

ASIA Reader's digest

**MOST
TRUSTED
&
MOST
READ**

WWII SOLDIER'S GREAT ESCAPE

"We Nearly Came Undone"

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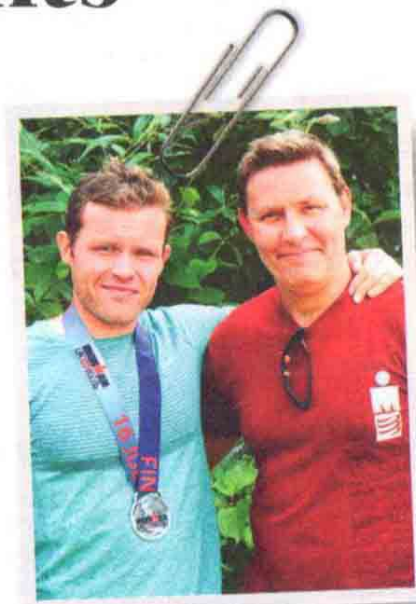
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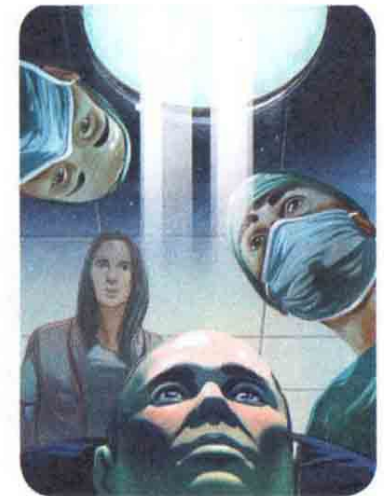
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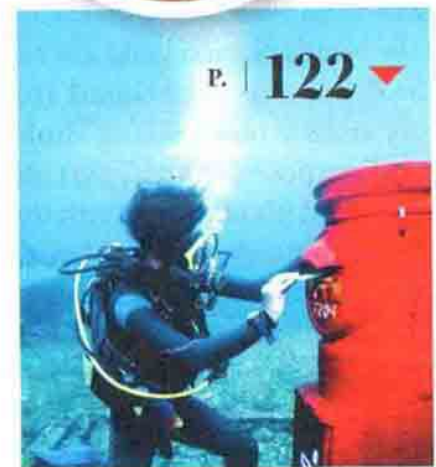
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Editor's Note

Bonds of Friendship

WHEN WORLD WAR II BROKE OUT IN 1939, it stirred excitement and patriotism among many young men. The world wasn't as easily explored back then, so a ticket to Africa, Europe or the Pacific must have seemed irresistible. In early 1940, Australian Ernest Brough had just turned 20 when he signed up. 'The Partisan Promise' (page 102) delves into the challenges Ern faced during the war, when he relied on the support of his mates to escape a Nazi POW camp. It also captures the hardship and isolation Ern felt after returning home, with the war's impact remaining with him for many years. His story demonstrates that a war veteran's journey is a life-long one, with many facing post-traumatic stress disorder after they return home to familiar faces and surroundings.

The bonds of friendship are also apparent in 'The Prisoner and the Guard' (page 42). This story looks at how a young aimless criminal found purpose through sport after a guard recognised his abilities. With time and effort, the young man now lives a life devoted to sporting excellence.

I hope you enjoy reading this month's stories as much as we enjoyed putting the selection together.

Louise

LOUISE WATERSON
Group Editor



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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.

Kindness of Strangers/Reminisce Up to \$150

Share your tales of generosity or about something from your past that made a huge impact in 100-500 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 - see website for more information.

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Minutes from Disaster

Field Editor **Howard Bull** recalls the day an airliner came dangerously close to crashing into the sea

Howard Bull lives in Mornington, Victoria, with his wife. He is an author and freelance journalist and specialises in crisis management. He also collects former army vehicles.

IT WAS A NORMAL WORKING DAY in April 1964 at my office in Melbourne, Australia, where I was working as a public relations manager for the airline Ansett-ANA, until I received an urgent phone call from the airline's Movement Control unit.

"The Douglas DC-6B airliner that departed this morning from Essendon Airport may ditch in Port Phillip Bay," said the caller. "It's trying to lose an engine!"

My immediate response was "So what?" I knew an airliner could fly safely on three of its four engines. When an engine has a problem, pilots can shut it down and feather the propeller to deal with wind resistance.

"Actually, the pilots are trying to have the engine drop into Port Phillip Bay!" the caller added. This was going to be a big news story so I rushed to the nearby airport.

When I arrived, I was told that another aircraft,



piloted by Captain Peter Gibbes, the operations manager, was flying alongside the troubled airliner. On board were observers to check the damage and liaise by radio with the DC-6B's pilot, Captain Keith Hants.

It was not a pleasant sight. One of the three blades on a propeller had broken free just after take-off. The resultant torque had caused the 2500-horse power engine, weighing more than a tonne, to vibrate and

Do you have a tale to tell? We'll pay cash for any original and unpublished story we print. See page 5 for details on how to contribute.

then droop. It obscured one of the airliner's undercarriage legs, which could create a disaster if the airliner attempted a normal landing.

Just four weakened bolts held the engine in place. Fuel was dumped to reduce the weight and an RAAF crash boat departed from Point Cook.

Captain Hants and First Officer Bob Gordon placed their feet on the instrument panel, made the airliner dive, and then pulled back on their control columns to make it rise. This technique, called 'surfing,' was used three times to dislodge the engine. But there was a penalty. Each time the

THE DIGEST



7 Essential Steps of CPR Everyone Should Know

This guide shows you what to do if someone has a life-threatening emergency

IF A PERSON COLLAPSES, stops breathing and goes into cardiac arrest, performing CPR (chest compressions and rescue breathing) immediately can more than double their chance of survival. After checking that you, the collapsed person and any bystanders are safe, begin by checking for a response by squeezing the person's shoulders and asking if they are all right. If you are not alone, send someone

to call an ambulance. Tilt their head to open the airway, and lift their chin. Check if the person is breathing (don't begin CPR if they are breathing normally). If the airway is obstructed, place them in the recovery position. Then follow these CPR steps:

1 Position your hands. Make sure the person is lying flat on their back on a firm surface.

Kneel beside them and place the heel of your hand on the centre of their chest.

2 Interlock fingers. Keeping your arms straight, cover the first hand with the heel of your other hand and interlock the fingers of both hands together.

3 Give chest compressions. Lean forwards so that your shoulders are directly over the patient's chest and press down one third of the chest depth. Release the pressure, but not your hands, and let the chest come back up. Try to give 100 to 120 chest compressions per minute. Not sure what that really means? Push to the beat of the Bee Gees song 'Stayin' Alive' – that's about two compressions each second.

4 Repeat to give 30 chest compressions and then two rescue breaths.

5 Give rescue breaths. Tilt their head back to open the airway again. Pinch the nostrils closed with your finger and thumb, supporting their chin with your other hand. Take a normal breath, put your mouth over their mouth,



Tilt the head back to re-open the airway. See step 5

and blow until you see their chest rising.

6 Watch chest fall. Pause and, looking along the chest, watch to see if it falls. Give two full breaths between each cycle of compressions. Some people may be reluctant to give rescue breathing to an unconscious stranger, and be more likely to take action by doing chest-compression-only CPR, and this alone can still be life saving. Rescue breathing, however, is recommended for infants, children and drowning victims.

7 Repeat chest compressions and rescue breaths. Place your hands on the chest again and repeat the cycle of 30 chest compressions, followed by two rescue breaths. Continue the cycle until help arrives or the person starts breathing.

To learn first aid, call 1300 ST JOHN or go online to www.stjohn.org.nz

Why Hair Falls Out

You naturally lose 50 to 100 strands of hair per day. But much more than this might signal a problem

BY JAMIE SCHMID

YOU'RE HIGHLY STRESSED Feeling anxious from time to time is unlikely to cause your hair to fall out. But a life-threatening medical diagnosis or the death of a loved one can trigger hair loss. Your hair can grow back once you control your stress.

YOU USE HARSH HAIR PRODUCTS Guilty of using hot tools for sleek, shiny hair, or straightening chemicals? You may be raising your risk of hair loss. Instead try to buy natural hair products.

YOU STARTED A NEW MEDICATION Certain drugs can lead to hair loss. Read over the drug label warnings to check. But don't stop any medication without first consulting your doctor.

YOUR DIET IS LOW IN PROTEIN A lack of protein can cause your hair to fall out. Women should get at least 46 gm of protein per day and men at least 64 gm. Protein should come from a variety of sources. Beans and legumes are ideal.

YOU'RE DEFICIENT IN IRON A diet low in iron may lead to hair loss. Women aged 19-50 should get 18 mg of iron per day; males and women 51 and older, should get 8 mg. Add iron-rich foods to your diet, such as kidney beans, soybeans and spinach.

YOU HAVE A THYROID PROBLEM Both an overactive and a underactive thyroid can cause hair loss. If you have abnormal hair loss and other symptoms of thyroid disease, seek your doctor's advice.



5 Ways to Stop Snacking

These simple strategies can help you curb cravings, reduce snacking and keep the weight off



DON'T IMPULSE-BUY SNACKS No stopping at the cake shop for a sugary pastry. No sweets or chocolates from the newsagent on the way to work. This type of compulsive, unhealthy eating causes much weight gain.

TURN TO SOUP FOR COMFORT When you crave comfort food, heat up a large bowl of soup made with lots of vegetables and beans. It's flavourful, hearty, high in nutrition and low in fat.

NIBBLE ON SHELLED NUTS The effort to crack the shells and extract the nut without breaking it is highly therapeutic and distracting. In addition, nuts are very healthy snacks - in moderation. Choose walnuts, almonds, pecans, Brazil nuts or hazelnuts. Peanuts and pistachios are too quick to open

so you can easily overindulge.

TOSS OUT LOW-NUTRITION SNACKS Do an audit of your refrigerator and pantry and toss the ice cream, sweets, crisps, biscuits, cake and other salty

or sugary snacks that you munch on between meals. These are foods we eat compulsively and that make us overweight. Make a conscious decision to only eat these 'sometime' foods on special occasions.

BE A FUSSY EATER Parents complain about children who are fussy eaters - but you're not a child, and you owe it to yourself to be particular about what goes onto (and comes off) your plate. As a rule of thumb, if it doesn't look good for you, don't eat it. And take your time: there are ample studies that associate eating quickly with weight gain.