

ASIA

# Reader's digest

**MOST  
TRUSTED  
&  
MOST  
READ**

## Why it Pays to be *Happy*

PAGE 64

**LOL Dumb  
Criminals**

PAGE 80

**"I Survived  
a Stroke"**

PAGE 102

**7 Diabetes Symptoms  
Men Need to Know**

PAGE 18

**The Willing  
Heart of  
Tony Tay**

PAGE 40

**Confronting  
Our  
Prejudices**

PAGE 44



JULY 2018

ISSN 0034-0383



9 770034 038003

PHILIPPINES P 199

# Contents

JULY 2018

## Health

- 32 **SLEEP BETTER EVERY NIGHT**  
Top secrets and new research behind a superior slumber. SAMANTHA RIDEOUT

## Everyday Heroes

- 40 **WILLING HEARTS**  
Binding a community starts with a nourishing meal. LAM LYE CHING

## Wellbeing

- 44 **BATTLING BIAS**  
According to psychologists, we are all prejudiced. So what can we do about it?  
KATHERINE LAIDLAW

## First Person

- 51 **ROCK 'N ROLL ISLAND**  
What do you do when your life is turned upside down by Mother Nature's forces?  
ROSEMARY FRANCIS, FIELD EDITOR

## Drama In Real Life

- 56 **RACING THE STORM**  
These sailors thought they could make it home before the storm hit.  
MATTHEW TEAGUE FROM SMITHSONIAN  
MAGAZINE

## Psychology

- 64 **WE**



SEE  
PAGE 8



P. | 32 ▲



P. | 40 ▲



P. | 49



# Contents

JULY 2018



P. | **80** ▲

- Adventure**
- 72 SWIMMING WITH SHARKS**  
A novice diver swims with some of the ocean's most feared predators.  
GLENN HODGES  
FROM NATIONAL GEOGRAPHIC

- Humour**
- 80 WORLD'S DUMBEST CRIMINALS**  
Jewellery, cigarettes and suitcases may have caught their attention, but criminal masterminds they are not.

- Photo Feature**
- 86 BALCONY SCENES**  
Balconies have captured tender moments as well as humour. Our pictorial reveals iconic personalities on balconies up high.  
CORNELIA KUMFERT

- Health**
- 92 WHAT'S THAT RASH?**  
It's red, uncomfortable and a mystery. How to tell psoriasis from eczema.  
VANESSA MILNE

P. | **86**





## THE DIGEST

- 19 Health
- 24 Travel
- 28 Home
- 30 Pets
- 123 RD Recommends

## REGULARS

- 6 Letters
- 10 My Story
- 14 Kindness of Strangers
- 16 Smart Animals
- 98 Look Twice
- 116 Quotable Quotes
- 124 News Worth Sharing
- 126 Trivia, Puzzles & Word Power
- 136 Quotes about Trust

## CONTESTS

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

## HUMOUR

- 49 Life's Like That
- 70 Laughter, the Best Medicine
- 78 All in a Day's Work

P. | 10 ▼



P. | 49

SEE  
PAGE 8