

Features

26

Saving the Mountain Gorilla

The vets treating the species in the wild. MARCELLO DI CINTIO

MAKING A DIFFERENCE

Never Too Young to Care

A schoolbov's heartwarming mission to assist the homeless KATHY BUCHANAN

HEALTH

MEDICAL BREAKTHROUGHS

Catch up on the latest important health developments and how they can improve and extend your life. ANITA BARTHOLOMEW

RELATIONSHIPS

15 Simple Acts of Kindness

Brighten someone's day. SUSAN SPENCER

DRAMA IN REAL LIFE WOMPF!

The avalanche swept the 18-year-old snowboarder down the mountain before burying him. BRETT POPPLEWELL

POWER OF ONE The Archivist

of Everything

The man storing the knowledge of today. MICHAEL PATERNITI FROM GQ

HUMOUR

The Kids Stay in the Picture

A puzzled parent wonders why his grown-up brood won't leave the nest. HOWARD GASKIN FROM THE GLOBE AND MAIL

ON THE COVER: 15 SIMPLE ACTS OF KINDNESS - PAGE 48

CONTENTS

AUGUST 2019



82

Authoritarian vs. Authoritative

There are different styles to raise your children. What type of parent are you? LISA MILBRAND

86

ENVIRONMENT

Paradise in Danger

Acclaimed

photographer
Barbara Dombrowski
visits the beautiful
Cook Islands, as it
attempts to adapt to
climate change

94

WELLBEING

The Essential Guide to Deeper Sleep

Take a few tips from these experts: each has a unique prescription for a better sleep. MICHELLE CROUCH

100

WHO KNEW?

Infamously

Anonymous

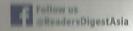
Famed people whose real identities remain a mystery.

EMILY DINUZZO

104

BONUS READ

"My Life in Short"
Born with
achondroplasia,
Ian Fulton's deeply
personal memoir
of standing up
against the odds.



Departments

120

THE DIGEST

- 18 Pets
- 20 Health
- 24 News From the World of Medicine
- 78 Travel
- 115 RD Recommends

REGULARS

- 4 Editor's Note
- 6 Letters
- 10 News Worth Sharing
- 12 My Story
- 16 Smart Animals
- 59 Quotable Quotes
- 70 Look Twice
- 77 That's Outrageous

HUMOUR

- 46 Life's Like That
- 68 Laughter, the Best Medicine
- 98 All in a Day's Work

THE GENIUS SECTION

- 120 The Perfect Brain Food
- 123 Family Fun
 - 124 Puzzles
- 126 Trivia
- 128 Word Power