



# Contents

MARCH 2017

- Power of One**  
**32 SHE TOOK ON TOBACCO**  
When a cancer specialist learned of the vast sums of our money being invested in tobacco, she knew she had to act. **HELEN SIGNY**

- Cover Story**  
**38 THE KING OF VINYL**  
Vinyl is dead? Not according to superfan Zdeněk Peleč – whose precious presses are taking full advantage of a burgeoning vinyl revival. **TIM BOUQUET**

- Science**  
**46 WHY WE CRY**  
Humans are the only creatures whose tears can be triggered by their feelings. But why? **HANDY OAKLANDER FROM TIME**

- Instant Answers**  
**52 MOSQUITOES**  
All the latest buzz on these tiny but dangerous 'little flies'. **HAZEL FLYNN**

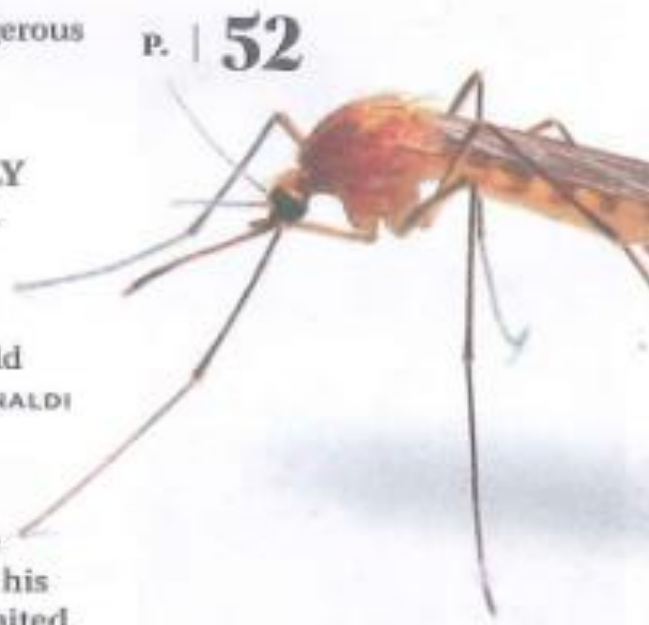
- Look Twice**  
**54 SEE THE WORLD ... DIFFERENTLY**  
A peek over (very distant) new horizons.

- Life Lessons**  
**60 DO THE RIGHT THING**  
How to stay true to your most deeply held values and choose the right path. **LUC RINALDI**

- Drama in Real Life**  
**64 11 HOURS IN ROOM 407**  
Born at 26 weeks and given zero chance of survival, baby Austin was cuddled by his parents, who waited for the end. And waited. And waited... **TIM BOTOS FROM CANTONREP.COM**



P. | 46



P. | 52



# Contents

MARCH 2017



P. 74

- Art of Living**  
**72 13 THINGS YOU SHOULD KNOW ABOUT ANGER MANAGEMENT**  
 From momentary outbursts to useful motivators – how you experience anger can depend on how it's processed. **ANDREA BENNETT**

- Nature**  
**74 THE MOST AMAZING TREES!**  
 A photographic look at the wonderful trees that give us life, shade and endless enjoyment.

- Life Skills**  
**81 DON'T GET TROUNCED AT SCRABBLE**  
 When it comes to winning consistently at Scrabble, being a top-notch speller is only half the battle. **LAURA LEE**

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

- Travel**  
**88 THE OTHER HONOLULU**  
 There's much more to Hawaii's capital city than its famous sheltered harbour. **JANIE ALLEN**

- Society**  
**97 THE END OF PARKING**  
 Could self-driving vehicles and ride-sharing allow us to un-pave paradise? **CLIVE THOMPSON**  
 FROM MOTHER JONES

- Bonus Read**  
**102 JOURNEY THROUGH KOKODA**  
 A promise is fulfilled along the physically and emotionally gruelling 96-km track. **SIMON BOUDA**



P. 102

---

## THE DIGEST

---

### Health

- 16 Ins and outs of insulin; IBD explained; stop bad breath; managing make-up allergies

### Food

- 22 Pumpkin penne; salmon fusilli

### Home

- 24 Dishwasher dos and don'ts

### Travel

- 26 Southeast Asia's holiday hotspots

### Tech

- 28 Avoiding data-loss disasters

### Money

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

### Pets

- 31 Pawsome tips to care for pets

### Out & About

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

---

## REGULARS

---

4 Letters

8 My Story

12 Kindness of Strangers

14 Smart Animals

71 Quotable Quotes

96 That's Outrageous!

114 Unbelievable

124 Puzzles, Trivia & Word Power

---

## HUMOUR

---

44 Life's Like That

58 All in a Day's Work

80 Laughter, the Best Medicine

---

## CONTESTS

---

5 Caption and Letter Competition

6 Submit Your Jokes and Stories



P. | 26 ▲



SEE  
PAGE 6

P. | 44 ▲