

ASIA

Reader's digest

HOURS
OF
GREAT
READING

Prescription Addiction

When Medicines Do More Harm

PAGE 40

DRAMA Crash
Landing in the
Pacific

PAGE 60

How to
Conquer a
Triathlon

PAGE 32

**Hugh Bonneville: 'Imagination
Is What Makes Us Human'**

PAGE 82

**Hiking Spain's
Pilgrim Path**

PAGE 72

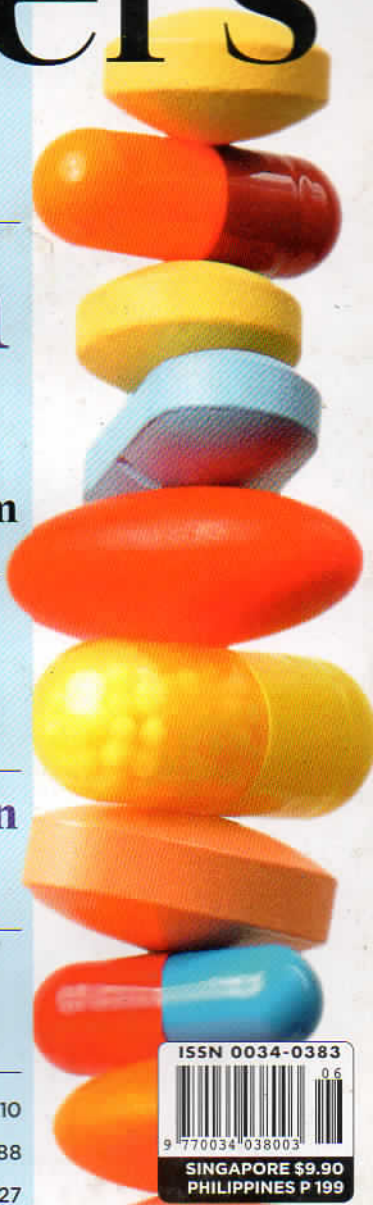
**The Power
of Touch**

PAGE 50

My Story: A Novel Change in New Zealand.....10

Look Twice: The Case of the Curious Polar Bear..... 88

Word Power.....127



ISSN 0034-0383



9 770034 038003

SINGAPORE \$9.90
PHILIPPINES P 199

Contents

JUNE 2017

Sport

32 TEARS AND TRIUMPH

Swim, ride, run ... sounds simple. But do the record numbers of amateurs signing up for triathlons know there's a dark side to this high-intensity sport? **LUCY FRY**

Cover Story

40 WHEN MEDICINES DO MORE HARM

Taking multiple medicines can lead to potentially lethal drug cocktails. Are you sure you know which of your pills play well with each other? **HELEN SIGNY**

Psychology

50 THE POWER OF TOUCH

Now that neuroscientists have proved what we've sensed all along, here's how to get more loving touch into our daily lives. **ANNE MULLENS**



Solutions

56 WHY DIDN'T I THINK OF THAT?!

From fidgety students to leftover food, here are five fixes to everyday problems that are brilliant in their simplicity. **ANDY SIMMONS**

Drama in Real Life

60 THE PILOTS WHO CRASHED INTO THE SEA


Two strangers were piloting a light aircraft from Oahu to Hawaii when the engines went quiet. While the next few minutes would spell life or death, the next 20 hours would make them life-long friends. **NICHOLAS HUNE-BROWN**

Who Knew?

70 10 FUN FACTS YOU NEVER KNEW ABOUT TRIVIAL PURSUIT

Inside the Games Hall of Fame. **MORGAN CUTOLO**





Contents

JUNE 2017

P. 72



- 72** **Travel**
A PILGRIM'S PATH
For centuries Spain's Camino de Santiago de Compostela has left its indelible mark on all who trace its 800 km length. One young woman set out to find out why. **LIA GRAINGER**

- 82** **Entertainment**
"IMAGINATION MAKES US HUMAN"
Downton Abbey star Hugh Bonneville on Brexit, backpacking and his peculiar passion for storytelling. **ANNA WALKER**

- 88** **Look Twice**
SEE THE WORLD ... DIFFERENTLY
An Arctic hitch-hiker with a difference.

- 92** **Heart**
DAVID'S GIFT
A widow, still grieving, finds unexpected comfort in an overlooked corner of her own backyard. **ALEXANDRIA BARTON-D'SOUZA**

- 96** **Simple Wisdom**
HOW TO LOOK SMART
It isn't easy to walk that fine line between pretentious and intellectual. **LISA FIELDS**

- 100** **Words of Lasting Interest**
A DIFFERENT KIND OF GENIUS
The back-breaking life of a blue-collar dad fills a daughter with pride – and a granddaughter with strength. **CONNIE SCHULTZ FROM PARADE**

- 102** **Bonus Read**
THE OVER-THE-HILL GANG
With a combined age of 440, seven men pulled off a multi-million dollar jewel heist. Almost. **MARK SEAL FROM VANITY FAIR**



THE DIGEST

Health

- 18 Treat itchy eyes; how to stress less; signs you might have an ulcer

Food

- 24 Comforting chicken noodle soup; dumpling heaven; rosemary and chickpea soup

Travel

- 26 Seven famous cities that inspired beloved authors

Money

- 28 How to stop fighting over money with the ones you love

Pets

- 30 Managing a neighbour's noisy dog – without ruining the relationship

Home

- 31 Cheap ways to clean your computer

Out & About

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

REGULARS

6 Letters

10 My Story

14 Kindness of Strangers

16 Smart Animals

59 Quotable Quotes

114 Unbelievable

116 That's Outrageous

122 Trivia, Puzzles & Word Power

HUMOUR

48 Life's Like That

68 Laughter, the Best Medicine

80 All in a Day's Work

CONTESTS

4 Submit Your Jokes and Stories

8 Caption and Letter Competition



P. | 16



SEE
PAGE 4



P. | 48