojito Cocktail (10%), £2, Sainsbury's**



Pudding
of the
Month



Sgroppino

On a hot summer day there's no need for a heavy dessert. This palate cleanser of a pudding is a lovely way to round off a lunch, and the hint of booze is conducive to a merry little siesta. What's more, it can be whisked up in under five minutes which, frankly, is the optimum amount of time to spend on a pudding in a hot kitchen—as there's more fun to be had in the sunshine outside.

Makes 4

- 4 scoops of good-quality lemon sorbet
- 4tbsp prosecco
- 1 egg white, beaten until stiff peaks
- 2tsp limoncello

1. Chill four small bowls or glass tumblers.
2. Whizz the sorbet in a blender, and slowly start adding the prosecco until it reaches a thick, pouring consistency.
3. Fold in the egg white, to introduce a light and airy consistency. Then add the limoncello, to taste, and serve with a sprig of fresh mint. ■

BOOK



Acquacotta by Emiko Davies, £19.99.

Delicious family recipes from Maremma, coastal Tuscany.

BARGAIN



Amalfi salad servers, £7, Lakeland. These patterned salad servers are a snip.

BLOW OUT



Fabbri Cherries, £5, Marks & Spencer. Serve these Amarena cherries with ice cream.

BY LYNDA
CLARK

*Lynda Clark
is a homes,
property and
interiors expert,
and editor
of First Time
Buyer magazine*

Power Pastels

DELICATE PASTEL SHADES—such as ballet-shoe pink, powder blue, pistachio, crushed apricot and apple white—will calm the mind and soothe the senses, and all work surprisingly well together. These lovely powdery hues are no longer restricted to the nursery or playroom but can look sophisticated and elegant when used in a kitchen, living or dining room. What's more, painting a room in a soft chalky pastel shade will make it appear bigger. It's the ideal choice if you want something a little different and far more interesting than white or magnolia.

**Flutterby pendant, £29, Ace circular dining table, £149,
Daisy dining chair, £39, 16-piece stacking dinner service,
£34.99, Set of 3 kilner bottles, £19.99, floral cushion, £15.
■ All are available at Very (very.co.uk)**

Get The Look

Pretty, delicate pastel shades work well in every room in the home.

- **Triangle embroidered cushion, £25,**
marksandspencer.com
- **Pink mug, £7.50,** oliverbonas.com
- **Vintage cake stand, £9.99,** tkmaxx.com
- **Bar stool, £29.99,** argos.co.uk





ALFRESCO DINING

It's BBQ time! Make the most of the long summer days and cook up a feast



Great value for money, this red bucket BBQ is perfect for picnics, £10 (sainsburys.co.uk).



This three-burner gas BBQ comes with a warming rack to save on cooking space, £100 (wilco.com).



PLANT CLIMBERS

This set of three antique-style metal plant climbers will make a stunning addition to your garden. They come in different sizes, so you can accommodate a range of plants in different areas in your garden, making the most of your landscape design. Finished with a classic white-washed effect, they're topped off with a little bird perched on the top.

■ Three metal plant climbers, £99, romanathome.com ▶



Going camping? This smokeless Lotus mini grill and stove is invaluable, £99.95 (cuckooland.com).

This month you can squeeze for a selfie, stream Centre Court and download your driving routes

Screens That Serve

BY OLLY MANN



Olly is a technology expert, radio presenter and podcaster

PHILIPS ADR 810 DASHCAM, £139

Only rarely do I drive a route I'd want to relive on my TV screen. Highway 1 in California. The approach into Keswick as the Lakes come into view. Sure. My commute to Borehamwood? Not so much. However, dashcams—previously the preserve of petrol-heads and professional drivers—are becoming increasingly mainstream and this one features an HDMI connection, so that you can review your journey on the big screen. The real benefit, of course, is proving your innocence if you're involved in a collision, at which point the device auto-saves relevant footage. There's no GPS or wi-fi, as there are on comparable products, but no doubt the trusted Philips brand will encourage even more consumers to dabble.



APPLE APP OF THE MONTH: WIMBLEDON 2017,

FREE Whether you're on the edge of your seat at Centre Court, or following along at home with a glass of something cold, this app is



a great way to deepen your tennis experience. Filter matches by players, style of event or nationality, watch news and videos from The Wimbledon Channel, and peruse live data from IBM's team of statistical analysts.



HTC U11, £649

For some time, smartphones have been evolving into indistinguishable black rectangles—but now physical differentiation is back in vogue, with Samsung's curved displays and rumours of an upcoming all-glass iPhone. HTC have put pressure sensors on their latest blower, introducing squeezability. Want to take a selfie? Squeeze the sides to activate the camera. Want to focus? Squeeze again. Our natural instincts are to squeeze as well as stroke and tap, so it's satisfying to use and there's less faff than standard swiping. The phone's finish is also eye-catching: it's available in a glossy red or blue. Captain America will be pleased.

B&O PLAY BEOLIT 17, £449

What do you look for in a Bluetooth speaker? If it's portability and water-resistance, look elsewhere: this 360-degree boombox isn't weather-proof and, though the tactile leather strap makes it convenient to lug about, at a hefty 5.7lb you won't exactly be hanging it from your belt. But, if your priorities are battery life and audio quality, I've never tested better: it sounds stunning and plays for 24 hours on one charge. Considering the premium price tag, it looks a little rubbery, and there's no built-in mic for taking a call if someone rings while you're listening—but it's elegantly designed, intuitive and powerful.



ANDROID APP OF THE MONTH: ZONE V, £39.99 OR £1.99 MONTHLY

The surprise rebirth of the Nokia 3310 has proven that simplicity still sells. Now one of that iconic phone's designers is making Samsung Galaxy phones more accessible to elderly and visually impaired users. Zone V is essentially a "skin" that sits atop the standard Android software and makes the menus shorter, text larger and colours easier on the eye. A worthwhile attempt to woo over the last of the digital refuseniks. ■



BY GEORGINA
YATES

Georgina is a fashion and beauty editor for numerous travel titles and a blogger at withgeorgia.com

Seeing Is Believing

❖ A GOOD PAIR OF SUNGLASSES IS ESSENTIAL, especially during summer months. If you also require prescription glasses, a new offering from **Transitions** could cut your spending in two. Their "Style Colours" collection comprises emerald, sapphire, amethyst and amber lenses that start out clear and seamlessly transition to dark when exposed to UV rays.

A well-respected eyewear brand, **Transitions** also has more ordinary, plain-coloured photochromic models, but this contemporary range is a way to bring a bit of fun to your outfit—whether you're relaxing on the beach or spending the evening outside. The lens blocks out 100 per cent of the sun's UV rays, which means the style comes with a healthy dose of practicality. Perfect.

■ Available at **Essilor** (essilor.ie)



HEAVEN SCENT

■ There's nothing quite like the scent of blooming magnolias dancing on a warm summer breeze—except, perhaps, **Jo Malone's** new "Star Magnolia" collection of colognes (£38–£92 jomalone.co.uk), which are elegant and memorable.



BABY BALMS

■ Taking care of little ones is the new Calendula Range of skincare for children and babies from organic brand **Martina Gebhardt** (£9.95–£21, liv.co.uk). They offer fragrance-free creams, oils and balms that are specially designed for delicate and intimate areas of skin.



TENNIS WHITES

For
Her



■ This tied shirt is light, loose and perfect for more formal events in the summer heat (£29, uk.monsoon.co.uk).

■ Mid-length and floaty, this skirt is too delightful to miss out on (£59, laredoute.co.uk).



■ Beachside or courtside, this folky tote works well for any occasion (£39, uk.accessorize.com).

For
Him



■ This linen shirt is exceptionally light—a great staple for formal summer wear (£35, marksandspencer.co.uk).

■ Contemplating white trousers? These off-white jeans serve as the ideal “first step” (£49.95, whitestuff.com).



■ Let's not forget the classic white polo shirt—perfect for days at Wimbledon (£28, debenhams.co.uk). ■

Valuable life lessons and dangerous secrets abound in this month's page-turners

July Fiction

BY JAMES WALTON



James writes and presents the BBC Radio 4 literary quiz The Write Stuff

How to Stop Time

by Matt Haig (Canongate, £12.99)

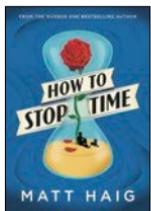
"I am old," begins the narrator of Matt Haig's terrific new novel. And as we soon discover, he's not kidding. Tom, a teacher at a London comp, may look fortyish. In fact, he was born in 1581—but thanks to a rare and secret condition called anageria, ever since puberty, he's been ageing

15 times more slowly than ordinary people.

As a high-concept premise for a novel, this is clearly a cracking one. Nonetheless, what makes the book so dazzling is how thoroughly and imaginatively Haig thinks it through. To his inevitable personal cost, Tom must change his identity every few years before the people around him notice his apparent failure to grow older.

He also regards the rest of us—known to anageriacs as "mayflies"—with a mixture of pity and envy that raises troubling questions about our own short lifespans.

("Mayflies don't live long enough to learn.") Yet, even at its most thought-provoking, *How to Stop Time* never forgets the more straightforward business of great storytelling: either in the individual scenes over several centuries, or in



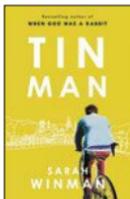
NAME THE AUTHOR

(Answer on p128)

Can you guess the writer from these clues (and, of course, the fewer you need the better)?

1. The title of his first novel was the first name of the heroine.
2. He's had more films based on his books than any other living writer...
3. ...including *Misery* and *The Shining*.

Tom's overarching 400-year quest for his beloved anagriac daughter.



Tin Man

by Sarah Winman
(Tinder Press, £12.99)

In Sarah Winman's third novel, Ellis Judd works night shifts at a car plant—largely because, since his wife Annie and his lifelong friend

Michael died in a road accident five years ago, he can't sleep anyway. In the early sections, Ellis's loneliness is beautifully and painfully captured. Then, as the flashbacks pile up, we learn that, as young men, he and Michael had an affair. For Ellis it brought "equal shame, equal joy", but it was Michael's most intense experience of love. It also continued to haunt them both—not least during a period of embarrassed estrangement.

All this might sound quite a departure for Winman, whose first two novels *When God Was a Rabbit* and *A Year of Marvellous Ways* (both bestsellers, especially after the Duchess of Cambridge was revealed to be a fan) combined realistic settings with elements of fairy tale. Here, she sticks strictly to the realism—including some fairly graphic sex scenes. What she does retain, though, is the same touching and infectious sympathy for her characters; and the same heart-rending ability to show the harm that can still come to essentially good people trying to do the right thing.

PAPERBACKS

■ *My Not So Perfect Life* by

Sophie Kinsella (*Black Swan*, £7.99) After being sacked by her scarily successful female boss, Katie moves back from London to Somerset—but then comes a chance for revenge. Another irresistibly entertaining read from one of Britain's best-loved authors.

■ *The Whistler* by John Grisham

(Hodder, £7.99) His latest legal thriller sticks with Grisham's trusty formula—and proves once again how well it still works.

■ *The Riviera Set* by Mary S

Lovell (Abacus, £10.99) Nicely gossipy social history—featuring, among many others, Noël Coward, Rita Hayworth and Winston Churchill.

■ *The Award* by Danielle Steel

(Corgi, £7.99) A young woman joins the French Resistance in what's been hailed as Steel's best novel for years.

■ *Being Elvis: a Lonely Life* by

Ray Connolly (W & N, £9.99)

Excellent if often sad biography of a man who became increasingly uncomfortable with fame.



RD'S RECOMMENDED READ

Americanisms have been invading our language for many decades—but one man refuses to stand by and watch

Linguistic Battle Cry

HERE'S A QUESTION FOR YOU: in what circumstances does a British judge bang the little hammer known as a gavel?

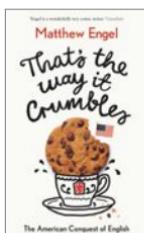
The answer is in no circumstances whatsoever. As Matthew Engel (right) points out, British judges don't have—and never have had—gavels. The reason many people think they do is that our TV courtroom dramas generally prefer to do things the American way, complete with lawyers jumping up to shout "Objection!"—which doesn't happen here either.

This surrender of large parts of British life to the United States is the subject of Engel's often funny, but still extremely heartfelt, book. His primary concern, though, is with language.



In the early chapters, he gives us plenty of fascinating information about the many Americanisms imported between the 18th century and the 1960s—some of which caused enormous controversy at the time, but now seem hard to object to. (Much British scorn was once directed at *reliable*, on the grounds that it should be "rely-upon-able", and that "trustworthy" did the job perfectly well anyway.)

And in fact, Engel doesn't object to those himself. For a couple of centuries, he says, American English brought us useful words for new things—from *tobacco* to *telegram*—and some invigorating slang. But



That's the Way It Crumbles: the American Conquest of English by Matthew Engel is published by Profile at £16.99.

since the 1970s, the situation has been “altogether darker”, with no quality control, just an unthinking willingness to outsource the development of our own language to another country. Already, lorries have become trucks; and dinner jackets, tuxedoes. Now, Engel suggests, we’re faced with *cookie* vs *biscuit*: “the potential Armageddon that would spell the end times for the English language as we have known it”.

Various sections also explore in turn such increasingly Americanised areas as the workplace, education—and, in this extract, politics ...

“ There was always a convention that in Britain one *stood* for parliament while Americans *ran* for office. This was a pleasing distinction: it implied a certain British reticence. An MP was supposed to be someone with some experience of life who would reluctantly surrender life’s pleasures to serve their constituents and country. Nobody stands now, they run. Like hell. Starting almost from birth.

So here is a guide to the aspirant British politician, written in modern British political jargon.

To get chosen these days, you might have to win a *primary*. More often the *party machine* will *fix* it so its preferred candidate wins. In a safe seat the chosen one may be a *shoo-in*. But the constituency might be a *bellwether* in which the *race* might

A WORD TO THE WISE: MORE OF MATTHEW ENGEL’S BUGBEARS

APPEAL as a transitive verb: to appeal a judgement rather than appeal against it. It takes approximately 0.23 of a second to add against. Isn’t that a small price to pay for a sliver of linguistic independence?

IT SUCKS: it does suck, really it does.

MISSTEP: *mistake*’s much uglier sister.

SCHOOLYARD: a joyless alternative to playground.

SPECIALTY: now replacing the much more elegant speciality.

STEP UP TO THE PLATE: in baseball the phrase has a very specific meaning. If you know nothing of the game, which will be true of almost all British people using the term, it is meaningless verbiage.

TAD: meaning a little. First recorded in the US in 1940, tad only started spreading in Britain in the 1990s. Why?

Let us know the Americanisms you dislike—or even some you love—at readersletters@readersdigest.co.uk

be *too close to call*. Even so, it will be necessary to go out on *the stump*.

If the aspirant pays attention to the *grassroots* then, with the help of the

conference there in 2010. If the White House has a rose garden, British politics must have one too.

It goes on and on. British political

“

British political journalism is riddled with backwoodsmen, slates, tickets and metaphorical platforms

spin doctors he or she might get elected. Once settled at Westminster, the new MP will be beset by *lobbyists*. Meanwhile, the government will be preparing a *raft* of legislation, which it will try to *railroad* through. It may wish to cut *welfare* and may appoint a *czar* or two to pretend to solve intractable problems. All being well, you might eventually get into the Cabinet and on a sunny day, the prime minister may invite you to sit in the Downing Street *rose garden*.

And of all the American terms imported into British politics nothing is quite as imbecilic as this one. Downing Street has no rose garden, i.e. a garden devoted to the cultivation to roses. The name was assigned to it by the press after David Cameron and Nick Clegg gave a joint press

journalism is riddled with *backwoodsmen, lame ducks, slates, tickets* and metaphorical *platforms*, all of them evidence of a collective failure of imagination and an ingrained culture of plagiarism from another country.

Indeed, on 5 May 2016, a BBC news alert flashed on to millions of screens: ‘Polls open in a range of local and national elections across the UK, on what is being dubbed “Super Thursday”. It is not clear who might have done the dubbing; no normal person would have recorded the day as super. But America had just had a *Super Tuesday*, so naturally Britain had to copy it.

Politicians from every party are at it. “*Hell yes*”: those are the most vivid words of the campaign so far, and they came from Ed Miliband, the Labour leader,’ said a Financial Times columnist during the 2015 election. ‘No actual person in Britain talks like that. We are approaching the point where an excited politician says “Darn tootin’!” to some baffled crowd in Edgbaston or Harrow.’



AND THE NAME OF THE AUTHOR IS...

Stephen King—whose first novel was *Carrie* (which was also made into a film in 1976, starring Sissy Spacek).

Books

THAT CHANGED MY LIFE

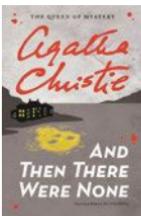


Paula Hawkins is the author of the publishing phenomenon *The Girl on the Train*, which has been translated into over 40 languages. Her new psychological thriller *Into the Water* is out now.

And Then There Were None

BY AGATHA CHRISTIE

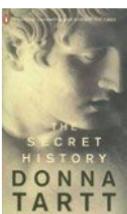
When I discovered Agatha Christie novels on my parents' shelves at the age of 12, I adored the fact that the characters in her books—and this one in particular—all harbour some terrible secret from their past. This novel has such a clever structure and plot; it's a real page-turner. I had a very happy childhood, so I'm not sure why I'm so intrigued by the dark side of human nature and people who are imperfect and damaged.



The Secret History

BY DONNA TARTT

I was at Oxford in the early 1990s when this literary psychological thriller came out. It was a time of intense and important friendships—those golden years when you're a little in love with all



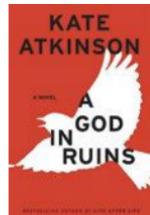
your brilliant friends. Although Tartt's characters exist within a rarefied social and academic group, there was a part of me that felt I understood them—even wished myself into their scholarly and elite world. But how had these beautiful friends found themselves complicit in murder? I remain fascinated by what leads people to extreme actions.

A God in Ruins

BY KATE ATKINSON

Kate Atkinson writes compelling and clever fiction that's full of wisdom. *The Girl on the Train* was just about to be published when I read *A God in Ruins*. It was an exciting and terrifying time in my life, but Kate's novel gave me the desire to write another book and to be brave and ambitious in what I could achieve. I wanted to cross boundaries and do something different. *Into the Water* is the result. ■

As told to Caroline Hutton



You Couldn't Make It Up

Win £50 for your true, funny stories! Go to readersdigest.co.uk/contact-us or facebook.com/readersdigestuk

I WENT IN TO SEE my bank manager recently with my eight-year-old son, Ben.

We'd just sat down when my son looked the manager straight in the eye and felt the need to say, "Hello. I'm not her husband by the way."

NESSA SMITH, Flintshire

AFTER A WEEK OFF SICK with what my wife described as "man flu", I returned to work. On my first morning back, one of the girls in the office complained that she was feeling unwell.

"Oh dear," I said. "I hope it's nothing I've given you."

"So do I," she replied. "It's morning sickness!"

GORDON WALLACE, Dundee

EARLY ONE EVENING I paid a visit to my friend's grandchild. The little lad was standing around with a grumpy face, looking bleary-eyed, tired and generally ready for bed.

"Hi," I said. "Are you yawning?"

"No," he replied. "I'm Mark."

JANICE REYNOLDS, Devonshire



"My dad used to bring me here when I was a kid"

MY FOUR-YEAR-OLD SON recently came along with me to church for the first time. At one point, the vicar disappeared out of view.

Jamie said in a very loud voice, "Mummy, where has God gone?"

PIA AINSWORTH, Manchester

I HAD TO SMILE when a colleague asked a lovely elderly gentleman in the retirement home I visit about his wartime experiences. One question

she had was how he'd known when the war was finally over.

To this he retorted, "Well to be perfectly honest, it was when they stopped shooting at me!"

AMELIA BARNES, Denbighshire

ON A PACKED TRAIN I got talking to the lady beside me, and told her I was headed to an antenatal class. She asked whether I knew if it was a boy or a girl. I told her no.

She then got up to get off at her stop and, probably as an afterthought, shouted down the carriage to me, "I hope you get the sex you want." All eyes were definitely on me!

CELINE WILLIAMS, Flintshire

OUR OFFICE MANAGER was a much loved and amenable man. But no one ever dared mention his height, because he was really small.

One day he came back from lunch visibly upset and told us that someone had picked his pocket, and stolen his wallet. My colleague didn't think before he commiserated with him by saying, "How could anyone stoop that low?"

ALEXA POOLE, Flintshire

DURING A RECENT DIET I was having lunch with a workmate and took out a boiled egg to eat. But as I broke the shell yolk went flying onto the table. It turned out I had packed an uncooked egg by mistake!

MANISA KUINKEL, Middlesex

ONCE, WHILE I WAS LIVING in a remote Scottish cottage, a lady came to the door delivering pamphlets.

She asked where the nearest public toilets were and, as the answer to that was some 30 miles away, I said she'd be welcome to use ours. As she hurried through the house, by way of conversation my friend remarked, "It's only wee mind."

The lady turned round and said in desperation, "Oh that's alright—I only want a wee."

VERONICA RIPLEY, Kirkcudbright

I WAS STAYING AT a pleasant hotel in Sweden and asked a maid the meaning of the various names on the bedroom doors.

She explained that *ShlopenBerg* was the name of the mountain behind the hotel, *Runnin Strom* was the river at the side and *Lackfarg* was the name of the lake.

"So what does *Rök Fri* mean on my door?" I asked, intrigued.

"Ah yes," she replied. "That means no smoking!" **BRIAN MILLS, Lancashire**

LIKE MANY EIGHT-YEAR-OLDS, I was an avid footballer. One day I was celebrating a goal when a small sparrow flew straight into my mouth!

Thankfully it was unharmed (although no psychiatric evaluation was undertaken). Unfortunately, this was back in the Nineties when YouTube royalties didn't exist.

JAMES BATT, Buckinghamshire

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Word Power

With springtime buds galloping toward the summer growing season, we decided to look at words related to forward movement and progress. See how much headway you can make, then proceed to the next page for answers.

BY EMILY COX & HENRY RATHVON

1. expedite *v*—A: speed along.
B: diversify. C: transport.

2. catalyst *n*—A: great leap.
B: milestone. C: agent of change.

3. anabasis *n*—A: military advance.
B: groundbreaking idea.
C: executive decision.

4. fructify *v*—A: branch out.
B: skyrocket. C: bear fruit.

5. instigate *v*—A: incite.
B: set goals. C: enact as law.

6. synergy *n*—A: enthusiasm for
change. B: combined action.
C: lack of drive.

7. watershed *n*—A: sudden loss.
B: turning point. C: strength reserve.

8. precipitately *adv*—A: very
cautiously. B: sequentially. C: with
reckless haste.

9. entrepreneur *n*—A: gatekeeper.
B: business starter. C: ruthless
social climber.

10. stratagem *n*—A: high degree
of success. B: smooth move.
C: clever plan.

11. aggrandize *v*—A: enlarge.
B: inspire with words. C: replace
with a more expensive version.

12. vaticinate *v*—A: steer to
completion. B: predict. C: become
more religious.

13. avant-garde *adj*—A: fearless
and foolish. B: on the leading edge.
C: well-planned.

14. incremental *adj*—A: time-
saving. B: step-by-step. C: using
brain waves.

15. propagate *v*—A: support.
B: prosper. C: spread.

Answers

- 1. expedite**—[A] speed along. “Would a note with Mr Hamilton’s likeness *expedite* the delivery?”
- 2. catalyst**—[C] agent of change. “The ambassador’s speech was the *catalyst* for this peace agreement.”
- 3. anabasis**—[A] military advance. “The general’s brilliantly planned *anabasis* forced the enemies to retreat swiftly.”
- 4. fructify**—[C] bear fruit. “Our efforts will *fructify*,” said Holmes to Watson, ‘if we trace these footprints.’”
- 5. instigate**—[A] incite. “My sister is the most argumentative person I know—she’s always *instigating* a fight.”
- 6. synergy**—[B] combined action. “All the king’s horses and all the king’s men are working in *synergy* to reassemble Humpty Dumpty.”
- 7. watershed**—
[B] turning point. “Amy’s divorce was a *watershed* in her life—not long after, she changed careers and moved across the country.”
- 8. precipitately**—[C] with reckless haste. “In a three-legged race, it’s never wise to start *precipitately*.”

- 9. entrepreneur**—[B] business starter. “An *entrepreneur* even as a toddler, Nicki once sold her doll’s house to a friend for £100.”
- 10. stratagem**—[C] clever plan. “Harold tried various *stratagems* before he finally caught the fox that was eating his rubbish.”
- 11. aggrandize**—[A] enlarge. “Carl used his hefty bonus to *aggrandize* his collection of Rolex watches.”
- 12. vaticinate**—[B] predict. “It’s so difficult to *vaticinate* the weather here, so I always carry a jumper.”
- 13. avant-garde**—[B] on the leading edge. “Is Elaine’s writing style *avant-garde* or just incoherent?”
- 14. incremental**—[B] step-by-step. “The pharaoh was impatient with the *incremental* progress on his latest pyramid.”
- 15. propagate**—
[C] spread. “Old Uncle Joe is having a tough time *propagating* his flat-Earth theory.”

WORD OF THE DAY*

HORTATORY

Tending or aiming to exhort.

Alternative suggestions:

“Conservative party just for plants.”

“A long speech by a character in *Hamlet*.”

“A cross between a greenhouse and an orangery.”

VOCABULARY RATINGS

9 & below:

getting started

10-12:

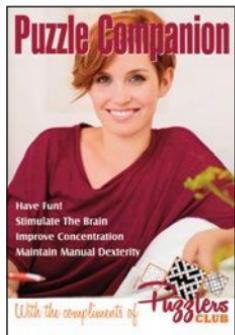
chugging along

13-15: smooth sailing

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BRADBURY
BRONTE
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CARROLL
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DAHL
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HUXLEY
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ANSWER

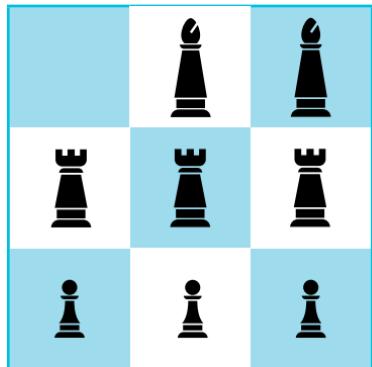
Brainteasers

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on p139.

PAWN'S PUZZLER

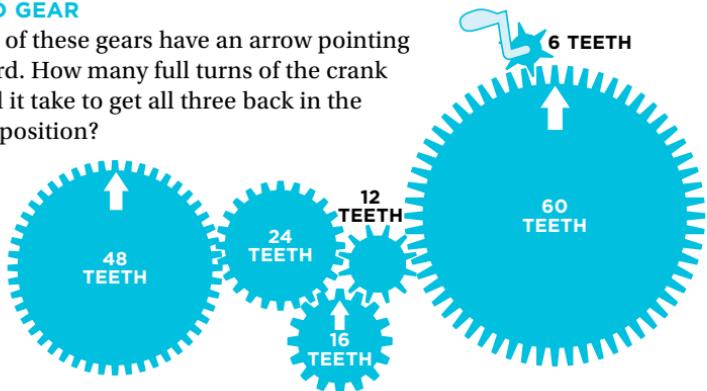
This puzzle uses the movements of the bishop, rook and pawn from chess. The bishop moves diagonally in any direction. The rook moves up, down, left and right. The pawn may only move up. None of these pieces may jump over another piece. Unlike in standard chess, pawns cannot be promoted.

Start by placing pieces in the positions indicated. The object is to get all three pawns to the other side of the board. Can you find a way to do it in 31 moves? Suggestion: use actual chess pieces, or three different coins.



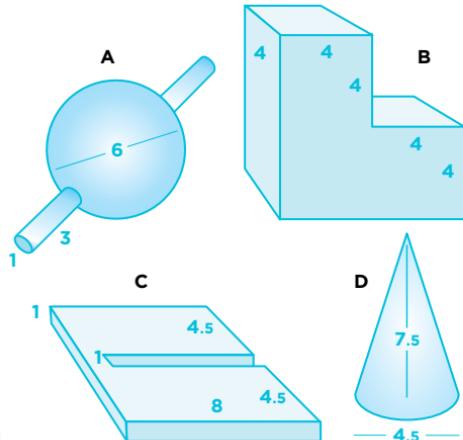
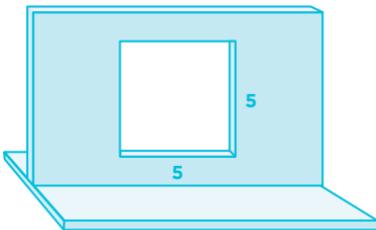
THIRD GEAR

Three of these gears have an arrow pointing upward. How many full turns of the crank would it take to get all three back in the same position?



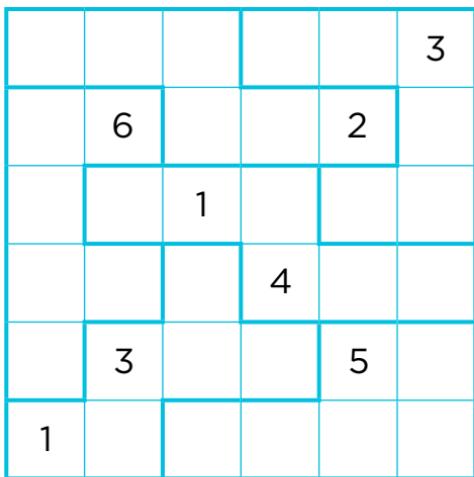
THE HOLE THING

Which of the four three-dimensional figures on the right would fit intact through the square hole below?



SIX FIGURES

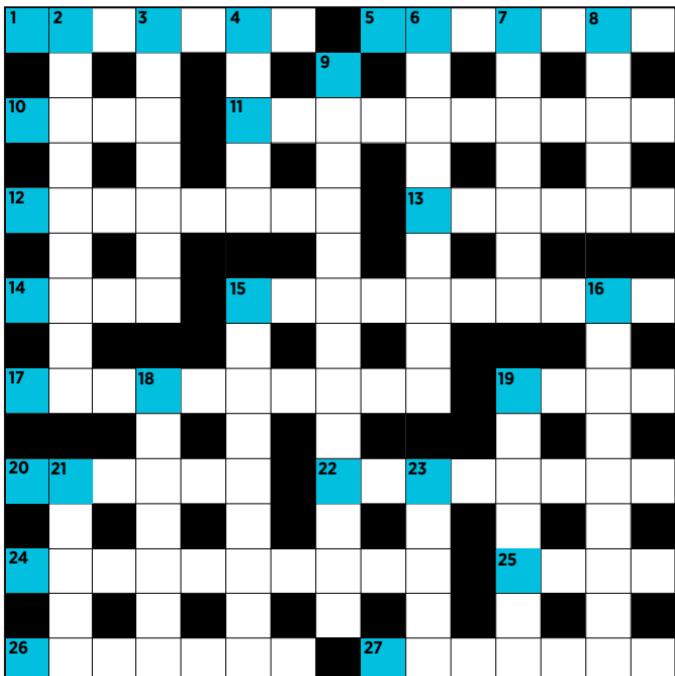
Fill in each cell in this grid with a number between 1 and 6 so that each row, each column and each outlined region contains six different numbers. We've placed a few to get you started.



LETTER LOGIC

Each letter stands for a single digit—the same digit every time it appears. Can you decode the addition?

$$\begin{array}{r} \text{E E A J} \\ + \text{A A A J} \\ \hline \text{S J J J J} \end{array}$$

**CROSSWISE**

Test your
general
knowledge

ACROSS

- 1 Perform magic (7)
- 5 Maybe (7)
- 10 Daze (4)
- 11 Beat the keeper (5,1,4)
- 12 Processor with a monitor (8)
- 13 Periodical (6)
- 14 Fly high (4)
- 15 Self-restraint (10)
- 17 Spectacles (10)
- 19 Outwit (4)
- 20 Text of a play (6)
- 22 Make conversant (8)
- 24 Older male relative (5,5)
- 25 Concept (4)
- 26 Inexpensive bacon variety (7)
- 27 Become harder to climb (7)

DOWN

- 2 Established way of thinking (9)
- 3 Gin-making berry (7)
- 4 Arrange again (5)

- 6 White mountain-flower (9)
- 7 Practice of cleanliness (7)
- 8 Oyster gem (5)
- 9 Refusal to resort to violence (3,10)
- 15 Money earned easily (1,4,4)
- 16 Customers (9)
- 18 Pained expression (7)
- 19 Delicate (7)
- 21 Measure of weight of diamonds (5)
- 23 Mission (5)

-
- 21 Score A Goal 12 Computer 10 Stun 9 Weekday 14 Soccer
 - 22 Acquaint 24 Great Uncle 25 Idea 26 Steeple
 - 23 Carat 23 Guest
 - 24 Odorless 3 Juniper 4 Reset
 - 25 Ethylene 7 Hygiene 8 Pear 9 Non Resistance
 - 26 Grimace 19 Fragile
 - 27 Steepen
 - 28 Absurdity 17 Eye-glasses 19 Foli 20 Script
 - 29 Odore 11 Culture 5 Perhaps 10 Stun
 - 30 Score A Goal 12 Computer 13 Weekly 14 Soccer
 - 31 Score A Goal 12 Computer 10 Stun 9 Weekday 14 Soccer
 - 32 Acquaint 24 Great Uncle 25 Idea 26 Steeple
 - 33 Ethylene 7 Hygiene 8 Pear 9 Non Resistance
 - 34 Grimace 19 Fragile
 - 35 Odore 11 Culture 5 Perhaps 10 Stun

ANSWERS

Brainteasers: Answers**PAWN'S PUZZLER**

↑ ↘ ↑ ↓ ↙ ← → ↗ ↓ ← ↑ → ↓ ↘
 ↑ ↑ → ↘ ↓ ↙ ← ↗ ↓ → ↑ ← ↓ ↘ ↑

The moving piece need not be specified since there is never more than one possibility.

THIRD GEAR

None; it's impossible. The three intermeshed gears guarantee that the system won't budge.

THE HOLE THING

D. The cone.

LETTER LOGIC

$$\begin{array}{r}
 \text{EEAJ} & 4\ 4\ 5\ 0 \\
 + \text{AAAL} & + 5\ 5\ 5\ 0 \\
 \hline
 \text{SJJJJ} & 1\ 0\ 0\ 0
 \end{array}$$

SIX FIGURES

6	4	5	2	1	3
4	6	3	1	2	5
3	2	1	5	6	4
5	1	2	4	3	6
2	3	4	6	5	1
1	5	6	3	4	2

ANSWER TO JUNE'S PRIZE QUESTION

56 revolutions. Find the lowest common multiple—the smallest number into which all the cog teeth can be divided by the number of teeth on the largest cog.

To find the lowest common multiple, list all the prime factors of each number, eliminating prime factors that are duplicated (shown in brackets below):

$$23 = 1 \times 23$$

$$8 = 2 \times 2 \times 2$$

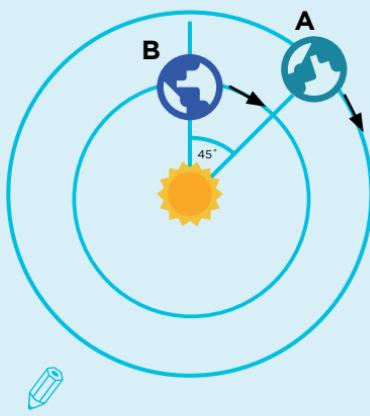
$$7 = (1) \times 7$$

$$4 = (2 \times 2)$$

£50 PRIZE QUESTION

Answer published in the August issue

These two planets are orbiting around the same sun. Planet A (which takes 16 years to orbit the sun) is 45 degrees further round its orbit than planet B (which has a 20-year orbit). How long will it be before planet A, planet B and the sun are all in a straight line?



The first correct answer we pick on July 5 wins £50! Email **excerpts@readersdigest.co.uk**

This leaves $1 \times 23 \times 2 \times 2 \times 2 \times 7 = 1288$, which is the lowest number into which 23, 8 7 and 4 can be divided. Divide 1288 by 23 for the answer = 56.

AND THE £50 GOES TO...
Amy Evans, Oxfordshire

Laugh!

Win £50 for every reader's joke we publish! Go to readersdigest.co.uk/contact-us or [facebook.com/readersdigestuk](https://www.facebook.com/readersdigestuk)

A POODLE AND A LABRADOR were walking down the street. The poodle turned to the lab and complained, "My life is a mess. My owner is mean, my girlfriend is having an affair with a boxer, and I'm as nervous as a cat."

"Why don't you go and see a psychiatrist?" asked the labrador.

"I can't," replied the poodle. "I'm not allowed on the couch."

JACK WEBB, *Clwyd*

I SEE PEOPLE MY AGE getting married to people they've only known for a year and a half. A year and a half? Is that enough time to get to know someone? Enough to know you want to spend the rest of your life with them?

I've had sweaters for a year and a half and then thought, *What the heck was I doing with this sweater?*

COMEDIAN AZIZ ANSARI

THE LONELIEST NUMBER

13 5 7 9

...are the odd-numbered seats that a man in China—who had recently split from his girlfriend—bought last Valentine's Day to make sure couples could not sit together at a cinema.

Source: web.orange.co.uk



THERE ARE ONLY two situations in which you're allowed to wake up a woman who's having a lie-in.

It's snowing or the death of a celebrity. **COMEDIAN MICHAEL MCINTYRE**

THE RINGING OF THE local church bell was a mystery, because the priest in charge had no arms.

One day, a man entered the church to ask how he did it. The priest brought the man onto the roof and, out of nowhere, charged at the bell headfirst and fell to the ground.

Confused, the crowd gathered below looked at the injured man and wondered who he was. One of them chimed in, "I don't know, but I think his face rings a bell." **SEEN ONLINE**

I'VE BEEN SINGLE for such a long time now, that when somebody asks, "Who are you with?", I just automatically reply, "Vodafone".

COMEDIAN MIRANDA HART

IN THE BIBLE, God made it rain for 40 days and 40 nights. That's a pretty good summer for us in Wales. That's a hose pipe ban waiting to happen.

I was eight before I realised you could take a kagool off.

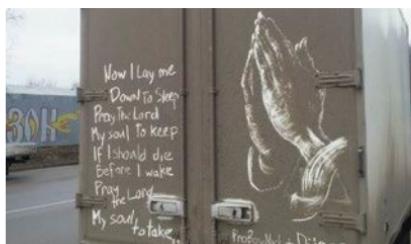
COMEDIAN RHOD GILBERT

I AM ARAGORN, son of Arathorn, the heir to Isildur and part of the Fellowship of the Ring...please leave your message after the tone.

COMEDIAN RUSSELL HOWARD

DUST TO DUST

Russian artist Nikita Golubev turns other people's dirty vehicles into spectacular works of art.



MY WIFE SAYS that camping is a tradition in her family.

It was a tradition in everyone's family until we invented the house...

SEEN ONLINE

I GOT INTO A FIGHT one time with a really big guy, and he said, "I'm going to mop the floor with your face."

I said, "You'll be sorry."

He said, "Oh, yeah? Why?"

I said, "Well, you won't be able to get into the corners very well."

SEEN ONLINE

EVERYBODY IS SO SENSITIVE

nowadays. A girl at work complained about me recently, and now I have to call her "lactose-intolerant" instead of "Susan the cheese bigot."

SEEN ONLINE

THEY SAY THAT animal behaviour can warn you when an earthquake is coming.

Like the night before the last earthquake hit, when our family dog took the car keys and drove to Arizona.

COMEDIAN GENE PERRET

FORTUNATELY MY PARENTS were intelligent, enlightened people and so they took me for exactly what I was: a punishment from God.

COMEDIAN DAVID STEINBERG

I TRY TO ALWAYS look on the bright side. Whenever I walk into a spider web, I just pretend that I crossed the finish line of a race I didn't know I'd entered. It's hard to throw up from fear when you're too busy being an utter champion.

SEEN ONLINE



I'M ALL EARS

The people of Twitter share some of the best things they've ever overheard with the hashtag #IOnceOverheard:

@DJacksonBrown: "In the Sistine Chapel, I overheard a guy say, 'If it was me, I would have left the walls white. Would have looked bigger.'"

@Mestrain66: "I heard a man sternly saying to his small child, 'We are NOT here to have fun!' We were standing in the middle of Disneyland."

@TheMadisonReed: "I once overheard my grandfather say he was having a hard time hearing and my grandmother replied, 'Well, put your glasses back on.'"

@TracieHenry12: "When I was in the toilet at work, I overheard the lady in the cubicle next to me snoring."

60-Second Stand-Up

We chatted with Edinburgh Festival's sassy **Shazia Mirza**

WHAT'S YOUR FAVOURITE OF YOUR OWN JOKES?

It's very rude and I only tell it in exceptional circumstances...

HAVE YOU FOUND PARTS OF THE COUNTRY FUNNIER THAN OTHERS?

There are certain places—Liverpool and with drunk people in Birmingham—where the audience thinks they're funnier than you.

ANY FUNNY STORIES ABOUT A TIME YOU BOMBED ON STAGE?

One Swedish show went so badly that I had to leave through a toilet window in the barn where I was performing. As I was squeezing through my shoe fell off, so I had to run away from the farmyard with one shoe on.

WHAT'S YOUR FAVOURITE ONE LINER?

Joan Rivers: "No man wants an intelligent woman. You've never heard of a man putting his hand up a dress looking for a library card."

WHO'S YOUR BIGGEST COMEDY INSPIRATION?

Richard Pryor's groundbreaking show *Live on Sunset Strip* was made 35 years ago and it's still funny. It's hard



to do something now that will still be relevant in 35 years because young people's interests are so fleeting.

IF YOU WERE A FLY ON THE WALL, WHOSE WALL WOULD YOU BE ON?

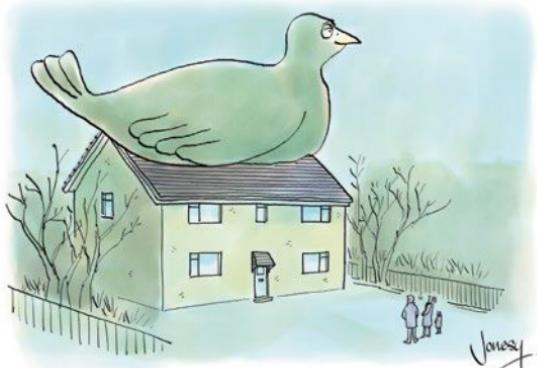
Vladimir Putin. I need to find out what's really going on there.

IF YOU COULD HAVE A SUPER POWER, WHAT WOULD IT BE?

I'd love to be able to control people's minds—I could change everything. ■

Shazia Mirza will be performing at the Edinburgh Fringe Festival next month. Visit edfringe.com for tickets.

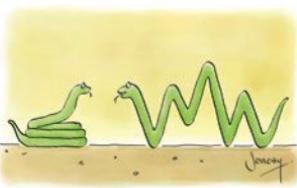
Beat the Cartoonist!



Think of a witty caption for this cartoon—the three best suggestions, along with the cartoonist's original, will be posted on our website in mid-July. If your entry gets the most votes, you'll win £100.

Submit to captions@readersdigest.co.uk or online at readersdigest.co.uk/caption by July 14. We'll announce the winner in our September issue.

May's Winner



Things are looking up for our cartoonist. His caption for May's cartoon, "I've just got back from a sales conference", received 22 per cent of the votes, coming in a respectable second

place. However, he was still no match for the winner. Colin Way impressed a staggering 63 per cent of the voters with his line, "I've been feeling a bit up and down recently."

Thank you to all who entered and all who voted!

CARTOONS: STEVE JONES

IN THE
AUGUST
ISSUE



Interview: Dame Joan Collins

The actress's secrets to staying young.



Are You Sure?

We uncover the fascinating science—and ramifications—of false memories.

Plus

• Best of British: Outdoor Swimming

- How To Feed The World
- Love On The Rocks In Corsica

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The Gtech Cordless Grass Trimmer gives you the power to cut and edge the lawn.



FREE easy change blades[†]



Tackle the terrain your mower can't reach

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But that's not the real difference...

Powerful and light

Gtech's Grass Trimmer uses a high performance 18V motor, giving you the power to cut and edge the lawn – without a cord to hold you back. But the main thing you will notice is the weight. At only 1.75kg it is incredibly easy to manoeuvre, putting less strain on your arms and back.

Practical and easy

Designed for comfort and ease of use, the trimmer features an adjustable handle for perfect balance. Equipped with a one-handed power trigger and safety switch to prevent accidental starting, it is simple to operate.

Lithium-Ion battery

The trimmer is powered by a Lithium-ion battery, giving you up to 30 minutes run-time* with a charge time of just 4 hours. If you need more time, then spare batteries are available from Gtech, and better still, they are interchangeable with the Gtech HT20 Cordless Hedge Trimmer.

Versatile

With a twist of the cutting head the trimmer easily converts to a precision edger, allowing you to give your lawn a neat finish.

FREE blades for life[†]

Don't worry about the cost of replacement blades. Your Cordless Grass Trimmer comes with 20 easy change blades, but Gtech also offer free spare blades for the life of the product.

Part of the new Gtech garden power tools range

The Gtech Grass Trimmer is part of a cordless power tool range, launched in spring 2016. The Grass Trimmer is accompanied by lightweight Lithium-Ion Hedge Trimmer and powerful Cordless Mower. Call or see website for details.

Don't just take our word for it...

We really do care what you think about us. Go online to see the thousands of independent reviews our customers have given us; and do check out our product videos at www.gtech.co.uk.



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2-year Manufacturer's Warranty. *Run-times may vary depending on condition of grass being cut. †All you pay is £2.95 per pack for postage and packing.

[†]Excludes UK Islands and highlands where delivery is still free of charge but takes 2-3 days. 6pm cut-off for next day delivery. See www.gtech.co.uk for full details.