Old-Time Doctor Remedies That Work!

How to Turn Your Procrastination into Action

Our Readers’ Unforgettable Holiday Tales

The Woman Who Survived Decapitation

BONUS READ

A Walk in Space
Contents
APRIL 2019

Medical Drama
28 ARE YOU STILL IN THERE?
After a horrible car crash, her odds of survival were just 100 to one.
BILL HANGLEY JR

Adventure
36 16 TRAVEL MISHAPS YOU'LL NEVER FORGET
From not-so-smooth sailing to elephant encounters, our readers share unforgettable and hilarious stories about their holiday experiences.

Everyday Heroes
46 GIVING LIFTS
The highway heroes helping transport strays and rescue dogs to their new owners in other parts of the country.
KATHERINE LAIDLAW

Wellbeing
52 YOU'RE NO SLOUCH
Bad posture doesn't just affect how you look, it can also lead to back pain.
AMANDA VOGEL

First Person
58 SCENT OF A WOMAN
When she started wearing perfume for herself, not others, she found the right scent. KATHERINE LAIDLAW
FROM THE GLOBE AND MAIL
Contents

APRIL 2019

Health
62 OLD-TIME DOCTOR REMEDIES THAT WORK
Science is catching up with treatments your grandmother and her doctor used.
JEN MCCAFFERY AND TINA DONVITO

Drama in Real Life
74 SAVED BY MIRACLES
It's a diver's worst nightmare: trapped in an underwater cave with the oxygen running out. LIA GRAINGER

Food Science
84 13 THINGS YOU SHOULD KNOW ABOUT FOOD POISONING
You can minimise the risk of illness by taking simple precautions.
ANDREA BENNETT

Art of Living
92 WHY WE PROCRASTINATE AND HOW TO STOP
Tired of putting off tasks you need to get done? PETR LUDWIG AND ADELA SCHICKER FROM THE BOOK THE END OF PROCRASTINATION

Animal Kingdom
100 COME, GIVE ME A HUG
Creature cuddles. CORNELIA KUMFERT

Bonus Read
106 A WALK IN SPACE
Test the boundaries of space with the NASA astronaut who spent a year aboard the International Space Station. SCOTT KELLY FROM THE BOOK ENDURANCE: A YEAR IN SPACE

△ P. | 74

△ P. | 100

△ P. | 106
THE DIGEST
20 Pets
24 Health
71 Home
119 RD Recommends

REGULARS
6 Letters
10 Finish This Sentence
12 News Worth Sharing
14 My Story
18 Smart Animals
57 Quotable Quotes
87 That’s Outrageous
88 Look Twice
116 My Stars
124 Trivia, Puzzles & Word Power

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

HUMOUR
50 Life’s Like That
82 Laughter, the Best Medicine
98 All in a Day’s Work