



adding life to years

Decent people form a minority: they have always been a minority and will remain a minority. But I ask you the question: is it anything other than a challenge to join the minority of decent people?

Viktor Frankl (26 March 1905 – 2 September 1997), Holocaust survivor.

HM QUEEN ELIZABETH II  
1926-2022

Published 21 April 1947

*On her twenty-first birthday, 21 April 1947, Princess Elizabeth was with her parents and younger sister on a tour of South Africa. In a speech broadcast on the radio from Cape Town, the Princess dedicated her life to the service of the Commonwealth.*

"I declare before you all that my whole life whether it be long or short shall be devoted to your service and the service of our great imperial family to which we all belong."

**Her Majesty The Queen**

\* \* \*

**The Secret to the Queen's Success**

*You don't get through seventy years of best behaviour, on the throne, without a sense of humour; indeed, it may be the one thing that keeps you going.*

**Anthony Lane, The New Yorker**

Trying to grasp what made her tick is no easy task, but a useful place to start would be "**The Queen: Elizabeth II and the Monarchy,**" a judicious biography by the historian Ben Pimlott. The index has an entry devoted to the sovereign's interests. "Dogs" gets nine mentions; "Horses," seven; "Racing," six; "Shooting," five; "Art collection," four; "Reading," three; "Politics," a paltry two; and "Jigsaw puzzles, Scrabble, and television," one.

**Anthony Lane, The New Yorker**

## SAARP MEMBER BENEFITS



Here is a copy of a member's account from SpecSavers. The discount via SAARP is nearly half of the total amount.

Tariff Code	Description	Qty	Standard Industry Price	Discount	Patient Portion	Medical Aid Portion	Total
82BS001	SINGLE VISION (SURFACED)	1	851.00	641.00	210.00	0.00	210.00
82BS001	SINGLE VISION (SURFACED)	1	851.00	641.00	210.00	0.00	210.00
82KF017	1.5 SFSV POLAREYES UNCOATED	1	756.00	231.00	525.00	0.00	525.00
82KF017	1.5 SFSV POLAREYES UNCOATED	1	756.00	231.00	525.00	0.00	525.00
87KF01A	HARD COAT	1	289.00	289.00	0.00	0.00	0.00
87KF01A	HARD COAT	1	289.00	289.00	0.00	0.00	0.00
40609	INFI-IF8229-C9-62/16	1	899.00	0.00	899.00	0.00	899.00
		7	R4 691,00	R2 322,00	R2 369,00	R0,00	R2 369,00

Gross Total	R4 691,00
Total Discount Given	R2 322,00
<b>Nett Total</b>	<b>R2 369,00</b>

Click here for more information:

<https://www.saarp.net/pdf/Pensioners%20DL%20SAARP%202021.pdf>

## HEALTH

### The Warning Signs of Heart Failure

Heart failure happens when the heart becomes too stiff or weak, no longer able to keep up with the body's demands for pumping blood. The primary cause is heart disease, but the heart muscle can also stiffen because of poorly controlled high blood pressure or diabetes. More rarely, cardiomyopathies or myocarditis from a virus can cause the condition.

Some other risk factors include sleep apnea, some cancer medications and poor lifestyle behaviours.

Maintaining a healthy diet, treating obesity, avoiding tobacco use and second-hand smoke, and avoiding alcohol can help prevent heart failure.

Among the symptoms of heart failure are ankle swelling, breathlessness, chest pain, fatigue during exercise and a rapid or irregular heartbeat.

There are other symptoms that people may not associate with heart failure.

Those include a persistent cough, abdominal swelling, rapid weight gain, nausea and a lack of appetite.

Treatments may differ depending on what's causing a person's heart failure. It can't be cured, but the symptoms can often be controlled for years.

After heart failure is diagnosed, patients will need to manage the condition for the rest of their lives, usually through care at specialized heart failure clinics. Treatments include medication, surgically implanted devices and, in advanced cases, heart transplants.

**Mayo Clinic Healthcare**

### **CHOLESTROL - How to manage it**

Burning up whatever one eats through physical activity and exercise would definitely help prevent cholesterol from rising as 65-70% of the cholesterol actually is synthesized in the liver. Avoiding high calorie diets and red meats, adding a lot of greens and fruits to one's diet, avoiding deep fried and bakery items etc would help prevent high cholesterol. Nuts like cashew nuts, walnuts, and almonds in limited quantities are reported to increase good cholesterol with the additional benefit from antioxidants in them which help prevent atherosclerosis.

[Understanding cholesterol Symptoms: How it can stay undetected, silently damaging heart \(indiatimes.com\)](http://indiatimes.com)

## **MEDICAL AIDS AND DOCTOR'S FEES**

### **A CATCH 22?**

The question below appeared in Retirement Matters by Henry Spencer and Prof JP van Niekerk provided me with an answer.

**Q:** In South Africa, why are specialists allowed to charge patients who are not on medical aid rates, fees up to 700% above normal medical aid rates?

**A:** Medical aids are a blessing and a curse. They are vital in financing the big ticket and chronic conditions. However, all the players drive up the costs: The medical aids want more business to drive up their profits, patients over-demand to get the best for their buck, and doctors over-investigate (and treat) as the patient is not paying directly.

Our competition regulators are also to blame as they ruled against fixing of tariffs. Medical aid rates are generally too low, and the average medical and dental practitioner cannot afford to live with them. Since there is no upper limit, some practitioners charge more than can reasonably be expected.

PS Another factor driving up medical costs is the high insurance premiums that doctors have to pay as South Africans have become eager to sue rather than accepting that that mistakes can (and do) occur.

## MEDIA

### **NEWS ADDICTION – Health problems**

People with an obsessive urge to constantly check the news are more likely to suffer from stress, anxiety, as well as physical ill health, finds a new study published in the peer-reviewed journal *Health Communication*.

Witnessing events unfold in the news can bring about a constant state of high alert in some people, kicking their surveillance motives into overdrive and making the world seem like a dark and dangerous place.

The study revealed that:

- 73.6% of those recognized to have severe levels of problematic news consumption reported experiencing mental ill-being “quite a bit” or “very much”
- 61% of those with severe levels of problematic news reported experiencing physical ill-being “quite a bit” or “very much”

The economic pressures facing outlets, coupled with technological advances and the 24- hour news cycle have encouraged journalists to focus on selecting “newsworthy” stories that will grab news consumers’ attention.

Those individuals who became aware of and concerned about the adverse effects that their constant attention to sensationalized coverage reported making the conscious decision to tune out.

However, not only does tuning out come at the expense of an individual’s access to important information for their health and safety, but it also undermines the existence of an informed citizenry, which has implications for maintaining a healthy democracy. This is why a healthy relationship with news consumption is an ideal situation.

There is a need for focused media literacy campaigns to help people develop a healthier relationship with the news.

<https://neurosciencenews.com/news-addiction-psychology-21280/>

## DRUGS

### **COLOMBIA: NEW LEFT-WING LEADER WANTS GLOBAL DRUGS RETHINK**

EXCERPT:

Mr Petro told a crowd of his supporters in Bogota that it is time for a new global convention that "accepts the war on drugs has failed."

"It has left a million dead Latin Americans during 40 years," he said, "and it leaves 70,000 North Americans dead by overdose each year."

More than 50 years ago US President Richard Nixon kickstarted a global anti-narcotics strategy that emphasised criminalisation and the use of police force, which became known as the "war on drugs."

Colombia's newly sworn-in president said the strategy had merely strengthened the power of mafia gangs and weakened Latin American states over decades.

In Colombia, which according to estimates produces more than half of the world's cocaine, criminal groups and local militias are heavily involved in the drug's production and transportation to consumers around the world - including in the US and Europe.

<https://www.bbc.com/news/world-latin-america-62460534>

But before Nixon one Harry Anslinger was obsessed with banning drugs – and his motivation?

The main reason given for banning drugs—the reason obsessing the men who launched this war—was that the blacks, Mexicans, and Chinese were using these chemicals, forgetting their place, and menacing white people.

**Hari, Johann. Chasing the Scream: The First and Last Days of the War on Drugs. Bloomsbury Publishing. Kindle Edition.**

## BOOKS AND READING

### **AMAZON BEST SELLERS OF 2022 (SO FAR)**

#1 It Ends with Us: A Novel by Colleen Hoover

#2 Where the Crawdads Sing by Delia Owens

#3 Verity by Colleen Hoover

#4 Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear

#5 Reminders of Him: A Novel by Colleen Hoover

#6 Ugly Love: A Novel by Colleen Hoover

#7 The Seven Husbands of Evelyn Hugo: A Novel by Taylor Jenkins Reid

#8 The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk M.D.

#9 The 48 Laws of Power by T Robert Greene

#10 The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book) by Don Miguel Ruiz

### **A GENERAL WEB SEARCH - What are the top selling books this year?**

- 174 weeks on the list. WHERE THE CRAWDADS SING. by Delia Owens. ...
- 62 weeks on the list. IT ENDS WITH US. by Colleen Hoover. ...
- 37 weeks on the list. VERITY. by Colleen Hoover. ...

- 32 weeks on the list. UGLY LOVE. by Colleen Hoover. ...

### **BOOK EXCERPTS**

- There is no greater bore than the travel bore. We do not in the least want to hear what he has seen in Hong-Kong. Not only do we not want to hear it verbally, but we do not want—we do not really want, not if we are to achieve a degree of honesty greater than that within the reach of most civilised beings—to hear it by letter either.
- A letter which has been passionately awaited should be immediately supplemented by another one, to counteract the feeling of flatness that comes upon us when the agonising delights of anticipation have been replaced by the colder flood of fulfilment.
- For a letter, by its arrival, defrauds us of a whole secret region of our existence, the only region indeed in which the true pleasure of life may be tasted, the region of imagination, creative and protean, the clouds and beautiful shapes of whose heaven are destroyed by the wind of reality.
- Never again would that delight be within my reach; for the pleasures of the imagination, I was about to exchange the dreary fact of knowledge.
- But, like most things to which one has looked forward, the Gulf turned out a disappointment.
- Streams crossed the track every hundred yards or so, and this meant mud up to the axles; in between the streams the road was less a road full of holes, than a series of holes connected by fragments of road.

### **Passenger to Teheran by V Sackville-West 1926**

### **STOP READING BOOKS YOU AREN'T ENJOYING**

If you find yourself wanting to speed up the reading process on a particular book, you might want to ask yourself: "Is this book any good?"

You turn off a TV show or movie if it's boring. You stop eating food that doesn't taste good. You unfollow people when you realize their content is useless.

Life is too short to read books you don't enjoy reading. My rule is 100 pages minus your age — so if you're 30 years old and a book hasn't captivated you by page 70, stop reading it.

That way, as you age, you have to endure crummy books less and less.

### **TED Ryan Holiday**

## FLYING ETIQUETTE

### RELEARNING TO FLY

Keep tensions down by packing patience—and remembering your manners by Lydia Ramsey, an etiquette expert.

**Be prepared.** "You know you're going to have to take the shoes and your jacket off" at security, "So don't wait till you put your bag on the belt and hold everybody up."

**Don't hog the overhead.** "I've noticed that some people, as soon as they see a space, shove their bag in as quickly as they can, even if they're at the back of the plane. You need to put your bag over your own seat."

**Be sensitive to your seatmate.** Most people want to find some peace and quiet". If the other person is chatty, politely excuse yourself. That's the time to just say, "Excuse me, I'm going to read my book now."

**Give the armrests to the middle passenger.** "That's really the only thing that middle person has," says Jacqueline Whitmore, a former airline flight attendant and the founder of the Protocol School of Palm Beach in Florida.

**Think before reclining.** "Be mindful of how your behaviour affects other people," says Whitmore. "If someone behind you is trying to work on their laptop and asks you to move the seat up a little bit, then try your best to Comply."

**Control the kids.** Traveling with young Companions? "Make sure they're not bothering other passengers, like kicking the seat in front of them," says Ramsey. "They will get the ire of the person in front of you."

**Christina Ianzito. USA AARP**

## RETIREMENT EXPENDITURE

### 8 Purchases Retirees Almost Always Regret

1. A Big House
2. Big Travel Experiences
3. Luxury Items for Friends and Colleagues
4. Early Gifts to Children
5. Expensive Cars
6. Online or TV Shopping
7. Extra Insurance
8. A Vacation Home

**John Csiszar**

[8 Purchases Retirees Almost Always Regret | GOBankingRates](#)

## FLYING

### SOUND ADVICE – From two sources

- A flight attendant who has over six years of experience went so far as to say passengers should "never, ever, ever, ever use or put anything in the seat pocket."
- Posting to a Reddit forum titled 'Flight attendants of Reddit, what are some disturbing secrets that passengers should know?', the user named HausofDarling revealed the reason is purely based on hygiene. She explained: "I always recommend you never, ever, ever, ever use or put anything in the seat pocket. "They are cleared of rubbish but are never 'cleaned'. I will not dare tell you what articles they have found in those pockets."

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## CALL CENTRES

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- **THE SOLUTION**
- Something we desperately need in South Africa.
- **In Israel, it is illegal not to offer callers to large businesses the option of requesting a call-back.** The law has been in place since 2012. If there are two or more hours left in the business day, the call must be returned within three hours. Otherwise, it's within three hours of the start of the next business day.

## TRAVEL

### TOURISM

It's remarkable how many widely held views about holidays were inventions of the tourist industry – for example, the idea that mountain air might be healthy, or that lying in the sun might be fun, or that foreign food might be preferable to the dishes found at home. The industry also had to convince people that going abroad was an adventure rather than an inconvenience, and that doing nothing was a legitimate pastime for people other than the elderly and infirm.

### The Spectator

## POETRY

### POEM

I note from the accesses to poetry on our website that poems are of interest.

### RARE GIFT

O rarest, most unique of gifts.  
O priceless jewel, oft trivialised  
By a Humanity, ungrateful of its boon,  
Awareless of its intrinsic worth.

O Rebellious Man!  
Why flee life's most precious gift?  
Why seek to increase, why to decrease?  
Why to enhance, why diminish?

Yet Man seeks to substitute this perfect state  
with shameful, unwholesome purpose.  
The effective instruments of rash Man,  
The false means, the treacherous pawns:  
Deadly liquids, destructive fruits,  
Harmful flowers, troubling leaves,  
Harmful seeds, delusive sounds.

Artificial expansion,  
O deluded search!  
Deliberate contraction,  
O abusive purpose!  
O short lived pleasures!

What wicked, deceptive goals!  
What alien diversions!

**Ray Hattingh**

## TECHNOLOGY

### HOW SMARTPHONES ARE DRAINING OUR BRAINS.

Say you're sitting in front of your computer, putting together a presentation for your meeting later that week. This task obviously requires quite a bit of your cognitive capacity—you have to include data, provide analysis, and package it in an aesthetically pleasing way.

There's no reason to touch (or even think about) your phone as you're completing this task. And yet, research suggests that the mere presence of your smartphone can distract you from your presentation and limit your attentional resources—even if you're not actively thinking about your phone or phone-related tasks.

After conducting two separate experiments to see just how smartphones affect cognitive performance, researchers determined that simply having a smartphone nearby while you're trying to focus on a task may reduce cognitive capacity, regardless of whether or not you're interacting with it or receiving notifications.

Additionally, researchers found that the more an individual depends on their smartphone, the more likely they are to be distracted by its presence.

#### How to fight this phenomenon.

If you're the type of person that's constantly using (or thinking about using) your phone, it might be smart to leave it in a different location while you knock out your to-do list. Trust me, once you start leaving your phone in other rooms while you work on other tasks, you won't even miss it.

[Your Phone's Sheer Presence Is Draining Your Brain \(mindbodygreen.com\)](http://mindbodygreen.com)

Tip. If you are busy, put your phone on Airplane/Flight Mode, it works like a charm. Ray

## SAARP SERVICES

Please go to [www.saarp.net](http://www.saarp.net) and click on the Benefits tab to see our range of member services:

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### SHORT TERM INSURANCE



**MOMENTUM INSURE: POLICY HOLDERS 55 YEARS AND OLDER**



- Thank you so much for giving me the name and introduction to Matthee attorneys. They were so helpful with an Estate Late problem. When I wanted to give up, they were there to get me through all the problems.
- I was delighted to receive your envelope filled with valuable information, together with a membership card. Many thanks for your efficiency and attention to detail, both of which are much appreciated.

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**SHORT STORIES FEEDBACK (Verbatim)**

- Thanks for sight of these - enjoyed both
- Thank you for the latest SAARP newsletter. I am just so intrigued by short stories. The quality is so good. Wish I could write like that. Keep them coming, I save all the stories and read them over and over. It's like having my own little library filled with best sellers!
- A lovely simple story in a South African setting that a refugee could understand. (Skivvy)
- Ag nee! (Train Murder)
- Emily - scary stuff - without expletives!
- Gripping, but 4 letter words unnecessary! (The figure)
- Schoolboy humour 😊 (Skivvy)
- Thank you once again for the short stories. Can't wait to take a break and read them as they are always thoroughly enjoyable

Go to [www.saarp.net](http://www.saarp.net) to read them:

**Observations on members' comments:**

I have recorded all the comments from members. There are 467 positive comments and 17 negative ones. 5 of the 17 come from the same person.



## SAARP HOLIDAY CLUB

The following are examples of discounted off-peak holidays, which our Holiday Club has on offer for you and your families. *To book phone Renske on 021 592 1279 or email her at [renskes@saarp.net](mailto:renskes@saarp.net)*

RESORT	AREA	DATE	UNIT	PRICE
<b>BOOKINGS FOR 2023</b>				
Tableview Cabanas	Blouberg	5-9 Jun	2 bedroom	R2760
Tableview Cabanas	Blouberg	5-9 Jun	1 bedroom	R1840
Strand Pavillion	Strand	16-20 Jan	Studio	R3220
Strand Pavillion	Strand	23-27 Jan	Studio	R3220
Strand Pavillion	Strand	30/1 – 3 Feb	Studio	R3220
Royal Atlantic	Sea Point	16-20 Jan	1 bedroom	R3680
Port Owen Marina	Port Owen	20-24 Feb	1 bedroom	R3680
Royal Wharf	St Francis Bay	31/7 – 4/8	3 bedroom	R3680
Royal Wharf	St Francis Bay	31/7 – 4/8	3 bedroom	R3680
Kagga Kamma	Cederberg	15-19 May	3 bedroom	R2760
Kagga Kamma	Cederberg	22-26 May	3 bedroom	R2760
Kagga Kamma	Cederberg	29/5 – 2/6	3 bedroom	R2760
Perna Perna 4	Umdloti	8-12 May	3 bedroom	R2760
Drakensberg Sun	Drakensberg	16-20 Jan	1 bedroom	R4140
Mabalingwe	Bela Bela	20-24 Feb	Studio	R3220
Mabalingwe	Bela Bela	17-21 Apr	Studio	R3220
Dikhololo	Brits	23-27 Jan	Studio	R2300
Dikhololo	Brits	30/1 – 3/2	Studio	R2300
Dikhololo	Brits	13-17 Feb	Studio	R2300
Dikhololo	Brits	6-10 Mar	Studio	R2300
Hazyview Cabanas	Hazyview	16-10 Jan	2 bedroom	R3680
Hazyview Cabanas	Hazyview	17-21 Apr	2 bedroom	R3680
Royal Atlantic	Sea Point	5-9 Jun	1 bedroom	R2300
Royal Atlantic	Sea Point	5-9 Jun	2 bedroom	R2760
Club Mykonos	Langebaan	6-10 Feb	Studio	R2760
Club Mykonos	Langebaan	27/2- 3/3	1 bedroom	R2760
Club Mykonos	Langebaan	17-21 Apr	1 bedroom	R2760

Club Mykonos	Langebaan	6-10 Mar	1 bedroom	R2760
Club Mykonos	Langebaan	8-12 May	1 bedroom	R1840
Club Mykonos	Langebaan	8-12 May	2 bedroom	R2300
Club Mykonos	Langebaan	15-19 May	2 bedroom	R2300
Club Mykonos	Langebaan	22-26 May	2 bedroom	R2300
Club Mykonos	Langebaan	22-26 May	3 bedroom	R2760
Club Mykonos	Langebaan	22-26 May	1 bedroom	R1840
Club Mykonos	Langebaan	5-9 Jun	2 bedroom	R2300
Club Mykonos	Langebaan	5-9 Jun	3 bedroom	R2760
Club Mykonos	Langebaan	5-9 Jun	1 bedroom	R1840
Champagne Lane	Drakensberg	5-9 Jun	3 bedroom	R3220
Kiara Lodge	Clarens	6-10 Feb	1 bedroom	R3680
Kiara Lodge	Clarens	20-24 Feb	1 bedroom	R3680
Kiara Lodge	Clarens	13-17 Mar	1 bedroom	R3680
Kiara Lodge	Clarens	8-12 May	1 bedroom	R1840
Kiara Lodge	Clarens	15-19 May	1 bedroom	R1840
Kiara Lodge	Clarens	15-19 May	2 bedroom	R2760
Kiara Lodge	Clarens	22-26 May	1 bedroom	R1840
Tableview Cabanas	Blouberg	8-12 May	2 bedroom	R2760
Tableview Cabanas	Blouberg	8-12 May	1 bedroom	R1840
Tableview Cabanas	Blouberg	15-19 May	1 bedroom	R1840
Tableview Cabanas	Blouberg	15-19 May	2 bedroom	R2760
Tableview Cabanas	Blouberg	22-26 May	1 bedroom	R1840
Dikhololo	Brits	6-10 Feb	Studio	R2300
Dikhololo	Brits	13-17 Feb	Studio	R2300
Dikhololo	Brits	20-24 Feb	Studio	R2300
Dikhololo	Brits	27/2 – 3/3	Studio	R2300
Dikhololo	Brits	6-10 Mar	Studio	R2300
Dikhololo	Brits	13-17 Mar	Studio	R2300
Royal Atlantic	Sea Point	8-12 May	1 bedroom	R2300
Royal Atlantic	Sea Point	8-12 May	2 bedroom	R2760
Royal Atlantic	Sea Point	15-19 May	1 bedroom	R2300
Royal Atlantic	Sea Point	15-19 May	2 bedroom	R2760
Royal Atlantic	Sea Point	22-26 May	1 bedroom	R2300
Royal Atlantic	Sea Point	22-26 May	2 bedroom	R2760

**NOTE 1: The above prices include 15% VAT.**

**NOTE 2: The price is for the entire period.**

**NOTE 3: All cancellations must be made 7 weeks before check-in date.**

**NOTE 4: These are Holiday Club Regulations, to which all members MUST adhere.**

**Note: 5: In making a booking, you agree that these regulations apply to you.**

**PAYMENT: Once Renske has CONFIRMED your booking, she will submit an invoice containing SAARP's bank details. Once you have deposited the required amount in SAARP's bank account, please provide proof of payment using one of the following:**

Fax : 021 592 1284

E-mail: [info@saarp.net](mailto:info@saarp.net)

**In addition, remember to quote your ID Number and name.**

**DO NOT PAY ANYTHING UNTIL YOU HAVE RECEIVED THE CONFIRMATION OF THE BOOKING AND THE INVOICE**

## NOTE

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## TRIVIA

### SNIPPETS

- The Malian intellectual Amadou Hampâté Bâ has said that when an African elder dies, it is as if a library is burnt down.
- We have run down parts of our state apparatus financially and reputationally, such that the finest people no longer choose to work in medicine, social work, teaching or the civil service. **UK**

- One profligate waterer still using a sprinkler system when I went to her garden for drinks last week said: ‘I thought we were short of vegetables in this country and anyway all my family prefer showers to baths so we can use that saved water to keep the vegetables alive.’ Another woman in Worcestershire argued: ‘Well I have chosen not to have children – so I think I am perfectly entitled to use as much water as I want.’ **UK**
- Dijon’s famous condiment, essential to a good vinaigrette, has disappeared from French supermarket shelves because mustard seed supply has been afflicted by extreme weather – wet winter and late frosts in Burgundy, fierce heat in Canada – and war in Ukraine, driving wholesale prices to six times normal levels, on top of other production cost increases.
- Book review: “As it is, the typography is careless, the lay-out clueless and the effect mournful.”

### **RAILWAY HISTORY**

Stephenson’s narrow tracks were introduced first. Originally designed to carry engines transporting coal for the northern mining industry, they were tailored to match the width needed for accommodating a horse between wagon shafts. Initially there were small local variations, but this animal-based dimension was perpetuated into the future when Stephenson decreed that it made sense for all his new trains to adopt the same gauge, 4 feet 8½ inches (1.435 metres). When the railway network began expanding, he recommended that this width should be adopted around the country, a deceptively arbitrary measurement still used by over half the world’s railways.

### **HUMAN NATURE**

Take one carpet and cut it into two pieces. Mark one piece as having been bought at an up-market store for a high price; the other as coming from a low price store at a bargain price. Ask people, which is the better quality carpet. Note how they invariably state that the higher priced one is better quality. People react to perceptions, not to facts.

### **TELLING IT LIKE IT IS . . .**

We humans are a strange bunch, infinitely complex, messy, irrational creatures. We ache for things or people and once we have them – nothing. Actually, as we get old, we become caricatures of ourselves, a complicated network of neuroses and complexes.

## QUOTE OF NOTE

I know, I know, I've got very little to complain about, but the quality of life is all-important, and **modern man is to that quality of life what Bomber Command was to Dresden church architecture**. Regaining a paradise lost is impossible and trying to is a fool's errand.

## FOOD FOR THOUGHT

As humans, we are fairly egocentric in our thoughts, often automatically assuming that they are valid. In reality, however, much of what runs through our constantly chattering internal mental process is nonsensical gibberish, which can be skewed, irrational or just wrong.

To be open and present requires an abdication of the control agenda. Rather than fighting or controlling pain and discomfort or past versions of ourselves, we must lean into things that are difficult and painful, with the understanding that we really do not have the ability to control our mind or our emotions, only how we react, behave and respond to them.

## Ray Hattingh

Choose what is simple without hesitation; sooner or later, what is complicated will always lead to problems.

## Moitessier

Contact us at SAARP Tel: 021 592 1279

Fax: 021 592 1284

Call us and we'll call you back to save your phone bill

e-mail: [info@saarp.net](mailto:info@saarp.net)

Or see it all at [www.saarp.net](http://www.saarp.net)

adding life to your years