

# Reader's digest



## VINYL REVIVAL!

How One Man Never  
Gave Up on LPs

PAGE 38



Can Science  
Explain Why  
We Cry?

PAGE 46

The Doctor  
Who Took on  
Big Tobacco

PAGE 32

This Baby's Survival  
Shocked an Entire Hospital

PAGE 64

Surprising and  
Playful Honolulu

PAGE 88

Latest Stroke  
Breakthrough

PAGE 83

Instant Answers: Mosquitoes .....	52
Bonus Read: Journey to Kokoda .....	102
Movies, Books and News .....	116





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# Reader's digest



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# Contents

MARCH 2017

## Power of One

### 32 SHE TOOK ON TOBACCO

When a cancer specialist learned of the vast sums of our money being invested in tobacco, she knew she had to act. **HELEN SIGNY**

## Cover Story

### 38 THE KING OF VINYL

Vinyl is dead? Not according to superfan Zdeněk Pelc – whose precious presses are taking full advantage of a burgeoning vinyl revival. **TIM BOUQUET**

## Science

### 46 WHY WE CRY

Humans are the only creatures whose tears can be triggered by their feelings. But why?

**MANDY OAKLANDER FROM TIME**



P. | 46

## Instant Answers

### 52 MOSQUITOES

All the latest buzz on these tiny but dangerous 'little flies'. **HAZEL FLYNN**

P. | 52

## Look Twice

### 54 SEE THE WORLD ... DIFFERENTLY

A peek over (very distant) new horizons.



## Life Lessons

### 60 DO THE RIGHT THING

How to stay true to your most deeply held values and choose the right path. **LUC RINALDI**

COVER: iSTOCK

## Drama in Real Life

### 64 11 HOURS IN ROOM 407

Born at 26 weeks and given zero chance of survival, baby Austin was cuddled by his parents, who waited for the end. And waited. And waited... **TIM BOTOS FROM CANTONREP.COM**



# Contents

MARCH 2017



P. | 74



P. | 102

## Art of Living

- 72 13 THINGS YOU SHOULD KNOW ABOUT ANGER MANAGEMENT**

From momentary outbursts to useful motivators – how you experience anger can depend on how it's processed. **ANDREA BENNETT**

## Nature

- 74 THE MOST AMAZING TREES!**

A photographic look at the wonderful trees that give us life, shade and endless enjoyment.

## Life Skills

- 81 DON'T GET TROUNCED AT SCRABBLE**

When it comes to winning consistently at Scrabble, being a top-notch speller is only half the battle. **LAURA LEE**

## Health

- 83 UNLOCKING PARALYSIS**

Meet Mr Clean, a game-changing 'clot retrieval' device invented by accident that has changed the face of stroke treatment. **LISA FITTERMAN**

## Travel

- 88 THE OTHER HONOLULU**

There's much more to Hawaii's capital city than its famous sheltered harbour. **JANIE ALLEN**

## Society

- 97 THE END OF PARKING**

Could self-driving vehicles and ride-sharing allow us to un-pave paradise? **CLIVE THOMPSON**  
FROM MOTHER JONES

## Bonus Read

- 102 JOURNEY THROUGH KOKODA**

A promise is fulfilled along the physically and emotionally gruelling 96-km track. **SIMON BOUDA**

---

## THE DIGEST

---

### Health

- 18** Ins and outs of insulin; managing make-up allergies; medical news

### Home

- 23** Dishwasher dos and don'ts

### Food

- 24** Pumpkin penne; salmon fusilli

### Travel

- 26** Southeast Asia's holiday hotspots

### Tech

- 28** Avoiding data-loss disasters

### Pets

- 29** Pawsome tips to care for pets

### Money

- 30** Finding the right (affordable) insurance for older travellers

### Out & About

- 116** All that's best in books, films, DVDs and unexpected news
- 

## REGULARS

---

- 4** Letters  
**8** Finish This Sentence  
**10** My Story  
**14** Kindness of Strangers  
**16** Smart Animals  
**71** Quotable Quotes  
**96** That's Outrageous!  
**114** Unbelievable  
**122** Puzzles, Trivia & Word Power

---

## HUMOUR

---

- 44** Life's Like That  
**58** All in a Day's Work  
**80** Laughter, the Best Medicine

---

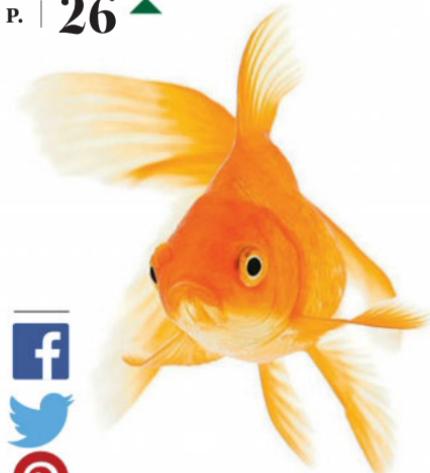
## CONTESTS

---

- 5** Caption and Letter Competition  
**6** Submit Your Jokes and Stories



p. | **26** ▲



SEE  
PAGE 6

p. | **44** ▲



# Letters

READERS' COMMENTS AND OPINIONS

## Worth Burning the Midnight Oil

Today our postman delivered Reader's Digest Classic Reads 2016. I am absolutely rapt, to put it mildly! I have browsed through it and decided to burn the midnight oil tonight reading the magazine. An avid reader of the magazine all my life, I wanted to pen you a few lines thanking you and your staff, to express my grateful appreciation for producing such a first-rate magazine.

LORRAINE POINTON



## Never Look Back

I was deeply moved reading the article 'Quit While You're Ahead' (December 2016). I have just quit my full-time teaching job to work as a freelance writer. Inspired by the author's bright future after she quit her job, I am ready to embrace the new challenge.

REZAUL KARIM REZA

As a result of reading the heart-warming article 'Quit While You're Ahead', I have become more happy, contented and energetic. I recently quit my job as an education officer and opted to go back to school teaching, which is enriching me with greater knowledge and wisdom. JEEWAN MANSHA

## Make It So

Recent reports about luxury accommodation on airliners give the impression that they are now so big that each of us can travel in comfort and privacy ('The Future of Flight', December 2016). That is very far from the truth. Economy class is still rammed full with ever-closer, more uncomfortable seats, but if new work by industrial designers is aiming to make the experience of turning right on entering a plane as painless as possible, then I'm all for it.

BETHANY WEBB

## LET US KNOW

If you are moved – or provoked – by any item in the magazine, share your thoughts. See page 6 for how to join the discussion.

## Finding Acceptance

'Coming Out to Grandma' (My Story, November 2016), was

beautiful. It reminds me of when I came out to my conservative parents ten years ago. Up to this day, it is still the most awkward moment of my life. Their response was nothing like I expected, but my strongest memory was my father's answer: "We love you, and if your friends can't accept you, we are always here for you", which my mother seconded. What was then even more amazing was for my parents to find out that my friends already knew and they accepted me.

RHOCELA PASIGNA

## Not So Private Lives

'Private Lives' (October 2016) was such an insight into the profound role technology has played in improving our lives but at the cost of our privacy. The fears mentioned in the article are so true.

IQRA IJAZ

## WIN A PILOT CAPLESS FOUNTAIN PEN

The best letter published each month will win a Pilot Capless fountain pen, valued at over \$200. The Capless is the perfect combination of luxury and ingenious technology, featuring a one-of-a-kind retractable fountain pen nib, durable metal body, beautiful rhodium accents and a 14K gold nib. Congratulations to this month's winner, Rhocela Pasigna.



### Funny Face

We asked you to think up a funny caption for this photo.

Tears of Emojicon.

RAJOO BALAJI

When reality hits hard, virtual reality has the last laugh!

TANG WAI KIT

I've been spending so much time on the internet that my head has turned into an emoticon!

ATHENA TAN

I'm all SMILE-y!!!

K. WASKITANINGTYAS

Ha ha! Guess what? It's FaceTime!

MUHAMMAD SHEIKH AHMED

**Congratulations to this month's winner, Muhammad Sheikh Ahmed.**



### CAPTION CONTEST

*Come up with the funniest caption for the above photo and you could win \$100. To enter, see the details on page 6.*

## EDITORIAL

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## CONTRIBUTE

FOR DIGITAL EXTRAS AND SOCIAL MEDIA INFO, SEE PAGE 31.

## Anecdotes and jokes

Send in your real-life laugh for Life's Like That or All in a Day's Work. Got a joke? Send it in for Laughter is the Best Medicine!

## Smart Animals

Share antics of unique pets or wildlife in up to 300 words.

## Kindness of Strangers

Share your moments of generosity in 100–500 words.

## My Story

Do you have an inspiring or life-changing tale to tell?

Submissions must be true, unpublished, original and 800–1000 words – see website for more information.

## Letters to the editor, caption competition and other reader submissions

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# Editor's Note

## Life's Little Mystery

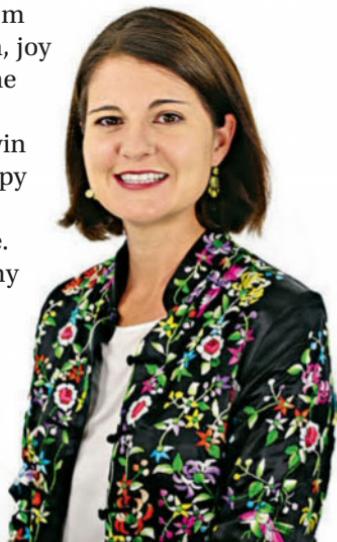
**THIS MONTH**, our cover feature, 'The King of Vinyl' will both delight and frustrate anyone who built up a record collection decades ago only to cast it – along with their turntable – aside to make room for CDs and digital downloads. Lovers of music carried across the warmer tones of medium frequencies are seeing a strong comeback of vinyl in music stores across the world. We tracked down Zdeněk Pelc, an unassuming man who 'kept the faith' – along with a trusty old black 'cake' press, and today heads a successful record business out of Prague. For his story, and the inspiration to rebuild a record collection, turn to page 38.

It seems that the most innately human thing – crying – and why we do it have split the medical science world. We know the physical reason for tears, but what drives our need to express this emotional response has lead to a research boom into why tears flow when we feel sadness, pain, joy or anger. 'Why We Cry' (page 46) sets out all the reasons for emotional crying, something naturalist and evolution theorist Charles Darwin long ago discounted as "purposeless". As a soppy sentimental from way back, I'm glad our modern-day scientists are up for the challenge.

Don't forget to share your thoughts about any of the stories you read in Reader's Digest. We love hearing from you!

*Louise*

LOUISE WATERSON  
Managing Editor



# My Dearest Possession Is ...

A family memento or perhaps a formative experience? See what other RD readers cherish most

... my mother's recipe book.

BETTY DAY, *Thornlie, WA*

... a blue locket, borrowed from my mother for my wedding, which I never returned.

DEB HARRISON,  
*Winnellie, NT*

... my property, surrounded by beautiful, peaceful countryside.

PAUL WHEATON, *Hardwicke Bay, SA*





# Through the Eyes of a Migrant

Was leaving our country for a new life the right decision?

BY LORELLA D'CRUZ

*Lorella D'Cruz enjoys travel, classical music, Scrabble and cryptic crosswords. A few years ago she visited India with her family, including six grandchildren, all of whom were captivated by their vast and varied Indian cultural heritage.*

A MOMENT OF WILD PANIC came over me as our aircraft prepared to descend. Our decision to migrate to Australia in 1970 was a giant leap into the unknown. My husband, Arnold, had come four months earlier, securing employment in his IT field, and setting up a home for our family. All the same, I was filled with trepidation when I joined him in Melbourne on that cold blustery late-autumn night, our two little girls, aged three and four in tow, rubbing their eyes in sleepy bewilderment after a long flight from Bombay.

My concerns were momentarily set aside, of course, in the unmitigated joy of being reunited as a family.

We had left behind a very comfortable life in India – an arguably class-ridden, inadequate system that sheltered its middle classes from the drudgeries of everyday living, so that I had never had to cook, clean or do a load of washing. But, in the words of Nobel Prize winner Bob Dylan, the times they were a-changin', and we had to seriously weigh our options. India's burgeoning population threatened to limit the availability of university placements, job openings and housing for the next generation, our own children.

*Right: Lorella D'Cruz and her two young daughters, Liane and Ciel, found Melbourne a welcoming place*

Australia, on the other hand, was touted as the land of opportunity, and was in its own interests looking to boost its sparse population and labour force. *Why not take our chances?* we figured. Then we examined the cons. The '70s was an era when the world was not the melting pot of cultures it is today; and, we reminded ourselves, our new country had not, from all accounts, totally dismantled its 'White Australia' policy. There was enough reason for massive doubt as to the wisdom of our move.

I vividly remember, as if it were yesterday, arriving at our new home on that bitterly cold night in May – bitterly cold, at any rate, by contrast with Bombay's 35–38°C temperature at



that time of year. Minutes after we put down our bags, the doorbell rang and there stood a parishioner from the local church that my husband had joined. At that point I was too emotionally exhausted to exchange small talk with a total stranger – but she was not there to make small talk. She waited only long enough to drop off a piping hot roast dinner for our first night in our new homeland.

I can still feel the outpouring of warmth and gratitude that surged

through my inner being in that moment, her kind gesture touching me to the core. I knew in that instant that my husband had found us the perfect community in which to raise our young family.

From that day to this, we've never looked back. To think I had been agonising for months over how racism might rear its ugly head in our daily lives - and then, in a moment, all our misgivings had been erased, thanks to the kindness of a good Samaritan.

Of course, there were a few 'surprises' to come to terms with over the next few weeks. Arriving in Australia from a so-called 'third-world' country, we expected a certain level of home comforts, and were a little taken aback by the lack of some of the most basic amenities. We had to make do with a couple of small electric heaters, no running hot water and - incredibly - an outdoor toilet! However, the warmth of its people more than compensated for the chill of that first winter.

At first, we actually missed the blare of taxi horns and the clamorous throngs milling about the streets of Bombay from dawn till midnight.



**Arriving in Australia from a so-called 'third world' country, we expected a certain level of home comforts**

Essendon seemed eerily silent and devoid of life, by contrast. However, I had only to walk down the street to know we were 'home': complete strangers smiled, and waved a friendly greeting, and asked after our family. We were welcome, we belonged. It had taken but one act of kindness on the part of a virtual stranger to dispel my every last foreboding.

I realise that times have changed and that economic realities are different today; but I hope with all my heart that the innate generosity of spirit that imbues the

Australian psyche will never be extinguished, and that today's migrants will experience - as we did - the genuine warm-heartedness and friendliness of its people, many of whose own parents were migrants.

I optimistically suggest that these new arrivals will in turn be moved to make their own contribution of goodwill to the next wave of newcomers to our shores.

**Do you have a tale to tell? We'll pay cash for any original and unpublished story we print. See page 6 for details on how to contribute.**

# Hours of great reading!

**Reader's digest**

**VINYL REVIVAL!**  
How One Man Never Gave Up on LPs  
PAGE 38

Can Science Explain Why We Cry?  
PAGE 46

The Doctor Who Took on Big Tobacco  
PAGE 32

This Baby's Survival Shocked an Entire Hospital  
PAGE 64

Surprising and Playful Honolulu  
PAGE 88

Latest Stroke Breakthrough  
PAGE 83

Instant Answers: Mosquitoes ..... 52  
Bonus Read: Journey to Kokoda ..... 102  
Movies, Books and News ..... 116

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# The Fellowship of Three Rings

Were my precious mementos gone forever?

BY KAVITA TUTEJA

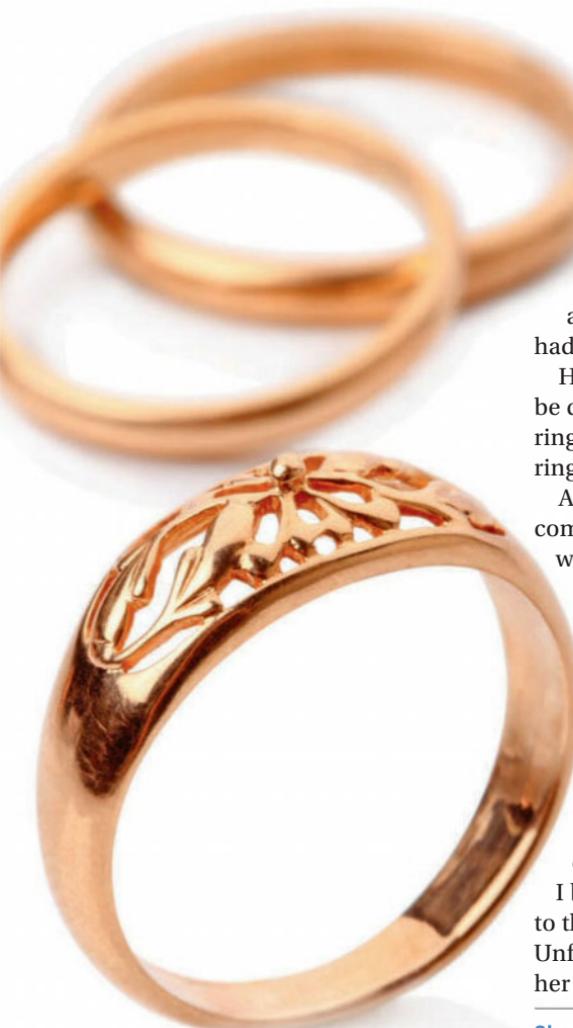
*Kavita Tuteja is a 42-year-old dental hygienist and therapist from Adelaide. She has three teenage children and enjoys reading, sketching, cooking and going for walks.*

THREE YEARS AGO I was rostered to work for a few weeks as a dental therapist in a new dental clinic at Victor Harbor, to the south of Adelaide and an hour further away than my usual workplace. My first day there was a rush – driving to a new and unfamiliar clinic and getting acclimatised to the different protocols and clinical environment.

In my agitation, and feeling a little unfamiliar in the new setting, I removed my three rings: my wedding ring, a ring that belonged to my mother and one that was an anniversary gift from my husband. I wrapped them in a tissue and placed them beside my computer.

During my lunch break, I noticed the crumpled-up tissue and thought that it did not look very neat and tossed it into the rubbish bin. I went about my duties and my day proceeded well; I met new patients and felt that I had been productive and efficient.

Driving home at the end of the day, just moments before I reached my house, I noticed that I was missing my rings. I felt the heat in my body rise, my cheeks burning red. I went inside and tried to calm down. I felt sick to my stomach and I had that sinking feeling in my heart.



I spent an hour or so making calls, trying to trace my rings.

The first people I called were my manager and clinical leader and they gave me a few contact numbers for cleaners. I got in touch with a lady who managed the cleaning services for the clinic, and she informed me that the bins had already been collected.

Heartbroken, I knew nothing could be done now. I had lost my wedding ring and one of my most treasured rings – my mother's wedding ring.

After two or so hours, I was just coming to terms with what I had lost, when I received the most amazing phone call. Someone had gone through the bins and found all three of my rings! I was so grateful to the beautiful soul who took the trouble to go through the bins containing dental waste – which is not a pleasant task – to find my rings.

I was rostered to work at that clinic the following week, so I bought chocolates with which to thank this wonderful person. Unfortunately I did not get to meet her as she was not at work that day.

---

**Share your story about a small act of kindness that made a huge impact. Turn to page 6 for details on how to contribute and earn cash.**



# Smart Animals

Some animals are much more cluey than we imagine



## Holly Go Lightly

EMMA WOODWARD

Five years ago, I was a trail ride leader at a holiday ranch on the Mornington Peninsula in Victoria. My favourite horse was a warmblood called Holly, a chestnut mare with a flaxen mane and tail. Aged seven, she was graceful, sweet-natured and well trained; the only problem with Holly was her vivid imagination. I was constantly surprised by Holly's ability to be spooked by rabbits, the wind or even shadows – sometimes her own shadow!

One day, as we headed back from a ride on the beach, Holly and I were leading the way over hilly terrain. When we got to one particularly long, steep hill (think lie-back-in-your-saddle steep), Holly began to twitch her ears and prance in place. So, when she proceeded to sniff and snort and give all the signals that she believed the 'horse-eating monsters' were close, I became a little worried.

At the bottom of the hill as we rounded a corner, Holly slowed with caution, and so I followed her gaze to the path ahead. There, sunning itself

in the middle of the track, was a brown snake. This time it was my turn to freak out; I was on a flighty horse, leading a group of eight inexperienced, pre-teen riders. Holly was firmly planted, ears forward, muscles relaxed. With the snake in her sights, she was no longer worried.

I have heard that horses have a better sense of smell than dogs; I hadn't seen it demonstrated before that moment. Thankfully, while we waited in reality for just a second or two – but for what felt like an eternity – the snake roused itself and glided calmly off into the bush.

Holly then stepped forward, leading the horses with caution and care. She had been alert to danger and taken responsibility for the safety of us all. Following in the footsteps of their lead mare, not one of the other horses showed any fear.

## Photo-Bombing Dog

TIN JOO YEN

I have a gold-coloured, mixed-breed dog named Bobby who loves to be in photos. One day last summer, while I was renting a house in the Sea Home Estate in Penang, I was trying to snap the sun setting on the sea over the edge of a wall of my place. Upon seeing me hold my camera, my Bobby, who is two years old,



climbed up the rocky ledge and over towards me, getting as close to the edge as quickly as she possibly could. She stood tall, glanced back with her intelligent but innocent eyes in the direction of my camera and grinned to show her teeth and wouldn't budge until I took her photo!

## Golf, Anyone?

ARNOLD BENTLEY

Some eight years ago, a magpie that we named Maggie 'adopted' my wife and me, no doubt attracted by the chunks of meat we regularly fed him. Over the course of a few weeks our feathered friend would often perch on top of my head while I putted from hole to hole in our backyard putting green.

*Probably not so unusual, I hear you say. I agree. But how many golf-minded magpies do you know that graduate, in just a few weeks, to climbing to the shaft of the putter for as long as the owner wants to putt around? I wondered whether the smart bird, who eventually flew away, could possibly have known that at the time I was a golfer as well as course ranger and rules official.*

**You could earn cash by telling us about the antics of unique pets or wildlife. Turn to page 6 for details on how to contribute.**

# THE DIGEST

HEALTH

## All You Need to Know About Insulin

How a medical breakthrough saved countless lives

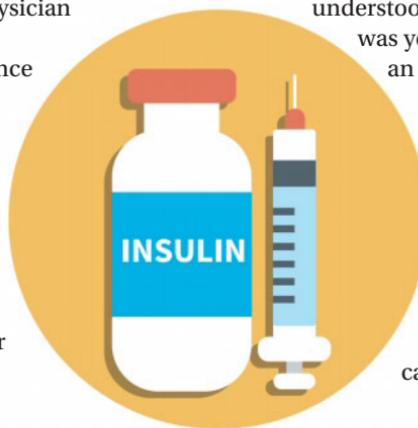
BY HELEN COWAN

**Before the discovery of insulin,** diabetes was a death sentence. Widely regarded as the first true miracle drug, insulin has saved millions of lives. But why do some people need insulin and how does it work?

Diabetes has been recognised as a disease since ancient times, and as early as 1775 physician Matthew Dobson detected the presence of sugar in the urine of diabetics. Diabetic children were thin, listless and pale, with sickly sweet breath, and would inevitably slip into a coma before their untimely death.

In 1797, John Rollo demonstrated that a very low kilojoule diet could prolong the lives of diabetics, but only for a limited period before they died of starvation or complications from malnutrition.

But at the beginning of the 20th century, although the biological mechanism of diabetes was understood, medical science was yet to come up with an effective treatment.



### Type 1 Diabetes

Diabetics were suffering from what is now known as type 1 diabetes. This means the body cannot make insulin,

a deficiency perhaps caused by genetics or an immune response triggered by a virus.

Type 2 diabetes is a different disease, where the body has difficulty using insulin. It often begins later in life, and can lead to loss of insulin production. Type 2 diabetes can be triggered by genetics and lifestyle, such as being overweight and having a poor diet.

Insulin is a hormone that unlocks cells, letting glucose in, where it is either used as energy or stored as fuel. Without insulin, glucose remains in the blood and is passed through the kidneys into the urine. Diabetics produce a lot of urine as the glucose draws water out of the body, leading to thirst. Weight loss and a lack of energy result when glucose cannot get into the body's cells.

## The Discovery of Insulin

Canadian Dr Frederick Banting, together with medical student Charles Best, building on the work of earlier physicians, isolated insulin from the pancreases of dogs and cows in 1921.

In 1922, the insulin was first tested on 14-year-old Leonard Thompson, a diabetic, and it restored him to health.

No other drug in the history of medicine changed the lives of



so many people so suddenly. Banting was jointly awarded the Nobel Prize in 1923 for his work in diabetes.

## Insulin Injections

The many types of insulin can be divided into those that act quickly and for a short time (taken just before a meal), and those that act slowly and for a long time (taken once or twice a day to keep glucose levels stable). Many diabetics are prescribed both forms of insulin.

While life-saving, injected insulin is unable to match the body's own insulin for blood-glucose control. When blood-glucose levels fall too low, it can lead to confusion and even coma, and sugar needs to be given by mouth or injection. Chronically raised blood-glucose levels can damage the eyes, kidneys, nerves and heart.

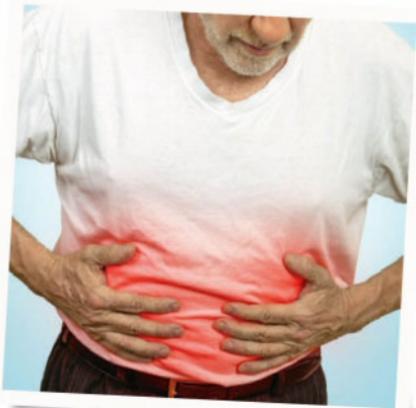
Pumps that constantly monitor blood glucose and adjust the amount of insulin injected are available, and may better control blood-glucose levels. Pancreas transplants are also occasionally available. An insulin pill to replace needles has proved difficult for researchers, as insulin is destroyed in the stomach. For now, insulin injections are indispensable for the health of diabetics across the world.

# What Is Inflammatory Bowel Disease?

BY SAMANTHA RIDEOUT

**DIGESTIVE TRACT** Inflammation is one of the body's ways of fighting pathogens, but sometimes it can run amok, causing chronic inflammatory diseases. Inflammatory bowel disease (IBD) is the umbrella term for conditions that involve chronic swelling in the digestive tract. The two main types are ulcerative colitis, which is inflammation of the lining of the colon and rectum; and Crohn's disease, which is when swollen patches occur in the tissue that lines any part of the digestive tract. Both conditions can cause abdominal pain and cramping, diarrhoea, bloody stools, fatigue and weight loss.

**TREATMENT** A lifelong disease, IBD usually starts in early adulthood. Symptoms can come and go in the form of flares and remission. Anti-inflammatory medications can ease symptoms. For Crohn's, surgically removing or bypassing the damaged areas can provide long-term relief, but the disease may return to attack unaffected tissue. For colitis, the most



common procedure is replacing the colon and rectum with synthetic substitutes, usually a permanent cure.

**WHAT CAUSES IBD?** The causes of IBD are unknown. Although there is evidence of genetic risk factors, most sufferers don't have a family history. Insufficient exposure to microbes that regulate a healthy gut has been hypothesised, and might explain why IBD is more prevalent in cities than in the less sterile countryside. Other possible causes are artificial sweeteners (which can inhibit gut bacteria) and excessive antibiotic use.

# 7 Ways to Prevent Make-up Allergies

**Even if you've used cosmetics** for years without problems, one or more ingredients can still trigger an allergic reaction. Your body may build up sensitivities to these ingredients, causing your immune system to overreact. It can help to observe these common-sense rules.

**1** Wash your hands and your face before applying make-up as a matter of course.

**2** Never use anyone else's cosmetics. Sharing cosmetics means sharing germs, whether the make-up belongs to your best friend or is a tester on a store shelf for anyone to use.

**3** Don't apply eye make-up if you have an infection such as conjunctivitis. Toss out all products you were using at the time.

**4** Throw away old cosmetics. Every time you open a bottle of foundation,

airborne microorganisms have an opportunity to rush in. Most cosmetics have enough preservatives to kill off the bugs for about one year.

**5** Test new cosmetics. If you tend to have allergic reactions to cosmetics, ask for free samples before buying. Products labelled 'allergy-tested', 'dermatologist-tested', 'nonirritating', or 'hypoallergenic' are not guaranteed to help you avoid an allergic reaction.

**6** Apply eye make-up with care. Use mascara only on the outer two-thirds of the lashes – do not start at the roots. Never apply eyeliner to the inner eyelid margins. Contact lens wearers should avoid frosted eye shadow. The iridescent particles can get in the eyes, attach themselves to the lens and scratch the cornea.

**7** Don't be misled by the word 'natural'. Just because an ingredient is natural is no guarantee you won't have an allergic reaction to it. Patch test if in doubt.



NEWS FROM THE

# World of Medicine

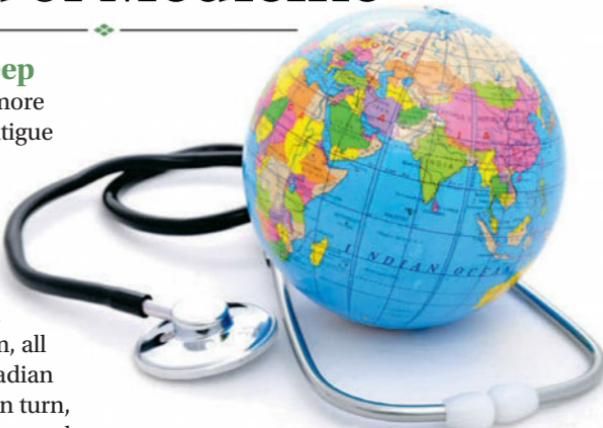
## High-Fat Diet Hurts Sleep

Men with high-fat diets were more likely to suffer from daytime fatigue and poor night-time slumber than men with low-fat diets, according to a University of Adelaide study. The scientists speculated that fat intake affects hormones, metabolism and the central nervous system, all of which interact with the circadian clock that regulates shut-eye. In turn, the lead author noted, sleeping poorly makes people crave rich, fatty foods, thus creating a vicious cycle.

The Heart Foundation recommends saturated fat make up only 7% of total energy intake, which translates to around 16 grams per day for the average adult.

## New Side Effects of Proton Pump Inhibitors

Used to treat indigestion and acid reflux, proton pump inhibitors (PPIs) are among the most commonly used drugs in the world. However, they can carry risks: chronic kidney disease was recently added to the list of possible harms from long-term use. (Others include bone fractures and mineral deficiencies.) An editorial in



*JAMA Internal Medicine* suggested people who have been taking PPIs long-term consult their doctor to determine if the drug is still useful.

## Families of Depression Patients Need Support, Too

A Norwegian survey suggests that close relatives of severely depressed patients may succumb to depression themselves if they don't get enough information and support. This may be because they're struggling with powerlessness and the fear that their loved ones may commit suicide.

People suffering from depression are often reluctant to let relatives get involved, but when they are involved, everyone benefits.

# Dishwasher Dos and Don'ts

**Dishwasher design** has changed since your parents' day. Yet most people learn what to do once in life and never revisit their dishwasher technique.

**RINSING DOES MORE HARM THAN GOOD – SERIOUSLY!** You remember how your mother was always telling you to rinse your dishes before putting them in the dishwasher? The experts (a 'senior dishwasher design engineer' quoted in the *New York Times*) say she was wrong. You weren't being lazy. You had an instinctive sense that detergent was created to dissolve food, and if it's in there without food, it will start attacking the glasses. And duplicate rinsing just wastes water, so say the dishwasher authorities.

**DISHWASHER OVERLOAD** Place large items at the side and back to prevent them from blocking water and detergent from other dishes. The dirtier side should go towards the middle, where it will have more exposure to spray.

**DETERGENT OVERDOSE** This is the number-one mistake. Dishwashers use less water than they did in days

gone by, and detergents are more concentrated. This means you need less detergent. Not only are you spending more than you have to on something that's literally going down the drain, but also, too much detergent leads to cloudy glasses.

**DISHES COME OUT WITH A FROSTY WHITE FILM** This is a residue of minerals that new phosphate-free detergents leave behind. To remove minerals, put two cups of white vinegar into a bowl and place it in your dishwasher's bottom rack. Run the washer without detergent. Then run it a second time to remove the leftover vinegar.



## PASTA

Inexpensive and easy to cook, pasta is an invaluable pantry item. Keep a stock of different shapes such as spaghetti, penne and farfalle

# Creamy Pumpkin Penne

**Preparation** 10 minutes

**Cooking** 15 minutes

**Serves** 2

**200 g penne pasta**

**200 g butternut pumpkin, peeled and cut into small cubes**

**1 tablespoon olive oil**

**1 small onion, finely chopped**

**1 large clove garlic, finely chopped**

**¾ cup (160 ml) pouring cream**

**4 sun-dried tomatoes, sliced**

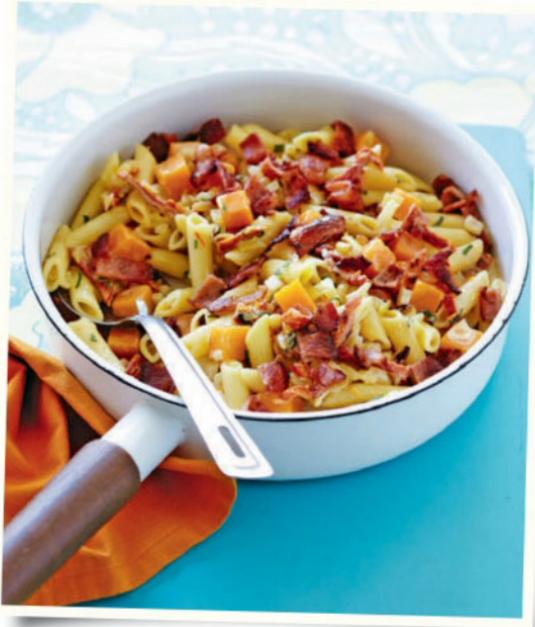
**1 tablespoon toasted pine nuts**

**1 teaspoon chopped fresh sage**

**2 slices rindless bacon, fried and chopped**

#### PER SERVING

380 kJ, 909 kcal, 25 g protein, 53 g fat (25 g saturated fat), 86 g carbohydrate (8 g sugars), 7 g fibre, 678 mg sodium



► 1 Cook the pasta in a saucepan of salted boiling water, according to the packet instructions. Add the pumpkin during the last 5 minutes.

2 Meanwhile, heat the oil in a frying pan over medium heat. Add the onion and garlic; cook for 2 minutes. Pour in the cream, then stir in the tomatoes, pine nuts and sage. Bring to a boil, reduce heat at once and simmer for 1 minute.

3 Drain pasta and pumpkin. Return to pan, add sauce and gently stir through. Serve topped with bacon.

#### Try This!

Replace the bacon with slices of prosciutto, pancetta or salami, frying until crisp. Drain on paper towel. Or omit bacon for a wholly vegetarian meal.





# Salmon and Vegetable Fusilli

## Gluten-free Cooking Tips

Gluten-free pasta tends to form into clumps if not cooked correctly. Start stirring as soon as you have dropped the pasta into salted, boiling water, and continue for 30 seconds. (The salt is important as it provides flavour.) Then stir occasionally, at least for the first 3-5 minutes, as this is when the pasta is most likely to stick together. To prevent overcooking, start tasting a few minutes before the cooking time suggested on the packet. Drain the pasta, place in a bowl and stir in the sauce of your choice. Leave to rest for a few minutes before serving so that the starches that are released by the pasta are fully absorbed into the sauce.

*400 g fusilli (spiral pasta)*

*6 asparagus spears, trimmed and cut into short lengths*

*250 g shelled broad beans (500 g pods), outer skin removed, if wished*

*400 g boneless, skinless salmon fillets*

*3 teaspoons finely grated lemon zest*

*1 tablespoon lemon juice*

*1 tablespoon olive oil*

*Handful chopped fresh parsley*

► **1** Cook pasta in a large saucepan of boiling water, according to the packet instructions, until just cooked (*al dente*). Add the asparagus and broad beans for the last 2 minutes. Drain the mixture and return to the pan.

**2** Meanwhile, half-fill a deep frying pan with water and bring to a simmer. Add salmon and return to a simmer. Cover and gently poach for 10 minutes, until the salmon is just cooked through. Use a slotted spoon to transfer to a plate. Let cool slightly, then break into large flakes with a fork.

**3** Stir lemon zest, juice and olive oil through the pasta and vegetables. Toss to combine. Add salmon and parsley, season with freshly ground pepper and toss again gently.

### Preparation

15 minutes

### Cooking

15 minutes

### Serves

4

### PER SERVING

2112 kJ,  
505 kcal, 36 g protein, 16 g fat (2 g saturated fat), 55 g carbohydrate (1 g sugars), 14 g fibre, 72 mg sodium





*Limestone pillars and islets rise from the emerald waters of Ha Long Bay, Vietnam*

# Southeast Asia's Top Spots

BY ADAM HODGE

Beyond Southeast Asia's bustling cities there are so many temples, picturesque towns and natural attractions that it can be hard to know where to start. None of these iconic places will leave you disappointed.

**HA LONG BAY, VIETNAM** In the 'Bay of Descending Dragons', a unique karst topography juts out of the sea and forms some 2000 limestone islets. A cruise among the formations is a magnificent way to spend a few days or more, landing on the islets for further exploration and rock climbing. Beware the season, though. Monsoons from June through September and again from January to March can limit visibility.

**ANGKOR ARCHAEOLOGICAL PARK, CAMBODIA** The Temples of Angkor are situated in a massive complex, the sheer size of which is bound to impress. This also means that tourist hordes are thinned out. They tend to congregate around the main attractions: Angkor Wat, Bayon and the vine-covered Ta Phrom. But there is much to discover. Generations of Khmer rulers built hundreds of architecturally jaw-dropping temples around the site.

**BANAUE RICE TERRACES, PHILIPPINES** Supposedly entirely built by hand, the 2000-year-old stone- and mud-walled terraces that layer the impossibly steep slopes of

the Ifugao region in the Philippines are irrigated by mountain streams and springs. During harvest season, when the rice plants are bright green, the valleys practically glow in the sunshine, and trekking around the hillsides is a surreal experience.

#### **TEMPLES AT BAGAN, MYANMAR**

The appeal of the Buddhist temples at Bagan lies not in their individual majesty, but rather in the high-density and endless array of similar structures thrusting up from the plains. Some 2000 of the 13,000 temples that used to stand in the city of Bagan still remain, and it's this spiritual plenitude that makes a trip to Bagan unmissable.

#### **MOUNT KINABALU, MALAYSIA**

The common refrain you hear in promotional material for Mount Kinabalu is that on a good day you can see all the way to the Philippines. Chances are that you won't see the Philippines from the peak because of frequent fog and rain, but that doesn't mean you should forget about climbing Borneo's highest mountain. The ascent is technically straightforward and it's one of the most accessible mountains in the world. However, it's still an exhausting excursion to the summit of the 4095-metre peak.



*Stepping stones to the sky: the Banaue Rice Terraces in the Philippines*

#### **LUANG PRABANG, LAOS**

This UNESCO World Heritage site is almost an entire city. It's rare to turn a corner here and not be confronted with remarkable colonial and Lao architecture. Outside of town in the surrounding jungle, you can find surprisingly powerful waterfalls, bathing pools and echoing caves.

#### **KRABI PROVINCE, THAILAND**

Home to some of the best sand and water in the world, it's no wonder that everyone jets off for Krabi Province. Ko Phi Phi Leh, where the movie *The Beach* was filmed, is packed with tourist hordes, but Ko Lanta's equally beautiful long, white-sand beaches are relatively devoid of tourists. If beach lounging isn't quite your thing, some of the best scuba diving in Southeast Asia can be found on Ko Lanta.

# Don't Lose Your Work to a Computer Glitch

BY LAURA LEE

**There are few things** more frustrating than completing the last paragraph of a 20-page report only to have your computer seize up and give you the blue or grey screen of death. Although most word-processor programs periodically save, that doesn't always happen often enough (and it won't matter if you can't get your computer to turn back on).

**SAVE IT YOURSELF** If you're writing an important report, a thesis or a love letter, take the extra step of saving the document manually as you go. Though this can save you ninety-nine per cent of the time, it won't ward off all data disasters. There are many ways you could accidentally lose access to your data: a power outage could burn out your motherboard, or your hard drive could go bad. There is really no excuse not to back things up.

## PUT YOUR HEAD IN THE CLOUD

To be sure you have your most important files after an emergency, you can back your files up to the cloud, ie, the internet. You can do

this by subscribing to an online service that lets you load files to their server. Not only does this keep your data safe, but you can also access it from different devices.

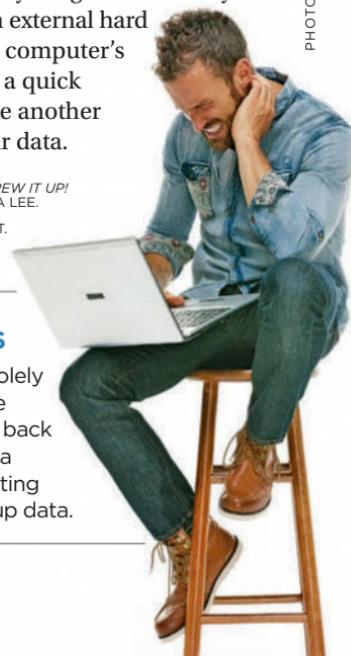
**BACK THAT THING UP!** In the old days, backing up data was a tedious process. Now there are external hard drives and software programs that back up everything automatically. Plugging an external hard drive into a computer's USB port is a quick way to make another copy of your data.

FROM *DON'T SCREW IT UP!*  
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PUBLISHED BY  
READER'S DIGEST.

## TOP MISTAKES

- Relying solely on autosave
- Failing to back up your data
- Not updating your back-up data.

PHOTO: ISTOCK





# Pawsome Tips to Care for Pets

Here are some do-it-yourself grooming and care tips, from recycling a belt to using household products to freshen pet bedding, that will make your life much easier and your pet happier.

## A BICARB BED FRESHENER

In between washings of your pet's bedding, sprinkle it with bicarbonate of soda, then let it sit for about an hour. Shake off the bicarb outdoors, then vacuum up the rest. This will freshen and deodorise the bedding.

## RECYCLE A BELT AS A COLLAR

Save money by making a pet collar from a small leather belt that's no longer used. (A grosgrain belt is suitable for smaller, lightweight pets, but only if it has a binding along its length.) Cut the belt to the desired length for your little dog or cat. Place the new collar on a block of wood and poke holes in it with an awl or heavy metal skewer, then buckle it around your pet's neck to make sure it fits comfortably. For a cat, split the collar and add in a piece of elastic so that it can slip off if she gets it caught.



## SHOE BAG PET ORGANISER

A hanging shoe bag placed inside a kitchen cupboard door or in the laundry or garage can help manage all your pet clutter. Use the pockets for storing leads, toys and treats.

## MAKE YOUR PET EASIER TO FIND

Glow-in-the-dark, pet-safe nail polish (available at pet shops or online) dabbed onto your cat or dog's collar - and on claws - will make him easier to spot when he's out after dark.

## DON'T THROW AWAY AN OLD COMB

Use it as a belly scratcher for your dog or cat. Your fingernails will do the job, too, but pets seem to love the feel of a fine-toothed comb digging into their fur.

# Insurance Costs Rise for Older Travellers

Shop around and read the fine print before you leave

**It's ever more important** for older travellers to make sure they have the right insurance as, according to research carried out by UK-based consumer watchdog Which?, they could end up paying a lot more than their younger counterparts.

Which? obtained quotations that illustrated that healthy travellers aged 75 pay more than twice as much for an annual worldwide policy as someone aged 65. Quotations for a healthy traveller aged 85 are five times more costly than those aged 65.

Regardless of where your home base is, the US and Singapore are the most expensive countries in which to fall ill – with medical bills in the US averaging more than US\$5800. The global average for medical claims on travel cover is approximately US\$1600.

Very large claims – in excess of US\$132,000 – are becoming more frequent. Few people can afford to find such amounts, therefore it is essential to have the correct travel insurance protection

in place before you travel. Shop around because while most travel insurance policies have age limits or restrictions, several insurers offer policies specially designed for retirees or senior travellers.

Be upfront about all medical conditions – there is nothing worse than having a claim rejected because you failed to disclose something that seemed innocuous.



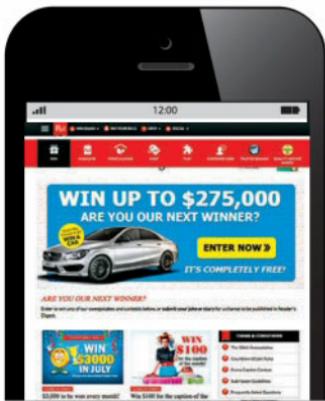
PHOTO: ISTOCK

# JOIN THE CONVERSATION

Four great reasons why you should join us online...

## We give away cash and prizes

Join fun competitions and quizzes



## First look at future issues

Get a sneak peek at upcoming stories and covers



## We give great advice

Get regular home, health and food tips from The Digest



“  
**Friends and good manners will carry you where money won't go.**

MARGARET WALKER



## We help you get motivated

#QuotableQuotes and #PointstoPonder to get you through the day



POWER OF ONE



# She Took on Tobacco

BY HELEN SIGNY



When this cancer specialist realised that pension funds were investing in the growth of the tobacco industry, she felt it was time to challenge the status quo



*"A tobacco-free  
world is the way of  
the future":  
Melbourne  
oncologist*

**Dr Bronwyn King**



**MELBOURNE ONCOLOGIST** Dr Bronwyn King stepped into the meeting with a major Australian financial institution and scanned the faces for the man she was looking for. As a cancer specialist, she'd come here to try to persuade the company to get rid of its tobacco stocks. She'd googled the people she was going to meet and discovered this man was a former stalwart of the tobacco industry.

Singling him out, Bronwyn approached him and asked whether he still believed the tobacco industry – an industry that kills six million people a year – was acceptable in today's world. As she spoke, her mind flicked back to the patient she'd seen earlier, a gentle, brave, 53-year-old woman with teenage kids whose lung cancer was quickly spreading through her bones.

It quickly became apparent that the man had not changed his views, and Bronwyn asked him to leave the meeting. "I have no interest in talking to the tobacco industry," she says. "I'm an oncologist, I very much feel the weight of my patients on my shoulders, many of whom are no longer here. There is no safe level of tobacco consumption. The only acceptable outcome is that the industry ceases to exist."

An articulate mother of two young children, Bronwyn King, 42, never intended to become the face of the new front in the war against Big Tobacco. But with her no-nonsense doctor's attitude and persuasive way with words, that's exactly what she's done.

Bronwyn has turned the world's attention to the billions of dollars of our money that are invested every

year in the tobacco industry – usually without our knowledge. In the past five years, she's persuaded more than 35 superannuation (retirement) funds to unload their tobacco stocks. She encouraged AXA, the world's second-largest insurer, to divest AU\$2.6 billion of tobacco industry assets. Medibank, Australia's largest private health insurer; AP4, a large Swedish pension fund; and Fonds de Réserve pour les Retraites, the largest French pension fund, have all shunned tobacco after engaging with Bronwyn. As a result of her tireless efforts, 40 per cent of Australian superannuation funds are now tobacco-free, with many others actively working towards that goal.

"We are on track for one billion tobacco-related deaths this century. On tobacco the health community is united and so are most governments, but the finance sector has never really been part of the conversation. Without finance leaders on board, the tobacco industry will continue to prosper," she says.

## Counting the Cost

Bronwyn first saw the ravages caused by tobacco as a junior doctor on a

three-month stint in a lung-cancer ward. She saw patients struggling with terrible pain as the cancer metastasised to their brain or bones, but it was the sense of terrible loss that got to her – the knowledge that these patients would miss graduations, weddings, births and grandchildren, all because they had smoked cigarettes. With tobacco directly responsible for 82 per cent of lung-cancer cases worldwide, its devastation would extend down through the generations of these families at her patients' bedsides.

Lung cancer remains a largely incurable disease. Like other doctors, most of the time all Bronwyn could do was slow its progression and relieve her patients' suffering. Then a chance encounter in 2010 at the Peter MacCallum Cancer Centre where she worked showed her that she could do more.

She'd sat down with a representative from her superannuation fund, Health

Super, and asked out of interest where her money was being invested. Like most super policies in Australia, she was told, a portion of her money was invested in tobacco. In fact, the largest holdings in the international shares component of her portfolio belonged to the tobacco industry: British American Tobacco, Imperial Tobacco, Philip Morris and Swedish Match.

The discovery hit her and her colleagues hard. The Peter Mac is a dedicated cancer hospital – it was inconceivable that most of its staff were investing in the tobacco industry with their super contributions. Bronwyn started reading. Australian super funds had about \$10 billion invested in tobacco, including some of the funds that offered 'sustainable' or 'ethical' investment options.

Bronwyn took a long look at her patients. Most had started smoking as children, had become hooked on one

**These patients  
would miss  
graduations,  
weddings, births  
... all because  
they had  
smoked  
cigarettes**



of the most addictive substances in existence, and were now suffering the inevitable consequences of a lifetime's smoking. The industry that was peddling this drug needed to be stopped.

In between patient consultations and preparing for the birth of her first baby, she set to work. Over many months of coffees, boardroom presentations, emails and phone calls, she started to inform Australia's financial institutions about tobacco and asked them to reconsider how they structured their investment portfolios.

She pointed out to them that tobacco is an exceptional, unique product that is quite different to any other – unlike alcohol, for example, there is no safe level of consumption. One hundred and eighty governments, including Australia, are Parties to the World Health Organization Framework Convention on Tobacco Control, which pledges to limit tobacco use worldwide. Yet the tobacco industry continues unchecked, especially in the third world, targeting communities where there is little education about its effects and poor enforcement of regulations.

It was not enough to say smoking was an individual choice, she told the companies. Nicotine was one of the most addictive substances known

to man. Nearly all smokers become addicted as adolescents, with 80,000 to 100,000 children picking up the habit every day worldwide, most of them the poorest kids in the poorest communities. "Very few would have any idea that two-thirds of smokers die early as a result of smoking," Bronwyn said.

She also appealed to the need for financial institutions to be good corporate citizens. A tobacco-free investment policy was entirely doable. "Why not establish yourself as a leading organisation that's ... on

the right side of history?" she urged.

She found many of the most senior financial leaders were quite open to what she was saying. Again and again, they'd share with her stories of their own families' losses due to tobacco.

"The finance sector had never really been part of the tobacco control conversation. No one had alerted them to the scale of the problem," she says.

"I understand the environment that they are coming from. I understand they need to make money, particularly when it comes to super, so people can have a dignified existence in their elderly years. I understand the regulatory environment and the barriers. But I found there were many finance leaders out there with whom I could find common ground."

————— “—————

**“When they meet  
me, it's a  
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can they possibly  
say to an  
oncologist?”**

————— “—————

## Turning Tide

In July 2012, First State Super, which had taken over Health Super, became the first Australian superannuation fund to publicly renounce tobacco as a result of Bronwyn's efforts. Six months later, HESTA followed suit, and by mid-2014 more than \$1 billion of tobacco stocks had been divested by Australian superannuation funds.

By now the organisation Bronwyn founded, Tobacco Free Portfolios, was gaining the support of a number of high-profile politicians, and it was time to take her battle global.

In 2015, the Union for International Cancer Control (UICC) provided funding and support to take Tobacco Free Portfolios to a global level. In between juggling her patient load with international phone calls, and caring for her two boys, Bronwyn fitted in trips to the US and Europe.

Tobacco Free Portfolios has now appointed a UK director and plans to expand to other countries. "We are hoping to put this issue on the agenda in boardrooms in financial organisations all across the world," says Bronwyn. "We've also set our sights on

sovereign wealth funds. Even though 180 countries have signed the UN tobacco treaty, which states that governments are required to not invest in the tobacco industry, only five have done that. We have the backing of the UN tobacco treaty secretariat to bring more attention to that provision."

In recent heartening news, she says, in late 2016, in an independent move, the US's largest state-based pension fund, the California Public Employees' Retirement System, voted to divest itself of US\$547 million in tobacco-related investments.

What Bronwyn finds most challenging is time. But time is something her patients don't have. She is driven by an overwhelming sense of wanting justice for the people she treats, and the knowledge that, somehow, she's found herself in a position where she can make a real difference.

"There are people across the world who have spent their lives working for the tobacco industry and will fight this. But when they meet me, it's a conversation that can go nowhere. What can they possibly say to an oncologist?"

R



### DID YOU KNOW?

Sideburns were named after an American Civil War general named Ambrose Burnside, known for his unusual facial hair.

In 2011, one-third of all divorce filings in the United States contained the word Facebook. **MATTHEW SANTORO, MIND=BLOWN (2016)**



*Vinyl fan Zdeněk Pelc with  
coloured vinyl discs pressed at  
his factory in the Czech Republic*



# The King of Vinyl

They said vinyl was dead.  
But nobody told Zdeněk Pelc

BY TIM BOUQUET

**AS HE LEADS THE WAY** into a 100-year-old building in the village of Loděnice, some 40 minutes outside Prague, Zdeněk Pelc is smiling. It's the smile of a man who has been proved right. This two-storey former weaving factory in the Czech Republic has been the scene of a musical revolution.

Outside, it is a cold, foggy winter morning. Inside, the heat is tropical. Steam hisses as hot round black 'cakes', 10 cm in diameter and made from PVC, drop down from a maze of muscular pipes onto 49 presses, many of which look like museum pieces. Here they are percussively

flattened between engraved nickel plates known as 'stampers' under 120 tonnes of pressure and 200°C of heat.

Some 30 seconds later, nimble-fingered operators remove perfectly microgrooved 30 cm-wide discs that experts once said were heading for extinction: vinyl records. From one press alone, copies of Justin Bieber's album *Purpose* are being flattened and stacked to cool at a rate of hundreds a minute.

Best-selling albums by The Beatles, Pink Floyd, Coldplay, The Chemical Brothers, U2, Black Sabbath and many others have all been given vinyl life here at GZ Media in the Czech Republic.

GZ is the world's biggest producer of vinyl discs – every year it presses 20 million of them. Every week, 35 tonnes of newly pressed discs packaged in their sleeves (which are also printed at GZ) leave the factory bound for the US alone.

And yet in 1994 GZ produced just 400,000 discs as, across the world, vinyl was slowly being consigned to analogue history, first by the advent of CDs, then by digital downloads and streaming. Most vinyl producers were scrapping their pressing machines.

But not Zdeněk Pelc. He decided to keep going. "I am not a visionary,"

says the former steel-company marketing manager who joined GZ in 1983 as its 32-year-old CEO. "I did not foresee such a boom, but I did believe vinyl would have a small future – and if any company was going to be the last making them, I wanted it to be us."

Pelc mothballed some machines and used their parts to keep the others going. "We went to the UK, Greece and Australia and bought up redundant vinyl presses." Did those who had got out of the industry think Pelc was mad? "Maybe," he shrugs, "but they were happy to take our money."

Digital technology was supposed to spell the end of vinyl records.

But in common with a growing number of serious music fans, Pelc simply prefers the sound that vinyl makes. He feels that the sound is richer and

has more depth than other formats. "Digital or CDs are fine for the car," he says, "but at home it's always vinyl on the turntable. At weekends I like to relax with Dire Straits or the Bee Gees," says the 64-year-old father of four.

It all comes down to frequencies. Vinyl is based around the medium frequencies of the sound spectrum, which are warmer and more enjoyable to listen to. Digital CDs employ the entire range of frequencies, making



**It is the search  
for 'soul' that has  
driven the vinyl  
revival among a  
new generation  
of music fans**



GZ presses  
20 million discs  
every year

for a colder, harder sound. As Prague-based critic and vinyl enthusiast Petr Vacha puts it, "With digital music you get everything except soul."

**IT IS THAT SEARCH FOR 'SOUL' THAT** has driven the vinyl revival among a new generation of music fans. Global vinyl sales dropped to their all-time low point of \$35 million in 2005. But since then they have steadily risen, reaching \$416 million in 2015.

Vinyl sales may have increased, but they still represent a tiny percentage of global music revenues, which totalled \$15 billion in 2014. That said, almost no major artist today will release an album without offering it in vinyl as well as CD format.

In 2015, the UK launched its first Vinyl Charts after record sales reached a 20-year high. In the US, the world's

biggest market, *Billboard* also has a vinyl chart for albums.

Gramofonové Závody (Gramophone Record Factory) was founded back in 1948 and pressed its first record in 1951. The then state-controlled GZ produced state-approved classical music, folk tunes and music for weddings, funerals and patriotic celebrations.

Come the 1960s and '70s, GZ was pressing albums for Western record companies, but most of these were not available at home. "The Rolling Stones were partly banned," Pelc explains with a wry smile. "Just a couple of their albums were allowed. The Beatles were more politically acceptable and were banned less."

However, banned albums did find their way out of the GZ factory and circulated widely, as Loděnice's mayor,

Václav Bauer, recalls. "You would buy a record on the black market, bring it home and invite all your friends over. It was an occasion."

**AS PROTEST AND YOUTH CULTURE** spread in Western countries, the times were also changing behind the Iron Curtain. A John Lennon Wall appeared in Prague, covered in graffiti inspired by the singer following his death in 1980. The authorities painted it over, but the famous face and the 'Give Peace a Chance' slogans reappeared overnight. Young Czechs no longer talked of Leninism but *Lennonism* and knew all the words to the Beatles song 'Revolution'. Today, the wall is an established feature on the Prague tourist trail.

As the nonviolent Velvet Revolution against Moscow-controlled Czechoslovakia took hold in November 1989, it did so to a soundtrack provided by the Velvet Underground, Frank Zappa and home-produced bands such as Plastic People of the Universe, one of whose fans was Václav Havel, who became president of a free Czechoslovakia in December 1989.

The previous year Pelc had added CD production to GZ's services. He had the chance to run the business along Western lines and expand the product range, essential to GZ's survival.

GZ was privatised and then in 1998 Pelc met the man who, he says, "changed my life": veteran American investor Kenneth Brody, an ex-partner

at Goldman Sachs. Pelc convinced Brody to buy into GZ. Within two years Brody had bought them out and owned the company outright.

**PELC AND BRODY TOOK GZ GLOBAL**, broadening its print and packaging range, investing in the best machinery and winning contracts from IKEA, Johnnie Walker, Samsung and Microsoft. In 2001 it started making DVDs.

Then in 2006 Pelc raised the funds to buy the company from Brody. "When Ken sold to me he told me, 'You are the best investment of my life.'

Pelc has brought a distinctive management style to his company, introducing an annual award for the best employee with the prize of a job for life and a salary to match.

The first winner was Lada Kuss, who joined GZ 52 years ago. Now 80, he is in his home away from home, an upstairs suite where a diamond knife machine is cutting narrow grooves into a slowly revolving copper-coated steel disc. This is the first stage of the album-making process. Copies of these master discs are used to make the stampers on the machines downstairs in the pressing room.

There are only 23 of these machines left in the world and GZ has four of them. They are well over 30 years old and require careful tending under Lada's watchful eye. "In 2014 Lada had a heart operation and was in a coma for three weeks," Pelc explains. "The first thing he said when he came out of

the coma was, 'Are my machines OK?' He loves his machines."

"It's true," Lada admits modestly. "It was the longest I had been away from them."

These days, GZ can produce vinyl records in all sorts of shapes and colours: elaborate picture discs, discs of many colours, a Bob Dylan album in the shape of a blue guitar pick. "Everything is possible," says Pelc.

From The Beatles's *Magical Mystery Tour* to Monty Python's *Total Rubbish*,

Pelc takes pride in his products, but it is the lavish double-box set of Rolling Stones albums, EPs and hits compilations from 1964 to 2005, produced in 2010, that is top of his personal charts.

Each individually numbered limited edition ran to 27 separate pieces of vinyl in original sleeves. "Fifteen thousand double boxed sets, hundreds of thousands of pieces of vinyl - a very big project." This sought-after

collection was not long ago selling for just under US\$3000 on eBay.

Today, GZ Media has 1940 staff and is the biggest employer in this part of Bohemia. Sixty per cent of GZ's workforce are women. "They work harder, are more focused and are better with their hands," he says. GZ now has sales teams in London, Paris, New York and California pitching for contracts. This year, it opens a plant outside Toronto.

And GZ's fastest-growing product line is its first. Its vinyl records account for 45 per cent of its business and it is now making new presses from the original designs – 18 so far – to satisfy demand, which Pelc predicts will hit 28 million units in the next year.

Can the boom continue? "I am no astrologer," he smiles. "All I can tell you is that we're seeing 50 per cent growth now and it's a long way from 50 down to zero."

R

GZ produces  
vinyl records in  
all forms – including  
a Bob Dylan album  
in the shape of a  
blue guitar pick

#### AL DENTE

How to cook the perfect amount of pasta:

1. Pour out how much you think you need.
2. Wrong.

@9GAG



# Life's Like That

SEEING THE FUNNY SIDE

MAR  
1947

## From the Archives

*Cast your mind back 70 long years to March 1947, a more innocent time when bubble gum was not yet known throughout the world ...*

Shortly before sailing for the Netherlands I stopped in a store on Broadway in New York to buy some bubble gum. It was still scarce at that time and I bought all their small stock.

"Going to have a party?" inquired the shop assistant.

"No," I said, "I'm taking it to the children of my friends in Holland. It's still unknown there."

As I turned to leave I overheard my shop assistant remark to another, "See that guy? He's taking bubble gum to Holland; he's going to civilise Europe!"

**SUBMITTED BY F.K. WILLEKES-MACDONALD**

### DECIMATED

On the night before my daughter's tenth birthday, I realised I didn't have the '1' and '0' candles needed to top the cake. My 78-year-old father-in-law was visiting, so we jumped in the car and headed to the store.

While sorting through the numbered candles, I decided to grab an extra '1' to be ready for next

year. At the checkout, the teenage cashier glanced at the candles, looked at my father-in-law and asked, "Is he 101 years old?!"

**SUBMITTED BY SAM BECKFORD**

### FOND FAREWELL

A friend of mine had an aunt who was into health food way before anybody else even considered it. She would send away for special beans and powders and nuts. And sure enough, she kept trim and lively





and never got sick. But her family did not approve. It wasn't how the Lord meant folks to eat. At a ripe old age, this aunt went into a coma.

"See?" said her family. "When her natural time came, her mind passed but her body was too healthy to go."

ROY BLOUNT JNR., in *Garden and Gun*

### PICKY PICKY

Over dinner, I explained the health benefits of a colourful meal to my family. "The more colours, the greater the variety of nutrients," I said. Pointing to our food, I asked, "How many colours do you see?"

"Six," volunteered my daughter. "Seven if you count the burned parts."

Source: Facebook

### GOLDEN OLDIE

My daughter Sophie is 34 years old and my grandson Tim is seven. Recently Tim was very upset because his goldfish, Pinkie, had died.

"Next time just buy Tim another goldfish and say Pinkie woke up," I said after listening to Sophie's story.

I saw Sophie's face change. "Mum, how could you?" she said. "So that's how Goldie lived to be 15!"

SUBMITTED BY OLGA ARNOLD

## The Great Tweet-off: Office Edition

People spend the majority of their adult lives at work – and apparently a hefty chunk of that time tweeting about it.

"I want to hate my life in a different building" – person looking for a new job.

@INTERNETHIPPO

Adorable idea. Colleagues have been writing names on their food in the office fridge. I am currently eating a yoghurt called Debbie.

@FUSSYSAFFA

Interviewer: What's your greatest strength?

\*45 minutes later\*

Me: I'm very comfortable with silence.

@ROLLININTHESSEAT

Office fun. Replace your coworker's mouse with a larger mouse so he thinks his hands are shrinking. Then call him 'baby hands' until he quits.

@VINEYILLE

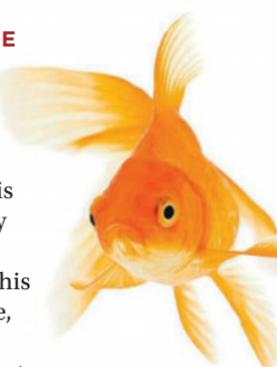
The problem with teaching a man to fish is that eventually someone will microwave that fish in the work break room. @THECATWHISPER

St. Peter: Why should I let you into heaven?

Me: Once a colleague said 'supposably' seven times in a meeting and I just let her.

St. Peter: Get in here.

@ABBYCOHENWL



Our tears are far more important  
than scientists once believed

# Why We Cry

BY MANDY OAKLANDER  
FROM TIME

**THERE'S A LOT** scientists don't know – or can't agree on – about people who cry. Charles Darwin once declared emotional tears "purposeless", and nearly 150 years later, emotional crying remains one of the human body's more confounding mysteries. Though some other species shed tears reflexively as a result of pain ➤



or irritation, humans are the only creatures whose tears can be triggered by their feelings. But why?

Researchers have generally focused their attention more on emotions than on physiological processes that appear to be their by-products. "Scientists are not interested in the butterflies in our stomach, but in love," writes Ad Vingerhoets, a professor at Tilburg University in the Netherlands and the world's foremost expert on crying, in his book *Why Only Humans Weep*.

But crying is more than a symptom of sadness, as Vingerhoets and others are showing. It's triggered by a range of feelings – from empathy and surprise to anger and grief – and unlike those butterflies that flap around invisibly when we're in love, tears are a signal that others can see. That insight is central to the newest thinking about the science of crying.

For centuries, people thought tears originated in the heart. A prevailing theory in the 1600s held that emotions – especially love – heated the heart, which generated water vapour in order to cool itself down. The heart vapour would then rise to the head, condense near the eyes and escape as tears. Finally, in 1662, a Danish scientist named Niels Stensen discovered that the lacrimal gland was the proper origin point of tears. That's when scientists began to unpack what possible evolutionary benefit could be conferred by fluid that springs from the eye. Stensen's theory: tears were simply a way to keep the eye moist.

In his book, Vingerhoets lists eight competing theories. Some are flat-out

ridiculous, like the 1960s view that humans evolved from aquatic apes and tears helped us live in salt water. Other theories persist despite lack of proof, like the idea popularised by biochemist William Frey in 1985 that crying removes toxic substances from the body that build up during times of stress.

Evidence is mounting in support of some new, more plausible theories. One such theory is that tears trigger



PHOTOS (PREVIOUS SPREAD AND THIS PAGE): GETTY IMAGES

social bonding and human connection. We cry from a very early age in order to bring about a connection with others. Humans come into the world physically unequipped to deal with anything on their own. Even though we get more capable, grown-ups never quite grow out of the occasional bout of helplessness.

"Crying signals to yourself and other people that there's some important problem that is at least temporarily beyond your ability to cope,"

Scientists have found some evidence that emotional tears are chemically different from the ones people shed while chopping onions. In addition to the enzymes, lipids, metabolites and electrolytes that make up any tears, emotional tears contain more protein. One hypothesis is that this higher protein content makes emotional tears more viscous, so they stick to the skin more strongly and run down the face more slowly, making them more likely to be seen by others.

“

## Researchers believe that adults – as do babies – **use tears as a tool for getting what they need**

”

says Jonathan Rottenberg, an emotion researcher and professor of psychology at the University of South Florida.

**NEW RESEARCH** is also showing that tears appear to elicit a response in other people that mere distress does not. In a study published in February 2016, researchers found that tears activate compassion. When test subjects were shown a photograph of someone visibly crying, compared with the same photo with the tears digitally removed, they were much more likely to want to reach out and reported feeling more connected to that person.

Tears show others that we're vulnerable, and vulnerability is critical to human connection. "The same neuronal areas of the brain are activated by seeing someone emotionally aroused as being emotionally aroused oneself," says Michael Trimble, a behavioural neurologist at University College London. "There must have been some point in time, evolutionarily, when the tear became something that automatically set off empathy and compassion in another."

A less heartwarming theory focuses on crying's ability to manipulate others. Researchers believe that just as babies use tears as a tool for

getting what they need, so do adults – whether they're aware of it or not. "We learn early on that ... crying can neutralise anger very powerfully," says Rottenberg, which is part of the reason he thinks tears are so integral to fights between lovers – particularly when someone feels guilty and wants the other person's forgiveness.

A small study in the journal *Science* that was widely cited – and widely hyped by the media – suggested that tears from women contained a substance that inhibited the sexual arousal of men. When 24 men sniffed

plus molecules in tears to see if there's one responsible.

But what does all of this mean? It is a question researchers are now turning to.

Michael Trimble, one of the world's leading experts on crying, says, "We don't know anything about people who don't cry."

**SO, THE QUESTION ARISES,** if tears are so important for human bonding, are people who never cry perhaps less socially connected? That's exactly what preliminary research



## Tearless people experience more negative feelings – such as anger and disgust – than people who cry

real tears, they felt less aroused by photos of women's faces, and when another 50 men sniffed them, they had measurably reduced testosterone levels in their saliva than they did when they sniffed the control saline.

The bigger story, believes Noam Sobel, one of the study's authors and a professor of neurobiology at the Weizmann Institute of Science in Israel, is that tears might be reducing aggression, which the study didn't look at. Men's tears may well have the same effect. Sobel and his research group are currently wading through the 160-

is finding, according to clinical psychologist Cord Benecke, a professor at the University of Kassel in Germany. He conducted intimate, therapy-style interviews with 120 individuals and looked to see if people who didn't cry were different from those who did. He found that they were. "The non-crying people had a tendency to withdraw and described their relationship experiences as less connected," he says.

Tearless people also experienced more negative aggressive feelings, such as rage, anger and disgust, than people who cried. More research is needed to

determine whether people who don't cry really are different from the rest of us, and some is soon to come: Trimble is now conducting the first scientific study of people with such a tendency.

So far, though crying appears to have interpersonal benefits, it's not necessarily unhealthy not to do it. Virtually no evidence exists that crying comes with any positive effects on health. Yet the myth persists that it's an emotional and physical detox, "like it's some kind of workout for your body," Rottenberg says. One analysis looked at articles about crying in the media - 140 years' worth - and found that 94 per cent described it as good for the mind and body and said holding back tears would result in the opposite. "It's kind of a fable," says Rottenberg.

Also overblown is the idea that crying is always followed by relief. When researchers show people a sad movie in a laboratory and then measure their mood immediately afterwards, those who cry are in worse moods than those who don't.

**BUT OTHER EVIDENCE** does back the notion of the so-called good cry that leads to catharsis. One of the most important factors, it seems, is giving the positive effects of crying - the release - enough time to sink in.

When Ad Vingerhoets and his colleagues showed people a tearjerker and measured their mood 90 minutes later instead of right after the movie, people who had cried reported being in a better mood than they had been before the film. Once the benefits of crying set in, he explains, it can be an effective way to recover from a strong bout of emotion.

Modern crying research is still in its infancy, but the mysteries of tears - and the recent evidence that they're far more important than scientists once believed - drive Vingerhoets and the small cadre of tear researchers to keep at it.

"Tears are of extreme relevance for human nature," says Vingerhoets. "We cry because we need other people. So Darwin," he says with a laugh, "was totally wrong." R

FROM 'WHY WE CRY' IN TIME, JULY 2016 © 2016 BY MANDY OAKLANDER. PUBLISHED BY TIME INC.



### ISN'T IT IRONIC ...

- Sweden's famous Ice Hotel has a smoke detector.
- 'Father of Traffic Safety' William Eno invented the stop sign, crosswalk, traffic circle, one-way street and taxi stand - but never learned how to drive.

INDEPENDENT.CO.UK, WASHINGTON POST



Tiny but  
dangerous:  
mosquitoes  
transmit  
deadly diseases

BY HAZEL FLYNN

# Mosquitoes

## START AT THE BEGINNING

Technically, mosquitoes are flies. That is to say, the 3500 known species of mozzies are part of the *Diptera* order of insects, which takes in all two-winged flies, and their name comes from the Spanish for 'little fly'. They've been on the Earth for more than 100 million years, compared to just 190,000 years for modern humans.

## SO THE JURASSIC PARK SCENARIO IS POSSIBLE?

Sorry, no. While mosquitoes co-existed with dinosaurs, and prehistoric insects

have certainly been preserved in resin, expert attempts to extract DNA from these insects have been fruitless. It's now thought that previously 'successful' attempts involved inadvertent DNA contamination.

## BY THE NUMBERS

**438,000**

Deaths from malaria worldwide in 2015, the majority being children under five.



## WHAT THREATS DO THEY POSE?

Few things are less conducive to sleep than the whine produced by a mosquito's wingbeats, but these creatures aren't just annoying; most species are dangerous. The females, which feed on blood to nurture their eggs, are vectors for disease, meaning they carry the disease from one infected organism to another without being affected themselves.

## TELL ME MORE

Only certain types of mosquitoes can transmit certain types of diseases, but between them they wreak enormous damage. In fact, they are the most deadly creatures on the planet – on average, sharks kill fewer than a dozen people a year, snakes kill 50,000, humans kill around half a million and mosquitoes kill twice that by transmitting diseases, notably malaria. Other diseases they transmit include Zika and West Nile viruses; dengue, Yellow and Ross River fevers;



**"When it comes to killing humans, no other animal even comes close."**

**BILL GATES,**  
*philanthropist and entrepreneur*

chikungunya; and various forms of encephalitis.

## DO THEY AFFECT ANIMALS, TOO?

Yes, in a few different ways. They transmit encephalitis to horses, heartworm to dogs and Rift Valley fever to livestock, and in Alaska they gather in such massive numbers the swarms can asphyxiate caribou.

## DOES THE PLANET NEED THEM?

It seems not. Respected journal *Nature* asked experts what would happen if we were able to eliminate mosquitoes. The consensus was that while some fish, frog, lizard and spider species would need

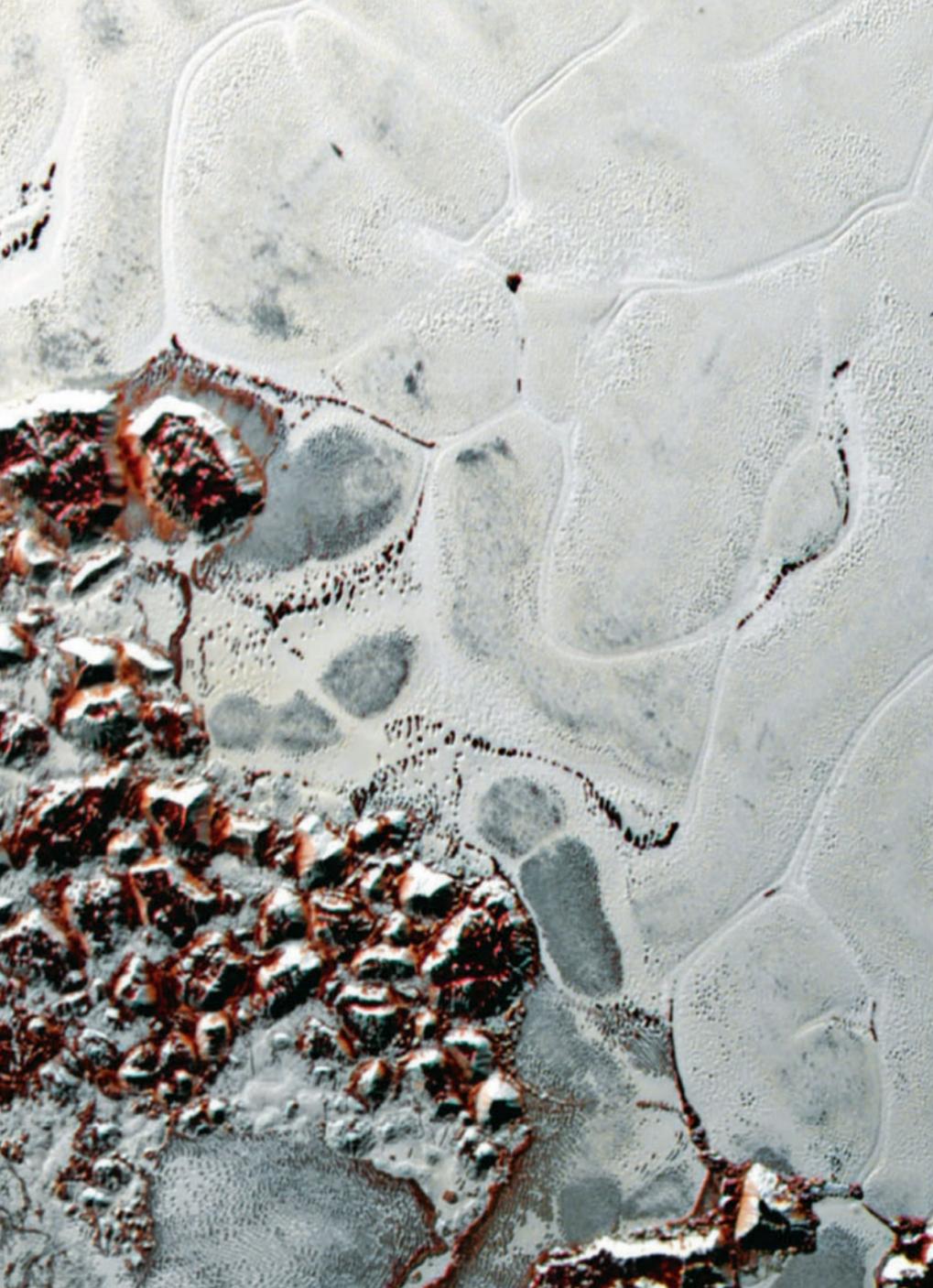
to change their diet, no significant ecological benefit would be lost. Says entomologist Joseph Conlon, "If we eradicated them tomorrow, the ecosystems where they are active will hiccup and then get on with life. Something better or worse would take over."

R

**"Using insect repellent is the best way to prevent diseases like Zika, dengue, and chikungunya that are spread by mosquitoes."**

— US CENTERS FOR DISEASE CONTROL AND PREVENTION







**SEE  
THE WORLD ...**

*Turn the page* ➔

**What do you see?**

- A)** The warmest beach in Siberia.
- B)** Vanilla-caramel ice-cream up close.
- C)** Ice floes on Pluto.

## ... DIFFERENTLY

**Answer: C** What appears here to be a bald spot ringed by red bumps is actually a moving mosaic of 50-km-wide ice islands, perpetually rising and sinking from a reservoir deep below Pluto's surface. The bumps? Frozen crust, shoved aside as the ice spreads about as quickly as your fingernails grow. NASA's unmanned *New Horizons* probe, launched in 2006, has travelled more than four billion kilometres for shots like these. At press time her new destination beyond Pluto the ice dwarf is an ancient object dubbed 2014 MU<sub>69</sub>, adrift in the Kuiper Belt on the outer reaches of the solar system - which she is expected to reach and photograph in January 2019.

PHOTOS: COURTESY NASA/HUAPL/SWRI







# All in a Day's Work

HUMOUR ON THE JOB

## FAT CAT

A client recently brought her two cats to my husband's veterinary clinic for their annual check-up. One was a small-framed, round tiger-striped tabby, while the other was a long, sleek black cat.

She watched closely as I put each on the scale. "They weigh about the same," I told her.

"That proves it!" she exclaimed. "Black does make you look slimmer. And stripes make you look fat."

SUBMITTED BY SUSAN DANIEL



## QUALIFIRED

The skills section of your resume is where you can impress hiring managers with your qualifications. Or not, as these real examples show.

- "I offer mediocrity at its best."
- "I'm try-lingual."
- "I've got a PhD in human feelings."
- "Grate communication skills."
- "Familiar with all faucets of accounting."
- "PlayStation 2."
- "Extensive background in public accounting. I can also stand on my head!"

Source: resumania.com

## MOUSE 2.0

I was asking my nursery school class about noises that

animals made, and they got them all correct until we got to a mouse.

"Click," they said.

It took me a few moments to realise what they meant ... but even three and four year olds use computers these days!

SUBMITTED BY CARYS MCCUALEY

## ART WORKAROUND

While shopping for a painting, a woman and her ten-year-old son were having trouble choosing between two options. A few minutes later they settled on a picture with an autumn theme.

"I see you prefer autumn scenes to floral ones," said the shop owner assisting them.





*"You might be overthinking it.  
Sometimes a belly rub is just a belly rub."*

"No," replied the boy. "This painting is wider, so it'll cover the three holes I put in the wall."

Source: gcfl.net

### SING OUT IF YOU KNOW IT

I teach year two, and during our English lesson we have a session where we have to find 'amazing words'. It changes every week, and last week's word was 'enquire'.

One child put his hand up straight away. "I know what it means," he said. "It's when you sing in a church!"

SUBMITTED BY LOIS JONES

### LATE CHECKOUT

After my second year of medical school, I moved back

home. One night I was up late studying for my clinical exam. Because my father woke me every morning at seven, I put a big note on my door: "DO NOT DISTURB. Studying until 3am."

This got me no sympathy from my father, who is himself a doctor. He left a note attached to mine: "The hotel management hopes you're enjoying your stay. We'd like to remind you that checkout was at noon – approximately six years ago."

SUBMITTED BY VARGHESE ABRAHAM

### GROWN-UP CHOICES

I spend three minutes every day choosing a TV channel to leave on for my dog. Then I go to work, and people take me seriously as an adult.

@DAMIENFAHEY

### PICKING UP THE BILL

When we finished a personality assessment at work, I asked my friend Dan if he would share the results with his wife.

"That would require me to go home and say, 'Hi, honey. I just paid someone \$400 to tell me what's wrong with me,'" he said. "And based on that, considering we have been married for 23 years, she'd hand me a bill for \$798,000."

SUBMITTED BY RON JAMES





# Do the Right Thing

BY LUC RINALDI

How to make choices that reflect your values

**ASTRID BAUMGARDNER HAD** grown accustomed to her morning routine. Her husband, a securities lawyer, woke up excited to head to the office; Baumgardner, however, felt more inclined to stay in bed. She *should* have loved her job as a partner at a law firm in New York that brought in a hefty salary. But she couldn't muster the enthusiasm – the position didn't fulfil her need to help people or give her a sense of purpose. So, in 2000, she left the legal profession after 25 years, swapping prestige for passion. After a series of different positions, she earned her certificate as a life coach in 2008 and started her own business.

Today, as a lecturer and coordinator of career strategies at the Yale University School of Music (a position she loves), Baumgardner helps students make decisions as tough as her own. Through her story and theirs, she's discovered that people feel most fulfilled when they choose options that align with their most deeply held values. Here's how to stay true to yours.

## KNOW YOUR VALUES

If you hope to shape your life according to your ideals, you have to know what those ideals are. Baumgardner begins her sessions by having participants identify the concepts that are

most important to them from a list: honesty, structure, family and so on. "Those qualities are influenced by your parents, your culture and society as a whole," she says, "but you have to take ownership of your own decisions."

Here's the tricky part: almost all of these qualities are things most of us aspire to hold dear. "There are a lot of 'shoulds,'" Baumgardner says.

We may feel like we *should* covet adventure, even when we spend our free time bingeing on Netflix. To determine which principles are more than just aspirational, she asks her clients to reflect on situations that resonate with them.

For one of Baumgardner's students, creativity and lifelong learning were key. "He felt that being in an orchestra would stifle that desire – he wouldn't have autonomy over what and how he played," she says. After graduating, he launched a career as a soloist, and became the director of an ensemble that premieres works by contemporary composers.

## FIND THE BEST TIME

Identifying your values will steer you in the right direction, but a few strategies can help you follow through. Before you make a big decision, do something that will put you in a good mood: exercise, socialise with friends,

volunteer. Researchers theorise that such activities enhance our mood, which boosts dopamine levels in certain areas of the brain, improving our cognitive abilities and helping us weigh different options.

In one 2013 study, Ohio State University psychology professor Ellen Peters followed two groups: one that received small bags of treats and one that didn't. The mild positive feelings inspired by the gift influenced subjects to make better choices and improved their working memory. "If you can make someone just a little happier, they may become a better decision maker," says Peters.

But the toughest decisions often arrive at the most inconvenient times. When you're

under duress, Peters recommends consulting a family member, a friend or a professional. They can provide advice that's not tinged by work deadlines, spousal drama or household repairs sapping your mental energy.

## BALANCE ALL OPTIONS

Of course, people make decisions that contradict their ideals all the time, no matter how single-minded or happy they may be. "There are lots of values we hold dear, and they frequently come into conflict with one another," says Peters. "It's not so

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A single decision  
can seem like a  
tug-of-war, but  
life choices don't  
need to be an  
either/or  
question

much that people don't know what they want; it's that there are many things we desire, and we don't always know how to make the trade-off." A retired couple, for example, might be torn between yearning to be actively involved in their grandchildren's lives and using their free time to travel.

While a single decision can seem like a tug-of-war between competing impulses, broader life choices don't need to be a definitive either/or. The retired couple might delay an overseas trip to explore locations closer to home, or commit to setting aside time for a holiday with their family every summer. An omnivore yearning to cut out animal products may find it easiest to make small-scale adjustments that support the principles that prompted his dietary shift. If he opposes factory farming, he could consider eating ethically raised meat.

## STAY THE COURSE

Students often stumble into Baumgardner's office when they're grappling with major decisions or life changes. Baumgardner typically starts by examining what led her client down a path, then brainstorming ways for

them to reclaim that inspiration. A pianist might benefit from listening to the composer who sparked her interest in the instrument or from watching a heartfelt live performance. Following that, surrounding yourself with people who share your passion can also prevent you from faltering. "A group can remind you, 'Hey, we're doing this because we love it,'" she says.

If you're still struggling, even after revisiting your inspirations or seeking out community support, there's no shame in revising your core values. If you're determined to pitch in at a homeless shelter meal programme but spend the evening with friends instead, it may be time to accept that camaraderie is more important to you than volunteering. Better yet, find opportunities to give back to the community with your friends.

You may also learn that what you believed was a core priority actually has much more to do with living up to the expectations of your parents, co-workers or culture. "If your values align with who you really are, no-one will have to ask you to make those choices," Baumgardner says. "It'll just feel right."

R



## FULL MARKS

I have arrived for the positive thinking workshop.

The class is half empty.

@MRNICKHARVEY (NICK HARVEY)

DRAMA IN REAL LIFE



What happened to Keri  
and Chip Gerstenslager  
shocked everyone at  
the hospital

# *11 Hours in Room ...*

BY TIM BOTOS FROM CANTONREP.COM



**STILL INSIDE HIS MUM'S WOMB**, Austin Gerstenslager began a journey to his birth and certain death.

It was shortly before noon on August 18, 2012, a Saturday. Half a dozen nurses and assistants wheeled the mother and her unborn baby out of Room 407 in the birth centre of Aultman Hospital in Canton, Ohio. The bed glided across glossy tiled floors, en route to an emergency caesarean section.



Tears slid down Keri Gerstenslager's cheeks. It was 14 weeks before her due date. Even worse, her waters had broken six weeks earlier and had slowed the development of the foetus. Medical staff converged on Austin after his birth. They threw everything that technology and medicine could offer at the tiny baby. Nothing seemed to help. Everyone concluded that his lungs were not mature enough to keep him alive.

Dr Roger Vazquez, the neonatologist who treated Austin, said he had zero chance of survival.

The Gerstenslager family had prepared for this moment. They'd memorised survival rates of premature babies born at various intervals of gestation. They'd examined their faith. They'd thought long and hard about the fine line between selfish and selfless decisions.

So after much soul-searching by his parents, baby Austin was removed from life support. He was taken back to Room 407. Together there, Keri and her husband, Chip, held their baby and waited for him to slowly die.

And that's when this story actually begins.

**CHIP, 43, AND KERI GERSTENSLAGER,** 34, already had two children. Keri had had no trouble conceiving either of her blonde daughters, Kendra, six, and Erika, three.

"We just felt we were supposed to have another baby," Keri said. They

decided to try for number 3. But pregnancy didn't happen as easily for the couple this time. They ultimately tried in vitro, and it was successful. In February 2012, Keri began her pregnancy with three embryos growing inside her.

After a few months, though, she lost two. At 20 weeks, with one baby left, her waters broke.

Keri prepared to go into labour, but it didn't progress. Doctors put her on bed rest to save the third and final foetus. She took leave from her job as an occupational therapist at Mercy Medical Center. She drank litres of fluids to boost her amniotic fluid.

"Why me?!" she yelled at God, while cooped up in bed.

**KERI READ UP ON SURVIVAL** rates of premature babies. But those statistics were for 'ideal' situations in which the mother's waters had not broken. On a calendar, Keri marked off each day that she remained pregnant. Her goal: make it to the 26th week – August 18, to be exact. If she got that far, the Gerstenslagers would try everything within reason to save their baby's life.

They would name him Austin and had selected the middle name of Luke, from the Bible. St Luke is the patron saint of doctors and surgeons. "We felt he was going to need that. He was probably going to have a lot of physicians involved in his life," Keri said.

With all but one day crossed off her calendar, Keri went into labour on



*Only Keri held Austin in the hours after his birth. She didn't want him to die in anyone else's arms.*

August 17, a Friday. Her contractions were four minutes apart.

The couple arrived at Aultman Hospital at noon that Friday. Keri landed in Room 407, an antepartum suite for expectant mums with pregnancy complications. An ultrasound revealed that Austin's measurements were more in line with a 23-week-old, not a 26-weeker. The lack of amniotic fluid had stunted him.

Keri tried to keep that baby inside her. A foetus develops exponentially with each week it's inside a womb. The next day, no matter how it turned out, she would reach her self-imposed minimum of 26 weeks.

She made it – barely.

With a foetal heart-rate monitor connected to Keri's stomach, doctors and nurses watched Austin's heartbeat. At about 10.30 the next morning, his rate dipped. It's called a decelerating heart-beat – a sign that the baby is in distress.

Labour and delivery nurse Jodi Johnson, who has sons of her own, tried to reassure Keri. So did Chip. Then Keri's obstetrician, Dr Steven Willard, entered the room. He told her she had to deliver immediately.

**AUSTIN LUKE GERSTENSLAGER** was born at 12.17pm. His left eye was fused shut. The length of a school ruler, he weighed just over 700 grams.

*He doesn't look that bad, thought Vazquez.*

The baby's colour was good. Chip swore he heard him cry.

Placed in an Isolette – a mobile incubator of sorts – Austin was wheeled to the neonatal intensive care unit (NICU). Then Vazquez and a medical team went to work. They slid a tube down his throat. They coated his lungs with surfactant (a chemical many premature babies lack) to prevent them from collapsing. They placed him on

an oscillator, a machine that breathes for him. He was on pure oxygen.

Austin did not respond well. The oxygen saturation level in his blood hovered near 55 per cent. It should have been 90 per cent by then. Vazquez wasn't surprised. Austin's lung tissue had probably stopped developing a couple weeks after Keri's waters broke, he reasoned.

Vazquez went to the recovery room where Keri was waking to speak with her and Chip.

"Zero chance of survival," Vazquez said when pushed for odds. Even if Austin is put on life support, his organs would fail, he told Chip.

Johnson, the nurse who cared for Keri that day, heard it all. She couldn't help herself; she began to cry.

Vazquez handed Austin to Keri. The Gerstenslagers had agreed weeks before not to turn their infant into a science experiment just to ease their guilt. They'd tried to save him, and it didn't work. It was time to let him go. If he was going to die, he'd leave this earth cradled in his mother's arms - at peace and in no pain.

"The most beautiful 26-week-old baby I've ever seen," Johnson told Keri.

By 1.30 pm, Chip, Keri, and Austin had returned to Room 407.

**KERI HELD AUSTIN CLOSE.** "I love you ... we love you," she whispered to him. Chip contacted the Reverend Don King at their parish. Fifteen minutes later, the priest arrived. With a shell

full of water, King performed a brief ceremony. "Austin Luke, in the name of the Father, Son, and Holy Spirit, I baptise you," he said.

In the next few hours, Chip's parents, brother and sister, and Keri's mother came into Room 407 to meet and say goodbye to Austin. Keri wouldn't let anyone hold him. She was afraid he would die in someone else's arms.

Alone again, Chip and Keri admired their baby as he snuggled into Keri's chest.

"Look at his blond eyebrows," Keri cooed.

"His hair, his fingernails."

The end, they believed, was coming soon. And that was OK.

The only sound in the room was an occasional beep from Keri's IV line. NICU nurse Melissa Giannini popped in every so often to check Austin's heartbeat. When it was time for him to die, his heart rate would begin to slow.

**AFTER FOUR HOURS,** Austin was still breathing. His heart thumped at a healthy 120 beats per minute. He moved his head when Keri's IV beeped. He wrapped his fingers and toes around the fingers of his parents. The Gerstenslagers wondered whether they were doing the right thing.

They summoned Vazquez. "Sometimes it just takes a while," he explained. Austin had a strong heart, he told them. If they second-guessed

their decision, even five years down the road, Vazquez told the Gerstenslagers they could call him.

Chip thought about making funeral arrangements. They'd have Austin cremated. Giannini placed a stethoscope on Austin's chest. He tried to swat it away. Four hours became five, then six. Still 120 beats per minute.

*What the hell is going on?* Chip thought.

**NURSE ERICA BUCKLEW** began her shift in the NICU at 7pm. Austin and his parents remained in Room 407, still waiting for the end. Word about this baby had spread throughout the unit. This baby who wasn't acting like a baby on the verge of death.

"Everyone was talking about him," Bucklew recalled. "We all waited for updates."

Back in Room 407, the minutes and hours ticked away. Vazquez was at home reading. Nurse practitioner Fran Kessler had taken over the NICU for the night. Giannini kept checking on Austin. He was going strong.

"Would you come with me next time, to meet him and his parents?" Giannini asked Kessler.

It was about 11pm. Kessler introduced herself to the Gerstenslagers.

"Do you mind if I peek?" she asked Keri.

Austin was snuggled in so tight that Kessler could barely see him. She lifted the blanket. Austin sucked on a pacifier. She checked his heartbeat.

She could barely hear it because he was sucking on that pacifier so hard.

"He's beautiful," Kessler told Chip and Keri. "His heart is strong ... he's moving air. He even has a little bit of an attitude about him. Do you mind if we run a few tests? I'm not trying to change your mind. We just want to see where we are."

Austin's blood oxygen saturation registered 88 per cent, normal. A blood gas reading showed an acceptable level of carbon dioxide in his blood. His blood was not acidotic, which meant he was getting sufficient oxygen into his body.

The clock passed midnight. Austin had lived into the next day. It was a milestone for Keri, although she couldn't explain why.

Kessler, who'd phoned Vazquez before running the extra tests, phoned him again. He digested what she was telling him. *Why is this not going according to plan?* he wondered.

Kessler put Chip on the phone. "Chip, the game has changed," Vazquez told him. Chip Gerstenslager said he will remember that sentence for the rest of his life.

It was 12.20am, about 11 hours since they'd entered Room 407 to allow their baby to die. Giannini, the nurse, put Austin back into the Isolette and away she went with him to the NICU. They were going to try to save him.

Keri and Chip looked at each other. "What just happened?" Chip asked his wife.



*"Austin continues to be a fighter," says Keri. Weekly therapy keeps him on track with milestones. In this photo from 2013, he's on supplemental oxygen to help his lungs*

**AN IV LINE WAS INSERTED** into Austin's umbilical-cord vessels. The NICU team tried the oscillator again to help him breathe. They settled on a CPAP, which blows a continuous stream of air into the nostrils. Austin made it through the morning and then the day.

Vazquez said he'd never been so glad to be so wrong. In his 18 years at Aultman Hospital, the doctor said, nothing like this had ever happened.

He still can't make sense of it. He has shared the story with other neonatologists, and they couldn't come up with a good explanation for Austin's survival either.

"By all rights, he should not have had developed lung tissue," Vazquez said. "Most babies do what you expect, and they tend to get worse before they get better. This baby, not only was he breathing on his own for 12 hours, he was able to make sugar for himself. He did better without the technology than he did with it."

In all, Austin spent 100 days in the hospital. His time was filled with some ups and downs, just like most of the 400 babies who come through the NICU annually. Like all of them, he'll be prone to physical or mental developmental problems. But his family will worry about them then.

On the night before his release from the unit, Keri wrote this on her Facebook page: "As I sit holding my son in this NICU room for the last night, I worry about the next mum who will sit in this chair. A mum who this very moment probably has no idea that she will be sitting in a chair like this ... I pray for her, that her outcome will be as good as ours."

R



# Quotable Quotes

“

**A LACK OF PLAY  
SHOULD BE TREATED  
LIKE MALNUTRITION:  
IT'S A HEALTH RISK TO  
YOUR BODY AND MIND.**  
**STUART BROWN,**  
*psychiatrist*

Curiosity is the gateway to everything you know you want, and comfort is like a beautiful prison.

**SARAH JESSICA PARKER, actress**

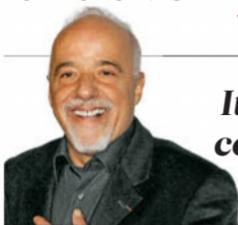


**ROUTINE, IN AN  
INTELLIGENT MAN,  
IS A SIGN OF AMBITION.**

**W.H. AUDEN, poet**

We are constantly exhorting people to ‘come out of their shells’, but there’s a lot to be said for taking your home with you wherever you go.

**SUSAN CAIN, author**



*It's the possibility of having a dream come true that makes life interesting.*

**PAULO COELHO, novelist**

**YOU CANNOT BE  
REALLY FIRST-RATE  
AT YOUR WORK IF  
YOUR WORK IS ALL  
YOU ARE.**

**ANNA QUINDLEN, author**



There is no way to order chaos. It's the fundamental theory at the beginning and end of everything; it's the ultimate law of nature.

**ALEXANDRA FULLER,  
author**

Every day we have plenty of opportunities to get angry, stressed or offended. But what you’re doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you. **JOEL OSTEEN, pastor**



# 13 Things You Should Know About Anger Management

BY ANDREA BENNETT

**1** Life's annoyances can affect your wellbeing if they go unaddressed. Studies have found that people who rate high on tests for anger are at an increased risk for high blood pressure and heart disease.

**2** To process anger in a healthy way, Todd Kashdan, a psychology professor at George Mason University in Virginia, recommends that you attempt to understand why you feel upset. Without pinpointing why you're angry, he says, "you can't get a foot-hold to figure out what your body is mobilising to do."



**3** When harnessed properly, anger can be a motivator. Frustration can drive us to choose a novel path while problem solving, or to become focused and committed – taking up a new political cause, for example.

**4** Frustration may also be useful in negotiations. Anger can signal that you are done conceding, says Russell Cropanzano, a professor of management and entrepreneurship at the University of Colorado's Leeds School of Business. But watch how you express it – raising your voice during a debate may be helpful, but the same

tactic could potentially undermine collaborative work.

**5** On that note, vexation has limits. Kashdan recommends thinking of anger as a vehicle speedometer, where 10 km/h is irritation and 100 km/h is blind rage. Speed limits are a measure of effectiveness – momentary annoyance during a negotiation might be useful, but rage seldom is.

**6** If you use anger as a tool too often, people will learn to avoid you. While others may offer small amounts of time and effort to keep your temper from erupting, you'll miss out on their best contributions.

**7** Make anger the last step. If you get into a disagreement with someone, pause for a moment and try to understand that person's point of view, then look for a mutually beneficial solution. "Once you become angry," Cropanzano points out, "your thinking gets too narrow."

**8** To bring anger down a notch or two, the American Psychological Association recommends practising deep breathing. Focus on inhaling and exhaling, and picture your breath travelling to your diaphragm.

**9** Create a playlist of your favourite music to help you relax in difficult situations. Kashdan says different genres work for different people.

He suggests listening when you feel agitated in order to curb anger.

**10** Keep disagreements from turning into fights by improving your communication skills. Avoid cutting others off or using accusatory adverbs such as 'always' and 'never'.

**11** Unhealthy anger – the inability to cool down when upset – can be a symptom of mental health disorders such as depression, says Dr Darin Dougherty of the Harvard Medical School. Speak to your doctor if this feels familiar; medication and cognitive behavioural therapy may help.

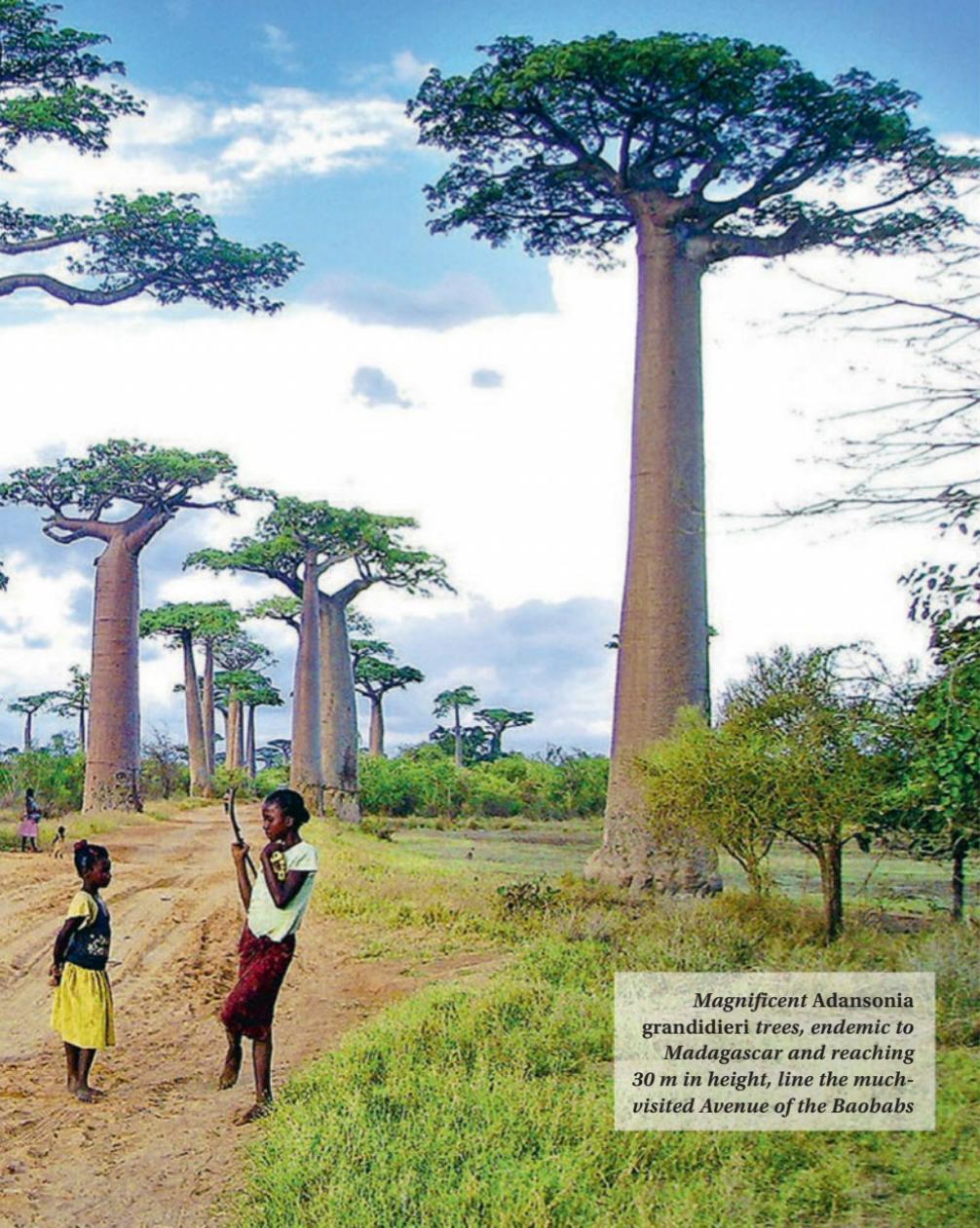
**12** Cut yourself some slack. Some forms of anger – the 'fight' side of the fight-or-flight coin – is associated with fear and is hard-wired into the brain. When you or a loved one is in apparent danger, it's normal to lash out. During these situations, says Cropanzano, apologise if necessary and forgive yourself for the outburst.

**13** After anger runs its course, let go of it. Cropanzano offers three steps for decompressing after you've been hurt: make sense of the wrongdoing by discussing it with a loved one or a therapist; avoid holding onto resentment or bitterness after you've processed the issue; and, finally, move forward – find humour in the situation or leave the environment if it's become toxic. R



# The Most Amazing Trees!

They give us life, shade and endless enjoyment. Where would we be without our wonderful trees?



*Magnificent Adansonia  
grandiflora trees, endemic to  
Madagascar and reaching  
30 m in height, line the much-  
visited Avenue of the Baobabs*



*Clockwise from above: at 1075 years, this Bosnian pine in northern Greece – named Adonis – is likely Europe's oldest tree; a rainbow eucalyptus in Hawaii; a cherry-tree lined street in Bonn, Germany; autumn hues in a mixed forest near Skanderborg, Denmark*







PHOTO: (JACARANDA) DENDE NAL81 / GETTY IMAGES



Clockwise from far left: glorious jacaranda trees in South Africa; dragon blood trees in Yemen, named for their vivid red sap; a Joshua tree in California, thriving in arid surrounds; the aptly named Dark Hedges is a dense avenue of beech trees in County Antrim, Northern Ireland



# Laughter

THE BEST MEDICINE

## SAFETY IN NUMBERS

Four rabbits are out hopping around a forest, when out of nowhere a gang of vicious wolves begins to chase them. The rabbits cower under a thick bush for refuge.

After the hungry wolves quickly surround the bush, one rabbit says to another, "OK, should we make a run for it, or wait until we outnumber them?"

SUBMITTED BY BENITO F. JUAREZ

## COLD COMFORT

Helen goes to a psychiatrist and says, "Doctor, you've got to do something about my husband - he thinks he's a refrigerator!"

"I wouldn't worry too much about it," the shrink replies. "Lots of people have harmless delusions. It will pass."

"But, Doctor, you don't understand," Helen insists.

"He sleeps with his mouth open, and the little light keeps me awake."

SUBMITTED BY  
JOHN R. LOPEZ  
JNR.



*"I'm commander of data security."*

## THE PLOT THICKENS

Fresh out of gift ideas, a man buys his mother-in-law a large plot in an expensive cemetery. On her next birthday he buys her nothing, so she tears into him.

"What are you complaining about?" he fires back. "You still haven't used the present I gave you last year."

SUBMITTED BY L.B. WEINSTEIN

## SPECIOUS

I recently visited a friend and found him stalking around with a fly swatter. When I asked him if he was getting any flies, he answered, "Yeah, three males and two females."

Curious, I asked how he could tell the difference. He said, "Three were on a whisky bottle, and two were on the phone."

Source: dailymail.co.uk



# Don't Get



# at Scrabble

BY LAURA LEE

Learn your Qis and Zos and you'll be ready to take on all comers

**YOU HAVE A MASTER'S DEGREE** in English literature, and you were a spelling champion at school. Surely your stellar vocabulary gives you the advantage in Scrabble. Not necessarily. Scrabble is not so much about the words a reasonably educated person would use in conversation or writing; it is about game words – words such as *zax* (a hand tool used by a slater for cutting), *zo* (a Tibetan yak), *seniti* (a monetary unit of Tonga), and *ka* (to the ancient Egyptians, a spiritual part of a human being or a god that survived after death and could reside in a statue of the dead person).

**THE PLAYERS DICTIONARY IS SCRABBLE SCRIPTURE** There are more than 100,000 words in *The Official Scrabble Players Dictionary*, and even more words are allowed in international tournaments. If you're offended by the concept of *arf* (the sound a dog makes) or *hm* (as in 'I'm thinking') as legal words, then Scrabble is not your game, because if it is in *The Official Scrabble Players Dictionary*, you can play it.

**RACK 'EM UP!** Once you've mastered a few of the valuable uncommon words, it is time to play. Be strategic

with the letters in your rack. The least-valuable letters in terms of scoring and playability are Q, V, W, B, F, O, and P. Try to get rid of them as quickly as you can, but hold onto S, E, R, D, and Y. These are useful as 'hooks'. You can use them to turn someone's 'twerp' into 'twerps' and build a whole new word with the S. The ideal ratio to maintain is four consonants to three vowels. The only duplicate letters worth keeping are E and O (O is better in pairs than on its own). Look for any letters that form prefixes (like 'pre') or suffixes (such as 'ed') and set those to one side.

**MAKE YOUR QI SHORT** The key to Scrabble triumph is in the two-letter words. Not only do the twos help you fit into tight corners, but they also

## Top Mistakes

- Not knowing all the special Scrabble words
- Lacking a good strategy
- Letting tricky letters linger

help you line up parallel plays, where you form two or more words along two axes. The US National Scrabble Association says learning the twos will increase your scoring by an average of 30 to 40 points a game. Next, you will want to learn the 21 legal 'Q' words that do not need

a 'U'. Believe it or not, the typewriter word *qwerty* counts, as does *qi* (life energy in Chinese philosophy).

**ADVANCED PLAY** Top players keep track of all of the letters that have been played using tracking sheets. This gives them an idea of what letters are left in the bag and on their opponent's rack. You might also want to write down all of the tiles on your rack on each turn so you can see what words you missed, and improve for next time. R

## Scrabble As Sport

The champs make an almost full-time job of memorising tricky and useful words. Players at this level take their game seriously; in 2011, at the World Scrabble Championships in Poland, two entrants nearly came to blows

when one accused his opponent of stealing a 'G' tile and asked the judges to strip-search him. They did not.

Top players are often computer programmers or mathematicians. They look at the board and the tiles and

consider the probability that the symbols will come together in a way that will allow them to create high-scoring combinations, preferably over the coveted 'triple word' spots.





# Unlocking Paralysis

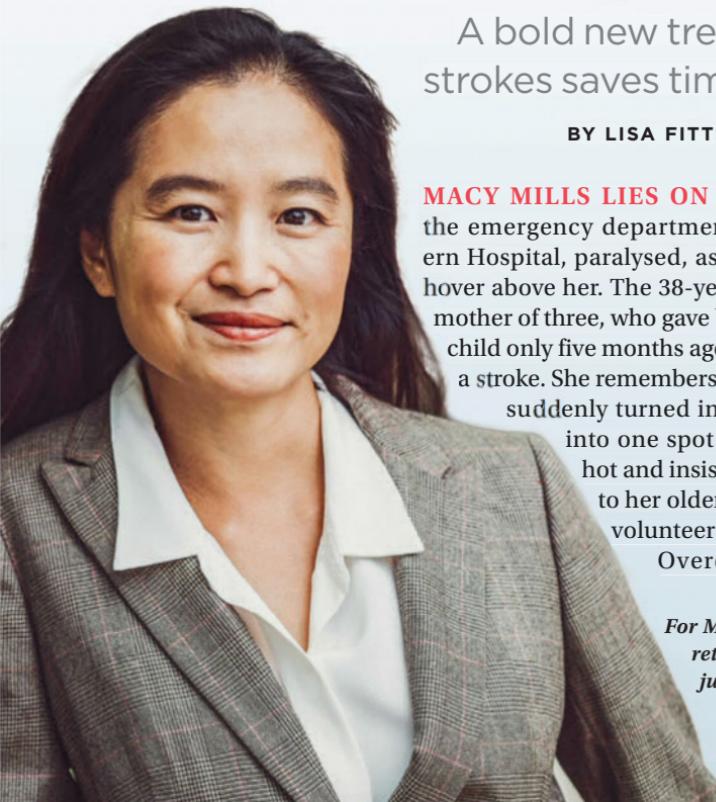
A bold new treatment for strokes saves time – and lives

BY LISA FITTERMAN

**MACY MILLS LIES ON A STRETCHER** in the emergency department of Toronto Western Hospital, paralysed, as doctors and nurses hover above her. The 38-year-old triathlete and mother of three, who gave birth to her youngest child only five months ago, knows she has had a stroke. She remembers a dull headache that suddenly turned into a drill burrowing into one spot in her brain, sharp, hot and insistent. She was driving to her older children's school to volunteer at their sports day.

Overcome by pain, ➤

*For Macy Mills, clot retrieval was available just in time*



and numb along her left side, instinct helped her lurch the car into a parking space and, after her mobile phone dropped to the floor, lean on the horn for help.

Now, no more than an hour later, a CT scan has shown that, like the majority of strokes, hers was 'ischaemic': a clot is blocking the arterial flow of blood to her brain. In her case, it is a large one on the right side, which is why the left side of her body is affected.

Dr Richard Farb, a neuroradiologist at Toronto Western Hospital, asks her husband to sign consent forms for a procedure that has not yet been tested in Canada. Macy will be the first Canadian to undergo it.

This groundbreaking procedure is officially called an endovascular thrombectomy with a 'stent retriever' – a tiny wire mesh tube with an opening on one end. It was first tested in the Netherlands, while its first trials in Germany and Switzerland have proved promising, too. Its nickname, 'Mr Clean', reflects its ability to clean an artery out in 40 minutes or less.

*What choice do I have?* Macy thinks. She tries to nod and say, "Do what you have to." The words come out muffled, as if she is speaking under water.

Within minutes of a local anaesthetic taking effect, she feels Farb puncturing a tiny hole in the femoral artery near her groin. He then uses radiographic imaging on a nearby screen to carefully thread a catheter that contains the stent up through

her vascular system to the artery that feeds her brain.

At the opening of the artery, the catheter is retracted and Macy feels some pressure, as if someone is pinching her brain. It's the stent, which has opened to envelop and trap the clot within the mesh.

"When is this going to be over?" she asks.

But it already is. Farb gently pulls the stent containing the clot out the same way it went in. From start to finish, the entire operation has lasted less than two hours.

"Try to move," he says.

She lightly flexes the fingers of her left hand, which three hours ago could not hold on to her mobile phone.

Soon Macy is pumping breast milk in the intensive care unit, griping about the lack of a television set and feeling very, very lucky.

**IT IS JUNE 15, 2011.** Three years and five months later, the Canadian trial of the 'Mr Clean' procedure, which involved 316 patients, ends early because it's clear it's already a success.

Dr Timo Krings, the head of neuroradiology at Toronto Western Hospital, explains it this way: "Before, surgical stroke treatment was a gamble. Anything we tried took at least two hours. Now, on the operating room table, we can see patients starting to speak again and move their limbs. And it's fast. We've done one surgery in 14 minutes."

"I don't say this lightly," he continues. "Mr Clean is a game changer."

Today clot retrieval is viewed as the choice procedure in Australia, New Zealand, Singapore, North America and Europe.

"For every five people you treat with clot retrieval, one more will go home able to function as an independent person, and there is one less person left severely dependent," says Professor Alan Barber, director of the Auckland Hospital Stroke Service. Survivors are, essentially, picking up their lives where they left off.

The procedure requires a specialist team, and for this reason, is not available in all hospital emergency departments. Clot-retrieval centres are located in 19 hospitals across Australia, in Auckland, Wellington and Christchurch in New Zealand, while in Singapore there are currently three dedicated stroke centres. Barber says he would like to see more clot-retrieval centres established in tertiary hospitals. "It's not the sort of thing you can do in a suburban hospital."

**STATISTICS** show that every two seconds someone, somewhere, is having a stroke. Many may not realise it. They may feel dizzy for a few seconds or lose track of what they were saying but then they feel better.

But consider the number of stroke victims left paralysed or unable to speak. Of the estimated 15 million people worldwide who suffer a stroke each year, about six million die and five million are left permanently disabled. The number of deaths from AIDS, tuberculosis and malaria combined is about 3.5 million, much less than the stroke death rate.

It's no surprise, then, that the mantra in the stroke universe is 'Time is brain' – neuro shorthand to remind specialists that in each minute after a stroke occurs, the brain will lose 1.9 million neurons, 14 billion synapses and 12 kilometres worth of axonal fibres if they were strung out in a line.

Associate Professor Bruce Campbell, chair of the Australia-based Stroke Foundation

Clinical Council, stresses that people need to recognise the sign of stroke and get to hospital quickly.

Ever since the drug tPA, or tissue plasminogen activator, was introduced in the mid-1990s as a clot-buster, it has been the stroke treatment of choice, albeit in a limited number of cases because it must be administered within 3 to 4.5 hours of a stroke occurring and can take hours to work.

Surgeons have tried other devices as alternatives or complements – anything that could open a vessel more

## Every two seconds someone, somewhere, is having a stroke

quickly and get rid of the blockage. They looked familiar, too, such as a chimney sweep brush in miniature or a tiny butterfly net.

"It got to the point that at an international conference seven years ago, a new catch device was presented at every lecture in the stroke session," says Krings. "At the end, I said, 'If any of you were right, we'd have only one.'"

At around that same time, German neuroradiologist Professor Hans Henkes was working on a patient who had had a stroke that left a clot in her middle cerebral artery. He decided to use a device he'd co-developed for the stent-assisted coil treatment of an aneurysm. When he pulled out the stent that was keeping the artery open as he operated, the clot came with it, intact.

At a conference soon after, Henkes mentioned it to some colleagues, who agreed it was promising. So began trials in Europe, with Dr Vitor Mendes Pereira, then the head of interventional radiology at the University of Geneva, as one of the principal investigators. They learned they needed a vessel that was at least two millimetres wide within which to work and that it was not effective on haemorrhagic strokes, or 'bleeders'.

And while they initially thought they had a short window of time to clean a vessel out, they have since learned that each case depends on the quality and duration of the 'collaterals', where the brain temporarily compensates for a blocked vessel by finding a detour for

the blood to flow. It can last minutes, or hours, or possibly even a day.

**WOLFGANG KAHNKE**, a retired toolmaker, recalls being cranky as he drove to his appointment with the surgeon who'd replaced his knee two years earlier. For the 72-year-old grandfather of two, it was a check-up, nothing more, and he arrived early, hoping he could somehow be fitted in. After all, he had a dinner date with his wife, Karin, that night.

As he waited for the surgeon in the examination room, he felt something humming in his head, not painful, exactly, but uncomfortable.

*Walk it off*, he told himself.

But he couldn't move.

## SIGNS OF STROKE MAY INCLUDE

- Sudden weakness and/or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion or trouble speaking and understanding
- Sudden vision problems
- Sudden severe or unusual headaches
- Sudden dizziness, loss of balance or coordination, or trouble walking
- Sudden droopiness in the face

If you have any of these signs, call emergency services right away.

When an emergency CT scan showed a large clot blocking the main artery right at the back of his neck, Kahnke was taken to the operating room within the hour.

The next day, he took a shower unaided. As the water sluiced over him, he thought, *I've never felt so alive*. Then he shivered at how close he'd come.

Mr Clean, his doctors said, was the difference between him dying or ending up being paralysed from the neck down for the rest of his life. For Kahnke, it meant being able to play Santa Claus at Christmas for the children of employees at his former company.

"I make a pretty good Santa," he says, pointing to his cloud of white hair and his beard. "Only, I'm not so big!"

**FOR MACY MILLS,** now a private banker with an international financial services company, the only visible reminders of her stroke are the three pills she takes every evening: a beta blocker, an ACE inhibitor and a blood thinner. These medications were prescribed when tests revealed that the apex of her heart is composed of scar tissue where blood can pool, which increases the risk of clots forming.

Mills also now has an internal defibrillator, the result of having suffered a cardiac arrest in

May 2015. Slim, fit and driven, the former triathlete chafes at not being able to run a seven-minute mile any more. But she is grateful that, thanks to Mr Clean, she's able to be there for her family.

R

————— “ —————

## When he pulled out the stent, the clot came with it – intact

————— \*

### NOT FITTING IN

My fitness goal: I would like to stop looking like I'm wearing a bulletproof vest all the time. **PATTON OSWALD**

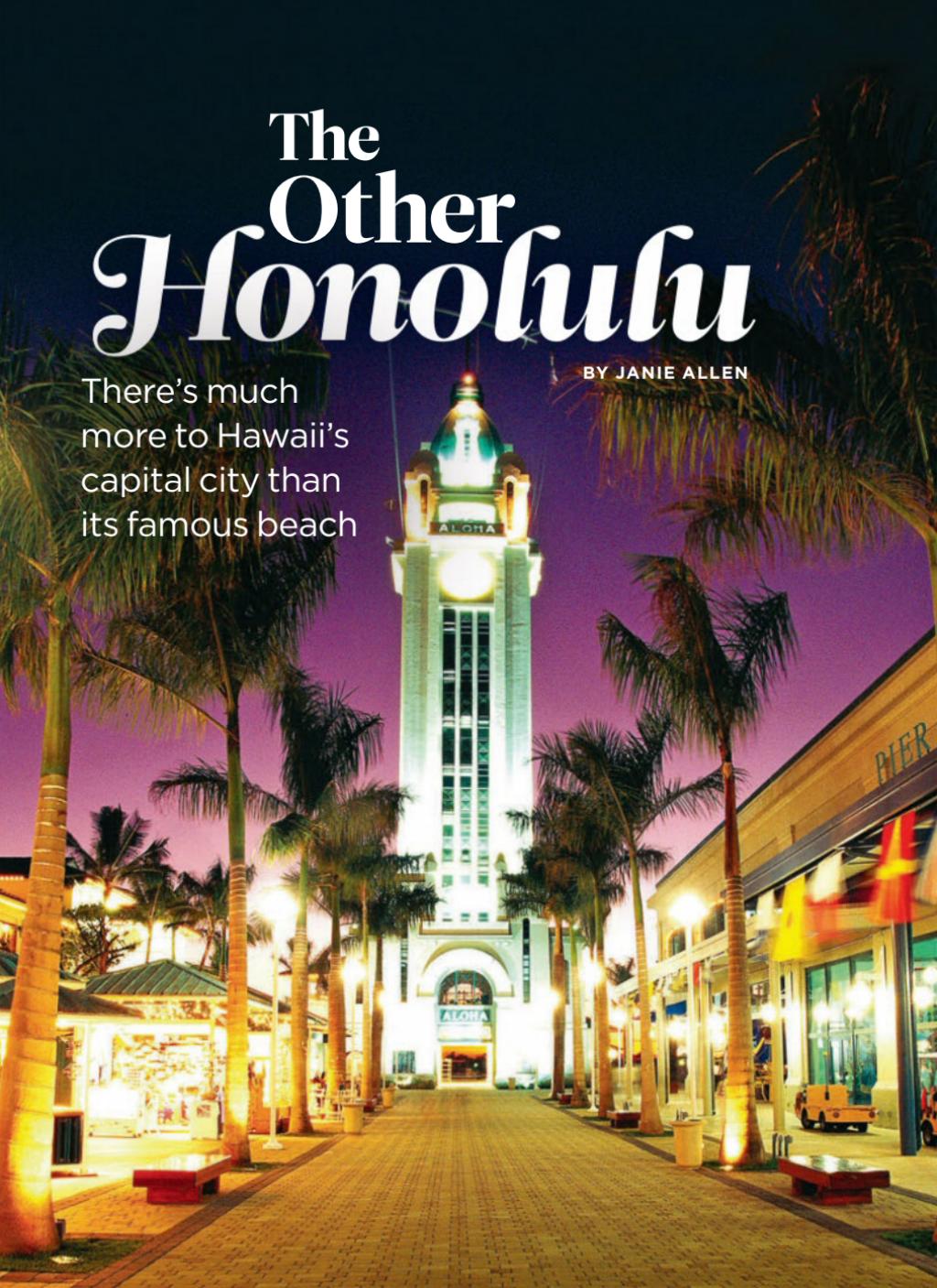
Just walked up a flight of stairs, and my Fitbit emailed me to report itself stolen. **@THECATWHISPER (MARK)**

My favourite thing to do at the gym is leave. **@LISAGOODWIN1**

I do five sit-ups every day. It doesn't sound like much, but there's only so many times you can hit the alarm snooze button.

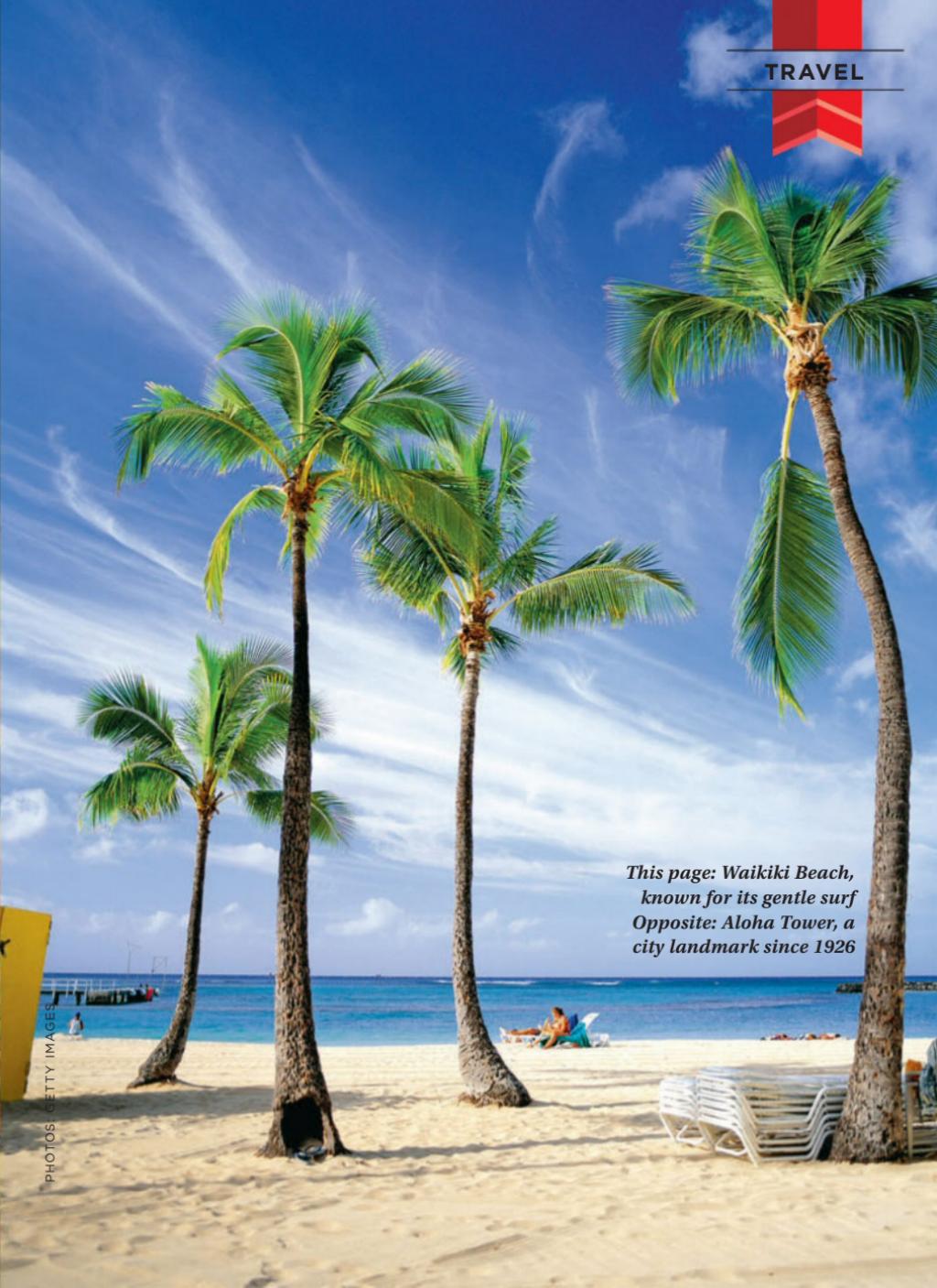
The only exercise I get is jumping to conclusions. **@FITNESSHUMOUR**

# The Other *Honolulu*



There's much more to Hawaii's capital city than its famous beach

BY JANIE ALLEN



*This page: Waikiki Beach,  
known for its gentle surf  
Opposite: Aloha Tower, a  
city landmark since 1926*

**D**owntown Honolulu is a glut of high-rises, their balconies and picture windows competing for a view of the huge harbour – glorious on this warm, sunny February day. Fishing boats, freighters, cruise ships and tugboats wait at numerous piers. Flights are coming and going at the airport to the west. I'm reminded of Hong Kong, a workaday city going about its business. Yet, one of the world's most famous beaches is just a 15-minute drive away.

My husband, Glen, and I are on the tenth-floor observation deck of the Aloha Tower, located on Pier 9 in Honolulu Harbor. The tower, built in a style known as 'Hawaiian Gothic', was once the tallest building in Honolulu; the large A-L-O-H-A letters at the top greeted visitors arriving by steamship in an earlier era.

Nowadays, the Aloha Tower is eclipsed by downtown skyscrapers but still offers incredible 360-degree views of city and harbour.

John and Evelyn Fisher of Honolulu are also on the deck, pointing out city landmarks to a visiting friend. We join them in looking out at the Capitol District, Chinatown, Punchbowl Crater, Pearl Harbor and Waikiki.

We love Waikiki. The iconic crescent beach, framed by Diamond Head promontory and lined with myriad shops, restaurants and nightclubs, is the go-to resort for more than four million visitors a year.

But as delightful as Waikiki is, it's just one district of Honolulu. I'd read articles lauding the city for its multicultural diversity, innovative new restaurants, emerging neighbourhoods, and live-and-let-live vibe. Honolulu appears on lists of top US cities.

Clearly, there is more to this place than its famous beach resort. Glen and I want to know more. So, for a week, we put away our beach towels and swimming costumes, turn our backs on the beach, and head off.

**WE'D HEARD THE BUZZ** about the up-and-coming Kakaako ('ka-kaah-ko') district between Waikiki and downtown. The city is redeveloping this light-industrial area, and has set aside some warehouses and garages for the arts and for entrepreneurs. We drive there early one morning.

The family-owned Highway Inn, known for its traditional Hawaiian food, isn't yet open for breakfast so we take a walk in the quiet back streets.

On Coral Street, we pass Hank's Haute Dogs, a little eatery that elevates the humble hotdog to gourmet status. On and around Auahi Street, we marvel at dozens of large, extravagant murals painted on warehouses.

"Amazing, isn't it?" says a bicyclist who stops to admire a chiaroscuro of a face covering a wall, created by chipping bits of concrete from white masonry.

Further along, we come across Na Mea Hawaii (Things of Place),



*Clockwise from top left: An artist at work at Na Mea Hawaii; a wall mural in Kakaako district; a bronze of Kamehameha the Great, Hawaiian conqueror and king, at Iolani Palace; Paiko, a botanical boutique on Auahi Street*

a bookshop, gallery and art studios set up in a converted garage. It's a beehive of activity. Maile Meyer, a slight, energetic woman in her late 50s, shows us around. She created the venue "to encourage art with a native aesthetic and perspective," she tells us. An artist is mixing paint for

a seascape; upstairs, another is planning a new exhibition.

Next door, artist Bill Reardon is welding a stair rail. He removes his helmet to reveal startlingly blue eyes and a big smile. He likes to create 'found metal' sculpture, he says. "Have you ever noticed how many

discarded bedframes there are?" We hadn't until then ...

Back at the now-open Highway Inn, painted wood panels and exposed pipes create a bright urban vibe. We sit at the counter and order *poi* (taro) pancakes topped with a *haupia* (coconut) sauce and chat with front-of-house manager Christina Martin, 47. She recently moved to Honolulu from the mainland. There are trade-offs to living here, like high rent, she says, "but the people make up for a lot."

Hawaiians's hospitality is linked to *ohana* – their sense of family, she explains. "Ohana extends to friends. Once they take you in, you're part of the family."

**PERHAPS HERE**, more than elsewhere, the more family you have – real or not – the better. The Hawaiian archipelago of eight main islands is one of the most remote and isolated places on earth; almost 4000 kilometres from California.

Even other South Pacific Islands are distant. For a long time, no-one could understand how, over a thousand years ago, Hawaii's first settlers crossed more than 4000 kilometres of ocean without navigation equipment. Their methods of navigating by the stars and patterns of nature were not well understood until the 1970s. The Bishop Museum planetarium in Honolulu played a role in recovering the lost art of Pacific navigation, called 'way-finding,' says Mike Shanahan,



*Leis adorn the bronze statue of surfing legend Duke Kahanamoku at Kuhio Beach*

director of Visitor Experience and Planetarium.

The Bishop is housed in an immense stone Victorian building in the city's northern suburbs. The Pacific Hall features the Polynesian migrations. The core of the museum, however, is the Hawaiian Hall. Its three polished-wood floors display ancient artefacts of Native Hawaiian culture.

When I ask Shanahan about the most precious item in the museum, he excitedly tells me that for many years it was the feather cloak of Kamehameha the Great, Hawaii's first king, who united the islands in 1810. But now, he adds, the museum is in the process of receiving from Te Papa Museum in New Zealand the feather cloak of King Kalaniopuu, Kamehameha's uncle, who presented it to

British explorer Captain James Cook in 1779. "It has been missing from Hawaii for more than 200 years," he says. "It's very special."

Culture educator Iasona Ellinwood takes me to see Kamahameha's full-length cloak, on display in a glass case. The yellow feathers were plucked from some 60,000 mamo birds. The extinct mamo was mostly black. "It had just six to eight yellow feathers," he says.

An expert guide to Hawaii's history and native culture, Ellinwood has a master's degree in Hawaiian language. "Are you native Hawaiian?" I ask. No, he says. His birth name is Jason. "One of my Hawaiian language teachers called me Iasona and it stuck."

Close to ten per cent of Hawaii's 1.4 million people claim Native Hawaiian heritage, while Asians make up 37 per cent and Caucasians 27 per cent. In fact, many people (23 per cent) are of mixed ethnicity, like the shopkeeper I met earlier who told me his father was Japanese and his mother Filipina, then added, "but we're all Hawaiians."

"Live here long enough and we'll call you Hawaiian, too," said another local.

**THE DOWNTOWN** Capitol District is pleasantly walkable, with tree-lined streets and small parks. The state executive offices are here, as well as the Iolani Palace, built in 1882 by the last king of Hawaii, David Kalakaua.

The kingdom was overthrown just 11 years later in a plot by sugar plantation owners to bring the islands under US control.

Nearby is the Hawaiian Mission Houses Historic Site, set in lovely shady grounds where we linger a while. The oldest house, from 1821, is a two-storey frame house shipped from Boston in 1820, which displays artefacts of missionary life. The first missionaries created a 12-letter Hawaiian alphabet and printed a Bible on a hand-operated press - replicas are on display.

Next, we decide to follow the recommendations of Mark Noguchi, a local chef we meet, and visit Chinatown, a gritty downtown district that is reinventing itself as a destination for art-lovers, foodies and club-goers. We drive there late one weekday.

Chinatown grew up in the late nineteenth century to serve Chinese plantation workers. Decades later it became known for prostitution and the drug trade. For a few years in the 1990s, a Chinatown revival flourished, associated with a new generation of chefs who developed Hawaiian Regional Cuisine, also called Asian Fusion. Today Chinatown is gentrifying. Art galleries, high-end restaurants and bars are starting to move in.

"There are still places I wouldn't walk late at night, but things are changing," Noguchi had told us.

Lucky Belly restaurant, located on Hotel Street, which was once famous for its brothels, is one of the most

popular new eateries. We get there just as it opens for dinner and are seated near the large windows. Wood, exposed brick, mahogany-stained cement floor and Japanese pop art on the walls lend the room a cool, contemporary ambience.

We order the intensely flavourful oxtail dumplings and the 'Belly Bowl'. The ramen-noodle speciality arrives in a king-sized dish with generous portions of pork belly, bacon and sausage steeping in a rich broth.

We leave the restaurant at dusk. Darkness comes quickly at this latitude. With the old markets and shops shuttered and our footsteps echoing on the near-empty sidewalks, we head back to our hotel.

**ON OUR SECOND-LAST** afternoon in Honolulu, we return to Kakaako to stroll the Kewalo Basin wharf. We chat with a man at a counter selling tickets for deep-sea fishing trips.

"We've got a boat coming in with a 180-kilogram marlin," he tells us. We watch two sea turtles chasing each other in the water as he banters with a nearby boat owner. "Wait and see, it'll weigh in at 110."

"Maybe 130," comes the reply.

When the boat docks, the crew secures a chain around the marlin's tail and hauls up an astonishingly large fish at least three metres long. On the scale, it weighs in at a whopping 184 kilograms.

The marlin may well have ended

up on the block at the Honolulu Fish Auction the next morning. Tours are offered a few times a month. We leave Waikiki at 5.30am and within 20 minutes are standing outside a refrigerated warehouse on Pier 38. Brooks Takenaka, general manager of United Fishing Agency, which runs the auction, leads us in. Big-eye tuna, mahimahi, swordfish, snapper, many weighing well over 45 kilograms, wait on iced-down pallets.

Wholesale buyers huddle around the auctioneer, who fires off numbers as bidding starts on a tuna at his feet. Seconds later it's over. The auctioneer jots a note and drops it on the fish, and the group shuffles to the next one.

Up to 45,000 kilograms of open-ocean fish are sold this way six days a week. "It's the only fresh tuna auction of its kind in the US," Takenaka says. Most fish sold here is consumed in the islands, he says, adding that Hawai'i's fishery operates within sustainable limits and under stringent regulation.

"Do you eat much fish?" I ask him.

"Almost every day," he replies.

On our last afternoon the trade wind that had been with us all week disappears and temperatures rise. Seeking respite, we head to Punchbowl Crater, on the city's outskirts, site of the National Memorial Cemetery of the Pacific. We drive down to a shady lane in a vast lawn, where flat markers denote graves. The city sounds have disappeared and we're enjoying the peace and quiet; we hear only



**Brooks Takenaka presides over the only fresh fish auction in the US**

Lilting melodies, swaying hips and the performers' joy charm us.

The sun is setting in an orange-streaked sky, silhouetting a bronze statue of Duke Kahanamoku. An Olympic gold-medallist swimmer in 1912 and 1920, he introduced surfing to much of the world, and is a Hawaiian hero. In his later years - he died in 1968 - Duke was Honolulu's first 'Ambassador of Aloha.' "Aloha means love," a plaque about him says, "the key word to the universal spirit of real hospitality."

"Come, get to know my city," he may as well be saying, his back to the ocean and his arms outstretched to encompass all of Honolulu. In a recent article, a writer opined that the city consider turning Duke's statue around so that he looks out at his beloved ocean.

I think he's just fine where he is. **R**

\* \* \*

## TECH SUPPORT?

Great, iTunes terms and conditions have changed,  
and my lawyer is on vacation.

Just perfect.

@TYLERSCHMALL

When the inventor of the USB stick dies, they'll gently lower the coffin, then pull it back up, turn it the other way, then lower it again.

@CLUEDONT

# That's Outrageous!

ON THE ROAD

## SMASH HIT

Some new drivers pass their road tests with flying colours. Others fail with flying glass. One morning in October 2016 in the US city of Bellevue, Washington, a young woman was headed to her final in-car examination.

When she got to the driving school, she attempted to park. Unfortunately, she missed the brake pedal, accidentally slamming on the accelerator instead. The vehicle careened through the front of the building, smashing its plate-glass facade and the rear window of the woman's Audi, too. Thankfully, there were no injuries – except to the student's pride.

## JOYRIDE

Some young men in Perth, Western Australia, gave new meaning to the phrase 'out to lunch' when they were spotted cruising the streets on a pair of motorised picnic tables. Police



were understandably perturbed by the atypical transportation method – the vehicles were unlicensed, unregistered and unsafe. On the plus side, they

handled well: despite the primitive steering mechanisms, the puttering furniture manoeuvred through a busy city intersection with ease.

## MAN VERSUS MACHINE

In November 2015, police in California pulled over a car for moving too slowly: more than 15 kilometres an hour below the speed limit. But when the cop strolled up to the door, he found there was no-one inside to reprimand – the vehicle turned out to be a self-driving Google prototype.

The much-publicised incident became a boon for the tech giant's marketing department. Call it another innovation of our high-tech age: there is now literal truth to the saying, 'The engine's running, but nobody's behind the wheel.'

# The End of Parking

Could ride-sharing and robocars make our cities greener and our lives less chaotic?

BY CLIVE THOMPSON

FROM MOTHER JONES

ILLUSTRATION BY  
RAYMOND BIESINGER

**IF YOU DRIVE OUT** to West Edmonton Mall, in Canada, you'll arrive at the world's biggest car park. With room for 20,000 vehicles – that's at least 300,000 square metres – and another 10,000 in overflow parking, the area is comparable to the size of 84 American football fields (including the end zones).

That mall – and its Guinness World Record-holding car park – isn't alone in its



expansive approach. Parking is, after all, most of what cars do: the average automobile spends 95 per cent of its time sitting in place. A 2010 study from the University of California, Berkeley, found that the US has between 105 million and 2 billion parking spots, for roughly 300 million vehicles.

The metastasising of parking has had profound effects. On an aesthetic level, it makes cities grimly ugly. It's expensive to build. And the emissions it causes may be worst of all.

When Donald Shoup, an urban-planning professor at the University of California, Los Angeles, looked at Westwood Village, a small neighbourhood near his university, he calculated that cars circling around in search of open spaces burn 178,000 litres of petrol and generate 662 tonnes of carbon dioxide a year. Those numbers, Shoup says, are reflective of the situation in most cities' congested cores.

But for the first time, urban experts see an end in sight. We are, they say, on the cusp of an era when cities can begin dramatically reducing the number of parking spaces they offer.

Why? For starters, more and more people are opting to live in city centres, where they don't need – or want – to own a car. We're also seeing the rapid emergence of self-driving technology, which could have huge benefits for urban design and the environment. After all, if cars can drive themselves, fleets of them could scurry around

picking people up and dropping them off with robotic efficiency. That could result in many choosing not to own cars, causing the amount of parking needed to drop as well.

Gabe Klein, who has headed the transportation departments in Chicago and Washington, D.C., sees enormous potential. "All that parking could go away, and then what happens?" he asks. Klein imagines much of this paved-over space suddenly being freed up for houses, schools, playgrounds – just about anything.

**NORTH AMERICA'S OBSESSION** with parking began in the 1940s and '50s, when car use exploded. Panicked cities realised they would soon run out of kerb space. In an effort to ward off that possibility, they passed minimum parking requirements: if a developer wanted to erect an office or apartment building, it also had to build parking.

Decades of perverse incentives served to cement the car as North America's main mode of transportation. According to the 2011 National Household Survey, roughly 15.4 million Canadians travel to work, and four out of every five do so in a private vehicle. Based on these statistics, about 11.4 million workers drive to their jobs in cars, bringing along an additional 867,100 passengers.

Numbers like these make parking seem like an intractable problem. But something strange is happening to our relationship with cars.

"The car's dominance is on the wane," says Jeff Kenworthy, a professor of sustainable cities at Curtin University in Perth. He found that car use grew by 42 per cent globally in the '60s. In the '80s, it increased by 23 per cent. From 1995 to 2005, it went up by only 5 per cent.

While fuel costs and the growth of public transport have something to do with this pattern, Kenworthy suspects it's also related to a concept known as 'Marchetti's wall'. In 1994, Italian physicist Cesare Marchetti noted that throughout history, most people disliked commuting more than one hour for work. If you're faced with a longer commute, you rearrange your life: find a new job or move closer to the office.

In the mid-1990s to mid-2000s, public transport use increased and cities became denser, in part because younger adults weren't leaving for the suburbs and seniors were moving back to walkable urban cores. As a global society, we slammed into Marchetti's wall and backed away.

This shift isn't necessarily set in stone. While the number of vehicle kilometres travelled per capita in the US began declining in 2005, it started to rise again in 2014. However, experts argue that the trend will likely

accelerate because millennials are turning away from the car. Research by Frontier Group, a think tank that publishes work on transportation, found that the average annual distance driven by American 16- to 34-year-olds dropped 23 per cent between 2001 and 2009.

They're also buying fewer vehicles than their parents did, which worries carmakers. "We have to face the growing reality that today, young people don't seem to be as interested in cars as previous generations," said Jim Lentz, the CEO of Toyota Motor North America, in a 2011 speech.



## Something strange is happening to our relationship with cars. "The car's dominance is on the wane"

**MILLENNIALS** have embraced one mobility trend, however. In December 2014, the on-demand car service Uber reported that its drivers were making one million trips per day. According to a survey by market research firm GlobalWebIndex, 70 per cent of Uber's U.S. customers are under the age of 35.

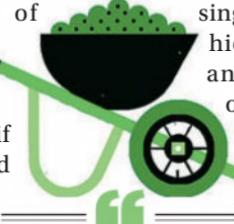
Uber is seeing especially rapid growth in its ride-sharing offering, UberPool, which matches travellers heading to roughly the same destination. The company introduced the service in San Francisco in August 2014, and already nearly 50 per cent of all Uber rides in the city are pooled.

Carpooling has been touted for

decades as a way to use vehicles more efficiently, but it never took off because of an information problem: there was no way to coordinate rides on the fly. The smartphone has solved that conundrum. And when Massachusetts Institute of Technology scientists crunched data on Boston-area commuting patterns, they found that if 50 per cent of drivers shifted to ride sharing, it would reduce congestion by 37 per cent and result in 19 per cent fewer vehicles on the road.

San Francisco-based parking consultant Jeffrey Tumlin, 47, is struck by the shift in the zeitgeist. "My generation was the last to believe that owning our own car would bring us freedom, autonomy, social status, sex," he says. For today's young people, the mobile phone is a much more potent technology.

**AS THE GOOGLE SELF-DRIVING** car pulled out into a busy intersection, the steering wheel turned by itself. It was an unnerving sight, though the Google engineers riding inside were quite blasé: after 2.4 million kilometres, these vehicles have been in very few accidents. The guidance system is very cautious, says the engineer in the driver's seat, hands folded in his lap.



**My generation  
was the last to  
believe owning  
a car would  
bring freedom,  
autonomy,  
social status, sex**

Many urban experts believe the future of autonomous cars is in fleet deployment, not private ownership. At the University of Texas at Austin, Kara Kockelman, a professor of transportation engineering, found that a

single shared autonomous vehicle could typically replace an average of ten privately owned ones. At night, when there was less demand, they could drive to a designated storage area that's close to where the next trip will likely originate. The upshot, Kockelman figures, is that if you were to shift the entire city over, it would need a staggering 87.5 per cent less parking than it does today.

That community would also likely have a dramatically lower environmental footprint, not only because you'd get rid of the 'circling' that plagues urban traffic but because high-tech cars would be new – and, given that they'll probably emerge en masse about ten years from now, electric. A quantitative traffic analysis published in *Nature Climate Change* in July 2015, co-authored by Berkeley Lab scientist Jeffrey Greenblatt, deduced that emissions would be 90 per cent lower if cars were autonomous, electric and shared.

This road has some speed bumps ahead. Most projections assume that ride-sharing firms will be the ones

to deploy self-driving cars on a large scale. But what if they're all privately owned? If you can read, watch TV, work and email while your car drives itself, the sting goes out of commuting.

That could prompt commutes of previously unfathomable lengths. Or we might find people deciding they never need to park because cars can circle on their own. Cruising could morph into a Monty Pythonesque parody of modern life: a street clogged with traffic, but all the cars are empty.

Opinions are divided about how serious these negative impacts could be. Many suspect Marchetti's wall will remain in place. "Most people are not going to sit in a car for hours a day," says Greenblatt. Others agree, noting that the generational reluctance to own a personal car isn't likely to fade.

**SAN FRANCISCO COULD BE** giving us a preview of what a lower-parking future would look like. The city's parklet programme, founded in 2010,

invites owners of homes and businesses to apply to install a green space in the parking lane in front of their properties. The plan has since been emulated in locations such as London, with a similar project currently under development in Toronto.

In San Francisco's Mission District, for example, two kerbside spots were completely overhauled. Built out of huge, curved pieces of wood, one looks like a ship beached on the side of the road. In the other, thick desert vegetation – some clipped to resemble a triceratops – spills out in front of a private residence.

There are now more than 50 parklets throughout San Francisco. These strips provide a vision of how a city could evolve: imagine if 90 per cent of all kerbside parking spots were turned into strips of public parks, filled with greenery, urban gardening and people relaxing. With fewer cars circling the streets, the future of urban living could be oddly peaceful. R

MOTHER JONES (JANUARY/FEBRUARY 2016) © 2016 BY CLIVE THOMPSON. MOTHERJONES.COM



## FAMOUS PEOPLE FIRED

In 1919, Walt Disney was fired from the *Kansas City Star* because he "lacked imagination and didn't have any good ideas".

Madonna dropped out of college and took a job at Dunkin' Donuts in New York, which apparently didn't last a day. What sealed the deal was when she squirted a jam filling all over a customer. THOUGHTCATALOG.COM



FOR MANY, completing the Kokoda Track in Papua New Guinea's rugged Stanley Owen Range is a way of recognising the hardships and sacrifices of the soldiers who fought there in World War II.

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# JOURNEY THROUGH KOKODA

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Kokoda is a difficult trek, both physically and emotionally, and those who complete the 96-kilometre walk speak of being changed forever.

For **Simon Bouda**, walking the Kokoda Track meant many things, but above all, it meant fulfilling a promise to a friend

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*Right: Australian soldiers and Papua New Guineans display a Japanese sword, Kokoda, September 19, 1942*



**"I WANT TO DO KOKODA before I can't do it," my mate Ross 'Beno' Benson explained to me on the telephone one night in November 2015.**

Battling Parkinson's disease for the past five years, Beno knows that one day he simply may not be able to.

"Sure ... I'm in," I replied.

I'd met Beno while covering a plane crash in Papua New Guinea in 2009 for Nine News Australia. Nine Australians, who were on their way to the Kokoda Track, had been killed when their Twin Otter crashed as it was approaching the Kokoda airstrip. Beno was a Royal Australian Air Force pilot and was assisting in the recovery mission.

Beno was one of Australia's best military pilots. As a squadron leader with 38 Squadron, it meant that he often piloted the prime minister's aircraft. But, out of uniform, he was a loving husband and father of three with a passion for fast cars, adventure and laughs. Flying was his life. His shock and heartache were profound when he learned he was suffering from Parkinson's.

It began with a tremor in his hand. He'd never forget that day. Beno was the Parade Commander for the Freedom of Entry to the City parade in Townsville on June 4, 2011. His left

hand shook uncontrollably as he was trying to hold his sword's scabbard. At first he tried to ignore it but soon the symptoms became too onerous to disregard. I remember the day he rang to tell me he had been diagnosed. He was shattered.

It ended his flying career but he was determined not to let Parkinson's slow him down. In fact, I think it spurred him on to push himself to the limit. He had never done things by half before. Now it meant that he had to try just a little harder.

To walk the Kokoda Track is a rite of passage, especially for infantrymen. In 2015 alone, 3581 people travelled to Papua New Guinea to pay homage to this extraordinary World War II battlefield. For Beno, it also meant showing himself and the world that Parkinson's would not stop him enjoying an active life and facing physical challenges.

For me, too, returning to Papua New Guinea would mean confronting some personal demons. Both my grandfather and my father died there.

My grandfather, George Heads, was a pilot who was killed during WWII in a plane crash near Milne Bay. My father died from a heart attack while managing a hotel in Mount Hagen in 1976.

After I'd finished covering the plane crash story in 2009, I'd set off to find the graves of both men. My grandfather's had been relatively easy to



*Nine men, nine days and 96 kilometres of some of the toughest terrain Papua New Guinea has to offer. Ross 'Beno' Benson is on the extreme left*

locate; he was buried at the Bomana War Cemetery on the outskirts of Port Moresby. But finding my father's grave had proved much more difficult.

I knew he was buried in Mount Hagen – in the Highlands – but exactly where was a mystery. That was until a local, Solomon Wokolon, manager of the Avis car rentals in Mount Hagen, offered to help. After a day's searching, Solomon's enquiries lead me to a man named Roy Kumbi. It turned out that Roy had worked with my father and cradled him in his arms as he died. Roy had buried my dad, and it was he who, some 33 years later, led me to the gravesite, where I was able to pay my respects.

So now my son, Max, and I were planning to tackle the arduous and treacherous Kokoda Track. We, too, would be flying in a Twin Otter in the Kokoda Valley. It also wasn't lost on me that two previous generations of men in my family had died in Papua New Guinea and now two more were heading there. Max would celebrate his twenty-first birthday on the track.

In the end, Beno convinced eight mates to join him on the adventure. There were his RAAF mates, Tony 'Thorpie' Thorpe, Mike 'BO' Burgess-Orton, Justin 'JD' Dickie and Richard 'Penners' Penman. They'd flown together, studied together and

lived together – for them, supporting a mate to tick the Kokoda Track off his bucket list was a natural thing to do.

Then there was Beno's best man, Tony 'Timor' Moore. Over the years, rearing families, geography and busy lifestyles had meant they had drifted apart. But, like me, Tony jumped at the opportunity to take part in the 'stroll in the jungle'.

Tony was joined by his 25-year-old son, former Australian infantryman Brodie 'Tulip' Moore, who had served on Mentoring Task Force 1 in Afghanistan. He had been a pageboy at Beno's wedding.

And then there were Max and I. On the track Max earned the nickname 'Donuts', while my childhood nickname of 'Bouds' sufficed.

Basically, we were a bunch of strangers brought together by the linchpin, Beno. From the moment we met it was as if we had been lifelong mates. We soon began referring to ourselves as members of the 1st RBR – the First Royal Benson Regiment.

We were to be accompanied by a team from the trekking company Kokoda Spirit. Our Australian guide and former soldier, Cameron James, had encyclopaedic military knowledge. He'd walked the track ten times before. Accompanying him was a

trainee guide, Craig Thomson, a big, burly, no-nonsense New Zealander who was also a former infantry soldier who had served in Afghanistan.

"This is as much mental as it is physical," Cameron warned us. "The tears will flow."

I confess – in my case – those tears flowed freely and often. Thoughts of my father and grandfather were never far away. And that I was undertaking this trek with my son.

The tears flowed freely and often. Thoughts of my father and grandfather were never far away. And I was ... with my son

**A**s we filed under the famous arches at Owers Corner marking the start of the southern end of the track, we realised there was no going back. We were all nervous, with thoughts of our own families and comrades who had experienced the track.

But underlying that, I suspect, was that we were also nervous about Beno. He'd been gradually deteriorating over the last couple of years. He still had more good days than bad – but everyone was worried about how he would manage the track.

My local porter was, co-incidentally, named Max. While on my feet I sported \$400 Salomon boots, he wore a pair of rubber thongs. I was soon to

*Beno setting a cracking pace on the track*





learn that this wiry little man had the strength of an ox as he dragged me back from tumbling down steep inclines when I lost my footing.

Over the next nine days he walked the 96 kilometres with me, including 6000 vertical metres, over some of the most rugged terrain Papua New Guinea has to offer.

Our group soon slipped into a routine.

Each day began bang on 5am with

Cameron's dulcet tones of: "GOOD MORNING EVERYBODY!" to be heard bellowing from his tent.

We learnt the importance of happy feet. We developed a ritual each morning of taping just about every centimetre of them for protection. Then, after a quick breakfast of Weet-bix, honey and boiled water or porridge, it was back on the track for another eight hours. Every day, eight hours of just walking or climbing or



*A sombre moment – a night spent reading about past and present soldiers who have given their lives*

– all heroes of the Kokoda campaign. We were also handed the details of soldiers who had died in recent conflicts in Afghanistan and Iraq. We'd met some of the families, some of us had known them personally.

These fallen soldiers were never far from our minds as we slogged up endless inclines, then slithered down muddy and slippery descents. Torrential downpours, rickety wooden bridges, perilous crossings of rivers and rocky creeks: the track is every bit as arduous as the history books and guides warned us.

Still, we couldn't help but be overcome by the raw beauty of this place. The lush greens of the jungle, the towering trees filtering the harsh sunlight. From the ancient rainforest to the fast-flowing rivers, it seemed that everywhere you turned was another vista, another battle site.

Strangely, we saw little wildlife, apart from soil turned over by wild boars. I expected the trees to be filled with birdlife, but it was eerily quiet in the canopy above us. At just over 2100 metres above sea level, there are few mosquitos, and only occasionally would one play host to a leech.

As we walked through small villages we'd occasionally stop for morning tea. The locals would be there selling cans of Coke and packets of Twisties

sliding or falling. Eight hours – it gives you plenty of time to just think.

**A**t the start of the trek, Cameron had handed out small laminated cards. On each was the photo and details of a soldier who had died. There were brothers Harold 'Butch' and Stan Bissett, Bruce Kingsbury, John Metson, Sam Templeton, Charlie McCallum, William Owen, Claude Nye, Breton Langridge and Henry Lambert

- vital nutrition for any serious trekker.

We knew we were doing it in relative luxury with tents and warm sleeping bags – not the conditions faced by the soldiers who fought for every inch of this track in horrendous and humid conditions.

Cameron talked about the 39th Battalion – a group of mostly 18 and 19 year olds – who had been called up for national service in 1941. It was a militia unit: farmers with guns.

Initially the 39th was used for garrison duties and working parties in and around Port Moresby. But in June 1942 it was sent to the Kokoda Track to block the Japanese, who were advancing towards Port Moresby.

What followed was a series of battles that ebbed and flowed across the Kokoda Track. Eventually the Japanese were repelled back to the north. But the price of victory was great.

Here we were walking in these boys' footsteps.

Next we tackled Brigade Hill, where the three-day Battle of Mission Ridge–Brigade Hill was fought between September 6 and 9, 1942. Fourteen

hundred Australians temporarily held back the Japanese forces, which had been advancing towards Port Moresby.

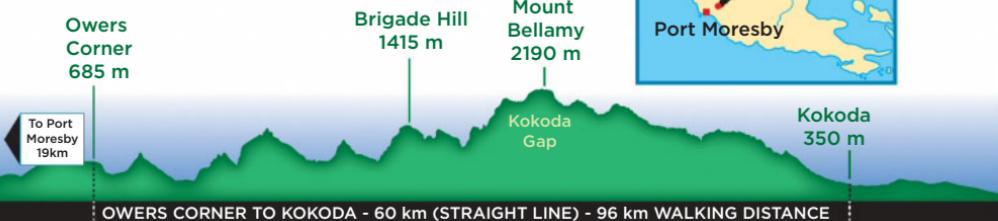
As we approached the summit, we could see a mass of wooden stakes topped with a red ribbon – some with a poppy – commemorating diggers [ANZAC soldiers] who had died here.

Tears again welled in my eyes. After the three-and-a-half-hour climb up 'The Hill', exhaustion and emotion intertwined. It was here at Brigade Hill that those young men had gone into action knowing they were going to die. We were broken physically, and pushed mentally to a place we had not been before.

Solemnly we held a memorial service. Poems were read, heroes remembered. The last post was played. Then we were astounded as our porters gathered to sing their national anthem. In return we stood to attention and in faltering voices gave a rendition of 'Advance Australia Fair'.

The next day, Beno hit his own wall. Day 5 was a particularly tough day. Beno started slowly and it was clear

## The Kokoda Track



to all he was struggling. But this was a man with a stubborn determination. The track was not going to beat him. We all, at different times, offered words of encouragement, only to be met with Beno's blunt and stubborn reply: "I'll be right". He didn't look like he'd be right.

Our tea break that day was longer than usual to give Beno the chance to recharge.

**T**he legend of Kokoda seeped into our veins like the moisture in our sleeping bags. As we rested at the top of a particularly arduous climb, we all chipped in. Suddenly Beno's pack was on someone else's back. Packs were swapped to share the load so Beno could continue without the burden of weight.

That day Beno's body began shutting down, but there was nothing he could do about it but grit his teeth and keep going. And so he continued walking. Cameron later revealed he had already been formulating a plan to organise an emergency airlift.

"Giving up went through my mind initially, for about a second. But I could never give up. It hurt. It was the hardest thing I have ever done ... I was in a world of hurt. The only reason I kept going was because of the other eight guys," Beno said.

But there were highs, too. The cooks whipped up tremendous meals, seemingly out of nothing: rice, noodles, pasta and even a baked bean and onion pizza were on the menu. For one lunch they somehow managed iced donuts – when my son Max confessed to taking two, earning him the nickname 'Donuts'.

On the day Max's birthday fell, to our surprise, our cooks were able to bake a cake – in a pot over an open fire. They even iced it and decorated it with Max's name. I have to say it was close to the best cake I have ever tasted in my whole life.

Sparklers lit the air as we sang a hearty 'Happy Birthday'. The smile on

Max's face said it all. I suspect he didn't want to be anywhere else in this world at that moment but on the track as part of the 1st RBR.

**T**he nine days merged together, and started to pass too quickly.

My lows were no longer about the humidity, basic toilet facilities, a damp sleeping bag, the smelly socks, or the never-ending hills – they were that the trek was nearly over.

It was Day 7. We woke to rain, and it rained all day. Everything was wet. It was impossible to get dry, and we all just wanted to give up. But our

discomfort paled into insignificance as we thought of our forefathers in the atrocious conditions they faced. We doggedly ploughed on, the rain dampening any conversation.

By mid-afternoon we arrived at the Isurava Battlefield and as we approached the famous four pillars, which are engraved with the words "Courage, Endurance, Mateship, Sacrifice", the rain eased. The misty clouds lifted and we got our first glimpse of the valley below.

Just across the adjoining valley was

the site of the plane crash that first drew me to Papua New Guinea seven years earlier. I could still make out the scar in the jungle.

After setting up our campsite Cameron gave us another military history lesson. He told the story of Bruce Kingsbury, who earned a Victoria Cross after bravely weighing into the advancing Japanese forces, only to be shot by a sniper.

We then quietly moved to the Australian-built memorial for a sombre service. More poems, more readings.

## A Soldier's Farewell to His Son

*I stand and watch you, little son,  
Your bosom's rise and fall,  
An old rag dog beside your cheek,  
A gaily coloured ball.  
Your curly hair is ruffled as you  
Rest there fast asleep,  
And silently I tip-toe in  
To have one last long peep.*

*I come to say farewell to you,  
My little snowy son.  
And as I do I hope that you will  
Never slope a gun,  
Or hear dive-bombers and  
Their dreadful whining roar,  
Or see or feel their loads of death  
As overhead they soar.*

*I trust that you will never need  
To go abroad to fight,  
Or learn the awful lesson soon  
That might to some is right,  
Or see your cobbers blown to scraps  
Or die a lingering death,*

*With vapours foul and filthy  
When the blood-flow chokes the breath.*

*I hope that you will never know  
The dangers of the sea.  
And that is why I leave you now  
To hold your liberty,  
To slay the demon War God  
I must leave you for a while  
In mother's care - till stars again  
From peaceful heaven smile.*

*Your mother is your daddy now,  
To guard your little ways,  
Yet ever I'll be thinking of you both  
In future days.  
I must give up your tender years,  
The joys I'll sorely miss,  
My little man, farewell, so long,  
I leave you with a kiss.*

SAPPER BERT BEROS

Herbert E. Beros, better known as 'Bert Beros', served in both World Wars - in the navy in WWI and in Papua New Guinea during WWII as part of the 7th Division, Royal Australian Engineers.

Cam asked me to read Sapper Bert Beres's 'A Soldier's Farewell to His Son'. My tears flowed like a flood as I read this ode, knowing that my son was standing beside me. Knowing also that my father and grandfather died in this land.

It wasn't lost on Max that many who fought and died here were his age or younger. The track had shown him he was capable of more than he ever thought, both physically and mentally. Now, he knew he could face a daunting challenge, no matter what life threw at him. He had grown up.

There were hugs all round as we walked under the arches marking the northern end of the trail at Kokoda

village. We had shared so much, a bunch of people who did not know each other had become close. Beno had turned a bunch of his mates into each other's mates. We had walked in the footsteps of heroes.

It's often said walking the Kokoda Track is life changing. I'm not sure if it changed my life – time will tell – but I am confident it changed my perspective. Walking Kokoda was, without a doubt, a highlight of my life.

Looking into Beno's eyes, as we walked under those arches, I could see the sense of achievement he felt. He had conquered what, for many healthy people, is an unsurmountable challenge.

"I never thought I'd go to one of these places where we'd all hug, we'd all cry," Beno said. "I just never thought that would be me."

We had all been taken to places in our characters that we didn't know existed.

After we descended on Kokoda Airport's 'lounge' – a concrete slab under a tin roof – Beno ducked away to the 'Chinese Shop' to buy a case of SP Beer, the local brew. After a leisurely drink, we boarded our Twin Otter for the short flight back to Port Moresby.

Then the 1st Royal Benson Regiment disbanded. Nine men who had shared a 96-kilometre adventure. Nine men who had shared their lives for nine days. Nine men ... nine days ... 96 kilometres. Never to be forgotten. R

## Puzzle answers *See page 122*

### ODD ONE OUT

G. In a triangle, the heart lies inside the circle and the crescent lies outside of it. In a square, the reverse occurs.

### GOT YOUR NUMBER

3. The number on each card is half of the number on the previous card when read upside down. (291 is half of 582, 81 is half of 162 and so on.)

### X MARKS THE SPOT

3.

### SUDOKU

3	6	7	9	1	5	4	2	8
1	9	4	6	8	2	5	3	7
8	5	2	3	7	4	6	1	9
7	2	8	1	5	6	9	4	3
5	4	9	8	2	3	7	6	1
6	1	3	7	4	9	8	5	2
2	7	6	4	9	1	3	8	5
9	3	1	5	6	8	2	7	4
4	8	5	2	3	7	1	9	6

### HIDDEN MEANING

- A. Mother in law
- B. A tall order



# Unbelievable

TRUE TALES TOLD TALL

## That's Just Super-Duper

Nury Vittachi is bitten by the superhero bug



**MY WIFE** and her friends were discussing the topic 'What is the deepest question ever?' so I gave them my choice:

'What Superhero Would You Be?'

The women sneered that my favoured issue was not clever or existential, but the guys in the room agreed that choosing a superpower was an important subject deserving serious consideration.

I know two lads who have been having a passionate TWO-YEAR debate over whether it would be better to be a Beetlemans or a Lizardman.

The guys initially supported Lizardman, as lizards can move each eye independently, can detach their tails, and have tongues that strike faster than the eye can see.

But after much heart-searching, many of us switched to Beetlemans, as beetles generate their own body

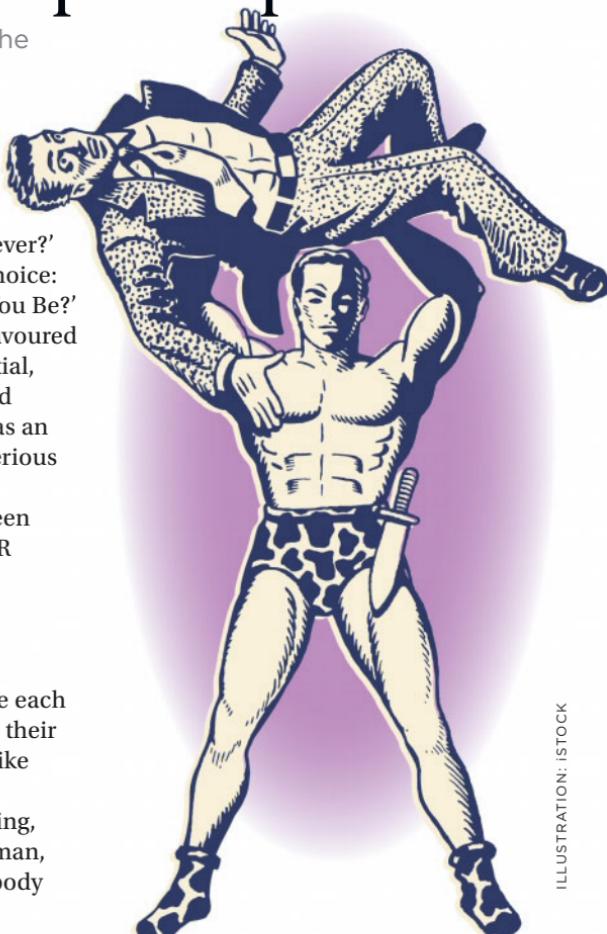


ILLUSTRATION: ISTOCK

armour, appeared before dinosaurs and have outlived them, and will likely inherit the Earth, possibly some time this year, if trends in global politics are anything to go by.

Superhero fans of either sex struggling with this crucial issue will be interested to hear that there's a new candidate for best new origin concept: Tardigrade Man or Woman. I learned about this from a writer friend who reads incredibly boring scientific papers as a source of inspiration.

A tardigrade is a very small bug with astonishing superpowers, such as these three.  
1) It can survive at minus 272° Kelvin, an unbelievably cold temperature found only in deep-space ice planets and the heart cavities of inner-city residential landlords.

2) You can more or less kill a tardigrade and dry it out and then bring it back to life, months later – an ability hitherto seen only in this writer's hard-drinking great-uncles.  
3) Tardigrades can stay alive on food-free diets for up to 30 years, a trait that reminds me of my wife and her friends, many of whom have forsaken food, living for decades only on herbal tea and frosted lipstick.

Using bugs as a source of power is a classic tradition, although the

recent fashion in superhero literature is to have regular human characters inside large machines, as seen in *Gundam* and *Transformers*. It frankly astonishes me that science today is focused on useless things such as travelling to the stars instead of making the world a better place by developing cool machines that we can climb inside and use to hit each other with.

---

***It frankly  
astonishes me  
that science  
today is focused  
on useless things  
such as  
travelling to  
the stars***

---

When I mentioned this, a friend told me about two machine-using brothers in the United States who recently had an argument. Stanley Emanuel was in a crane and his brother Peter was in a front-end loader when the row escalated and turned into a battle.

Who won? Peter's front-end loader

eventually tipped the crane over, but Stanley jumped out and had his brother arrested, according to news reports.

The wives thought having fisticuffs from inside machines was dangerous and irresponsible, but the image prompted one of the guys to raise a new philosophical question 'What Construction Vehicle Would You Be?'

Oh, that's deep. We'll get back to you in a couple of years, maybe.

*Nury Vittachi is a Hong Kong-based author. Read his blog at Mrjam.org*

# out & about

NEWS

BOOKS

FILMS

DVDS



## BEAUTY AND THE BEAST



*Family, Fantasy, Musical*

Disney's much-loved animated, classic fairy tale comes to life with Emma Watson as Belle and Dan Stevens as the Beast.

A young prince, imprisoned in the form of a hideous and scary beast in his castle, takes Belle, an independent and intelligent young lady, captive. Despite her fears she befriends the bewitched servants and looks beyond the Beast's exterior to fall in love with the kind-hearted prince within. The plot may be familiar but the movie's elaborate sets, the score (featuring new and original songs) and the all-star cast, including Luke Evans as Gaston; Kevin Kline as Maurice, Belle's father; Ewan McGregor as Lumière, the candelabra; and Emma Thompson as Mrs Potts, the teapot, ensure this adaptation will be a hit with adults and children alike.

## GEORGE LUCAS

*A life*

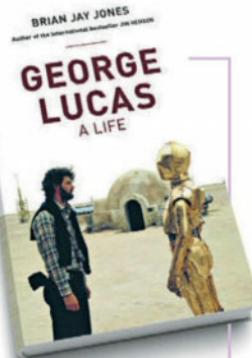
Brian Jay Jones

Headline Publishing

Group

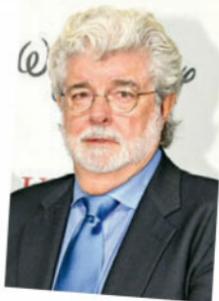
In 1977, from a severely over-scheduled and under-financed period of filming in the storm-lashed Tunisian desert emerged *Star Wars*, George Lucas's most famous movie. It was a game-changer, triggering a trio of events in cinematic history – science fiction is now a mega business in the world of entertainment; computer-generated imagery has made the unreal real; and filmmaking, marketing and merchandising have been revolutionised. For trailblazer Lucas, the path to fame was strewn with financial, professional and personal obstacles. This chronicle of his travails and triumphs is a blockbuster in itself, which is fitting given the size, scope and impact of his career. It includes the insights of colleagues and competitors all touched by the vision of a tenacious, somewhat solitary man who dug in and stuck to his goals and ideals.

*"This chronicle  
is a blockbuster  
in itself"*



## ALONE IN BERLIN Drama

Based on the 1947 novel *Every Man Dies Alone* by Hans Fallada and directed by Vincent Pérez, this true story of courage unfolds against the volatile backdrop of 1940s Berlin. Otto and Anna Quangel (Brendan Gleeson and Emma Thompson) are an ordinary working-class couple doing their best to get through the war. But when their only son is killed in battle, this all changes and Otto and Anna, in their own way, become part of the German Resistance. They channel their rage and grief into making postcards emblazoned with anti-Nazi slogans, which they distribute. But this seemingly small act of subversion comes at a cost.

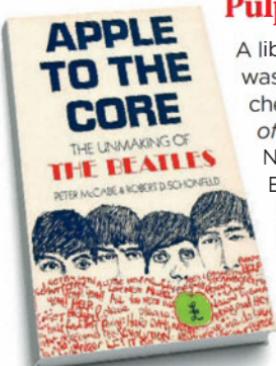




## DOCTOR STRANGE Science Fiction/Fantasy

1 Dr Stephen Strange (Benedict Cumberbatch), an arrogant but skilful surgeon, suffers a career-ending injury to his hands in a brutal car crash. Desperate for a cure at any cost, Dr Strange travels to Nepal, home of the Ancient One (Tilda Swinton), a mystic who teaches him that the world is made up of more than what science can explain.

Strange, newly humbled, discovers mystical power, magic and a series of infinite dimensions that reach beyond the known world to the Multiverse. With a new skill set, Dr Strange finds himself defending the world against the forces of evil.



## Pulp Fiction

A librarian at the Caringbah Library in Sydney was surprised to discover that the book she was checking back in – *Apple to the Core: The Unmaking of the Beatles* – was a whopping 14,934 days overdue. No one knows how it found its way to a garage sale in Ballina some 900 km north, where it was bought by a man who decided it needed to be returned, 41 years late. The estimated late fees on this book? Just under \$7500. Originally purchased by the library for \$3.82 in 1974, it is now worth around \$250 to collectors. Rather, it was; soon after it was returned to the library, it was off on another adventure, this time to be pulped.





## The Secret of Eternal Youth?

Some deep-sea sponges have been recorded at around 11,000 years of age – but there may be a creature that tops even that. The *Turritopsis dohrnii*, the immortal jellyfish, appears to be able to reverse its own life cycle: in adverse conditions, it can transform back to its youthful polyp state, effectively becoming biologically immortal. Studies are under way to determine if this simple marine creature may be the key to defeating cancer, old age and even death.

## PETS ON HOLIDAY

*The best pet-friendly accommodation, activities and cafes all over Australia*

Gareth Brock

Explore Australia, an imprint of Hardie Grant Travel

We go on holiday with our two-legged loved ones, so why not our four-legged ones? Trouble is, many hotels and restaurants don't let animals past the reception desk, so Gareth Brock set out to find those places where he and his beloved dog Ebony would be welcome. The more than 650 pet-friendly holiday venues cover everything from luxury cottages to caravan parks and campsites. It traverses Australia, taking in eateries, walks, parks and beaches, too. Handy icons let owners see what's on offer and what restrictions apply.



## JASPER JONES

Drama, Thriller, Mystery



Based on Craig Silvey's classic coming-of-age novel, *Jasper Jones* is set in a small country town in Western Australia in the summer of 1965. The story is told through the eyes of 13-year-old Charlie Bucktin (Levi Miller), whose quiet life is turned upside down when outcast Indigenous boy Jasper Jones (Aaron L. McGrath) comes to him for help. Jasper has found the body of a local girl beaten and hanging from a tree. Convinced he will be blamed for her death, Jasper assures Charlie of his innocence and secures his help to find the killer.





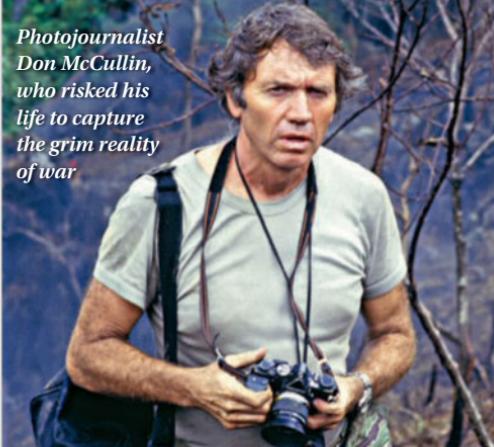
## MISS SLOANE

*Thriller*

Jessica Chastain stars in this fast-paced political thriller as Elizabeth Sloane, one of Washington DC's successful, yet controversial, lobbyists. The movie switches back and forth between US Senate hearings investigating Miss Sloane's unorthodox dealings and the events, seven months prior, that have led her to this point. It was in the wake of several mass shootings that Miss Sloane agreed to take on the most powerful opponent of her career; the gun lobby, only to find that this time winning may come at too high a price.



*Photojournalist  
Don McCullin,  
who risked his  
life to capture  
the grim reality  
of war*



## WE CHOSE TO SPEAK OF WAR AND STRIFE

*The world of the foreign correspondent*

**John Simpson**

**Bloomsbury**

To witness and report on the world's defining and often darkest moments – wars, insurrections, famine, political intrigue – takes a special commitment and resolve. John Simpson, a respected figure from the frontlines, has written a history of the perilous profession of foreign correspondent that introduces us to men and women driven in the pursuit of stories that need to be told. Their skill lies in their ability to seek out a story and distil and communicate what they have witnessed, often at great personal risk. Among the most difficult to forget are Anthony Loyd's report on the fight for Fallujah in Iraq, in 2016, and Michael Buerk's coverage of famine in Ethiopia in 1984. Simpson speaks of his own experiences and friendships made in desperate times. From the Crimean War to the fall of Saigon, the siege of Sarajevo to the genocide in Rwanda, the work of a foreign correspondent is a clarion call to never becoming inured to what is indefensible, wicked or cruel.



**WE CHOSE TO SPEAK OF WAR AND STRIFE**

**JOHN SIMPSON**  
The World of the Foreign Correspondent



## Acid Pollution on the Decline

 Danish researchers at the University of Copenhagen have discovered that man-made acid pollution of the atmosphere is almost back to pre-industrial levels. For the first time, they were able to distinguish between man-made acids, caused mainly by fossil fuel consumption, and those produced by volcanic eruptions or forest fires. Production of the former reached its peak in the 1970s, but following clean air legislation in Europe and the United States, and the implementation of more effective industrial filtering methods, man-made acid pollution has now fallen to 1930s levels.



## THE LONELY PLANET TRAVEL ANTHOLOGY

*True stories from the world's best writers*

Edited by Don George

*Lonely Planet*



Transport, transform, test, teach. Travel can do that to us, as this latest edition in a long-running anthology series confirms. Here, 34 noted novelists, journalists and travel-writers each recount a very different story. Among the sparkling gems, Alexander McCall Smith is forever changed by the Troubles in Ireland in the 1970s, Elizabeth George explores her affinity with England, Jan Morris evokes America's Midwest on a morning 70 years ago, and Jessica Silber visits endangered gorillas in the Congo, and experiences a great deal more. The themes, styles and settings encompass the gritty, exotic, romantic, melancholy and amusing. These are multi-layered journeys of a literal and metaphorical kind that sharpen the senses and will surely trigger reflections and contemplations in the reader themselves.

*"I had put myself out into the world, I had made myself available to failure, but also to exploration, to the moments of beauty."*

MRIDU KHULLAR RELPH, award-winning journalist

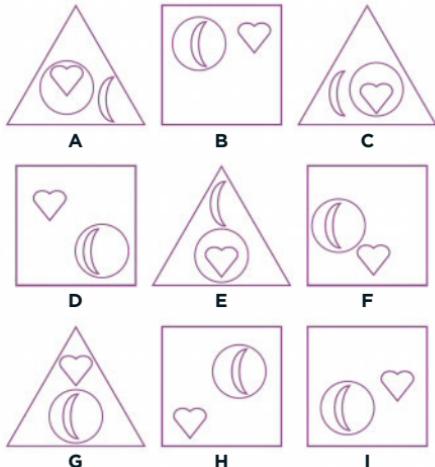
# Puzzles

*Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 113.*

BY MARCEL DANESI

## ODD ONE OUT

Which figure does not belong in the set?



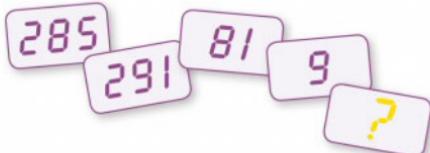
## X MARKS THE SPOT

Identify which of the numbers in the grid below is X, if:

- Three squares away from X is a number that is three times X.
- Two squares away from X is a number that is twice X.
- Three squares away from X is a number that is equal to X plus four.
- Three squares away from X is a number that is equal to five times X plus two.
- Squares can be counted horizontally, vertically or diagonally.

## GOT YOUR NUMBER

What number belongs on the blank card?



2	8	10	13	5
11	3	23	6	7
16	21	20	19	30
18	25	27	28	29
1	9	4	14	17

		7	9	1		4		
	4				5			
8	5					1	9	
			5				3	
5		8	2	3			1	
6			4					
2	7					8	5	
	1				2			
	5		3	7	1			

### TO SOLVE THIS SUDOKU...

You have to put a number from 1 to 9 in each square so that:

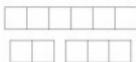
- every horizontal row and vertical column contains all nine numerals (1-9) without repeating any of them;
- each of the 3 x 3 boxes has all nine numerals, none repeated.

### HIDDEN MEANING

Identify the common words or phrases below.

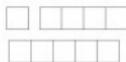
POMUMLICE

A



ORDER

B



**BRAIN POWER**  
brought to you by



FRIXION ERASABLE PEN





## TEST YOUR GENERAL KNOWLEDGE

# Trivia

**1.** Was the original 'good Samaritan' a man or a woman?

*1 point*

**2.** King George III of Great Britain was deemed unfit to rule in 1810 for what reason?

*1 point*

**3.** What is unique about birthdays in Vietnam?

*1 point*

**4.** What bird 'proposes' to a mate with a pebble?

*2 points*

**5.** Which is the only country in the world to ban the sale of tobacco and tobacco products? *2 points*

**6.** The ancient continent of Gondwana was named after a region in which modern-day country?

*2 points*

**7.** Do men's shirts button on the left or the right? *1 point*



**12.** *To the nearest hundred, how many Pokémon are there to date? 2 points*

**8.** Tom Cruise is a member of which religion? *1 point*

**9.** What sports game was the first to be played on the moon?

*1 point*

**10.** The earliest-known fashion magazine was published in which century: the 16th, 17th, 18th or 19th? *1 point*

**11.** Four well-known insects taste with their

feet. Can you name one? *1 point*

**13.** Which company, now one of the world's largest manufacturers of video games, started business in 1889 selling playing cards? *1 point*

**14.** What fruit has the highest number of kilojoules? *1 point*

**15.** Vanilla flavouring comes from the seed pod of what types of flowers? *2 points*

**16-20 Gold medal**

**11-15 Silver medal**

**6-10 Bronze medal**

**0-5 Wooden spoons**

**ANSWERS:** 1. A man. 2. Mental illness. 3. Everyone shares the same birthday, on the first day of the Vietnamese lunar New Year (Tết). 4. The Gennato peninsula. 5. Bhutan. 6. Gondwana region in India. 7. On the right. Women's shirts button on the left. 8. Scienology. 9. Gold. 10. Apollo 14 astronaut Alan Shepard in 1971. 11. Butterfly, fly, mosquito, cockroach. 12. Seven hundred. 13. Nintendo. 14. Avocado, at approximately 862 kilojoules per 100 g. 15. Orchids of the genus *Vanilla*.



IT PAYS TO INCREASE YOUR

# Word Power

## Not So Dead Language

*Latin is not the official language of any country today, but far from being defunct, it's thriving in hundreds of our common English expressions. Whether it's alias (assumed name) or veto (I forbid), Caesar's language is entwined with ours. Pro bono (free) answers on next page.*

BY EMILY COX &amp; HENRY RATHVON

**1. verbatim** *adv.* – A: slowly and carefully. B: without stopping. C: word for word.

**2. mea culpa** *n.* – A: congratulations. B: acknowledgment of fault. C: wavering decision.

**3. bona fide** *adj.* – A: genuine. B: secret. C: at home.

**4. non sequitur** *n.* – A: odd man out. B: comment that doesn't follow logically. C: failure to obey.

**5. ad infinitum** *adv.* – A: imitating. B: without end. C: making a bold display.

**6. status quo** *n.* – A: good reputation. B: current state of affairs. C: complete sentence.

**7. magnum opus** *n.* – A: masterpiece. B: large debt. C: giant squid.

**8. per capita** *adv.* – A: financially. B: in block letters. C: for each person.

**9. ergo** *adv.* – A: as soon as. B: therefore. C: otherwise.

**10. circa** *prep.* – A: about or around. B: after. C: between.

**11. persona non grata** *adj.* – A: fake. B: thankless. C: unwelcome.

**12. semper fidelis** *adj.* – A: at attention. B: innocent. C: always loyal.

**13. carpe diem** *interj.* – A: happy anniversary! B: seize the day! C: listen, please!

**14. quasi** *adj.* – A: a bit seasick. B: having some resemblance. C: part time.

**15. quid pro quo** *n.* – A: something given or received for something else. B: vote in favour. C: generous tip.

## Answers

- 1. verbatim** – [C] word for word. If you don't repeat the magic spell verbatim, the cave door won't open.
- 2. mea culpa** – [B] acknowledgment of fault. Whenever Ryan misses a crucial catch, he says, "Mea culpa!"
- 3. bona fide** – [A] genuine. I was waiting for a bona fide apology after my argument with customer service.
- 4. non sequitur** – [B] comment that doesn't follow logically. We were discussing the film when Taylor threw in a non sequitur about her new cat.
- 5. ad infinitum** – [B] without end. Don't get my sister started on politics, or she'll start hurling her opinions ad infinitum.
- 6. status quo** – [B] current state of affairs. The new CEO's structural moves have really changed the status quo for the better.
- 7. magnum opus** – [A] masterpiece. I think of 'Good Vibrations' as Brian Wilson's magnum opus.
- 8. per capita** – [C] for each person. Ever the economist, Mum said, "Just one lollipop per capita, kids."

### TRIVIAL PURSUIT

The word *trivia* comes from the Latin *trivium*, a place where three roads meet, from *tri* (three) and *via* (way). In ancient times, at a major crossroads, you might find a group of gossipers gathered there. Locals and travellers could exchange news at these intersections – but the information might have been commonplace, and of little value.

- 9. ergo** – [B] therefore. The groom was late; ergo, the crowd – and the bride – appeared unsettled.
- 10. circa** – [A] about or around. It was circa 1978 that Juliana first started collecting *Peanuts* memorabilia.
- 11. persona non grata** – [C] unwelcome. After I dropped the ball and didn't call my friend for years, he declared me persona non grata.
- 12. semper fidelis** – [C] always loyal. Jack typically shortens the US Marines motto to a yell of "Semper fi!"
- 13. carpe diem** – [B] seize the day! Don't sit around procrastinating, you slaggard – carpe diem!
- 14. quasi** – [B] having some resemblance. With a broom handle and three wires, I invented a quasi guitar.

- 15. quid pro quo** – [A] something given or received for something else. Offer me trading advice, and I'll chip in some tech help; it's a quid pro quo.

### VOCABULARY RATINGS

- 9 & below:** cum laude  
**10-12:** magna cum laude  
**13-15:** summa cum laude

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