

HEALTH • MONEY • TRAVEL • RECIPES • FASHION • TECHNOLOGY

Reader's digest

JUNE 2017

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On Love, Family
& Being Unusual

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100-Word-Story
**Competition
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EDITOR'S LETTER



NOVEMBER TO FEBRUARY is a very busy period for the *Reader's Digest* team. This is when the entries for our annual 100-word-story competition flood in—and there are thousands. We delight in reading every single one; the only hardship is that we have to whittle them down to a shortlist! You, our readers, have voted for your favourite in each category (adults, 12–18s and under-12s), and we can finally reveal the winners on p57.

Once you've read the stories, there's plenty else to enjoy in this issue. On p20 we chat to Hollywood actress Diane Keaton about her life's loves, while on p28 we take a stroll through DJ Tony Blackburn's memories.

Of course, it wouldn't be *Reader's Digest* without an insightful look at our health. On p36 we learn the secrets our bodies are trying to tell us, and on p69 we discover the fascinating power of art therapy. Relaxing both our bodies and our minds, we also indulge in people watching in Paris on p88. Enjoy!

Fiona Hicks

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Look at cleaning from a different angle



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Do the world some good

June 5 marks International World Environment Day, so what better excuse to come over all green-fingered and do your bit for the planet? You'll find a range of tips on how to make your home more environmentally friendly—from the way you wash your clothes to the way you sleep at night—over at readersdigest.co.uk/go-green

Let's do lunch

If you're celebrating National Picnic Week from June 16, visit readersdigest.co.uk/perfect-picnic for all the inspiration you'll need. Our mini pies, perfect pasties, indulgent cakes and deliciously warming ginger beer recipes are sure to make your outing a memorable and tasty one. 🍴



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MEET THE REAL CAT IN THE HAT

Japanese photographer Ryo Yamasaki recycles the fur his cats shed to create tiny cat hats.



Browse the full gallery at readersdigest.co.uk/cat-in-the-hat

Over to You

LETTERS ON THE APRIL ISSUE

We pay **£50** for Letter of the Month and **£30** for all others

★ LETTER OF THE MONTH...

I love comedian Dr Phil Hammond so was delighted to find him featured in “60-Second Stand-Up”. His books, which often deal with the vagaries of modern medicine, are worth a read. He makes the point that patients sometimes visit their GP due to loneliness—often the plight of the elderly.

I fear that social isolation will escalate due to the closure of many of our community centres and libraries. A friend, who volunteered as a library assistant, was let go and replaced by a machine!

Dr Phil said in your article that he wishes some people would become kinder. If other comedians emulated his viewpoint—rather than mocking easy targets—then we’d be well on our way to a more compassionate world.

CAROL DAVIS, *Somerset*



GOOD SCENTS

“The Future of Smell” was fascinating, particularly the section regarding smell and reminiscence. The smell of toffee will whisk me back to my grandfather’s kitchen, where I’d watch impatiently as he painstakingly stirred a pan of butter, sugar and syrup (all measured by eye).

However, reminiscences triggered by smell aren’t always happy ones. When I was pregnant with my first son I suffered from hyperemesis gravidarum—extreme morning sickness. For seven months not only could I barely eat, but I couldn’t even pick up a newspaper due the smell of the print. Unexpected olfactory

triggers included damp plaster, cheaply printed books, toothpaste, some fabrics...the list is endless.

Even now, 30 years later, the scent of a certain brand of soap will bring back an overwhelming sense of nausea. **KATHRYN GODDARD**, *Lincolnshire*

THE SKY'S THE LIMIT

“Best of British: Reach for the Sky” was a highly motivational article. I enjoyed reading about how anyone can enjoy all manner of fun activities in the sky here in the UK.

In the past I’ve abseiled in Cape Town, bungee jumped in New Zealand and skydived in Florida and Dubai! I’ve been looking for new ideas to relight my fire and remind myself how absolutely amazing it is to be up there in the skies. I can’t wait to start—whether it’s wingwalking, paragliding, skydiving, flying tours, kite flying or stargazing! Thank you for all the information.

KAY MADDOCKS, *Hertfordshire*

EMMA'S IDEOLOGIES

I thoroughly enjoyed reading “If I Ruled the World” by Emma Bridgewater. I agreed with every rule, but of particular interest was her dictate regarding proper infrastructure for social-housing projects.

In my neck of the woods there have been lots of new houses built in the past few years. I feel that this has been poorly thought out, as there have been no new schools or doctor’s surgeries built to provide education and healthcare for the increased population. This has had a knock-on effect of placing immense pressure on the existing schools and surgeries.

JANE GILL, *Surrey*

ACTING SMART

“How To Appear Clever” was a very helpful feature. At my place of employment I work with some very intelligent people—in fact, some of them are rather intimidating. I consider myself to be of average intelligence, so it’s not always easy to spend a lot of time with these people; because I feel they’re so clever, I daren’t open my mouth for fear that someone will realise I shouldn’t be there.

However, the pointers in the article made me realise I needn’t carry on feeling so inferior. I’ve taken on board your suggestions to *act* like a clever person and use certain tricks to appear clever. Who knows—if I act like a clever person, I may even become one. Thank you.

SIAN ROBERTS, *Flintshire*

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SEE THE WORLD

Turn the page ➡➡

...DIFFERENTLY

7,000 square metres of forest right in the middle of a large city—where can you find something like that? In Milan! Designed by architect Stefano Boeri, the buildings named *Bosco Verticale* (vertical forest) stand proud in the Italian metropolis.

The concept: the steel-reinforced concrete balconies that extend along the facades of both buildings are home to roughly 900 trees—some of which should grow to nine metres in height—as well as 20,000 smaller plants.





Our internet-savvy columnist seeks another level of social-media validation—but is it worth it?

The Worldwide Olly Mann



Olly Mann is a writer, radio presenter and serial podcaster, with shows including Answer Me This!, The Media Podcast and The Modern Mann

☞ **A FRIEND OF MINE**, the Magic Radio presenter Tom Price, has a blue tick on Twitter. This means he's "verified". He's the "real" Tom Price. Other folks on Twitter are called Tom Price, of course—but the point is, if you're a listener seeking out the Tom Price you've just heard on the wireless, Twitter have helpfully placed a little blue tick on his account so you know you've found the right one.

This irks me. Partly because the idea of someone impersonating Tom on social media seems unlikely; he's not a big-enough target. It's one thing falsifying your account to be Kanye West or Lady Gaga if you want to disseminate some spam or launch some clumsy satire—but why bother pretending to be a talented, yet hardly globally famous, weekend radio presenter?

THE OTHER REASON I'M IRRITATED by Tom's tick is pure jealousy: he got there first. It hadn't occurred to me that people like us—regular joes with mortgages and hatchbacks and Nectar cards, who happen to work in radio—could get verified accounts.

I'd always assumed Twitter's blue tick was solely for Presidents, pop stars and people who'd won televised baking competitions. I'd imagined the tick was bestowed upon you, like a digital Knighthood, by some secret committee who meet in a Mayfair gentlemen's club (or the Silicon Valley



ILLUSTRATION BY GARY NEILL

equivalent, which presumably contains beanbags and complimentary coconut water).

How the hell did Tom get one? He's not much more famous than me. He's not much more good-looking than

me. And he actually does have fewer Twitter followers than me: I have... approximately...9,978 more. Not that I'm counting.

A few weeks ago, I swallowed my pride and sent Tom a text: "HOW

DID YOU GET A BLUE TICK ON TWITTER????!!!!". *Pretty casual*, I thought. *Playing it cool*.

His reply was genuinely breezy: "Followed @verified on Twitter, and asked them".

It really is as simple as that. As it turns out, anyone who works in journalism or politics, etc, can do it: all they need do is visit twitter.com/verified, send in a photo of their driving licence to prove their identity, then fill in a short form saying why their account deserves a blue tick. I wrote, "Because I'm a radio presenter and it would satisfy my ego." Three days later, I had my blue tick.

Even though the application process had been outrageously easy—they're handing out blue ticks these days like Bibles in

Tennessee—I felt, pathetically, a sense of validation when the tick was granted. An independent arbiter—someone who didn't know me—had rubber-stamped my application to be *the* official, worldwide Olly Mann. I was now, manifestly, as famous and important as Beyoncé.

"Look, I've got a blue tick!", I said to my wife, proudly brandishing my iPhone.

"Did you remember to buy the milk?" she said.

THEN SOMETHING SURPRISING HAPPENED. My phone beeped a little notification: David Walliams was now following me on Twitter! I was excited—I've been a fan of his since I was a teenager, and even interviewed him donkeys years ago for the

student paper. I couldn't believe he remembered me, still less that he'd opt to follow my witterings.

Two minutes later, my phone beeped again. Gordon Ramsay was now following me too. The TV chef who makes grown men cry by throwing Bolognese over their heads! It was all a bit overwhelming.

Then I opened my Twitter app—and the scales fell from my eyes.

You see, when you

become verified, you don't just get given a little tick—you also get an updated, exclusive version of their app. It recommends you follow other verified users, instead of the usual mix of general public; I was just fortunate to have been algorithmically suggested to Messrs Walliams and Ramsay in that five minutes. All they'd done is absent-mindedly tapped upon my face, and

“
I felt,
pathetically,
a sense of
validation
when the tick
was granted—
I was now as
famous as
Beyoncé

”

presumably didn't have a clue who I was.

The Twitter app also filters notifications for their verified users so, if I choose to, I now only see what other verified users are saying about me, rather than the general populous. This must make things more manageable if you have a huge social following: logistically, Rihanna or Adele probably prefer to prioritise what 245,000 verified users are saying about them, rather than attempting to keep up with every mention they receive from the other 320 million people on the platform.

But all this seems rather contrary

to the democratic spirit of Twitter. Their concept, when it began, was that we could all contact our dream dinner-party guests directly, without being filtered by agents or publishers or bodyguards. Now, however, it seems the version of the app used by big celebs actively encourages high-profile users to talk mainly to a small circle of fellow blue-tickers.

TO BE HONEST, I prefer the eclectic mix of tweeters I engage with on the usual, non-verified version of the app.

Perhaps that blue tick was nothing to get ticked off about. 🍷

* *
* *

A MARRIAGE OF MINDS

Pleasing your other half isn't always easy, as these tweets reveal:

"Before I got married, I didn't even know there was a wrong way to put milk back in the fridge."

**"My wife said I need to grow up. I was speechless.
It's hard to say anything when you have 45 gummy bears in your mouth."**

"Tell me again how I unloaded the dishwasher too loudly when you were watching golf? Detectives will want to know how this went down."

**"Wife: 'Why are you breathing like that?'
Ahhh, marriage. Where you can be questioned for continuing to live."**

"Me: 'Look, I love you, but I made exactly the amount of cheese and crackers I want to eat right now.'

Wife: 'But I only...'

Me: 'EXACTLY the amount.' "

SOURCE: SADANDUSELESS.COM

Upgrading The Smartphone By Adding Simplicity

SMARTPHONE TECHNOLOGY IS EVOLVING every day, with an ever-increasing range of functions and uses becoming available from your handset.

For one manufacturer though, alongside all of the research and development into technical improvements, their most important evolution has been the addition of simplicity.

Doro, the world leader in easy-to-use mobile phones, is working hard to make smartphone technology accessible to all—regardless of age or ability.

The Doro Liberto® 820 Mini is undoubtedly a powerful smartphone, with all the functionality of the many competitors on the market, but



because of the simple and highly visual instructions, smartphone beginners particularly will be able to do more, faster.

Large icons clearly identify where to find each function, from making a call, to sending a message or accessing the internet, the 820 Mini has a simple logic. It also has loud and clear sound, and is hearing aid compatible.

In addition, for each of the main functions, there are step-by-step guides built into the phone to help the new user get familiar with the technology at their own pace.



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Buy a new Doro Liberto® 820 Mini smartphone today, for the special price of **£150**, which **includes** an Anywhere SIM card connection and £40 of credit, allowing you to roam the UK with signal from O2, EE, Three and Vodafone.

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Films

Movie
of the
Month

BY EVA MACKEVIC

■ **DOCUMENTARY: *WHITNEY: CAN I***

BE ME According to her entourage, “Can I be me?” was one of pop diva Whitney Houston’s most-used phrases. This documentary on the iconic singer’s life eerily demonstrates how the phrase set the tone for her tragic demise. Controlled by her parents, producers and husband, Whitney was never allowed to be her own person—a strain that culminated in her untimely death

at age 48. The film portrays a clear progression of events that led to her downfall and the milestones won’t come as a surprise: money, fame and drugs. It’s a gripping documentary, rich in previously unseen live footage and powerhouse performances by Whitney—a reminder of her overwhelming talent and record-breaking success.

Whitney remains one of pop music’s best-selling artists of all time



■ **COMEDY: *HAMPSTEAD*** Diane Keaton and Brendan Gleeson form an unlikely couple in this smart, charming comedy set in London’s Hampstead Heath. Disheartened by an unhappy marriage, fake friends and lack of purpose in life, widow Emily hits a serious low. Yet when she meets Donald—a grumpy but lovable nonconformist living in a shack—not only does she gain an eccentric friend, but an inspiring new perspective on life.



■ **HISTORY:**

■ **CHURCHILL**

A star cast of Brian Cox, Miranda Richardson and John Slattery appears in this powerful biopic on the “Greatest Briton of all time”. Focusing on the 24 hours before D-Day, the film depicts the Prime Minister’s attempts to stop the Allied forces from invading Normandy, in fear of repeating the mass slaughter of 1915—when tens of thousands of young men were cut down on the beaches of Gallipoli.





This is only the second comic-book film to have a female director

■ **ACTION:** **WONDER WOMAN** Gal Gadot, Chris Pine, Robin Wright and others star in this big-budget film about one of DC's most iconic characters, Wonder Woman. In the early 20th century, American pilot Steve Trevor crashes on the island of Themyscira and tells the Amazon princess Diana about the atrocities of the First World War. She subsequently leaves her home for London to bring an early end to the war and become Wonder Woman.

■ **DRAMA:** **MY COUSIN RACHEL**

Roger Michell, of *Notting Hill* fame, is the director behind this sensual mystery drama starring Sam Claflin, Holliday Grainger and Oscar-winner Rachel Weisz. Based on the novel of the same title by Daphne du Maurier—and sensitively adapted for the screen by Michell—it tells the story of Philip, a young Englishman who plots revenge against his elusive cousin Rachel, believing that she murdered his beloved guardian. Yet when they finally meet, she's everything he didn't expect.



On Your Radar Julie Hutchinson, funding officer

WATCHING: *Stand by Me* (DVD) One of the finest-ever coming-of-age films—featuring a stellar cast of young actors.



READING: *Jane Eyre* by Charlotte Brontë I feel as if I'm a confidante of the heroine and narrator of this classic story.

ONLINE: *Sky Sports*

A site whose pages I regularly check out for all the latest football news.

LISTENING: *Low-Life* by New Order I'm a big fan of this English rock band and *Low-Life* is one of the best of all their studio albums.

Fancy appearing in this section? Send your current cultural favourites, along with short descriptions, to readersletters@readersdigest.co.uk

Music

BY EVA MACKEVIC

Relaxer by alt-J

English indie-rock trio alt-J return with their third studio album

Relaxer, proving once again that they're one of the most innovative bands around. While serving generous portions of frontman Joe Newman's signature distorted, yearning vocals,

Relaxer also digs deep into vastly diverse musical influences, from the rockabilly oomph of "Hit Me Like That Snare" to the neo-folky splendour of "Pleaser"—all of them neatly folded into one dynamic, elaborate whole. Every now and then, the boys shift gears with the occasional dirge, tiptoeing on the verge of Ennio Morricone's Western scores. One such example is the knock-you-off-your-feet cover of "House of the Rising Sun". Popularised by The Animals' searing, bluesy rendition, alt-J's version is everything you wouldn't expect this traditional folk song to be—unsettling, slow-moving and grandiose, it belongs on lonesome journeys home and art-house film soundtracks.

Key tracks: "3WW", "In Cold Blood", "Pleaser"



LIKE THIS? YOU MAY ALSO LIKE...

***Kid A* by Radiohead**

If you like the effortless blend of rock and electronic music, why not revisit one of its biggest trailblazers,

Radiohead? Their 2000 record *Kid A* eliminated boundaries between the two genres in a way that inspired a whole new generation of artists.

Album
of the
Month



On Our Radar

Bristol and Bath Festival of Nature, June 8–25.

Discover the natural world through fascinating tours, walks and lectures. Visit visitbristol.co.uk for details.

Oxfordshire Science Festival, June 16–21.

A chance to uncover amazing facts about the world—and beyond. Visit oxfordshiresciencefestival.com for details.

Grassington Festival in the Yorkshire Dales, June 16–July 1.

Two weeks of arts and music in the heart of the beautiful Dales village. Visit grassington-festival.org.uk for details. ■

“*Just Don’t Judge*”

Film star and queen of quirkiness Diane Keaton speaks to **Eva Mackevic** about becoming a mother in her fifties, her obsession with fashion and her latest film, *Hampstead*



DIANE KEATON'S FIRST MAJOR ROLE might have been as Al Pacino's complex wife Kay in *The Godfather*, but it was after a string of comedies including *Annie Hall* that every Woody Allen fan developed a crush on the kooky, neurotic girl in the fedora hat and baggy trousers. When talking to Diane, it's safe to say that every single one of them would fall even deeper in love with her in person.

Delightfully chatty, bubbly and self-deprecating, she goes off on unexpected tangents and you never know where she might land in the end—be it Pinterest or her fashion idol Karl Lagerfeld.

"He's a genius. I once saw a film of one of their runway shows and when he comes out at the end he's completely covered—every part of his body except for a small part of his head, OK? That's what I identify with. When I saw him, I thought, *OK, there I am,*" she tells me about her obsession with covering herself head-to-toe with gloves, shoes and scarves. "You've got to shut me up if I go on and on," she adds, laughing.

After starring in a slew of successful Woody Allen comedies, Diane expanded her range as a dramatic performer in films such as



Diane identifies with her Hampstead character Emily's problems; (right) her Oscar-winning performance in Annie Hall remains one of her most iconic roles

Reds and *Marvin's Room*—both of which earned her Oscar nominations—as well as proving herself as a director and a producer.

In her latest film, *Hampstead*, she stars as Emily—an American widow living in London's Hampstead Heath who, betrayed by her late husband and in deep financial debt, befriends Donald, a man living in a self-made shack, who inspires her to rethink



coward in the beginning. She doesn't tell the truth. It's easy for me to identify with her problems because they're the problems that I feel I also have. She's a modified version of me.

"She's as much a victim of her life as Donald is. She's in trouble too. She's not able to pay her rent, she was betrayed by her husband, she has a difficult time even with her son because he's making her feel inadequate. That one incident when they meet opens up a whole new world. It's a really good story about that certain point in your life when you feel that nothing will ever change for you, that you're stuck forever, that

you're older and you don't really have any use in this world. But then you address those issues you didn't want to address and stop being afraid."

I wonder aloud whether her character Emily's bold decision to turn her life around resonates with Diane on a personal level. After a number of high-profile relationships with Hollywood stars such as

Al Pacino, Warren Beatty and Woody Allen, she's currently a single mother of the two children she adopted in her fifties.

"Adopting my son and daughter late in life—and single—had a transformative effect on me. I'm not



her whole life. It's a story about a woman who takes back control and rebuilds her life at an older age, deciding not to settle for fake friends or controlling men.

"I do identify with Emily in a sense of being a coward. She's kind of a

doing what seems to be the normal route of being 71. I have a 16-year-old son and a 21-year-old daughter. They’re still forming in some way, so you have to stay really interested and energetic and open to new thoughts and ideas all the time because of them. Also, the fact that I never married makes me unusual and then to go and have a family on my own—it’s probably not recommended, I don’t think that a lot of people do that,” she laughs.

Diane hasn’t always been this positive about becoming a parent at an older age, and single. Just a few decades earlier, she considered it a

parts that resemble her in real life seems to be a familiar trope for Diane, who has frequently chosen characters that reflect her charming quirks and idiosyncrasies. “I’m a certain kind of performer. I’m a limited performer,” she says.

Perhaps one of the most instantly noticeable connections between fact and fiction is that unique fashion sense. A huge style icon, Diane is known for her androgynous outfits: big, masculine power suits, hats, and high-collar shirts forever covering her neck. In real life, she claims, she goes even further than that.

“I think I’ve gone a more extreme



Here I am, having done something that I said was horrible—you do these things and they change your life

crazy idea. “I remember when I was about 40, somebody told me about someone who adopted a baby at 50 and I remember saying, ‘Well that’s just ridiculous!’ I feel like that was a lesson in itself. Don’t judge...you know, just don’t judge, because here I am, having done something that I said was horrible, or wrong, or a mistake. You do these things and they do change your life and attitude.”

This is one of the many similarities between her and *Hampstead’s* Emily, who also forces herself to re-evaluate the issues that she stubbornly refused to address at first. Playing

route with my fashion interests. I go kind of far, constantly covering myself. I love fashion, you know. I’m curious about all of it. Now my big idol is *Comme des Garçons* and I just like those big skirts and those big dresses—I’m totally into that. And there’s also a woman in London whose work I really love. She has a store called Egg.”

FASHION ASIDE, Diane has several outside interests, mostly revolving around visual arts. She’s previously edited a book showcasing her collection of amateur clown

paintings, and her upcoming work titled *The House That Pinterest Built* is a how-to volume on creating one's dream home.

"I'm a big fan of Pinterest and many of my ideas came from there. Since I have no real education as an architect, I get all my ideas from images and I always have. I've done a lot of restorations of houses, I kind of moved around too much—probably not great for kids, but you know, they always stayed in the same schools.

"If I'd had an education, I'd have been a designer. I would've tried to. Would I be an architect? I don't think my math skills are good enough. Could I have been a fashion designer? I don't know. I just don't have the education. My education is basically that I graduated from high school, and from there, I went to acting school. Because I think that the performing part came first."

While starting out as a young actress, Diane also had a strong ambition to become a singer, regularly moonlighting at New York



nightclubs with a singing act, which she subsequently recreated in films such as *Annie Hall* and *Radio Days*.

Yet she doesn't really think much of herself as a singer with artists like Adele around. "It's ludicrous to have a voice like hers, so amazing. So many people are so gifted—and then they can write music. So I'm not really a singer but I do love it."

When I ask her if she loves acting

just as much, I get a straight-up "No".

"Too much work. Because I do it, I don't think of it like it's

Diane is famous for her unique fashion sense and cites Karl Lagerfeld and Comme des Garçons as two of her style influences



love...it's my job. So all of these other things I was talking about—I love. Because I'm an outsider looking in, I dabble in them as best as I can and they thrill me and they're the fun part of my life. But acting is a responsibility. And with that comes a set of conflicted feelings.

"To me, the other actors are the most important people. It's not about me, it's who I'm acting *with*. And how I respond with them and they respond with me and how we together make something of these characters we're playing. To me that's the most fun—other actors."

I compliment Diane on *Hampstead*,

saying that I found her performance to be warm and spirited, and she bursts out laughing in giddy disbelief. "What? Oh, this is the nicest thing anybody's said to me! Well that makes me feel great, thank you!"

While Diane Keaton's signature *Annie Hall*-style natter and eccentricity are thrilling to experience first-hand, it's her human kindness and sincerity that make up her unmistakable appeal. ■

***Hampstead* is released in cinemas on June 23 and is reviewed on p17.**



SURREAL LANDSCAPES

Artist Hüseyin Şahin takes photo manipulation to another level:



SOURCE: DEMILKED.COM

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Tony Blackburn, 74, is an iconic English DJ who was the first voice to be heard on BBC Radio 1. In 2002, he was the winner of the ITV reality show *I'm A Celebrity...Get Me Out of Here!*

Tony Blackburn

“I Remember”

...BEING A CONTENTED

CHILD. I got on really well with my parents. I grew up in a little place called Lilliput, near Poole, Dorset, right by the sea. My sister Jackie still lives there. She's never been able to walk and she's been an inspiration to me. She's got an electric wheelchair and whizzes around everywhere. She's got more friends than I have.

...DECIDING I COULD NEVER EAT ANYTHING THAT HAD A FACE.

When I was five, we were on holiday on a farm, and there was this cute



chicken running around. Later I realised it had been dished up on my plate. From that moment on, I've never wanted to eat meat or fish. It was quite difficult being a vegetarian in the early days, but I'm not really interested in food. I wish they'd produce a pill

I could take instead.

...HAVING THIS THING ABOUT DORIS DAY.

My dad and I used to go to see all her films and I still love her in *Calamity Jane*. That's why I enjoyed Storm Doris recently. It meant we had a Doris Day!

*Tony broadcast
on "pirate"
stations Radio
Caroline and Radio
London in the 1960s*





He was the first DJ to broadcast on BBC Radio 1 on its launch in September 1967

...KNOWING FROM AN EARLY AGE I WANTED TO BE IN SHOW

BUSINESS. I left school at 16 and got a job singing and playing guitar at the Bournemouth Pavilion with the Jan Ralfini Orchestra. They were a dance band, doing foxtrots and quicksteps, but I'd come out and do the rock 'n' roll stuff.

...SINGING TO MARTY WILDE. I'd sent my tapes to record companies and wasn't getting anywhere, but Marty was appearing in Bournemouth and staying down the road from us.

My sister met him and mentioned me. He invited me round, I auditioned, and he promised to help. He was going through a rough time in his own career, though, and I never heard from him again. But I did get an audition with Decca. They turned me down, saying I was too much like Cliff Richard and sang too well.

...MY FIRST DAY WORKING FOR THE PIRATE BROADCASTER RADIO CAROLINE. It took an hour to be taken out on a little boat to the radio station on the *Mi Amigo*, an ex-passenger ship flying under a Panamanian flag, three and a half miles off the coast of Frinton-on-Sea.

In rough seas it was genuinely dangerous. We had force ten gales and once got shipwrecked. In those days, we really did spin records on turntables.





*With his first wife
Tessa Wyatt. They
divorced in 1977*

We'd put a threepenny bit on the stylus arm to weigh it down. We'd be getting thrown around, but the records kept on playing, which was really weird.

**...HATING THE RICHARD CURTIS
FILM *THE BOAT THAT ROCKED*.**

It made us out to be drunks and junkies, with loads of girls and parties. But we had a captain on board and it was run like a proper ship. We were in the North Sea. If you'd got drunk and fallen over the side, you'd have died. The film trivialised what we did, which was the important matter of breaking the monopoly of the BBC.

**...BEING THE FIRST DJ TO
BROADCAST ON BBC RADIO 1 ON
ITS LAUNCH IN SEPTEMBER 1967.**

After Radio Caroline I joined another pirate station, Radio London, but then I met Harold Davison, who handled people including Frank Sinatra. He became my agent. He warned me the writing was on the wall for the pirate stations with the government about to outlaw them.

He said if I came off the ships there would be a job on a new station the BBC was planning to launch. I was given the BBC Radio 1 breakfast show, and that first morning was the only time I've ever read from a script, because they'd filmed the opening

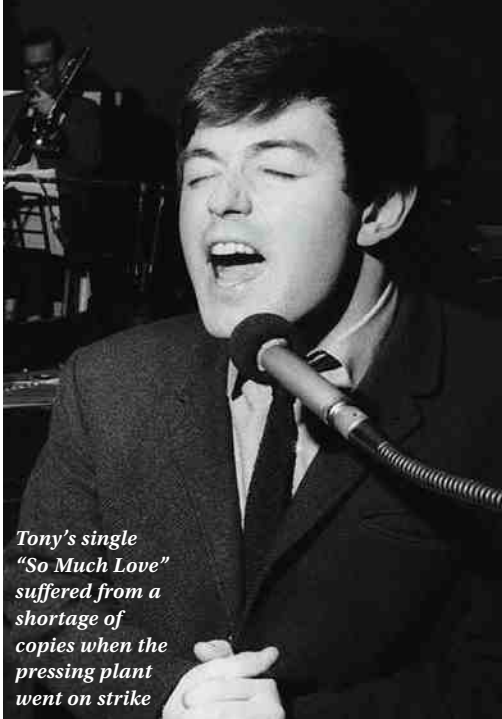
for TV the night before and I had to do it exactly the same as I'd done it for the camera. I've never been nervous on-air, or dried up in front of the radio microphone.

...MY FIRST ONE-LINER ON THAT VERY FIRST SHOW. It was: "You know that expression, 'The worst is yet to come'? It's not true—I'm here!" I've always found it easy to send myself up. Some of my peers take themselves far too seriously. I did the one-liners because Pete Murray used to do them in the early days, and I found them funny. They came naturally to me, though it backfired in a way because it got me the image of being cheesy. I don't think people realised how much I loved the music.

...HAVING A BIT OF BAD LUCK WITH MY SINGING CAREER.

Being on BBC Radio 1 revived my ambitions, but two weeks after they released my single "So Much Love", the pressing plant went on strike. Although it was in demand—it went quickly up to number 31—people couldn't get it.

It dropped out of the charts again and everyone claimed it was a flop. But I did get to make albums such as *Tony Blackburn Sings*. The song I really liked was "Blessed Are The Lonely", which never got anywhere. I always say my records are ahead of their time.



Tony's single "So Much Love" suffered from a shortage of copies when the pressing plant went on strike

...GETTING A NORTHERN SOUL HIT AS LENNY GAMBLE.

Someone released my version of "I'll Do Anything" as a single on the Northern Soul scene, under the name Lenny Gamble. I went up to the Wigan Casino and was on stage. I signed my autograph on the record as "Tony Blackburn" and they said, "Oh no, can you put 'Lenny Gamble' on it?" I'm not sure if they knew it was me! But it was an awful record. A soul record without any soul.

...MY FIRST WIFE TURNED DOWN MY INITIAL MARRIAGE PROPOSAL.

I wish she'd done it the second time—it would have saved me a fortune.

Tessa was a great person, but we were very different. My big mistake was sharing the pain of the break-up with BBC Radio 1 listeners. This was the first time I'd had a disaster and I went on about it too long.

...GETTING TO KNOW ALAN

FREEMAN. I loved Alan and knew him well. He lived by himself, and was quite a lonely character. You'd invite him round for dinner and he'd say, "That would be lovely," but then cancel. I think he was scared of going out. He was absolutely dedicated to what he was doing, but he never actually said anything on-air except "Right, now, erm...hey-hey!" and that was it.

However, I learned so much from him because the pace of the programme was very fast and he was very good with timing, and when I did *Pick of the Pops*, with the chart rundown, I always had Alan Freeman in my mind.

...HAVING A PART IN GETTING MORE BLACK MUSIC PLAYED ON RADIO.

I'd done the first soul show in the country when I was on pirate radio, and when I came onto BBC Radio 1, I played plenty of artists such as Marvin Gaye and Diana Ross. These days I'm on six radio stations and on all the shows but one, soul is my main thing. A lot of it is soul pop by groups such as The Stylistics, The Delfonics and Harold Melvin and

The Blue Notes, but I also like modern artists including Alicia Keys and Shaun Escoffery. It's happy music and I just get lost in it. And I think people finally appreciate now that I know quite a bit about the music that's been my life.

...FIRST MEETING MY SECOND WIFE DEBBIE WHILE I WAS PLAYING BUTTONS IN PANTOMIME.

She was in the chorus. Then I was at another show she was appearing in. I left a note at the stage door asking her out to lunch and that was it really. I've never been out with another woman since, and we've been married nearly 25 years. We live in North

With his second wife Debbie. They've been happily married for nearly 25 years





***I'm really a quiet person
and I like my own
company—I find
show business parties
rather false***

West London, down a lane which has a farm at the bottom. It's like being in the countryside, but if you go up the road you're in Barnet, so it's very convenient.

...BEING HUMILIATED BY FREDDIE STARR. He'd seen I was at his show, called me up on stage, and said, "Here's the funniest man in the world," then just walked off and left me there for five minutes. I thought, *Oh God!* I told a few gags that died on their feet and then he came back.

I'm really a quiet person and I like my own company. I also find show business parties rather false. That's why I love radio. I think most of the better radio DJs are the same way—they're generally not people who are terribly loud.

...DOING I'M A CELEBRITY...GET ME OUT OF HERE! MADE ME BETTER WITH PEOPLE. The others on it were terribly argumentative, and I was the oldest, so they'd come to me to sort out their problems. I became the Henry Kissinger of the jungle. The rainforest was beautiful and I felt very calm inside. And that's lasted ever since. But when I won, the press made it out it as if it had rescued my career, when I'd thought I was doing very well. I was still on the radio six days a week.

...LISTENING TO [THE LATE] BRIAN MATTHEW ON THE RADIO WHEN I WAS AT SCHOOL. This year I succeeded him on *Sounds of the 60s*. I do it live though, because I'm a believer in interacting with the listeners. The funny thing is a lot of the records I'm playing were new releases when I first went on the radio in 1964. 📌

As told to Jack Watkins

Tony Blackburn presents *Sounds of the 60s* on BBC Radio 2 on Saturdays 6am-8am, and *Golden Hour* on Fridays 7pm-8pm.



GRAVITY IS AN EXCELLENT CHEF

There's a simple reason why pancakes are round. Gravity pulls on fluid uniformly, so when a dollop of batter hits the griddle at a right angle, it gets tugged down into a round, symmetrical shape.

SOURCE: MENTALFLOSS.COM

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Confession: what I really need for better health—
nutrition, sleep, pain relief, and more

SECRETS

YOUR BODY'S TRYING TO TELL YOU

BY TERESA DUMAIN

PHOTOGRAPHS BY HENRY LEUTWYLER



BEHOLD MY POWERFUL MIND TRICKS

I can think myself full. If you're indulging in a milkshake and I think it's high in fat and calories, levels of my hunger hormone ghrelin will dip a lot lower—and leave me feeling more satisfied—than if I believe I'm sipping on a healthier shake, even if the two have the same calorie count, a study in the journal *Health Psychology* showed.

I can reshape my brain through meditation. According to MRI scans, the hippocampus—the part of the brain in charge of learning and memory—thickens after only a couple of months of mindful meditation. Brain-cell density also decreases in the amygdala (responsible for fear, anxiety, and stress). Those physical brain changes can alter your mood.

I can raise my body temperature. A group of Tibetan nuns can increase their core body temperature to about 37.7C in sub-zero weather just by doing a specific type of meditation called g-tummo. Yes, that's a rare group, but scientists taught Western people a similar technique and found the subjects could also raise their body temperature. The breathing caused thermogenesis—a process of heat production. This could help people function better in frigid environments.

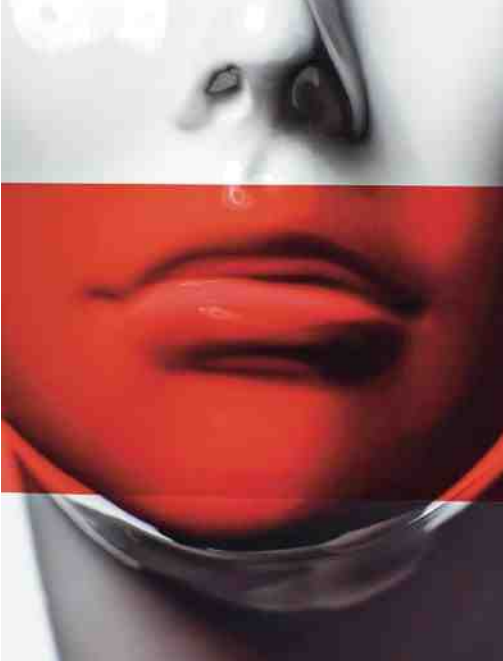
I can add years to my life. By keeping a positive attitude about ageing and continuing to feel useful, I'll most likely live about seven extra years, according to Yale University surveys.

THINK TWICE BEFORE YOU...

Choose diet fizzy drinks. Sip one can or more a day, and I could pack on three times more belly fat than if you hadn't. Researchers in Texas found that people who drank diet drinks daily gained 3.2 inches over nine years; those who didn't have any gained only 0.8 inches (the occasional drinkers: 1.8 inches). Choosing diet over regular drinks to save calories can backfire—a study showed people who tried that ended up consuming more calories from food throughout the day.

Look down at your phone. Would you hang four bowling balls from my neck? Before you say that's a stupid question, consider this: four stone (or about the combined weight of those balls) is the same amount of force exerted when you tilt your head forward at about a 60-degree angle to text or email from your smartphone. And you do that for up to four hours (hours!) a day. Protect my spine and raise that phone up to your sight line.

Grab a jumper as soon as you feel chilly. Suck it up for a little while. Researchers discovered that when I shiver from cold, it stimulates



hormones that convert energy-storing white fat into calorie-burning brown fat. Shivering for just ten to 15 minutes had similar hormonal effects to an hour of moderate exercise.

Skip flexibility exercises. You make time for cardio and strength training, which I appreciate. But my joints need to be stretched, too, especially as I get older. Connective tissue within ligaments and tendons becomes more rigid and brittle with age, which means a restricted range of motion and decreased flexibility. Pilates and yoga are two good options, but even simple controlled stretches held for ten to 30 seconds can help keep me moving more easily as the years go by.

“Forget” to tell your doctor about memory lapses. Only about one quarter of adults 45 and older “fess up” when they’re having memory issues. But it’s so important to mention. Sometimes a drug or combination of medications leaves me feeling forgetful or confused. Anxiety or depression may also have that effect, as can a slow thyroid or a vitamin B12 deficiency. These conditions are all completely treatable. And if by chance your memory symptoms are linked to dementia, an early diagnosis is crucial—it gives my mind a better chance of benefitting from treatment.

IF I COULD ONLY EXPLAIN...

Why healthy people get cancer.

You probably know someone who followed all the “rules”—wore sun protection, ate vegetables, didn’t smoke—and still got cancer. I wish I had a good reason, but the truth is that about two thirds of variation in cancer risk is explained by random gene mutations that drive tumour growth. Essentially, bad luck. However, that absolutely does not exempt you from following the rules. While some risk factors may be out of your hands, many others are not.

How placebos work. Taking a sugar pill can affect heart rate, alter brain activity, ease depression and improve Parkinson’s symptoms—all real, physiological responses to an

essentially fake treatment. An analysis of 84 chronic pain-drug trials found the placebo effect getting stronger. By 2013, patients receiving placebos experienced a 30 per cent decrease in pain levels on average, compared with about five percent in 1990.

Scientists are trying to figure out why you may respond well to a placebo but your friend doesn't, what happens in people's bodies and brains when a placebo is taken, and the best ways to harness placebos' power.

How my gut affects my mood. I'm home to up to 100 trillion microbes, most of which live in my gut. "Good" bacteria help me metabolise foods; "bad" bugs make me gassy and increase inflammation. Imbalances in my gut bacteria are linked to many diseases. The fuzzier connection is between gut bacteria and my brain. One suggestion is that gut bacteria produce mood-regulating serotonin and dopamine or other chemicals that affect anxiety and depression. Another possibility: microbes activate my vagus nerve, the main line of communication between the gut and the brain. Scientists are hyperfocused on bacteria these days, so stay tuned.

LET ME EXPLAIN WHY...

You turn down the car radio when you get lost. My brain has a limited amount of cognitive resources. It isn't really designed to process too

much at once. On a familiar route, I can listen to the radio and still pay attention to the road. But once I need to read street signs or scan for house numbers, the music becomes a distraction.

Squinting helps me see more clearly. Narrowing my eyes slightly changes their shape so only a limited amount of light can enter, which helps me focus.

Chatting with a stranger makes me happy. Connecting with another person, even briefly—such as talking to the barista brewing your coffee or a random seatmate on the train home from work—gives me a feeling of belonging and improves my mood.

I swing my arms when I walk. My arms are like pendulums that naturally sway as you move. I expend less energy when they do their thing and swing. Holding them still while you walk uses 12 per cent more energy.

HABITS I WISH YOU WOULD START

Reading paperbacks. Like, on actual paper. Scientists found that people who use E-readers had a much tougher time remembering story details compared with folks who read a printed version. Sensations such as holding the book, turning pages and touching



the paper may contribute to better mental reconstruction of the book's plot. Never mind that exposure to the blue light from an E-reader's glowing screen before bed makes it harder for me to fall asleep and snooze soundly.

Covering your mouth when you sneeze. Yes, you learned that in preschool. But one out of every four people fails to cover his or her mouth when coughing or sneezing in public, according to one observation study. Less than five per cent of people used tissues or coughed or sneezed into their elbows, as health experts recommend. And get this: scientists just found out that an average human sneeze expels a high-velocity cloud that can contaminate an entire room in minutes. Gross.

Strolling through the park. Living in urban areas seems to put people at a higher risk for mood disorders compared with friends in more rural settings. Time in nature may quiet my brain's subgenual prefrontal cortex, which is active when you brood and is linked to mental disorders. Find a leafy, peaceful park or path to walk through, and you'll dwell less on negative thoughts, research shows.

Doing intervals when you exercise. High-intensity interval training (HIIT) alternates between very strenuous bursts of activity and less-intense recovery times. Danish researchers tested a formula called 10-20-30 on a group of recreational runners. They lowered their blood pressure and cholesterol and shaved time off their three-mile runs in seven weeks, despite cutting their total workout time in half. Try it: 30 seconds of gentle running, 20 seconds at a moderate pace, and then ten seconds of full-out effort—for a total of one minute. Do three chunks of five minutes (with a two-minute rest between each block), and you've done a spectacular cardiovascular workout in 20 minutes.

Typing slowly. It may improve your writing skills. Researchers found that essay writers who had to use one hand to type had a larger, more sophisticated vocabulary compared with two-handed typers. The theory:

slowing down gives me a chance to think about the words I want to use and express myself more eloquently.

PAY ATTENTION TO THESE MILESTONES

First period. The sign that you've become a woman, said your mother. British researchers add that your age at this first "visit" may be linked to heart disease risk. A study of 1.2 million middle-aged women showed that those who had their first menstrual cycle at 13 had the lowest risk of heart problems; those who were ten and younger and 17 and older had the highest. Menstruation age may indicate something about overall metabolic health. Other studies have found links to risks for diabetes and low bone mass.

First knee injury. Even just one could raise the odds of post-traumatic arthritis. It doesn't take serious damage, either: a very common torn meniscus from a fall or a ruptured ACL can leave my knee unstable and result in faster wear and tear. Damage doesn't always lead to osteoarthritis (your age, weight, and genes all factor in), but an injured joint is about seven times more vulnerable than a healthy one.

First fracture. Get the bone treated, of course, but if you're 50 or older, ask for a bone-density test (DXA scan) too. About 80 per cent of people skip that second part, but don't. Osteoporosis could be to blame for my broken bone, especially



A 30-second technique to stop mindless eating worked by distracting obese study participants

if the injury was not the result of major trauma, such as a car accident. If my bone mass is low, you want to know now so you can take steps to slow its progression.

Last cigarette smoked. Five short years after the day you quit, my risk of developing cancer of the mouth, throat,

oesophagus, and bladder is cut by a whopping half. Thank you.

THESE FOOD TRICKS MAKE ME HEALTHIER

Mix your yogurt. That watery stuff sitting on top is whey, and it's filled with protein, bone-strengthening calcium, vitamin D, and gut-friendly probiotics. Don't pour it in the sink!

Slice your own pineapple. Buying fresh-cut versions may shortchange you a little on nutrients. After six days in the fridge, cubed pineapple loses ten per cent of its vitamin C and 25 per cent of its carotenoids (antioxidants) when compared with whole fruit sliced the same day it's eaten.

Bake potatoes. This retains the most nutrients. If you peel and boil the spuds, you lose all the fibre in the skin and about two thirds of the vitamin C.

Let chopped garlic rest. When the clove is minced or crushed, an enzyme called alliinase is released, triggering the formation of disease-fighting compounds. Give it ten to 15 minutes. Cooking the garlic bits too soon can inactivate the enzyme.


Squeeze lemon over spinach. Those dark greens are a good source of iron, but for me to absorb plant forms of the mineral more easily, spinach needs to be paired with vitamin C (hence the shot of lemon).

THESE HACKS MAKE ME HAPPY

Tap your forehead: curb a craving. Researchers tested this 30-second technique to stop mindless eating by distracting obese study participants from their favourite foods, thus reducing cravings. Coveting chocolate? Place your finger on your forehead and tap away your desire.

Colour: reduce stress. There are lots of intricate colouring books made for adults now. Colouring can zap away my anxiety. When I'm focused on something that's concrete and repetitive, it activates portions of my parietal lobe—the same area of the brain connected to spirituality and one that tends to be active during meditation and prayer.

Scowl: win a negotiation. In a tough bargaining situation (such as when you walk away from a car salesman's "final" offer), putting your best angry face forward might get you a better deal than a poker face, researchers found. Why? It may be that a more intense expression give your threats more credibility.

Ice your hand: Ease a toothache. Rub a cube on the webbed spot between your thumb and index finger. Nerves there send cold signals to the brain, which may squash the pain signals from your tooth. This method reduced toothache pain as much as 50 percent compared with massaging the spot with no ice, Canadian scientists reported. 

Contributing experts: Joseph Borrelli, MD, orthopedic surgeon and chair of orthopedics for Texas Health Arlington Memorial Hospital; David Bucci, PhD, professor of psychological and brain sciences, Dartmouth College; Jeffrey Mogil, PhD, professor and E P Taylor Chair of Pain Studies at McGill University; Ben Michaelis, PhD, clinical psychologist and author of *Your Next Big Thing: Ten Small Steps to Get Moving and Get Happy*; Andrea J Singer, MD, clinical director, National Osteoporosis Foundation



COMFORT EATING

Cinema-goers eat 28 per cent more popcorn when watching a sad film.

SOURCE: MEDICALXPRESS.COM

How To Maximise Your GP Visit

BY SUSANNAH HICKLING



Susannah is twice winner of the Guild of Health Writers Best Consumer Magazine Health Feature

ARRIVE ON TIME. Yes, we know—GPs often run late but make sure you're not the patient who causes the delay. And if you're getting your blood pressure checked, skip the caffeine and pitch up with enough time to sit for ten to 15 minutes to ensure a more accurate reading.

MAKE SEPARATE APPOINTMENTS FOR SEPARATE ISSUES.

Don't, for example, talk about your concerns about your mother's memory when you've booked an appointment to check out your worsening headaches. Your doctor can't deal with such distinct complaints in that all-too-short ten-minute appointment.

TALK ABOUT THE IMPORTANT STUFF FIRST. Don't make an appointment for a rash when really you're worried about a suspicious lump. It's frustrating for your GP to spend time counselling you on eczema, hand-washing and creams, only to have you say, "By the way, I think I have a lump in my breast", at the last minute. Focus on the most important point; the rest can wait.

LIST YOUR SYMPTOMS. To make sure you don't forget something that could give an important clue as to what might be wrong with you, make a note of the different



symptoms. Jot down how they change in a 24-hour period. If they come and go over time, keep a diary.

EXPLAIN WHAT YOU WANT. If you want to be referred to a specialist, say so. If you think your medication should be changed, point it out. Never be rude, but always be clear where you can. And ask your GP to explain clearly too.

FOLLOW UP ON TESTS. It's tempting to think that if there's a problem, the surgery will get in touch. But communication can break down, so make sure you're proactive about calling for results of blood tests or other investigations, or making an appointment to find out if any further tests are necessary.

SNOOZE OR SNEEZE?

According to a survey from Allergy UK, a staggering nine out of ten hay-fever sufferers found that their sniffles affected their sleep. To make sure you don't skip the kip, try the following:

VACUUM ALL THE FABRICS.

Vacuuming regularly and focusing on all the fabrics in the house, including bedclothes and curtains, will help remove pollen, dust and pet allergen particles.

DRY BEDDING INDOORS.

Wash sheets, duvet covers and pillowcases often, and avoid hanging them outside—the wind may well dry them beautifully but it will also blow more pollen particles onto the fabric.

SHOWER AT NIGHT.

This will get rid of pet hair and other sneeze-inducing particles from your body and your hair. Clear your nose by sniffing up water and blowing it out again, or using a saline nasal spray.

BAN PETS FROM THE BEDROOM.

Tiddles and Fido might be disgruntled, but you'll sleep more peacefully without them.

Pedal Power

How healthy are electric bikes really? Aren't they just a cheat for people who aren't prepared to pedal up hills? In fact, research has suggested that they're surprisingly beneficial to health and fitness.

E-bikes encourage people to get in the saddle more often and may increase the distance they travel. More frequent and longer journeys more than make up for the lower energy you expend by using the motor from time to time.

A recent study found that 20 sedentary people who trialed an e-bike for four weeks covered an average of over 185 miles and spent 16 hours cycling, leading to better blood-sugar control and aerobic fitness. Some of them cycled for longer than required by the study. Researchers worked out the pedallers were doing the equivalent of an easy jog or brisk walk.



Electrically assisted bikes are a lot heavier than conventional bikes and more difficult to manoeuvre, which means more effort is required when you're pedalling—which will also contribute to your workout. Getting out and about and enjoying the scenery will also give you a great mental boost.

WHY WE SHOULD HOP ON OUR BIKES

Prefer to be hard-core and use a proper bike? It could help you lose weight. A study published last year in *The Lancet Diabetes & Endocrinology* found that commuters who cycle or walk to work have less body fat and a lower BMI. For women the difference is a whole ten pounds—not a bad incentive to put on your bike helmet and leave the gas guzzler at home.

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Three Steps To Happy Summer Feet

Step 1 The weather's warming up and no doubt you're getting your feet out—but when you're buying sandals, make sure you choose a pair that protects your feet from pain. A sandal that holds your heel in place and has solid adjustable straps is the way forward. And look for a lightweight sole that will cushion your feet as you walk. Cork's a good option.

Step 2 Prefer closed shoes for summer? To make sure you're getting footwear that treats your tootsies well, trace around the most comfortable shoes you already own on a piece of paper and compare that against ones you're interested in buying. Go shoe shopping in the afternoon when your feet are likely to have swollen from heat and prioritise buying shoes that fit your shoe size.

Step 3 Buy leather shoes. Leather uppers allow your feet to breathe when the weather's warm. But avoid leather soles—they slip and they're not always very comfy for older feet.

MEN'S HEALTH

5 BIG FAT TIPS FOR LOSING WEIGHT

Father's Day might be on the way—but do you really want a dad bod? A belly suggests there's unhealthy fat building up around your vital organs, such as the liver and pancreas. So to help you shed those extra pounds—and prevent them from creeping back—try these tips:

Buy some scales and weigh yourself daily. A study from Cornell University in the US found that people who weighed themselves frequently and tracked the results succeeded in losing weight and keeping it off.

Eat more protein. There's some evidence that eating plenty of protein will boost your metabolism. Adding protein—lean meat, poultry, fish and eggs—will also make you feel more full when you're trying to cut back on your eating.

Lift weights. You need to exercise to reduce calorie intake. Resistance training once a week will build muscle while you lose fat and there's also evidence that it boosts metabolism.

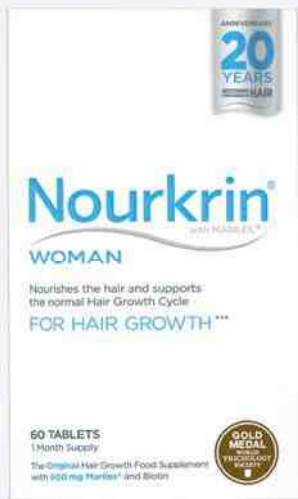
Find a diet buddy. People who go to weight-loss groups tend to have more success in shifting the weight. Find a friend who wants to lose weight? Encouraging each other and being competitive can work wonders! 🍌



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THE NUTRITION CONNECTION

Eat The Rainbow

BY FIONA HICKS



Fiona studies Naturopathic Nutrition at the College of Naturopathic Medicine, and is a member of the Nutrition Society

FROM BREAD TO CHIPS TO CRISPS, have you ever noticed that the majority of processed foods are beige or brown? Many whole and natural foods, on the other hand, are brightly coloured—and eating them can help you to feel vibrant. Here's why:

RED HELPS YOUR HEART. Studies show that lycopene, a red-coloured phytonutrient found in tomatoes, can help reduce the risk of heart attack due to its potent antioxidant activity. What's more, fresh tomatoes and tomato extracts have been shown lower LDL cholesterol—the “bad” kind that can lead to clogged-up arteries. Virgin Mary, anyone?

FEED YOUR SKIN

As well as paying attention to what you eat, it's important to consider what you put on your skin. It is, after all, the body's largest organ—and absorbs much of what you put on it. **Nourish London** have a beautiful range of rich products. Their Kale Enzymatic Exfoliator (£18, nourishskinrange.com) is infused with kale extract and pomegranate enzymes. These active ingredients gently tingle when applied, leaving skin clean, glowing and, well, nourished!





ORANGE MAINTAINS YOUR IMMUNE SYSTEM. Carrots' bright colour comes from beta-carotenes—compounds that are converted to vitamin A in your body. Vitamin A, in turn, plays a pivotal role in the healthy functioning of your immune system, helping you to fight everything from cancer to the common cold.

YELLOW SUPPORTS YOUR EYES. The humble corn-on-the-cob contains a compound called lutein, which is also found in your eye's retina. A report in the *British Journal of Ophthalmology* suggested that eating lots of yellow-coloured foods can support the function of your eyes, thus reducing your risk of conditions such as age-related macular degeneration.

BLUE PROTECTS YOUR BRAIN. Pterostilbene is a phytonutrient that's found in the skins of blueberries and grapes. Recent animal studies have shown that supplementation with pterostilbene can improve cognition, reduce anxiety and enhance mood. Try adding a cup of blueberries to your morning muesli, or throw together a fruit salad with grapes.

GREEN ASSISTS YOUR LIVER. Cabbage, kale and broccoli are all full of glucosinolates—compounds that support your liver's ability to eliminate toxins. Aim to eat two large handfuls of these vegetables daily. There's no need for soggy veg, though, as steaming them is the best way to preserve their health-boosting properties. ■

Learning On The Job

BY MAX
PEMBERTON



Max is a hospital doctor, author and newspaper columnist

ON MY FIRST DAY AS A JUNIOR DOCTOR I pulled the short straw, leaving me “on call”. This meant I had to work all day, through the night and into the next day. Everything had been going fine until I received a phone call.

“You need to come and see Mr Clarke—I’m really worried about him. He’s getting worse.”

Silence. I blink. “Er...hmm. What do you want me to do?” I whimpered.

“I don’t know, you’re the doctor. But you’d better do something and quickly.”

It’s a little after midnight, and I’ve already been working since 8am. This is the sort of call I’ve been dreading.

I arrive on the ward. There are several nurses sitting around and writing notes. “It’s OK, the doctor’s arrived,” I hear one of them say. My spirits lift but I turn around only to realise that they mean me. Oh dear.

MR CLARKE HAS TERMINAL CANCER and, as I learn from the nurse, is really just waiting to die. He’s in his late 80s. He’s in lots of pain, having difficulty breathing and, to top it all, the nurses think he might have just had a heart attack.

“Hello, Mr Clarke, it’s the doctor. What’s the problem?” I ask, not knowing what else to say.

He looks up at me and in a hoarse whisper croaks, “Help me,



doctor. Please.” My mind goes blank. I have no idea how to help him.

In medical school we’re taught how the body works, how it might go wrong, and then the theory of how to fix it. It’s all very well knowing the minutiae of obscure diseases that affect only a handful of people—but it’s going to be of no use to you when you start work. What you do need to know is how to put a catheter in, order an ECG or prescribe medication—and these are precisely the things that medical school doesn’t teach you.

As I stand on the ward, Mr Clarke and his problems aren’t my priority. All I’m worried about is not making a mistake; it wasn’t supposed to be like this.

What should I do first? I open his notes and my eyes rest on the last

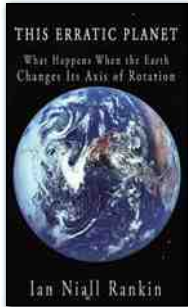
entry: “Contact on-call palliative care team on bleep 0440 if patient deteriorates.” I call the number and with a beam on my face hand over Mr Clarke’s care to the doctor on the other end of the telephone. Pass the patient: brilliant. Crisis averted.

A FEW HOURS LATER, just as I finally get into bed, my bleep goes off again. I pick up the phone by my side and it’s the nurse letting me know that Mr Clarke has died and that the palliative care team have just left the ward.

“They’ve left you the death certificate to write,” says the voice at the other end of the telephone.

“Oh, erm, right. How do I do that?” I ask.

“I don’t know,” comes the reply, “you’re the doctor.”



This Erratic Planet

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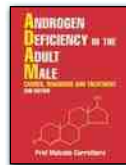
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A successful and balanced approach to human connection and spirituality. A thought-provoking exploration of the deep philosophical questions that all people face, as well as a commentary on the universality of an omnipresent God. - Clarion Book Review

MEDICAL CONDITIONS—EXPLAINED

High Blood Pressure

WHAT IS IT?

Blood pressure is recorded in two numbers—the high number, called “systolic”, is the pressure when the heart has just pumped. The low number, called “diastolic”, is the pressure when the heart is at rest. The pressure is measured in millimetres of mercury, or mmHg. Ideal blood pressure is between 90/60mmHg and 120/80mmHg. High blood pressure, also called “hypertension”, is considered to be anything consistently above 140/90mmHg.

Over time, this extra pressure puts a strain on your heart and blood vessels. It can increase the risk of blood clots forming, which could result in a heart attack or stroke.

WHAT CAUSES IT?

There may be a hereditary element, but lifestyle factors also play a big role. Being overweight or obese, having high salt intake, smoking and not exercising are the main risk factors. Some medications can also cause high blood pressure, such as the oral contraceptive pill, steroids, and some painkillers such as ibuprofen. People



who are from African or Caribbean descent are also at increased risk.

HOW'S IT TREATED?

If lifestyle changes (see below) fail to bring the blood pressure down into a safe range, people will require life-long medication. There are many types, and sometimes people will require more than one prescription.

WHAT CAN THE PATIENT DO?

Losing weight, stopping smoking, eating more fruit and vegetables and reducing fat, salt and caffeine intake have all been shown to significantly reduce blood pressure. Taking up regular exercise can help too. ■

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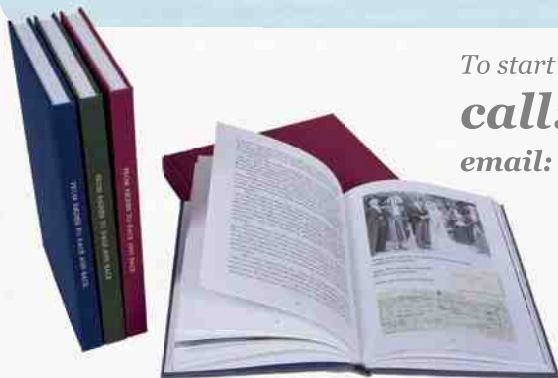
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100— *Word*— STORY

Competition WINNERS

After thousands of entries—
and months of voting—we can
finally reveal the winners of our
short-story competition

Now in its seventh year, our 100-word-story competition continues to grow in popularity. The entries have flooded in during the past few months, with a noticeable increase in tales written by under-12s. We've enjoyed reading every story, but only a few can come out on top! You, our readers, voted to whittle the shortlist down to the ultimate winners—revealed overleaf.

ADULT CATEGORY WINNER**STEVE CLARKSON**

Steve, 30, from York, wins the first prize of £2,000

**Viewing Is Essential**

This modern third-floor apartment includes:

Entrance hall, where they squeezed in their furniture on moving-in day.

Kitchen diner, where he spun her around when she opened the letter offering her the job.

Tiled flooring that felt cold on her cheek when she woke up hungover, forgetting he'd gone.

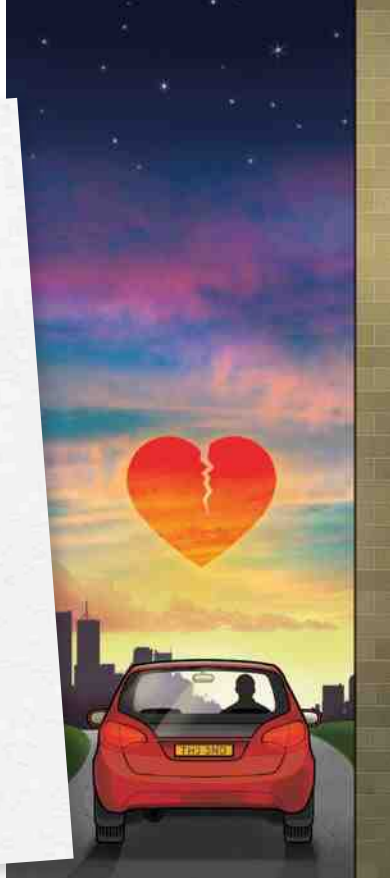
The property also benefits from:

Ground-floor entrance, where they left each other romantic notes in their postbox.

On-street permit parking, where he took a few deep breaths before driving away.

Close to city-centre amusements, where they first met and could only see the sun.

Viewing is essential.

**THE JUDGES SAID:**

We were impressed by both the cleverness of this tale and its emotional impact. Through juxtaposing mundane settings with their sentimental weight, Steve encourages us to reflect on our own lives—and consider how our familiar environment is permeated with moments of both joy and sadness. It's a tale that stays with you long after you've read it.

STEVE SAID:

I found out I'd won this competition in Kenya, where I was travelling in search of inspiration for more stories and characters.

I'm flattered and honoured that readers voted for this story, in which I tried to find a unique way of capturing a failed relationship.

This is certainly my biggest literary achievement so far—thank you to all who voted for my tale!



SPECIAL COMMENDATIONS

LLOYD HORSLEN

Lloyd, 26, from Kent, wins £200

IN MEMORY OF MR HUSK

Here lies Mr Husk. Those eyes that stole a thousand hearts, seen through no more. The smile that brought 100 girls to bed is now a crust of yellow headstones hammered into greying head. The fingers of comforting caress are talons of this mildew man; those talons bear no rings.

Here lies Mr Husk. An abandoned lothario, seducer of the spiders now. The dusty scent of once smooth, seamless skin accompanies his cold undress.

Here's rest now, Mr Husk. In memories you shall prevail, but then again, these belles of yours haven't stopped by.

Just the priest and I.

ANIKA CARPENTER

Anika, 43, from Brighton, wins £200

I WAS A SPARROW ONCE

Do you know that birds dream of becoming people?

I had that dream once, just once. The second the idea occurred to me I was falling, rushing to the ground, flailing and tumbling and heavy, so very heavy.

I lay in the park for an hour, on the wet grass, unable to get up, lifting and dropping my unfamiliar human arms like they were oars, screeching "Oh!" through a hole where a beak once was.

Life is good now, living in the hospital. A nice lady is teaching me to sing again, and each week I meet with the ornithologist.

SCHOOLS 12-18 WINNER

**TUESDAY DOLAN**

Tuesday, 19 (18 when she entered), from Jersey, wins a Samsung Galaxy Tab S2 and a Samsung Gear S2 Smartwatch, plus £150 for her school

THE JUDGES SAID:

This tale is full of mystery! We never find out the exact nature of the relationship between the writer and their subject, which only enhances the appeal. Is it a sibling? A friend? A first love? The poignant finish makes us yearn to hear the full story—but its power lies in the fact that we fill in the blanks ourselves.

TUESDAY SAID:

Unlike the other competitions I've entered, here the winner was decided through the public vote. As an aspiring author, to know that people enjoy my work made the win so much more gratifying for me!

SPECIAL COMMENDATIONS**MERCYGRACE SAMUYIWA**

Mercygrace, 13, from London wins £100

WISHES: NOT ALL, BUT SOME

I pull the ropes of the sail hoping, wishing, that by some miracle I could control the storm; however, many have learnt that not all wishes come true. Some wish for wealth and never receive it, others wish for joy and never find it and many wish for love and never discover it.

That day I wished for freedom. I had wanted to be released and that is why I went out to sea.

"Why have you forsaken me?" I shouted to the moon and it responded with a wave that split my boat.

Some dreams do come true.

Lost

I found what I thought was lost today.

The grizzled teddy from our youth; the one we fought over in the toy shop. You made me cry. Our bond was later sealed with sweets and petty secrets. We shared that mascot through the weeks, the years, like a childish game. As much as it was.

I claimed I lost it. You would always find it like buried treasure.

"Never say lost, only misplaced," you had told me, "lost is giving up." Your smile glistened and I made it glow with a kiss.

Our childhood ended.

You lost me. Not misplaced.

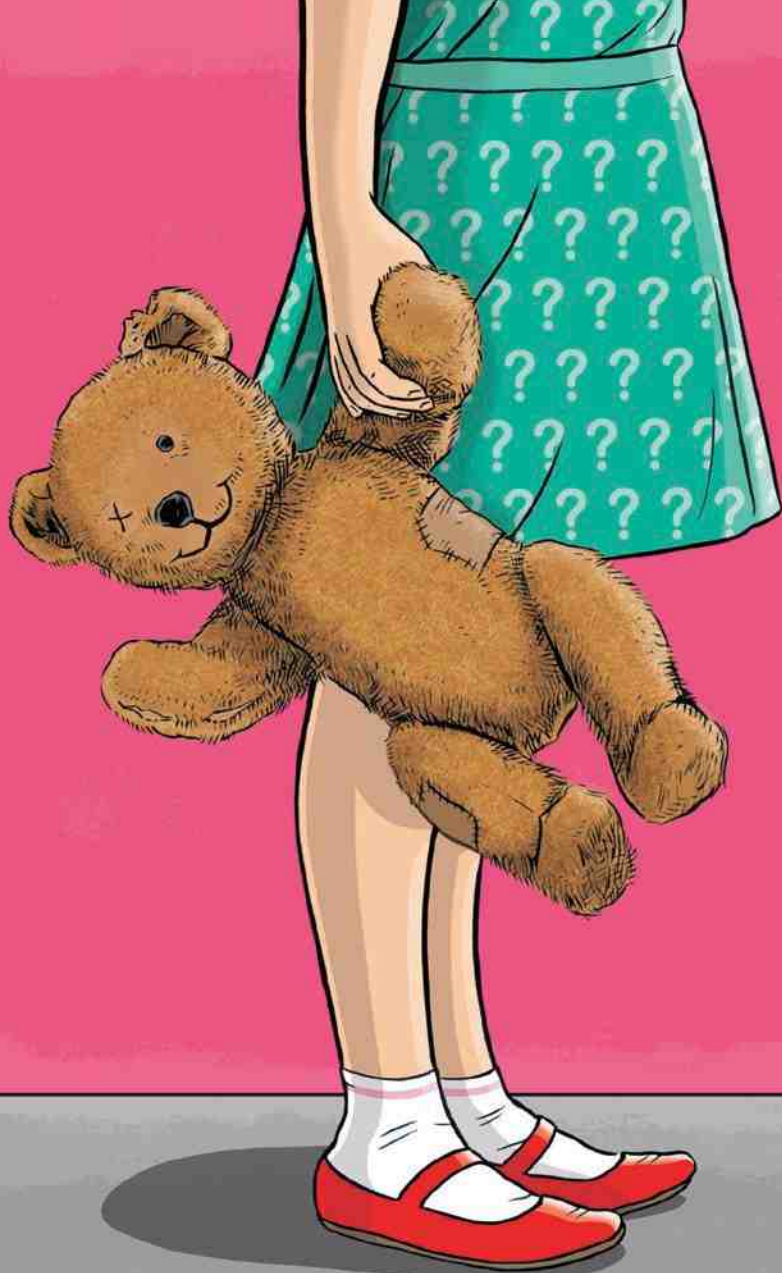
JESSICA WARREN

Jessica, 12, from Enfield, wins £100

THE PUPPY'S MUSIC

The puppy turned the radio's dial and wagged his little tail merrily as the delightful music filled his ears. He shut his eyes and let the music take over his small body. It started with subtle movements, each of his paws tapping and then his small soft head decided to join in. It was bobbing up and down like a boat on a calm sea.

He had never heard this sort of music before. The puppy had always thought that there was something wrong with his human's taste in music; it was absolutely dreadful. But this was something very different.





SCHOOLS UNDER-12s WINNER

ICENI BROWN

Iceni, 11, from Cornwall, wins a Samsung Galaxy Tab S2 Smartwatch, plus £100 for her school

The Cloud

Doodle was a small, lonely, and glum cloud. He rose, he fell, he drifted. But that was all about to change.

Midnight, and Doodle was blown into a deadly storm. Tossed this way and that, lightning rolled him like a bowling ball.

He awoke in Japan, startled and unsure. Lights lit up the starry sky, cars honked, billboards flickered.

Confused, upset and scared, Doodle began to weep as the whole city popped up their colourful patterned umbrellas.

Drifting back over volcanoes, oceans and forests, he decided the world was too big and wild for this little blissful cloud of adventures.



THE JUDGES SAID:

We were all absolutely charmed by this story. It contains drama, adventure, and a relatable aspect in that Doodle feels overwhelmed by new experiences.

It's a remarkable tale to come from someone so young—we'll be sure to watch where Iceni's writing takes her!

ICENI SAID:

I've always loved writing and making books. I like making up wacky characters and adding my own twist. This is the first writing competition I've entered because I always struggle to finish my stories before the deadline, or lose my story before I finish it. I never thought I'd win—thank you!



SPECIAL COMMENDATIONS

ARCHIE MOULT

Archie, 6, from Staffordshire, wins £75

FRIENDS

Once upon a time, in a green leaved oak tree, there lived a furry squirrel. He didn't have any friends. He lived in a comfortable tree, he didn't know it had a cross on it.

The next day, a big woodcutter came to the squirrel's home. The woodcutter saw the cross, he realised he had to cut it down. The squirrel looked up and saw his home broken. He started to cry. The woodcutter picked him up. He gave him a cuddle and said, "You are the right size to go in my pocket."

They became friends forever and ever.

RUBY NORRIS

Ruby, 6, from Wiltshire, wins £75

MY SUPERHERO STORY

There were three superheroes called Jim, Sally and Tommy. Jim had super strength and Sally had super speed. Tommy just had blue eyes and brown hair.

One day, Jim and Sally went on a mission and Tommy stayed at home. He was watching TV and made a hot chocolate. Then he heard a lady crying and zoomed outside and saw an old lady on the road with a car coming.

Tommy saved her which took a long time because she couldn't hear properly. The old lady said, "Thank you, you are my hero." So Tommy's powers became being super kind.

ADVERTORIAL



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So what do you get with the **Gtech AirRam**? You get a high-performance vacuum that weighs just 3.5kg. It's cordless, so you can stop worrying about plug sockets or stretching power cords round corners. And yet it has the power to clean your home thoroughly—even dreaded pet hair. There are no

Reader's
digest **LIVING**

settings to change as you glide from room to room. The lithium-ion battery gives you a remarkable runtime of up to 40 minutes on a single charge—and it's designed to use less energy than a traditional upright, so it's kinder to your pocket as well.

As well as the new patented **AirLOC** dirt-collection system, the **AirRam Mk.2** has cleaner emptying: dust and dirt is compressed into the unique snail-shell bin forming a tubular bale. This can then be ejected into a dustbin with a slide of the dirt ejector arm, meaning no annoying dust clouds when you empty. There's even an LED light, so you can see into dark corners—dirt and dust really does have nowhere to hide! Oh, and because the handle slides neatly into the body, the AirRam needs less room to store than a traditional upright.

It's the future of cleaning—see it in action at gtech.co.uk. 🐾



Comedian, actor and writer **Adrian Edmondson**, 60, starred in *The Young Ones*, which he wrote with his long-term comedy partner, the late Rik Mayall. More recently he appeared in BBC One's *War and Peace*

If I Ruled the World

Adrian Edmondson

Pensions would go to the young. I'd give people aged 18–25 a good pension that would allow them to pay for higher education or save a bit or travel the world. With time to think properly, they could stop panicking about what they're going to do with their lives and become creative. Meanwhile older people would continue working for as long as possible. My dad gave up work in his 60s and it didn't do him any favours.

Kissing rules would be clear. It's all very tedious at the moment because no one knows what they should be doing. So: a) first kiss to the left; b) with someone first; c) make it one kiss; d) from the continent; and e) never kiss anyone on a first meeting.

Punish people who add stupid stuff to their food. No more mango or chocolate, or coffee beans through the digestive tract of an elephant.



ILLUSTRATED BY JAMES SMITH

not even a joke). I find all these trendy craft-beer makers very confusing, while a lot of the big brewers add nasty things such as syrup, colouring and preservatives—these give you a terrible hangover. Beer should be made of four ingredients: water, barley, hops and yeast.

I'd bring back three TV channels.

Do you remember how it used to be before iPlayer, Apple TV and God knows what else? There was a much greater sense of community watching—if you didn't catch something live then you missed it. It made television much more exciting and gave the audience a better service as with limited space, programme-makers had to work harder to ensure their show was really good.

Top of the Pops would be reinstated as essential weekly viewing.

I love music but I don't know how to access information about the music scene. This rule isn't nostalgia but simply because *TOTP* was informative—even if it was considered uncool, which was part of the joy of it.

Wearing hats would be compulsory.

Everyone looks better in a hat, plus they give you UV protection. Those of us who wear hats feel a bit beleaguered because everyone thinks we're trying to be hipsters or poseurs. I've got lots of flat caps, and

I was allowed to take home a couple of the lovely ones I wore as Count Ilya Rostov in *War and Peace*.

I'd make life a bit more boring.

There's just too much stimulation around. I'd like shops closed on a Sunday and no television until 7pm. The best thinking comes when you're not engaged in anything else.

I'd stop the import of foreign food.

There are so many advantages to this rule, namely the saved air miles and the heady delights of foreign travel. I want to go to places and experience a different culture and local food—at the moment everywhere you go you get the same things. I know it would give us some cooking challenges during English winters, but I guess we'd get brilliantly inventive with turnips and swedes.

Morphine would be readily available for people in care homes.

It would make life a lot more bearable for miserable people sitting in horrible sunlit rooms around the world. I only had it once when I had my wisdom teeth out. When the dentist said I could get down from the chair I thought, *I can't possibly go when the ceiling is so fascinating.* 🐾

As told to Caroline Hutton

Adrian Edmondson's first children's book, *Tilly and the Time Machine* (Puffin, £6.99) is out now.

Just add water

Photo: © WaterAid/Ernest Randriamalala



When Roumina was born, there was no clean water in her village. So she had to rely on the river. But the river was so thick with parasites that just one sip could kill her.

Then when Roumina was three years old, all of that changed forever. Because that was when clean water arrived in her village.

Today, instead of getting sick, Roumina and all the children here are thriving. Instead of fetching water from the river, they're going to school. Instead of facing a life of poverty, they're setting goals for a brighter future.

Now we need to add water to the life of every child, everywhere. WaterAid is already providing clean water to over 200 people every hour. With your donation, we can reach even more.

**Help a child grow.
Text WATER to 70700 to give £3 today.***



*Text costs £3 and one standard network rate. WaterAid receives 100% of the donation. By texting you consent to text and phone contact about our work and what you can do to help. Text WATER NO COMMS to donate and stop future fundraising calls and texts. For more information on WaterAid and how to get in touch please visit www.wateraid.org WaterAid registered charity numbers 288701 (England and Wales) and SC039479 (Scotland).

The Power of the *Paintbrush*

If you were in distress, would you turn to a canvas?
Former skeptic **Lucy Fry** discovers the
life-changing potential of art therapy

LAST YEAR I PAINTED PICTURES OF MY PANIC ATTACKS. I couldn't find the words to describe what I'd felt, stuffed into a tube train like a squashed sardine (though, technically, "bad claustrophobia" just about covers it). I'd travelled in rush hour before—for years in fact—yet I'd never experienced terror like this. I didn't understand why, suddenly, I was suffering in this way and I was willing to try pretty much anything to make things better.

And so, after becoming frustrated by my inability to put words to what I was feeling, I turned to art therapy. Art therapy is "a form of psychotherapy that uses art media as its primary mode of communication," says Val Huet, chief executive officer at the British Association of Art Therapists. It's not, as I'd wrongly assumed, meant only for children or arty types who were skilled in drawing and painting. Nor is it unnecessary for those who, like me, are used to expressing themselves with words. Quite the opposite in fact.

"Art therapy isn't just for people who can't use language [in a sophisticated way], such as children who have to face upsetting things without adequate vocabulary to express it," says Huet. "It also helps those who are *too* good with words and can use language as a fantastic defence. As soon as we learn to speak we learn to edit what we say, but in some circumstances we also edit our feelings to ourselves and get completely cut off from our true emotions—and end up acting in a way that surprises or distresses us."

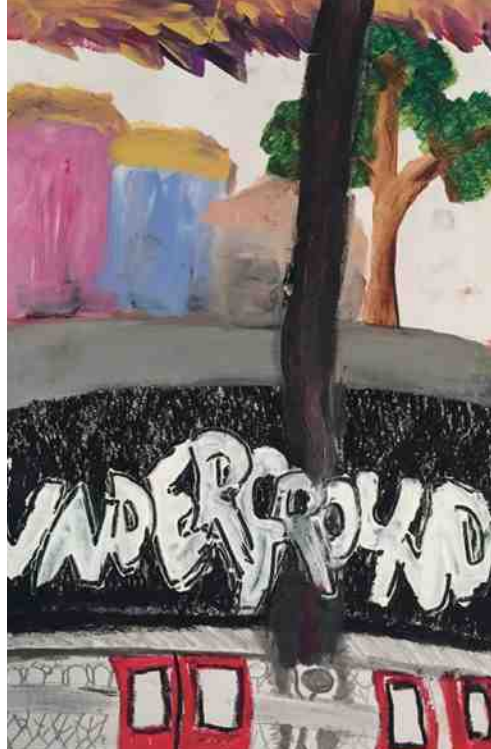
This is all too familiar to me. After all, my panic attacks had come as a surprise, hadn't they?

Perhaps I'd been editing out my anxiety—ignoring my elevating stress levels for so long that only such a cacophonous expression of distress could break through, arriving one day completely without warning.

Had I been cutting myself off from my need for more rest, relaxation and space? The imagery I created told me I had. It also helped me to feel better and, through a combination of breathing techniques and other therapies, I began to deal with my panic attacks.

Firstly, just the act of making art was therapeutic, particularly since I felt no expectation around how or what it should be. Within minutes of putting crayon or paint to paper, I'd feel myself unwind a little and become more focused. There was something about allowing myself to fully inhabit the fear that I'd just felt—without having to actually speak—that was both cathartic and calming.

Secondly, what emerged was fairly extreme—some of it quite surprising



even to me. Clearly these pictures said it all, acting a bit like messengers from myself and to myself, about why I'd arrived in such a heightened state of anxiety.

There was a person (me) on fire on the tube, next to an identical figure who wasn't alight [see opening page]. There was also a fraught and quickly sketched image of a huge and oppressive orange spiral, as well as a more intricate portrait of the London Underground and the huge land mass above, pushing forcibly down onto the passengers' heads.

Lucy's art revealed to her emotions she didn't even know she had, specifically about feeling stressed and lacking space

These images included an undoubted sense of compression, urgency and stress,

suggesting I was flammable, ready to explode. Yet it was when I shared them with a fully qualified art therapist—a benevolent “other” who could hold, witness and acknowledge my feelings—that I began to feel a positive shift towards healing.

“Even when we're in the depths of despair, we all want to be able to communicate and be understood,” says art therapist Huet. “That's why the therapeutic relationship is key.

In art therapy it's OK to feel whatever you want—the therapist will contain it. If you want to screw up your image, or feel distressed, you can."

FORTY-FIVE-YEAR-OLD FIREMAN, Jack, experienced a similar kind of transformation via art therapy after he responded to a gruesome road traffic accident in London last year, where a man was trapped underneath a lorry and ultimately died from his injuries.

For some time afterwards, Jack felt a constant sense of sadness that he was sure was connected to the incident and what he'd seen. He knew he felt stuck, but couldn't put words to what he needed to move on. So instead of trying (and failing) to talk about it, Jack decided to pick up a paintbrush.

"I remember feeling completely solemn and sad when I started the first image—and not sure that I was going to produce anything. But when the brush met the paint, it was less cognitive, more intuitive. I allowed the feeling to pour onto the page and see what marks it would make. Blackness started to consume the page and then green and red.

I realised that the green was the equipment we'd used and the red was blood. What's more, that blood was a figure.

"This picture isn't beautiful," continues Jack, "but it's a really clear description of how I felt. Using art provided me with an opportunity to pour the feeling I had in me into something else, and that something

else then became the container for it—so I could walk away from it and leave it in a different place.

"I felt like I needed permission, that I couldn't just take myself off and paint because it would somehow lose its validity. I think the fact that someone [a therapist] was there—to keep time, nod yes, and talk if I wanted—provided the appropriate structure and space that I could use so all this stuff could unfold."



***When the brush
met the paint, it
was intuitive—
I allowed feeling
to pour onto
the page***

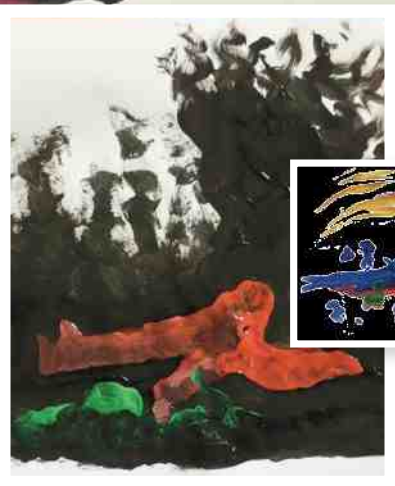
During his next session, Jack created a second image. It was of the same event, but different. "The black was gone, the figure still lying on his back but now a blue colour with the blood clearly coming from the head—not all-consuming. The sky has become red and yellow instead of black."



Jack's dark first image (below right) gradually transformed to a bridge representing transition

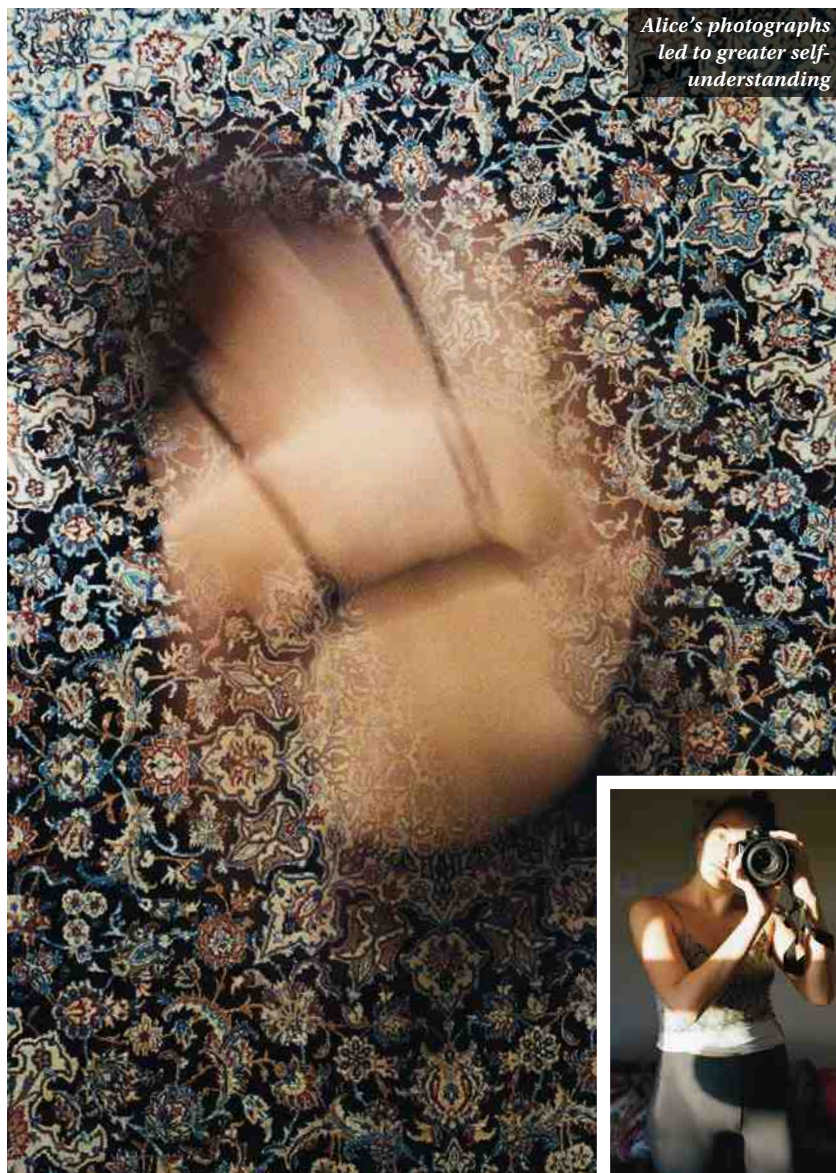
Jack's third image in this series is a painting of a bridge over a river. "I think it's about transition and transformation. On one side of the bridge the river is blood red and black, and on the opposite side it's blue and green. These three images told me something about my emotional life and how I was moving on, making peace with the event and wishing the deceased a better existence elsewhere."

IT'S NOT JUST FOR SUFFERERS OF ANXIETY and one-off traumatic incidents. Longer term issues such as addiction can also benefit greatly from art therapy. Alice Joiner is a 23-year-old fine arts student who developed an eating disorder and body dysmorphia in her teens. She held an exhibition of some of her



related photographs in a gallery in Central London last year.

"Both of my parents had been incredibly unwell before then," she says. "I had a really broken heart and never understood why. I think I started to take photographs of myself because I felt so wrong in my own body, and so confused and so traumatised."



Alice's photographs led to greater self-understanding



For Alice, taking the photographs and developing them marked the beginning of starting to understand herself better. "It was the positions I would adopt, places I'd be, look on my face. I learned things from them, just like in drawing where you learn from asking why you chose that shape or why you chose that colour."

Mostly, however, Alice's photography work—along with the other art therapy work she did whilst at The Recover Clinic in West London—was about safely accessing something that felt quite literally too painful for words.

"Sometimes in talking therapy I didn't want to talk about something in case I'd explode, have an anxiety attack," Alice explains. "But there's a safety in the childhood element of using colourful crayons and pencils and paper. In those moments, I could grab a piece of paper and pen and draw how I was feeling, accessing emotions in that way instead."

IT'S IN THIS MANNER that using the arts in therapy (be it music, poetry, dancing, painting, drawing or any

other artistic medium that you can think of) can be magical.

"One thing that neuroscience has been able to evidence is that, contrary to popular belief, all the emotions we experience aren't just conjured up and thrown away," says art therapist Huet, adding, "the very

significant ones become embedded."

For Jack, Alice and me, using art therapy to access such embedded feelings has been invaluable.

"If sadness were a pool, I feel like the use of the arts in art therapy enabled me to swim in it, experience it, and commit it onto the page, so it became available for me to talk about," says Jack.

"Traumatic incidents can be used as an impetus for growth. Without being able to use the arts and deal with the feelings that I

initially had from attending that traumatic incident, I wouldn't have come into contact with my ability to genuinely know how to be happy and content."

I couldn't agree more. ■



The emotions we experience aren't just conjured up and thrown away—significant ones are embedded

For more information on art therapy, visit baat.org



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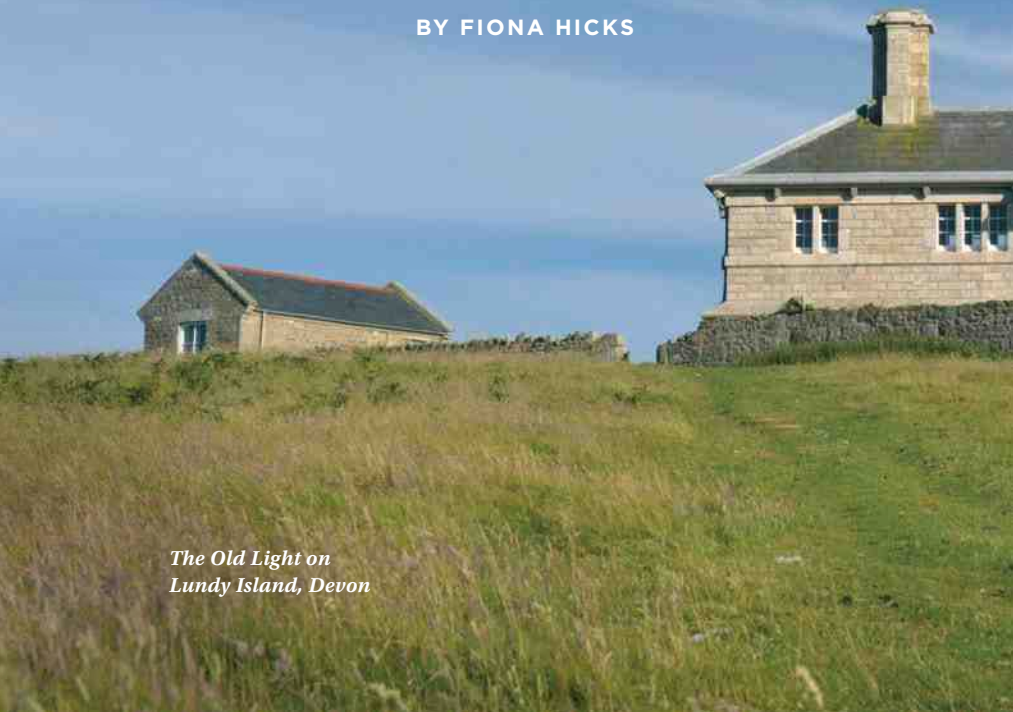
INSPIRE

Small *Islands*

From the Hebrides to the
South Atlantic Ocean, our
fair nation extends far
beyond our shores

BY FIONA HICKS

*The Old Light on
Lundy Island, Devon*





BEST
OF
BRITISH

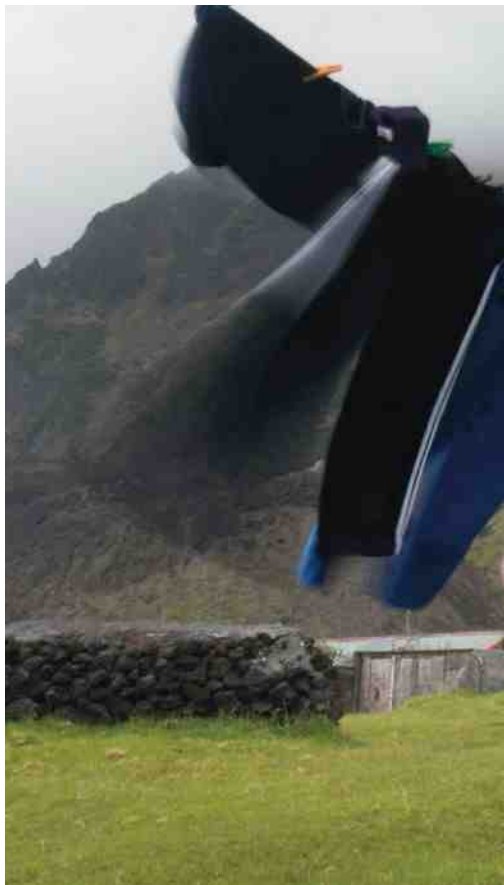
Lundy

NORTH DEVON

This atmospheric island is a testament to the power of nature. Its west side faces the rough Atlantic Ocean and, as a result, the terrain features rocky, rugged cliffs. The east side of the island, however, looks into the more gentle Bristol Channel, and is thus replete with grassy slopes, trees and many varieties of wildflowers.

Travelling from the mainland on the MS Oldenburg, visitors can opt to stay in one of the 23 self-catering properties on site, which range in style from a 13th-century castle to a fisherman's chalet. Don't forget to visit the Marisco Tavern, the island's one and only pub—and the only building that has lighting after the generators are shut down for the night. In such rich darkness, there are great views of the Milky Way.


■ Visit landmarktrust.org.uk/lundyisland for details



Tristan da Cunha

SOUTH ATLANTIC OCEAN

First sighted in 1506 by Portuguese explorer Tristao da Cunha—who named it after himself—the first landing on this island didn't take place until 1643, when the Dutch East India Company stopped here. Years of intermittent visits passed until

A photograph showing a line of laundry hanging on a wooden clothesline in a grassy field. The laundry includes various items like shirts, pants, and towels in colors such as blue, pink, white, and green. In the background, there is a large, dark, rocky mountain partially shrouded in mist or fog. A white building with a red roof is visible in the middle ground.

*Washing dries in the
wind in the capital of
Tristan da Cunha*

1810, when Jonathan Lambert, from Salem, US, became the island's first permanent resident. He died a few years later and in 1816 the UK took over, annexing the archipelago to stop the French launching a mission to rescue Napoleon Bonaparte, who was imprisoned on Saint Helena some 1,200 miles away.

The island has remained British overseas territory ever since. Today, it's home to 265 inhabitants, who live in one village—Edinburgh of the Seven Seas—at the foot of an active volcano. The beautiful landscape and friendly locals make it worth the six-day boat voyage from South Africa.

■ Visit tristandc.com for details

Hirta

HEBRIDES

This volcanic island has been uninhabited since 1930, but still bears the vestiges of human occupation that spanned hundreds of years and many generations. Take a day trip from Skye, and after a four-hour boat journey you'll be able to wander round the island and enjoy these historical—and occasionally haunting—sites. An old school and a church still remain, along with graves and guns from the Second World War.

The entire archipelago, which also includes the islands of Dun, Soay and Boreray, is also the UK's only Unesco Dual World Heritage Site and National Nature Reserve. With nearly one million seabirds at the height of the breeding season, it makes for a dream destination for bird-watching enthusiasts. Take some binoculars and enjoy spying on the puffins.

■ Visit gotostkilda.co.uk for details



Herm

CHANNEL ISLANDS

We've all heard of Jersey and Guernsey, but what about Herm? The smallest of the Channel Islands is just a mile and a half long and half a mile wide, but it has oodles of charm. For one thing, it's car-free. For another, there are six beaches, all of which boast fine, white sand similar to the stuff you'd expect to



Take a ferry to Herm and enjoy a day at Belvoir Bay

find much closer to the equator. There are also lots of rock pools—and Fisherman's Beach at low tide will keep curious little ones occupied for hours.

Many visitors head to the island for a day trip, but it's well-worth staying over. You can camp at The Seagull site and enjoy spectacular views, get cosy in a log cabin or stay at the island's only hotel, The White House Hotel. The latter is purposefully designed to help you switch off, sporting a brilliant wine list—but no telephones, televisions or clocks.

■ Visit herm.com for details

Eilean Shona

SCOTLAND

It's believed this melodiously named island off the coast of Scotland was the place that inspired *Peter Pan* author J M Barrie's depiction of Neverland. He holidayed here at the turn of the last century, and was captivated by the isle's dense woods, beautiful beaches and ruined castle.

It's now owned by Vanessa Branson, sister of Sir Richard Branson—and, as you might expect, it's become rather luxurious. Since purchasing the 1,300 acres in the mid-Nineties, Vanessa has slowly and stylishly upgraded the properties on the island, including Eilean Shona House and the Old Schoolhouse, all of which are now available to rent. Expect slick white wood, Moroccan rugs and expansive views over private bays. Also expect to bring your own loo paper and to turn your phone off—there's no signal, let alone any electricity to charge it. Bliss.

■ Visit eileanshona.com for details





self-sufficient rather than a burden to the state. With the right education and infrastructure, he believed you could create a utopian society.

Fast forward a few years, and now Augustus' descendent Robert Dorrien-Smith runs the



The Abbey Gardens on Tresco feel like your own secret garden

Tresco

ISLES OF SCILLY

In 1834, politician Augustus Smith took on the lease for the Scilly Isles from the Duchy of Cornwall. Using Tresco, the second largest of the islands, his idea was to construct a grand social experiment. He postulated that if you educated people, they'd go on to become

estate with his wife Lucy. Utopia is hard to achieve, but Tresco certainly comes close. Tourism is the main industry on the island, which means each visitor is treated to a wonderfully escapist experience. Like many islands on our list, there are no cars here—and neither are there street lamps, smog or stresses. Make sure you take a book and spend an afternoon in the Abbey Garden.

■ Visit tresco.co.uk for details

Henderson Island is uninhabited, but it's possible to visit



Henderson Island

SOUTH PACIFIC OCEAN

It may be far from the United Kingdom, but this island is British nonetheless. The uninhabited, 14.4-square-mile island was annexed to the Pitcairn Islands 115 years ago, forming the last South Pacific British Overseas Territory.

Uninhabited since the 15th century, this beautiful atoll is one of the finest, accessible examples of what the world would be like if untouched by human influence. It's untended ecosystem is home to no fewer than ten indigenous land species and four endemic land birds, including the Henderson Reed-warbler (above right).

The only way to reach the island is



by boat, so it's best to travel to Pitcairn first and receive permission from the local council. If you're more of an armchair traveller, you can read *Stan's Leap*—Tom Duerig's novel, which is set on the extraordinary isle. 📖

■ [Visit pitcarin.pn](http://visit.pitcarin.pn) for details

Do you have a favourite island? Email readersletters@readersdigest.co.uk and tell us about it!



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A helping hand to
EARLY RETIREMENT

Ill health, redundancy, job dissatisfaction or wanting a better quality of life are just some reasons people decide—or are forced—to take early retirement. If you find yourself in this position, but don't have savings to carry you through until you start receiving your pension, here are some suggestions:

Ill health pension

Some schemes allow you to take some of your pension benefits early if you need to retire due to ill health. You may also be entitled to some benefits—such as the disability living allowance or attendance allowance—to help you with personal care.

Cut costs

Check if you could get your utilities or insurance products cheaper elsewhere. Get rid of your car if you don't really need it. Have a landline and a mobile phone? Do you really need both? Cancel unnecessary subscriptions or memberships. Downgrade your TV package. It all adds up.

Downsize or relocate

Selling your property and downsizing or relocating to a cheaper area could release a large amount of equity as well as reduce your monthly bills. If circumstances mean you need to retire quickly *Reader's Digest* Property can buy your house for cash in under two weeks—or a timescale chosen by you—with no chain and no fees.



TRAVEL & ADVENTURE

In the romantic city of Paris,
people-watching is an art form

Café Society

BY TARA ISABELLA BURTON
PHOTOGRAPHS BY PETER TURNLEY



*Sharing the
moment at
Le Pick-Clops*

“**U***ne place, madame?*” Seated at the café La Bourse et la Vie (“the money and the life”), his yellow braces holding in a roll of flesh, my interrogator peers at me through round-rimmed spectacles, waves me past, and turns back toward his companions.

He’s telling a story, ostensibly to them, but he clearly wants me to hear it too. It’s a folktale, from the 17th-century fabulist Jean de La Fontaine, about a heron that refuses to eat anything but the finest food. The man spreads his arms in imitation of the

almost naked man posing, pin-up style, in round-rimmed spectacles—that I realise he is Patrice Tatard, the owner.*

Someone else now catches Tatard’s eye, a motorcyclist riding by, chatting on his phone. This Tatard dislikes. He lets loose a stream of epithets—colourful to profane—until the rider has passed. He returns at last to his tale, winking my way as he again poses like a heron. His companions look at me helplessly.

FEW THINGS are more French than the artful interplay of voyeurism and performance that takes place at



An artful interplay of voyeurism and performance takes place in a French café

bird—nearly knocking one hapless diner off his feet—and begins to chirp wildly. Then he stops. He’s spotted someone he knows, driving down Rue Vivienne.

On this balmy June afternoon, the doors are wide open. He calls to his friend, who brakes in front of the café. They chat, oblivious to the motorists honking around them. At last he waves his hand. The friend drives on, and the raconteur resumes his storytelling.

It is only when I glimpse the painting on a nearby wall—of an

a Parisian café. People-watching is, after all, among the most entrenched of Parisian pastimes. In the 1800s, as industrialisation transformed Paris into one of the world’s great metropolises, *flânerie*—a word meaning to stroll around aimlessly but pay attention to passers-by—was raised to an art form. *Flâneurs* such as novelist Honoré de Balzac and the poet Charles Baudelaire would promenade down Paris’s Right Bank, where broad pavements and proliferating cafés provided a perfect vantage point.

Growing up on Paris’s Left Bank, I yearned to live in the 19th-century

*The current owner is Daniel Rose.



An impromptu singalong breaks out at the Brasserie de L'Isle Saint-Louis

Paris of flâneur writers such as Balzac, Baudelaire, and Émile Zola. I rode my bicycle through the warren-like streets of the city's ninth *arrondissement*, home of Zola's courtesans and Baudelaire's degenerates, in love with the Paris of the novels I'd read. That led me to my doctoral studies in 19th-century French literature—and, now, back to Paris, where I'm about to become a 21st-century *flâneuse*.

I begin on the boulevards once paraded by a burgeoning bourgeoisie. To my dismay, I find little echo of the world Baudelaire and Balzac described. Globally branded stores glitter under wrought-iron balconies;

the Parisians hurrying past don't look up from their phones.

Undeterred, I turn off Boulevard Haussmann and head toward Galerie Vivienne, one of Paris's famous *passages*, or glass-roofed shopping galleries. Forming a nearly continuous trail from the grand boulevards to the artists' haunt of Montmartre, the galleries were places where people, like wares, could advertise themselves.

Under Galerie Vivienne's glass ceiling I linger by an antiquarian bookshop, ready to practise a little *flânerie* of my own. The shop's windows reflect nearby café tables, allowing me to observe a charismatic



In Paris, a kiss is more than just a kiss—it's a shared moment in the city's story

young man and an impeccably dressed blonde who sit at adjacent tables, their eyes purportedly on their books. I watch their reflections as they glance at each other in turn. I reach back to grab a book so I can pretend to read as I peep at them, realising too late I've opened a volume of erotic nudes. By the time I swivel back, they've set their books down and are making small talk. By the time I leave, they're laughing.

Each of Paris's galleries, I'll discover, has its own story. In the Passage des Panoramas—famous,

in Zola's novel *Nana*, as the place where his titular courtesan meets her lovers—the story may be missed opportunities. I spy a woman of a certain age, overdressed in blue chiffon, sitting straight-backed on the terrace of a brasserie. She appears to be waiting for someone. No one comes. Across the passage, in a dealership of rare stamps, the elderly proprietor sits alone at his register, nursing a steak *tartare* and a glass of red wine. He may be a widower, unaccustomed to solitude—or he may have dined this way for 65 years.

IF THE BOULEVARD CAFÉS and the galleries represent two of the great urban theatres of the *ville spectacle*, the city of entertainment, as Paris was known, the third is the department store. In the 19th century, these innovative establishments were more than places to buy goods; they were venues in which to see and be seen, catwalks where one would compare sartorial choices.

I meet my childhood friend James Geist—a Parisian law student—at

As we ascend an escalator to the women's section, James points out Parisian character types. There's a man he identifies as a dandy from the trendy Marais district, with a long beard, sailor shirt and turquoise scarf. Near him, a balding businessman hunts for a suit with his mother.

"But *maman*, this one isn't as good as the Saint Laurent!" he whines.

"Just get it," she snaps.

Then James spies our target. Barely



I grab a book so I can pretend to read as I peep at them, realising too late I've opened a volume of erotic nudes

Le Bon Marché, Paris's oldest department store, which inspired Zola's novel of commerce and seduction, *The Ladies' Paradise*. While Printemps and the Galeries Lafayette are better known, James tells me it's only at Le Bon Marché that one finds remnants of old Paris.

Today is a perfect day for *flânerie*. The *soldes*, a government-determined period for sales, are taking place; all Parisians, rich and poor, are coming out to shop. "Everything is a symbol," James says. "In New York or London, labels matter." Here, he notes, distinctions are more subtle: the stitching on a handbag, the design on a scarf—all form a complex visual language.

five-foot-one, with immaculately highlighted hair and a face moisturised into agelessness, she represents the ultimate Parisienne of eras past. Her understated Hermès bag and high-waisted trousers signal her identity as a matriarch of the seventh arrondissement, Paris's bastion of inherited wealth. She roves through the shop, picking up and discarding scarves, blouses, shoes, in her search for a single object to bring her outfit together.

James laughs. "In Paris, even leisure is a craft," he says.

THE NEXT DAY, James ferries me to Café de Flore, on Boulevard St Germain. If the boulevards of the

Right Bank were the prime locations for flâneurs of the 19th century, the café *terrasses* of Boulevard St Germain became the spiritual home of the café dwellers of the “Lost Generation”, which came of age during the First World War. The art deco interior of Flore once welcomed intellectuals such as Jean-Paul Sartre, Simone de Beauvoir and Albert Camus. Today, despite the influx of tourists, Flore remains one of the best places to practice flânerie.

No sooner do we arrive than we find our “theatre”. Three gentlemen in their 60s, bellies bulging through their blazers, read newspapers around a table. They are, we decide, the perfect subjects, managing that delicate balance between eccentricity and self-awareness.

A Cocker Spaniel rummages for leftover pieces of croissants beneath their feet. Its owner, a man with a white beard, raps the dog on the nose with a newspaper for over-indulgence, then announces his departure. “*Je vais lire mon roman—* I’m going to read my novel.”

He proceeds five steps along the boulevard before we see him shrug and turn back, resuming his place with no explanation. The man holds court for two more hours. His companions leave; more arrive.

Behind us, a young man with prematurely white hair and tortoiseshell glasses is leaning in, eavesdropping, just as we are. When



TRAVEL TIPS

The **Boulevard St Germain**, on Paris’s Left Bank, has long been a preferred thoroughfare for flânerie, with its **Café de Flore** and **Les Deux Magots**. Cross the boulevard to **Brasserie Lipp** for a cosier flânerie experience. For traditional Parisian dining, visit **Racines** in the Passage des Panoramas.

LODGING: Hôtel La Louisiane, off the Boulevard St Germain, dates to 1823. Eighty modest but comfy guest rooms, doubles from 102 euros. The **Hôtel d’Albion**, on the Right Bank, offers 26 rooms, doubles from 135 euros. **Mama Shelter**, in the 20th arrondissement, a bit far from the centre, is equal parts restaurant, nightclub and hotel, doubles from 89 euros.

he takes out his phone to snap a discreet photograph, James whispers, “Now that’s a real flâneur.” We stifle a laugh. But soon my friend grows serious. Flânerie is more than a source of amusement, he says.

“It’s a philosophy, an ideal. People-watching is a way for us Parisians to get outside our heads and be reminded that others exist.”

As he speaks, we catch a glimpse

of the woman from Le Bon Marché. Her outfit is identical to the day before, with the addition of a silver bracelet. She catches James's eye and, for a moment, I think she smiles.

ONE OF BAUDELAIRE'S most famous poems is "To a Passerby", about a momentary connection with a woman he soon loses in the crowd. "I know not where you fled, you know not where I go, O you whom I would have loved, O you who knew it!"

As I continue wandering the streets of Paris, Baudelaire's refrain haunts me. I find myself entering a world not of novels but unfinished fragments, characters whose beginnings and endings I'll never know.

On my final day, I visit the Père Lachaise cemetery. Oscar Wilde's sphinx-like tomb is behind glass: so many admirers have kissed it, the surface has begun to decay.

I spy a young woman in black and watch as she sits, sketches, looks up at the tomb. I take note of her dark glasses, her copper red lipstick, the way she sighs with relief when each group departs.



Parisian cafés aren't just for socialising with friends

When I get up to go, she stops me. "Madame!" Her English is halting. "I love your dress." She nods to the grave. "I feel sure he would have loved it too."

Only then do I look down at her sketchbook. There, next to her rendition of Oscar Wilde's tomb, I see a portrait of me. ■

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WHAT'S IN A NAME?

A Swedish couple were fined 5,000 kronor in 1996 after naming their child "Brfxccxxmnpccclllmmnprxvclmncckssqlbb11116", pronounced "Albin".

SOURCE: MEDICALXPRESS.COM

ADVERTORIAL



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Reader's
digest **LIVING**

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It's the future of cleaning—see it in action at gtech.co.uk. 🐾



BY CATHY ADAMS

My Great Escape: Vibrant Vietnam

Janet Cunningham from Hertfordshire dodged traffic in Hanoi with her best friend, Anne



Cathy has danced in Rio, been microlighting in South Africa and hiked the mountains of Oman

WHEN MY FRIEND ANNE AND I TURNED 70 LAST YEAR, we decided to treat ourselves to a special trip to Vietnam and Cambodia.

We arrived in the capital, Hanoi, and were immediately thrown into the mayhem of the city. It's a busy metropolis and I was blown away by the crazy traffic. There were thousands of motorbikes, some carrying entire families.

With our guides, Alex and Long, we explored historic churches and pagodas. They taught us how to cross the road: "Keep going and don't stop." Thankfully, we soon got used to it—and lived to tell the tale.

We also took a "cyclo" tour in our own pedal-powered rickshaws. Together we explored the narrow streets, often closing our eyes as motorbikes and 4x4s darted in front of us.

The next day we visited Hanoi's mausoleum of Ho Chi Minh, the former prime minister of Vietnam. It's a popular attraction and hundreds of people were queuing to see him lying in state. Security was strict—we weren't allowed hats, sunglasses, cameras, food or drink. We had to queue single file, solemnly passing his body, which was flanked by guards.

After Hanoi, we visited Ha Long Bay, a Unesco World Heritage Site. We cruised through the maze of islands in a traditional Chinese junk.

Ho Chi Minh City (or Saigon, as the locals still call it) was our final stop before crossing the Cambodian border. There, we saw the famous Cu Chi tunnels where the Vietnamese lived during the war. Another day we drove into the Mekong River Delta, visiting a local village to sample fruits and take small punts through narrow canals lined with mangroves. After Hanoi, it was the highlight of our trip.

■ VENTURE TO VIETNAM

Riviera Travel offers a 16-day tour from £1,899pp (01283 888 708, rivieratravel.co.uk).



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TO HEAR
FROM
YOU!

Tell us about your favourite holiday (send a photo too) and if we include it on this page we'll pay you £50. Go to readersdigest.co.uk/contact-us



THIS YEAR MARKS THE 150TH BIRTHDAY of the Canadian Confederation, which means a year-long party in the North American nation. There's plenty happening to celebrate in Vancouver—including Canada Day (July 1–3) at Canada Place by the waterfront. Landmark anniversary aside, Vancouver is at its best in the summer. There's hiking in the lush Stanley Park as well as a vibrant food and drink scene. Expect craft ales, deep-fried cheese curds and fresher-than-fresh seafood.

■ CELEBRATE WITH CANADA

For more information on Vancouver and surrounding British Columbia, visit hellobc.com

Things To Do This Month



NAIROBI IN TWO MINUTES

■ **DO: NAIROBI-MOMBASA** The long-awaited railway link between Nairobi and Mombasa opens this summer, offering travel between the capital and the coast in just four hours (magicalkenya.com).

■ **STAY: FAIRMONT LE NORFOLK** This century-old hotel is the best place to stay in Nairobi. Expect tropical landscaped grounds, an outdoor swimming pool and Lord Delamere Terrace—a restaurant dating back to 1904. From £123pp (+1 506 863 6310, fairmont.com/norfolk-hotel-nairobi)

■ **SEE: NAIROBI NATIONAL PARK** Boasting a diverse selection of safari animals—including lions, giraffes and cheetahs—Nairobi National Park is also the world's only national park located right next to a city. It's so close that you can see skyscrapers from the bush (kws.go.ke/parks/nairobi-national-park).

SHORT/LONG HAUL: UK STAYCATIONS

LONG: Glenapp, Ayrshire The 39-acre Glenapp Castle estate is the ideal place to escape everyday life. There are country pursuits during the day and stargazing over clear skies by night. From £295 per night (01465 831212, glenappcastle.com).



SHORT: The Pig at Combe, Devon The Pigs are a collection of funky country houses styled as hotels. In June, The Pig at Combe's gardens—set amid 3,500 acres of Devonshire countryside—are in full bloom. Rooms from £165 a night (0345 225 9494, thepighotel.com). 🐷



TRAVEL APP OF THE MONTH

Hopper, Free, iOS and Android. This app “watches” flights and predicts future prices to help you find the best deal. It'll notify you when cheap tickets are available too.



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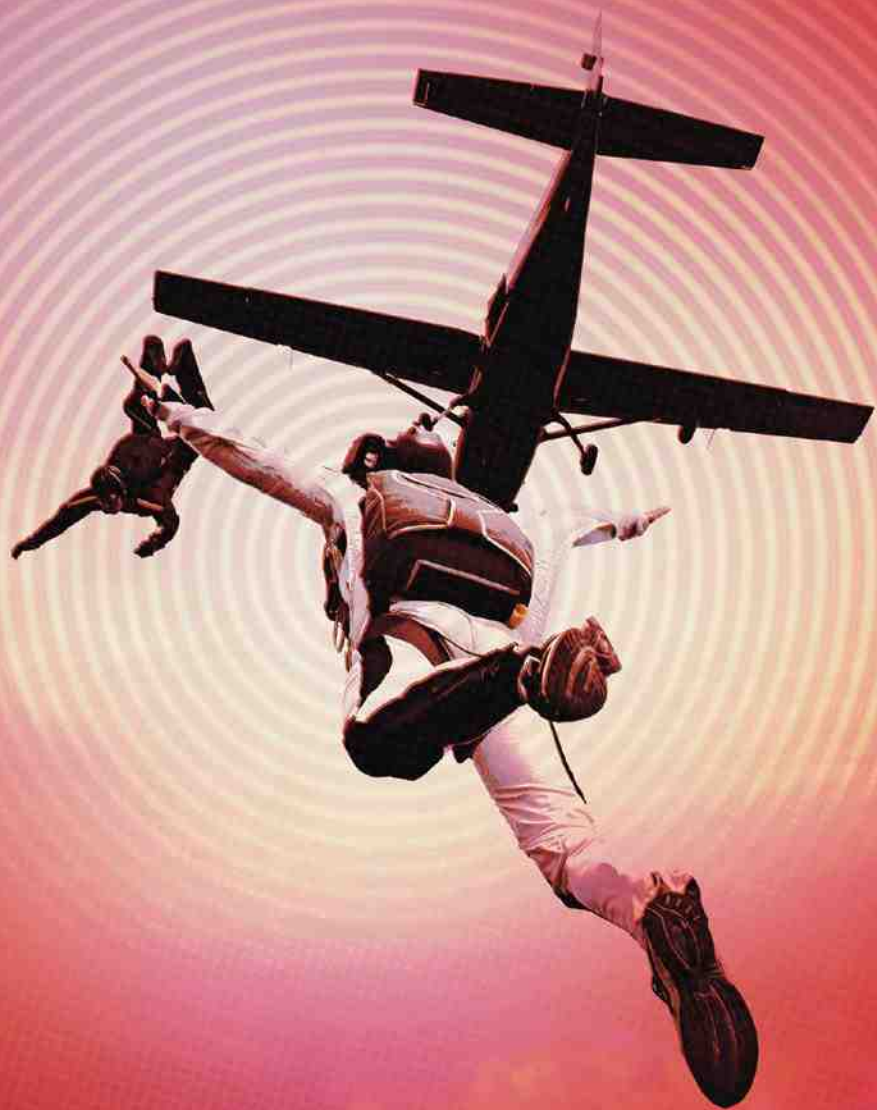
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Unconscious and plummeting
to earth, the novice skydiver
had just...

50
SECONDS
TO
LIVE

BY ROBERT KIENER



A LONG WITH A DOZEN other trainee skydivers, Christopher Jones is packed tightly into a Cessna 182 as it flies over countryside just south of Perth, Australia. This will be the fifth jump in his accelerated freefall programme and his first time jumping without being tethered to an instructor.

As the plane climbs through the clear November skies, Christopher goes over the procedure in his mind. “Stay calm,” he mutters to himself.

Just after the plane reaches 12,000 feet, a green light begins flashing, a signal that the pilot has given his OK for the jump to proceed.

Christopher’s instructor, veteran parachutist Sheldon McFarlane, slides open the side door. He motions to Christopher to take position.

Although he’s cocooned in a helmet, goggles, blue jumpsuit and two parachutes (a main and a reserve), Christopher winces as he feels the cold air rushing into the plane. The wind is so loud that he can hear nothing but his



**CHRISTOPHER FELL
IN LOVE WITH THE
SPORT—HE FOUND
FREE-FALLING
EXHILARATING, ALMOST
LIKE FLYING**

own heartbeat. He’s nervous but focused on Sheldon, who’ll guide him through this first solo jump by following him as he freefalls to the drop zone some two miles below.

Remembering his training, Christopher carefully begins the pre-jump cadence he’s learned:

“Check in,” he says and gives a thumbs up to Sheldon, indicating that he’s ready to jump.

“OK,” answers Sheldon with a thumbs up.

Christopher fights the buffeting winds and looks down at the green and brown chequerboard pattern of the countryside. In the distance he sees the blue of the Indian Ocean.

“Sky!” he shouts to Sheldon, indicating that he knows what direction to jump to and that he’s got his balance. Sheldon gives him another thumbs up.

Then, as he inches his way to the door, he turns his back to the bright blue sky and grabs onto the plane’s hanging bars. He shouts to Sheldon, “Up! Down!” and “Hard Arch!” (skydiving lingo for “Ready, set, go!”) and leaps out of the plane.

TODAY’S SOLO SKYDIVING jump is the culmination of a lifelong dream for the 22-year-old. As a child, Christopher would join his uncle in the small plane he owned. He planned to become a pilot when he grew up but his hopes were dashed when he was diagnosed with epilepsy

aged 12. He was told his condition would prevent him from ever getting a pilot's licence.

Years later, after jumping in tandem with a skydiving instructor in Europe, Christopher fell in love with the sport. He found free-falling exhilarating; almost like flying. He was hooked. He told his parents, "If I can't fly a plane, I'll jump out of one instead."

Because Christopher hadn't had a seizure in over six years, his doctor said he was fit enough for skydiving lessons at the WA Skydiving Academy. Donna Cook, one of WA's course instructors, said Christopher was one of the best students she'd ever taught. Other instructors agreed; his first four tandem jumps had gone perfectly. He was ready to go solo.

12,000 FEET. *That's a bit messy,* thinks Sheldon McFarlane as he watches Christopher misjudge a step and nearly slip out of the Cessna as he prepares to jump. Sheldon, who's been skydiving for more than 25 years and made more than 10,000 jumps, is about to follow Christopher out of the plane to guide him through a prescribed set of manoeuvres as he freefalls.

Jumping just seconds behind Christopher, the instructor is relieved to see he's recovered from his clumsy plane exit and is free-falling in the perfect "box man" position: flat out with his belly to the ground, his arms and legs spread for stability.



The United States Parachute Association states that in 2010 there were 3 million jumps and just 21 fatalities

Both skydivers are free-falling; they'll open their parachutes at 5,000 feet in just over half a minute. Sheldon points to the altimeter on his wrist, indicating that Christopher should check his own, which he does. *So far, so good,* thinks Sheldon.

9,000 FEET. As both men free-fall, Sheldon signals Christopher to begin an aerial left-hand turn. The novice jumper begins the turn to the left but suddenly stops and is buffeted to the right. *Not good,* thinks Sheldon. Christopher continues to drift to the right as Sheldon wonders, *What the heck are you doing?*

8,000 FEET. Christopher fails to recover from his clumsy turn to the right. The veteran instructor quickly realises something's wrong. The star pupil is failing.

Suddenly, Christopher's knees come up and he flips like a turtle over onto his back, seemingly out of control as he falls at 125 miles per hour through the sky. *He's losing it, thinks Sheldon. "Come on, Christopher," he says to himself, "right yourself, right yourself!"*

7,000 FEET. But Christopher doesn't respond. Sheldon watches as he continues to spin helplessly, his arms flailing. The instructor has seen other first-timers suffer from sensory overload and become incapacitated.

He thinks this may be what Christopher is experiencing. That usually occurs on one of their first tandem jumps but Christopher completed his without a problem. Now it's a solo jump, Christopher's life could be on the line.

"Come on, Christopher!" shouts Sheldon as Christopher freefalls, upside down, arms akimbo beneath him. What Sheldon doesn't know is that Christopher has suffered a severe epileptic fit and passed out. He's unconscious, helpless, falling as fast as a speeding car to the ground below and is unable to open his parachute.

6,000 FEET. Christopher is plummeting to earth with his head pointed down. Sheldon has to act fast. Although Christopher, like all skydiving students, is fitted with Automatic Activation Devices (AAD) that will automatically open his chute

at 2,000 feet, Sheldon realises that wouldn't give him enough time to regain control. He could break his neck in an uncontrolled landing.

5,000 FEET. *Beep, beep, beep.*

Sheldon's preset audible altimeter begins beeping in his ear at 5,000 feet, warning him that it's time to deploy his own main chute for a safe landing. He ignores it as he instead decides to freefall to Christopher, grab him, and open his parachute himself. It's a risky manoeuvre; Sheldon has to ensure he prevents himself from getting entangled if Christopher's shoot opens in the wrong direction. Both men could fall to their deaths.

He lifts his chin and swoops his arms back, speeding to Christopher like a hawk going after its prey. But he's coming in too fast above him and, afraid he'll crash into him too hard or that Christopher may suddenly pull the cord and entangle them both, he aborts the effort. Christopher is still on his back, falling.

4,500 FEET. *BEEP, BEEP, BEEP.*

Sheldon's altimeter alarm is beeping even louder as he flares out to slow his descent. Time to deploy his own chute is running out. Even highly skilled skydivers don't open their chutes any lower than 2,000 feet, and Sheldon will reach that height in just 14 seconds. But as Christopher drops below him he dives again to reach him. This time he swoops like

IMAGES FROM A VIDEO OF THE JUMP



10,000 ft. Skydivers exit plane



9,000 ft. Christopher attempts a left-hand turn but is stopped by a seizure



9,000–4500 ft. Christopher free-falls for an estimated 30 seconds



4,500 ft. Sheldon pulls Christopher's parachute release cord

Superman down to Christopher and grabs his harness with his right hand to roll his body sideways. He knows that it's crucial to get Christopher in the proper position before he pulls his rip cord. Otherwise the chute could entangle them both.

Clinging to Christopher with all of his strength, he grabs onto his chute handle with his spare hand and pulls it hard. The main parachute billows out and up, swinging Christopher around and flipping his head up so he's sitting in the harness. *Thank God!* thinks Sheldon as Christopher is immediately wrenched up into the sky above him.

But Christopher's still unconscious, unaware that he's falling to earth beneath his billowing yellow canopy. A crash landing could easily kill him.

4,000 FEET. "Chris! Chris! Chris!" Drop zone safety officer Donna Cook has been watching Christopher's descent from the ground and radioing him with no response. When she sees his chute open, she's relieved and radios him, "Way to go! You have a good chute above your head."

Donna's relief turns to concern as she sees Christopher drifting far off course. She radios him again: "Keep yourself upwind of the target. Turn right, Turn right."

Christopher continues to veer off course, and Donna realises something's wrong. "Come on, Chris!" she radios. "Don't mess up now."



Back on the ground: Sheldon McFarlane and a grateful Christopher Jones

But he's not responding to any of her commands. Christopher is still passed out, slumped over like a dead man under his open parachute.

3,500 FEET. Suddenly, as Donna watches him veer more and more off course, she wonders if he's passed out. *Something's wrong with him*, she thinks. *Maybe his radio has failed.* Nevertheless, she continues to guide him, praying that he can somehow hear her: "Turn right, Chris! Please!"

3,000 FEET. Slumped over in his parachute, falling through the sky, Christopher suddenly regains consciousness. It's as if he's waking from a deep sleep. But as he comes to he sees the ground beneath him coming closer and closer. He lifts his

head and is amazed to discover he is drifting down to earth under an opened parachute canopy.

How the?...he says to himself. He realises he'd passed out and his skydiving training instantly kicks in. He checks his altimeter and it reads 3,000 feet. The last thing he remembers was checking it following Sheldon's instructions at 9,000 feet. He has to act fast.

Check the canopy, he tells himself and looks up to see that it's fully opened and none of his lines are twisted. *Orient yourself*, he tells himself and looks for the drop zone, a small white fabric arrow-point far off to the west. Before he can run through other landing procedures he hears the one-way radio in his helmet crackle into life and Donna Cook calling to him: "Chris! Chris! Fly toward the ocean. To your RIGHT!" He sees that he is far off the drop zone and tugs hard on the chute's right steering handle.

2,000 FEET. The wind carries Christopher towards Donna. He pulls on the parachute toggle to direct himself closer to the drop zone, which he can now see looming up beneath him. He's back on course.

Seeing Christopher finally responding to her commands, Donna is ecstatic. "GREAT!" she radios him.

She keeps directing him. "Turn your back to the ocean," she tells him. Christopher follows her directives.

"That's it! You're doing it!" Donna tells him. Afraid of losing him again, she keeps radioing him commands.

1,000 FEET. Sheldon McFarlane, who has already landed because he could open his small, expert parachute at a much lower altitude than Christopher's standard chute, shouts to Donna that, "This was one of the worst Stage Five jumps I've ever seen!" He still has no idea that Christopher had a seizure and that his actions saved the young man's life.

300 FEET. Meanwhile, Christopher prepares to land close to the drop zone. As he nears the ground, he runs through what he has learned to touch down safely. Like a veteran skydiver, he expertly flares the chute by pulling on both toggles to slow it down moments before his feet hit the ground, running. Perfect!

Donna keeps up her chatter on the radio to Christopher and marvels at the miracle she just witnessed. After Christopher executes a faultless two-point landing, she's close to tears.

"Great!" She radios Christopher. "You did great!"

The first thing Christopher did upon landing was to wrap Sheldon McFarlane tightly in his arms.

"Thank you very much," he told the veteran instructor and explained that he'd suffered an epileptic seizure during his jump. "You have just saved my life."

For his courageous actions, Sheldon McFarlane was awarded the Gold Cross from the Royal Lifesaving Society, Western Australia. Christopher's skydiving days are, sadly, over. A video of his jump and rescue has been watched by more than 17 million YouTube viewers. 🐾

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* *

PERFECTLY IMPERFECT

Abandoned due to his twisted jaw, Picasso has finally found a loving home.



SOURCE: LUVABLEDOGRESCUE.COM

Handling Finances After Bereavement

Grief can be all-consuming—but it's important to know how to manage your money at all times

BY ANDY WEBB



Andy Webb is a personal finance journalist and runs the award-winning money blog [Be Clever With Your Cash](#)

WHEN YOU LOSE SOMEONE CLOSE TO YOU, the last thing on your mind is money. But even though you're grieving, life still goes on around you and sooner rather than later, you'll need to get on top of your finances.

Hopefully someone else will be able to help out with the immediate money issues such as the will and funeral, but there are four key changes you'll need to consider within weeks, if not sooner:

You'll lose access to your partner's accounts

Any accounts that were in your partner's name will be frozen once the bank knows about their death. You won't be able to access any savings solely in your partner's name until the estate has been sorted and any debts settled, which might limit how much money you have to live on in the short term.

Frozen accounts also mean bills and credit cards won't get paid. To avoid late-payment fees or even services being cut off, you'll need to contact the suppliers and get the accounts transferred into your name and bank account.

You might need to apply for a mortgage, or sell your home

If there's still a mortgage outstanding on your home and it's in your partner's name or both your names, you can't just transfer it over. You'll need to apply for a new mortgage and



prove you can afford the payments. If you get rejected you may have to sell your home.

Your income will change

The most obvious change will be dropping down to one income.

You'll need to find out about any pensions or life-insurance policies your partner had, which could bring in some regular money.

If you're under state pension age and find yourself on a very low income, you might be eligible for benefits. You might also be entitled to a bereavement payment or allowance from the government—but only if you were married or in a civil partnership. If you now live alone, you'll be entitled to a 25 per cent discount on council tax.

You'll need to start budgeting

If you're not used to budgeting, it can be a huge challenge—especially under the circumstances.

Early on, check all your bank balances and bills to make sure you've enough to cover regular expenses in the short term. Then you'll have to look again at your spending habits to make sure you can continue to afford the life you're leading on the income you've got.

A call to the bereavement services (0800 085 2463) will help you find out what benefits you might be able to claim, while Citizens Advice is a good organisation to contact if you need help managing your money. If you want to talk about your grief, you can call the Samaritans for free on 116 123.

My Mum's Money

Each month I share some consumer experiences from my money hero—my mum



Bringing down the price of BT

Like many of us, my mum is frustrated by the annual hikes in prices for phone and internet. When BT most recently upped her bill, I recommended switching to another provider. Though prices weren't that different elsewhere, I found a way she could have saved £200 on the annual cost.

The downside with this trick was it would have meant a new phone number. While that's not a problem for me (I never use my landline), it's a different story for my mum. Plus she and my dad also have a BT email

address (a frustrating tie to the company many people fell into when first getting online).

So even though the saving could have been huge, for my mum the upheaval just wasn't worth it. But she didn't just take the increase without doing anything. A call to BT saying she wanted to leave the telecoms provider was greeted with hidden deals in an attempt to get her to stay. She was offered discounts that reduced her bill by £5 a month—saving her £60 over the next year.

And this isn't the only time she's and car been cut need

petitors
n call up
company
t it."



Know Your New Notes (And Coins)

New £1 coin

Introduced in March this year. Use old £1 coins by October.



New £5 note

Introduced in September 2016. Old £5 notes are no longer accepted but can be exchanged at banks.



New £10 note

Will be introduced in September.

New £20 note

Will be introduced in 2020.

MONEY WEBSITE OF THE MONTH:

Resolver

resolver.co.uk



Are you not getting the service you pay for? Are customer services fobbing you off?

Resolver could help you.

The website aims to guide you through the complaints process. Not only does it offer easy-to-understand guides to your rights, but it also contains email and letter templates and keeps a record of all your correspondence.

The array of complaints that can be pushed through Resolver is vast. There's everything from airline baggage losses to the conduct of the person who read your gas meter. And each is linked to the company itself, with timelines for how long it should take to get a solution.

If you need to escalate your complaint, it will even take you through the stages you need to follow, including whether you should take it to an ombudsman or regulator. ▀

Easy-to-prepare meals and accompanying drinks

Five-Step Fishcakes

BY RACHEL
WALKER



Rachel Walker is a food writer for numerous national publications. Visit rachel-walker.co.uk for more details

IT'S EASY TO PICK UP A PACK OF FISHCAKES at most supermarkets, but shop-bought aren't a scratch on home-made. With summer holidays fast approaching, this is a good recipe to have up your sleeve. Mixing and shaping fishcakes is a great kitchen activity to do with children. What's more, if you double the recipe then you can freeze half—so you've got a midweek meal ready to go.

Serves 4

- 600g potatoes
- 400g smoked, undyed haddock
- 2tbsp flat-leaf parsley, chopped
- ½ lemon, zested
- 1tsp ground pepper
- 1tsp mustard (optional)
- 2 eggs, beaten
- 4tbsp flour
- 150g breadcrumbs
- 25g butter

1. Peel the potatoes and cut them into small, even-sized chunks. Put them in a pan of boiling water with a good pinch of salt and cook for 10 minutes. Drain into a colander, and leave them steam-dry for a minute then tip into a mixing bowl and roughly mash.
2. Meanwhile, put the smoked haddock into a deep frying pan or small saucepan. Pour over enough water so it's just covered and then bring it to a simmer. Poach the fillets for 3–5 minutes. Drain, pull off any skin and then flake big chunks of the fish into the mixing bowl of mash.
3. Add the parsley, lemon zest, pepper, mustard (optional) and 2–3tbsp of the beaten eggs to the mix. Use your hands



to combine, but don't overwork. The mixture should be robust—not sloppy. Divide mixture into 12 and then flatten into the fish patty shapes.

4. Tip the remaining egg into a deep saucer or shallow bowl. Tip the flour into another, and the breadcrumbs into a third. Work methodically—lightly coating each fishcake in flour, dusting off any excess. Next, dip them in the egg and then coat in breadcrumbs. Place the fishcakes on a lined

tray, and then refrigerate for 20 minutes. (If you're freezing to do at this point.) Melt butter in a frying pan. Heat to sputters to foam, swirl it around. Then place the fishcakes in the pan (in batches, if needed).

Leave them to cook for 5 minutes—without poking or moving them. Use a fish slice to confidently lift each one and cook for another 5 minutes. Serve with a dressed watercress salad and a dollop of mayonnaise.

TIP...

Smoked haddock can easily be substituted with different varieties of fish—or a mixture. Cod works well, as does salmon.

Teetotally Great!

A fun part of my job is visiting food exhibitions. It's a great way to spot trends—and one that I keep coming across is soft drinks. Lots of exciting new launches are transforming the market, and it's great news! For a long time, non-alcohol options have been limited to super-sweet or childish fizzy drinks, which are insulting to teetotallers.

An exciting product I've come across a couple of times now is Botonique. It's a sparkling, botanical drink that mimics the crisp dryness of white wine. A chilled glass is a civilised non-alcoholic option—perfect for a summer's day and a million miles from mouth-coatingly sweet cordials.

Scottish-based Kitsch Drinks is another young company, which has just launched two delicious sodas. The Cucumber & Fennel Seed flavour



is a refreshing drink, which hits the spot around gin-and-tonic o'clock, while the Rhubarb & Thai Basil channels the whacking big flavours of a country garden.

Another exciting discovery is Yarty. The cordial company is said to be a favourite of Kate and Wills, and I'm not surprised. The family recipes are in a different league to any cordials I've come across before. Goosegog and Elderflower is a winning flavour, though the PEV (pear, elderflower, vanilla) is impressive too—it actually tastes of pear, rather than that artificially sweet pear-drop flavour.

Now there are three good reasons to raise a glass...without the danger of a pounding head the next day.

TEETOTAL TIPPLES

- **Botonique Botanical Soft Drink**,
£5.99/750ml, ocado.com
- **Kitsch Cucumber & Fennel Seed Soda**
£2/275ml, kitschdrinks.co.uk
- **Yarty Goosegog & Elderflower Cordial**
£4/250ml, yartycordials.co.uk



pudding
of the
Month



Sheep's Yoghurt & Strawberry Lollies

Sheep's yoghurt is becoming more mainstream. Like goat's yoghurt it's easier to digest than cow's, but unlike goat's it doesn't taste, well, goaty.

Makes 4

- 250g sheep's yoghurt
- 8 strawberries, hulled and quartered
- 2tbsp honey

1. Stir the honey into the yoghurt, and mix in the strawberry pieces.
2. Spoon into silicone lollipop moulds, and freeze.

Best buys:

Delamere Dairy Natural Sheep Yoghurt,

£2.40/450g, ocado.com

Woodlands Sheep's Milk Yoghurt,

£2.30/450g, sainsburys.co.uk

Vrai Sheep's Milk Fromage Frais,

£2.29/400g, abelandcole.co.uk 

BOOK



The Great Dixer Cookbook by Aaron Bertelsen, £24.95. Full of classic recipes and tips for growing food.

BARGAIN



Bloomville, Sainsbury's, from £3. This cheery melamine collection is perfect for summer.

BLOW OUT



Bouquet Collection, Biscuiteers, £39.50. Delicious and pretty hand-iced biscuits.

BY LYNDA
CLARK

Lynda Clark is a homes, property and interiors expert, and editor of First Time Buyer magazine

The Great Outdoors

🌀 **NOW THAT SUMMER'S HERE** with its longer days and the promise of warmer weather, it's the perfect excuse to spend more time outdoors and host an alfresco party. The only problem is the rather unpredictable British weather—so it makes good sense to invest in an outdoor heater to keep warm when the sun goes down.

Chimineas are essentially an outdoor portable fireplace, which originated centuries ago in Mexico where they were used for baking bread. Today they're available in cast iron, aluminium and stone—and they create a great deal of heat!

Olas chiminea, £89.99; piped shell cushion, £16.99; glass lantern, £14.99; chair part of Time and Tide six-seater dining set, £799.

■ All available from Dobbies (dobbies.com)

Get The Look

Create the perfect outside space to enjoy sunny summer days.

- Cosette stripe cushion, £11, diy.com
- Gardeco Sempra chiminea, £159.57, chimineashop.co.uk
- LSA storm lantern, £27, black-by-design.co.uk
- Pink armchair, £22, diy.com





BUTTERFLIES & BLOOMS

These no-need-to-plant seed balls (£6, nhmshop.co.uk) are essentially their own mini-ecosystem, making them a hassle-free way to grow flowers. Made of clay, peat-free compost and a smidgen of chilli powder, simply scatter them in a plant pot or garden bed, wait for a sprinkle of rain and watch them grow. Containing both early- and late-summer plants, each seed ball will create a bloom of colours that will attract butterflies. 🍀



A TOUCH OF VELVET

This sumptuous, glamorous fabric is back in style



This vintage-inspired Delilah chair is upholstered in deep-pile velvet, £399 (made.com).



A charming pastel pink, this velvet sofa will add warmth and interest to small spaces, £1,025 (loaf.com).



This distinctive striped velvet footstool is ideal in a sitting room, £365 (littlefurnitureshop.co.uk).

From perfect pints to guided meditation, this month there are many ways to chill out

Relaxation Station

BY OLLY MANN



Ollly is a technology expert, radio presenter and podcaster

SAMSUNG S8, £689

Curved screen. Waterproof. Wireless charging. It's hard to know what you could possibly want from a modern-day superphone that the S8 doesn't deliver. Samsung has reduced the bezel (the "frame") to virtually nothing, so there's a delightfully fulsome screen, yet the handset remains comfortable to hold. Some users will struggle to accept the lack of a physical home button (a pressure-sensitive pad at the bottom of the screen mimics its function), but even iPhone devotees will concede that the S8's MicroSD slot, offering expandable storage and an old-fashioned headphone port—meaning you can still use old headphones as well as wireless ones—provides welcome flexibility. Dazzling.



3

APPLE APP OF THE MONTH:
3 MINUTE

MINDFULNESS, FREE

The pinging of this nannying app notifying me that it's time to chill out is anathema to me. The American voice-over on



its three-minute tutorials also grates my nerves, which is surely unintentional. But if all you're after is a quick burst of stress-management meditation, or some yogic breathing exercises, this easy-to-use app does the trick.



THAT ULTRABEER THING!, £19.99

Craft beer is everywhere these days: you can even buy it in Wetherspoon's. So how to maintain your sense of superiority as you sip pale ale from the comfort of your man cave? Why, give your beer a creamy, foamy head with a wave of a wand, of course! This ultrasonic device, about the size of an electric toothbrush, gently pulsates in your pint, forming carbonated bubbles at the top. It's delightfully easy to use—within moments, half-consumed grog is magically revived and looks like it could have emerged from behind the bar at the world's trendiest microbrewery. Good fun—and a nice little way to impress your mates.

TEGSTOVE, £150

A camping stove that charges your smartphone? It may not surprise you that this is a world first: if it didn't exist, it wouldn't exactly need to be invented. And yet—if you're going to bother taking a gadget out into the wilderness with you, set it up next to your tent and burn butane gas with it—why shouldn't it do more than simply warm up your baked beans? You're going to need something to eat, and you're going to want a full battery on your phone. This can help with both, and it looks the part too. That's a thumbs up from me.



ANDROID APP OF THE MONTH: VERY CHIC, FREE

If you like luxury hotels at affordable prices (and who doesn't?), this app is worth a gander. Signing up is straightforward if you have a Facebook account, and the featured venues are attractively presented. You can search by country, but not by city, which rather underlines the limited selection of destinations on offer. Still, it did offer up some nice choices for a five-star hotel in Barcelona for three nights this month. 



BY GEORGINA
YATES



Georgina is a fashion and beauty editor for numerous travel titles and a blogger at withgeorgia.com

Fresh-Faced

☞ SUMMER HEAT MEANS LIGHTER LAYERS OF CLOTHING and lighter layers of make-up—there's nothing worse than thick foundation melting in the sunshine. Applying a thinner base means it's time for your skin to step up and glow from within and the salon-professional face masks from **MasqueBAR** (£9.99, boots.com) will help you achieve that.

My personal favourites are the Brightening and Green Tea treatments—the mask comprises a thin cotton fibre that's then soaked, brushed and infused with serums and essences. Be sure to cleanse and dry your skin before laying the sheet mask over your face. Use your fingers to brush the edges and let it work its magic for up to 30 minutes. It's a great treatment to use in the mornings, as the cool mask helps to reduce puffiness.



QUICK FIX

■ British summertime calls for more social occasions, which means less time for grooming. The new pre-coloured, glue-on nails from **Elegant Touch** (£7.50, eleganttouch.com) in nude shades will save you a lot of time and will go with any outfit.



THIRST QUENCHING

■ And for the gentlemen, the new **Clinique For Men** Maximum Hydrator Activated Water Gel Concentrate (£15, clinique.com) is a massive moisture and weather-wear resistant gel formula is a non-greasy moisture for the summer.



NATURALLY NAUTICAL

For Her



■ Wear a plain tee under this cool linen jumpsuit (£59, monsoon.co.uk).

■ Feel effortlessly elegant in this striped dress (£79, hobbs.co.uk).



■ Slip on these plimsolls—a rare blend of comfort and style—for sunny walks by the seaside (£29.99, whitestuff.com).

For Him



■ For smart summer evening-wear, go for a tailored jacket in light-coloured linen (£129, marksandspencer.com).

■ It's not a nautical look without sailor stripes—and this is a classic to keep for year after year (£39, jigsaw.co.uk).



■ Add the finishing touch with seaworthy accessories, such as these delicately made cufflinks (£50, simoncarter.net). ■

A nuanced family saga and an incisive portrait of contemporary Britain are this month's page-turners

June Fiction

BY JAMES
WALTON



James writes and presents the BBC Radio 4 literary quiz The Write Stuff

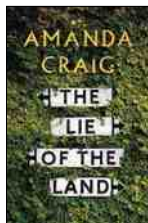
The Lie of the Land

by **Amanda Craig** (Little, Brown, £16.99)

Lottie and Quentin once lived a dream London life as a journalist and architect respectively. Now, both jobs have gone and the couple are forced to downsize to rural Devon where, to their surprise, they discover a different England altogether—and where Lottie is even more surprised to realise that she rather likes it. Before long, it's London's "sheen of superiority" that begins to strike her as weird.

At the same time, though, Amanda Craig never sentimentalises the modern countryside. Instead, she powerfully describes the terrible working conditions in local food factories and on local farms, where immigrant labour has pushed down wages—all to produce the cheap grub that cities take for granted.

Admittedly, reviewers have a tendency to describe any novel with more than about 300 pages and 12 characters as "Dickensian". Yet, in this case, that seems about right, as a hugely readable book packed with incident gradually turns into a rich and revealing portrait of contemporary Britain. Indeed, even the highly forgivable flaws are Dickensian too,



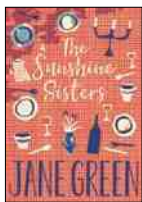
NAME THE AUTHOR

(Answer on p128)

Can you guess the writer from these clues (and, of course, the fewer you need the better)?

1. He was born in Bombay in 1947.
2. He wrote the line "Naughty but nice" to advertise cream cakes.
3. On February 14, 1989, he was forced to go into hiding.

with Craig throwing a wholly unnecessary but undeniably enjoyable slice of melodrama into the mix.



The Sunshine Sisters
by Jane Green
(Macmillan, £14.99)

Jane Green is now one of the world's best-selling novelists, and reading *The Sunshine Sisters* it's not hard to see

why. Few authors are better at creating believably messed-up characters who don't always behave well—but who we end up rooting for all the same. It's a trick she manages to pull off here with Ronni Sunshine, a former Hollywood glamour puss, whose entire life has been dedicated to Ronni Sunshine. As a wife, she was dependably unfaithful. As a mother, she treated her three daughters with neglect and criticism. Nevertheless, when she summons them all after being diagnosed with a terminal disease, her determination to make some sort of amends proves both convincing and increasingly moving.

By then, we've also followed each of the sisters as they moved into adulthood, and further apart from each other. Again, they're treated with enormous sympathy, as they adopt different tactics for surviving their childhood. All of their stories, in fact, might have made for good novels in themselves. Taken together, they're simply three more reasons why this big, warm family saga is so enjoyable.

**PAPERBACKS
FOR FATHER'S DAY**

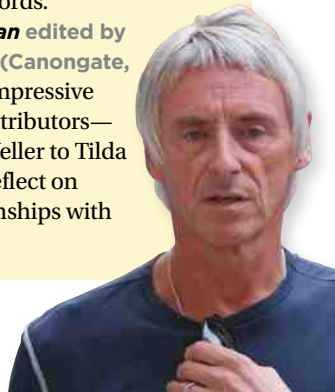
■ ***Fifty Years of Hurt* by Henry Winter** (Black Swan, £8.99) The celebrated sports writer investigates what's gone wrong with English football since 1966. Thoroughly researched, breezily written—and a bit depressing.

■ ***Grunt* by Mary Roach** (Oneworld, £9.99) Eye-opening account of the science involved in protecting soldiers in war, not just from injury, but from panic, heat exhaustion, insomnia and plenty more besides.

■ ***Set the Boy Free* by Johnny Marr** (Arrow, £8.99) Memoir by The Smiths' guitarist. Intriguing on his relationship with Morrissey, and far better written than most rock autobiographies.

■ ***Quid Pro Quo* by Peter Jones** (Atlantic, £9.99) One for the word-lovers. Packed with fascinating and entertaining information about the Latin roots of English words.

■ ***My Old Man* edited by Ted Kessler** (Canongate, £8.99) An impressive range of contributors—from Paul Weller to Tilda Swinton—reflect on their relationships with their dads.



RD'S RECOMMENDED READ

Extravagant stories of the young American heiresses who married into the British peerage—and what followed

To Bag A Husband

BETWEEN 1874 AND 1914, around 100 young American women—usually extremely rich ones—married into the British aristocracy. The traditional explanation for the invasion of this “alien horde”, as the newspapers called them, is that it was a simple case of “cash for coronets”: the women got the kind of social status that only a title can provide; the men, a much-needed injection of money into the family coffers.

But, as Anne de Courcy's book shows, there were other factors too. For one thing, the charms of American women weren't merely financial. On the whole, they were livelier, more confident, better educated and better dressed—in



short, sexier—than their British equivalents. More surprising perhaps, New York's high society was considerably harder to get into than London's. Just because your family had recently made millions of dollars didn't mean that city's old-money types would accept you.

Yet, while the book is always good on the wider background, its real appeal lies in the many terrific stories it has to tell. With American society then essentially matriarchal, the husband hunters of the title aren't the daughters, but the mothers—who, in their determination to bag their girls an aristocrat, emerge as an almost comically ruthless lot.



The Husband Hunters: Social Climbing in London and New York by Anne de Courcy is published by Weidenfeld and Nicolson at £20.

Not that the outcome was always funny for the poor brides, many of whom ended up alone in freezing county piles, looked down on by snooty servants, while their husbands gallivanted in London.

But here's an example of American motherhood in action, featuring Cornelia Bradley-Martin who, along with her husband, cunningly leased the sort of large Scottish estate likely to lure British peers along for a spot of shooting...

“ In 1892, when only fifteen, their daughter Cornelia met and became engaged to the 24-year-old Earl of Craven. A keen sporting man who loved shooting and stalking, William Craven had been the Martins' guest for the last shoot of the season. It was then that he wooed and won Cornelia, who was still in the schoolroom. As one of her descendants related: 'One day she was playing with dolls and the next she was engaged and told she could no longer do that.'

There were mutterings in England that Craven had stolen a march on potential rivals by snapping up this young heiress before she had even come out. The Bradley-Martins were obviously keen to acquire an earl for their daughter or they would have urged delay because of her extreme youth.

The wedding, in April 1893 at New York's Grace Church, filled with

HUSBANDS HUNTED: TWO MORE AMERICANS WHO MARRIED BRITISH ARISTOCRATS

Jennie Jerome The woman who started it all, by marrying Lord Randolph Churchill in 1874. The beautiful daughter of a Wall Street financier, Jennie wasn't terribly impressed with her new home, Blenheim Palace—writing home to complain about everything from the table mats to the frumpy clothes of her sisters-in-law. She also had several affairs, including with the Prince of Wales (later Edward VII)—but not before giving birth to Winston Churchill.

Consuelo Vanderbilt Aged 17, Consuelo became happily engaged to the American Winthrop Rutherford. Her mother, though, was so determined that her daughter marry the Duke of Marlborough that she intercepted and destroyed Winthrop and Consuelo's letters. She then kept the girl imprisoned in the family home, screaming at her until Consuelo gave in. On the morning of the wedding, Consuelo wept in her room, with a footman at the door.

flowers and palms up to forty feet high, caused a frenzy. An excited crowd thronged the street outside waiting for a glimpse of the bride.

Cruger, who watched the scramble with horror and whose dress was almost ripped from her in the crush, told a newspaper: "The people



Inevitably, the youth of the bride and the size of her dowry gave the gossips a field day

Some managed to get into the church by means of forged invitation cards, which they held up to the two struggling policemen at each door. Others, even the most well dressed, scrambled over the boundary picket fence, leaving scraps of their clothing on the pickets. The entry of these uninvited guests meant that a church of which the capacity was 2,000 now held 3,000.

Inside the church it was even worse. The invited guests in the side aisles stood on the pews, and those farthest away piled hassocks on the pews and stood on those for a better view. Bradley Martin's brother Frederick, one of the ushers, literally had to force his way in, arriving with his coat nearly torn off his back, while one guest, Mrs Van Rensselaer

utterly ignored the fact that they were in the house of God. They talked in loud, vulgar voices. Ladies forgot the modesty of their sex in elbowing their way to the front, men forgot their manliness in pushing others aside, and even used the backs of the pews as a highway to reach the front.' After the ceremony there was a near-riot when the public invaded the church, some stripping flowers off the altar until the police were called in.

Inevitably, the youth of the bride and the size of her dowry gave the gossips a field day. 'Poor little Miss Martin looked very nervous and even miserable as she walked down the aisle,' wrote one columnist. 'Nor did her aspect become more cheerful when she drove back with the pale young earl, and I heard many expressions of pity uttered by the crowd, which was evidently of the opinion that she had been more or less forced into the match, the glowing satisfaction on the rubicund face of Mrs Bradley-Martin lending weight to the suspicion.



AND THE NAME OF THE AUTHOR IS...

Salman Rushdie—
Ayatollah Khomeini's
fatwa called for Rushdie's
assassination for writing
The Satanic Verses.

Books

THAT CHANGED MY LIFE



Salley Vickers was a psychoanalyst before becoming a writer. She's author of seven highly acclaimed novels, including *Miss Garnet's Angel*. Her latest book, *Cousins*, is available on June 1.

The Tale of Mr Tod

BY BEATRIX POTTER

Thanks to Beatrix Potter's tales, which I read during Cumbrian holidays with my aunt and uncle, I could read at a very young age. They had a full set, given to my uncle's father by Beatrix Potter herself. I'll never forget the thrill of the line "...for a change, I am going to make a story about two disagreeable people, called Tommy Brock and Mr Tod." I had a sense of my own leap of consciousness in understanding that you could write with delight about bad characters.



Emma

BY JANE AUSTEN

When Emma insults Miss Bates during the picnic on Box Hill, her ability to tease gets out of hand. Mr Knightly strongly reproves her and she weeps tears of mortification because she



knows she's done something cruel. I read the book at school and this episode was a transforming moment for me as much as it was for Emma; I knew I too could use my quick wit to disconcert. Jane Austen understood you should never use your own power to take advantage of others whose intellect or social standing is less than your own. It's a lesson we should all bear in mind.

The Beginning of Spring

BY PENELOPE FITZGERALD

I owe my writing life to Penelope Fitzgerald. Just before she died, she read a manuscript of my then unpublished novel *Miss Garnet's Angel* and she wrote a very nice encomium. She encouraged me to trust in the power of understatement. While I don't dare to claim her greatness, she's the writer with whom I'd most like to be compared. ■
As told to Caroline Hutton



You Couldn't Make It Up

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MY FRIEND OWNS a double-glazing business. One day he and a salesman went to measure up glazing for a large house. When they'd finished, the owner asked, "Do you like Earl Grey?"

The young salesman replied, "Earl Grey? Love him. My dad's got all his records."

ROGER DOBBING, *by email*

MY MOTHER AND I were looking at photographs from a cruise she'd recently returned from when she said she wanted one of "those things" to store photos on.

I looked at her blankly and asked what she meant. She couldn't remember the name, but it was for storing photos and documents.

After a few puzzled minutes, I realised she meant a memory stick! The irony wasn't lost on either of us.

LORRAINE ATHERTON, *West Lothian*

MY SEVEN-YEAR-OLD came home from school telling me that his teacher had told off one of his classmates for using the "f-word."



"The mice are back"

"I didn't even know what the f-word was when I was seven," I said.

"Me too, Mummy. I thought it was frog. My second guess was fart," he said matter-of-factly. I felt a strange warm glow.

NICKY TORODE, *Hastings*

I KEEP TOILET ROLLS in the garage, bringing in a few at a time to keep handy. A few weeks back, while rescuing some to bring inside, I bumped into our new neighbours.

I had six loo rolls carefully balanced in my hands at the time.

Feeling somewhat stressed, rather than stop and chat I just said, "Can't stop, got a bit of a problem!"

It was only later I realised what they may have assumed the problem was. Thankfully we're still speaking!

CARRIE HEWLETT, Bristol

AN EARACHE WAS causing my three-year-old daughter some distress, so I told her I'd give her some medicine.

I was reading from the label on the bottle to check the dosage, "Children, one-to-three years..."

"But Mummy!" she interrupted in a panic, "I haven't got three ears!"

KATHY TULLY, Herefordshire

I MET A BOY at a youth club when I was 21, and he asked me out. After our third date my mother took me aside and said, "Mary, although he's a nice lad, you aren't so young and can't afford to waste your time if he isn't The One."

Three weeks later, I told my mother: "I think he's The One."

She looked at me in horror. "But you hardly know him!"

MARY BECKER, Middlesex

WHILE I WAS WORKING as an airline customer-service agent, I got a call from a woman who wanted to take her dog on-board.

I told her the dog was welcome, as

long as she paid a £150 charge and provided her own kennel. I further explained that it needed to be large enough for the dog to stand up, sit down, turn around and roll over.

"I'll never be able to teach him all that by tomorrow," she complained!

RYAN WEBBER, Cheshire

CAMPING ON A REMOTE FARM, I was appalled to discover the toilet hut contained only a bucket. One irate woman took the owner to task.

"And what's worse," she added, "is that there's no lock on the door!"

"Never needed one," he replied.

"Who's going to come all the way out here just to steal a bucket?"

MAGGIE COBBETT, North Yorkshire

DURING A FAMILY POW-WOW, I'd moaned about spending so much of my time cooking wholesome food, only to have the children picking at it. My seven-year old son helpfully announced that we should buy a robot to help me cook.

Just a week later we were sitting in a jam-packed cinema watching *Rogue One*. It was tense—everyone was silent and perched on their seats as a remarkable robot knocked out enemy Stormtroopers, only to perish as he saved the heroine.

Suddenly a very determined and excited voice shouted in a eureka moment: "We really must get Mum one of those robots!"

GRAZYNA SÖDERBOM, Coventry

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IT PAYS TO INCREASE YOUR

Word Power



When it came to ingeniously descriptive language, Charles Dickens was lummy (aka first-rate). Bryan Kozlowski compiles the most colourful terms in his book What the Dickens?! You might need some logic to guess the definitions. Turn the page for answers and the words' literary sources.

BY EMILY COX & HENRY RATHVON

- 1. sawbones** *n*—A: doctor.
B: magician. C: old nag.
- 2. catawampus** *adj*—A: fierce.
B: syrupy. C: deep and dark.
- 3. jog-trotty** *adj*—A: monotonous.
B: nervous. C: backward.
- 4. spoony** *adj*—A: spacious.
B: pun-filled. C: lovey-dovey.
- 5. rantipole** *n*—A: battering ram.
B: fishing rod. C: ill-behaved person.
- 6. gum-tickler** *n*—A: funny remark.
B: strong drink. C: wishbone.
- 7. stomachic** *n*—A: winter coat.
B: tummy medicine. C: wind-up toy.
- 8. sassigassity** *n*—A: fancy clothes.
B: cheeky attitude. C: sudden gust of hot wind.
- 9. comfoozled** *adj*—A: on fire.
B: pampered. C: exhausted.
- 10. mud lark** *n*—A: a scavenging child. B: corrupt court judge.
C: ancient scribe.
- 11. plenipotentiary** *n*—A: housewife.
B: diplomatic agent. C: highly secure bank vault.
- 12. toadeater** *n*—A: fawning person.
B: habitual liar. C: gourmet.
- 13. slangular** *adj*—A: oblique.
B: using street talk. C: tight around the neck.
- 14. marplot** *n*—A: flower garden.
B: meddler. C: fruit jam.
- 15. heeltap** *n*—A: complex Irish dance step. B: scoundrel. C: sip of liquor left in a glass.

Answers

1. sawbones—[A] doctor. “Captain Kirk pulled strings to get McCoy hired as the ship’s *sawbones*.” (First used in *The Pickwick Papers*)

2. catawampus—[A] fierce. “The *catawampus* storm engulfed the tiny village.” (*Martin Chuzzlewit*)

3. jog-trotty—[A] monotonous. “Will Lauren ever quit that *jog-trotty* job?” (*Bleak House*)

4. spoony—[C] lovey-dovey. “Those *spoony* newlyweds won’t stop canoodling!” (*David Copperfield*)

5. rantipole—[C] ill-behaved person. “A gang of *rantipoles* vandalised the building.” (*Great Expectations*)

6. gum-tickler—[B] strong drink. “Ben downed *gum-ticklers* to forget his troubles.” (*Our Mutual Friend*)

7. stomachic—[B] tummy medicine. “*Stomachic* may help your indigestion.” (*David Copperfield*)

8. sassigassity—[B] cheeky attitude. “No more *sassigassity* young lady!” (*A Christmas Tree*)

9. comfoozled—[C] exhausted. “We were all *comfoozled* after the race.” (*The Pickwick Papers*)

10. mud lark—[A] scavenging child. “Some *mud lark* snatched my birthday cake!” (*Our Mutual Friend*)

11. plenipotentiary—[B] diplomatic agent. “Who’s the head *plenipotentiary* around here?” (*Great Expectations*)

12. toadeater—[A] fawning person. “You *toadeaters* will never disagree with your coach!” (*Dombey and Son*)

13. slangular—[B] using street talk. “Lady Clara was shocked by the *slangular* chatter at tea.” (*Bleak House*)

14. marplot—[B] meddler. “The con men were exposed when a *marplot* snatched on them.” (*Our Mutual Friend*)

WORD OF THE DAY

ALEXITHYMIA

The inability to identify and describe one’s feelings.

Alternative suggestions:

“Drinking too much ale with your ex.”

“When Alex’s ears and thighs get cold.”

“The hangover when your home brew is too strong.”

15. heeltap—

[C] sip of liquor left in a glass. “‘I must go,’ said James Bond, downing the *heeltap* of his martini.” (*The Pickwick Papers*)

VOCABULARY RATINGS

9 & below: good

10-12: excellent

13-15: exceptional

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BrainTeasers

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on p139.

FIGURE SKETCHES

The artist Mathias Wizzini is showing his latest masterpieces. Five of his works are displayed here in *Reader's Digest*, and we have a sneak peek at the title of a sixth. Logically, what should 26 look like?



"61"



"37"



"63"



"45"



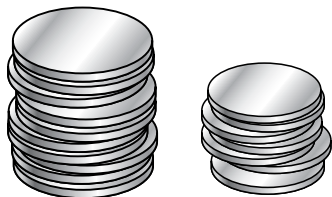
"21"



"26"

CHANGE COUNTER

Priya's coin collection contains only 10p and 5p pieces, and she has ten 5p pieces for every seven 10p pieces. If her coins all add up to a value between £9.00 and £10.50, what's that precise value?



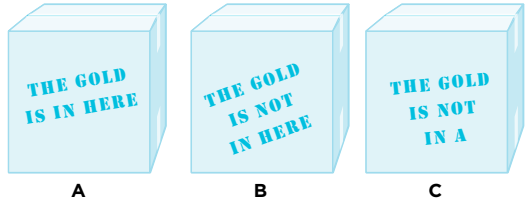
MAGIC SQUARE

Place a number in each empty cell of this square so that each row, each column and both main diagonals add up to the same sum. (You must determine this sum.) The same number can appear more than once.

2	?	?
?	3	?
4	?	?

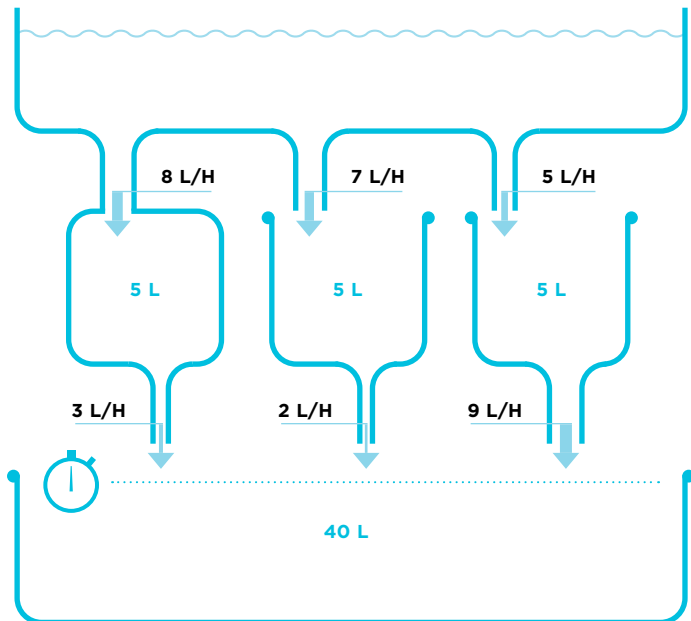
NUGGET OF TRUTH

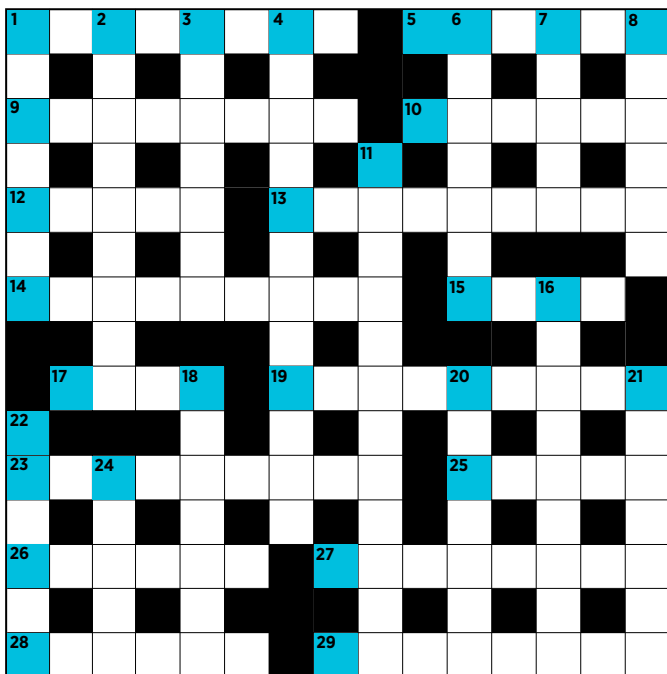
A gold nugget is in one of these three boxes. Can you locate it if only one of the inscriptions is true?



BRAIN DRAIN

The reservoir at the top of the diagram contains a virtually endless supply of water, and there's a system of three five-litre tanks, two open and one not. (Water can overflow out of the open tanks and land in the reservoir at the bottom.) There are also pipes, labelled with the rate at which water can flow through them. How much time will it take to fill the 40-litre reservoir at the bottom? (We can ignore the time it takes for the pipes to fill up.)





CROSSWISE

Test your general knowledge

ACROSS

- 1 Wield (a weapon) (8)
- 5 Accommodate (6)
- 9 Jointed cutting tool (8)
- 10 Replenish (4,2)
- 12 Tree of the birch family (5)
- 13 Fell with a blow (5,4)
- 14 Warehouse (9)
- 15 Large frog-like amphibian (4)
- 17 Title of the emperor of Russia (4)
- 19 Hypermetropia (4,5)
- 23 Racy vehicle (6,3)
- 25 Creature from outer space (5)
- 26 Ongoing habit (6)
- 27 Morning-after feeling (8)
- 28 Track down (6)
- 29 Supplementary piece of text (8)

DOWN

- 1 Voucher permitting free travel (3,4)
- 2 Sour-tasting sweets (4,5)
- 3 Earn (7)

- 4 Provisional occurrence (6,2,4)
- 6 Joint of meat (7)
- 7 Arctic dwelling (5)
- 8 Pay out (6)
- 11 Area of agreement (6,6)
- 16 Injured, distressed (9)
- 18 Draw back (7)
- 20 Sequin (7)
- 21 Outburst (7)
- 22 Starry (6)
- 24 Spirit dispenser in a bar (5)

ANSWERS
ACROSS: 1 Brandish 5 Oblige 9 Scissors 10 Fill Up
 12 Alder 13 Knock Down 14 Storeroom 15 Toad
 17 Tsar 19 Long Sight 23 Sports Car 25 Alien
 26 Ritual 27 Hungover 28 Locate 29 Addendum
DOWN: 1 Bus Pass 2 Acid Drops 3 Deserve
 4 Stroke Of Luck 6 Bnsket 7 Iglloo 8 Expend
 11 Common Ground 16 Aggrieved 18 Retract
 20 Spangle 21 Tantrum 22 Astral 24 Optic

Brainteasers: Answers**FIGURE SKETCHES**

In each title, the first digit represents the outer shape and the second digit represents the shape of the inner notches. 1 = square, 2 = pentagon, 3 = hexagon, 4 = axe head, 5 = diamond, 6 = triangle and 7 = circle.

CHANGE COUNTER

£9.60. One “set” of ten 5p pieces and seven 10p pieces totals £1.20. Seven times £1.20 = £8.40 (too low), and nine times £1.20 = £10.80 (too high), so there must be eight sets.

MAGIC SQUARE

2	5	2
3	3	3
4	1	4

NUGGET OF TRUTH

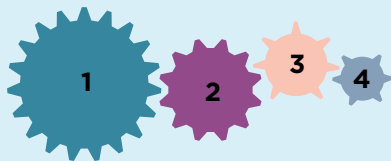
B.

BRAIN DRAIN

Three hours. The middle system will drain two litres in the first hour and seven in each hour that follows. The left system will always drain three litres an hour; the right system will always drain five. Thus ten litres will drain in the first hour, and 15 litres in each of the next two hours.

£50 PRIZE QUESTION**Answer published in the July issue**

Using the information below, can you deduce how many revolutions the large cog must make to return all the cogs to their starting positions?



Cog 1 has 19 teeth
Cog 2 has 12 teeth
Cog 3 has 7 teeth
Cog 4 has 6 teeth

The first correct answer we pick on June 7 wins £50!* Email excerpts@readersdigest.co.uk

ANSWER TO MAY'S PRIZE QUESTION

A.



AND THE £50 GOES TO...
John Renel, North Yorkshire

Laugh!

Win £50 for every reader's joke we publish! Go to readersdigest.co.uk/contact-us or facebook.com/readersdigestuk

TWO MEN ARE sitting in the doctor's waiting room. The first man is holding his shoulder in pain while the second has ketchup in his hair, egg and beans down the front of his shirt and two sausages sticking out of his pockets. After a while, the second man asks the first what happened.

"My cat got stuck in a tree," the man says, gripping his arm. "I went up after him and fell. I think I've broken my shoulder. You?"

"Oh, it's nothing serious," the second man replies. "I'm just not eating properly."

GRAHAME JONES, xxxxxxxx

BROTHER MARK ARRIVES at the monastery where he intends to devote his life to serving the Lord. When he arrives, he finds the other brothers creating new books by copying from previous copies. He asks Brother John, "Do you ever proofread these copies against the original? How do you know that someone isn't copying a mistake?"

Brother John ponders this and

decides, "Alright, I'll take one of the newest copies and compare it to the original text."

Off goes Brother John into the vault in the basement where the original holy texts are kept. By nightfall he still hasn't emerged. The brothers grow worried so Brother Mark goes downstairs to check on him.

As soon as he steps into the basement, he can hear the faint sound of sobbing. He follows the sound until he finds Brother John sat with both the copy and original text in front of him. "Brother John!" he says, "What's the matter?"

Brother John sobs again and exclaims, "Oh my Lord! The word is *celebrate!*"

SEEN ON BUZZFEED.COM

WHAT DID THE BUDDHIST tell the hot-dog vendor?

"Make me one with everything."

SEEN ON THOUGHTCATALOG.COM

ADAM WAS EXCITED because his local newspaper was hosting a pun contest. He stayed up all night

carefully writing ten puns and submitted them the next morning.

When the results came back, Adam checked to see if he won but, alas, no pun in ten did. **SEEN ON BUZZFEED.COM**

I LIKE THE TEN COMMANDMENTS

but I have a problem with the ninth. It should be, "Thou shalt not covet thy neighbour's ox, except in Scrabble." **COMEDIAN DAVID O'DOHERTY**

TELEMARKETERS ARE a gift from God. They're a real opportunity for joy in your life.

Listen to what I'm about to tell you: they can't hang up.

Do you feel that? That's the feeling of your life getting better right now. If you don't swear or threaten them, it's their job to listen to whatever you have to say. What an opportunity.

COMEDIAN PETE HOLMES

I WAS LYING IN BED with my wife last Sunday morning when she called me by a special pet name, a loving and endearing term.

"Hey, Shorty," she said. "Would you like to hear the patter of little feet?"

Taken aback I said, "Yes, I would."

She said, "Good. Run down to the kitchen and get me a glass of water."

COMEDIAN RONNIE CORBETT

I MET A BLOKE with a didgeridoo and he was playing "Dancing Queen" on it. I thought, *That's ABBA-riginal.*

COMEDIAN TIM VINE

BACK TO SCHOOL

These parents aren't hiding their excitement at the end of the school holidays (from sadanduseless.com).



I ATE A ploughman's lunch today. He wasn't very happy. **SEEN ONLINE**

ONE MORNING a policeman knocked on my door, but I ignored him. He just knocked louder until finally, he peeked through the window and said, "Sir, I can clearly see you. Open up!"

I said, "You can't come in!"

He responded, "I don't want to, I just want you to step out of the car!"

ANDREW BERRY, *Lincolnshire*

I MET THE BLOKE who invented crosswords today. I can't remember his name—it's P-something-T-something-R. **SEEN ONLINE**

WAY BACK IN THE 1990S, if you wanted to tell everyone you ate waffles for breakfast, you couldn't just

go on the internet and tweet about it. There was only one way to do it. You had to go outside and scream at the top of your lungs, "Today, I ate waffles for breakfast!"

That's why so many people ended up in institutions. They seemed crazy, but when you think about it, they were just ahead of their time.

COMEDIAN ELLEN DEGENERES

NEVER TRUST a man who, when left alone with a tea cosy, doesn't try it on.

SEEN ONLINE

WHY IS IT that when someone tells you there are a billion stars in the universe, you believe them, but if they tell you there's wet paint, you have to touch it to make sure?

COMEDIAN PETER KAY



WHY DID I SAY THAT?

The people of Twitter are sharing the moments that made them regret their words with the hashtag, #WhyDidISayThat:

@BrigetteCWarren: "When I was a hostess at a restaurant, I once said to a guest heading into the bathroom, 'Enjoy!' "

@AngelSteve89: "Getting a haircut, the barber asked me what I do for a living. I said 'Advertising, what about you?' He replied, 'I am a barber.' "

@DougWalsh1: "I'm a farm boy. When my wife was in labour I said, 'I'm not nervous. I've seen this a bunch of times with cows.' "

@Chelsey_Alese: "I forgot my date's name so I asked how it was spelt. He looked at me like I was crazy and said, 'A.J.' "

60-Second Stand-Up

We spent a minute with stand-up queen, **Angie Le Mar**

HAVE YOU FOUND ANY PARTS OF THE COUNTRY FUNNIER THAN OTHERS?

Once in Edinburgh there were just two old white women in a 150-seater venue. I said, "If there's anything you don't get, stop me." It was the longest show I've ever done.

WHAT'S YOUR MOST MEMORABLE HECKLE EXPERIENCE?

Once when a group of students wouldn't stop heckling me, I made one of the guys stand up. Then I said, "See, you're just like a d**k—standing up for no reason."

WHAT'S YOUR FAVOURITE ONE-LINER?

When I first started, interviewers would ask, "What's it like being a black female comedian?" And I'd say, "Very different to when I was white."

WHOSE WALL WOULD YOU BE A FLY ON?

Definitely the Obamas now they're out of the White House. I'd love to get my hands on Michelle's wardrobe.

WHO'S YOUR INSPIRATION?

In Hollywood everyone had light skin and European features. When I saw



Whoopi Goldberg, who looked so un-Hollywood, and heard her material, I remember thinking, *Wow, she's talking about me!*

IF YOU COULD HAVE A SUPER POWER, WHAT WOULD IT BE?

To change minds. What with Brexit and Trump, I'd love to say, "This is what we're all thinking now. We've moved on. We don't do racism, we don't do sexism, we just live." That would be pretty spectacular. 🍀

Angie Le Mar's memoir, *Full Circle*, is available now online and in all good book shops (Filament Publishing, £11.99).

Beat the Cartoonist!



Think of a witty caption for this cartoon—the three best suggestions, along with the cartoonist's original, will be posted on our website in mid-June. If your entry gets the most votes, you'll win **£100**.

Submit to captions@readersdigest.co.uk or online at readersdigest.co.uk/caption by June 14. We'll announce the winner in our August issue.

April's Winner



This intriguing cartoon attracted a slew of entries—but, as ever, there was only one victor. Sadly for our cartoonist, it wasn't him. His caption, **"They are moving from a virtual**

relationship to a real one, one step at time" received just nine per cent of the votes. The winning caption, on the other hand, received a staggering 53 per cent! Phil Brown's clever and amusing words were: **"In my day, we never had texts before marriage"**.

IN THE
JULY
ISSUE



"I Remember": Jo Wood

The model and TV star on touring with The Rolling Stones.



Seeing Double

From matching clothes to identical lives, what's it really like to be a twin?

Plus

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