

ASIA

SINCE 1922

# Reader's

## digest

HOURS  
OF GREAT  
READING

# LEE CHILD

*An Author with  
Endless Stories*

PAGE 88

*'100 Forests, 100 Gardens'  
Canberra's Arboretum*

PAGE 96

**Rethinking  
How We Help  
the Homeless**

PAGE 34

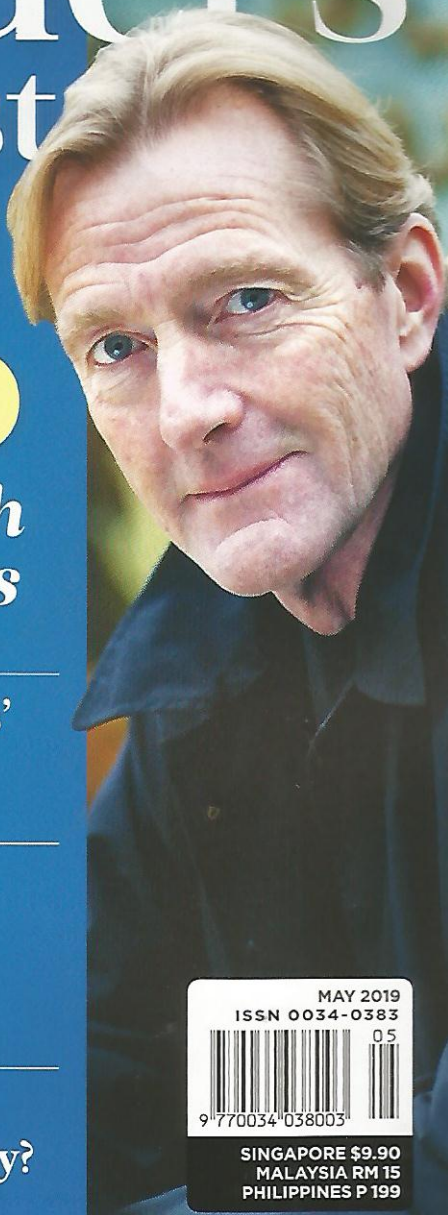
**How to  
Fall  
Safely**

PAGE 40

**BONUS READ**

**What's Wrong With My Boy?**

PAGE 104

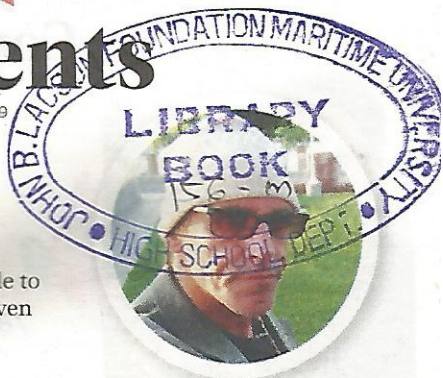


SINGAPORE \$9.90  
MALAYSIA RM 15  
PHILIPPINES P 199

Bangladesh Tk160 • Indonesia Rp45,000 • Korea W7,000 • Thailand B145 • HK\$36 • Sri Lanka Rs475 • Taiwan NT\$150 • Pakistan Rs225

# Contents

MAY 2019



- Everyday Heroes**
- 30 THE POWER OF SHARING**  
A library with a difference allows people to borrow tools, garden equipment and even camping gear. **ELEANOR CANT**

- First Person**
- 34 I USED TO BE HOMELESS**  
Living on the street can be unimaginably tough. A once homeless man talks about the public's misconceptions.  
**MARK ANTHONY DIBELLO, AS TOLD TO CHARLOTTE HILTON ANDERSEN**

- Health**
- 40 LEARNING TO NOT FALL**  
Scientists are developing 'safe landing responses' to help limit injuries. **NEIL STEINBERG FROM MOSAICSCIENCE.COM**

- Drama in Real Life**
- 46 TRAPPED INSIDE A GLACIER**  
A lone scientist studying climate changes plunges into a crevasse in the remote Himalayas. **NICHOLAS HUNE-BROWN**

- Animal Kingdom**
- 54 AMAZING ANIMAL SUPERPOWERS**  
The abilities that these creatures possess seem like something out of a comic book.  
**READER'S DIGEST EDITORS**

- Classic Read Compilation**
- 60 LESSONS OF FRIENDSHIP**  
Two of the most inspiring stories we have ever published remind us the connections people make can transform lives forever.

P. | **34** ▲



P. | **60** ▼





# Contents

MAY 2019



78 **What It's Like to be ...**  
**A TRAVELLING VET**  
When your patient list begins with armadillos and ends with zebras, you are no ordinary vet. JONATHAN CRANSTON

▲ P. | 78



86 **Life Well Lived**  
**35 LESSONS I'VE LEARNT IN 35 YEARS OF MARRIAGE**  
A humorous look at challenging situations most couples will know well. WINIFRED M. REILLY FROM [SPEAKINGOFMARRIAGE.COM](http://SPEAKINGOFMARRIAGE.COM)

88 **Profile**  
**REACHING FOR THE STARS**  
Best-selling author Lee Child on his maverick hero Jack Reacher and why being made redundant spurred him on. KATHY BUCHANAN

▼ P. | 104



96 **Travel**  
**FROM ASHES TO ARBORETUM**  
The rejuvenating forests and gardens that have arisen from Canberra's worst-ever bushfires. DIANE GODLEY

104 **Bonus Read**  
**WHAT'S WRONG WITH CONNER?**  
Words came slowly to Conner. But his family was advised not to worry. Until the seizures began. ATHA KALAICHANDRAN FROM THE ATAVIST MAGAZINE



P. | 58 ▲

## THE DIGEST

- 20 Pets
- 24 Health
- 74 Travel
- 118 RD Recommends

## REGULARS

- 6 Letters
- 10 Finish This Sentence
- 12 News Worth Sharing
- 14 My Story
- 18 Smart Animals
- 70 Look Twice
- 95 Quotable Quotes
- 103 That's Outrageous
- 124 Trivia, Puzzles & Word Power

## HUMOUR

- 44 Life's Like That
- 58 Laughter, the Best Medicine
- 84 All in a Day's Work



P. | 20

P. | 24 ▶

