

ASIA

# Reader's digest

**MOST  
TRUSTED  
&  
MOST  
READ**

## SAVING THE PANDA

*Is It Too Late?*

PAGE 60

**On Board the  
Friendship  
Bus**

PAGE 28

**How Timing  
Is the Key  
to Success**

PAGE 70

**6** *Silent Diabetes  
Symptoms You're Missing*

PAGE 16

**He's Got a Gun!  
Hijack on  
Flight 918**

PAGE 52

**The  
Baldness  
Business**

PAGE 102

Kindness of Strangers .....12

News Worth Sharing .....122



FEBRUARY 2018

ISSN 0034-0383



9 770034 038003

SINGAPORE \$9.90

MALAYSIA RM 15

PHILIPPINES P 199

# Contents

FEBRUARY 2018

## Heart

### 28 FRIENDSHIP BUS

Filmmaker Julie Zhu takes a bus trip with grandparents who bond over bargains. INDIA HENDRIKSE

FROM WWW.NOTED.CO.NZ

## Nature

### 32 THE TREES ARE TALKING

Nature is networking in the forest via the 'wood wide web'. CRAIG STENNETT

## Relationships

### 40 FOR BETTER OR WORSE

We celebrate love and marriage customs.

LOUISE BASTOK FROM LONELYPLANET.COM

## First Person

### 48 LIFE'S THREE TRUTHS

Age-old certitudes can give you strength.

JULIA BAIRD FROM THE NEW YORK TIMES

## Drama in Real Life

### 52 "GET HIS GUN!"

A gunman forces his way onto a flight. Can two young flight attendants negotiate the passengers' release? NICHOLAS HUNE-BROWN

## Animal Kingdom

### 60 CAN THE PANDA BE SAVED?

Creating new reserves are key to the species' future. JENNIFER S. HOLLAND

FROM NATIONAL GEOGRAPHIC



P. | 28 ▲



P. | 48 ▲

COVER: ISTOCK

G



# Contents

FEBRUARY 2018



P. | 84 ▲



P. | 102 ▼

- Life Lesson**  
70 **CHOOSE YOUR MOMENT**  
Timing is the difference between success and failure. SYDNEY LONEY  
FROM *BEST HEALTH*

- Science**  
74 **13 MIND-BLOWING DISCOVERIES**  
Last year's top research. MICHELLE CROUCH

- Who Knew?**  
82 **EIFFEL LIGHTS**  
Here's everything you didn't know about the Eiffel Tower. SAM BENSON SMITH

- Humour**  
84 **BAD PUNS ARE HOW EYE ROLL**  
Wordplay competitions are seriously pun-derrated. PETER RUBIN FROM *WIRED.COM*

- Medical Breakthroughs**  
90 **BACK FROM THE DEAD**  
The new science of freezing may save your life. RENE EBERSOLE FROM *POPULAR SCIENCE*

- Health**  
96 **SAFE-CATION**  
Preparation is the best way to protect your health while on holiday. JODY ROBBINS

- Bonus Read**  
102 **MESSING WITH OUR HEADS**  
A balding writer in search of a solution.  
RHODRI MARSDEN FROM *MOSAICSCIENCE.COM*

---

## THE DIGEST

---

### Health

- 16 Silent diabetes symptoms; bad foods for your belly; news you can use

### Travel

- 24 Travel tips for a successful and rewarding solo journey.

### Technology

- 26 Long-distance apps to stay connected to those you love.

### Pets

- 27 How your dog *really* recognises itself.

### RD Recommends

- 115 All that's best in books, films, podcasts and DVDs

### News Worth Sharing

- 122 Positive stories that caught our eye

---

## REGULARS

---

- 6 Letters  
8 My Story  
12 Kindness of Strangers  
14 Smart Animals  
76 Look Twice  
124 Puzzles, Trivia & Word Power

---

## CONTESTS

---

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

---

## HUMOUR

---

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



P. | 24 ▲



P. | 68 ▲



SEE  
PAGE 5