

ASIA

Reader's

HOURS OF GREAT READING

digest

The Power of Fake PILLS

When the Placebo Effect Works

PAGE 30

The Last Time I Said ...
"I Love You"

PAGE 8

The Snake
That's Eating
Florida

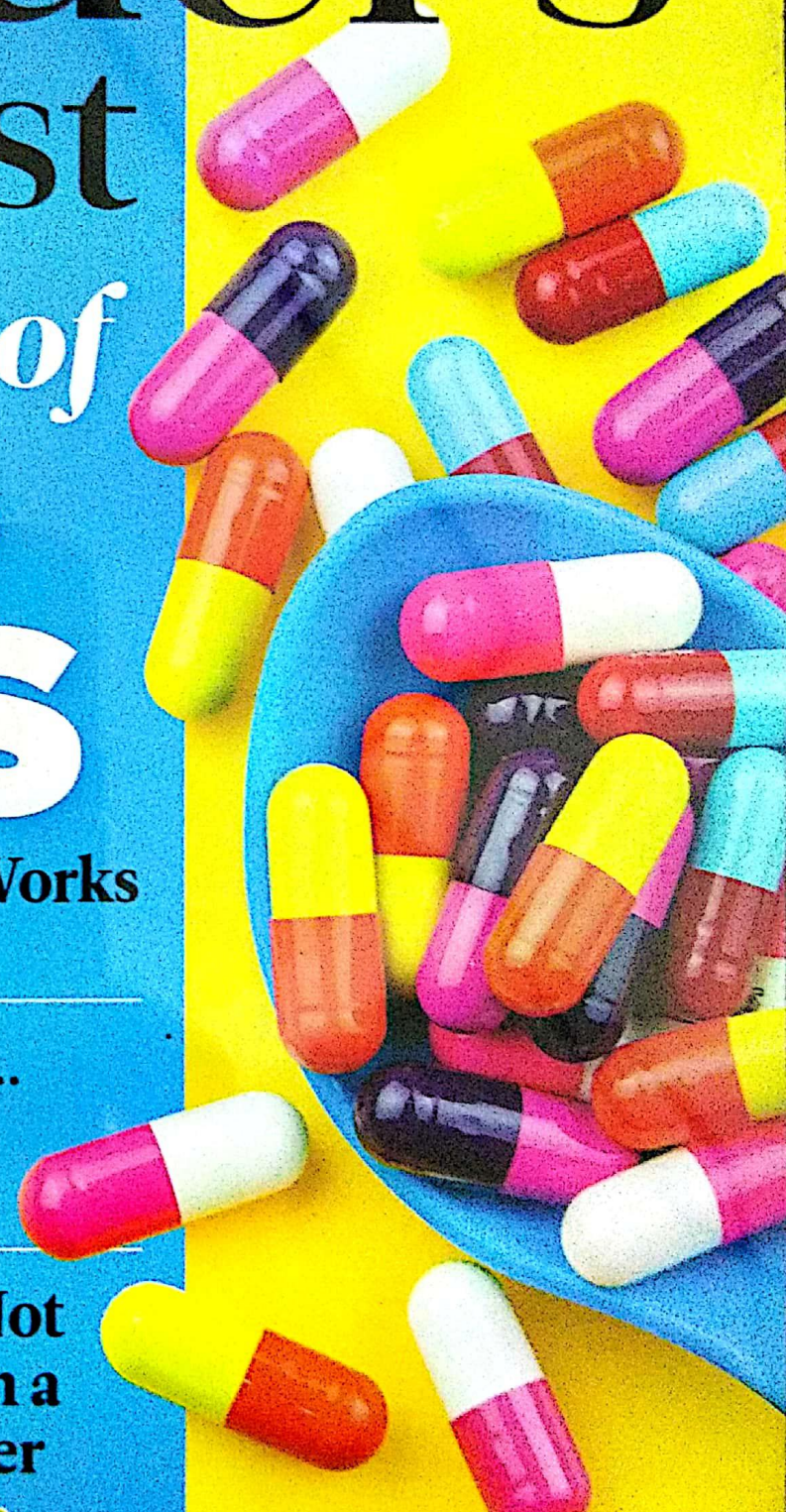
PAGE 40

What Not
to Do in a
Disaster

PAGE 100

MEDICAL DRAMA
Twin Brother Skin
Transplant Miracle

PAGE 50



FEBRUARY 2019
ISSN 0034-0383



SINGAPORE \$9.90
MALAYSIA RM 15
PHILIPPINES P 199

Headline: Rm 4.00 • Indonesia Rp 5,000 • Korea W 7,000 • Thailand B 165 • HK \$ 26 • Sri Lanka Rs 475 • Taiwan NT \$ 158 • Pakistan Rs 225

Contents

FEBRUARY 2019

- Everyday Heroes**
25 ZERO-WASTE HERO
The young Singaporean on a mission to reduce the use of disposables at her university. **SITI ROHANI**

- Health**
30 THE POWER OF FAKE PILLS
A writer investigates the theory that placebos can be medically beneficial.
ROBERT ANTHONY SIEGEL FROM SMITHSONIAN

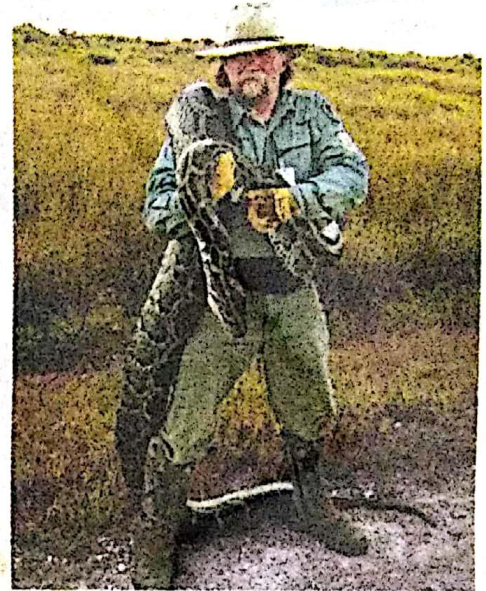
- Animal Kingdom**
40 THE HUNT FOR A DEADLY INVADER
The aggressive snake species that's established a stranglehold. **ROBERT KIENER**

- Medical Drama**
50 A BROTHER'S LOVE
Twin brothers. Now one lies in hospital with burns to over 95 per cent of his body. Will the brotherly bond be enough to save him? **LISA FITTERMAN**

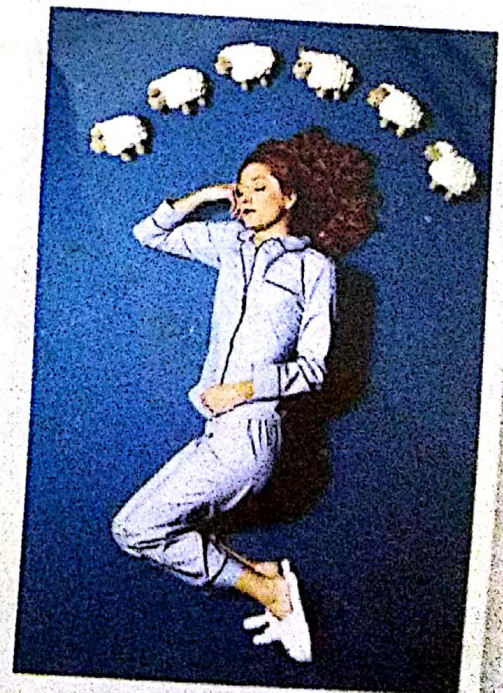
- Health**
62 WAKE UP SMARTER
Snooze time is prime time for your brain. Sleep tips to improve memory and boost cognitive function.
JESSICA MIGALA AND ELISA ROLAND

- Photo Feature**
68 HIDDEN GEMS
Deep beneath the Earth's surface are caves filled with rich visual rewards.
CORNELIA KUMFERT

P. | **40** ▼



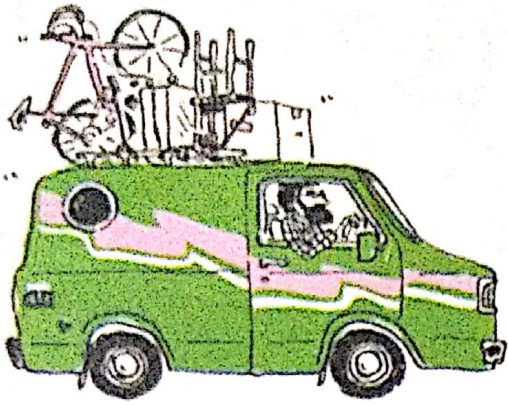
P. | **64** ▼



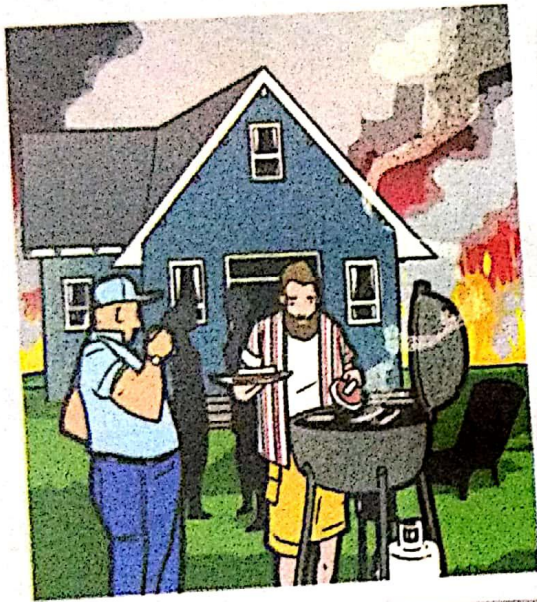


Contents

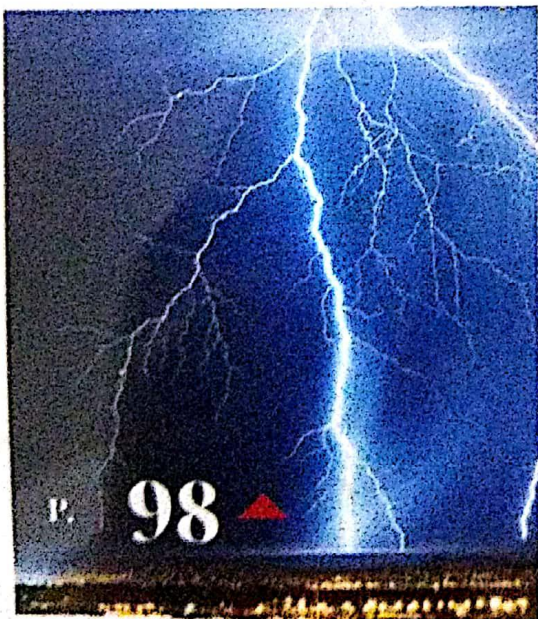
FEBRUARY 2019



▲ P. | 89



▲ P. | 100



P. 98 ▲

Drama in Real Life

76 THE HUMAN CHAIN

When two young boys get sucked out to sea, beachgoers band together to try and save their lives. **DEREK BURNETT**

Wellbeing

86 13 WAYS YOUR MOBILE PHONE AFFECTS YOUR BODY AND MIND

The truth about the positive and negative aspects of smartphone use.

MICHELLE CROUCH

Humour

89 FOUR-WHEEL DIVES

The interior of your car – squeaky clean or a bit of a mess – tells more about you than you may be comfortable sharing.

ROZ WARREN FROM HUMOROUTCASTS.COM

Did You Know?

98 FAST-AS-LIGHTNING FACTS ABOUT THUNDERSTORMS

Can lightning only strike the same place once, or twice, or more?

MICHELLE CROUCH

Simple Wisdom

100 WHAT NOT TO DO IN A DISASTER

Knowing what actions to avoid can play a huge part in your safety if disaster strikes. **ZARIA GORVETT FROM BBC FUTURE**

Bonus Read

106 LIFE ON THE FRONT LINE

This paramedic has seen it all: life and death, trauma and joy, and, above all, the power of human resilience. **SANDY MACKEN FROM THE BOOK PARAMEDIC**

THE DIGEST

- 18 Pets
- 20 Health
- 58 Travel
- 117 RD Recommends



P. | 18 ▲

REGULARS

- 6 Letters
- 8 Finish This Sentence: Love
- 10 News Worth Sharing
- 12 My Story
- 16 Smart Animals
- 85 Quotable Quotes
- 92 Look Twice
- 115 That's Outrageous
- 124 Trivia, Puzzles & Word Power



CONTESTS

- 7 Caption and Letter Competition
- 14 Submit Your Jokes and Stories

HUMOUR

- 48 Life's Like That
- 74 Laughter, the Best Medicine
- 96 All in a Day's Work



SEE
PAGE 14



P. | 58 ▼