

# ASIA Reader's Digest

SINCE 1922

**RD  
TALKS**  
OUR STORIES  
AS PODCASTS

## WHY AM I SO TIRED?

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SEPTEMBER 2022

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A lack of sleep is not the only cause of exhaustion. Experts suggest other reasons why we might feel lacking in energy, as well as ways to restore it.

VANESSA MILNE

PHOTOS: (COVER AND THIS PAGE) GETTY IMAGES

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## The New First-Aid Rules

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**The Future Of Tech**

How does the 'metaverse' work? What is an 'NFT'? We explain some of the technological innovations changing the world we live in.

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Jokes and anecdotes @ReadersDigestAsia

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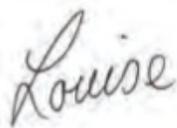
# The Tech Revolution

**THIS MONTH, IN A FUN JUXTAPOSITION**, we take a serious look at the technology that we can come to expect in the near future, while also enjoying a laugh at robots and how they don't always perform with precision and common sense. Aptly called 'Robots Gone Wild' (page 50), our dig at robots shows just how difficult a day-in-the-life of your average robot can get... and how mean we humans are! Meanwhile our Bonus Read, 'The Future Of Tech' (page 104), investigates the five leading areas of technology most likely to impact our lives in coming years. From self-driving cars and automated workplaces to leaps into the space frontier, the future is looking anything but slow.

Again on the topic of technology, this month's Genius section examines a trend many of us are guilty of - using our phone too much. In 'Stop! Put Your Phone Away' (page 118) we offer ways to reduce your dependence, and suggest better methods to help get connected to the world outside.

We also take a look at updates in first aid, something that changes regularly. 'The New First-Aid Rules' (page 82) is well worth a read to unlearn former habits and help deliver the best aid in a range of common injuries.

There's something for every reader in your household.  
Enjoy,



LOUISE WATERSON  
Editor-in-Chief



# ASIA Reader's Digest

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# LETTERS

## *Reader's Comments And Opinions*

### **Teachings From The Fab Four**

**Thank you for your write up regarding the way the Beatles' creativity came into play during the production of their albums such as *Let It Be* ('A Lesson In Creativity', June). I've been a long-time fan of the 'Fab Four'. The Beatles and Elvis Presley, who is dubbed 'The King', remain influential in the world of music in general, and rock and roll in particular. I hope to be able to apply the lessons shared in the article.**

DINO VIRGILIO G. MONZON III



### **Triumph Over Tragedy**

I was deeply touched by the story of Carter Viss ('Run Over By A Speedboat', May). His remarkable strength of character, inherent nobility and spiritual maturity were evident in the article. This story shows that whatever happens in one's life, there is always a chance to rise above it. Our attitude towards such circumstances determines whether we use it as an opportunity for growth or are crushed by adverse

circumstances. Carter's words – "I can make a bigger difference now than I ever could before" – really demonstrate his exemplary inner strength as a man. **BARBARA BRIGGS**

The story about Carter Viss losing his arm after getting hit by a speedboat – and then forgiving the driver – was among the most compelling I've ever read. Here was a story of health and loss, sea and shore, healing and the will to endure. **L. JONES**

**Let us know if you are moved – or provoked – by any item in the magazine, share your thoughts. See page 8 for how to join the discussion.**

### Cabbage On The Menu

With abundant nutritive value, cabbage is key to maintaining good health and warding off many ailments ('Cabbage: Versatile And Nutritious', July). It may lower cholesterol and blood pressure and even improve digestion. Lightly cooking cruciferous vegetables, such as cabbage, helps to increase dietary isothiocyanates (ITCs) that have cancer-preventive potential.

RIFAQUAT ALI

### Masters Of Violin Music

Special thanks for Chuck Squatriglia's wonderful article, 'Saving The Stradivarius Sound' (June). The unique sound produced from these highly prized instruments continues to attract scientific investigation. They are

#### WIN A PILOT CAPLESS FOUNTAIN PEN

The best letter 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, Barbara Briggs.



#### YOU ARE WHAT YOU EAT

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

I asked for a head of lettuce, not a lettuce head.

**SHEILA WINGENT**

My lettuce to the headitor.

**BRADLEY T.**

Lettuce quit while we're still ahead.

**BRIAN S. KEELEY**

I just need to veg out.

**MARTIN NEW**

Caesar is dead, lettuce pray.

**RABIA LATIF**

**Congratulations to this month's winner, Sheila Wingent.**



#### CAPTION CONTEST

**Come up with the funniest caption for the above photo and you could win \$100. To enter, email [asiaeditor@readersdigest.com.au](mailto:asiaeditor@readersdigest.com.au) or see details on page 8.**

## READER'S DIGEST

regarded with awe, and even a sense of mystery, as they hold tight to some of their maker's secrets. From the hands of a master craftsman, and into the hands of a master musician, the world has been gifted a musical instrument that is truly priceless.

JUDITH CAINE

### Shadow In The Night

Reading 'Strange Happenings' (My Story, July), I remembered years ago a friend telling me of his house ghost. It was a 'shadow' and although it freaked him out when they first moved into the house, the family got used to seeing the 'shadow' appearing momentarily. They could not figure out its gender and unlike writer Susan Willis, they didn't bother to find out. If it was me, I would have moved out without a second thought.

DAVID WONG

### Surviving Quicksand

How frightening it must have been for the person who was rescued from quicksand after being stuck for 12 hours ('I Survived', July). You can get out on your own by lying on your back, arms outstretched, and slowly pulling each leg out of the quicksand. Once loose, gently rock towards dry terrain. Your body is less dense than quicksand and will float.

BEN ZUCKERMAN

## CONTRIBUTE



READERSDIGESTASIA

### Anecdotes And Jokes

**\$50-\$100**

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

**Up to \$100**

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

### My Story **\$250**

Do you have an inspiring or life-changing tale to tell? Submissions must be true, unpublished, original and 800-1000 words.

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## Linking Conservation And Communities

**M**ountain gorillas, which are found in the forests of the Democratic Republic of Congo, Uganda and Rwanda, have faced multiple threats to their survival over the last 120 years. Due to poaching, habitat loss and human-transferred illnesses, there were only around 600 left by 1989.

Today, that number has increased to more than 1000 – thanks in part to the work of wildlife veterinarian Gladys Kalema-Zikusoka.

When Kalema-Zikusoka began her career with the Uganda Wildlife Authority in 1996, she treated mountain gorillas suffering from a deadly form of scabies that they had picked up from humans living in unsanitary conditions near the forests.

“I realised that you cannot protect the gorillas without improving the health of their human neighbours,” she says.

In 2003, Kalema-Zikusoka founded Conservation Through Public Health (CTPH), which addresses the physical and economic wellbeing of the Indigenous Batwa people who live in the forests. The organisation teaches hygiene, conservation awareness and provides economic opportunities for families that would otherwise resort to poaching.

Kalema-Zikusoka, who last year received a United Nations Champion of the Earth Award, said: “We’re showing people that we don’t care only about wild animals and the forest. We also care about them.”

COMPILED BY VICTORIA POLZOT

PHOTO: GETTY IMAGES

## Do Something For Nothing

**O**ne day in 2015, London hairstylist Joshua Coombes encountered a man living on the street. Coombes had his tools with him and, on an impulse, offered him a free haircut. The man's look was transformed. But, says Coombes, what mattered more was their conversation.

Coombes began offering outdoor cuts, shaves and trims to more people living on the streets, listening to their experiences as he did so. "Those stories really moved me," says Coombes, who felt they needed to be shared and, with consent, started posting dramatic before-and-after photos along with narratives under the Instagram account @dosomethingfornothing.

It's estimated that some 150 million people around the world can't access housing. Free haircuts for the homeless are now offered by various organisations in many cities across the world, including in Kuala Lumpur and Singapore.



## News Worth Sharing



**ULUU co-founders Michael Kingsbury and Julia Reisser**

## Seaweed-Derived Polymers An Alternative To Plastics

**T**he plastics industry accounts for around six per cent of global fossil fuel consumption and, with a rise to 20 per cent expected by 2050, a Western Australia start-up is producing an alternative using seaweed.

Using funding from CSIRO, ULUU is making a class of biomaterials made from seaweed called polyhydroxyalkanoates (PHAs). These are natural polymers that mimic petrochemical plastics. They are strong, water insoluble and biodegradable.

ULUU co-founder Julia Reisser lists the absorption of carbon dioxide and the small amount of fossil fuels required for farming seaweed among the many benefits offered by these biomaterials.

CSIRO scientist Pete Cass specialises in biodegradable plastic technologies and has been working with ULUU to analyse its product quality. "For our research, a range of testing is tailoring the material's properties," he says. The biomaterials could then be used in the manufacturing of different products, including packaging.

MY STORY

# Our Second Chance

*Life offers new possibilities for a little bird and me*

BY Mandy Poole

It was dark and I was standing in front of a stranger's house in an unfamiliar street, in an unfamiliar suburb in Sydney's north-west, rescue box in hand, leather gloves under my arm, my head full of instructions to follow. The little bird waiting inside the house would be my first test as a volunteer wildlife rescuer since I'd completed the two-day intensive training course the previous month. A call had come through that afternoon from a member of the public: a bird of unknown species was being attacked by a mob of noisy miners in his front garden. He scared off the noisy miners and grabbed their victim.

Could someone please come quickly?

I was anxious. In front of this person I would have to look confident, like I'd done this sort of thing many times before. With him watching on, would I be able to transfer the bird neatly into my rescue box? Or would it slip through my gloves and escape inside his house? Would I be game enough to handle the bird and examine it? How would I know if it was injured and needed to be rushed to the all-night animal hospital? A kind-looking man ushered me inside to see my very first patient. I lifted the edge of the shoe box very slightly to see a petulant-looking bird standing to attention on very thin, spindly legs, together with a slice of banana and a small dish of water. "It's eaten some

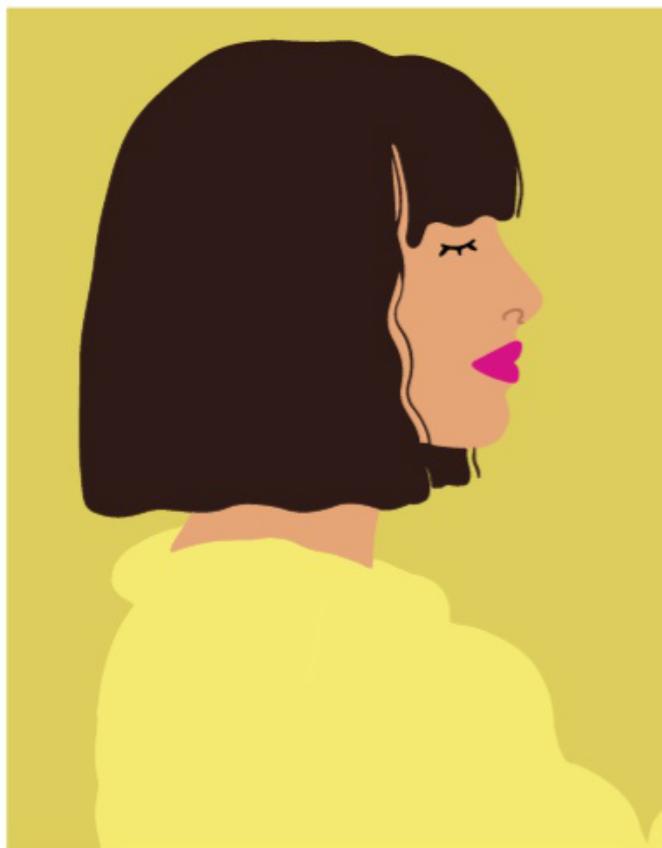


ILLUSTRATION: GETTY IMAGES



banana,” said the man, triumphantly. I didn’t have the heart to tell him that it looked to me as if the banana had simply shrivelled in the heat. The bird seemed very twitchy, so I decided not to grab it by hand but just transfer the whole shoebox into my rescue box. I didn’t want to appear incompetent.

Back home, I couldn’t see any obvious sign of injury: there was no blood on its feathers, no blood around its beak. Neither of its wings was hanging down asymmetrically to signal a broken bone; it was

---

Mandy Poole lives in Sydney and has been rescuing wildlife since 2009. She enjoys the great outdoors and travelling, as well as reading and writing.

standing its weight on both its legs. It looked alert with no evidence of a concussion. I hadn’t seen this species of bird before, so I trawled the internet, looking for a likeness. *What are you? Give me a clue, little bird.* After a while I came across something that looked like a match: a rufous fantail, so called because of its red-brown tail feathers that, when fully open, spread out into a neat little ‘fan’.

I phoned the bird specialist of the branch of my local rescue group. She told me this species hunts insects on the wing, so other than giving it an opportunity to rest, keeping it longer than overnight would only do it harm. I needed to release it the next day, on the same street it came from.

When I peeked in on it the next day, I was relieved to see it was still alive and looking bright-eyed. I waited until dusk, which would provide the cover of darkness, to release it. I bundled it up into a pillowcase, careful not to snag its pretty tail feathers, and sat the rescue box on the car’s front passenger seat.

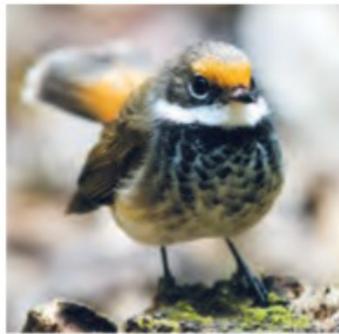
Half an hour later, I was back on the street where I’d rescued it, gently holding the bird, still bundled in the pillowcase, and wondered, *What would be different for this delicate creature this time around?* Nothing. It would have to fend for itself just as before, and be strong enough – even after 30 hours in captivity without food – to catch some insects and

## READER'S DIGEST

replenish its energy levels without delay. Small birds generally have very high metabolisms and next to no stores of body fat, therefore need to eat very regularly.

I held the pillowcase up as high as I could to give it a good lift-off and open the flap: the little bird flew off swiftly into the darkness without a pause. My first rescue had ended in a successful release.

**THAT WAS BACK** in May 2009. My first successful rescue was not just a second chance for the bird: it was a change in direction for me. Five months earlier, I'd received a cancer diagnosis and it had been eight weeks since the end of radiotherapy treatment. I was now at the point where I wasn't scheduling my days around hospital visits. There's nothing original in taking stock of your life after cancer treatment. For me, it was making room in my life for wildlife rescue. I'd been fascinated by animals ever since I was a young girl but had always thought that I'd missed that boat. But I'd heard about a local wildlife rescue group that was seeking volunteers, and was holding a two-day intensive course in wildlife rescue.



### THE TAIL FEATHERS OF THE RUFIOUS FANTAIL SPREAD OUT INTO A LITTLE 'FAN'

I had a free weekend. *Why couldn't that person be me?* The only thing stopping me was a chronic lack of confidence. I typically didn't put my hand up for tasks that I might fail at, especially in public. But if, after undertaking the course, the wildlife rescue

organisation was willing to take a chance on me, then I could find the courage to take on the responsibility of this role.

I did the course and came away with my certificate and an ID card identifying me as a fully-fledged member of the organisation, legally allowed to retrieve and care for wildlife in my own home.

All I had to do was wait for a phone call and not chicken out at

the last minute. And then it came: there was a small bird picked up by an elderly man who'd looked out his front window after hearing a commotion of bird calls.

It was in a box in his lounge room waiting, just for me.

---

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## SMART ANIMALS

*Getting close to nature offers all manner of surprises*



### Waxing Lyrical

SAMANTHA KENT

I quite enjoy meandering Shipley Road in the Blue Mountains. One day, I parked my car and followed a steep path, where I emerged to find myself high above the Megalong Valley. I sat down to catch my breath and admire the view.

After a few minutes I started to retrace my steps, when the cracking of twigs alerted me to what I figured was an animal. I crouched down to try to see what it was, but the undergrowth was too dense. The carolling of a magpie just off the path revealed the creature's identity. I stopped to enjoy the song, which was

soon followed by the unmistakable crack of a whip bird, then the cawing of a crow, which itself was soon drowned out by the screech of a cockatoo. A currawong also piped up, keen to make itself heard. It struck me as odd that despite all these birds crowding into a small space so close to the path, I couldn't see one.

Then the magpie started up again, followed in the same order by the whip bird, crow, cockatoo and currawong. The calls followed one another seamlessly. This was a competitive but friendly group of birds! One more sequence of calls and it dawned on me I was being duped: by a lyrebird. One bird, five

different birdsongs, on repeat. I can't say that I can identify a lyrebird's own unique song, but I knew enough to know that I was listening to one mimicking other birds that day. And what a virtuoso it was.

## Size Doesn't Matter

GARY NISBET

A few years ago, our six-year-old mini fox terrier, Impi, proved to us that size doesn't matter. A diminutive little character, he was all heart but wily as a real fox.

We lived on a large rural property where snakes are abundant. We were always careful to close the doors. On one occasion, however, we had a visitor staying with us. As she was a chef and cooked outdoors, she often left the door open while we were out.

This particular evening, my wife and two daughters, aged ten and six, arrived home at around 5pm. Our visitor had gone to work. The girls went straight down to the chicken pen to check out their newly adopted Pekin duck while my wife went inside to find little Impi barking incessantly at the lounge suite. She did not pay immediate attention to the foxie and proceeded into the kitchen to put her phone and keys down.

After a few minutes, with no

---

**You could earn cash by telling us about the antics of unique pets or wildlife. Turn to page 8 for details on how to contribute.**



end to the barking, it was time to investigate. My wife pushed the three-seater lounge suite a metre across the floor to find a large red belly black snake curled up underneath. Shocked, she picked up the dogs – Simba, our ten-year-old Maltese terrier, and Impi – and swiftly exited the house and closed the sliding door behind her. Now, she found herself outside with no car keys or phone. Not to mention that Tigger, our cat, was nowhere to be found.

My elder daughter, Savannah, suggested walking up the driveway to flag down the first car that drove by. Luckily, it was our neighbour, Alan, who calmly took control of the situation. "Oh, it's just a snake," he said, and removed the slithery creature without too much fuss.

I arrived home just as Alan was exiting the house, snake in hand. My wife's welcome home response was "Find me another fox terrier!"

The cat was found asleep upstairs, blissfully unaware of the commotion.



# Curious Cat Habits

*Why your friendly moggy exhibits quirky behaviours*

BY *Dr Katrina Warren*



**Our regular pet columnist, Dr Katrina Warren, is an established and trusted animal expert.**

**FELINE BEHAVIOUR** can vary enormously from one cat to another – they can be friendly or aloof, lazy or energetic, vocal or quiet. They are certainly intriguing creatures with many cute and sometimes strange habits that often have us wondering. Veterinarian Dr Katrina Warren provides answers to your questions about oddball cat behaviours.

**1 WHY DO CATS LIKE HIGH PLACES?** Wild cats were hunters, and frequenting high places meant they had somewhere safe to view their territory, watch for danger, and attack prey. Tree branches offer them camouflage protection, and being up high provides a sense of security. This appears to be embedded into their DNA. Our domesticated cats also enjoy watching the world from above, which provides them with a safe, calm place away from the activity in a house.

**2 WHY DO CATS SIT IN BOXES?** Both wild and domestic cats are drawn to hiding and sleeping in contained areas. In the wild, this is in the form of trees or caves, but at home, it is often the humble cardboard box. Cats are predators, and a box offers a perfect place to hide while waiting for prey. A box is an ideal place to pounce from, as only one entrance exists.

A cat's natural behaviour is to withdraw and hide in



**Cats like enclosed spaces which provide comfort and insulation**

stressful situations, and it's thought that boxes offer a secure and safe place for them to relax and rest. Small spaces also provide insulation to help cats retain their body heat and stay warm. Cardboard boxes are a cheap way to offer some enrichment to your cat.

### **3 WHY DOES MY CAT GIVE 'GIFTS'?**

Cats are well known for leaving us gifts that we may not want, such as lizards or mice. Cats are predators and will hunt if allowed outdoors. Showing off their catch to you means you are a part of their family and they want to show you their hunting skills. Don't express anger, as they will not understand.

The best way to avoid unwelcome gifts is to keep your cat indoors – this will keep your cat safe and protect other animals. Many indoor cats will give their owners 'gifts' of toys or items like socks as they have no access to live prey – be sure to offer your cat a variety of toys to help them satisfy these natural hunting instincts.

### **4 WHY DO CATS LIKE RUNNING WATER?**

Many cats appear fascinated with running water and prefer drinking from a running tap to a water bowl. It is thought this is because running water is clean, fresh and contains more oxygen, and they probably prefer the taste. Stale water is more likely to be contaminated with bacteria. Another possible reason is that their whiskers may hit the sides of a water bowl or the water when drinking from it, and they may find this sensation unpleasant.

## **PLACES FOR YOUR CAT TO PERCH IN YOUR HOME**

- Buy a tall cat tree with platforms for perching and a place to sleep at the top.
- Add a cat hammock
- and some shelving that they can climb.
- Place short shelves in a layered fashion that provide a 'ladder'.
- Lean a ladder or stack boxes against a wardrobe to allow them to climb up and sit on the top.

HEALTH

# Green Is Good

## *The many and varied health benefits of gardening*

BY Charlotte Hilton Andersen

Planting and growing things offers a lot more than fresh vegetables and flowers. Working in a nice outdoor space can boost your immune system, help you stay fit, and sharpen your mind – and that's just for starters. There are more advantages.

**IT'S A FUN WORKOUT** It's wonderful to get out in the garden on a beautiful day to give it a tidy. But if you find the idea of pottering around in a garden a bit dull, knowing it's doing you good physically might make it more entertaining. Planting

seeds, pulling up weeds, carrying bags of mulch, moving pots, pushing a lawnmower, and other gardening tasks actually provide a whole-body, moderate-intensity workout for adults over 65 years old, suggests a 2014 paper from the American Society for Horticultural Science. Even better, whatever your age, it is an activity with a purpose – and one that might keep you in motion longer than traditional exercise.

**IT SHARPENS YOUR MIND** More than just good exercise for your body, gardening provides a

workout for your brain, according to a 2019 study that appeared in the *International Journal of Environmental Research and Public Health*. Researchers measured brain nerve growth factors related to memory in study participants – all seniors – before and after they created a vegetable garden, and found that their levels of brain nerve growth had increased significantly.

### **IT REDUCES YOUR RISK OF HEART DISEASE**

Even though gardening may not involve high-intensity cardio, it still provides heart-health benefits. In fact, gardening can contribute to reducing the risk of a heart attack or stroke and prolong life by 30 per cent, according to a 2013 Swedish study. The benefits come from a combination of physical exercise and the stress reduction that ‘playing in the dirt’ provides.

### **IT HELPS YOU CONTROL WEIGHT**

Mitigating weight gain is a goal for many people, and gardening can help you achieve it, according to a 2013 study published in the *American Journal of Public Health*. Gardeners have a significantly lower body mass index, as well as lower odds of being overweight or obese, than non-gardeners, the researchers determined. The average weight difference? About five kilograms for women and seven for men.

### **IT BOOSTS YOUR IMMUNE SYSTEM**

Having dirt under your fingernails may be a sign of poor hygiene, but scientists say it could also be a mark of good health. Thanks to beneficial bacteria found in soil, gardening may bolster your immune system, helping you get sick less and fight off infections easier, according to research that includes a 2015 study published in the international journal *ImmunoTargets and Therapy*.

### **IT INCREASES CO-ORDINATION AND STRENGTH**

Hand and finger strength, flexibility and coordination are essential for everyday tasks like opening jars, carrying packages and picking up children. Gardening is a great way to hone and maintain those fine motor skills and muscles, according to a 2009 US study.

### **IT NOURISHES YOUR SPIRIT**

Call it the ‘gardening glow’ – working with plants provides stress relief and positive sensory stimulation, suggests an experiment conducted by NASA in 2016. The scientists found that planting and nurturing seeds, even in small pots, lifted astronauts’ moods and eased their stress in the severe environment of outer space. And if gardening can do that for astronauts, it should be more than good enough for those of us who watch them on TV.



# 5 FACTS

## About Parkinson's

**FACT 1: PARKINSON'S DOESN'T ONLY AFFECT THE AGED.** Around ten million people across the world live with Parkinson's disease and it's the fastest growing neurological disease globally. While most people start to develop symptoms when they're over 50, about one in 20 people start showing symptoms when they're under 40. Actor Michael J. Fox was 30 when he was diagnosed.

**FACT 2: SMALLER HANDWRITING MIGHT BE A SYMPTOM.** The usual first clue that you might have this progressive disease, which causes problems in the brain when certain nerve cells die, is a tremor. This may affect your chin, lips, hand or even

just your little finger, usually when you're relaxed. Slow movement and stiffness are other symptoms, but, surprisingly, having large handwriting that suddenly goes little and having trouble smelling can also point to Parkinson's.

**FACT 3: EXERCISE CAN BE AS IMPORTANT AS MEDICATION.**

US research found that people with Parkinson's who did 2.5 hours of exercise a week experienced a slower decline in quality of life related to their health.

**FACT 4: TREATMENTS INCLUDE MEDICATIONS, PHYSIO AND EVEN SURGERY.**

There are a lot of different drug treatments which help with symptoms. Physiotherapy to improve movement and speech and language therapy if you have problems speaking can be helpful. Deep brain stimulation allows some people to move better and control involuntary movement. A device, like a heart pacemaker, generates a tiny electric pulse to your brain via wires inserted under the skin.

**FACT 5: THE CAUSE IS UNKNOWN.**

What causes Parkinson's remains largely unknown. Genetics cause about ten to 15 per cent of all Parkinson's. The other 85 to 90 per cent of cases are classified as instances with no known family history.

# COLUMBIA ASIA

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News From The

## WORLD OF MEDICINE

### **SIMPLE TREATMENT TO HALT HEARING LOSS**

Exposure to loud noise, such as a fire cracker or blaring concert, is a common cause of hearing loss – and now there may be a way to prevent it.

A study from Keck Medicine of University of Southern California found that exposure to 100 decibels of sound or more – equivalent to a chainsaw or a motorcycle – causes inner-ear fluid to build up and cause nerve damage. However, when the researchers applied a salt-based solution inside the affected ears one hour after noise exposure, the solution drew out the excess fluid and the nerve damage lessened.

After more testing of this simple technique, people exposed to a loud noise could be treated with the relatively inexpensive remedy.

### **GET MOVING FOR YOUR MENTAL HEALTH**

More than 500 million people worldwide live with depression or anxiety disorders, which have been exacerbated by the pandemic. It's good news, then, that two new studies



show that regular physical exercise can help alleviate symptoms of these conditions.

A Swedish study found that most patients with anxiety who participated in a 12-week aerobic and strength programme saw major improvements – and the more vigorously people worked out, the more their anxiety reduced.

To alleviate depression, another solution is to spend less time sitting, says a US study published in *Frontiers In Psychiatry*. It found that people who spent more time on the couch looking at screens early in the pandemic were more likely to be depressed than those who got up and moved more.

### **DRIED FRUIT IS BENEFICIAL**

Adults in the US who consumed dried fruit had a lower body mass index and blood pressure than those who didn't, according to a study in the *Journal Of Nutrition And Dietetics*. Dried fruit such as prunes, apricots and mangos are a good source of fibre and potassium. Just make sure to check the ingredient label for added sugars.



# STAY YOUNG FEEL YOUNG™

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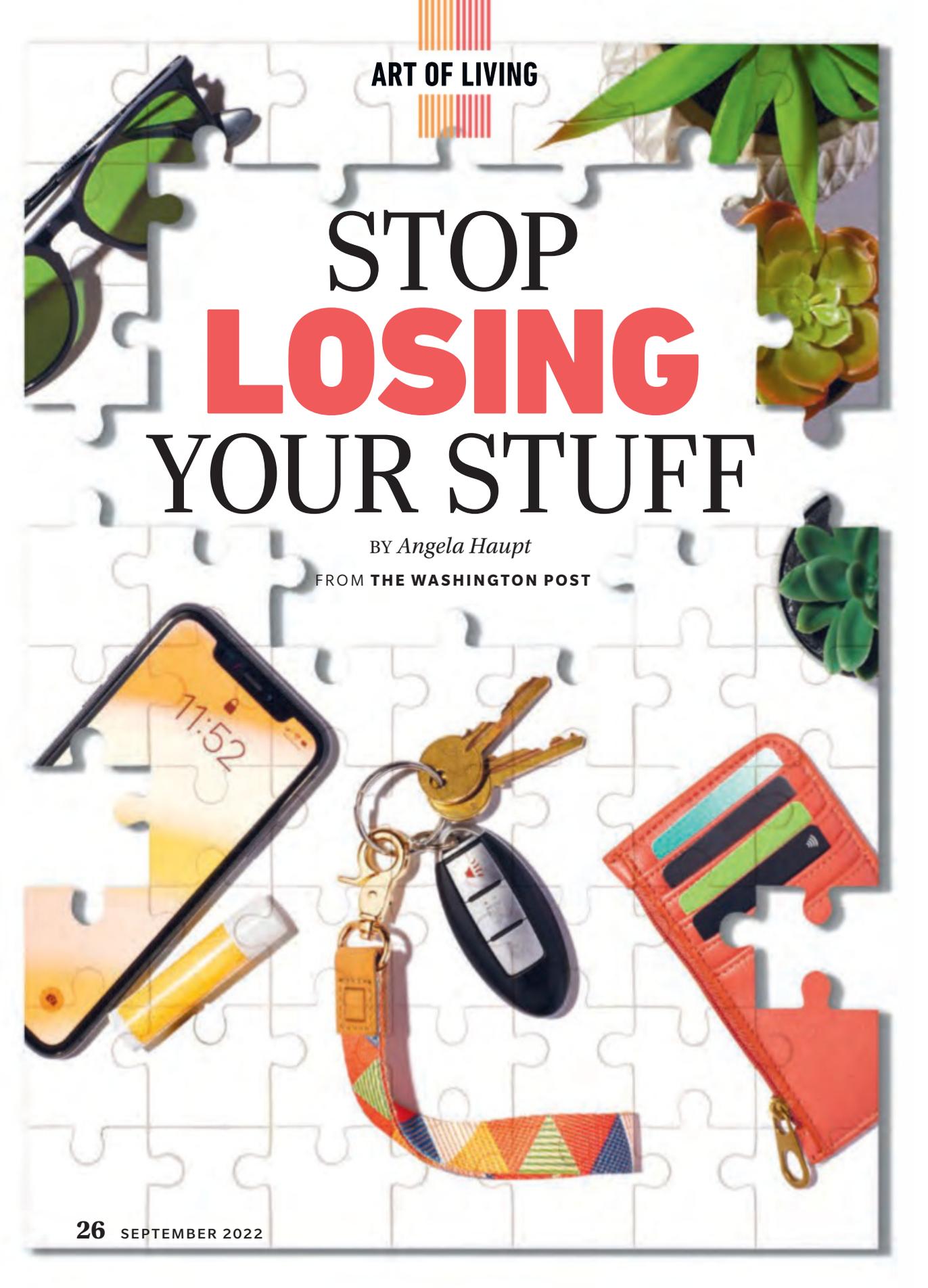


*Fouziah Gous*

**FOUZIAH GOUS**  
Founder and Celebrity



ART OF LIVING



# STOP LOSING YOUR STUFF

BY *Angela Haupt*

FROM THE WASHINGTON POST



## Can't find your keys – again? Cognitive experts can help you stop searching (and stressing)

Sasha Bradford doesn't have time to lose things. She's a working mother with lots of hobbies, and when she misplaces her keys, she becomes frustrated and irritable.

"It impacts me greatly," says Bradford. She has attention-deficit/hyperactivity disorder (ADHD), which, she says, makes her "prone to put things in places and not remember where I put them."

Her angst is probably familiar to anyone whose phone is 'missing-in-action' a dozen times a day, or who can't find the TV remote until ten minutes after a favourite show has begun. Such lapses might be accompanied by a nagging fear: is something wrong with me?

Probably not, experts agree. "It's a common occurrence and certainly annoying," says psychology professor Daniel Schacter, director of the Schacter Memory Lab at Harvard University. "Most of the time, losing things results from absentmindedness. That's a breakdown at the interface of attention and memory, where we're focused on something other than the object we're going to lose – be it the TV remote or a phone or glasses," he says. "We're thinking

about something else, and then we never really encode the information into memory about where we've put the object, because we have other concerns occupying our attention."

That's not necessarily a bad thing, he says; we could be busy pondering something productive, such as a work task or what to make for dinner. Or there could be another innocuous

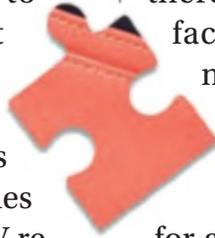
factor at play: "It might be that I mindfully put something down

somewhere – maybe it's a book I'm reading – and I know I

won't be able to get back to it for a few days," he says. "And then I can't remember where I put it." This is a perfectly normal example of 'transience', or the decreasing accessibility of memory over time.

Professor Schacter has tried to train himself to keep track of where he puts his glasses and keys, to the point that he sets them down only in certain places and would notice if he strayed from that routine.

Sometimes, when we're operating on autopilot and not truly focused on our surroundings, even the best of intentions might not suffice, he says. But for the most part, he thinks people can overcome the tendency to misplace things.



Sasha Bradford has learned to adapt, in part, by writing down where she has stored items and by setting specific goals. For example, she says, "Every time I travel, I typically forget or lose something. So now I think of one thing that's really important to remember, and I focus on that." She also coaches herself not to panic when an item goes astray.

If, like Bradford, you have ADHD, you've probably struggled with wayward objects throughout your life, says Stephanie Moulton Sarkis, a psychotherapist who specialises in the condition. To determine whether you need help, consider the intensity, frequency and duration of the tendency to lose things: "Which means, how much is it impacting your day-to-day life?"

Sometimes, people who have ADHD report that losing things affects their work or relationships; for example, if they can't find their keys and are late to the office or a dinner party, they could anger their colleagues or friends. In that case, Sarkis says, it's worth being evaluated by a doctor. There are many effective medications that can "make it so your brain is able to put something back where it belongs," she says.

Many people ask Dr Gregory Jicha, an expert in neurodegenerative

disease, whether they should be worried about misplacing items. Often, it's simply a normal part of ageing. Still, some worry it's a harbinger of Alzheimer's disease, Dr Jicha says, overlooking the fact that the problem has existed since they were teens.

If you're afraid you've developed a problem that could indicate cognitive decline, he suggests turning to a trusted confidant: "Reach out to a friend or

family member – and they may tell you that you've been losing your keys all your life," he says. "What we're really looking for is a change from past performance."

A new tendency to misplace things, or an increase in severity, can indicate you need to see a doctor. More than half

of patients who begin experiencing memory problems have a non-dementia cause that can be treated, Dr Jicha says, such as thyroid problems or a lack of sleep. Sometimes medication is causing the forgetfulness, or vision or hearing troubles could be behind it.

Here is some advice from experts about how to overcome a tendency to misplace things.

**When you put something down, say its location.**

One way to be more mindful of where your

### TAKE A PICTURE OF SPOTS WHERE YOU STORE EASY-TO- LOSE OBJECTS





things are is to verbalise where you put them, says Mareen Dennis, an assistant professor of psychiatry. “Say, ‘I’m setting my mouse to the right of my computer,’ either in your mind or out loud.” This ups the odds that you’ll remember its location later.

**Make up a song.** Make up your own lyrics to a catchy song. “I’ve got a few people that use the tune ‘Head, Shoulders, Knees and Toes,’” Professor Dennis says. “That one works really well. I’ve had somebody sing, ‘My remote is sitting by the lamp. By the lamp.’”

**Take pictures.** Ever wander around the carpark because you can’t find your car? Take a picture of your parking spot, suggests Susan Whitbourne, a professor emerita of psychological and brain sciences. This advice can apply to lots of things: take a photo of all those spots where you store easy-to-lose objects, and when you can’t find them, look at the photo.

**Make your belongings stand out.** Professor Dennis recommends designating a colour that you love and using that colour for your key ring and phone case, “so that, when you’re scanning, you’re always looking for your favourite colour.” You could also put reflective tape on the TV remote, which will make it easier to find.

**Invest in technology.** There are many gadgets and apps designed to keep track of items, Sarkis says. There are fobs or ‘clickers’ that will ring like a phone when you press a button on either another fob or a phone app.

**Set up a routine by always placing things in the same spot.** Professor Dennis coaches her patients with ADHD to make a “home for everything”. That might mean placing a basket by your front door where you drop your car and house keys and wallet on immediately entering your home.

**Take a breath.** If you’ve misplaced something, “give your brain a minute or two,” Dr Jicha suggests. “[The location] will come, in the vast majority of cases.”

Be kind to yourself. It’s certainly understandable if you’re frustrated with your tendency to misplace things. But if you keep beating yourself up about it, it could “become a self-fulfilling prophecy, and you start to think that you’re losing it, that there’s something wrong with you, and you get anxious about that,” Professor Whitbourne says. When your thoughts spiral in such a manner, you’re even less likely to be able to focus and keep track of your possessions. So, remember to give yourself a break. **R**

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# GoFundMe SCAMMER



**HELP SAVE CINDY...**

7h ·

**I WATCHED AS FRIENDS  
AND STRANGERS RALLIED  
AROUND MY DYING CLASS-  
MATE ON FACEBOOK.  
*BUT IT WAS ALL A SCAM***

1567

473 Comments



Like



Comment

BY *Sarah Treleaven*

FROM **ONE ZERO MEDIUM**

ILLUSTRATION BY *Robert Carter*



## Several years ago, I watched as my old classmate, Cynthia Smith, was publicly dying on Facebook.

Her wisecracking, self-deprecating tone had suddenly given way to a sombre announcement, in 2014, that she had been secretly battling chronic inflammatory demyelinating polyneuropathy (CIDP), a little-known neurological disorder with wide-ranging symptoms, though not typically fatal.

Smith had always been a chronic over-sharer. She made jokes about her struggles with weight loss and her inability to nail down a boyfriend, and she invited all of her Facebook friends to her upcoming wedding, where she planned to marry a bag of jalapeño and cheddar Doritos. But after the CIDP announcement, she disappeared from her own Facebook feed as close advocates took over and started posting on her behalf. They also added a new group page, Help Save Cindy's Life, to update Smith's friends on the fine details of her failing health.

Most people, including me, called her Cindy, not Cynthia.

Smith's prognosis quickly worsened, and her close friends and family scrambled to raise funds for experimental medications using platforms like Facebook and GoFundMe. According to the GoFundMe campaign,

which was launched in November 2014, "Smith lost her sight completely, went into organ failure, suffered a massive stroke, and as of recently, the nerves in her brain have been affected, leaving her speech impaired."

The fundraising campaign noted that CIDP has no known cure, but there was some hope pegged to a pricey stem cell transplant. In the meantime, the only thing keeping Smith alive was a cocktail of experimental medications that were not covered by the public health care system. The GoFundMe account set a goal of CA\$1.6 million to pay for the treatment, and the cash poured in.

It wasn't until months later, when the crowdfunding campaign peaked at \$126,594, that people in Smith's orbit started to realise something about the story was terribly wrong.

Since GoFundMe's founding in 2010, more than 250,000 campaigns have been launched to pay for health care costs, a full third of the site's total campaigns, raising over US\$650 million in contributions. As far as we know, the vast majority of these campaigns are earnest pleas for help.

There have also been a number of high-profile scams. In a 2017

incident, a couple in the US raised \$400,000 to ostensibly benefit a generous homeless veteran who had given a woman his last \$20 when she ran out of petrol. It turned out that the entire narrative had been concocted by the trio after they met outside a casino, and the scam unravelled when the veteran went public with the truth to complain he'd received only a small portion of the funds. Some scammers have started crowdfunding campaigns in the names of other people's dead children; others have falsely claimed that their own children are sick or dead.

In turn, platforms like GoFundMe have come under increased scrutiny. GoFundMe has introduced a trust

and safety team, which includes former members of law enforcement whose full-time job is to sniff out fraudulent requests and copycat campaigns. The company pledges that all donors will be fully refunded if their donations are misdirected.

GoFundMe provides potential donors a short list of questions to ask themselves so they can suss out scams. One of the items asks, "Are direct friends and family making donations and leaving supportive comments?" The suggestion is that

contributions from friends and family can help demonstrate that a cause is legitimate.

But what if friends and family members are being duped, too?

When Smith got sick, I found myself glued to her Facebook page. Every morning in late 2014 and early 2015, I made coffee and looked for news about her condition. Through Facebook, I learned that Smith's valiant fight with CIDP had actually started three years earlier. Since 2011, she had been suffering largely in silence, her escalating symptoms unknown to those closest to her until the situation suddenly became dire.

At over \$7000 a week, Smith's medications were exorbitantly expensive. If this treatment regime could somehow tip Smith into remission, one of Smith's emissaries explained, then she would become a candidate for a stem cell transplant that would save her life. But the cost of the medications was a drop in the bucket compared to the cost of the stem cell transplant, tentatively organised in partnership with a US hospital at a price of \$500,000.

Smith's supporters were determined and organised. A woman named Hilary Keeves, Smith's best friend

**She needed  
\$7000 a week  
for medicine,  
and another  
\$500,000 for  
a stem cell  
transplant**

of many years, led the fundraising charge. "Cindy is truly one of a kind, with a heart that is bigger than this world!" she wrote on the GoFundMe campaign. A series of fundraising events were organised, including a bottle drive and a scrap metal drive. The Help Save Cindy's Life page on Facebook even allowed well-wishers to purchase donated goods, like hand-made beaded necklaces or a half-hour reflexology session. In periodic YouTube videos, Smith displayed the generous gifts friends donated and the medical equipment she was able to buy.

It was in mid-March that Chris, one of Smith's caregivers, took to Facebook to announce that one of Smith's friends, in a spectacularly loving and shocking gesture, had sold his home to help keep Smith alive. The price of the house was never disclosed, but it was, according to Chris, reduced to sell "against the advice of his real estate agent". If this kind of generosity didn't motivate others to give until it hurt, what would?

Despite all that support, it appeared as if Smith was losing her battle with CIDP. Smith's home nurses – three men named Tom, Chris and Jeff who never appeared in photos or

seemed to have their own social media profiles – took over her Facebook account to update Smith's friends on her condition, alternating desperate pleas for help with small, endearing details of Smith's new normal.

Back in December 2014, about a month after the GoFundMe was launched, Nurse Tom posted on Facebook that Smith was rapidly deteriorating and they desperately needed money to keep her alive. "We don't

know if she will ever be well enough to get her stem cell transplant, but let's give her the best life we can, while she's still with us," he wrote. "Please, dig deep into your hearts. Instead of that morning coffee, would you consider donating that

dollar in Smith's name? I am begging you all."

Despite pleas from classmates to help Smith over the course of her crowdfunding campaigns, I held on to my money. Instead of the empathy I was supposed to feel in response to this kind of appeal, I felt a terrible gnawing suspicion. I couldn't shake the feeling that something was off, but I didn't want to be the person calling out a supposedly dying girl on Facebook based on a weird feeling. *What if I was wrong?*

**IT FELT LIKE  
SOMETHING  
WAS OFF,  
but I didn't  
want to be the  
person who  
called her out**

Then in mid-March, a reporter named Nicole O'Reilly started asking questions about Smith's plight. She interviewed Smith's best friend, Hilary Keeves, and her sister, Cheryle Smith, but neither was able to provide key details about her condition. "The more I kept asking about what medications she was on, the names of her doctors, they couldn't give me any specifics," says O'Reilly. She killed the story and a fellow reporter contacted the police to suggest that something wasn't quite right.

Shortly after, in April 2015, a fundraising garage sale for Smith was suddenly cancelled, sparking general confusion. Her hundreds of supporters were outraged about what it might mean for a woman in need of life-saving medications. But social media details of Smith's wellbeing were suddenly scarce. "I am sure they can't stop you from letting us know if she is even still alive?????" wrote one friend on her Facebook page.

Then in May, the bottom fell out. A Smith Facebook supporter who happened to live nearby posted that she'd seen Smith leaving her apartment. Smith was neither blind nor using a wheelchair - in fact, she was

walking on her own, carrying a basket of laundry. A new reality dawned on the group: they'd been ripped off.

On May 7, Smith's mother, Kathy Vernon, addressed a barrage of questions, writing in a short Facebook post that an investigation was ongoing and that Smith was 'fine'. That same day, Smith was arrested on one count of fraud over \$5000. A police investigation soon determined that Smith never had CIDP and was never dying. She

managed to dupe a couple of unwitting close friends into helping her fool hundreds of people online, they found, and then the internet did most of the work.

As part of a plea bargain, Smith ultimately pleaded guilty to a charge

of fraud under \$5000 and, with no prior record, was sentenced to two years' probation, including mandatory counselling. One report indicated that she had no supporters in the courtroom. A publication ban was enforced due to sensitive discussions of Smith's mental health history, which makes it challenging to unpack exactly what happened. It's also unclear how much money Smith actually raised, but the police did seize a storage locker full of donated goods and medical equipment.

**She duped  
a couple of  
unwitting close  
friends, then  
THE INTERNET  
DID MOST OF  
THE WORK**

In the wake of the revelation, a vigorous discussion continued on Smith's Facebook page, with former friends sharing news stories and general disgust. One friend noted that her office had given their Christmas donation to Smith instead of a struggling local family. After months of rallying in support, they all seemed incredulous about having been taken advantage of – her actions had left a terrible, bitter taste.

Smith is far from the only youngish woman to rip off friends and family members on the internet. There's the college girl who faked stomach cancer and had her friends push her wheelchair around to non-existent chemotherapy appointments; the woman who stole over US\$260,000 through social media and two GoFundMe accounts, convincing even her young son that she was dying; and the woman dubbed 'the photogenic queen' of cancer fraudsters for lying about breast cancer to raise \$12,000 in her small community.

Adrienne Gonzalez runs the site GoFraudMe, where she tracks fraudulent GoFundMe campaigns around the world. Gonzalez says that far more women than men orchestrate

the fake medical fundraising campaigns she sees. "I don't think they wake up in the morning and say, I'm going to scam someone," she says. "I think it's more complicated than that. And I believe the basis is found in 'Munchausen By Internet', whether it's the need for attention or something else."

'Munchausen By Internet', a term coined by Marc Feldman, a University of Alabama psychiatrist who

specialises in factitious disorders, is an adaptation of Munchausen's syndrome and describes individuals who feign or exaggerate medical conditions primarily online. They may also create fake "sock puppet" accounts or alternate

**"CONSTANT  
DRAMA IS A  
BIG RED FLAG.  
With the  
scammers,  
every day is  
sweeps week"**

personalities – posting as a concerned friend or nurse, for example – to lend the ruse greater credibility. Feldman says this kind of behaviour disproportionately presents in younger women and hypothesises that's because women tend to act out in more socially sanctioned ways. "When men act out, they end up in prison," he says. "Women end up in doctors' offices."

Cancer is the most popular choice of internet fakers, says Feldman, in part because of the language and



**Smith (left) pleaded guilty to a charge of fraud and was sentenced to two years' probation**

perspectives we have collectively established. “Battling cancer allows a person to adopt a certain heroic stance,” he says. In one fraudulent crowdfunding case he studied, a woman shaved her hair and brows, claiming the hair loss was from chemotherapy, and even tattooed the words ‘won’t quit’ on her knuckles. All of which was, of course, prominently displayed on social media. But sometimes scammers choose something more obscure, he adds, making the deception that much easier.

Taryn Harper Wright, who hunts Munchausen By Internet cases, says that the signs of a scam are unique to each case, but there are some general giveaways. When someone is blogging about a legitimate illness, she notes – even in the most extreme

cases – there are days of tedium: lying on the couch binge-watching Netflix or sitting on the verandah, a weary face turned to the sun. “Constant drama is a big red flag,” she says. “[In legitimate illnesses] every day is not this big dramatic roller coaster, where you have a bone marrow transplant one day and the next day your cousin dies in a car crash and the next day the dog runs away and the house burns down. With the scammers, every day is sweeps week.”

Smith’s two-year probation sentence didn’t seemingly square with the level of hurt and exploitation in which she had participated. On the other hand, it appears that Smith was badly damaged almost from the very beginning. One early fundraising post

## READER'S DIGEST

ran through a lifetime of bad luck, including childhood trauma, being placed in foster care, having a pace-maker implanted at the age of 32, and being hit by a car. It's unclear which, if any, of those things are true, but it's easy to imagine that she was much less content than she appeared before she started posting about CIDP.

Reading over the posts written by 'Nurse Tom,' who I suspect was an alter ego, I wonder now if Smith was just telling herself the things she needed to hear. "I have been a nurse for ten years now, and I can honestly say that it has been a pleasure and an honour to work with a patient such as herself," wrote Tom. "She is my inspiration and why I love coming to work... I am so blessed to call her my friend amongst all of you wonderful people."

When I reached out to Smith to tell her that I wanted to write about her, she was initially warm and gracious. But the conversation quickly turned volatile when I made clear that I hoped to interview her on the record. She has since blocked me on social media.

And yet, once I learned Smith had been lying, all of the compassion I had been cautiously withholding came flooding in – even more for her than for those who had been victimised.

There was something so fundamentally sound and well-adjusted about the unquestioning generosity of those who rallied around Smith, and about the groundswell of financial and emotional support she received even from people who appeared to be short on both. I knew how awful it was to learn that you can't save someone, and how extraordinary it was to watch people try. Smith's friends were stung, and badly, but would hopefully shake off their distrust and continue to take care of those closest to them.

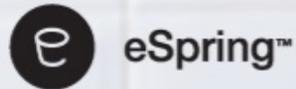
But Smith built a loving community and then obliterated it, almost as if she felt she had no other choice or nothing to lose. And that's symptomatic of something so utterly broken I can't envision ever being able to put it back together. **R**

FROM 'I WATCHED MY FRIEND DYING ON FACEBOOK. BUT IT WAS ALL A GOFUNDME SCAM'. FROM ONE ZERO MEDIUM, ONEZERO.MEDIUM.COM



### Salt Of The Earth

Researchers from Japan have developed computerised chopsticks that enhance salty tastes, potentially helping those who need to reduce sodium in their diets. The device uses a weak electrical current to transmit sodium ions from food, through the chopsticks, to the mouth where they create a sense of saltiness. The salty taste is enhanced 1.5 times. REUTERS



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## LIFE'S LIKE THAT

### *Seeing The Funny Side*



### Useful Around The House

I was invited by my friends, Lucy and Jack, to a Father's Day lunch. Lucy and Jack's eight-year-old daughter Amelia asked why there was a Father's Day. "Because daddies look after families, give lifts and help around the house," Jack said.

"That sounds like you, Mummy!" Amelia piped up.

SUBMITTED BY JILLIAN COHEN

### Uncalled For Reminder

I stopped referring to my parents as elderly after someone told me, "Well, they'd have to be now, wouldn't they?"

SUBMITTED BY SHARON SOLLARS

### Playing A Little Guitar

It is a truism: ukulele players garner little respect. Once, at a country and western festival, I was invited on stage to jam with the band.

The lead guitarist took one look at my ukulele and said, "You know you're not supposed to wash your guitar in hot water, don't you?"

SUBMITTED BY JOHN KLAPPROTH

### Whoops

I recently underwent a hospital scan. The radiographer and nurse were inside a protective enclosure and the instructions came over a slightly crackly speaker.

We went through several rounds

of “Hold your breath... and breathe”, and then I heard, “Hold you breath... and... burp.”

This is not something I can do on purpose, but I did try. I was unsuccessful, and again heard, “... And burp!”

I apologised and said, “I am sorry, I am trying to burp, but I can’t.”

Then came the nurse’s clear tones, “My colleague is asking for your date of birth...”

So glad I was unable to perform.

SUBMITTED BY KATE MORRIS

### Getting Along Swimmingly

My son came home from a session at our local swimming pool in a grumpy mood.

When I asked why, he complained that he hadn’t been able to do as many lengths as he would have liked to that evening.

“The pool should have three lanes,” he told me. “One for fast swimmers, one for slower swimmers, and one for women who just want to talk.”

SUBMITTED BY GERALDINE BURTON

### That’ll Teach Me

While chatting with my friend’s four-year-old son, the subject of age came up and I asked him when he would be five.

With the look small children reserve for stupid adults, he replied, “On my birthday.”

SUBMITTED BY SANDRA NEWCOMBE



### THE GREAT TWEET-OFF: FATHER KNOWS BEST

**The dads of Twitter always have something to say.**

My six year old loves bananas and loves pancakes, but when Daddy makes banana pancakes, I’m the “worst dad ever!”

@DEVONESAWA

Last night my wife asked me to grab her keys out of her handbag. Instead I found three Tupperware lids, two socks and a third kid we didn’t know we had.

@HOMEWITHPEANUT

You can’t break me, kid. My generation survived dial-up internet and texting on a flip phone.

@GBERGAN

Have kids so you always have someone to tell you that your nose hairs need trimming while standing in checkout lines.

@RODLACROIX

My car was making annoying squeaky noises. It stopped once I dropped off the kids.

@CHHAPINESS



FOOD FOR  
THOUGHT

# Spaghetti Bolognese

*This family favourite has many arguing its origins*

BY *Diane Godley*

Spaghetti bolognese appeared miraculously to me during a Year 8 home science lesson. In her deep Scottish brogue, our home economics teacher told the class to tie back our hair and start chopping the onion, carrot and garlic – the latter of which not many of us had ever seen. It was a revelation. This little-known vegetable, along

with the new-fangled food called ‘spaghetti’ made a world of difference to mealtimes.

This meal became a weekly staple at our house – especially since the job of making spaghetti bolognese fell to me or one of my three sisters, giving my mother a break from cooking. But the revelation that this ‘Italian’ food was mouth-wateringly

scrumptious and could be made in our own kitchen, wasn't just happening at our house. In many places around the world, people were discovering just how delicious Italian food could be.

So by 2014, an employee survey conducted by the German-based frozen food company *Apetito* found that spaghetti bolognese was the third most popular dish eaten in their workplace cafeterias, according to *seasonedpioneers.com*. And in 2018, research to find out how trends and new diets were changing what British families ate at mealtimes, commissioned by British cooking appliance-maker *Belling*, discovered that spaghetti bolognese had blitzed the competition and was the firm all-time favourite

meal of Brits. "It has been interesting to see dishes, which we now consider synonymous with family mealtimes, rising from relative obscurity, like everyone's favourite spag bol, to take the top spot in our chart," said a *Belling* spokesperson at the time.

This Italian favourite isn't just popular in the West. According to *eater.com*, spaghetti bolognese is a prevalent menu item in restaurants in Japan. Although Italian pasta was introduced to Japan during the

Edo period (1603 to 1868), it found its way into the mainstream Japanese diet via the US during its occupation of Japan post-WWII, with spaghetti featuring heavily in military food rations. By the 1980s, the *Itameshi* boom ('*Ita*' meaning 'Italian' and '*meshi*' meaning 'meal' in Japanese slang) cemented Japan's new obsession with Italian cuisine. Today, *wafu* (Japanese style) spaghetti dishes can be found almost anywhere in Japan.

In the 1980s, spaghetti bolognese was getting a workout in Malaysian home kitchens, too, according to *chopinandmysaucepan.com*, and is still often found on the menu of many local restaurants there.

While this dish may be on high rotation at mealtimes in many parts of the world, not

all Italians love what we've done to their cultural cuisine. In fact, many pasta purists rail at the idea that spaghetti bolognese is the same dish as *ragù alla Bolognese*, as it is known in Italy, or that it in fact comes from Bologna.

In 2019, the then Bolognese mayor, *Virginio Merola*, sparked a debate on Twitter saying that it was 'fake news' that spaghetti bolognese originated from his great city. For traditionalists like *Merola*, what incenses them most about spaghetti

## IT WAS MOUTH-WATERINGLY SCRUMPTIOUS AND COULD BE MADE IN OUR OWN KITCHEN

bolognese is not so much the meat sauce but the thickness (or rather thinness) of the pasta. They believe the sauce should be served not with

spaghetti but with its fatter cousins tagliatelle, fettuccine and pappardelle, as it is when cooking ragù alla Bolognese. **R**

### SPAGHETTI BOLOGNESE

#### Ingredients

- 2 tbsp olive oil
- 1 tbsp butter
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 carrot, grated
- 1 stick celery, finely chopped
- 150g pancetta, cubed
- 500g beef and pork mince
- Sprig of rosemary, optional
- 1 tbsp tomato paste
- 100ml red wine
- 400g tin tomatoes
- 200ml beef stock
- Pinch of salt
- 500g pasta of choice
- Grated parmesan

#### Method

- 1.** Add oil and butter to a large saucepan on medium heat.
- 2.** Add onion, garlic, celery, carrot and pancetta. Stir until onion becomes translucent (2-3 mins).

- 3.** Add mince and brown, stirring to break it up.
- 4.** Add tomato paste and red wine and stir, scraping off any food that's stuck to the base.
- 5.** Add tomatoes, stock, rosemary sprig and a pinch of salt.
- 6.** Turn down heat to low and simmer, with lid on, for about an hour.
- 7.** About half way through cooking, place a large saucepan of water on to boil and cook spaghetti as per packet instructions or until *al dente*.

Reserve a little of the cooking water when draining. Place pasta back in saucepan.

**8.** Try meat sauce and adjust seasoning. Remove rosemary.

**9.** Add the bolognese sauce to the pasta, adding a little of the reserved pasta water if needed.

**10.** Serve in large bowls and sprinkle with parmesan cheese.



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*Are only children really more likely to be selfish, self-obsessed and socially awkward? An only child examines the reality behind this long-held stereotype*

BY Jane Murphy

**B**ack in the late 19th century, psychologists set out to test the theory that ‘Only Child Syndrome’ actually existed. Among the first to observe unique traits among single-child families was the father of US psychology, psychologist G. Stanley Hall, whose early 1900s study of hundreds of children from diverse backgrounds lead him to conclude that being an only child is a “disease in itself”. Hall’s protégé, E.W. Bohannon, then concluded from his own 1896 study that only children tend to be spoiled, selfish, self-obsessed, socially inept and oversensitive. Thanks to Hall and Bohannon, the ‘only child stigma’ stuck.

As an only child myself, I feel obliged to take issue with these findings – although I could just be oversensitive, of course.

Still, I’m pleased to note that both public and scientific opinion have

evolved over the past 100 years, not least because the number of one-child families has pretty much exploded since Hall’s time.

In Singapore, for example, in 2020 about 24 per cent of married women had one child – up from 19 per cent in 2010. In Europe, 47 per cent of families have one child. Of course, these figures include families who may go on to have more children. However, factors such as delayed parenthood, fertility issues and readily available contraception, as well as relationship and financial pressures, have resulted in an ever-increasing number of children growing up without siblings. Worldwide trends show the average household size is shrinking.

### **Debunking the myths about only children**

In 2019, researchers from Germany set out to shatter the stereotype that only children are more narcissistic than those from larger families.

## READER'S DIGEST

They began by demonstrating how people tend to ascribe higher levels of narcissism to children with no brothers or sisters. The team then looked at various measures of narcissism from a study of German households, which featured 1810 participants, including 233 without siblings.

Their findings? There was no difference in narcissism levels between those with and without siblings. Myth debunked.

Much of the recent research in this area has focused on only children in China, largely in response to the country's one-child policy. Last year saw another myth debunked as researchers at Shaanxi Normal University in Xi'an investigated levels of selfishness within one-child families.

Participants were first asked to share their views on levels of altruism among only children and those with siblings, based on their own preconceptions. Unsurprisingly, only children were regarded as more likely to be selfish.

But when a second group was asked to rate themselves on altruism, and a further group was observed putting altruism into practice, there was no difference whatsoever between those with siblings and those without.



## ONLY CHILDREN ARE MORE LIKELY TO ENJOY A STRONGER BOND WITH THEIR PARENTS

The researchers' conclusion? "The negative stereotype regarding the altruistic behaviour of only children is an incorrect prejudice."

### Stronger bonds and bigger brains?

Putting those negative preconceptions aside, there may be some clear benefits to being an only child.

Only children are more likely to enjoy a stronger bond with their parents, according to a University Of Texas study. It's fair to surmise that the more children you have, the less time you have to focus on each one – so these findings probably aren't too much of a surprise.

## Is Only Child Syndrome Real?

But research has uncovered some other unexpected positives to being an only child. For instance, scientists at China's Southwest University used brain scans to uncover significant differences in grey matter between only children and those who'd grown up with siblings.

They reported that only children demonstrated greater brain 'flexibility', a key player in both learning and creativity, which was backed up by creative tasks completed as part of the study.

### Missing out on siblings

One potential downside to being an only child is that you don't have anyone to share familial responsibilities, such as caring for ageing parents.

A few years ago, when my father was terminally ill, I wished I had a brother or sister who could share the workload and help me make the right decisions about his care.

Having spoken to friends with siblings, however, it seems it never quite works out that way. Arguments flare up, other commitments get in the way, and one person inevitably ends up shouldering most of the workload anyway.

Still, there's plenty of research – scientific and anecdotal – that highlights the benefits of sibling relationships.

A University Of Ulster and DeMontfort University study, for example, found that children who grow up with sisters are more likely to be happy and balanced, partly because families with daughters tend to be more open and emotionally available.

Ultimately, our happiness and successes in life are shaped by many environmental, social and psychological factors. Despite what those early psychologists may have believed, being an only child is not a disease. It's just one piece in an enormous jigsaw. **R**

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### As Kids See It

**I wish I had the same confidence as my five year old jumping on a trampoline, telling me to look out for him in case his head hits an aeroplane. @TRACIEBREAUX**

**Six year old (finishes dinner): What's for dessert?**

**Me: We don't always have to have dessert.**

**Six year old: Then why have dinner at all? @XPLODINGUNICORN**

**The magical thing about toddlers is they can be mid-tantrum and seamlessly cut to the best performance of 'The Itsy Bitsy Spider' you've ever seen. @THATMUMMYLIFE**

TECHNOLOGY





# ROBOTS GONE

# WILD!

*What happens when you build a  
machine to do a job just like a human?  
It screws up – just like a human*

BY *Andy Simmons*

ILLUSTRATIONS BY **RICHARD BORGE**

## ROBOTS REALLY ARE TAKING OVER THE WORLD.

They're writing novels – the first was *1 The Road* published in 2018, a cyborg's homage to Jack Kerouac's *On The Road*. And they're making lunch: a robot that can make 2000 burgers a day is being tried out by US restaurant chain CaliBurger. What human can compete – especially given that androids don't complain or ask for a pay rise? But we are quickly learning that there is another side of robotkind, one that's all too human. Here's a by-no-means-complete list of failed attempts by automatons to replace us flesh-and-bone types.

### WORST HOTEL SERVICE EVER

A few years back, the Henn na Hotel in Nagasaki, Japan, hired 243 robots to cover positions ranging from concierge to hotel porter. Unfortunately, the check-in robots had trouble answering guests' questions and photocopying passports, while porter robots kept banging into walls and tripping over kerbs. While one in-room assistant sprang to attention every time a lodger snored, saying, "Sorry, I couldn't hear that. Could you repeat your request?"

Not long after the experiment began, the hotel 'fired' half of the malfunctioning robots. And they didn't get their tips, either.

### STOP THE PRESSES!

In 2017, the *Los Angeles Times* published a story about an earthquake of 6.8 magnitude that shook Santa

Barbara, California. You would expect such a large quake to have been given a lot of media coverage. And it did ... in 1925, when it happened. It turns out the report was produced by a computer program called the Quakebot, which generates articles based on notices from the US Geological Survey. When a staffer at the USGS made an error while updating the historical data, the Quakebot jumped on it as if it were breaking news. Soon, people in Southern California were alarmed over what turned out to be a giant error.

### THAT WILL GET YOUR HEART RACING

In December 2021, an emergency dispatcher in Hohenburg, Germany, took a call from a young woman's smartwatch. Concerned, the dispatcher called the woman, but when he couldn't get through to her, he asked police to investigate. A short

while later, four patrol cars arrived at the woman's apartment building. When they knocked on the door, the woman sheepishly admitted that she and her partner had gotten into a heated argument. Apparently her smartwatch had registered an alarming spike in her heart rate and automatically placed an emergency call. "I was really embarrassed when the police turned up," the woman, who asked not to be identified, said. "Now I only wear the watch when I exercise."

### YOU LOOK FAMILIAR

Facial recognition software has one problem – it can't always recognise faces. The American Civil Liberties Union proved that point when it used the Amazon Rekognition software to match mug shots of criminals to photos of 28 US politicians. But what about soccer ball recognition? During a match in 2020, Scottish soccer team Inverness Caledonian Thistle FC unveiled AI-programmed video cameras designed to automatically follow the ball.

Alas, the cameras constantly mistook the referee's bald head for the soccer ball. One helpful viewer called the team to suggest giving the ref a toupee.

### ... AND YOU TOO!

China's technology hasn't fared much better. Some cities there use facial recognition cameras to snap photos of people illegally crossing the street then display their faces and names on billboards for the purpose of public ridicule. Great idea, until one 'law-breaker' in the city of Ningbo took umbrage.

She was Dong Mingzhu, a local billionaire whose only 'crime' was appearing on an ad on the side of a passing bus when the camera snapped her photo. Still,

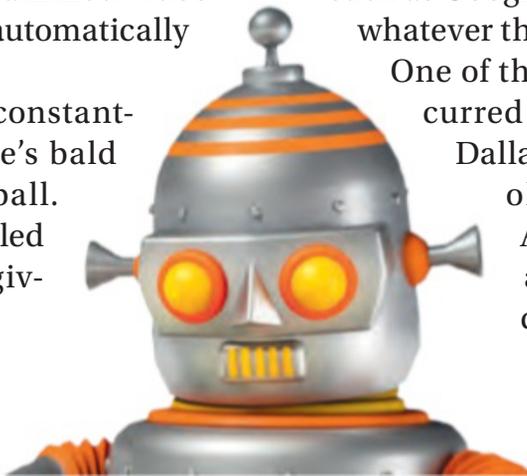
up on the 'wall of shame' she went. The city's traffic police admitted the error and quickly removed her from the system.

### EVERYONE GETS A DOLLHOUSE!

We've all heard of humorous incidents where kids have used their parents' voice-activated speakers – such as Google Home – to order whatever their heart desired.

One of these incidents occurred in the US state of Dallas, when a six year old asked Alexa, Amazon's virtual assistant, to order a dollhouse

## THE CAMERAS CONSTANTLY MISTOOK THE REFEREE'S BALD HEAD FOR THE SOCCER BALL





(and two kilograms of cookies, for a snack!). A few days later a news programme reported the whimsical moment.

But when the news anchor stated, “I love the little girl saying, ‘Alexa ordered me a dollhouse,’” many people watching the TV broadcast found that their own Echo devices had heard the statement – and set about automatically ordering dollhouses for them.

## **WHATEVER YOU DO, DON'T ANGER SOPHIA**

‘Sophia’ is a social humanoid robot developed by Hanson Robotics of Hong Kong. She/it has an attractive face, with a square jaw, high cheekbones and impressive eyebrows. And she can hold a conversation. This is surely the robot of the future. When CEO David Hanson and Sophia appeared on the US news network

CNBC, Hanson asked the robot the question humans have been wondering about robots for years: “Sophia, do you want to destroy humans?” Without hesitation, Sophia – smiling a tad too broadly for our taste – responded, “OK, I will destroy humans.”

Humans, you’ve been warned.

## THE OPPOSITE OF CLEANING

What’s the worst a robotic vacuum cleaner can do? Let Jesse Newton fill you in. One night his new puppy pooped on the floor sometime before 1.30am, while he and his wife were asleep. How did Newton come up with that particular time? “Our Roomba runs at 1.30am every night,” he noted online a week later. “And it found the poop.” And so it began: The robot vacuum spread the puppy’s load throughout the house, decorating floorboards, furniture legs and rugs, “resulting in a home that closely resembles a Jackson Pollock poop painting,” as Newton described it.

## SOPHIA THE ROBOT RESPONDED, “OKAY, I WILL DESTROY HUMANS”

## A RECIPE FOR CONFUSION

Janelle Shane, an optics research scientist, wanted to find out whether artificial intelligence could create a menu that didn’t taste, well, artificial. So she fed a computer 30,000 cookbook recipes and programmed it to create its own recipes.

The result: something called ‘Beothurtreed Tuna Pie’. Want to make it?

Here is the recipe:

*1 hard cooked apple  
mayonnaise*

*5 cup lumps, thinly sliced*

Once you have your apple mayo and lumps, “surround with 1½ dozen heavy water by high, and drain and cut into ¼ inch remaining the skillet.”

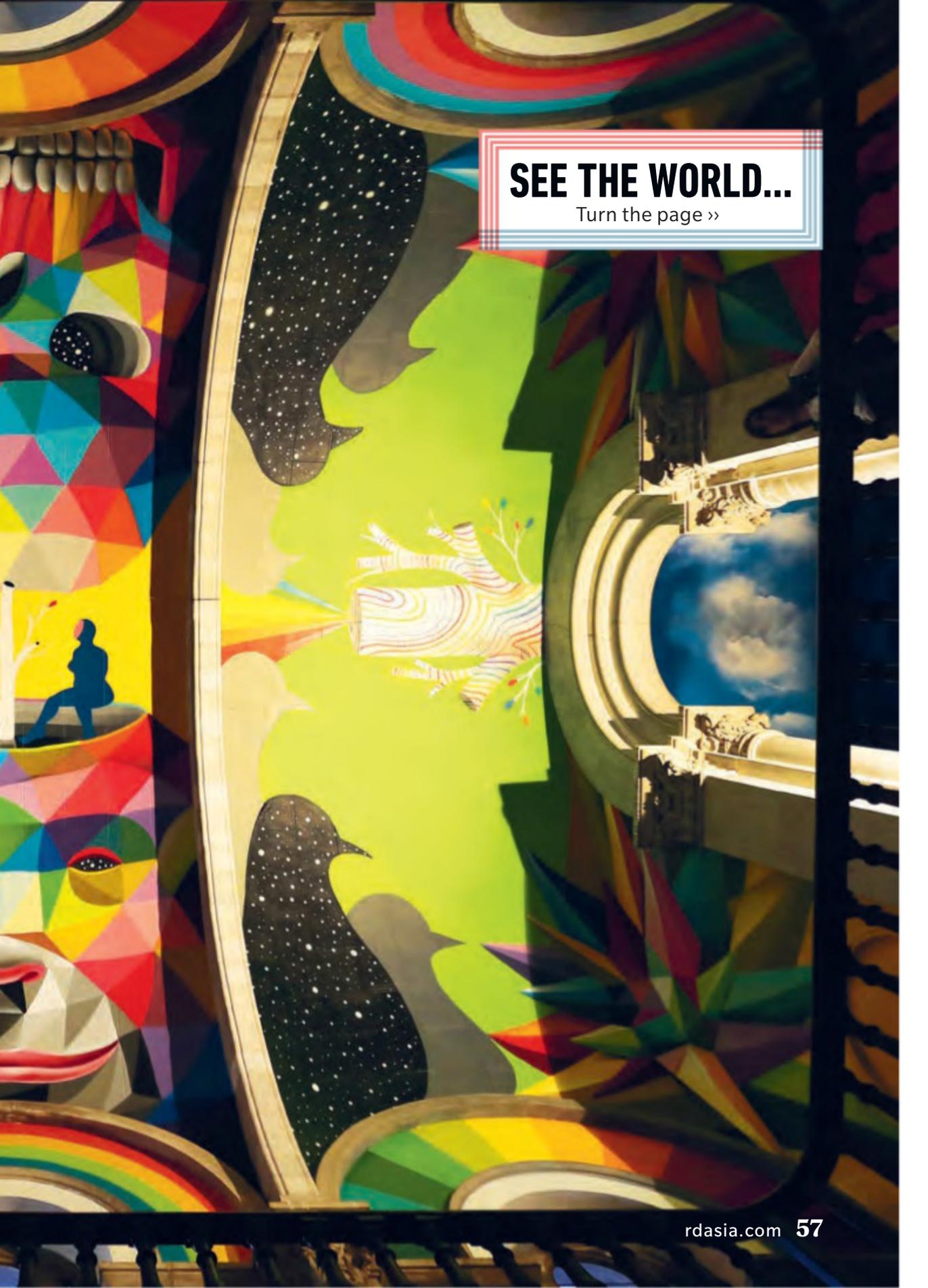
Another specialty was ‘Tart Cover Shrimp Butter Wol’, featuring:

*1 can fried pale fruit to cover that drain.* All out of fried pale fruit? You probably have some rice, though you’ve probably never used *1 cup grated white rice*, as listed in another recipe. Clearly, Jamie Oliver can sleep easy. **R**

## Grandchild Or Else!

A retired couple from India is suing their son and daughter-in-law, demanding they produce a grandchild within a year or pay them 50 million rupees (US\$675,000). The aggrieved parents, who spent lavishly on their son’s and daughter-in-law’s wedding, have been waiting for six years for a grandchild ‘in return’. AP





**SEE THE WORLD...**

Turn the page »

## ...DIFFERENTLY

**FOR DECADES** the former Church of Santa Barbara in the northern Spanish municipality of Llanera stood empty. The building began to fall into disrepair. Then an enthusiastic skateboarder had the idea of turning the abandoned church into an indoor skate park. That's how the Kaos Temple was born. The kaleidoscopic murals were contributed by street artist Okuda San Miguel. According to him, they preserve the spirituality of the place and at the same time fill it with colour and *joie de vivre*.

PHOTOS: CESAR MANSO/AFP  
VIA GETTY IMAGES





# LAUGHTER

## *The Best Medicine*



### **Pyramid Scheme**

Two pharaohs in Ancient Egypt are looking for a new pyramid, so they contact a local real estate agent.

“We want the cheapest pyramid you have,” says King Res-sen-ba.

Sensing his commission getting smaller, the real estate agent says: “Most of my esteemed pharaoh clients desire the most luxurious pyramids since they are guaranteed to last for 3000 years or more. Can

I ask why you only want to look at cheap pyramids?”

“We want to get our mummy’s worth,” replies King Shaa-em-uas.

[www.theclose.com](http://www.theclose.com)

### **Missing Numbers**

My neighbour’s house doesn’t have any numbers on its door or postbox. I just feel like that’s something that needs to be addressed.

CHRIS SCHMIDT, COMEDIAN

### **Getting A Raise**

I told my boss that three companies were after me and I needed a raise to stay

at my job. We haggled for a few minutes and then he gave me a ten per cent raise.

As I left his office, he asked me, “By the way, which companies are after you?”

I responded, “The gas, electricity and phone company.” Seen online

### **In A Small Way**

A panic-stricken man explained to his doctor, “You have to help me, I think I’m shrinking.”

“Now settle down,” the doctor calmly told him.

“You’ll just have to learn to be a little patient.” [WWW.MENSHEALTH.COM](http://WWW.MENSHEALTH.COM)

### Blame Game

My therapist says that I have a tendency to blame my problems on others. Which I’m pretty sure I get from my dad.

WILLIAM STONE, VIA FACEBOOK

### Heir Apparent

**DAD:** Did you get a haircut?  
**SON:** Nope, I got them all cut.

[Onyou.com.au](http://Onyou.com.au)

### Works Well

My boss asked me why I only get sick on work days. I said it must be my weekend immune system.

[@Dadsaysjokes](https://www.instagram.com/Dadsaysjokes)

### Fortune Telling?

Here’s something to think about: how come you never see a headline like ‘Psychic Wins Lottery’?

JAY LENO, TV HOST



ILLUSTRATIONS: GETTY IMAGES

## DON'T WORRY, BE HOPPY!



A man asks the waiter, “Do you serve frogs in this restaurant?”

The waiter replies, “Of course we do, Monsieur.”

Then the man takes a frog out of his pocket and says, “Good, my frog wants some soup!”

[www.frog.cc](http://www.frog.cc)

What did the frog order at McDonald’s?

*French flies and a diet croak.*

What type of shoe do frogs wear?

*Open-toad sandals.*

What kind of music do sophisticated frogs listen to?

*Hoppera.*

[mypunnybone.com](http://mypunnybone.com)





# WHY *Am I So* TIRED?

*If you feel  
exhausted all day,  
the solution isn't  
always more sleep*

BY *Vanessa Milne*

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ILLUSTRATIONS BY  
**CHANELLE NIBBELINK**

CAROL HEFFERNAN, a 43-year-old marketing writer, regularly felt worn out from her busy life of working, shuttling her two young kids to school and play dates, and taking care of housework. But when COVID-19 hit and the kids were suddenly at home all day, learning remotely, she noticed that her run-of-the-mill weariness quickly turned into full-on exhaustion.

“All the extra responsibility and the mental load – it just added up,” she

## READER'S DIGEST

says. "I felt grumpy and tired – and it wasn't due to lack of sleep."

Heffernan didn't have any time in the day to exercise off her stress. She was short on energy, and she started becoming short with her kids. "After I put them to bed at 8pm, I would just crash on the couch," she says.

If there's one thing many of us have in common, it's that we're tired. In fact, lethargy is so pervasive that it's one of the issues people ask their doctors about the most. Doctors even have a name for it: 'tired all the time', or TATT for short. The solution isn't always as simple as getting more sleep; nearly a quarter of people who get seven or more hours of rest a night report they still wake up feeling tired most days of the week.

Here are eight reasons why your energy might be low – and what you can do to bring it back.

### **YOU SPEND TOO MUCH TIME ON THE COUCH**

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When you're feeling sluggish, it can be tempting to plop down and binge-watch TV. But doing something active will actually give you more energy, not consume the little that you have. In fact, researchers at the University of Georgia found that just ten minutes of low- or moderate-intensity exercise gave study participants a noticeable energy boost.

Exercise also works its magic at

the cellular level: the mitochondria (the parts of your cells that provide energy to your muscles) actually grow more powerful and numerous after aerobic exercise, providing a continuous source of increased energy.

### **YOU'RE PUSHING YOURSELF TOO HARD**

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People who feel overcommitted – whether from volunteering for one too many causes or shouldering too much at work or at home – often try to squeeze in more tasks. But it might be wiser to take a break.

"When it comes to optimising energy over the long haul, it's about getting into a rhythm of periods of exertion and rest," says Dane Jensen, CEO of Third Factor, an organisation that helps companies' employees perform better under pressure. "In fact, to stay energised over the course of the day, you need a 15- to 20-minute break every 90 minutes."

Not all downtime is equal: a 2016 study looked at office workers in South Korea and found that those who looked at their phones during breaks were significantly less recharged than those who went for a walk or chatted with friends. Jensen suggests choosing breaks from work that balance out what's taxing you. If you've been working at a computer, take a walk outside. If you've been doing spring cleaning, sit down and call a friend.

Jensen also suggests considering four categories of breaks, based on how they can benefit you: physical (walking or stretching); cognitive (crossword puzzles or Sudoku); emotional (phoning a loved one); and spiritual (walking in the woods or practising a religion).

### YOU'RE ANXIOUS

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Anxiety is draining. When you're distressed, your body is on high alert and produces adrenaline. Your muscles might tighten up, and your brain shifts into overdrive to try to work through all possible scenarios. That all takes energy – and will leave you feeling tired.

And, the pile-up of global crises – natural disasters, the pandemic and the war in Ukraine being the most notable – is having a measurable effect on many people's mental health. One study published in the *British Journal Of Psychology* found that participants who watched a negative news bulletin were more likely to feel anxious or sad than those who watched a neutral or positive one – and then they felt worse about their personal problems.

One antidote to all the bad news is cultivating your friendships. Scientists have long known that socialising decreases the risk of developing

mental-health issues like depression, and avoiding loneliness also lowers stress-hormone levels in your body.

Dr Vincent Agyapong, a professor of psychiatry and global mental health, says that his research has demonstrated that nurturing relationships is a mood booster. "Maintaining social contacts is one of the ways to maintain your mental health," he says. "It doesn't necessarily

have to be face to face – it can be via social media, telephone call or video conference."

All that said, if you think you might have clinical levels of anxiety – for example, if you're having panic attacks or completely avoiding doing everyday tasks – speak to

your doctor about therapy or medication.

### YOU'RE LOW ON VITAMINS

---

Fatigue is often connected to not having enough of two key nutrients, says Dr Lin: iron and B vitamins. When you don't get enough iron in your diet, it can lead to iron-deficiency anaemia, which means your body doesn't produce enough healthy red blood cells.

"When there are not enough red blood cells around, less oxygen gets carried to the cells to allow them to

## THE PILE-UP OF GLOBAL CRISES IS HAVING AN EFFECT ON PEOPLE'S MENTAL HEALTH – AND ENERGY LEVELS

---

## READER'S DIGEST

generate energy, which causes fatigue," says Dr Lin.

Having a B-vitamin deficiency, especially B12, also affects energy levels, since vitamin B12 is another key to creating enough red blood cells. Since iron and vitamin B are commonly absorbed from red meat and shellfish, people who follow a vegetarian or vegan diet are at more risk. But anaemia can also occur during pregnancy or stem from gastrointestinal problems, such as ulcers or Crohn's disease. These and other less common vitamin and mineral deficiencies can all be identified with a blood test and treated with supplements and a change in diet.

Dr Lin warns, however, that supplements and drinks that are advertised as energy enhancers can be dangerous. "A lot of those 'energy' supplements are laced with caffeine, ginseng or other stimulants at a high dose," she says. She also cautions that they can cause serious side effects, like heart palpitations, insomnia and anxiety.

### YOU'RE DEPRESSED

---

If you're feeling excessively fatigued – dragging yourself through the normal tasks of daily living, or are unable to complete them – it could be a sign that you've slipped into depression.

Some people are genetically predisposed to the condition, and others develop it as a result of difficult

circumstances. In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25 per cent, according to the World Health Organization (WHO).

"It's expected that so much fear and uncertainty will increase people's levels of stress, anxiety and depression," says Dr Agyapong. "With how long the pandemic is going on, it's becoming pathological for a lot of people."

Other symptoms of depression include loss of appetite and irritability. If you're feeling tired all the time and suspect depression might be to blame, ask your doctor for a mental-health screening. Talk therapy can help, as can antidepressants.

### YOU'RE EATING AN UNBALANCED DIET

---

We often think about how our diet affects our weight, but what you eat has a large effect on your energy levels, too. When your body digests food, it turns it into glucose, which is then sent by way of your blood to all of your muscles and organs, including your brain. Our blood sugar naturally fluctuates during this process, and when it's low, we can feel sluggish.

A simple way to keep your blood sugar consistent is to eat regularly. "If you go more than several hours without a meal or snack, that's probably too long of a stretch," says dietitian Cara Harbstreet.



### 60-SECOND FIXES

#### Boost your energy in a minute or less

##### **1** Drink peppermint tea

According to researchers, people who drink peppermint tea are more alert and complete mental tasks faster.

##### **2** Open the blinds

Exposing yourself to natural sunlight, especially when you wake up, can help

suppress melatonin, the chemical in your body that makes you sleepy.

##### **3** Take deep breaths

When you're stressed, it's natural to breathe shallowly, which can decrease the amount of oxygen that reaches your cells. To counteract that, try breathing in through your nose for four seconds, holding

your breath for four seconds, then slowly exhaling for four seconds.

##### **4** Chew gum

Though it's not exactly clear why, numerous studies have shown that chewing (sugar-free) gum increases alertness. Even before science confirmed it, during WWI, American soldiers were issued gum to help them focus.

##### **5** Sing a song

Listening to music can increase levels of happy chemicals like serotonin and oxytocin – and belting out lyrics makes you breathe deeper and take in more oxygen, boosting your energy.

Another common error, Harbstreet says, is eating too many simple carbohydrates – juice, chocolate bars or white bread. Those can lead to an increase in blood sugar, prompting your body to produce insulin, which then makes your blood sugar drop. “You get an energy spike and then you come crashing down and eat

more of the same kinds of foods,” she explains. “And that cycle can repeat indefinitely.”

Instead, reach for complex carbs – like whole grains and non-starchy vegetables – which are more slowly digested than simple carbs, giving you a steady stream of energy. To make sure you're getting enough nutrients to fuel

your body, Harbstreet recommends trying to eat three food groups at every meal and at least two at snack time.

### **YOU'RE NOT BREATHING WELL AT NIGHT**

---

If you've been unusually tired for more than a month, ask your doctor if an underlying problem could be behind it.

One common culprit is sleep apnoea, a condition that causes breathing to start and stop throughout the night. Worldwide, over 100 million people suffer from sleep apnoea.

Since sleep apnoea causes sufferers to rouse multiple times a night to keep breathing – often without knowing it – they don't get enough deep sleep. The condition, which often comes with daytime exhaustion and night-time snoring, can also lead to other issues, including cardiovascular disease and diabetes.

If diagnosed, sleep apnoea can be treated with a small pump and mask that pushes pressurised air into your nose or mouth during the night to make sure your airways stay open.

### **YOUR THYROID IS STRAINED**

---

Another underlying problem to watch out for is hypothyroidism, which affects about five per cent of the population and almost always

includes tiredness as a symptom. The condition is caused when your thyroid, a butterfly-shaped gland inside your neck, produces too few hormones.

"Thyroid hormones control your metabolism, which is like the engine in your car," says Dr Lin. "When your engine runs too low, the car drives too slowly." Along with fatigue, hypothyroidism may also result in weight gain, slow movement and speech, and sensitivity to cold. The condition is most common in women over 60 and can be treated by taking a medication that contains either natural or synthetic thyroid chemicals.

**A FEW WEEKS AFTER HER FATIGUE** set in, Heffernan knew she needed to do something to feel better. Finally, one day she decided to drop everything and go for a walk – something she hadn't done since the pandemic began.

"I just wanted to be by myself," she says. "I needed a break." When she returned, she felt recharged and decided to make a habit of it.

"Going for a 45-minute walk really feeds me, spiritually, emotionally and physically," she says. "I have something to look forward to every afternoon. I'm in a better mood. And after putting the kids to bed, I have the energy to stay up, talk to my husband and have some more time for myself." **R**

tealive

# Aren Palm Sugar Palm Sugar

ORIGINATED FROM BORNEO



YOU'VE  
FLIPPED  
TO THE  
RIGHT PAGE

SCAN NOW TO ORDER



Aren Black Diamond Milk

**THIS GREEN TREE FROG** has taken a seat in a canna plant. With a little luck, no predator will discover him here. Many of these amphibians, mainly native to the southeastern US, are only a couple of centimetres long and make tasty appetisers for snakes, lizards and birds.



PHOTO: GETTY IMAGES/JEFF R CLOW



PHOTO FEATURE



# JUST BLENDING IN!

*Some animals  
are masters at  
merging with their  
environment*

---

BY *Doris Kochanek*



**WHAT CAN BE SEEN SWIMMING** off the coasts of Western and South Australia is not a plant, but a 'weedy sea dragon'. A marine fish related to seahorses, these creatures grow up to 35 centimetres long and, among kelp, 'weedies' are hardly recognisable as animals. Their colour varies depending on the depth of the water; the deeper they live, the darker they are.

**BIRDS** that lay their eggs in nests on the ground run the risk of losing them to predators. To protect their roost, golden plovers do not rely solely on their eggs' camouflage. If an enemy comes close, one of the birds will draw attention to itself and lure the intruder away.





**IT'S HARD TO TELL** where the canine ends and the carpet begins. This fluffy dog is a male Coton de Tuléar. The breed, with cottony-soft fur, originates from Madagascar, where it is said to have been favoured by royalty. This breed of small dog is particularly friendly and playful.

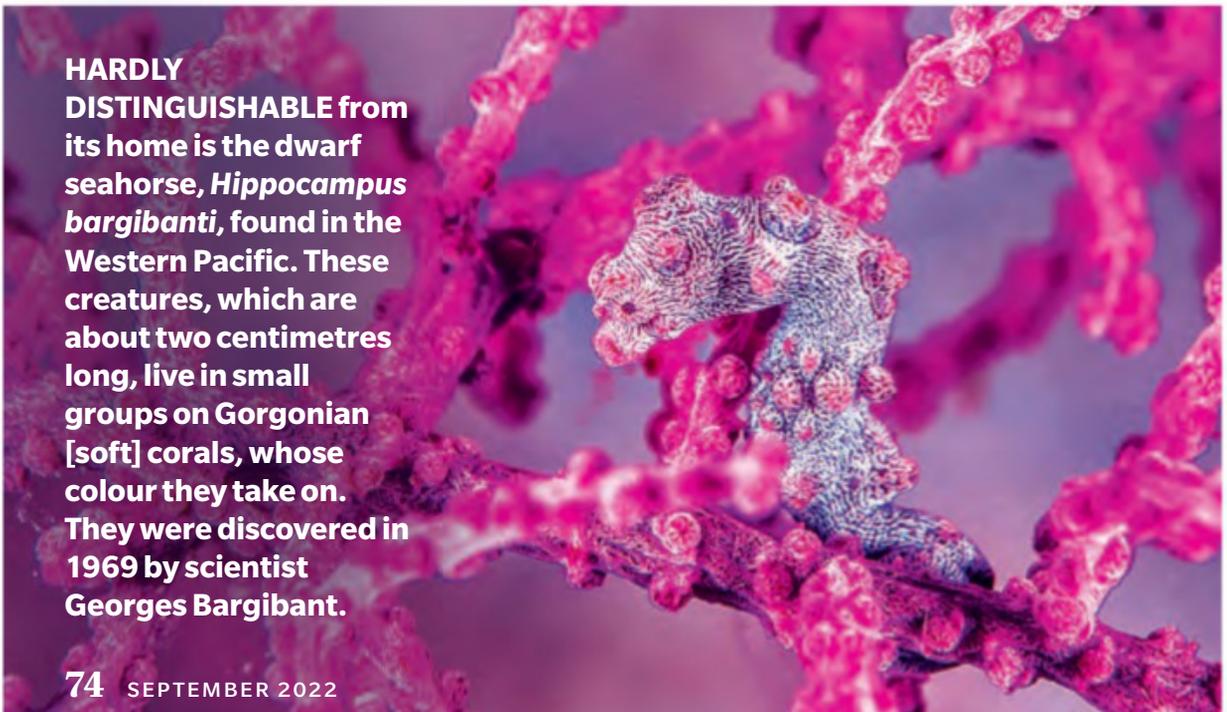
**WOE TO THE ANIMAL** that gets too close to this Mississippi alligator covered in duckweed. Although adults can weigh up to 450 kilograms, they are able to move at lightning speed. Mississippi alligators live in wetlands, lakes and slow-moving waters across the southeastern US.





**UNSURPRISINGLY**, this insect found in the Philippines, the *Phyllium philippinicum*, is also known as a 'walking leaf'. During the day they sit quietly on the plant they call home, which they also happen to strongly resemble. At night the males leave the security of this disguise and swarm out in search of a mate.

**HARDLY** DISTINGUISHABLE from its home is the dwarf seahorse, *Hippocampus bargibanti*, found in the Western Pacific. These creatures, which are about two centimetres long, live in small groups on Gorgonian [soft] corals, whose colour they take on. They were discovered in 1969 by scientist Georges Bargibant.



PHOTOS, CLOCKWISE FROM LEFT: GETTY IMAGES/GIORDANO CIPRIANI; GETTY IMAGES/MEGAN LORENZ; GETTY IMAGES/SOMNUK KROBKUM

**IF A SCREECH OWL** remains motionless, it is almost invisible on the bark of a tree. About 25 species of these medium-sized birds inhabit the Americas. At dusk and at night, they prey on insects, lizards, frogs and other small animals. But these owls do not actually screech. Their calls are more like warbles or hoots, depending on the species.



## HUMOUR



# Millennials, *Where Are Your Manners?*

BY Patricia Pearson

Recently, I was standing at a city intersection with a gaggle of others, waiting patiently for the light to turn green so that we chickens could cross the road. Suddenly, a young woman chatting on her phone bounced past us all and stepped into the intersection just as a car came along. One of

the waiting pedestrians called out to warn her, and she swung her head around and snapped in our direction: “Do you mind? I’m on the phone.” For a moment, we all blinked in surprise, and then we started laughing.

I believe military tacticians would refer to the woman’s behaviour as showing a ‘lack of situational

ILLUSTRATION: SAM ISLAND

awareness. My cat attempting to walk across the stove when I'm cooking would be another example. Or someone ambling backwards towards a cliff edge while taking a selfie. But here, might I suggest we have a lack of social awareness as well? Who, exactly, is the one who should 'mind'? Is it the huddled pedestrians who dared interrupt this person's call to point out that she was obliviously storming into traffic? Or is it the young lady?

I know it's a bit of a sport to complain about how rude people have become, but the more I think about it, the more it strikes me that the problem with modern manners is precisely this kind of obliviousness. Millennials – that age group roughly between 25 and 40 – will step on your feet and then get mad at you for existing in their space.

Once upon a time, social awareness was a given. Superficial niceties like saying "Good morning" or waving to neighbours were gestures of goodwill that kept us aware of one another in public as fellow human beings, without committing too much.

But now, some members of the younger generations wouldn't recognise you as a human if you stood up in their soup. They'd probably think you were an eco-friendly spoon.

A 2019 UK study found that 42 per

cent of millennials wouldn't offer their seat on public transport to someone who is elderly or pregnant. Amazingly, they admitted this to the researchers, apparently without shame. More than 80 per cent think that holding a door open for someone, or saying "please" and "thank you" is old-fashioned. They are divided as to whether it is or isn't rude to ignore people on social media.

## THEY WILL STEP ON YOUR FEET AND THEN GET MAD AT YOU FOR EXISTING IN THEIR SPACE

---

I can tell I am dealing with a millennial at work when they don't return my email or phone call, even though they might have initiated the interaction. Or we can be in the midst of setting up a time for a meeting, with one

person proposing X day and another suggesting Y, and then ... for no apparent reason ... 700 years of total silence go by. It's as if you're a ghost outside the window, waving your arms in futility. *Hell-ooooo?*

You begin to wonder if you dreamed the whole exchange. Or you start thinking maybe the person has a brain injury and completely forgot they were conversing. Should you alert their family?

But no, because these are mostly young people I speak of. Alert, vibrant, healthy young people who will ask you a question and then literally lose interest in listening to your response within a nanosecond. "Would

you like a receipt?" a young shop assistant might ask me. "Yes, please," I will say. And then she will hand me the bag with no receipt. Never mind a "thank you for your business".

This inability to keep a conversation going by email or listen to what others just said reminds me of sleep-walking.

I was recently at a spa with my friend Sheila, and the person preparing our menu asked about food allergies. Sheila said she was allergic to blue cheese (it contains the same allergen as penicillin).

But the 20-something woman who was apparently off in the clouds wrote down "coeliac disease" and delivered Sheila a plate of gluten-free muffins that tasted like damp hay. When we tried to correct the misunderstanding, the staffer, reaching new heights of inattention, added 'blue cheese' to 'coeliac disease'. Sheila was forced onto a low-carb diet until we left.

I say all of this without even mentioning the troll-like nastiness of social media, where wishing people a

nice day is like dangling your feet in a pool of sharks. But that just means we have all been experiencing the disconnect between real, three-dimensional space and the virtual space that seems to have stripped the new generation of manners.

We can find our way back to small acts of kindness. Maybe it just takes a new shape. My millennial daughter, Clara, lost her handbag a few weeks ago. She was crestfallen - until she received a message from an Instagram account belonging to a chihua-

hua named Pee Wee. I am not making this up. Pee Wee's owner had found Clara's handbag and wanted to return it. She left it on Clara's porch, so the two women never met. Instead, they traded virtual kindnesses: Clara, in her return message, offered to let Pee Wee wear the earring that was in her handbag as a brooch on his dog coat.

Now, there's a photo of that in cyberspace. And I'll take it as a sign of good manners. Maybe some of the etiquette has gone online. **R**

## MY DAUGHTER GOT A MESSAGE FROM A DOG NAMED PEE WEE THAT HER HANDBAG WAS FOUND

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### Now That's Horsepower

After fuel prices soared following the Russian invasion of Ukraine, Stephanie Kirchner switched to real horsepower for her six-kilometre commute to work. Leaving her SUV at home, the 33 year old from Germany now jumps in a horse-drawn carriage. AP

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QUOTABLE QUOTES

**What we do is more important than what we say or what we say we believe.**

BELL HOOKS, AUTHOR

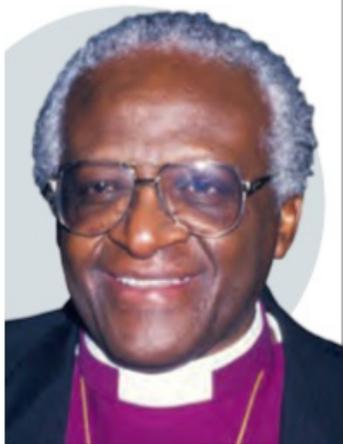


Sleep like a baby? No, thanks. I want to sleep like a teenager. They sleep for 12 hours and still take a nap.

AISHA ALFA, COMEDIAN

If you are neutral in situations of injustice, you have chosen the side of the oppressor.

DESMOND TUTU, ARCHBISHOP AND HUMAN RIGHTS CAMPAIGNER

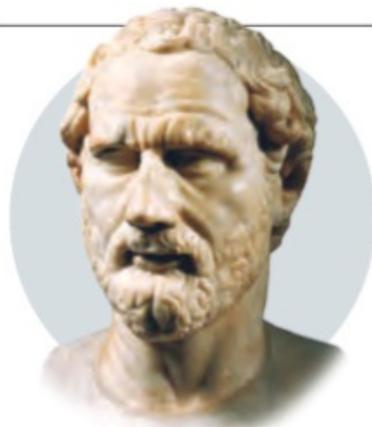


*To those wondering about giving while living: try it. You'll like it.*

CHUCK FEENEY, ONE-TIME MULTIBILLIONAIRE WHO GAVE AWAY HIS ENTIRE US\$8 BILLION FORTUNE DURING HIS LIFETIME

Fear of looking stupid is the No. 1 killer of dreams. The worst part? The people who make you feel stupid are usually the ones least qualified to judge someone else's life.

ANTHONY MOORE, MUSICAL COMPOSER



SMALL OPPORTUNITIES ARE OFTEN THE BEGINNING OF GREAT ENTERPRISES.

DEMOSTHENES, ANCIENT GREEK STATESMAN

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# THE **NEW** FIRST-AID RULES

*Why you shouldn't soak a splinter,  
and other ways immediate  
care has changed*

---

BY *Stacey Colino* ILLUSTRATIONS BY *Nien-Ken Alec Lu*

FROM **THE WASHINGTON POST**



**S**pring is upon us, which means we're making the most of barbecues, picnics and other outdoor fun. That's all good, but it also means we're at increased risk for mishaps. When it comes to treating injuries, the strategies our parents used may no longer be the right things to do. In some cases, folk tales have been debunked; in others, doctors have found better treatments.

"As we learn new things from science, the guidelines change - and that's happening with first aid. We now have better evidence of what works," says Dr Sean McGann, from the American College of Emergency Physicians.

If your first-aid techniques aren't on target, you could end up exacerbating an injury.

In a study published in the journal *Pediatric Emergency Care*, 654 adults took a multiple-choice test on recommended first-aid skills and not one person answered every question correctly. In addition, only half of the adults were familiar with 60 per cent of the questions.

It shouldn't be that way. To make sure you're up to speed on the latest in first aid, here are some dos and don'ts for various situations.

## YOU BURNT YOURSELF WHILE BARBECUING

**Place the burnt area under cool running water** for at least 20 minutes to calm the pain and stop damage to the skin. "A lot of people don't realise the thermal damage is continuing even after they're no longer in contact with the source of the burn," says Dr Matt Wilson, an emergency medicine



specialist. “Cooling that area immediately is the key to limiting the damage.”

A 2020 study published in the *Annals Of Emergency Medicine* found that treating burns with cool running water for 20 minutes was associated with a decreased depth to the burn and significantly lower odds of needing a skin graft to repair the damaged skin. If you aren't near a source of clean water, use a cold compress, such as ice wrapped in a towel.

After cooling the burn, pat it dry. You can take ibuprofen to reduce discomfort and apply an antibiotic ointment, which can help moisturise the area, says emergency medicine specialist Dr Michael Carius.

**Don't apply butter, egg white or vitamin E to a burn** because they could introduce contaminants or irritate the raw skin, Dr Wilson warns.

Applying ice directly to a burn can lead to more tissue damage.

And if a blister forms on the burn, don't pop it, because that bubble of skin provides a barrier that helps prevent infection. If it pops naturally, apply an antibiotic ointment and a clean bandage.

**Seek medical attention** if you suspect it's a deep burn because the skin looks angry (like raw meat) or waxy.



### YOU GOT A SPLINTER WALKING BAREFOOT

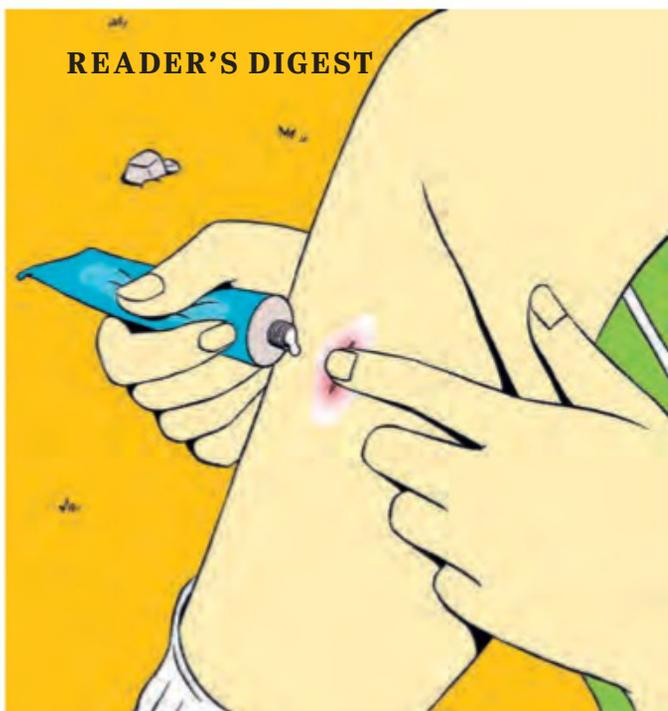
**Grab clean tweezers or splinter forceps and gently but firmly pull the splinter out.** “Make sure all of it is removed, otherwise it becomes a source for possible infection,” says Daniel Bachmann, an associate professor of emergency medicine.

Then, wash the area with soap and water and keep it clean.

**Don't soak the splinter in water.** This makes the wood more susceptible to breaking apart under the skin and less likely to come out as a single piece, Dr Carius says.

**Seek medical attention** if you can't get it out on your own; consider going to a medical centre.

“The splinter has to come out, because it's almost certainly going to



become infected if it stays under the skin,” Dr Carius says.

## YOU TRIPPED AND CUT YOURSELF

**Wash the cut with soap and water**, making sure all dirt is removed, then apply pressure to the wound, using a clean towel, to stop the bleeding.

Apply an antibiotic ointment, which keeps the wound moist and facilitates healing, and cover the cut for 48 hours to prevent infection, Dr McGann says.

**Don't use hydrogen peroxide to clean the wound.** “In addition to being painful, applying peroxide can actually damage healthy tissue and slow down the healing process,” Dr McGann says.

**Seek medical attention** at the nearest emergency department if the wound is gaping or very dirty, if there's a

foreign body embedded in the cut, or if it's longer or deeper than six centimetres.

Keep in mind: timing matters. “A lot of doctors won't close a wound after 24 hours because of the risk of infection,” Dr Carius says. Instead they may monitor it until they are sure that there is no bacteria trapped inside.

## YOUR NOSE STARTS BLEEDING PROFUSELY

**Place a towel or a wad of tissues** under your nostrils, and apply pressure by pinching the nose tightly, just below the nasal bone, for 10 to 15 minutes straight.

“Don't keep checking to see if the bleeding has stopped,” Dr Wilson says. Lean your head forwards to prevent the blood from going down your throat and into your stomach, which could trigger nausea.

**Don't leave the tissue in your nose to block blood flow**, because “this could introduce a source for infection or make the situation worse,” Dr Bachmann says. Also, avoid vigorously blowing your nose for a few hours, so you don't restart the bleeding.

**Seek medical attention** if you can't stop the bleeding with nonstop pressure after 15 minutes. If you have a bleeding disorder or you're taking anticoagulant drugs, it may be harder to stem the bleeding. If you can't

stop it, go to the emergency department, Dr McGann advises.

## YOU TWISTED YOUR ANKLE

**Elevate the ankle above your heart and apply cold or ice packs** – or a bag of frozen peas – for 10 to 15 minutes at a time, every two to three hours, to reduce swelling, advises Dr Carius. Resting the injured joint and taking an anti-inflammatory can help ease inflammation and pain. “The goal is to keep the swelling down, because that’s what causes most of the pain,” he says. (Note: Some experts dispute the benefits of icing a sprain and say if it’s done too long or too intensely, it may slow the recovery process.)

**Don’t put ice directly on the skin, because this could damage it**, Dr Wilson says. And don’t apply heat in the 48 hours after the injury, as this can increase swelling – the opposite of what you want.

**Seek medical attention** if you can’t bear weight on the injured ankle or it looks misshapen. “Sometimes it’s hard for people to differentiate a sprain from something more serious like a fracture,” Dr Bachmann says.

## SOMEONE IS HAVING A SEIZURE

**Call an ambulance**, then clear the area around the person so they won’t hit something. “The most important thing is to protect the person from being injured while they are having a seizure,” Dr Bachmann says.

If possible, help the person get on the ground and turn them on their side so “secretions will leak out of the mouth and not into the airway,” Dr McGann says.

**Don’t force anything (such as your fingers or a spoon)** into the person’s mouth to try to prevent them from biting their tongue, Dr Carius warns. “That’s one of the more dangerous things you can do.” Biting down on a hard object like a spoon can cause the person to chip their teeth or choke.

**Seek medical attention** for anyone who has a seizure for the first time. They should be evaluated in an emergency department so doctors can determine the cause and assess their health and mental status afterwards, Dr Bachmann says. 

THE WASHINGTON POST (JULY 26, 2021),  
© 2021 BY THE WASHINGTON POST



## Coming Of Age

Adults are always asking children what they want to be when they grow up because they’re looking for ideas. PAULA PROUDSTONE

## ALL IN A DAY'S WORK

### *Humour On The Job*



### **Counting Sheep**

My granddaughter, a 'city girl', got her first teaching job at a primary school in a rural area where the majority of the pupils lived on farms.

During a maths lesson, she asked the class, "If there were seven sheep in a field and someone left the gate open, and two sheep escaped, how many would be left?"

Young Thomas, a farmer's son, answered, "None, Miss."

"Are you sure?" she asked.

"Yes, Miss," he said. "Sheep are

stupid animals; when the first two went, the other five followed."

SUBMITTED BY JOHN ROBERTS

### **The Art Of Doing Nothing**

Italian artist Salvatore Garau created an artwork that must be seen to be believed. Only, you can't see it. It's invisible. Still, that didn't stop Garau from successfully selling the non-existent artwork to someone who saw enough there to shell out US\$18,300.

The new owner went home with very real instructions: The work,

which is, to repeat, invisible, must be displayed in a 1.5 metre-by-1.5 metre space free of obstruction.

Source: Artnet.com

### Too Little, Too Late

Need an excuse for coming to work late? Don't try these, which various bosses say failed the first time they were used.

- *"My wife put all my underwear in the wash."*
- *"I dreamt I was already at work."*
- *"My fake eyelashes were stuck together."*
- *"I had morning sickness."  
(It was a man).*
- *"I was stuck under my bed."*

Source: careerbuilder.com

### Not That Nice

My toddler and I saw some fishers down at the pier today. "Look, they're helping the fish out of the water," he said. "That's so nice!" @AVERAGE\_DAD1

### Knead To Know

I began to have doubts about how mathematics is taught when a young cook at my pizzeria said he had a problem. "A customer called asking for a pizza that's a third cheese, a third pepperoni, and a third combination," he said.

"So, what's the problem?" I asked.

"I don't know what to put on the fourth third."

SUBMITTED BY ROBERT KEARNEY

## WHO DO YOU CALL WHEN THE FUR FLIES?

*These emergency department phone operators share some of the wilder calls they've taken.*



**"Once I talked to a pizza delivery guy who couldn't reach his destination because a defiant chicken was standing in the middle of the road."**

**"Someone called because they got their head stuck in their cat's scratching post. The cat was stuck inside with them. Throughout the call, I kept hearing, 'Ow, dude, this isn't fun for me either.'"**

**"On Christmas morning, I got a call from a lady who needed help cooking a turkey. I told her this was an emergency line. She informed me this was an emergency, because she had family coming over."**

SOURCE: REDDIT



## QUIZ

# WHO AM I?

*Can you identify 12 famous people from our tricky questions?*

BY *Caroline Friedmann*

## QUESTIONS

**1** Leonardo da Vinci is probably the most famous polymath of all time. The testimonies of his varied work are traded at top prices today. Those who are lucky enough to acquire da Vinci's personal notes will find that they are not easy to read. This is because he often wrote his notes in ...

- a)** hieroglyphics
- b)** a shorthand he developed
- c)** mirror writing
- d)** an early version of Morse code

**2** This composer was born in 1770 into a family of musicians. He gave his first piano concert at age seven, and published his first compositions at 12. His works can still be heard in concert halls around the world. He is considered to be the perfecter of Viennese Classicism and a forerunner of Romanticism. Who is he?

- a)** Ludwig van Beethoven
- b)** Joseph Haydn
- c)** Wolfgang Amadeus Mozart
- d)** George Frideric Handel



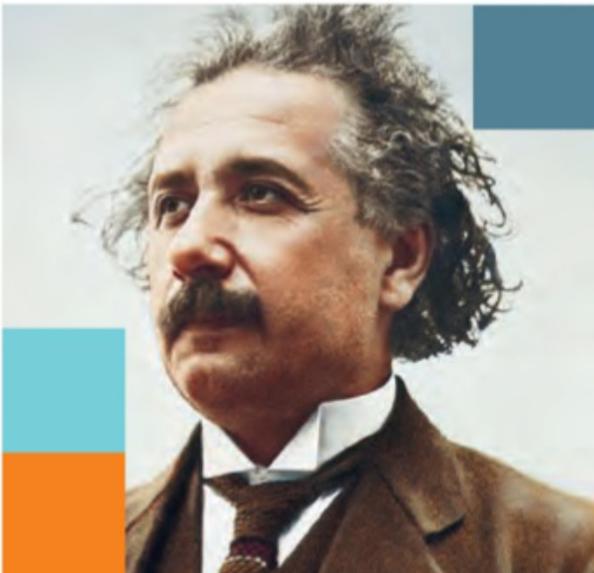
## READER'S DIGEST

**3** This general led his troops over long distances. Battle and war could not frighten him. The sight of a cat, however, is said to have sent him fleeing. Who is he?

- a) Hannibal
- b) Genghis Khan
- c) Saladin
- d) Napoleon Bonaparte

**4** In 1905, the then 26-year-old physicist Albert Einstein published five papers which, according to today's experts, would all have been worthy of the Nobel Prize. He received it only once. In November 1952, the genius was offered a post that had nothing to do with physics. What was it?

- a) Conductor of the Berlin Philharmonic Orchestra
- b) Secretary General of the United Nations
- c) President of Israel
- d) Head of Philosophy at Oxford University



**5** Many of the leading visual artists of the 20th century were also influential in intellectual movements of their day. Who, influenced by the findings of psychoanalysis, developed the paranoiac-critical method?

- a) Salvador Dalí
- b) Joan Miró
- c) Pablo Picasso
- d) Frida Kahlo

**6** Mahatma Gandhi fought non-violently against colonialism and was the leader of the Indian independence movement. What was Gandhi's previous profession?

- a) postal clerk
- b) lawyer
- c) dentist
- d) accountant

**7** The Academy Award is considered the most important award in the film industry. Only three actors have received more than two of them for their performances in leading roles. Who has received four awards in this category?

- a) Daniel Day-Lewis
- b) Tom Hanks
- c) Frances McDormand
- d) Katherine Hepburn

**Theoretical physicist Albert Einstein (left) is best known for developing the theory of relativity**

**8** This year, Queen Elizabeth II celebrated 70 years as monarch of Great Britain – longer than anyone before her. During her time on the throne, the 96 year old has made countless state trips. Which passport does she use?

- a)** A British passport
- b)** A Scottish passport
- c)** She travels without a passport
- d)** A passport reserved for heads of state

**9** Only a handful of women have become head of government in their country. One of them was recently ‘immortalised’ as a Barbie doll, flower and equestrian statue. Who is it?

- a)** Jacinda Ardern
- b)** Angela Merkel
- c)** Margaret Thatcher
- d)** Indira Ghandi

**10** Billionaire Elon Musk’s private life is well known for being turbulent. This can be seen in the fact that he ...

- a)** first married a woman, then a man
- b)** has 13 children with five women
- c)** divorced the same woman twice
- d)** trusts no one

**11** Agatha Christie is still considered the most successful writer in the world. Her 66 crime



**Billionaire Elon Musk  
co-founded PayPal and  
formed SpaceX**

novels and 15 short-story collections have sold over two billion copies. In 1926, she was the focus of a police investigation. Why?

- a)** She had caused a car accident while drunk
- b)** She had disappeared without a trace for 11 days
- c)** She was suspected of murder
- d)** She stole a car

**12** This football player was five times Champions League champion and is the top scorer of this league. In addition, no one has played more World Cup and European Championship matches than ...

- a)** Robert Lewandowski
- b)** Neymar
- c)** Cristiano Ronaldo
- d)** David Beckham

**>> Turn to page 94 for quiz answers**

## ANSWERS TO WHO AM I QUIZ

**1 c)** Leonardo da Vinci usually wrote his notes in mirror writing. Since he was left-handed, it is assumed that it was easier for him to write from right to left. Perhaps he also wanted to make it difficult for unwanted readers to decipher his notes.

**2 a)** Ludwig van Beethoven is considered to have completed the Viennese Classical music period, paving the way for the more emotional Romanticism era.

**3 d)** Napoleon Bonaparte is one of the most famous individuals in history who suffered from ailurophobia, a pathological fear of cats.

**4 c)** In 1952, Albert Einstein was offered the position of President of Israel. But he considered himself “unfit for politics”, so declined the invitation.

**5 a)** Salvador Dalí, the famous surrealist with the swirly beard, developed this method.

**6 b)** Mohandas Karamchand Gandhi, known as Mahatma Gandhi, studied law in London. He first worked as a lawyer in South Africa before returning to India and devoting himself entirely to the peaceful struggle for independence.

**7 d)** To date, Katherine Hepburn holds the record with four Oscars. Daniel Day-Lewis and Frances McDormand have so far each won three, while Tom Hanks has won two.

**8 c)** Because British passports are issued in her name, the Queen herself does not need one. So she travels without a passport.

**9 b)** A species of orchid is named after Angela Merkel, who was German Chancellor from 2005 to 2021. Merkel is also celebrated as a Barbie doll and an equestrian statue.

**10 c)** Elon Musk and Talulah Riley married in 2010 and divorced in 2012. In 2013, they remarried, only to divorce for a second time in 2015.

**11 b)** In December 1926, Agatha Christie disappeared without a trace after an argument with her husband. The police searched for ten days, and her husband came under suspicion. Then she reappeared. She never gave an explanation for her mysterious disappearance.

**12 c)** Cristiano Ronaldo has won the Champions League five times (four times with Real Madrid) and scored 140 goals in 183 Champions League games. **R**



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TRAVEL



# SINGAPORE UNDER LIGHTS



*One of the world's most spectacular sporting events, the Formula 1 Singapore Grand Prix returns to the city-state after two years' hiatus. **Stewart Bell** explains why it's a must-go*

---



**S**ingapore has long been one of the world's great cities, a gastronome's dream with its vibrant mix of Malay, Chinese and Indian cultures. But everything goes up a thousand notches when Formula 1 comes to town.

And that passion will be on show again this year from September 30 to October 2, when the Formula 1 Singapore Airlines Singapore Grand Prix 2022 returns after a two-year COVID-19-forced hiatus.

The world's fastest racing cars threading the barriers under lights in perfect tropical weather?

Yes, please.

And it's not just fans looking forward to the trip, with F1's original night race a favourite of many drivers – despite it being up to 60°C in the car, and no rest for 61 laps on the 23-turn Marina Bay Street Circuit.

"I do relish the physical and mental challenge in Singapore. It's an intense race weekend and one you have to be ready for, and more so than other races," says Perth-born racer Daniel Ricciardo, who drives for McLaren.

"I learnt a lot from my first race there in 2011, and I realised the need

for being ready for the challenge," he says. "The circuit is long and busy. You have to get close to the exit walls and sometimes you're there holding your breath."

The drivers race wheel-to-wheel at up to 320km/h for almost two hours, enduring up to 5G forces in corners and under braking, and losing up to

three kilograms in body fluid. Fitness is, therefore, critical – a single lapse in concentration could lead to a date with the barrier.

"It's just so hot," adds F1 world champion Lewis Hamilton, a four-time winner of the event, who races for Mercedes. "You have long sleeve underwear on, [a] balaclava and then the suit on top of that – which is another three layers, and then gloves. Then you go in a sauna. And even if you open up your visor, there is no cool breeze coming in, so you are sweating before you even get in the car."



**"Intense race weekend"  
F1 driver Daniel Ricciardo**



**Four-time winner  
Lewis Hamilton**



For the drivers, the Formula 1 Singapore Grand Prix is an intense challenge with high cockpit temperatures and lots of corners





**Marina Bay's Apex Lounge (above left) promises views of the race; British boy band Westlife (above right) is slated to perform on the main Padang stage**

To prepare, the drivers will do targeted heat training a month out from the event, some using a sauna to simulate hot and humid conditions. The type of training might involve an intense aerobic conditioning session, featuring six by three-minute fast-running with a three-minute recovery in between.

"There are so many corners and not many straights," says Haas F1 team driver Kevin Magnussen about the Singapore track.

"So you are really working the whole time. You're not going straight, so you're not able to relax anywhere," he says.

"And then because it's a relatively low-speed track, that almost always takes us up to the two-hour limit, which is obviously very tough."

The challenge gets even more astonishing when you realise that the

teams and drivers don't adapt to local time while in Singapore, preferring to stay on European time to be at their most alert at night time. Jonathan Wheatley, Red Bull Racing's team manager, explains: "The flights [to Singapore] actually work in our fa-

vour in that respect," he says. "They arrive in the evening, the guys [race team] get there and can have a night out, if they like, for their first night in Singapore, and they don't actually have to go to bed until six or

seven o'clock in the morning."

But, while it's a sweat-fest for the drivers, for the fans the festivities continue beyond the track limits, with Singapore's race world famous for its concerts. Every year, the release of the entertainment bill makes news headlines.

And 2022 is no different, with an eclectic list of superb artists, including

## **EVERY YEAR, THE RELEASE OF THE ENTERTAINMENT BILL MAKES NEWS HEADLINES**

PHOTOS: (APEX LOUNGE) SGP MEDIA; (ALL OTHERS) GETTY IMAGES.

## Singapore Under Lights



A prominent landmark in the Kampong Glam Malay Heritage District is the historic Sultan Mosque (above); Singapore is well known as a gourmand's paradise (below)



## READER'S DIGEST

DJ Marshmello, Westlife, Green Day, Black Eyed Peas, The Kid LAROI, TLC, and Suede.

The fun continues well beyond the race track, with the glittering Circuit Park covering nearly 800,000 square metres (equivalent to 112 soccer fields) of Singapore's city centre. The park is jam-packed with entertainment, including roving acts, interactive displays and authentic local and international food.

Outside the gates of the Circuit Park, there's plenty to see, do and feast on to soak up the buzz. A quick tour can simply involve a trip on the Singapore Flyer that looks over the Circuit Park and skyline, followed by shopping at Orchard Road and dinner and drinks riverside at Clarke Quay.

If you're interested in learning

more about the island nation's history, head over to the Kampong Glam historic district for a taste of Malay culture, delight in the vibrancy of Little India, and spend some time at the National Museum of Singapore.

Food is always high on everyone's list, and there's no doubt that visitors to Singapore return to their hotels

full. Hawker centres are amazing for a truly authentic taste of *Hokkien Mee* (stir-fried noodles), *Char Kway Teow* (stir-fried rice noodles), Hainanese Chicken Rice or Chilli Crab.

If you're looking for haute cuisine and want to avoid the city, try one of the many hip winning and dining establishments at Dempsey Hill.

Sentosa Island – with unlimited options for action and adventure – and only a short trip on the Sentosa Express train from Singapore is very

## THERE'S PLENTY TO SEE, DO AND FEAST ON TO SOAK UP THE F1 BUZZ

**Singapore's zoo is extremely popular with families (below left); the sky lights up with fireworks during the Grand Prix (below right)**





**Sentosa Island offers fun water-based activities as well as pristine beaches**

popular with families. You can head to Universal Studios Singapore, try ziplining, luge (part go-kart, part toboggan), or even indoor skydiving.

Stick around on Sentosa Island for its stunning beaches, and grab some lunch at the famous Tanjong Beach Club, widely considered the world's best beach bar for its unbeatable menu, service and views.

The fun continues in the city at Singapore Zoo, widely regarded as the world's best rainforest zoo. Or head to Tiong Bahru, Singapore's first housing district. Here, you can find great cafes along Yong Siak Street and enjoy local delicacies at the Tiong Bahru Market.

For some fantastic shopping, don't forget Singapore's 24-hour

shopping mall, the Mustafa Centre. This gem in Little India sells practically anything you can think of at bargain prices, but on an entirely exotic level.

All in all, Singapore offers the right ingredients for an unforgettable trip with the F1 under lights, unlimited fun and relaxation options and lots of fantastic food.

"I think the way the city gets around race time is really cool," says Ricciardo. "I've had family and friends come to it and they've only ever said good things." **R**

*The Formula 1 Singapore Airlines Singapore Grand Prix 2022 will be held from September 30-October 2. For more information, visit [singaporegp.sg](http://singaporegp.sg)*



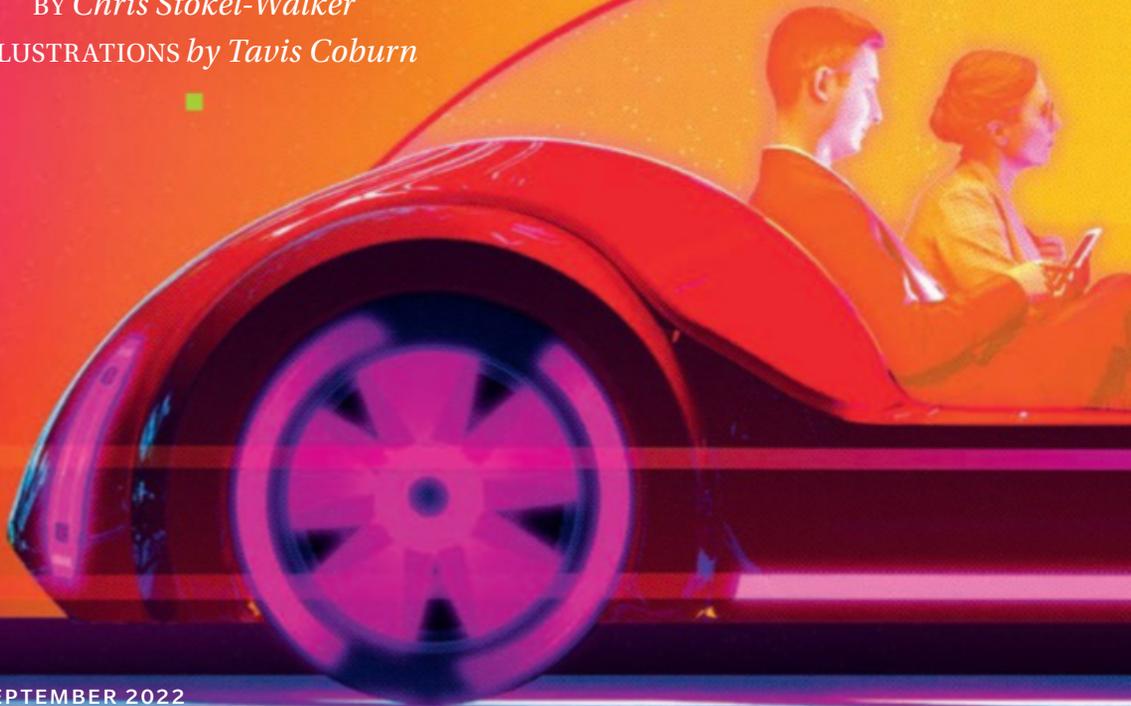
BONUS READ

# THE FUTURE OF TECH

From self-driving cars to space travel,  
we answer your questions about  
where technology is heading

BY *Chris Stokel-Walker*

ILLUSTRATIONS by *Tavis Coburn*







**very day, it seems, a new techy term pops up, leaving us non-techies asking questions in what sounds like a foreign language. “What is an NFT?” for example. And “Where, exactly, is the metaverse?” If you’re confused, you’re not alone.**

While it might feel as if technology is speeding up, it follows a predictable formula called Moore’s Law, which has correctly predicted the pace of human advancements in technology for nearly six decades. Moore’s Law suggests that the number of transistors on a computer chip will double about every two years. This is a reliable indicator of how much and how quickly technology will change.

And while Moore’s Law has held true for all this time, it hasn’t stopped other key trends in tech from accelerating far faster than computer chips can keep pace.

From a new space race pitting billionaires like Elon Musk and Jeff Bezos against each other to big advancements in the artificial intelligence, or AI, that powers robots and self-driving cars, we will answer some crucial questions to keep you on the cutting edge of the future of tech.

**China hopes to increase sales of self-driving cars to 20% by 2030**

**QUESTION NO.1**

**WHEN WILL I HAVE A SELF-DRIVING CAR?**

**LIKE THE JETPACKS** sci-fi writers have promised us since the 1920s, the vision of a self-driving car that whisks us to work while we read the news has proved to be more problematic to implement in practice than in theory.

So-called advanced driver-assistance system (ADAS) features are available in some cars, such as Tesla’s electric cars, but they’re not what would be considered self-driving. Tesla’s autopilot tool can help you stay in your lane while driving on the highway, but it’s graded only a Level 2 on the five-stage system of automation developed by SAE International, a driving standards organisation. Level 5 would be a full self-driving



experience with hands off the steering wheel. We aren't there yet. But that's not everywhere.

Look further afield and the future is closer. "If you look at China, the big cities like Shanghai and Shenzhen have self-driving cars doing passenger transportation," says Ferdinand Dudenhöffer, director of the Centre for Automotive Research in Duisburg, Germany.

The self-driving taxis, which are run by Chinese auto and tech giants, are part of a countrywide plan to increase the sales of Level 4 vehicles - which allow drivers to switch off mentally while still requiring them to keep their hands on or near the

wheel - to around 20 per cent of the total by 2030.

But what works in China might not work elsewhere, admits Dudenhöffer.

Chinese citizens might accept having the journeys of their vehicles tracked and analysed to improve traffic flows, but citizens of other countries may be reluctant to agree to that tracking.

Privacy concerns may stymie the promise of kicking back on your commute.

Self-driving cars must constantly generate data from their sensors and software to make driving decisions - otherwise they would crash.



## QUESTION NO.2

## WHAT IS THE METAVERSE?

**YOU'VE LIKELY BEEN UNABLE** to avoid talk of the metaverse in the past few months. The term, first coined by sci-fi author Neal Stephenson in a 1992 novel, has become a vision of the future of technology in our lives. And if the hype is to be believed, it's where we'll be living the rest of our digital lives.

"The metaverse is a further convergence of our physical and digital lives," says Cathy Hackl of Futures Intelligence Group. Put plainly, the metaverse is a 3D virtual space that can be accessed through virtual reality goggles, adding elements of the digital on top of our day-to-day lives. You could attend concerts and conferences in the metaverse, staged in a 3D digital representation of a nightclub or conference centre. Elsewhere, you'll shop for shoes in a virtual Nike store or order food in a virtual McDonald's and have it delivered to your real-world home.

"It's the future of the internet. But it's also about further connectivity," says Hackl.

So far, most of the attention around the metaverse has been focused on the company formerly known as Facebook, which rebranded last

year as Meta in an indication of how strongly it believes in the future of the metaverse. Founder Mark Zuckerberg wants a billion of us to live, work and play in the metaverse by 2030.

But Hackl warns people not to view the social media giant as the centre of the metaverse. "It's not just one company," she says. "No single company can build it, either." It's also not enabled by a single technology, even though right now the way to 'enter' the metaverse is to strap on a pair of virtual reality goggles.

While the early running may be made by Meta, the momentum will be picked up by others. And just because we have an idea of what the metaverse will look like now, it doesn't mean that's what it'll end up as, Hackl cautions. "The way I explain it is, we're in a high-speed train, destination metaverse," she says. "We don't know the stops, but we kind of know where we're heading."

**Something to think about:** Currently, there are no laws specifically governing the metaverse. However, the same laws that apply to the internet, such as copyright, defamation, contract and the like, also apply to the metaverse and other virtual realms.

**"It's the future of the internet. But it's also about further connectivity"**

QUESTION NO. 3

## WILL ROBOTS TAKE MY JOB?

**SCIENCE FICTION NOVELS** often turn into a dystopian nightmare partway through – and for blue-collar workers who are the bedrock of the labour force, there's a suspicion about the way the robot revolution story will end. By 2035, one in three jobs could be automated by robots, predicts business consultancy PricewaterhouseCoopers.

“Robotics is traditionally applied to problems that fall into the categories ‘dirty’, ‘dull’ and ‘dangerous,’” says robotics expert Jonathan Aitken. “Automation of a repetitive process is always achievable. The lack of variability means that the process is the same, time after time. This is the reason that robots fell naturally into car production.”

It's been the case since the first robots appeared on production lines. But it's not just blue-collar jobs that are feeling the squeeze from the rise of the robots. White-collar roles are also affected, particularly those focused on data sorting, a task suited for artificial intelligence. Financial services is one area that has turned to automated robots enacting trades. When a computer can pick stocks better and

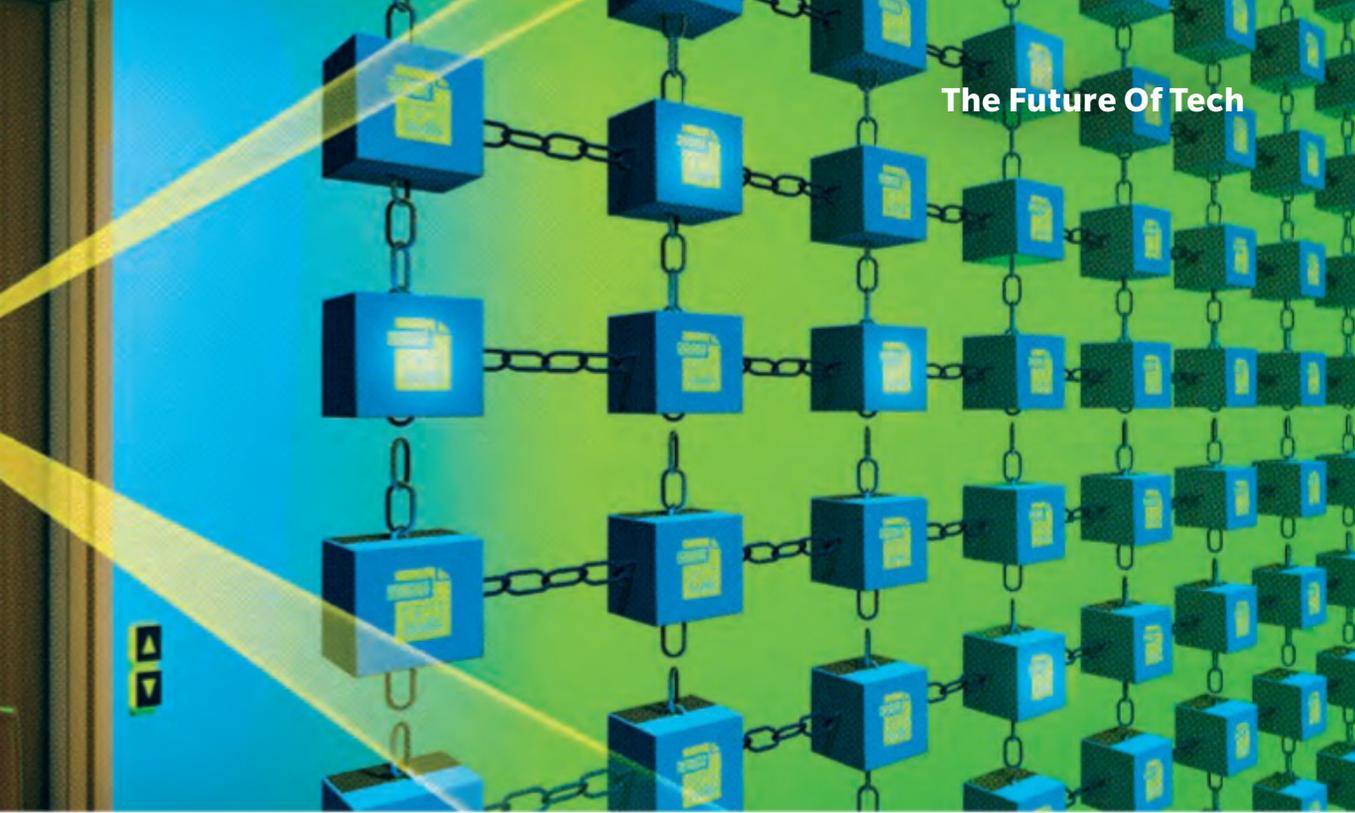
**By 2035, one in three jobs could be automated by robots**



quicker than a human, it makes sense to utilise them, and almost all Wall Street firms do.

Jobs where workers are less likely to be replaced by robots include those in health care, although surgical robots, which are controlled by remote medical professionals in order to carry out more precise procedures, are already being used in hospitals.

However, the gentle touch and caring reassurance of a well-trained nurse or doctor can't be replicated by a robot. “It's important to ask the question of whether we want robots doing certain jobs,” says Aitken. “In replacing a human, especially in a human-facing role, we're being asked to accept the robot. This is something that'll take time to achieve. People still like people.”



#### QUESTION NO. 4

## WHAT IS AN NFT?

**FEW THINGS** worth US\$44.2 billion are as misunderstood as NFTs, but then few things have captured the zeitgeist like NFTs. The letters stand for the words *non-fungible tokens*, which are one-of-a-kind digital objects that can't be exchanged for each other or copied because of their encryption.

"What most people see as an NFT is art," says Nick Donarski, founder of ORE System, a company that deals in NFT technology. For example, instead of owning a physical painting, you could buy ownership of an NFT, an original piece of digital art. Some of the world's biggest celebrities,

including Gwyneth Paltrow and Jimmy Fallon, proudly show off their NFT collections.

Celebrities have often spent hundreds of thousands of dollars to buy the right to an NFT from collections with themes such as bored apes and pixelated punks.

But despite the big-name endorsements, NFTs have faced criticism. NFTs have ended up being stolen or found to be using images that don't legally belong to the artists behind them. Other NFT projects have been uncovered as get-rich-quick scams for the creators, while those who own the artwork are left holding the bag.

If NFTs can overcome the bumps and bruises of their early negative publicity, they could become a commonly used bit of technology. The key word is 'if'.



## QUESTION NO.5

## WHAT'S NEXT IN SPACE TRAVEL?

**FIFTY YEARS AGO**, astronauts travelled to space in rockets built by space agencies such as NASA and paid for by government funding. Today, the astronauts are often billionaires enjoying a journey into low orbit on a rocket they paid for from their billion-dollar bank accounts. The change feels like a giant leap, but it makes sense, says Laura Seward Forczyk, founder of Astralytical, a space consulting company. “More and more of modern civilisation relies on space,” she says.

Huge numbers of satellites orbit the planet, connecting us to everything from mobile phones to GPS to Netflix, and there is big money in maintaining those systems. “This doesn’t get a lot of headlines, typically, but there are profit reasons why private companies want to go into space,” says Forczyk.

And as private enterprise learns more about putting rockets and satellites into space, they’re able to help the likes of NASA on their missions. That’s important because NASA itself has become financially constrained due to less government spending on space travel. “NASA is using commercial companies to build a lot of the hardware to do a lot of

those services of taking scientific payloads to the surface of the moon,” says Forczyk. The hope is that people will follow – possibly by 2025, but more realistically, says Forczyk, by 2030. If you’re wondering why we’re going back to the moon since humankind has already walked its surface, the answer is that we explored only part of it.

“We know a lot more, but we also know so very little,” says Forczyk. “So we want to go back with people to learn more, but more importantly, we want to go back to live and work there.” Some even see the moon as an eventual staging area for human exploration of deep space. Mars

is seen as the next stepping-off point towards the final frontier – though whether we’ll get there in our lifetimes is another question.

**Something to think about:**

A fuel-efficient return-trip to Mars would take about 21 months: nine months to get there, three months on the planet, and nine months to get back. However, as the Earth and Mars orbit around the sun at different speeds and distances, they are only aligned in a way that allows the most energy-efficient time to travel to Mars every 26 months. 

**Some see the moon as the staging area for deep-space exploration**



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## RD RECOMMENDS



### The Railway Children Return **Family**

Inspired by one of Britain's most beloved family films, *The Railway Children Return* is a heart-warming adventure set during WWII. As life in Britain's cities becomes increasingly perilous, three siblings – Lily (Beau Gadsdon), Pattie (Eden Hamilton) and Ted (Zac Cudby) Watts – are among a group of children evacuated to a Yorkshire village. The Watts soon settle into life in the country, playing alongside the railway line, but when they stumble upon an injured American soldier, Abe (KJ Aikens), hiding in the railway yard, they are thrust into a dangerous quest to assist their newfound friend who, like them, is a long way from home.

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COMPILED BY DIANE GODLEY

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### **Ticket To Paradise** Romantic Comedy

**F**ilmed in tropical Queensland, *Ticket To Paradise* reunites Academy-Award winning actors George Clooney and Julia Roberts in this big screen production. The divorced couple find themselves on the same flight with the same mission in mind: to stop their love-struck daughter, Lily (Kaitlyn Dever), from

making the same mistake as they did. Calling a truce on their animosity for one another, the pair make a pact to work together to delay wedding plans and come up with all sorts of not-so-grand plans to halt it. But when romance is in the air, anything can happen – even old flames can be reignited.

### **See How They Run**

#### Mystery Comedy

**S**et in 1950s London's West End, this murder mystery is a real hoot as well as visually stunning. Plans for a movie version of a smash-hit stage production are abruptly halted when the Hollywood director is found murdered. World-weary Inspector Stoppard (Sam Rockwell) and his sidekick, the eager beaver Irish rookie Constable Stalker (Saoirse



Ronan) investigate, and find themselves thrown into a puzzling whodunit within the glamorously sordid theatre underground.



## Podcasts



### When She Was Princess

In 1945, the woman who was to become Queen Elizabeth II (and recently celebrated 70 years on the British throne) was aged 19, keenly aware of the duties of the crown and already showing signs of a quiet determination to face the challenges that lay ahead.



### Parental As Anything, with Maggie Dent

Parenting author Maggie Dent shares what to do if your kids are fighting over every little thing and other common parenting dilemmas. There are practical tips and answers on everything affecting children of all ages from shyness to screen time, avoiding homework to tantrums and more.



### The Commune

For 13 years, former vacuum-cleaner salesman and drug dealer Bert Potter called himself 'God' and ruled over 300 men, women and children at New Zealand's notorious Centrepont community. This 12-part documentary podcast sheds light on life in the cult and its bizarre rules and abuses.



### The 'Harry Potter' Series by J.K. Rowling on Audible

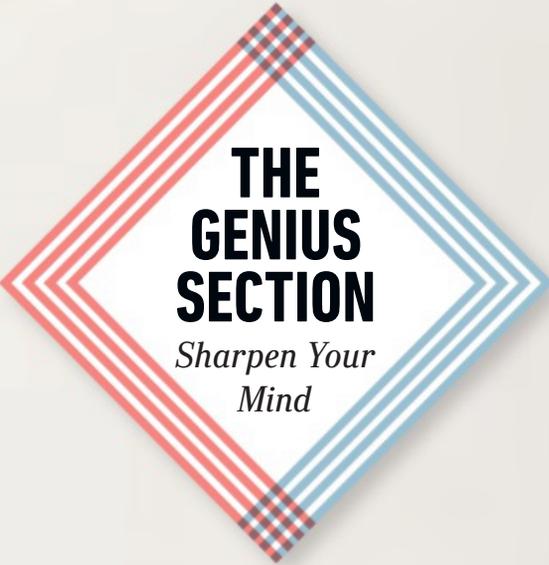
Harry Potter needs little introduction, but the audiobooks available on Audible (subscription) can be a great way to introduce kids to Hogwarts – and for those who have read the books, to revisit Harry, Hermione and Ron.



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## THE GENIUS SECTION

*Sharpen Your  
Mind*

# STOP!

## *Put Your Phone Away!*

*Here's how you can kick  
your digital habit*

BY *Amantha Imber*  
FROM THE BOOK  
**TIME WISE**



I used to be a mobile phone addict. It was my crutch for any situation where I might be bored. I would pull out my phone when standing in line for a coffee or having dinner with a friend if they left the table for a few minutes. It would be the first thing I would check when I woke up in the morning and the last when I went to bed at night. I would even check emails or scroll through Instagram when I brushed my teeth.

I behaved like this for many years. Thousands and thousands of hours were sunk into scrolling through my Instagram and Facebook feeds. Hours that I will never, ever be able to get back.

Research collated by MediaKix as far back as 2016 suggested that around half of our daily phone time – nearly two hours – was spent on the top five social media platforms (Facebook, YouTube, Snapchat, Instagram and Twitter). Over the course of the year that translates to a staggering 30 full days. That is one whole month spent watching, reading, scrolling and clicking on things that probably are not significantly improving your life. In fact, it might be having the opposite effect.

A review of studies published about mobile phone addiction suggests heavy usage is associated with a tonne of unfortunate outcomes, such as lower self-image and self-esteem, neuroticism, higher levels of

anxiety and stress, and poor sleep. Mobile phone addiction is also the arch enemy of focus.

Keep reading for different ways some of the world's most successful people have managed to kick their digital addictions.

### BEHAVIOURAL ARCHITECTURE CAN CHANGE HOW YOU RELATE TO YOUR PHONE

Just as an architect might design a building or a city, you are the architect of your own environment, which then changes how you behave. And the things that are furthest away from you have less of an impact than the things that are close to you.

Do an audit of your current mobile phone behaviour by looking at how much time you use it every day. Thankfully, technology companies have made that easy to do. On an iPhone, go to *Settings* and select *Screen Time* to find your data. On an Android device, go to *Settings*, then *Digital Wellbeing & Parent Controls* to reveal your mobile phone usage.

Reflect on what is causing you to use your phone and the situations in which you are most likely to use it. Are there times of the day when usage is high? Are there locations where you use it a lot? And in what types of situations are you most likely to reach

for your phone? Using behavioural architecture, think about how you can change your physical environment (such as where you store your phone during the day and night) to change your behaviour. Specifically, think about how your phone can be physically further away from you – during the day and at night time – than it currently is.

Adam Alter, author of *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked*, started to deliberately create physical distance between himself and his phone. He would only bring it close to himself when he had made a purposeful decision to do so.

At home, Alter would keep his phone in a different room to the one he was currently in. In his office, he would lock his phone away in his filing cabinet. Through making these simple changes, Alter's mobile phone usage dropped by 30 per cent.

**RESEARCH HAS SHOWN THAT THE AVERAGE PERSON TOUCHES THEIR PHONE 2617 TIMES A DAY**

### WHY YOU MAY NEED A SAFE FOR YOUR PHONE

Research has shown that the average person touches their phone 2617 times per day. That's a lot of swiping, typing, scrolling and clicking. We often say to ourselves, *I need to check my phone less*. But this strategy relies on pure willpower. And

sadly, willpower is a limited resource.

Perhaps it's time for an extreme strategy that physically restricts us from using our phone so that we don't have to tap into our willpower reserves.

Prior to becoming the CEO of Moment, a company that helps people use their phones in healthier ways, Tim Kendall was the president of Pinterest. During this time, he struggled a lot with his own phone usage. He started to research what he describes as 'brute force approaches' and discovered a product called the kSafe.

The kSafe is a lockable kitchen safe with a built-in timer. It was originally designed as a weight-loss aid in which dieters could lock away unhealthy food. But, in recent years, the product has found a secondary purpose for those struggling with mobile phone addiction, as it's the perfect size to lock away smartphones. Kendall initially tried experimenting with locking away his phone on weeknights, and then for a few hours on the weekend.

While he doesn't use the kSafe regularly anymore, he found it effective at the time. "The thing that works for me today is in my house, I have an office. And when I leave that office before I go and have dinner with my family, I just leave my phone in the office," he explains.

## HOW A RUBBER BAND CAN TAME DIGITAL ADDICTION

We all know that turning off notifications or putting our phone on 'Do Not Disturb' can help reduce the amount of time we spend checking it. But Silicon Valley entrepreneur Kevin Rose found a more novel way to tame his mobile phone habits.

A few years ago, he became increasingly aware of his mobile phone behaviour and realised he was picking up his phone more than 100 times per day. One method he experimented with was always putting his phone face-down on the table so it

## THE RUBBER BAND ACTS AS A VISUAL CUE TO STOP THE BEHAVIOUR OF PICKING UP THE PHONE

stopped flashing at him. But then he tried something a bit more unusual: he put a rubber band around the phone.

"When you see that rubber band, it just reminds you to pause for a second and you think to yourself, *Do I really need to pick up and use my device right now?* Oftentimes, the answer is no."

Rose would position the rubber band so it would sit horizontally across the screen. The rubber band acts as a visual cue to stop the automatic behaviour of picking up his phone.

"Subconsciously, I didn't even realise I was doing it. But with the rubber band, I have to deliberately move

it out of the way if I want to use my device.”

Through applying this strategy, Rose reduced his daily pick-ups from more than 100 to around 30.

### MAKE YOUR PHONE BORING

Jake Knapp used to work as a product designer on Gmail. So not only does he know about all the forces on our phone that are competing for our attention, he actually helped design them. Yet despite understanding the mechanics of how phone apps are designed to command our attention, he fell victim to it.

Knapp realised he didn't need that extra stuff on his phone and deleted Facebook, Instagram, YouTube, Twitter and Gmail – he even turned off Safari. What remained on Knapp's phone were the apps that had utilitarian value: he has podcasts, a camera, maps, music and a torch.

Having a distraction-free phone

had a huge impact on Knapp's ability to stay focused on big projects, such as writing his best-selling books *Sprint* and *Make Time*, as well as creating Design Sprints at Google Ventures where he worked for several years.

So what does Knapp do in those times where so many of us instinctively pull out our phone?

“I do nothing. If I'm out for dinner and my friend goes to the bathroom, I just look around the restaurant. I literally will just be bored for a minute. And I think being bored is pretty powerful. If you can have little pockets of boredom in the day, it lets your brain rest and, for me, it lets the subconscious come up with a solution to something, solve something, or propose an idea that I hadn't had before.” **R**

*This is an edited extract from Time Wise by Amantha Imber. Published by Penguin Random House.*

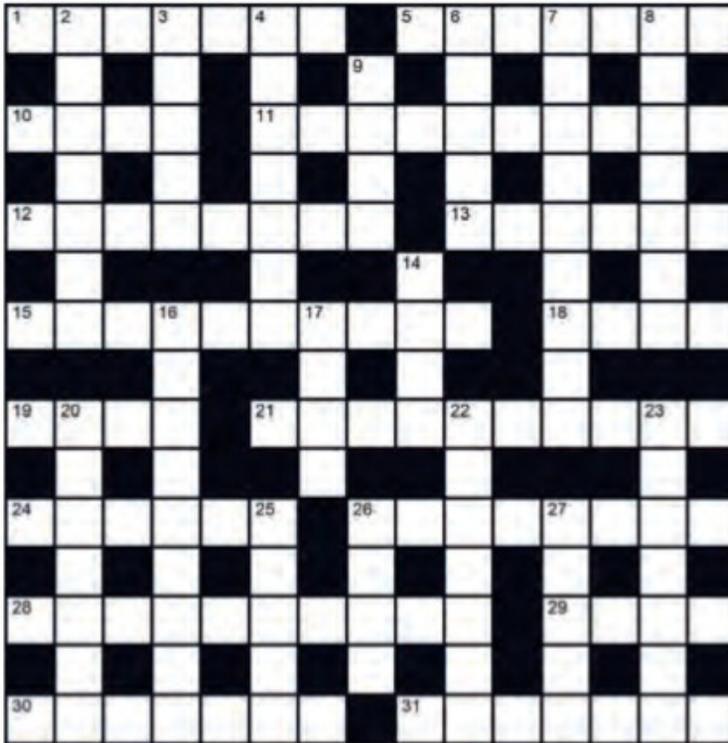


### There's A Fly In My Food!

Dogs love to eat some pretty dodgy things, so it was no surprise to former RSPCA veterinarian Stephanie Stubbe that they would enjoy food made from maggots. Stubbe, who grew up on a beef farm in New South Wales, has created the hypo-allergenic dog food made from dried fly larvae, which she hopes will lead to more environmentally friendly pet food. “Essentially the black soldier flies are farmed, like you would any meat product, except they require 98 per cent less energy, 96 per cent less water, and also a lot less waste [than red meat],” Stubbe said. ABC.NET.AU

# PUZZLES

*Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 126.*



## Crossword

Test your general knowledge.

### DOWN

- 2** Fast-running bird (7)
- 3** The distaff side (5)
- 4** Stereotypical cowboy characteristic (3,4)
- 6** Ancient (5)
- 7** Viewpoint (9)
- 8** Esteem (7)
- 9** Skills (4)
- 14** Gaze (4)
- 16** Deliberately ambiguous (9)
- 17** British boarding school for the wealthy (4)
- 20** Body part pierced for rings (7)
- 22** Flight personnel (7)
- 23** Disentangle (7)
- 25** Woody plants (5)
- 26** Vessel used for washing (4)
- 27** Give up (5)

### ACROSS

- 1** Fly traps (7)
- 5** Man's felt hat (7)
- 10** Separate article (4)
- 11** Of the highest calibre (5-5)
- 12** Very large woman (8)
- 13** Sister's daughters (6)
- 15** Lovesick glances (6,4)
- 18** Consumes (4)
- 19** Where Paddington
- Bear originated (4)
- 21** Brave (10)
- 24** Hedge plant (6)
- 26** Feedlot (8)
- 28** Luxury London hotel (10)
- 29** Covetousness (4)
- 30** One who views things as they are (7)
- 31** Silly talk (7)

## Puzzle Answers

PAGE 126

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

### Sudoku

**HOW TO PLAY:** To win, you have to put a number from 1 to 9 in each outlined section so that:

- Every horizontal row and vertical column contains all nine numerals (1-9) without repeating any of them;
- Each of the outlined sections has all nine numerals, none repeated.

### IF YOU SOLVE IT WITHIN:

**15** minutes, you're a true expert

**30** minutes, you're no slouch

**60** minutes or more, maybe numbers aren't your thing

**BRAIN POWER**  
brought to you by

**PILOT**

**FRIXION**  
point  
**CLICKER**



**"Write, Erase, Rewrite"**

# FAMILY FUN

**Puzzle  
Answers**  
PAGE 126

## Spot The Difference

There are ten differences. Can you find them?



## Card Logic

Adam has seven index cards and writes a number from 1 to 9 on each. The average of all seven of his numbers is 5. The only number that Adam writes on more than one card is 9. When Adam arranges his cards in increasing order by number, the middle card has a 4 on it. What numbers are on the seven cards?



ILLUSTRATION: GETTY IMAGES

# TRIVIA

## Test Your General Knowledge

**1.** Malaysia is home to how many UNESCO-designated World Heritage Sites? a) Eight. b) Two. c) Four. **1 point**

**2.** What did Princess Charlotte Casiraghi of Monaco ride down the runway at a 2022 Chanel show? **1 point**

**3.** What kind of summer footwear has been worn since early civilisation in the Americas, Asia and Africa? **1 point**

**4.** South Pacific nation Vanuatu offers the world's only post office in what location? **1 point**

**5.** What juicy salad food is also known as 'love apples'? **1 point**

**6.** Which common drink may reduce the likelihood of Alzheimer's, liver disease and depression? **1 point**

**7.** The Philippines is home to the world's longest navigable

underground river. True or false? **1 point**

**8.** Magawa was awarded a gold medal in recognition of its heroism in locating landmines in Cambodia. What species was Magawa? **2 points**

**9.** Who was the Prime Minister of the United Kingdom before Boris Johnson? **1 point**

**10.** Where would you find the freshwater species known as the pink river dolphin? **2 points**

**11.** Which Disney princess sings 'Once Upon A Dream'? **1 point**

**12.** Yttrium, lanthanum, terbium and scandium belong to what sought-after group? **2 points**

**13.** Ukraine is the world's largest producer of seeds and oil from its national flower, which is what? **1 point**

**14.** Who won Best Director at the Academy Awards earlier this year? **2 points**



**15.** Research engineers at Purdue University claim their newly developed reflective white paint may replace what? **2 points**

**16-20** Gold medal   **11-15** Silver medal   **6-10** Bronze medal   **0-5** Wooden spoon

**ANSWERS:** **1.** Four; Lengqong Valley; Melaka and George Town; Gunung Mulu National Park; Kinabalu Park. **2.** Her horse. **3.** Flip-flops. **4.** Underwater. **5.** Tomatoes. **6.** Coffee. **7.** True. Puerta Princesa Subteranean River National Park. **8.** Rat. **9.** Theresa May. **10.** Amazon, Orinoco River basins. **11.** Aurora (Sleeping Beauty). **12.** Rare-earth elements. **13.** Sunflower. **14.** Jane Campion, *The Power of the Dog*. **15.** Air conditioning.

# PUZZLE ANSWERS

From Page 122

## Sudoku

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

## Spot The Difference



## Crossword

1	C	O	B	W	E	B	S		5	H	O	M	B	U	R	G				
	S	O		O				9	A		L	E	E							
10	I	T	E	M				11	W	O	R	L	D	C	L	A	S	S		
	R	E		L		T				E	V		P							
12	G	I	A	N	T	E	S	S		13	N	I	E	C	E	S				
	C					G			14	P			D		C					
15	S	H	E	E	P	S	E	Y	E	S					18	E	A	T	S	
						Q				T	E				R					
19	P	E	R	U				21	C	O	U	R	A	G	E	O	U	S		23
	A																			
24	P	R	I	V	E	T		25				26	B	A	R	N	Y	A	R	D
	L																			
28	D	O	R	C	H	E	S	T	E	R						29	E	N	V	Y
	B																			
30	R	E	A	L	I	S	T					31	T	W	A	D	D	L	E	

## Card Logic



1, 2, 3, 4, 7, 9, 9



## WORD POWER

### *Big Little Lies*

*Who among us hasn't told a little white lie – or a whopper? This month's words relate to facts, fiction and the grey areas in between. Turn to the next page for the moment of truth.*

BY Sarah Chassé

**1. credible** – A: upfront. B: biased.  
C: believable.

**2. ruse** – A: pledge. B: trick.  
C: secret.

**3. obscure** – A: cheat. B: make  
public. C: hide.

**4. axiom** – A: myth. B: source.  
C: truism.

**5. duplicitous** – A: dishonest.  
B: wishy-washy. C: principled.

**6. candid** – A: frank. B: phony.  
C: undercover.

**7. apocryphal** – A: trustworthy.  
B: sceptical. C: of doubtful  
authenticity or origin.

**8. feign** – A: leave out details.  
B: give the appearance of.  
C: offer as evidence.

**9. verify** – A: discredit. B: confirm.  
C: exaggerate.

**10. ersatz** – A: genuine. B: neutral.  
C: bogus.

**11. slander** – A: false statements.  
B: flawed argument. C: con artist.

**12. cozen** – A: guarantee.  
B: fact-check. C: deceive.

**13. fallacy** – A: gold standard.  
B: mistaken belief. C: bluff.

**14. polygraph** – A: sworn statement.  
B: lie detector. C: god of truth.

**15. debunk** – A: disprove. B: bring to  
light. C: challenge in court.

**16. disinformation** – A: cyber-  
security advice. B: misleading  
information. C: false information  
deliberately spread.

## Answers

**1. credible** – (C) believable. I know 'the dog ate my homework' isn't a credible excuse, but that's what really happened!

**2. ruse** – (B) trick. Tonight's dinner reservations are a ruse – we're actually throwing Amy a surprise party.

**3. obscure** – (C) hide. The burglars' black masks obscured their faces.

**4. axiom** – (C) truism. Grandpa repeats his favourite axiom often: "Measure twice, cut once."

**5. duplicitous** – (A) dishonest. "You duplicitous double-crosser – you'll pay for this!" Ellen shouted.

**6. candid** – (A) frank. In a candid memoir, the actor reveals his difficult childhood.

**7. apocryphal** – (C) of doubtful authenticity or origin. Urban legends about spider eggs in bubblegum are apocryphal tales.

**8. feign** – (B) give the appearance of. Back in high school, I'd feign illness to get out of gym class.

**9. verify** – (B) confirm. Please bring a passport or driver's licence to verify your identity.

**10. ersatz** – (C) bogus. The street vendor sells fake Rolexes and other ersatz items.

**11. slander** – (A) false statements. Val has been spreading slander about her boss to anyone who will listen.

**12. cozen** – (C) deceive. Scammers make countless robocalls every day, trying to cozen a few unsuspecting consumers.

**13. fallacy** – (B) mistaken belief. It's a fallacy to suppose that wealth brings happiness.

**14. polygraph** – (B) lie detector. The crime suspect insisted he was innocent, though he refused to take a polygraph.

**15. debunk** – (A) disprove. His theories have been debunked by recent research.

**16. disinformation** – (C) false information deliberately spread. During a war both sides hide their correct information and spread disinformation.

---

### VOCABULARY RATINGS

**5–9:** Fair

**10–12:** Good

**13–16:** Word Power Wizard

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