

# PHILIPPINES Reader's digest



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2018 SURVEY RESULTS OUT NOW!

# Editor's Note

## Opening Up the World

**FOR AS LONG AS I CAN REMEMBER**, one of the magazine's objectives has been to offer readers a window on the world. This month, as I glance over the line-up, I'm confident we've done just that. We have stories from all corners of the globe – from the streets of Teshie, Ghana, to the rules of eating out in Finland and a giant statue in the Ukraine. Each article contains surprises and memorable insights.

Among these, 'Ghana's Fantasy Coffins' (page 70) is my favourite. Ghana, a country known more for its cocoa beans than its arts and crafts, is a place for tourists who want adventure. When writer Adam Black left a comfortable job in Sydney to explore Africa, tracking down the artists of Kane Kwei Carpentry Workshop ran high on his list of places to see. He found it without any delay, largely thanks to the small workshop's reputation among the locals. What he discovered was a group of dedicated and passionate artists, continuing a tradition created by a pioneering family patriarch.

We also explore the latest treatments available to people with osteoporosis, as well as delve behind the scenes of a transplant operation that restored one man's independence and redefined the way limb transplants are done.

Try setting aside half an hour each day to explore the stories we've brought you this month – you won't be disappointed.

*Louise*

LOUISE WATERSON  
Group Editor



# ASIA Reader's digest

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### EDITORIAL

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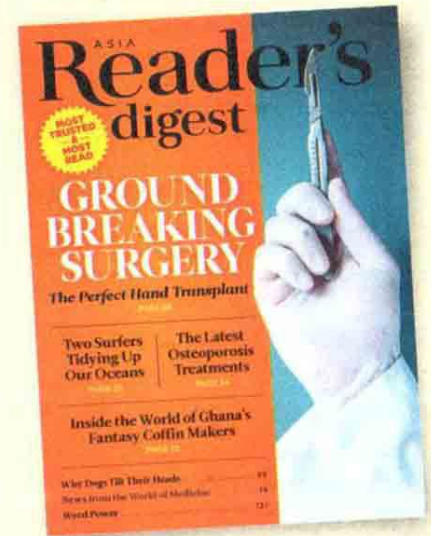
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# Letters

READERS' COMMENTS AND OPINIONS

## Trash and Treasure

Who doesn't love a good trip to a garage sale or a second-hand shop ('Second-Hand Finds', Digest Money, March)? You know what they say: "One man's trash is another man's treasure!"

The best thing about second-hand shopping is there's no telling what you will uncover – no experience is the same.

Thank you for your pages on money, health and more, they are always packed full of useful tips and ideas on leading a happier and healthier life. **TRACEY WILLIAMS**



## Feeding a Healthy Gut

I gulped down a piece of chocolate cake and thought, *What kind of bacteria am I feeding my gut?* I had never considered my gut bacteria before, but the article 'Gut Bacteria' by Helen Signy (March) compelled me to conclude that we are what we eat. This article has helped me find a possible cause for my allergic reactions and made me think about encouraging healthy gut bacteria in my children as well.

**T. AAMIR**

## Courage under Fire

Hats off to writer Nicholas Hune-Brown ('Get His Gun!', February). It's a really heart-stopping story about a plane hijacking. Sometimes in life people can achieve extraordinary things in risky situations. I'm looking forward to next month's edition. **E. MASOOD**

### 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.

## Point Pondered

In Points to Ponder (January), Laurence Sterne says that the formula for failure is trying to please everybody. You have

PHOTOS: ISTOCK

to help yourself before you can help others, and you can't spend your life wondering if others approve of you. There will always be people who are not satisfied with us; the best we can do is be ourselves. **S.E. PILLAI**

## Trusty Companion

It was in the late '60s or early '70s that I discovered Reader's Digest. Whenever I had a plane trip I took one with me – it was a great fill-in for the many delays at airports and a convenient size.

Reader's Digest put me on the path of reading mainly non-fiction stories and as I am now retired, I get through a book a week from our local library. Reader's Digest magazine is still a good read and I enjoy the classic articles featured occasionally. Keep up the good work. **STEVE RUSSELL**

## WIN A PILOT MR METROPOLITAN BALLPOINT PEN

The best letter published each month will win a Pilot ballpoint pen bearing the Reader's Digest logo and an animal-print inspired barrel. From the Pilot MR Metropolitan collection crafted in Japan, this timeless ballpoint pen features stylish silver and bronze accents and is a joy to write with. Congratulations to this month's winner, Steve Russell.



## Wheely Cool

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

It was at this point that Rodrigo realised his mobile protest against middle-aged men in lycra was conceived in haste. **MATTHEW BEACHCROFT**

Having run away from home on his bike at age 6, Johnny never stopped running. **NOELEEN GINNANE**

They seem to be downsizing everything these days! **CAROL TEIS**

Does my man bun look big on this? **DEBBIE ENGLISH**

Congratulations to this month's winner, Carol Teis.



## CAPTION CONTEST

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

# A Year in the Book Room

There are good friends to be made and wisdom shared in a library.

BY KERRY PODLOGAR

*Kerry Podlogar recently retired from teaching in order to pursue her hobbies - particularly reading books.*

**I HAVE A CONFESSION TO MAKE.** I enjoy covering books and volunteer to do so whenever I can. Yes, I know, the look on your face now is probably the same look I see on other teachers' faces: that woman is one book short of a class set! But I like covering books. It is calming, constructive and consistent.

The old, musty book room of my school, where the English department stores its texts, is on the second floor and overlooks the school oval and play areas. As I lovingly cover yet another copy of my friend George Orwell, I gaze down upon the activities of the children and animals alike (very much alike) on the grass verge below. The blackbirds, mynahs, lorikeets and cockatoos meticulously clear the area of unwanted food scraps; who knew they liked cheese? I recently noticed the birds disappearing into the food bins and dragging out wrappers, seizing them by the corner and shaking out the food from deep inside the folds. Clever birds. We thought it was messy

children who hadn't mastered the art of placing rubbish in a bin.

Before long, spring bounces in and among the groups of students, talking and laughing freely in the garden below, I see the shy admirers who stand on the outside of the group looking in, occasionally making forays towards the newly discovered objects of their affection. Boys playfully punch girls on the arm or gently push them aside, unable to express their true feelings, while the girls giggle and blush as they parry the boys' attention. Some stand watching their peers' efforts to attract a mate with thoughtful but puzzled expressions only to stomp off to play

the comforting games they used to play when they were younger. Maybe next year will be their year. For me, a new batch of Harper Lee's *To Kill a Mockingbird* has just arrived to be covered and Atticus, Jem, Scout and I enjoy viewing the rites of spring below our window.

Summer sidles in and there is a renewed interest in PE classes out on the oval in the sun. But not everyone appreciates the adrenalin rush of sport. Some sunbake, plan their holidays (I can't help but overhear; kids are loud!) or anticipate Christmas and all the pleasure it will bring.

One lazy summer day, I spy an injured crow being set upon by a



# Double Troubles

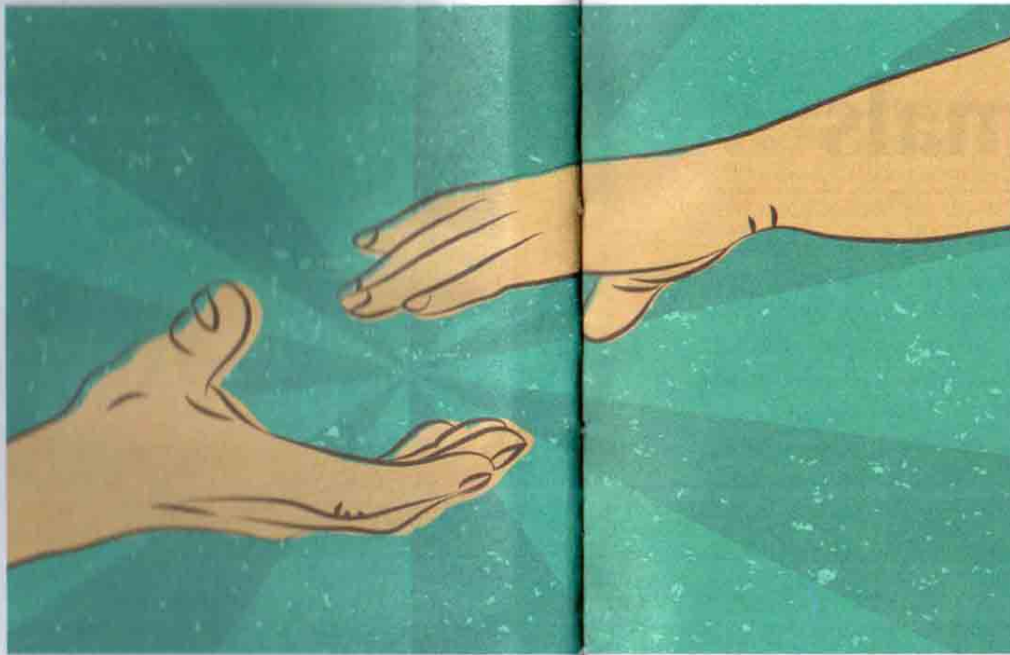
Two falls in a day left me bruised but feeling grateful, twice over

BY VALERIE MCCABE

*Valerie McCabe, 73, lives in Western Australia. She has two adult children and two grandchildren. Before retiring in 2016, she taught English to migrants in the Adult Migrant English Program.*

**IT ALL STARTED WITH A TOOTH.** Eating dinner one evening in late July 2017, I bit on something extra hard. There was nothing on my plate to account for whatever had found its way onto my tongue. The object was already there; one of my teeth had lost its crown. I called my dentist and the remains of my tooth were extracted the following day.

A week later, I was on my way to Victoria Park station to catch a train to Perth, to discuss the benefits of an implant with my dentist. Running up the steps to the platform, I tripped and fell onto the steps. The only thing hurt was my dignity but I was immediately helped to my feet by two smartly dressed young ladies who were obviously on their way to work. In the meantime, our train had arrived but there was another flight of steps to the platform. I told them to go ahead or they would miss the train, but they insisted on helping me to the platform. We all managed to get on the train and I was grateful that these two young women had put my wellbeing above their own needs to get to work on time.



This wasn't the only kindness I received from strangers that day. On my way home later that morning, I was walking happily along the quiet, suburban street to my home, the earlier incident forgotten, when I tripped again, this time on a raised pavement slab, and fell hard onto the concrete. A young man appeared beside me, out of nowhere it seemed, took my arm and helped me up.

"You've got blood all over your face," he said and ran to his van, returning with a box of tissues. I was stunned when I wiped my face and looked at the tissues he'd handed me. They were saturated with blood. My blood! Where was it coming from? Had I cut my face or broken my nose? "Looks like a tooth has gone

ILLUSTRATION: ISTOCK

through your upper lip. You might need stitches," he said and offered to walk me home.

"I'm fine," I said, putting on a brave face.

"You're shaking," he replied.

"You must need to be somewhere else?" I questioned.

"No worries, I work for myself so I can be where I want, when I want," he replied, taking my arm and chatting happily about the times he'd suffered similar injuries. When we reached my gate, he told me to keep the tissues and left. Regretfully, I didn't get his name; all I know is that my saviour is a young tradesman with a white van.

My husband's look of horror when he saw me sent me straight to the mirror. The left side of my face was swollen and my left eye a faint blue – it later developed into a black eye.

Recounting my story to my concerned family, I was told that I shouldn't walk so fast and to look where I'm going. I've recovered from my falls and although I didn't need stitches, I will always bear a scar on my upper lip to remind me of the kind stranger who helped me home.

These two events on the same day left me with a wonderful feeling of community and the realisation that there is a lot of good in this world.

**Share your story about a small act of kindness that made a huge impact. Turn to page 8 for details on how to contribute and earn cash.**

# Smart Animals

Rescued animals are unfailingly loyal



## DOWN BUT NOT OUT

ROSEMARY FRANCIS

Every duck-shooting season, flocks retreat to urban rivers where they are safe from guns. And every spring ducklings lose their mothers or become stuck in drains, or sustain injuries. Enter the 'quack doctor'. That's what burly council workers who bring orphaned and damaged birds to my sanctuary call me.

As they grow, I use vegetable oil as a substitute for the oil from mother duck's gland, and wipe their downy coats so they won't drown. Many learn to swim in our kitchen sink. We often wake to a noisy line-up of wounded comrades - broken winged, one legged, one-eyed and injured birds, eager for food.

One of my favourite birds was

Plucky Ducky; an almost-dead duckling retrieved from the jaws of an eel by our Labrador, Woofie. Plucky lost her leg to that eel and we nursed her for many weeks, feeding her cat food, egg yolks, worms and cereal. She lived under a heat lamp and snuggled into a feather duster, her surrogate mum. She bonded with Woofie, followed her, shared her food and paddled in her water bowl.

As Plucky grew stronger, we took her outside to exercise her tiny wings. She flapped up a storm, and one day, raised her disabled undercarriage and was airborne. Each day she

**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.**

became more independent until one day she flew away. Plucky had been our baby for nine months and it was now time to find her duck family.

Imagine our delight when, months later, a low-flying object circled and landed beside me. Then another duck crash-landed beside Plucky. Together they hopped awkwardly towards me. Plucky had brought her boyfriend home to meet the family. He was a glossy mallard - with one leg! They were perfectly matched and I'm sure they lived happily ever after.



## OLD SANDO

AILSA LYONS

When I was about five years old, back in 1940, my dad brought home a German shepherd pup named Sando. My mum was not at all happy.

She worried that he would be savage towards us kids, but he was great, caring for me and my four older brothers. He especially loved my eldest brother, Keith.

When Keith was 16 years old, and Sando had been with us for about two years, he got a job with a mob of shearers working through northern NSW and southern Queensland - a big adventure for a boy his age. We were a very close family and were very excited for him.

We loved sending Keith our letters, us younger children enclosing our drawings. We also loved getting his replies. He sent us letters regularly and each one was read to us over and over by our parents. I've kept his letters and one sentence stands out in each: he kept wondering if Sando would remember him.

The dog never forgot him.

When Keith arrived home by train five months later, he was surprised to find Sando waiting for him on the train platform. The little station at Lindhurst was one mile from our home and none of us knew that Keith was coming home that night.

Keith told us that when he jumped down from the train onto the platform, Sando had nearly knocked him over. We couldn't believe the dog knew he was coming home that night.

Sando remained our loyal and much-loved pet until he died many years later at an old age.

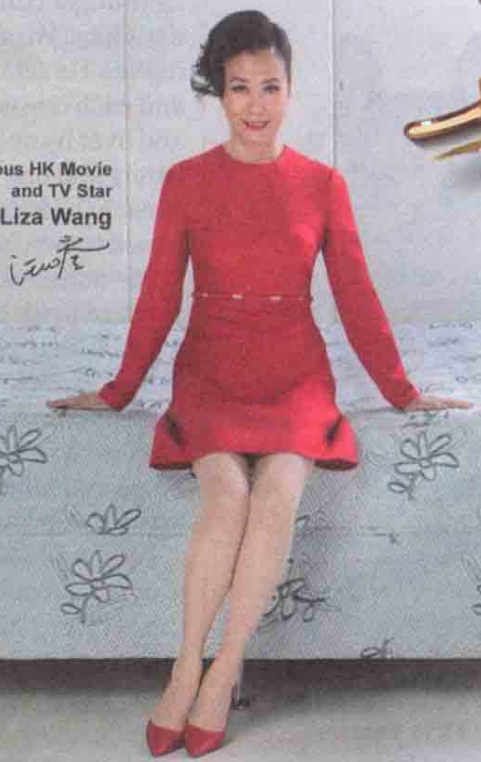


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# THE DIGEST

## 6 Signs of Stroke You Might Be Ignoring

BY ALYSSA JUNG

**STROKE IS A MAJOR CAUSE** of death and disability in many countries. Brain damage from strokes can be minimised if they are treated promptly, but it's common to mistake signs of a stroke for other health problems, which delays treatment. In each minute of a stroke, your brain loses an estimated 1.9 million cells. The longer a stroke lasts or a patient doesn't receive treatment, the greater chance of speech difficulties, memory loss or behavioural changes. The earlier a stroke is caught, the better the treatment options and the odds of a fuller recovery.

There are two kinds of stroke. An

ischaemic stroke means blocked blood vessels are causing a reduction in blood flow in the brain. A haemorrhagic stroke means a ruptured blood vessel is leaking blood in the brain. Symptoms for both kinds of stroke can be the same. It's important to call an ambulance as soon as you notice any potential signs of trouble.

### 1. YOU CHALK THAT BLINDING HEADACHE UP TO A MIGRAINE

It might just be a migraine, but if you're not prone to them, it could be a stroke. Migraine headaches can masquerade as a stroke because they have the same neurological symptoms. But let the experts work that out - it's safer to call for help.

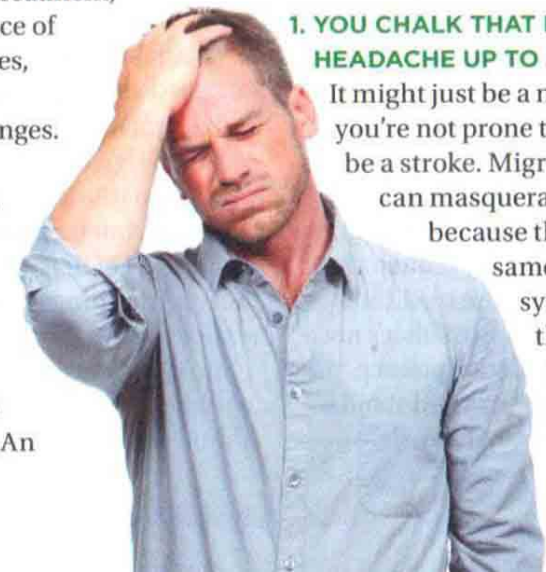


PHOTO: ISTOCK



# Genes Behind 'Early Birds' and 'Night Owls'

BY SAM BENSON SMITH

A TEAM OF GENETICISTS from the University of Leicester conducted a study that seems to have pinpointed the DNA difference between morning people and night owls. The research involved analysing nearly 80 different genes relating to circadian rhythms in fruit flies, ideal test subjects due to their genetic similarity to humans.

The study found that the fruit flies fell into two distinct groups genetically: so-called 'early birds' or 'larks', which are flies that emerge from their pupal case in the morning, and so-called 'owls', which are flies that emerge from their pupal case in the evening. The timing of the emergence is regulated by the

fly's circadian rhythm. One of the noteworthy findings of the research was that the genetic difference between the larks and the owls was unrelated to the 'clock genes' which are typically thought to be responsible for regulating the body's circadian rhythm.

Two large swaths of genetic code in both fly groups are now thought to be responsible for the difference between larks and owls in flies, and, in turn, morning people and night owls in humans.

The researchers have published their findings in the journal *Frontiers in Neurology*, and will now investigate where these genes are involved in similar processes in humans.



PHOTOS: ISTOCK

## NEWS FROM THE World of Medicine

### Raw Flour Can Carry *E. coli*

In unwelcome news for lovers of raw cake and biscuit batter, flour was recently confirmed as the source of a serious *E. coli* outbreak in the US in 2016. Certain strains of these bacteria can be toxic, causing stomach cramps, bloody diarrhoea, vomiting and, in extreme cases, kidney failure. To be safe, health authorities now recommend washing your hands thoroughly after handling flour and abstaining from eating raw or unpasteurised dough.

### Back Pain Could Stem from Undetected Fractures

Tiny spinal fractures caused by osteoporosis often evade discovery but can nevertheless hurt, according to a study published recently in the *Journal of Bone and Mineral Research*. Nearly 4400 older men were followed for over four years, during which time 28 were diagnosed with fractures in the spine. However, X-rays revealed

that another 169 had new breaks that had gone undetected. The majority of the men with fractures reported aching backs. Past studies have found an even higher spinal-fracture rate among women. Most back pain is muscular and improves within six weeks, but if yours lasts longer, seek medical evaluation.

### Vegetarianism Linked to Depression; B<sub>12</sub> Helps

In a US National Institutes of Health study, vegan and vegetarian participants tended to score higher than meat eaters on a depression-measuring scale. While the results don't prove causality, it wouldn't be surprising if nutritional shortfalls were to blame, the researchers said.

In particular, vegetarians and vegans are often low in vitamin B<sub>12</sub> – as animal products are the only natural source of this nutrient. However, taking supplements or eating foods such as fortified soy or other plant milk and breakfast cereal can help.



*Being prepared for the unexpected can make all the difference while trekking*



## Tips on How to Pack for a Walking Holiday

BY RICHARD MELLOR

### HEADING OFF ON A HIKING TRIP?

Along with obvious items such as waterproofs, boots and maps, don't forget these invaluable essentials.

### LAYERS AND MERINO WOOL

Walkers often endure strange fluctuations in temperature: it might be bone-chillingly cold, but plodding up that steep hill is still going to

cause perspiration. The answer is easily dispensable layers. Fleeeces and merino wool jumpers are especially good bets for the outer garment, as both are lightweight and unlikely to take up much room in your pack.

**SUN PROTECTION** UV protection is vital; by walking all day and in open, exposed spaces, trekkers are

especially prone to sunstroke and sunburn. Re-apply it every two hours.

**SPARE SOCKS** No one likes having wet feet, and even the best waterproof boots can struggle to keep out water from bogs and swamps. The solution is to carry a spare pair of socks. Merino wool is recommended: in sock form, it can be worn for several days without getting smelly or blister-happy.

**SMARTER CLOTHES** Will you be eating out during the evenings? Mud-splashed trousers and boots might not be the most suitable attire. Be sure to have a few shirts or skirts plus a pair of nice shoes should you need them.

**PLASTIC BAGS** These fulfil two functions. Firstly, as 'stuff bags', they can be used to compress air from clothing and other items, freeing up packing space. The other role involves a more traditional use: a segregated space for dirty undies. Bring a garbage bag, too, as a last resort against rain.

**HAT AND GLOVES** Basics, right? You'd be surprised how many people forget these when heading to a mostly balmy country, and



*Plan and pack well to maximise the rewards of a walking holiday*

thereby risk freezing on high-altitude or seaside sections. Finger-grip windstopper gloves allow you to still use GPS devices or turn map pages without removal, while a beanie hat is the easiest headgear to pack.

**STOMACH SUPPLIES** Water bottles are a must, while muesli bars and nuts help keep up energy. The wisest walkers also bring a daily chocolate bar – at times when fatigue is setting in, a sugar jolt can work wonders.

**EMERGENCY KIT** Head and hand torches (plus batteries), a whistle and a penknife all make sensible additions. Better still is a bivouac shelter, in case you get badly lost and must sleep al-fresco. Most vital, however, is a first-aid kit to treat cuts, plant stings and blisters.

PHOTOS: ISTOCK



## Hacks to Get Rid of Ants for Good

These simple household items will help you tackle your ant problem safely

**1 ADHESIVE TAPE** Is an army of ants marching towards your biscuit jar? Create a 'moat' around the object by surrounding it with adhesive tape or duct tape placed sticky side up.

**2 CHALK** Keep ants at bay by drawing a line of powdered chalk around home entry points.

**3 LEMONS** Squirt lemon juice on door thresholds and windowsills. Squeeze lemon juice into any holes or cracks where ants are getting in. Finally, scatter small slices of lemon peel around an outdoor entrance.

**4 ORANGES** Get rid of the ants in your garden, on your patio, and along the foundation of your home. In a blender, make a smooth puree of a few orange peels in 1 cup of warm water. Slowly pour the solution over anthills to send the pests packing.

**5 PEPPER** Ants invading your kitchen are looking for sugar. Give them cayenne pepper instead. Sprinkle it along the backs of your countertops or on your baseboards.

**6 PLASTIC CONTAINERS** To stop ants from crawling up an outdoor table, place a plastic container under each table leg. Fill with water. The ants won't be able to crawl past.

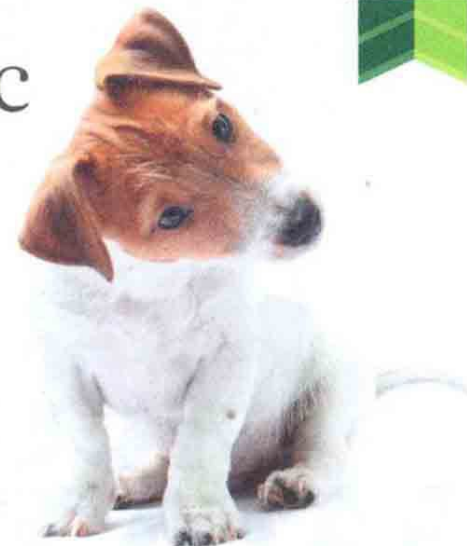
**7 TALCUM POWDER** Scatter talcum powder liberally around house foundations and points of entry such as doors and windows. Try planting some mint as well.

**8 VINEGAR** Serve ants on your premises an eviction notice. Pour equal parts water and white vinegar into a spray bottle and spray it on anthills and around areas where you see them.

## The Scientific Reason Dogs Tilt Their Heads

No, they're not just trying to look cute

BY SAM BENSON SMITH



**THERE'S A CERTAIN HUMANITY IN DOGS.** They always seem to have your best intentions in mind, they always look enthusiastic and, even if you can't necessarily prove it, you swear they can tell when you're having a bad day. But they also have a positively human tick: the head tilt.

But what exactly does it mean? There are several explanations, none of which include "they're trying to get rid of swimmer's ear," according to [mentalfloss.com](http://mentalfloss.com). There appear to be benefits to the move, part visual and part auditory.

The canine ear is incredibly sensitive, capable of picking up a far wider range of frequencies than humans. Their sharp sense of hearing can pick up the most minuscule undulations in frequency, and their head-positioning makes a world of difference. The head tilt allows them

to position their pinnae, the outer part of the ear, so they can locate the source of the sound better.

Dr Stanley Coren wrote in *Psychology Today* about a possible visual benefit as well. A dog's snout is firmly in its field of vision. Although they adjust and eventually learn to not notice it (much like humans do with their noses – oh no, you're staring at your nose now), the head tilt allows for a different angle. Usually, a dog's muzzle would block the lower part of the object it's staring at, but the head tilt allows for a full view. Coren also suggests that dogs can get a better look at the human mouth from the tilt position.

So while the head tilt does help heighten certain senses in dogs, it also helps them better understand the humans that care for them. Isn't that sweet?

PHOTO: ISTOCK  
PHOTO: ISTOCK

After two surfers questioned the ocean pollution around them, they came up with an innovative idea

# Cleaner WATERS



Seabin inventors Andrew Turton (right) and Pete Ceglinski

**R**ubbish bins are a common sight at the beach and along the shores of waterways – but so much garbage still ends up in the water. Back in 2010, Andrew Turton, a boatbuilder originally from Perth, Australia, was sailing and travelling around the world when he was bothered by a simple question: “If we can have rubbish bins on land, then why not have them in the water?” When he shared this conundrum with his friend Pete Ceglinski some three years later, the pair decided it was time to address the problem head on.

Both life-long surfers, over the years they had noticed an alarming increase in the amount of man-made garbage floating in the breakers. The key, they agreed, would be reducing the flow of garbage before it reached the oceans, where it is causing enormous damage to sea life and marine ecosystems.

Their solution: build a bin that could sit upstream in calmer waterways, such as rivers, marinas and ports, and collect the plastic debris and general pollutants before it flowed into the ocean. They then set about developing the Seabin.

Much like any public rubbish bin, the Seabin is designed to be regularly emptied. It’s able to catch an estimated 1.5 kg of floating debris each day (depending on weather and debris volumes), and this includes tiny microplastics that are particularly harmful to sea life. The original idea was to design a suction-based floatable bin that could collect the usual food wrappers, plastic bottles as well as pollutants such as oil, fuel and detergents.

With a background in product design and shipbuilding, Turton based the Seabin on pool filtration and pump systems common in backyard



Developments in the treatment for osteoporosis are giving sufferers new hope

# HELP FOR BRITTLE BONES

BY ANITA BARTHOLOMEW